"SALADA"
TEA BAGS
So handy

EGION NAMES EW OFFICERS

. G. Houston Re-elected President—Taking Part in Warship Entertainment

Prince Rupert Branch, Canaan Legion, re-elected its three ior officers at a general eting last night following a nge of policy in which ofers of the organization now d their positions for a yearly m, instead of half-yearly as merly. Returned to office were sident V. G. Houston, First e-President Ralph Smith and ond Vice-President James oll.

The honorary officers of the anization were returned by lamation. They are: Honor- President, Col. Cy W. Peck, C., D.S.O.; Honorary First e-President, Col. John Megor, V.C.; Second Vice-Presint, Col. S. D. Johnston, M.C. James Taylor was appointed the position of sergeant-atms. Members of the executive F. D. Hardy, D. McGillivray, ham Alexander, J. A. Teng, H. Stratford, W. E. Denning, A. J. Bussanich and W. A. Osborne. Five of the eight-man executive are veterans of the Second World War.

The board of trustees, consisting of H. A. Breen, L. M. Gordon and S. C. Thomson were re-elected and J. S. Wilson was named zone representative for the Prince Rupert district branches. P. M. Ray, who was originally nominated, was unable to accept because he is a salaried official.

The new executive committee will meet in the Legion Hall on Sunday to appoint various working committees for the year.

The meeting, attended by almost 100 members, were told of the active part the Legion is taking in the entertainment of the ships' companies of H.M.C.S. Uganda and Crescent while they are in port.

REALLY MILD WINTER

TORONTO, (CP)—Citizens here thought this city had a hard winter. But the weatherman says the winter was so mild it was one of three in more than 105 years of weather records to show not a single drop below the zero mark—though it was down to zero once.

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman

If you've noticed that your baby—usually a little ray-of-sunshine, looks mighty like a thundercloud at mealtime—chances are he's *bored* with his food and it's high time to switch to HEINZ Baby Foods! For HEINZ Baby Foods look good enough to bring a happy, hungry gleam to baby's eyes and—YUM!—they *taste* delicious, too! Don't just take baby's word for it—taste for yourself any of the flavourful varieties of HEINZ baby Foods and you'll understand why baby gobbles them so gleefully! Ready-to-serve strained fruits and vegetables—for instance—*delicious*—and so easy to digest—vacuum sealed to retain vitamin content in a high degree. Try *all* of HEINZ Baby Foods—every one of them backed by the famous 78-year-old HEINZ reputation for *quality!* And for your free booklet—"*Your Baby's Diet*"—write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

BE ASSURED OF DELICIOUS DESSERTS!

At the end of a perfect meal, you'll want something very special in the way of good taste for dessert—something to rate a delighted "Encore!" from your public. If you crave the compliment of having places passed back for *more*—serve desserts made with BENSON'S CORN STARCH — tasty puddings — cream-smooth custards and meringues to melt in your mouth! And speaking of meringue . . . 1 teasp. of BENSON'S CORN STARCH added to 1 tbsp. of sugar for each stiffly whipped egg white . . . will make a fluffier, smoother, more delicious meringue. In fact, you'll find so many ways to improve your menus with fine-textured BENSON'S—it makes smoother gravies and pie-fillings—that you'll call it a menu "must"! Like all good things much-in-demand, you'll want to buy it when you see it, for BENSON'S is a buy-word familiar to *generations* of satisfied Canadian homemakers. Yes, I know it's hard to find at present, but the supply is gradually increasing and soon there'll be enough for everyone!

BEAUTY TREATMENT FOR YOUR HOME!

Spring is here! In the bright sunshine your home would look well with a fresh coat of paint—and there's that annoying leak in the roof that *must* be fixed! But—money, money—*who* has the money! If this is the way you feel—if you and friend husband require money for home repairs and are in a position to repay without undue strain on your family budget . . . pay a visit to the manager or accountant of your nearest branch of the BANK OF MONTREAL. He'll tell you that homemakers are constantly receiving ready help through the bank's *Personal Loan* plan. And the low cost will surprise you—only 27 cents a month for each $100 borrowed, when repaid in 12 monthly instalments. Truly a bank service for your convenience—think of it when you need money for home repairs.

NO MEAT BUT LOTS OF GRAVY!

Every woman knows, so this is just a reminder and not *news* to you, that there's nothing like rich, brown gravy to add appetite appeal to a meal. "True!" you may say, "but what of my meatless meals?" The answer to that is OXO. Any day you haven't meat, you can have a big dish of the brownest, most delicious gravy by making OXO Gravy . . . Melt 4 level tbsps. of dripping, add 6 tbsps. flour and brown, stirring constantly. Mix 2 OXO cubes or 2 teasps. fluid OXO in 2 cups of boiling water. Add this to your browned mixture, stir until smoothly blended; add salt and pepper and bring to a boil. . . . Remember OXO is the goodness and flavour of prime, lean beef concentrated in cube or fluid form. Get some at your grocers and see how many delicious and economical ways it will serve you. Keep it on your handiest kitchen shelf and be reminded that beefy OXO will cut your meat bills.

GIVE SPRING CLEANING THE BRUSH-OFF

Think for just a minute of all the brushes you use when you clean house . . . scrub, venetian blind, paint, banister or bench dusters, floor push brooms, radiator—well—a *lot* of brushes and wonder of wonders! they come now with NYLON bristles! For you know that it's the bristles in your brushes that do the work—and that's why it is so important that your brushes have NYLON bristles . . . they're the best and most enduring for every job and easy to clean so that they look like new at the finish. Well, now, thanks to *Canadian Industries Limited*, makers of NYLON bristles in Canada, these wonderful new *household utility brushes* made with NYLON bristles by a number of experienced brush manufacturers are among the best of the brand new buy-words for homemakers. Do look for the words "NYLON BRISTLED" when you're buying brushes for long wear, usefulness, cleanliness, and yes—beauty!

Seasonable Ideas for Housekeepers

COOKING UNDER PRESSURE IS BECOMING POPULAR THESE DAYS

Cooking under pressure is becoming more and more popular with the home chefs nowadays, specially with the homemakers who hold an outside job and still like to prepare good, substantial meals. If it did nothing else but shorten the time spent preparing meals, cooking under pressure would be favored by many homemakers but specially by those to whom time is precious. Fortunately this way of cooking saves more than just time. Foods cooked under pressure retain more of their original flavor than with other methods of cooking. Vegetables are also likely to have a better and fresher color.

There are several types of small pressure cookers now on the market and called pressure saucepans. Directions for use of each individual type is supplied by the manufacturer. Since the principle involved in pressure cooking is the same for all makes, certain general rules apply to any and each one of them. It is however essential to read all instructions carefully and also follow them to the most minute details. The manufacturer also gives recipes and it is wise to use these until thoroughly familiar with the particular type of saucepan. After that one may experiment with favourite recipes to the heart's content.

Cooking is an art that is acquired sometimes easily other times with difficulty but perseverence and goodwill generally bring success. Cooking in a pressure saucepan is definitely an art but success will be sure to reward and crown all efforts.

Home economists have done extensive experimental work with all the makes of pressure saucepan now on the Canadian market and offer recipes equally good and satisfactory for all.

BARBECUED SPARERIBS

2 lbs. spare hibs
1½ tablespoons fat
2 cups canned tomatoes
salt and pepper
⅛ teaspoon curry powder
Dash of cloves
⅛ teaspoon of paprika
Dash of celery salt or 1 tbsp. finely chopped celery
3 tablespoons chopped onion
2 small carrots thinly sliced
1 teaspoon H.P. or Worcestershire cause

Cut spare ribs into servings. Melt fat in pressure saucepan and brown meat thoroughly on all sides. Add tomatoes, seasonings and vegetables. Follow directions given by manufacturer and cook 15 minutes. Thicken gravy if desired. Four-six servings.

BAKED BEANS

2 cups white navy beans
¼ lb. salt port diced or smoked pork fat
3 tablespoons brown sugar
3 tablespoons molasses
1½ teaspoon salt
½ teaspoon mustard
¼ cup chopped onion
2 tablespoons catsup
2½ cups water

Pick over beans and soak in water overnight. Drain and put in bottom of pressure sausepan with all the ingredients. Cook for 50 minutes. Six servings.

BRAISED OXTAILS

2 lbs. oxtails, cut in 2" pieces
¼ cup flour
¼ cup fat
1 cup hot water
1½ cups canned tomatoes
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon celery salt
4 whole cloves
Piece of bay leaf
1½ cups diced carrots
½ cup chopped onion

Wipe meat, trim off excess fat and roll pieces of oxtail in flour. Saute in the hot fat in the pressure saucepan until well browned. Add water, tomatoes and seasonings and cook under pressure for 50 minutes. Cool pressure saucepan according to directions given by manufacturer, add vegetables and cook under pressure for 5 minutes more. Six servings.

Timely Recipe

PRUNE APRICOT CONSERVE

1 cup cooked prunes
½ cup dried apricots
2½ cups water
½ cup granulated sugar
⅓ cup coasely chopped unblanched almonds

Pit and slice prunes. Rinse apricots, cut into medium-fine strips and boil in 2½ cups water 15 minutes; add sugar and continue boiling 3 or 4 minutes or until sugar is dissolved. Add prunes and almonds and return to heat for 1 or 2 minutes, stirring continuously. This is ready to serve immediately.

Makes about 2 small glasses.

CHEW FOR HEALTH

Chewing is necessary to ensure proper digestion and to get the most out of what we eat, say health authorities. Eating in serenity with a minimum of clatter and chatter is also advised.

CROYDON, Eng., (CP)—Fifteen tons of fresh carrots, flown from France in five special planes, arrived here recently.

SOUTHAMPTON, Eng., (CP)—Viscount Mountbatten, now viceroy of India, presented a Japanese sword to Southampton.

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Today the quality and flavour of Crown Brand Corn Syrup is preferred by more Canadian families than ever before.

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"We appreciate your loyalty to Quality."

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CB5

SCIENCE has proved there are certain food elements everyone needs for health. If there aren't enough of them in a child's food, serious things can happen—such as stunted growth, soft bones, poor teeth, faulty nerves, loss of appetite, defective eyesight.

Ovaltine supplements the diet with elements frequently deficient in ordinary foods. Three servings of Ovaltine furnish a significant portion of a child's daily requirements of Vitamins A, B_1, C, D, Riboflavin (B_2), and Niacin and Minerals Calcium, Phosphorus and Iron.

In addition it provides the basic food substances—complete proteins to build muscle, nerve and body cells—high-energy foods for vitality and endurance. It thus acts as an insurance against food deficiencies that retard normal growth.

So if your child eats poorly, is thin, underpar, perhaps nervous, why not try delicious Ovaltine for normal growth and better appetite.

OVALTINE 89

It's hard work to love a grouch...

Have you ever noticed how often the men with sunny dispositions seem to have *"all the luck"* . . . in love or in business? It would be odd if they didn't! It is hard work to love a *grouch.*

If you want to live life with a song in your heart, one thing you certainly must avoid is that *"jumpy", irritable, depressed feeling* which so often accompanies constipation.

There is a simple, pleasant precaution you can take. Eat Kellogg's *All-Bran* every day. Nearly one out of every two Canadian families now keep Kellogg's *All-Bran* on their pantry shelves. 64% of these families have been using it for over five years. No wonder we believe you will benefit from *All-Bran.* That is why we now make this extraordinary guarantee on every package:

DOUBLE YOUR MONEY BACK
Guarantee
Eat an ounce of Kellogg's All-Bran every day. If after using just one package you do not agree that its continued use is a simple, pleasant, daily precaution to help you keep regular, mail the empty flat carton to us with a note stating the address of your grocer and the price you paid. We will refund you not only what you paid—but DOUBLE your money back.

SAVE THIS guarantee as a reminder to get a package of Kellogg's All-Bran today. Your grocer has it in 2 convenient sizes. Kellogg Company of Canada, Ltd., London, Ontario.

Welcome!
HMCS Uganda & HMCS Crescent

SPORTS PROGRAM

Soccer—Hanson Cup Match
Uganda and Crescent vs. Prince Rupert
Roosevelt Park—FRIDAY, 5:45 p.m.

Basketball—2 Games
Prince Rupert Sea Cadets vs. Cadets (Royal Roads)
Prince Rupert Senior "B" All-Stars vs. Uganda and Crescent
Civic Centre—THURSDAY, 7:30 p.m. and 8:30 p.m.

Boxing—Six All-Star Bouts
Canadian Legion Boxing Club Stars vs.
H.M.C.S. Uganda and H.M.C.S. Crescent
Civic Centre—FRIDAY, 7:30 p.m.

Boxing—Admission 50c Students 25c

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