

THE DOUBLE-BARRED CROSS

SYMBOL OF THE CRUSADE AGAINST TUBERCULOSIS

As far as we are aware no thesis has yet been written on the subject of emblems. Attempts at a universal language. Quite a few centuries have passed into the books since men found a symbol would often by them and their cause. Even though the world knew a word the was saying. As this does not anticipate un- ing a PhD. thesis the is offered gratis to anyone can use it.

Adverts what you without a lot of detail. When one con- how hard it seems to be. (even with the of skilled interpret- to understand each other it is remarkable what a such as the red cross is in universal faith comfort.



EXTENSION OF TIME is hereby given that the for the reception of ten- "Construction of South No. 2, Fraser River, Steveston, is extended to 3 p.m., Wed- January 12, 1949.

By order, J. M. SOMERVILLE, Secretary, Department of Public Works, December 9, 1948.

REIGNED NINE DAYS Lady Jane Grey was Queen of England for only nine days.

For HIM . . .

Bachelor

For HER . . .

Adrienne

SEE OUR COMPLETE LINE OF GIFT SETS

ORMES DRUGS

Weather forecast for a bright, white Christmas: showers of gifts by Elizabeth Arden—clouds of snowy Dusting Powder, sprinkles of fragrant Flower Mist. For Dusting Powder, fluffy-line, and Flower Mist, light as spun spray, go together perfectly . . . like Christmas and candle-light, like you and the Yule log's blaze!

Bath Duo — Dusting Powder and June Geranium Soap . . . 2.50
Bath Trio — Bath Milt, Hand-O-Tonic, June Geranium Soap . . . 3.50
Blue Grass Duo — Flower Mist and Dusting Powder (fln) . . . 3.75

ORMES DRUGS

Elizabeth Arden

Flower Mists... powder drifts

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Seasonable Ideas for Housekeepers

Timely Recipe

ALMOND, APPLE PUDDING

Arrange a layer of biscuit type dough in the bottom of a pan, then a layer of apples and almonds and finally a custardy topping.

1/2 cup unblanched almonds
2 cups sifted all-purpose flour
1/2 teaspoon salt
3/4 cup granulated sugar
4 teaspoons baking powder
5 tablespoons shortening
3/4 cup milk
2 cups thinly sliced cooking apples
1/2 cup table cream or rich top milk
1 egg
Cinnamon
Cream

Chop almonds. Sift together flour, salt, 3 tablespoons sugar and baking powder. Cut in shortening and stir in milk, mixing only enough to moisten dry ingredients. Spread in well-greased baking pan (about 11 1/2 x 7 x 1 1/4 inches), cover with apples and sprinkle with almonds. Beat together 1/2 cup table cream, egg and remaining sugar. Pour evenly over apples and almonds. Sprinkle with cinnamon. Bake in hot oven (400 degrees F.) about 30 minutes. Serve warm with cream. Serves 8 or more.

HOW CAN I ???

By ANNE ASHLEY

Q. How can I mend broken glass?

A. Purchase about ten cents worth of water glass from any drug store, and paint the broken edges of the glass, using a small, soft brush. The mended portion will not show.

Q. How can I make bay rum?

A. Mix one dram oil of bay, eighteen ounces of alcohol, eighteen ounces of water. Then filter it through magnesia.

Q. How can I remove yellow spots from white enamel?

A. By rubbing with a flannel cloth that has been dipped in garden mold.

Miss Nan Bavester is sailing this afternoon on the Cardena for Vancouver. Next week A. P. Crawley is leaving for Vancouver and the couple will be married in the south.

HINTS FOR HOLIDAY MEALS; BUYING AND COOKING TURKEYS

Christmas is almost upon us with all the extra fussing over the festive meals. At the same time the homemaker must keep on serving the three regular meals each day.

Home economists have some suggestions which may lighten the burden on both the purse and the person of the over-worked housewife.

If a turkey, chicken or goose has not already been ordered it is time to make sure of getting a good bird. Buying poultry by grade pays high dividends.

GRADE SPECIAL birds (marked with a purple tag) are those which are as nearly perfect as possible. The supply of this quality bird is usually quite limited and the price necessarily higher than that of other grades.

GRADE A poultry (marked with a red tag) are highest grade birds usually found on the market. These birds are well-fleshed with plump, well-rounded breasts and show fat on the breast, back, hips and pin bones. The fat is evenly distributed throughout the flesh in small globules so that the meat is ten-

der and juicy when cooked. Grade A birds must be cleanly plucked, with no large tears or discoloration and have straight keel bones.

GRADE B birds (marked with a blue tag) are not as attractive in appearance as those in higher grades, although they may be very good eating. Grade B poultry may show some pinfeathers, some tears or may have a slight crookedness of the keel bone.

Grade C birds (marked with a yellow tag) are usually not well-fleshed or if they are well-fleshed, may have pinfeathers, be bruised or slightly discolored. They may also have crooked keel bones.

Chickens in grades Special and A are, in addition, marked "milkfed."

Grading is a protection for the housewife who, if she buys by grade, buys with confidence, knowing full well that the bird will be of the quality marked. In many cities in Canada the sale of graded poultry is compulsory. If graded poultry is not sold in your community, ask for it.

Many small families have longed for a turkey but felt

that even the smallest one was too much for two or three people. For these it is now possible to buy a half turkey which can be stuffed and roasted to that shining golden tenderness.

TO ROAST HALF TURKEYS—Wash turkey half and dry thoroughly. Sprinkle cavity with salt. Tie leg to tail. Leave wing flat against breast, skewering in place. Fasten skin to breast meat along keel bone to prevent shrinkage of skin and consequent drying out of meat.

Trim double thickness of waxed paper to approximate cut surface of bird and place on a rack in roaster.

Allowing 3/4 to 1 cup of dressing per pound of turkey, mound the dressing on the waxed paper to fit cavity of bird. Place half of turkey on top of dressing.

Completely cover bird with piece of cheesecloth dipped in melted fat and roast until tender, allowing about 30 minutes per lb. Use uncovered roaster and do not add water. If cheesecloth dries out during roasting, re-moisten with dripping from pan or with additional melted fat.

COST OF LIVING IS NOW DROPPING

VANCOUVER—Cost of living index in Vancouver dropped .2 of a point during the month of October, figures indicate.



TRAIN SCHEDULE

From the East—
Tuesday, Thursday, Saturday,
10:45 p.m.

For the East—
Monday, Wednesday, Friday,
8:00 p.m.

BIG "BLUE BABY"—Most "blue babies" are young children but in the case of Jack Finley, 30, of Lakeview his condition developed when he was 20 years old. A married man with three children, Finley's heart was affected about 10 years ago and he has been a partial invalid since. Shown here kissing his children, Barbara, Dale and Mary, good-bye as he leaves for Toronto General Hospital, Finley will be operated on by a Toronto specialist. (CP Photo)



The years are bound to bring changes...

Do you know what your insurance needs will be in 1953? Marriage, a birth or death in the family might change the present picture completely. So, plan ahead, but make your plans flexible.


A Crown Life convertible Policy gives you that flexibility. At the end of five years, you have the privilege of converting your original policy into any one of five different plans at a new rate which is guaranteed in your original policy. There are no lump sum arrears of premium to pay.

Get in touch with a Crown Life representative. He will be glad to explain how a Crown Life convertible Policy can be used to give you the flexible protection you require.

Crown Life Insurance Company

Established 1900 Home Office Toronto

O. HAVROY, General Agent, Prince Rupert
J. J. KENNY, C.L.U. Provincial Superintendent
Provincial Office, Rogers Building, Vancouver



Chocolates

make a tasty gift for any lady to find under the Yule Tree Christmas Morning. Ask about our pound and half-pound boxes today.

As well as PIPES, POUCHES, RONSON LIGHTERS, TOBACCOS and CIGARS we have CIGARETTES in gift boxes of 100's and 50's.

Rupert Tobacco Store
3rd Ave. & 4th St.

EARLY ADVERTISING COPY IS APPRECIATED

How many things made of aluminum can you see on a street corner?



UNLESS you look at the pictures on the right, you'll hardly believe there can be so many.

Yet this is only a few of them. For aluminum has so many advantages that you may see hundreds of other things made of it—on the streets, in store windows, almost anywhere you look.

This is because aluminum is so very light, and strong, does not rust and has lots of other special features.

Today more than 1000 Canadian

companies are making aluminum into so many kinds of useful and beautiful articles that no one can keep track of them all.

Why is this so? Because so many people all over the world want things made of aluminum we have been able to make more and more.

Because we have been able to make more, we have been able, over the last ten years, to reduce the price of aluminum ingot by 25%.

ALUMINUM COMPANY OF CANADA, LTD.

Producers and Processors of Aluminum for Canadian Industry and World Markets

MONTREAL • QUEBEC • TORONTO • VANCOUVER • WINDSOR



ALSO, aluminum traffic lane markers, parking meters, street light brackets, direction signs — and cove troughs, roofs, window sills, awnings, airplanes — and new things are being made of aluminum every day.