By HELEN BANNERMAN Canadian Press Staff Writer

WHAT MOUNTIES LIKE Being a bunch of husky men, the Mounties dearly love vegetables and meat, and that goes pretty well for anything we put on their plates in the line Robertson, first dietitian ever appointed to the Royal Can-

"And being men," she added, "they love apple pie for dessert, plate with a layer of thinly is particularly good in a hot which they get - with cheese, sliced apples. Sprinkle with cream sauce, served on toast of course."

Canada's red-coats have on the whole only an average sweet-tooth and this, Miss Robertson says, is probably due to the fact that they get all their needed food components before reaching dessert, and so do not suffer from the malnutrition so often leading to a craving for sweets.

> Mounties stationed in Ottawa apples are tender. are served meals based on Canada's official food rules, and CARING FOR STOCKINGS-

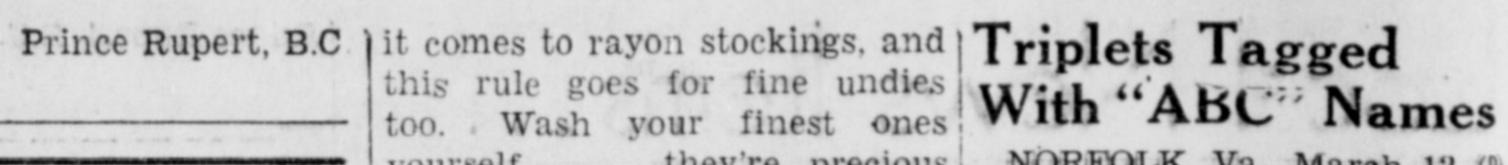
fruit juices.

DEEP APPLE PIE—Deep dish apple pie with cheese crust is wear. version of the Mounties' favorite dessert.

The recipe requires six tart Did you know that Canada now apples, 3/4 cup sugar, 1/2 teaspoon is producing canned crab meat cinnamon, 1/4 teaspoon nutmeg, at least as delicious as the pretwo tablespoons of butter and war kind . . . which came largely half a pie portion of pastry. from Japan? The fish, packed Cover bottom of deep pie in the Queen Charlotte Islands,

sugar mixed with a little cin- or in patties. It may be served namon and nutmeg and dot hot or clod. with butter. Repeat until pie plate is well filled. Roll 1/2 cup grated cheese into the pastry for the upper crust and cover nickel, 75 per cent of the asapples with the cheese crust. bestos, 20 per cent of the zinc Bake in a hot oven, 425 degrees and mercury, 15 per cent of the fahrenheit, for 15 minutes. Re- lead, and 12.5 per cent of the duce the heat to 350 degrees copper used by the United Nafahrenheit and bake for 20 to tions is produced in Canada. 30 minutes longer, or until the

have become enthusiastic about Most of us these days know the whole-grain porridge for break- necessity for daily dipping when



QUEEN CHARLOTTE CRABS-

CANADA'S BIG ROLE

ANCIENT MAMMALS

HOW CAN I???

By ANNE ASHLEY

Q. How can I make a good

ancient of mammals.

ironing board cover?

flavor to salads?

breakast rolls.

sweet and clean?

Bats are among the mos

About 95 per cent of the

NORFOLK, Va., March 12 and you can give them more When triplets arrived at the Norloving care than anyone else. folk General Hospital, the first Extra precious girdles and set in 40 years, everybody got corsets should be washed by pretty excited. To avoid confuand your own fair hands too, says sion, the nurse tagged the in the Prices Board. Tub them fants A, B and C. "They are a pleasure to feed," frequently, but gently, rubbing Pretty Mrs. William W. Saw

"They soiled spots with a soft brush yer, their mother, liked the idea so well she decided to tag the away from the heat. And al- little girls permanently with the ternate at least two for longer first three letters of the alphabet. She named them Anne, Barbara and Christine.

Sea Cadet Orders

Parade Schedule-March 13

7:05—Band and markers muster. 7:10—Hands fall in.

7:50—Stand Easy. 7:55—Hands to classes.

9:30—Secure.

9:40—Evening Quarters.

9:45—Sunset. Training Schedule Seniority Training Arrgt.

Class A- First period, visual signalling; second period, visual

executive officer; second Class C-First period, compass

pass and helm. A. When a new cover is need-Class D-First period, lecture ed for the ironing board, make by C.P.O. Cruickshank; second

Class F-First period, boat-

Class I-First period, gunnery Q .How can I keep dish towels (S.D.); second period, lecture by

> Duty Officer, C.P.O. Davies. Duty Petty Officer, P.O. C. Cur-

R.C.S.C.C. "CAPTAIN COOK"

7:15-Prayers, Colors and Divi

7:20-March Past. 7:30—Physical training.

8:40—Stand Easy. 8:45—Hands to classes.

Class B-First period, lecture

period, gunnery (R.T.). and helm; second period, com-

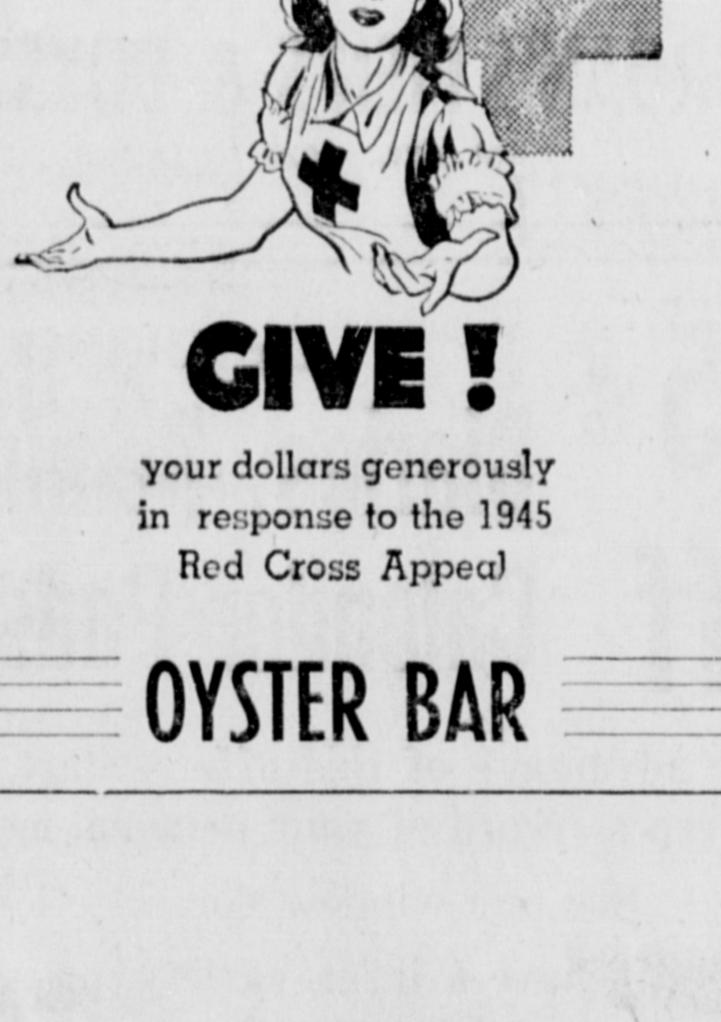
a slip of unbleached muslin to period, rules of road. fit the board, open at both ends. | Class E-First period, gunnery

It is far better than using a sheet (S.D.); second period, lecture by or sewing or tacking it to the Mid. J. K. Macey.

Q. How can I give a different work; second period, boatwork. Class G-First period, sema-A. A pleasant tang can be phore; second period, semaphore. given to vegetable salads by add- | Class H-First period, lecture ing a little caraway seed. They by Chaplain Scott; second period, are also good when used on gunnery (S.D.).

Chaplain Scott. A. Wash them out after each Duty Division, Drake Division.

meal, adding a little ammonia to the soapsuds in which they are



GIVE

TO THE

RED CROSS

China

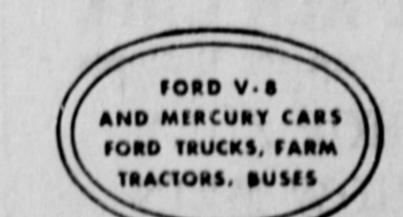


WHEN you take your car to your Ford Dealer for service, please bear this fact in mind: there are many thousands of Ford vehicles engaged in essential war transport here in Canada. Ford dealers must stand ready to service and repair these vehicles with dispatch.

Your Ford dealer wants to service your car promptly, too. But when one of these essential trucks or transports comes in his door for urgently needed service, then your car must wait. This may inconvenience you and embarrass the dealer-but war priorities must come ahead of civilian service.

Since all cars on the road are old cars—and steadily getting older the demands from car owners for service from Ford dealers are steadily multiplying. Though many skilled mechanics are today in the Armed Services, and the manpower shortage makes it difficult to keep mechanics, your Ford dealer is making a valiant effort to service your car, in addition to keeping essential transport rolling.

Your Ford dealer is grateful to you for your patience under today's trying conditions, and will do his utmost to serve you promptly.



FORD MOTOR COMPANY OF CANADA, LIMITED

In Old New York-

Annette or

Local Business Woman Visits Picture and Radio Stars-Prices That Are High-Ruper Much Talked of

Humphrey Bogart-"Stuck up, eh! Looks like Vera Gordon!" Milton Berle-"Better Looking than Vera!"

The "stuck up" was Annette Woods of Frince Rupert while on a visit to a moving picture studio in New York.

She was strolling along with friends when the two screen celebrities passed by and spoke within hearing.

So, womanlike, Annette was quite pleased over the recogni-

Mrs. Woods spent a memorable 10 days visiting in Gotham and she really "did"the city.

Radio City and the moving picture studios came in for visits.

At Madison Square Garden, she saw Sonja Henie. "She is simply beautiful," commented Mrs. Woods when interviewed. "Those are the only words for

Errol Flynn was another of the moving picture stars whom Annette saw in person.

At the radio broadcasting studios Annette sat in on "Are You] a Genius?" starring the cadaverous Tom Howard and his incredible female stooge. She also saw Major Bowes in action.

"Talk about high prices. Why we Canadians don't know how lucky we are," said Mrs. Stone as

N. York P. Rupert \$119 24.95 14.95 Dresses Avacadoes Oranges (each) .10

Avacadoes and oranges come from California but, although imported, they are cheaper here than in New York.

Four little tomatoes were de-

manding 60c. Mrs. Stone found red salmon

selling at \$1.20 a pound and halibut at \$1.10.

But it was satisfactory for the Prince Rupert woman to see the boxes in a fish shop marked "Rupert Brand" and to hear that the Prince Rupert product was not only well known but very popular although there are some misconceptions that need cor-

"In fact," went on Annette, " is surprising how well Prince Rupert is known in New York. I think the American service men are giving us a lot of publicity."

The old fable about the Prince Rupert rain seems still synonymous with the mention of the city though.

In addition to that of the Prince Rupert rain, Annette found other misconceptions including a statement at Montreal that it is always dark here and that the population of Whitehorse consisted of Eskimos.

New York and Montreal certainly had nothing to boast about as far as weather was concerned. There was snow and sleet all the time and it was plenty cold too.

Speaking of styles, Annette says that hats with large ostrich plumes are in favor. "But try and get the plumes! The dealers didn't have any. But I managed to get a few from the movie mil-

"I saw plenty of stockings in New York but they were not fit

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT"

IN THE MATTER OF KRISTIAN KNUTSEN, DECEASED, INTESTATE TAKE NOTICE that by order Honor W. E. Fisher, made on the 6th day of February, A.D. 1945, appointed Executor of the estate Kristian Knutsen, deceased, and Estate are hereby required to properly verified, before the 17th day of ed to the Estate are required to the amount of their indebtedness DATED at Prince Rupert, B.C., this 17th day of February, A.D. 1945. W. O. FULTON, Executor of the Estate

of Kristian Knutsen. IN THE SUPREME COURT OF

BRITISH COLUMBIA IN THE MATTER OF THE "ADMINISTRATION ACT" IN THE MATTER OF THE ESTATE

OF ALEXANDER DUNCAN, DE-CEASED, INTESTATE. TAKE NOTICE that by Order of His Honour Judge Fisher, Local Judge of e Supreme Court of British Colum-I. I was on the 15th day of Februtrator of the Estate of Alexander Duncan, who died on the 30th day of November, 1944. All persons indebted to the said estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 31st day of March, 1945,
failing which distribution will be
made having regard only to such
claims of which I shall have been DATED at Prince Rupert, B.C., this 15th day of February, A.D. 1945. NORMAN A. WATT, Official Administrator,

Prince Rupert, B.C.

In Aid of Red Cross Drive

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\$125 VALUE IN PRIZES Cut Rate Shoe Store \$8.00 Merchandise

Modern Beauty Parlor Permanent Hair Wave \$5.00 Merchandise Orme's Drug Store \$5.00 Cleaning or Laundry Pioneer Cleaners Burns & Co. Side of Bacon 2 Books Tickets Capitol Theatre 4 Cases of "Coke" North Star Bottling Co. S. C. Thomson Case of Apples Hamper of Groceries \$5.00 Cleaning or Laundry Ideal Cleaners Case of Grapefruit Juice Boston Cafe Coffee Table Bulger's, Jewelers

\$2.00 Merchandise Box Black Alaska Cod . Canadian Fish & Cold Storage Co. and others

Tickets 25 Cents

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