

Veteran Priest Now At Terrace

Rev. Father E. M. Leray O.M.I., after having been stationed for many years at Smithers as parish priest, has been transferred to Terrace where Father Racette O.M.I. will remain as assistant. Some years ago Father Leray was stationed in Prince Rupert, going from here to Dawson and then coming to Smithers. He is expecting to visit Prince Rupert soon to renew acquaintances. Father Leray is a veteran of the French army in World War I.

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HOUSEKEEPING

PIES NOT MATTER OF LUCK BUT GOOD, CAREFUL COOKING

Pies Not Matter of Luck But Good, Careful Cooking

PIES—Sincere thanks should go to the nameless cook who first made pies with fruit instead of the meat which, for generations, had been used in the "pies" enjoyed in England. The fruit pies originated through necessity when, after the American Revolution, meats and poultry were scarce. Without doubt, this unknown person gave the North American continent its favourite dessert.

The homemaker who is able to make good pastry holds the key to popularity in her home and community. Home economists say that there is no good or bad luck in pastry making. It is accuracy in measuring and care in handling that counts. There are many excellent methods and recipes for pastry. The following modern method of mixing pastry makes it almost failure-proof.

(Plain Pastry)

3 cups sifted all-purpose flour or 3 1/2 cups pastry flour
1 1/2 teaspoons salt
6 tablespoons cold water
3/4 cup lard or mild-flavoured fat

Mix flour and salt. Remove 1/2 cup of the flour and blend the water into it, making a smooth paste. Cut the fat into the remaining flour until the pieces are the size of small peas. Mix in the flour paste, combine until the dough clings together. Chill before rolling. Makes enough pastry for 3 nine-inch pie shells; or 1 double crust and 1 nine-inch shell; or 3 dozen two-inch tart shells.

There are, however, several points which are worth keeping in mind.

Too much flour makes tough pastry.
Too much shortening makes the pastry dry and crumbly.
Too much liquid makes heavy pastry.
Too much handling spoils the tender texture.

It is at this point on which the novice often stumbles. In her efforts to make the perfect pie, she works with the pastry too long.

The pastry is most important in pie-making but it is the filling that gives it the character. Apple pie with cheese is an old favorite. Here the cheese is added to the pie crust with excellent results.

Apple Pie, Cheese Crust

Line pie plate with pastry. Cover with layer of thinly sliced apples. Allow about 2 tablespoons of sugar to each apple, sprinkle sugar over layer of apples. Dot with butter. Repeat until the pie is well filled. Roll 1/2 cup of grated cheese into the pastry for the upper crust. Cover apples with the cheese crust. Bake in a hot oven 425 deg. F. for 15 minutes. Reduce heat to 350 deg. F. and bake 20 to 30 minutes longer, or until apples are tender.

(Plum Pie)

Pie paste
2/3 cup sugar
Dash of cloves (optional)
3 tablespoons flour
Few grains of salt
3 cups sliced plums (about 1 1/2 lbs.)

Line 9" pie plate with pastry. Mix sugar, cloves, flour and salt. Sprinkle a small portion of mixture over unbaked pie shell. Combine sliced plums with remainder of mixture and fill shell. Arrange a lattice work of pie paste over top of pie. Bake in hot oven 400 deg. F. for 30 minutes. Yield: six servings.


Note—As an alternate to cloves, sprinkle 1/4 teaspoon almond flavouring over plums.

(Chocolate Topped Pie)

1 baked 9" pie shell
1 1/2 cups milk
1 tablespoon gelatine
1/4 cup cold water
2 egg yolks
1/4 cup sugar
1/4 teaspoon salt
1/4 teaspoon nutmeg (optional)
1/4 teaspoon vanilla extract
2 egg whites
2 tablespoons grated chocolate

Scald milk in top of double

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1950-5

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Schedule for Men's 5 Pin Bowling League

MONDAY, SEPTEMBER 11TH

7 p.m.—	Ambassadors vs. Kalen Industries	1 & 2
	Philpott Evitt vs. Cook's Jewellers	3 & 4
	Mallets vs. Bulger's	5 & 6
	Blair Bros. vs. Scotians	7 & 8
	J. C.'s No. 2 vs. Thom Sheet Metal No. 1	9 & 10
	Rupert Motors vs. Manson's	11 & 12
9 p.m.—	Toughies vs. Helpers	1 & 2
	Fitters vs. Three C's	3 & 4
	Thom Sheet No. 2 vs. Home Oil	5 & 6
	Crescents vs. Brownwood's	7 & 8
	Short Circuits vs. J. C.'s No. 1	9 & 10
	Oddfellows vs. D. & S.	11 & 12

Terrace PTA Has Good Year

TERRACE—The Terrace Parent-Teacher Association, which had its annual meeting Thursday night had a successful and active year, according to the report of Mrs. Campbell, the retiring president.

Principal project has been towards the establishment of a dental clinic for which the sum of \$200 was raised. Dr. McPherson, the new dentist here, has been invited to attend the next meeting of the Association and explain the work of a dental clinic. The fee for the clinic has been set at \$3 per child. The clinic on which Mrs. Van Stok reported, is for pre-school and Grade I children Registrations have so far been coming in rather slowly.

The meeting Thursday night decided, on recommendation of Miss Annie Lips, to instal a bulletin board at the school instead of a showcase as had been originally planned.

Pending decision on the winner, the \$5 citizenship award of the Association has not yet been given out.

The Association will hold a tag day on September 30 with Mrs. Hamilton in charge. Headquarters will be at the home of Mrs. D. G. Little.

A social period and refreshments followed the close of the meeting.

boiler. Soak gelatine in cold water for five minutes. Beat egg yolks with sugar, salt and nutmeg. Add hot milk gradually, then cook in top of double-boiler, about 10 minutes. Remove and stir in soaked gelatine and vanilla. Chill until partially set. Then beat with rotary beater and lastly fold in stiffly beaten egg whites. Pour into the baked pie shell and sprinkle with the grated chocolate. Chill until set. Yield: one 9-inch pie.

At a quiet ceremony in St. Andrew's Anglican Cathedral early Saturday evening Douglas George Frizzell, infant son of Alderman and Mrs. G. Douglas Frizzell, was christened in the presence of members of the family and friends. Rev. Canon Basil S. Procktor officiated at the ceremony. Wilfred Watson of Smithers and Alex Mitchell were godfathers and Mrs. Tommy Fraser of Terrace was godmother.

The beautiful long christening gown, which was daintily hand embroidered and lace-trimmed, has been used in such ceremonies in the mother's family for generations. Douglas George was the fifth generation to wear it. In traditional manner a flounce of lace is added before each christening.

Following the church ceremony a reception was held in the beautiful home of Alderman and Mrs. Frizzell on First Avenue where friends and members of the family gathered to extend best wishes to the parents and a long life of happiness to their infant son.

At midnight a delicious buffet supper was served by the hostess from a beautifully appointed table, covered with a lovely cut-work cloth, the handwork of the baby's grandmother, Mrs. George Frizzell. The table was centred with the top-layer of the parents' wedding cake and flanked on either side with silver candelabras in which stood tall white tapers.

Music and dancing were enjoyed throughout the evening.

Invited guests included Alderman and Mrs. G. B. Casey, Alderman and Mrs. J. Foreman, W. J. Crawford (Stewart), Mr. and Mrs. Wilf Watson (Smithers), Mr. and Mrs. Tommy Fraser (Terrace), Mr. and Mrs. C. A. Kellett, Mr. and Mrs. Gordon Acton, Mr. and Mrs. Al Hickey, Mr. and Mrs. Gordon Delf, J. D. McLeod, Mr. and Mrs.

Tradition At Christening

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Alex Mitchell, Mr. and Mrs. G. E. Peters (Terrace), Mr. and Mrs. Charles Collins, Mr. and Mrs. A. S. Nickerson, Canon Basil S. Procktor, Mrs. J. Fred Ritchie, Miss Nina Youngman, Mr. and Mrs. Arvid Sandhals, Ward Cary (Smithers).

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M-M NOPE

NOT EVEN WITH MASHED POTATOES AND BROWN GRAVY?

NOPE

WELL, WHAT WOULD YOU LIKE?

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NOW WHAT MADE HER FLARE UP LIKE THAT?

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Millions Prefer it for Breakfast — Year After Year!



Real Mealtime Magic!

GRAPE-NUTS BAKED CUSTARD

2 eggs, slightly beaten
1/4 to 1/2 cup sugar
1/2 teaspoon salt

2 cups milk, scalded
1/2 teaspoon vanilla
1/2 cup Grape-Nuts

Combine eggs, sugar, and salt. Add milk gradually, mixing thoroughly; then add vanilla. Put about 1 tablespoon Grape-Nuts in each custard cup; fill with custard mixture. Place cups in pan of hot water. Bake in slow oven (325° F.) 40 to 45 minutes, or until knife inserted comes out clean.

This may be baked in greased baking dish. Sprinkle Grape-Nuts in bottom of dish and add custard mixture. Place in pan of hot water and bake in slow oven (325° F.) about 1 hour. Serve plain or with cream or sweetened crushed fruit. Makes 5 servings.

Post's Grape-Nuts

A Product of General Foods

BREAKFAST is an important meal. Don't skip it—and feel tired, irritable later. Wise mothers never forget that a good breakfast helps all the family get through the morning's activities properly.

An able food expert planned a food specially made for breakfast—Grape-Nuts—the favorite of millions!

Make breakfast more nutritious, enjoyable. Include appetizing Grape-Nuts for better nourishment. Made from whole wheat and malted barley.

Serve with milk or cream. Then—prove to yourself the crunchy, rich-flavored goodness of famous Grape-Nuts.

And Grape-Nuts provides useful amounts of carbohydrates, minerals and proteins.

Many other uses. Consult the package for various cooking recipes. Today, ask your grocer for Grape-Nuts. See the recipe shown here? Try it.

Change to Grape-Nuts. The cost is little. But it goes so far. One serving is just two tablespoons—costing less than a cent.