

E in this Prince Rupert by BIDDEE JINKS

I wouldn't have done it if someone might whisper that I was a creature of my own hand concerning that pie, please!" "I'll have another of that pie, please!" "This would be different. I've never yet had one that tasted like the one I made." "You inherit the knack of making pastry the same as you inherit brown eyes or red hair: because it's in the family."

March 20—Co-op vs. Dockettes, Bankers vs. Peopies, Whirlwinds vs. W.P.T.B., Watts & Nickerson vs. Revenuers, Khatadas vs. Atlin.

You saw it in The News!

16,818 Attend Civic Centre

No Less Than 227 Events Held There During Month Of February

During the month of February no less than 227 events were held in the Prince Rupert Civic Centre with a total attendance of 16,818 persons, according to a statistical report, covering the period. The gymnasium had 123 events and a total attendance of 5,346 persons. The various rooms had an attendance of 11,472 persons.

Basketball was the principal gymnasium activity with six league game sessions and three Ketchikan-Prince Rupert engagements. Attendance at the league games for the month aggregated 1,495 while the Ketchikan games drew 1,050 persons. A wrestling match was credited with attendance of 714 while seven badminton sessions were attended by 225 persons. Forty-three Rup Rec classes had a total attendance of 897 persons. King Edward School pupils made good use of the gymnasium with 15 sessions and total attendance of 501.

There were 15 events in the auditorium, the biggest drawing card being Little Theatre presentation night with a turn-out of 875 persons. The Cambal Valentine dance was credited with attendance of 400.

Roosevelt gymnasium was used by 640 persons with eight high school badminton sessions and eight basketball practices.

There were 5,920 customers at

The Experts Say - -

By KAY REX
Canadian Press Staff Writer

COOKING ON GRILLS—In this era of bed-sitting rooms "with cooking privileges," both skill and system are necessary for the girl who must concoct an appetizing meal on a two-burner grill.

The working girl who lives alone and prepares her own evening meal knows she must learn time-saving devices. Otherwise she will be cooking and washing dishes until far, far into the night.

If she's wise she will put those vegetables on to cook the minute she comes in-from work. If they're potatoes she may have peeled them in the morning and left them standing in cold water. Now all there is to do is cover them with fresh water and put them on to boil. Incidentally, they will cook more quickly if cut into quarter pieces. The same thing goes for carrots which should be sliced as thinly as possible.

These days individual quanti-

ties of meat aren't any easier to buy than larger portions, but round steak minced and small chops are the best selections for the person who's cooking a solitary meal.

The steak can be turned into meat balls which will fry in no time. Salt and pepper and a little chopped onion are the only seasoning needed.

But for the girl who feels like turning out a special dish, here's a recipe for Mock Filet Mignon which will perk up the most lackadaisical appetite.

The ingredients: 1/2 pound minced round steak, 1 tablespoon dry crumbs, 1 tablespoon tomato juice, pinch of salt, pepper and paprika, 1 tablespoon chopped onion, 1 strip bacon, 1 tablespoon cornmeal, fat or cooking oil.

Mix the meat, crumbs, tomato juice, seasonings and shape into a cake. Bind with the bacon strip and fasten with a toothpick; roll in the cornmeal. Heat the fat in a frying pan, sear the filet on both sides, then fry until brown.

APPLESAUCE—Applesauce just naturally goes with pork, but often the girl who has bought a pork chop for dinner has neither the time, the utensils nor the space to make the necessary sauce. Then she should peel and slice an apple right into the frying pan alongside the sizzling chop. The apples should be left in the pan just long enough to brown, but should still retain some of their crispness.

NUTRITIVE FOODS—The

CFPR Radio Dial 1240 Kilocycles (Subject to change)

SATURDAY—P.M.

- 4:00—Hawaii Calls
- 4:30—Hot Air
- 5:00—Playhouse Party
- 5:30—South American Way
- 5:45—Sports College
- 6:00—CBC News
- 6:05—Recorded Interlude
- 6:15—Music a la Carter
- 6:30—Saturday Night Serenade
- 7:00—Dancing Party
- 7:30—Organ Music
- 8:00—Red River Barn Dance
- 8:30—Old Time Rhythm
- 9:00—Current and Choice
- 9:15—This Week
- 9:30—Violin Sonatas
- 10:00—CBC News
- 10:10—B.C. News
- 10:15—Report from the Legislature
- 10:30—Hollywood Barn Dance
- 10:45—Vaughn Monroe's Orch.
- 11:00—Weather and sign off ann.

SUNDAY—A.M.

- 8:30—Concert Album
- 9:00—BBC News and Commentary
- 9:15—Songs and Singers
- 9:30—Vanity Fair
- 9:50—Time Signal
- 10:00—B.C. Gardner
- 10:15—Just Mary—Tor.
- 10:30—Way of the Spirit—Mont.
- 11:00—CBC News
- 11:03—Capitol Reports
- 11:30—Religious Period—Ott.

Health and Welfare Department, in its report on nutrition and the production and distribution of food, suggests that persons buying most of their meals in restaurants should be taught to choose foods for their nutritive value and not merely bulk to satisfy hunger.

Table d'hote specials often include alternatives such as fruit juice or cereal items, which bear no nutritional relationship. Price is in most cases the governing factor in lunch selections, and food qualities except for flavor and taste are secondary considerations, the report continues. "Greater availability of low cost balanced meals would make a contribution to nutrition. Too often the choice is between nutritive value and sufficient bulk to satisfy hunger."

M. Amadio	108	88	148
B. Laird	113	121	143
Low score	92	120	79
Handicap	78	78	78

REVENUERS	621	701	733
R. Andreassen	164	121	90
G. Strangebye	100	191	129
K. Reid	92	120	79
R. Ramsay	262	163	115
E. Rougeau	176	149	112
Handicap	45	45	45

KHATADAS	859	789	576
Y. Turcotte	149	143	125
E. Harper	113	173	138
B. Payne	198	157	123
M. Boulter	164	85	103
H. Watrin	206	170	127
Handicap	98	98	98

PEOPLE STORE	868	826	714
C. Bellamy	118	182	240
E. Clark	183	117	211
M. Stewart	109	234	144
I. Ramsay	147	183	133
S. Ramsay	122	99	215
Handicap	46	46	46



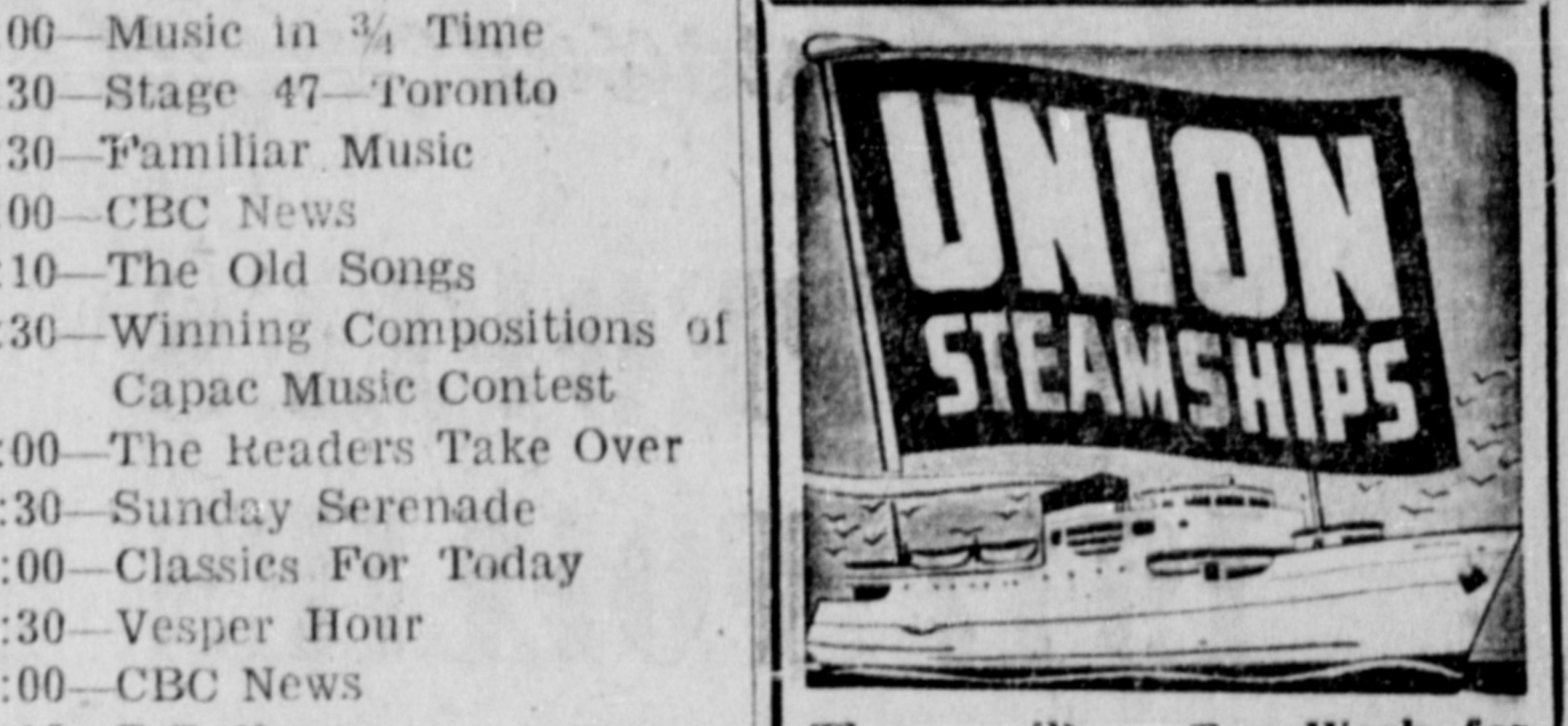
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EARLY NEWS IS WELCOME

Local news items, to ensure publication, should be in the office by 10 a.m. Contributors are asked to bear this in mind. Items of social and personal interest are always welcome.

- P.M. —
- 12:00—New York Philharmonic Symphony Orch.
- 1:30—Church of the Air
- 2:00—CBC News
- 2:03—John Fisher Reports
- 2:15—Martyr Estall
- 2:30—T.B.A.
- 3:00—Music for Sunday
- 3:30—CBC News
- 3:33—Weather Forecast
- 3:35—Musical Program
- 3:45—Canadian Short Stories
- 4:00—Maitland Farmer, Hbl.
- 4:30—Record Album
- 5:00—Music in 3/4 Time
- 5:30—Stage 47—Toronto
- 6:30—Familiar Music
- 7:00—CBC News
- 7:10—The Old Songs
- 7:30—Winning Compositions of Capac Music Contest
- 8:00—The Readers Take Over
- 8:30—Sunday Serenade
- 9:00—Classics For Today
- 9:30—Vesper Hour
- 10:00—CBC News
- 10:10—B.C. News
- 10:15—Canadian Yarns
- 10:30—Prelude to Midnight
- 11:00—Weather and sign off ann.



Three sailings Per Week for VANCOUVER—VICTORIA SEATTLE
Tuesdays, 1:30 p.m.—Coquitlam.
Fridays, 12:00 Midnight—Catala.
Saturdays, 9:15 p.m.—Camosun.
KETCHIKAN
Fridays, 12:00 Midnight. STEWART and WAY POINTS
Sundays, 10 p.m.
QUEEN CHARLOTTES
Fortnightly.
FRANK J. SKINNER
Prince Rupert Agent
Third Ave Phone 568

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BLONDIE by CHIC YOUNG

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