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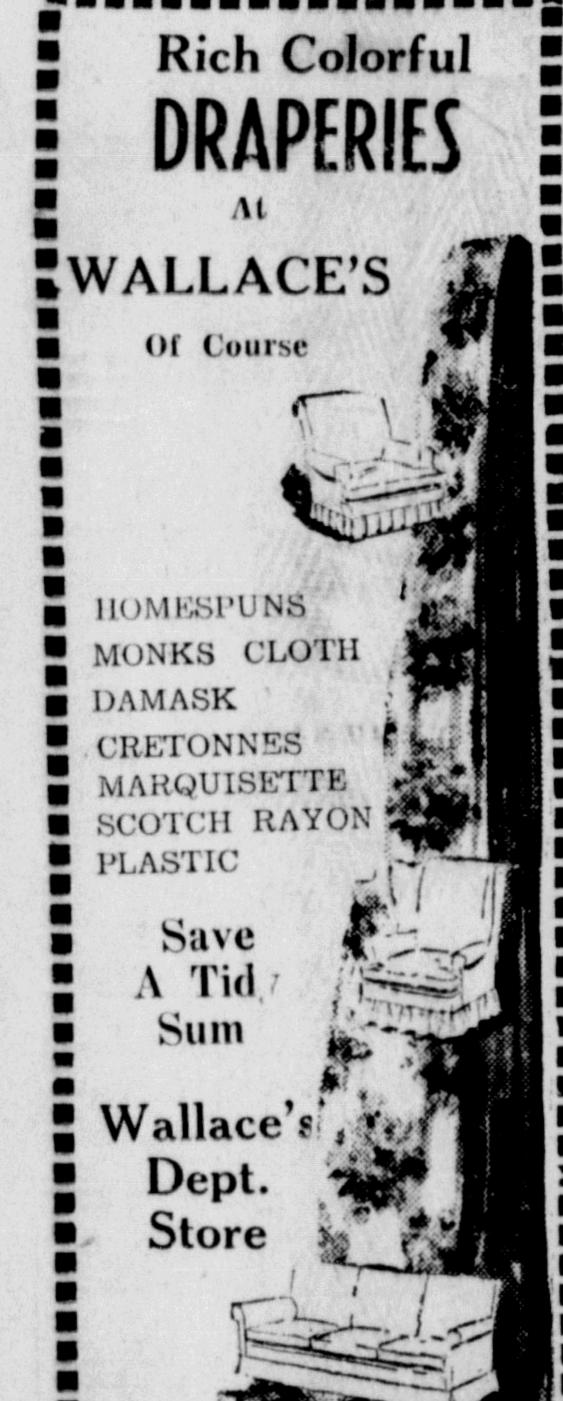
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our appetite-that's the way to feel onvenience. Take NOVA KELP now! Watch the results. On sale at all drug stores.



SHIPS AND

A notice to mariners from Keith Dixon, agent of the Department of Transport here, announces that Cape Caution light, to the north of Queen Charlotte Sound, is burning steadily while Napier Point light is reported out. These lights will be attended to as soon as possible.

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IIN IRAQ-

By DANIEL DE LUCE

BAGHDAD, Iraq-Communism is legally invisible in Iraq. Bu the Red underground extends from the mud-walled slums of Baghdad to the ragged tents of nomad tribes.

Under the Iraqi criminal code the Communist party has been forbidden since 1938. Its bes agitators wear progressive and Liberal labels.

Two political parties are under indefinite ban for tenets resembling those of fellow travellers. One Moscow-trained pamphleteer, Yusus Salman, is in jail for 14 years. Dozens of others are interned, but still their ideology spreads.

The Russian legation is shunned like a pest house by extreme Leftists because it is under constant police surveillance.

The fact, however, that the legation's charge d'affaires carries a string of prayer beads in his left hand seems to be a devout Moslem is known nov throughout the country.

The charge of Godlessness was once the most effective anti- St Patrickcommunist weapon here. Spar-Islam mix.

The Soviet Union is 140 miles morning and evening. To illithis horses he was startled to see erate Iraquis-94 per cent of the a two-year-old bull moose come out of the barn door. He had mightier than pages of printed been eating hay from a manger.

some hours, probably with the RED PLAYS idea of going back to finish his ALL ANGLES

hold Iraq as a mandate, and for hard-cooked egg. the millions of peasants against workers against the industrialists and the minority Kurds against the central government.

To discontented mtellectuals in Baghdad they smuggle books and tracts from the communist propaganda centre which functions openly in the Lebanese capital, Beyrouth.

They appropriate most of the reforms proposed by Arab nationalists—such as more schools and more irrigation projects to create small farms.

"Communism can't be stamped out by police action alone," Nationalist leaders say. "Communism feeds on ignorance and poverty. Unfortunately, we have too much of those in Iraq.'

The persuasiveness of Red voices is ilustrated by the Armenian community of 15,000 that has existed in Iraq for centuries. Swayed by idyllic descriptives of life in the land of their ancestors, 1,000 have left this year for Russian Armenia and 9,000 are reported to have registered for "repatriation." They are abandoning prosperous businesses

and tidy homes. The Rusians are not yet or the march. They are not idle

You saw it in the Daily News

The Experts

"NEW LOOK" DINNER

Whether it's a "company" meal, or just a family affair. here is a New Look dinner calculated to do any housewife

pounds beef steak; salt and to a turn. pepper; flour; 11/2 teaspoons dry mustard; three tablespoons Filling: cooking oil; one-quarter cup red currant jelly; four tablespoons lemon juice; one tablespoon Worcestershire sauce.

Cut steak into one-mch cubes and roll in flour seasoned with salt and pepper. Fry in oil until brown and then cover and cook slowly 20 minutes, turning frequently. Add mustard, sauce, jelly, and lemon juice and continue cooking, stirring constantly until beef is coated with a glaze of jelly.

PRUNE WHIP-

The desert accompanying this main course should be something light and easily digested, such as fresh fruit, or Prune

Ingredients: one pint prune pulp; one quart whipped cream; 11/2 cups sugar; one teaspoon vanilla; one cup chopped nuts.

Fold the prune pulp and nuts into the whipped cream, and chill before serving.

Saint Patrick's day may be ing no window-dressing, Soviet over, but the spirit of that Irish official representatives now seek holiday lingers, providing a good to show that communism and excuse for parties and special "green" dishes.

Frome economists of the confrom Iraq, with Turkish and sumer section, Dominion depart-Iranian territory as a buffer, ment of agriculture, suggest a The Arabic-speaking voice of spinach salad with the flavor of Tiflis radio booms through each spring and the color of old Erin. Saint Patrick's Salad - in-

gredients: two tablespoons gelapopulation—a spoken word is tine; one-quarter cup cold water; 13/4 cups boiling water; one teaspoon salt; 1/8 teaspoon pepper; three tablespoons vinegar; two teaspoons grated onion; The Reds play all the angles. one tablespoon sugar; one-half They say they are for the Arabs teaspoon spicy meat sauce; 13/4 against the British, who used to cups pureed cooked spinach; one

Soak gelatine in cold water the few thousand hereditary for five minutes. Add boiling shieks. They incite the city water and stir until dissolved. Add salt, pepper, vinegar, onion, sugar, and sauce. Cool until partially set. Fold in pureed spinach. In the bottom of each of eight individual moulds place a slice of hard-cooked egg and pour in spinach mixture. Chill until firm and unmould to serve. Eight servings.

Household Hints: The problem of quick icings for plain cakes is solved if the housewife keeps on hand a mixture of brown sugar and cinnamon, and second mixture of grated maple sugar and chopped walnuts. A generous sprinkling of either on top of cake batter melts into icing as the cake



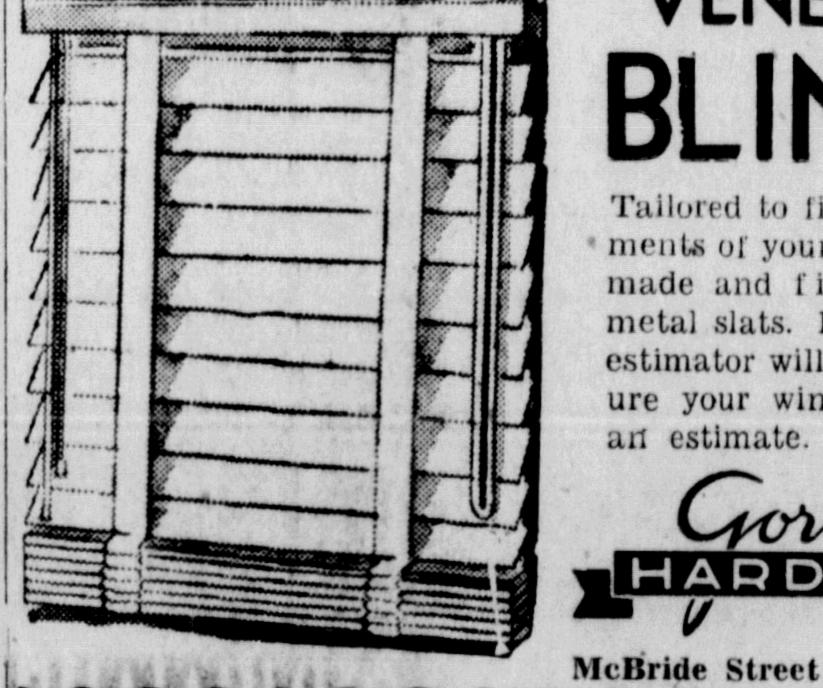
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Here's a delicious "Tamale en with cheese and cover top with Casserole" that even the gal who remaining mush. Cover cascooks on a hot plate can turn serole tightly, place in kettle out perfectly. Prepare the cas- containing sufficient water to serole in the usual way with a cover lower 1/3 of casserole, cover corn meal mush lining and a kettle and boil about 1 hour. Rewell-seasoned ripe olive and plenish water as needed. beef filling. Cover closely, steam Beef Saute-ingredients: 11/2 for an hour and it will be done

Tamale en Caserole

1/3 cup oil

pound ground lean beef 1 cup chopped onion

minced clove garlic teaspoon salt

tablespoons chili powder 11/2 cups hot water 1 cup ripe olives

21/2 cups finely chopped, cook-

ed or canned hominy l cup water

1/2 cup yellow corn meal

l teaspoon salt 2 tablespoons salad oil

1 cup grated American cheese Filling: Heat oil; add meat, onion and garlic, and cook and stir about 5 minutes. Blend in salt, chili powder, water and olives, and cook and stir about 5

minutes. Drain hominy. Combine with water, salt and oil, and bring to boil. Stir in corn meal slowly

Cook and stir 3 or 4 minutes or until thick; cool.

2-quart casserole with 3/4 of mush. Pour in filling. Sprinkle

Trade Journal Mentions Parkin

The Journal of Commerce and Building Record, referring to the recent death of A. T. Parkin, says he went to Prince Rupert in 1907 as an electrical contractor for the B.C. Tie & Tim ber Co., and in that capacity constructed the city's first electric light system for which power was supplied by the company's mill.

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