Brian Parsons, ere with Mr. Par-Ir, and Mrs. R. C. L. this afternoon's return to Van-

Pogson is sailing Prince George



MONTREAL, Oct. 14th-It's actual economy to bake with SWANS DOWN CAKE FLOUR, for Swans Down makes the simplest cake look and taste luxurious. You're sure of extra fineness . . . extra moistness . . . extra deliciousness . . . with Swans Down! Made by cake-flour specialists, Swans Down is milled by a "Controlled Milling" process from the choicest soft winter wheat, and sifted and resifted until 27 times as fine as ur. So many, many women depend on Swans Down mate in cake success.

-

Reader Writes: "]

read about Pac-

quins Hand Cream

in your column-

and tried it! Now.

they're beautiful!" Yes,

Est

Breakfast To Wake Up To is any breakfast with " as its main attraction. serve lusciously smoo-oth it's always the highto prepare . . . in cooks to delicious from Baby to Dad will blood-enriching Iron-pro-Phosphorus for diets deelements. That's why it's such a good hat "Cream of Wheat" habit . . . so good for you! An Enthusiastic Atlantic Fares Are



With the first chill in the air foods. Soup seems to be just trip to Vancouver, there is a general desire for hot right to give the luncheon or supper a satisfying and comforting warmth.

> Some time ago the French government conferred a decoration on a chef because of the excellence of his soup. Whether It is the commercial chef or the home cook who prepares a good soup it is an accomplishment Soups have infinite variety There are stock soups, clear and with varied additions as well as pieces. Cook with onion and cream soups and chowders so celery leaves in boiling, salted that it would be quite possible water. Drain, reserving liquid to serve soup every day and and remove 1 cup cauliflower. never repeat.

with milk and full of vegetables. Here are several recipes for delicious soups, tested and approved by home economists:

Cream of Cauliflower Soup 1 medium cauliflower

(4 cups broken) ¹/₄ cup chopped onion ¹/₄ cup chopped celery leaves 1 teaspoon salt 4 tablespoons fat 4 tablespoons flour 3 cups milk

Grating of nutmeg Break cauliflower into small Press remainder of vegetables

Soup may be a most extrava- through a coarse sieve. Melt gant course in an expensive fat and add flour and stir until meal or it may be a cheap and well blended, add hot vegetable nourishing main part of a semple puree and water. Cook, stirring meal, according to the ingredi- constantly, until smooth and ents. Some recipes start with thickened. Add milk, nutmeg "Take three pounds of lean and unsieved cauliflower. Remeat and ywo pounds of bone heat and serve at once. Yield: with marrow. Others are made six servings. from left-over vegetables, meat **Squash Potage** scraps, vegetable water, celery 1 small onion, thinly sliced tops, outside leaves of cabbage 2 tablespoons fat and many other bits which may 3 cups diced squash or have accumulated in the repumpkin frigerator. This type of soup 1½ cups canned tomatoes might well be called ice-box 1 teaspoon sugar soup. For the average house- $\frac{1}{2}$ teaspoon salt keeper it is well to have at least 2 cups cold water an outline of a recipe and, in 11/2 cups milk the case of a cream soup, defegg yolk inite recipes will assure the same Cook onion slowly in 1 table-



Prince Rupert Daily Rews Thursday, October 14, 1948

I.O.D.E. CHAPTER PLANS BAZAAR

Plans for the fall bazaar and raffle. November meeting will, completed at the be held at the home of Mrs. J. monthly meeting of Queen A. Teng, Ambrose Avenue.

Mary Chapter, I.O.D.E., held at the home of Mrs. D. O. McLeod HOW CAN I ? ? ? Tuesday evening. Mrs. S. A. Kielback, regent of the chapter, was chairman,

By ANNE ASHLEY

Q. How can I make, sand-

The bazaar and tea are to be paper? held at the Oddfellows' Hall on A. Sandpaper can be made by October 20. Mrs. J. A. Teng will coating stout paper with glue, be convener.

and then sifting fine sand over The meeting heard reports its surface before the glue sets. from the working committees, Emery paper can be made in including one on shipments of the same way, only that powderparcels of food and clothing to ed emery is used instead of sand. Britain. Mrs. H. A. Breen and Q. How can I relieve a ner-Mrs. J. A. Teng, conveners of vous headache?

the knitting and fancy work A. A nervous headache can stalls at the forthcoming bazaar frequently be relieved if one will reported that they have collect- drink a cup of strong black cofed a fine assortment of articles fee, to which the juice of half a which members have made dur- lemon has been added. ing the summer. Q. How can I whiten and Following the business ses- purify sponges?

Substantialiy Reduced! You TRANS - CANADA AIR LINES have nade it wonderno matter what my chores, my you to pay a thirtyhands look like they'd never done Britain for fare an a speck of work and my husband \$148.00. Pacquins is the hand cream pre-Shannon - \$404.00 ferred by more women than any other hand cream in the world because it keeps "busy" hands lovely-gives them that "lady of m regular round trip leisure look ". It's used constantly by doctors and nurses who wash their hands thirty to forty times ble too - in T.C.A.'s a day. So why not try it?-simorth Star" skyliner! ply write to me-Barbara Brent, 1411 Crescent St., Montreal, P.Q. 949. Plan now a forget!



taste vour family



results each time it is made. The spoon fat. Add squash, tomatoes, wonderful thing about a cream sugar, salt and 1 cup water. Cook soup is that it is almost a meal until squash is tender, then rub



ROYAL FARMERS-Prince and Princess Soutzo of Romania who fled the Communist regime in their country to come to Canada, are planning to take up farming in Alberta. The 36year-old Oxford-educated prince was lord of Sutzesti and Isvor villages in addition to owning 8,000 acres of farm lands and froests. Shown here are the prince and princess with their 19year-old daughter, Ioana, standing, and Alexander, six, in Calgary. (CP Photo)

through sieve. Heat milk and

1 cup dried beans

1 cup diced carrots

1/2 cup shredded green pepper

1½ quarts water

(optional)

add to the puree. Mix remain- 2 cups milk der of melted fat with beaten Few grains pepper egg yolk and remaining water. Wash beans, soak overnight, Add to the soup and reheat. drain. Add water, cook in a Serve with croutons. Yield: six covered pan until beans are soft. about 11/2 to 2 hours, then add vegetables. Add the cracked Bean Chowder wheat or flour and salt, mixed with a little cold water and cook about 1/2 hour longer. Add milk and pepper. Reheat to boiling i 1 cup canned tomatoes point and serve. Yield: 7 to 8 1 onion, finely chopped

2 teaspoons salt

Louis XIV once paid \$14,000 2 tablespoons cracked wheat or 1 tablespoon flour for a pair of buttons.

servings.

sion, refreshments were served. A. Soak in milk, then rinse by the hostess. Mrs. S. A. Kiel- thoroughly in warm water with back was winner of the monthly a little carbolic acid.



pound to relieve such symptoms! In a recent test it proved helpfu to women troubled this way. Why don't you get smart and try it yourself?" Pinkham's Compound is what is known as a uterine sedative. It has a soothing effect on one of woman's most important organs.



NOTE: Or you may prefer LYDIA E. T PINKHAM'S TABLETS with added iron.



they make wonderful gifts! Look for them in better stores everywhere-and be sure to look for h of flavour magic in that important Vinylite Plastice label. It's your assurance of finest ping . . . ask for Shirproducts tested and approved by ouring Extracts and "The Better Fabrics Testing Bur.

... "She Was Sentenced To A Penitentiary Term Or Four Years" for drug peddling ... larceny ... procuring an abortion . . . or whatever the crime was. You've read such reports in your newspaper-but did you ever pause to consider what sort of life confronted those women convicts as they entered the gray walls of Canada's only federal prison for females, at Kingston? The whole truthful account is brought to you by an ex-inmate in the pages of CANADIAN HOME JOURNAL for October. It's a challenge to every ed women's organization in the country. . . . There's on I interesting reading in this new issue of Canada's favoumagazine-first chapter of an exciting serial and a tempt-I short stories . . . fashions with a special slant . . . a wones of meat pies to add to your kitchen repertoire. All in anadian Home Journal. At your favourite newsdealer's to-



Flavour Favourite s'

container BRAND CORN omes in! It's designed at snugly on the shelf ars cleanly-looks smar' and some cone-top tin you're in a hurry for Fido's smell! Vapair costs less that delicious Crown than a cent each time to use ...

Are You "Sick And Tired" of Fido's " doggy " around the house? Fido is the Wonder Dog of the World, but his particular brand of canine cologne leaves much to be de-

sired! Keep Fido, by all means! , but banish his "smell" from your rooms easily and effectively with a new wonder-working room deodorant! Called VAPAIR, it's as effective with the afterdinner odor of stale cooking or cigarette smoke as it is with

ask for the big-value, ten-

department stores all across

drain? Then it's time to discover

GILLETT'S DRAIN CLEAN.

ER! Prevent slow drains, keer

them clear and fast-running by

regular use of Gillett's Drain

Cleaner. Just two tablespoons a

week will prevent drains clogging

-make basins so much easier to

keep sparkling clean! So easy-

so safe — so effective to use . .

next time you're shopping!

Are You "Guest

Shy" about your

the first guest uses

covered by soapy

after - wash film

that should have

gone down the

basin, in it

*bathroom? After

ounce bottle to-morrow-at drug

It's made to do your whole family wash!

IT'S HDE Procter & Gamble's amazing discovery!

Tide is completely new and different! And Tide does what's never been done before-washes clothes cleaner than any soap, yet actually leaves colors brighter. Nothing's too dirty for Tide! And no water is too hard! Tide gives oceans of suds even in hardest water. Only Tide can make all these promises:

ONLY Tide DOES ALL FOUR!

1. Washes clothes CLEANER!

A Hymosol Product

Yes, cleaner than any soap made! And that goes for your heaviest, dirtiest wash-even grimy overalls! Tide not only leaves clothes free from ordinary dirt, but actually removes dingy soap film as well.

2. Gets clothes dazzling white-they're CLEANER!



THAN ANY SOAP MADE

-yet actually LEAVES COLORS BRIGHTER

15% OFF Entire Stock 206 Sixth Street (1t) A. MacKENZIE JOHN H. FURNITURE BULGER LTD. A Good Place to Buy OPTOMETRIST BED MATTRESSES-Ask for them by name. Beautyrest, Deepsleep, Slumber King,

s flavour a cake, you'll to fumble and fume nd-to-open tip

Talking About that beautiful Peggy Sage colour FASHION PINK! And no wonder! Never have I seen a shade so versatile ... it looks beautiful

in Peggy Lipstick with or "Regular" Nail Polatch! And now you can a lipstick and polish at a -... the cage Fashion Pink Set stick and Nail Polish . . . e for only 1.35! Ask for ar favourite c. truly a beauty kit to ask for Gillett's Drain Cleane

ABLE COULD At Home! Simply heat a tin of HEIN? ABLE SOUP and a tin of any other brand. alf-helpings of each and take your family's dietitians did in a rebe the family favourite

anada

arty dietitians tried a blind-

est and twenty-one voted Heinz first for rst for nourishment! Don't let your fam-the taste-treat of Heinz Soups . . . there are seventeen de varieties-including Cream of Tomsto--Cream of Mushroom-of Chicken-Verset 11 of Chicken-Vegetable. Just taste any one of the deliciou.

When you wash with Tide, white things come dazzling white-stay that way week after week. Tide never turns them yellow!

3. Actually brightens colors-they're CLEANER!

Tide's not only safe for your gay print dresses, but it actually brightens them! Powerful enough for heavy work clothes, yet safe for all washable colors-that's the miracle of Tide!

4. Gives more suds-

prove it in your dishpan!

Kind-to-handssuds! Faster suds! Longerlasting suds than any soap in hardest water! Tide cuts grease like magic . . . washes dishes cleaner than any soap! No scum in the water! No cloudy film! Dishes and glasses rinse and dry sparkling clear -even without wiping!

> Made in Canada TIDE'S IN-DIRT'S OUT!

TIDE WORKS EXTRA MIRACLES IN HARD WATER! OCEANS OF SUDS! NO WATER SOFTENERS NEEDED!



7:00 a.m. to 3:30 a.m.