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AIEN SUBURBAN BUTCHER SHOP
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A. MacKenzie Furniture
Limited
"A GOOD PLACE TO BUY"
EAUTY REST MATTRESSES $42.50
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Prompt attention to outside orders
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Valentine Day, Feb. 14th
We now have a large assortment of Valentine Cards for relatives and friends.
Shop for yours early and you won't be disappointed.
Hasten Victory by buying
WAR SAVINGS STAMPS
GIVE TO THE I.O.D.E. BOOK FUND
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EMPIRE CAFE
(Formerly L. D.)
Completely Renovated and Redecorated
FULL MEALS, LUNCHES
CHOW MEIN, CHOP SUEY
6:30 a.m. to 1 a.m.

TOO LATE TO CLASSIFY

FOR RENT—Bright, clean bedroom, suitable for couple, both working. 646 Taylor Street. Phone Green 830.

FOR SALE—10-tube Victor Console radio. Phone Black 951. (1t)

LOST — Bleack leather purse, with registration card and small amount of money. Please return to Daily News. (36)

Meet Me at . . .
JOHNNY'S
★
JOHNNY'S
SNACK BAR
(Our Coffee is Tops)

INCOME TAX
Returns Prepared—See
R. E. MORTIMER
324 2nd Ave. — Phone 88

NOTICE
J. H. MAIR
has been appointed sole representative of
NATIONAL MONUMENTS
for this district.
The business has been purchased from A. Weixl by W. Yule.

KEEPING HOUSE IN WARTIME

Plenty Of Onions Now; Its Patriotic To Use Them; Some Interesting Recipes Here

An onion offered as first prize in a horse race, selling at British charity auctions for $200 and up and, coming closer to home, unofficially rationed—one to a customer! The absent onion is sorely missed and highly prized.

But it is not scarcity but a surplus of onions that exists in Canada at the moment. How the British would envy us!

Making the best of available foods is plain commonsense in peacetime. In wartime it becomes a patriotic duty. There are two aspects to "making the best use." When a food is in short supply it means economy in use, stretching, not shopping around to get more than a fair share. When supplies are abundant it means increasing use to avoid waste.

Now is the time to treat the family to onion soup in the French style, to Hamburg smothered in onions, to serve them more often as a vegetable. If cream gravy is a favorite in your house, onion cream gravy is doubly sure to make a hit. Expert home economists "pan" the onions first, as in the recipe for panned onions given below. The flour is blended with the fat and onions and the milk added. This gravy is excellent with pork chops or liver and, with sliced hard-cooked eggs added, it makes a tasty, quickly prepared supper dish.

Panned Onions

2 tablespoons drippings
4 cups sliced onions (4 to 6 medium onions)
Salt and pepper to taste

Melt fat in frying pan or heavy saucepan. Add onions, cover to hold in the steam, and cook slowly until tender, about 15 minutes. Stir occasionally to prevent sticking. Season with salt and pepper to taste. Six servings.

Apple and Onion Casserole

6 medium onions
6 medium apples
8 slices bacon
¾ cup tomato juice
½ teaspoon salt
1 cup soft bread crumbs

Peel onions and cut in ⅛ inch slices. Peel, core and slice apples similarly. Cut bacon into small pieces, saute and remove from pan. Pour off all but one tablespoon of the fat. Add crumbs, tossing to coat with fat and brown slightly. Arrange alternate layers of onions, apples and bacon in a greased baking dish. Add salt to tomato juice and pour over other ingredients; top with the browned bread crumbs. Cover and bake in a moderately hot oven, 375 degrees F., for 30 minutes. Uncover and cook 15 minutes longer. Six servings.

Onion Soup

6 medium onions, sliced
2 tablespoons mild-flavored fat
2 tablespoons flour
2-3 cup milk
1 quart well-seasoned bouillon
6 slices toast
½ cup grated cheese

Cook onions in boiling water to cover for 30 minutes, then rub through a sieve. Melt fat, blend in flour and gradually add the milk, stirring until thickened. Add sieved onions and bouillon, blending well. Simmer 20 minutes. Place a slice of toast in each soup plate, add soup and sprinkle with grated cheese. Makes about 1 quart.

HOW CAN I ? ? ?
By ANNE ASHLEY

Q. How can I separate a water glass when it becomes stuck in another?

A. Pour cold water in the upper one to contract it and then immerse the lower one in warm water to expand it. They can then be easily separated.

Q. How can the skins from beets be removed very readily?

A. Place the beets in hot water for a short time, drain off the hot water and immediately fill the vessel with cold water.

Q. How can the shiny parts of a garment be removed?

A. Sponge it with a solution of one teaspoon of ammonia to one quart of water. Then press on the wrong side.

Party For Alberta Visitors Is Held

In honor of their visiting relatives, Mr. and Mrs. Herman S Peterson and daughter Lorraine of Viking, Alberta, Mr. and Mrs. Peter Peterson of 150 Eighth Ave. E. entertained at a delightful surprise party at their home on Sunday night. The occasion was also the twenty-fifth wedding anniversary of Mr. and Mrs. Herman Peterson who were presented with a lovely set of silver engraved teaspoons. The evening was pleasantly spent in dancing and delicious refreshments were served by the hostess.

Mr. and Mrs. Peterson and daughter are leaving Saturday night for Vancouver and Victoria where they will visit more relatives in the southern cities before returning to their home in Alberta.

Guests present at the party were Mr. and Mrs. K. Knutson, Mr. and Mrs. H. Knutson, Mr. and Mrs. C. Knutson, Mr. and Mrs. P. Knutson, Mr. and Mrs. J. Knutson, Mr. and Mrs. L. Jensen, Mr. and Mrs. N. Jensen, Mr. and Mrs. N. Hilland, Mr. and Mrs. R. Scherk, Mr. and Mrs. P. Iverson, Mrs J. McCullum, Miss Dot Chorney, Miss E. Gillespie, A. Rasmuson, J. Wrathall, D. Wrathall, Dan Wick, C. Olson and Magnus Hveding.

Stands for Canada

Where those in the know use Fleischmann's *fresh* Yeast and get bread light as snow.
YES, WITH FLEISCHMANN'S FRESH YEAST YOU CAN COUNT ON TASTY, FINE-TEXTURED BREAD
• If you bake at home, good, crisp-crusted, wholesome bread is easy—with FLEISCHMANN'S fresh Yeast, the favorite of Canadian women for 4 generations. Get some at your grocer's—the yeast cake with the familiar yellow label.
Get Extra Vitamins—More Pep by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the B complex group of vitamins.
MADE IN CANADA

CENTRAL HOTEL ★ DINING ROOM
HOME COOKED MEALS
Open 7 a.m. - 8 p.m.
ALL WHITE HELP

Of General Interest

Firm Anchorage

Do you have trouble with a food chopper that won't stay firmly anchored to the table but slips and slides as you grind? There's a cure and it's a simple one. Put a piece of sandpaper, gritty side up, on the edge of the table before screwing the chopper in place.

Cutting Remarks

For easy cutting of fresh bread for dainty sandwiches first thorouhgly chill the loaf. Cheese will slice without crumbling if you use a strong thread or piece of string instead of a knife.

Not Hopeless

An old knitted garment so shrunk and matted that ravelling is hopeless is not a dead loss—not by a long chalk. When the seams are unpicked the pieces can be cut as though they were cloth. Sew around the edges by machine before stitching seams and be careful not to stretch. There may be a parka, a child's warm shirt or panties in that old sweater of yours.

The Experts Say . . .

By the Canadian Press

ONION HARVEST: Onion lovers have a patriotic reason today for indulging their taste for this flavorful vegetable. A bumper crop has resulted in plentiful supplies and "making the best use of available foods" is the wartime eating slogan.

Applied to onions, this requires some knowledge of the characteristics of various types. Large, Spanish-type onions are mild in flavor and they are first choice for baking and for generous use raw, in salads and sandwiches. Other varieties of yellow and red onions are stronger. Their uses: For serving boiled, with a cream sauce, to "smother" a steak or liver, and for flavoring.

Shallots or spring onions cooked and served like asparagus are sweet and mild.

CHEAP NOURISHMENT. Housewives know that cereals and bread are the cheapest foodstuffs in Canadian meals today, besides being excellent fillers-up for the hollow-legged members of the family.

Canada's Food Rules recommend one serving of the "whole grain" cereal every day. Reason for the emphasis on the "whole grain" says the Nutrition Division, is that whole grain cereals are such excellent sources of thiamin and niacin, the B-vitamins which aid digestion and steady the nerves. They are also a good source of iron, the mineral necessary for making red blood cells.

In the process of turning whole grain into refined cereals many of the B-vitamins are lost.

BEEF HASH: It may not sound like a romantic dish but in the past months lowly corned beef hash has become glamorous . . . because, in different forms, it is a favorite with our fighting men overseas. When they have to cook a meal in a hurry with the least possible preparation and the greatest return in delicious food they make hash. The main difference between theirs and ours is that they generally use bully beef as the basis for their hash where civilians use corned beef.

This basic recipe, which may be varied by using other meat or vegetables, comes from the Nutrition Bureau:

Combine two cups of corned beef, three cups of chopped cooked potatoes, one small chopped onion, and one-half cup of milk. Season with salt and pepper to taste. Cook slowly in a little fat or salad oil until browned, turning frequently. This serves four.

SOUP AGAIN: Yesterday's gravy makes tomorrows hot beef broth . . . but careful about making it too rich. Dilute it with vegetable water, add vegetables and brew it a bit for good flavor.

BEAUTIFUL CATHEDRAL MARRIAGE

Miss Ilse Kraupner Becomes Bride of Leading Stoker Fudger

A wedding of great interest in Prince Rupert and Oshawa, Ontario, took place at St. Andrew's Cathedral at 7:30 Saturday evening when Miss Ilse Kraupner, only daughter of Mr. and Mrs. Hugo Kraupner, became the bride of Leading Stoker Wm. F. Fudger, R.C.N.V.R., son of Mr. and Mrs. R. A. Fudger, of Oshawa.

Centre and side pews of the Cathedral were filled to capacity and, at the appointed hour, the bridal party entered the church to the strains of the Bridal Chorus from "Lohengrin" played by Peter Lien at the organ. It was led by the maid of honor, Miss Marion Fudger, sister of the groom, wearing a full-length gown of pink brocaded satin with torso waist and full-swing skirt, a matching pink net cap with shoulder veil, carrying an arm bouquet of pink charm carnations. She was followed by little Miss Judy Windsor as flower girl dressed in pale yellow floor-length gown of taffeta and net, wearing a blue flower halo in her hair and carrying a colonial bouquet of pink carnations, iris and freesias.

The lovely bride entered on the arm of her father who gave her in marriage. She was very charming in traditional white bridal satin. Her gown was fashioned with a sweetheart neckline, the sleeves coming to the wrist with lace points touching her hands. The straight lined bodice fitted into the full hip line, also edged in lace and buttoned down the back. The full skirt, reaching the floor, was covered by a long train. The Swiss embroidered veil fell from her heart-shaped net hat clustered with orange blossoms. Her bouquet was of red Hollywood roses and freesias

Miss Gilda Campagnolo and Miss Margaret Windsor were bridesmaids, each wearing short two-piece gowns in turquoise blue and petal pink faile. Headress was of matching material with two-tone nets draped from flowers in their hair. They carried nosegay bouquets of yellow and pink carnations and heather.

Following the double ring ceremony which was performed by Rev. Dean Gibson, a reception was held at the Eagles' Hall. Receiving with the bridal party were the parents of the bride. The bride's mother chose for the occasion a pale blue dress and hat and wore a corsage of talisman roses.

The toast to the bride and groom was offered by the best man, Leading Photographer Wm. Cole, R.C.N.V.R., and was appropriately responded to by the bridegroom. The toast to the bridesmaids was proposed by the father of the bride. The little flower girl was presented with a large teddy bear.

The hall was prettily decorated with pink and white streamers and carnations, the three-tier wedding cake being featured in a decorated alcove with wedding bells over the archway where the bride and groom together cut the cake and received congratulations from all. The guests numbered a hundred and sixty.

Delicious refreshments in the form of a buffet supper were served.

The ushers were Cpl. M. Andrews, U.S.A., and PO. M. M. Frank Harding, R.C.N.R. and Barry Shur.

Mr. and Mrs. Fudger will reside at 252 8th Ave. W.

Hon. R. L. Maitland, Attorney General, had a letter before the Prince Rupert Chamber of Commerce last night in reply to the request that an expert criminal investigator be appointed to augment the present city police force in Prince Rupert. The question of the police situation in Prince Rupert was being immediately referred to the commissioner of police, Mr. Maitland's letter said.

COOL OFF: The electric iron should be allowed to cool off before it is stored away. Starch may be removed from the sole plate by wiping it with a damp cloth. Experts suggest an occasional rubbing of the sole plate with parafin or beeswax, if available, followed by a polishing with a dry, soft cloth.

Local News Items . . .

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

Mr. and Mrs. A. D. Ritchie left Saturday night on a trip to Vancouver.

▲ Cambrai Valentine Dance, February 9, Oddfellows' Hall. Tickets downtown stores. (34)

C. P. Balagno returned Monday afternoon on the Princess Adelaide from a trip to Vancouver.

Mr. and Mrs. William Bussey returned Monday on the Princess Adelaide from Vancouver.

Frank Morris has left on a trip to Toronto to receive treatment at the hands of specialists.

▲ C.C.F. Broadcast, Wednesday 6:15 p.m. CFPR. L.A.C. H. G. Archibald, Skeena Federal Candidate. (32)

Mrs. J. G. Garrett and child were among those sailing for Vancouver last night on the Princess Adelaide.

Olof Hanson M. P. left on last evening's train for a brief trip to Smithers. He will be returning to the city in a couple of days.

▲ Regular meeting of the Deep Sea Fishermen's Union will be held Tuesday, February 6, at 7:00 p.m. Members pelase attend this meeting. Important. (31)

William D. Lambie was elected a member of the Prince Rupert Chamber of Commerce at the monthly meeting of the Chamber last night.

Correspondence in regard to the federal Royal Commission which is investigating the matters of family corporations and succession duties was read at last night's meeting of the Prince Rupert Chamber of Commerce.

The Imperial Order, Daughters of the Empire, had a letter before the Prince Rupert Chamber of Commerce last night drawing attention to the campaign to raise funds to buy books for the forces. The Chamber is replying that it is not in a position to contribute financially to the campaign.

Letters were read at last night's meeting of the Prince Rupert Chamber of Commerce from T. D. Pattullo M.L.A. and Olof Hanson M.P. expressing appreciation at having been renominated respectively to the offices of honorary president and honorary vice-president.

Another communication from the Income Taxpayers' Association urging every Chamber of Commerce in Canada to present a brief to the Royal Commission on taxation advocating the removal of income tax exemption now enjoyed by co-operatives was read at last night's meeting of the Prince Rupert Chamber of Commerce. As the Royal Commission has now completed its sessions on the west coast, it was decided to file the communication.

Funeral Notice

Funeral services for the late Rev. B. Shearman will be held on Wednesday afternoon at 2:30 in St. Andrew's Anglican Cathedral. Interment in Fairview Cemetery.

In Memoriam

DAWES — In loving memory of our beloved wife and mother, Sarah Beatrice Dawes, who passed away, Feb. 6, 1944.

Gone is the face we loved so dear,
Silent is the voice we loved to hear;
Too far away for sight or speech,
But not too far for thought to reach,
Sweet to remember her who once was here,
And who, though absent, is just as dear.

—Ever remembered by her loving husband and children.

Announcements

All advertisements in this column will be charged for a full month at 25c a word.

Women of the Moose Dance, February 7, Oddfellows' Hall, 9:30 to 1.

Junior War Workers Tea, Legion Rooms, February 10. (34)

Tea, Presbyterian Hall, February 14.

C.W.L. Valentine Bridge, Whist and Cribbage, K. of C. Hut, Feb. 13, 8:00 p.m.

United Church Valentine Tea, Feb. 15.

Dance every Saturday night, Oddfellows' Hall, 9 to 12.

St. Valentine Dance, W.A. of Machine Gun Regt., Armouries, February 16.

C.C.F. Bridge Drive every Saturday.

Anglican Tea, Mrs. C. C. Mills, February 22. (44)

Orange Ladies' Sale, March 28.

St. Peter's Sale, April 26.

Miss Marian Sheppard, formerly of the Capitol Theatre Staff, left last night on a visit to Seattle.

R. G. Birch and Fred Conrad were representatives of the Junior Section of the Prince Rupert Chamber of Commerce at the regular monthly meeting of the Senior Chamber last night.

DO THIS

If Child Has a Cold
Don't take needless chances with untried remedies. Relieve miseries this home-proved, double-action way.

Now to get all the benefits of this combined PENETRATING-STIMULATING action as shown above, just rub throat, chest and back with Vicks VapoRub at bedtime. Then . . . see how this family standby goes to work instantly—2 ways at once—to relieve coughing spasms, ease muscular soreness or tightness—bring grand relief from distress! Its soothing medication invites restful, comforting sleep—and often by morning most of the misery of the cold is gone. Try it tonight. VICKS VAPORUB

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