

TRED OF BEING ANNOYED - Mrs. Jess Moore, their appeal. er home near Sequatchie, Tenn., says she is tired lled "a liar because I believe I gave birth to quadhe holds a shotgun which, she says, she will use to from further annoyance. Standing, left to right, are r eight children, Juanita, 11; Pearl, nine, and Lena,

Before serving fill hollows with

Eat Right-Score High" based

on Canada's Food Rules, has

been produced for children, and

provides information as well as

entertainment. Through provin-

FUNERAL NOTICE

be forwarded to New West-

minster where interment will

ALWAYS

certain food elements everyone

In addition it provides the basic

food substances-complete proteins

to build muscle, nerve and body cells

endurance. It thus acts as an insurance

against food deficiencies that retard

So if your child eats poorly, is thin,

underpar, perhaps nervous, why not try delicious Ovaltine for normal

growth and better appetite.

-high-energy foods for vitality and

Phosphorus and Iron.

normal growth.

take place.

choose right foods.

Experts Say - -

e fact fresh veget- ly at a tea in Government menu. a premium these House. ise housewife who'll as possible, freshly se such garnishes as hollow-pressed in the centre. Resticks, hard cooked ing or the yolks sieved,

sey or green pepper, rated, sliced or in a as a stuffing, chops, shredded cocoatowned, sliced oranges, oes and cucumbers. D SUGGESTIONS . cabbage with chopped peaunts or green peppeanut butter with or cabbage salad), onion or bacon. cet and onion, white onion and grated car-

eggs, chopped t, flaked fish with

celery, apple and is, prepared jelly diced raw apple, sliced banelly powder with lemon and finely ge or other veg-

nes or figs stuffed cheese mixture o tes stuffed with

AL DELICACY-For idian hostess with lat is popular in les, here is the in easy-to-make



n causes a shortf in Rome. So uch a shortage—just e Romans do. Threearinella Scarnati is ere. She has bathed mum of water and the final rinse with of water poured s her mother.

Seasonable Ideas for Housekeepers

SALADS-SUBSTANTIAL AND SATISFYING-EVEN IN WINTER

The salad is the decorative! part of a meal whether it consists of simply dressed lettuce leaves or a colorful combination of other vegetables or fruits. Even the substantial salad, served as the main course, depends on crisp vegetables or fresh

fruits for eye appeal. The original salad was salted leaves. Spiced oil and vinegar were used first on the greens, In a large bowl place the carrots, then on combinations of foods. potatoes, peas, celery, sliced eggs, These met with approval. The onion and pickle. In a small homemakers vied with each glass jar combine the oil, vineother to create salads that were gar and seasonings. Cover senew and different. The elaborate curely and shake well. Pour over candlesticks and butterfly sal- vegetable mixture and toss lightads and even concections to ly together. Six servings. represent faces and animals were evolved. Now we prefer the salads which rely on natural colors, texture and freshness for

The so-called green salad escapes monotony by the variation , of the shades of green vegetables combined. Raw vegetables ineluding turnips, spinach, parsnips and beets which were not considered salad material are now used.

Using the small salad as an accompaniment to the meat course is an excellent way to put green Combine the mustard, salt, pep-UP BILL OF FARE dainty which was served recent- and raw vegetables into the per, sugar and vinegar. Pour over

The substantial salad used for for 2 hours in a cold place be-BIRD'S NESTS - One-half the main course may make use fore serving. Six servings. interesting salad to cup butter, one-quarter cup of small amounts of left-overs. midwinter menu. In brown sugar, one egg yolk, few The jellied salad is one answer ngredients should grains salt, one cup sifted flour. to the problems of the busy The mixture is rolled into woman who likes to prepare as d evenly shredded, small balls which are dipped in much as possible ahead of time. cubed. A good flavor the unbeaten egg white and then Jellied salads may be prepared by marinating veg- rolled in finely chopped nuts. the day before and therefore are separately, and then The balls are put in a greased an excellent choice for Sunday tin and placed in a moderate tea.

Whatever the type, the salad oven. After about eight minutes should be of good color harmony, they are taken out and each are pleasing texture and appetizing turn to the oven to finish bak- flavor. It should also be well chilled and easy to eat.

Home economists say that delicious salads may be made with NEW GAME - A new game | winter vegetables.

Salad Russe 2 cups diced, cooked carrots

2 cups diced, cooked potatoes 1 cup canned peas 1 cup chopped celery

2 tablespoons finely chopped onion 1/4 cup chopped pickle

3 hard-cooked eggs, sliced

- 1/4 cup salad oil
- 1/3 cup mild vinegar 11/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons sugar 1/4 teaspoon paprika

½ teaspoon dry mustard

J. A. Wood, Vancouver; J

cherries and mayonnaise. Six

Prince Rupert

servings.

- Winter Salad 2 cups canned green beans 2 cups canned corn, whole
- kernel 2 cups shredded raw cabbage 1/4 cap finely chopped onion .2 tablespoons chopped celery
- leaves 1/2 teaspoon dry mustard
- 1/2 teaspoon salt 1/8 teaspoon pepper
- 2 tablespoons brown sugar 1/4 cup vinegar

Toss together the vegetables vegetables and blend. Let stand

Peachy Salad 11/2 tablespoons granulated

plain gelatin

- 1/4 cup cold water 1 cup sweetened syrup from
- canned peaches 1/2 cup cold water
- 3 tablespoon vinegar 3 cloves
- 1/2 teaspoon powdered cinna-
- mon
- 1 3-oz. pkg. cream cheese 3 tablespoons mayonnaise
- 1 cup diced canned peaches
- 2 cups diced unpeeled apple Soak gelatin in cold water for 5 minutes. Bring peach syrup, water, vinegar, cloves and cinnamon to boiling point. Boil for

2 minutes and remove the cloves.

Add the soaked, gelatin and stir

until dissolved. Chill until par-



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2	3	4	5	6 MEAT COUPON M71 Valid	7	8
9	10	11	12	13 BUTTER COUPON B41 MEAT COUPON M72 Valid	14	15
16	17	18	19	20 SUGAR-PRESERVES S41, S42 BUTTER COUPON B42' MEAT COUPON M73 Valid	21	22
?3	24	25	26		28	•

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tially set. In the meantime, blend | Here's a partyish sounding destogether well the cream cheese sert, "Nut Torte" that is every and mayonnaise. Add to partial- bit as delicious as it sounds. ly set gelatin mixture and beat There are plenty of roasted alwith rotary beater until light. monds and dried fruit hidden Fold in peaches and apples. Turn | between the layers of rich dough, into moistened mould and chill making it tasty and interesting. until firm. Unmold on crisp let- Nothing could be finer for a Valtuce leaves, garnish with sliced entine's Day special treat. canned peaches, marachino

NUT TORTE

3/4 cup roasted blanched almonds

3/4 cup cooked prunes Rich biscuit dough (basis 31) cups flour)

3/4 cup brown sugar (packed) 1 teaspoon cinnamon 3 tablespoons butter or

margarine 2 tablespoons cream

Chop almonds fine. Measure Shack, City; Major C. Jervis- prunes, remove pits and slice. Reade, Victoria; R. Coates, Roll biscuit dough about 1/4 inch Prince George; A. Matheson, thick. Place one half in bottom City; A. Linke, Stewart; J. of greased baking pan (approxi-Campbell. Terrace. P. S. Ten- mately 8 inches square). Sprinkle ments have been made to renant, Victoria; L. S. Muir, Van- half the sugar over dough. Ar- sume shipment to South Wales couver; E. Hoole, Vancouver: range a layer of prunes and al- collieries of pit props from Mrs. M. Shaw, Smithers; Mrs. F. monds over sugar, sprinkle with France. The first contract is Hink, Smithers; Mr. and Mrs. Spice, dot with butter, and cover for 30,000 tons. T. Luck and baby, Prince George; with remaining dough. Add K. Garland, Vancouver; Mrs. J. cream to remaining sugar, mix Shoemaker, Butedale, J. Chap- and pour over top. Bake in a hot man, Shawatlans; L. Lowery, oven (400 degrees F.) about 30 minutes. Serve with cream or top Ketchikan; R. Tabler, Ketchimilk. Serves six.

PRESTON, Eng. ()-Although HAIR GROWTH AIDS Any stimulating treatmen

blind and without hands, 26year-old Bill Griffiths, ex-R.A.F. such as massage and the use of truck driver, has started in busi- electricity, promotes growth of ness as a haulage contractor. the hair.

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Tuesday, February 11, 1947

OFF TO START

The Teen Town girls' nursery which opened on Saturday for the convenience of mothers wishing to leave their youngsters in good care while they are shopping downtown, was temporary guardian to four youngsters in the Civic Centre.

Girls in charge of the project, Rosaline Thain, Betty Hamilton, Micky Murray and Mary Adcock, felt that the nursery was off to a good start, and that, as the public gets acquainted with its advantages, patronage will increase.

The nursery was open from 10 a.m. to 5 p.m. for children from one to six years of age.

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