# Home Cooking Sale SATURDAY, JUNE 12, 3 to 6

• AT YOUR CIVIC CENTRE •

Sponsored by Prince Rupert I.O.D.E.

Assisted by:

NEVILLE GERRARD MRS. ALETTA GILKER FRED CONRAD

The Junior L.O.D.E. will take care of children

Welcome-Come with your family and friends Saturday Afternoon

10 LANGUAGES re about 5,000 different spoken in the world.

ver wallpaper with just one

B-H Fresconette One

rish dries quickly, covers

vely colors, easy and simple

es our color card of this fine

### Modern Etiquette By ROBERTA LEE

Q. Should one ever hurry At the conclusion of the meetintroducing two persons?

ment often result fro mhurry- Hall, who is to be married this plenty of time and pronounce her regret\_that it was necessary

Q. Is it necessary for a guest and Prince Rupert. to say goodnight to his hostess at a large dance?

A. The guests often leave without saying goodnight, but it is far better manners to seek burg, Germany. out the hostess and thank her for the pleasure she has given

Q. Is it improper for a girl to announce her own engagement? A. Yes, of course, she may antives and intimate friends.

### NATIONAL FILM **BOARD PICTURES**

bia Flood Emergency Fund.

# LAST SESSION

At the final meeting of the Prince Rupert Teachers' Assothe Civic Centre with J. S. Wil- spreads. son, president, in the chair, the Home economists suggest tributions being made indi- a moment's notice. vidually by the teachers.

requesting the association to af- minced onion, one-half teaspoon a vegetable pie. filiate with the local council was salt, two tablespons flour, oneread and considered. General in- quarter cup vinegar, one cup carrots, one cup cauliflower, but it was decided to defer de- enne pepper. finite action until the fall.

A highly interesting blackboard sketch talk on the proposed new junior-senior high school was given by A. M. Hurst, chairman of the school planning committee. Various possible items that might be included in the new building were sug-

through the simple formality of ing a beautiful picture of Butze Rapids was presented to Miss A. No. Haste is undignified, Freda Hall by J. S. Wilson on and mistakes and embarrass- behalf of the association. Miss ing through introductions. Take summer, in her reply, expressed the names slowly and distinctly, to leave the teaching profession

established in 1837 at Balnken- ed shortening.

### The Experts Say - -By Kay Rex powder and salt. Add sugar and Canadian Press Staff Writer bran. Beat egg, add milk, molasses and melted shortening. Make Now that the picnic season i a depression in the dry ingredients, pour in egg mixture. Stir

only enough to combine. Fill

hot oven for 20 to 25 minutes.

oven. Serves four.

vegetable casserole.

EGG - VEGETABLE

bread crumbs to the hot white

sauce; pour into a well-greased

casserole dish and top with

bread crumbs. Bake in a hot

oven about 15 minutes, or until

STUDY HUSBAND HELPERS

per cent of Sweden's married

brown. Serves six.

ciation for the school year 1947- in full swing, housewives are on 48, held on Tuesday evening at the lookout for new sandwich

sum of \$40 was voted to the B.C. cheese sandwich spread, which Flood Emergency Fund. This may be stored in a sealer and donation is in addition to con- used for making sandwiches on

A letter from the secretary of eggs (chopped), one pound

Melt the butter in a double boil- onion. well. Add vinegar, milk and pep- etables may be used. Place them per while stirring, and cook over in casserole, cover with white hot water until thickened. Com- sauce. The addition of a mashed bine with the cheese mixture potato crust makes this into and store in refrigerator. Yield: delicious one-dish vegetable lunthree cups.

Muffins with jam or honey make a dessert that is welcomed by every member of the family. Here is a recipe which makes 12 medium-sized, rich, dark bran

Ingredients: 11/2 cups sifted all-purpose flour, 31/2 teaspoons baking powder, one-half teaspoon salt, two tablespoons of sugar, one cup bran, one egg, one cup milk, two tablespoons chopped chives. The first kindergarten was molasses, two tablespoons melt-

Mix and sift flour, baking

## Timely Topics from I errace

At the annual meeting of the Mr. and Mrs. William Cooper tion in the Credit Union hall last · year had been very successful with a business increase of 40% over the preceding year. There

nounce it to her family, rela- Terrace Co-operative Associa- arrived in Terrace at the end of the week from Vancouver where Thursday evening, with Presi- the former attended the Univerdent Ken Kerr in the chair, it sity of British Columbia. They was announced that the past came by car but were held up at men regularly assist their wives Smithers for ten days due to road conditions.

A small but appreciative audi- were over 150 members and a "Skip" Hollands, Government interest in the actual care of the count for 11 percent and Moence attended the common dividend of 4.87% was declared. Telegraphs lineman, returned at home or children. lounge of the Civic Centre last A board of directors was elected the end of the week from a trip night when A. M. Wilson, field consisting of K. Kerr, F. Frank, to the Naas mostly taken on representative of the National C. Kofoed for three-year term, foot. Flood repair work was Film Board, presented an inter- T. Johnson for three year term soon accomplished as the conesting showing of pictures on and Mrs. Farquam for one year, dition of the line was not as bad topical subjects. A collection was to complete a vacancy. The of- as expected and a repair crew taken up for the British Colum- ficers were elected on Tuesday had gone out from Aiyansh to

> N. McNabb and T. Cote, truck drivers for Little, Haugland and Kerr, went out to Skeena Crossing on Monday for a supply of hay. Also taking the trip for the same purpose were R. Judd and H. Smith and the shortage of hay in the town will be relieved to a certain extent.

All the damage from the Skeena flood has been outside of the village limits.

In the Commercial Bowling League finals held last Tuesday at the Civic Centre, the Empire Meat Market beat Little, Haugland and Kerr's team.

Capt. E. B. Caldwell Tells Newspapermen About Prince

greased muffin tins two-thirds VANCOUVER-"I am very full and bake in a moderately proud to be the first master of TSS Prince George, particularly VEGETABLE DINNER-A veg- so because it was designed and etable dinner once a week is one built right here on the coast. It Ingredients: Two hard-cooked method of bringing the family is a fine example of British Colfood budget into line by cutting umbia workmanship," declared the Trades and Labor Council grated cheese, four tablespoons down on meat purchases. Here is Captain E. B. Caldwell today during a chat with newspaper-Ingredients: One cup diced men on the new ship.

"The new ship has good manterest in affiliation was shown evaporated milk, dash of cay- two cups well-seasoned white oeuverability and is smooth in sauce, one teaspoon minced its operation with a noticeable Add the grated cheese, onion parsley, one cup peas or string lack of vibration, a feature that and sait to the chopped egg. beans, one teaspoon of minced is sure to meet the approval of the passengers. Nothing has er; add sugar and flour, blending | For this recipe left-over veg- been forgotten in the matter of navigational aids. The master magnetic compass is reflected into the pilot house which gives the ship's officers a double check at all times. cheon or dinner. Bake in a hot

"I am sure the Prince George will be a popular ship on the CAS- northern run as the public SEROLE-Or try this egg and rooms are well placed and comfortable. A unique feature is the Ingredients: five hard-cooked alternating electrical current eggs, sliced; two cups diced cook- and the flourescent lighting. ed potatoes, one cup diced cook- Generally speaking there is a ed celery or other vegetable, one- homey atmosphere second to half cup dry bread crumbs, two none, Caldwell declared.

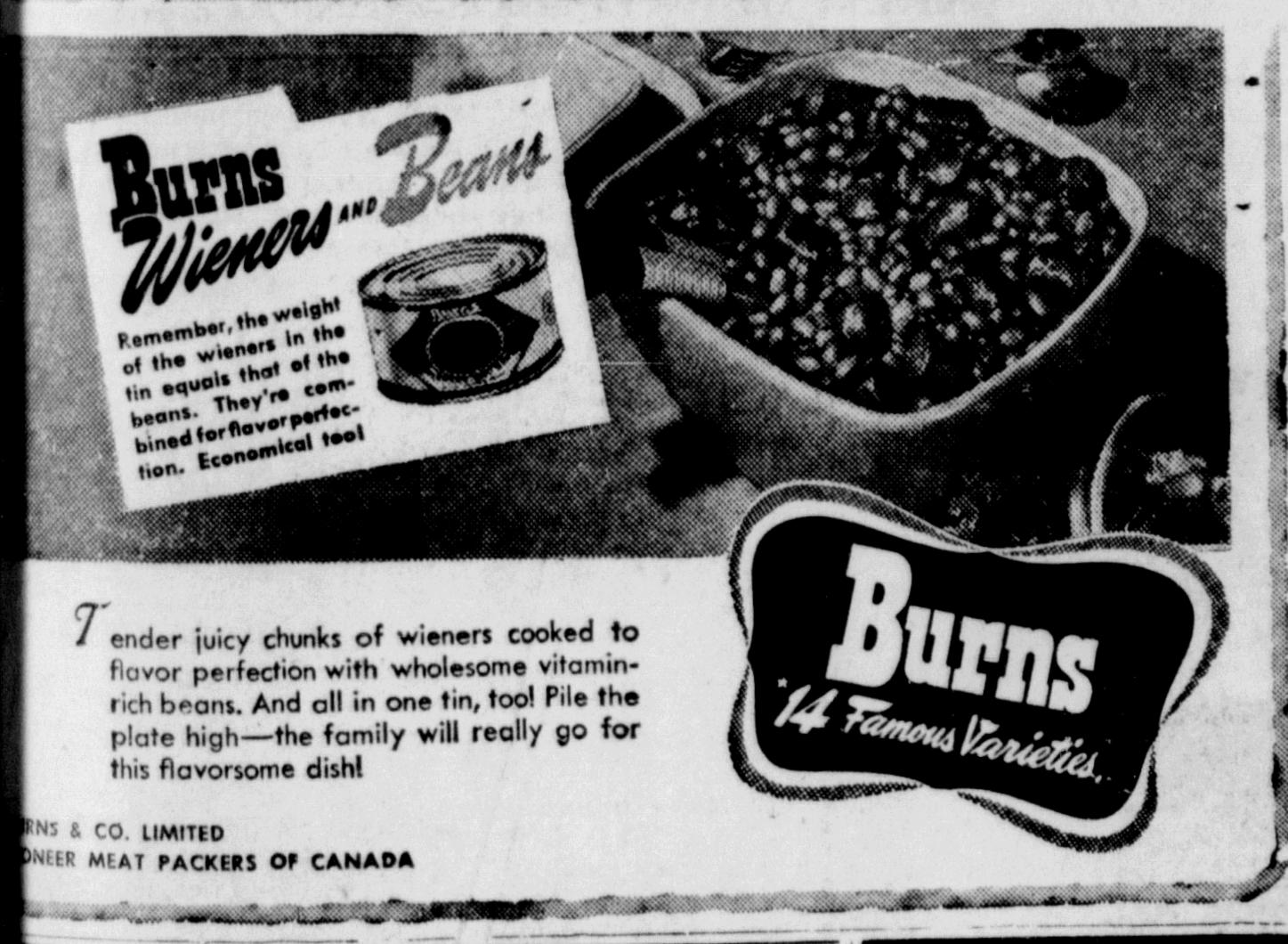
cups well seasoned medium Many members of the Los white sauce, one tablespoon Angeles Chamber of Commerce party which will make up the Add all ingredients except the passenger list for the first sailing leaving here tonight already had arrived in the city and made their first inspection tour yesterday. More than 275 were in Vancouver by this morning from the California metropolis.

Charles Bayer of Los Angeles will be in charge of the visiting STOCKHOLM, (P) - Twenty

PRINCIPAL RELIGIONS

cent investigation by the Swed- Roman Catholics comprise 15 ish Gallop Institute reveals. One percent of the world population, husband out of three takes no Protestants and Hindus each achamedans 13 percent.







### IN TERRACE . . .

A Modern Department Store Nationally-known lines in Ladies' Wear, Yard Goods, Men's Clothing, Shoes . plus a new Self-Serve Food Section with a Free Delivery

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THE SKEENA MERCANTILE

IN THE Seabee Amphibian Plane Non-Schedule Charter Service Commercial - Hunting Fishing - Sightseeing

Prince Rupert Red Top Cabs 349

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errace Machine Shop & Garage TERRACE, B.C.

FATHER'S DAY SUNDAY, JUNE 20



AND WHAT FOR FATHER? The question is answered at once by a visit to our store.

SEE OUR FINE SHIRTS TIES **PAJAMAS** BELTS WALLETS

other interesting useful articles.

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Jell-O is a trade-mark owned by General Foods, Limited

# A weekly shopping and information service for today's woman



MONTREAL, June 10th-Wherever three or four women gather together these days, one of them's bound to be talking about the new look! Only this time, it isn't skirt yardage, it's a magazine ... Canadian Home Journal! The June issue is simply with entertainment that will give you a lift. Five fiction selections by top authors ... some inside information on Hollywood by that wittiest of writers, Mary Lowrey Ross . . . and a brave Cission by a brave man, "Girls, Please Spare Me Your Dirty Stories." (Fair warning: your husband

their woman". Get your copy of the June CANADIAN HOME JOURNAL from your favorite newsdealer to-day!

If Your Toddler Could Talk, he'd

be chuck-ful of words of praise ure-resistant baby powder! Baby Powder is ready for come-what-may! Give

the nicest yet! Made with olive oil - Z.B.T. gives his skin soothing protection from squirmy "acid moisture " ... makes him happy and comfy as can be! Write to me to-day - Barbara Brent, 1411 Crescent St., Montreal, P.Q. - for your Free Sample of Z.B.T. BABY POWDER! Then try this moisture-resistant test: smooth a little of the powder on your hands, then sprinkle with water. See how Z.B.T. resists the water -- protects your skin! It protects baby's sensitive skin in the same, sure way ... that's why it's the truly perfect powder

Here's a Summer Beauty Tip right" for June's" warm days, Id like to put this in headline

typei Spray

SNO - MIST, that magical new powder deodorant from head-to-toe for all-day-long summertime loveliness! Or spray is in spots ... on the feet, around the midriff and under arms! Women who've discovered Sno-Mist make it as much of a summer beauty habit as eau-de-cologne and crisp, clean cottons! And it's so safe and easy to use ... spray it on even after you've dressed, for it's not harmful to clothing! Ask your druggist to-morrow for Sno-Mist Powder Spray Deodorant - and remember, it's the one and only antiseptic deodorant with an atomremember - it's good for them!

Is Your Family

here's a way to

send them off to

classes feeling

5 Minute "Cream of Wheat" is fairly brimming with blood-building Iron - and it provides important Calcium and Phosphorus for diets deficient in these elements. So make even "exam-time" breakfast a cheery meal for all the family with extra big servings of "CREAM OF WHEAT". It's so easy for you to prepare ... such a wonderful way to start the day

them a good breakfast of smoothly

delicious "Cream of Wheat". Dress

or apricots as a special treat. And

up for them with added raisins

When You're Under one of these gay-coloured

umbrellas even a rainy day looks cheerful! They're lucent Vinylite light-to-carry ...

so lovely-to-look-at you won't be able to resist them! Choose yours plain - or covered with big painted flowers ... and remember, when you're choosing it that Vinylite plastics are water-proof - mildewproof ... absolutely won't crack or stick. And they're strong and sturdy . . . and washable! This means your Vinylite umbrella will stay as fresh-looking as the day you bought it. Look for that important VINYLITE Plastics label when you're buying. It's your as surance, you know, of finest products tested and approved by "The



Better Fabrics Testing Bureau"! Carefree Confidence is a woman's birthright on every single day of the month! That's why I want to tell you about Tampax ... to give you some idea of what, a big difference this modern monthly sanitary protection will make ... on days you probably now mark zero for swimming and sunning dates. Try Tampax ... and you can swim, tub or shower when you please! It lets you wear "next-to-nothing" playsuits ... for there'll

be no bulges to show with this internal protection ... no slightest odor or chafing! Designed by a doctor for internal use, Tampax is made of pure highly compressed absorbent cotton . . . is dainty, simple to insert. Ask for TAMPAX at your drug or notion counter and keep "in

Tied Up in Knots because there are so many "little" things slowing you down around the house? So many things to do and time a-flying much too swiftly? Then here's a time-saving tip to save you more minutes than you'd think possible . . . it's a trick that really works! Simply make a weekly habit of speeding up slow, "lazy" drains with GILLETT'S DRAIN CLEANER! I've found that just two tablespoons a

week in my drains do the trick ... keep drains clear and free from clogging sediment ... keep them fast-running so sinks and basins are easy to clean up and there's no time at all wasted waiting for water to run out. Gillett's Drain Cleaner works like magic to clear even the worst-clogged drain ... but don't wait 'til a drain is a real nuisance - or the plumber has to be called in. Buy Gillett's Drain 'Cleaner from your grocer now and make a regular habit of using it! What Makes a



A Reader Writes: "Do tell me more ways to use that wonderful BENSON'S CORN STARCH! I've tried several of eur Benson recipes and can hardly wait for more!" Well, did you know

that Benson's makes fluffier, more delicious meringues . . . makes gravies to melt in your mouth? And as for recipes ... here are three I recommend for their extra-deliciousness ... Apple Pie - Custard Sauce - Vanilla Blanc Mange ... all from Benson's Recipe Sheet B.C. For your Free Copy, simply

write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q. Summer Mealtime for Canadian families promises to

Good Summer goes to salads ... always so cool, crisp and fairly brimming over with appetite ap-

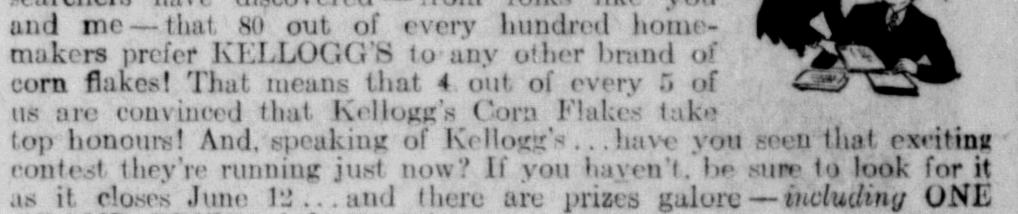
peal when the thermometer soars. And salads are particularly good, I find, when they're skilfully flavoured with Heinz Vinegar! Try Heinz White Vinegar for light salads and for smoother boiled dressings. Use the Cider or Malt Vinegar for heartier salads. You'll find they make all the difference between a salad that's just "adequate" and one that has real flavour excitement. So when you buy the best vegetables for your salads - be sure to buy HEINZ VINEGARS ... they're "salad in-



be! - there's lots of JELL-O to help make warmweather meals more appealing. You know what coolyour choice of those seven famous "locked-in" flavors when you like. Use Jell-O as the beginning of a hundred-and-one refreshing jellied salads. Jell-O keeps the cook cool, helps the family feel cool - and it's so kind to the budget!

be happier than for many a moon! This year - praise

When You Consider the Skill, time and elaborate care that's put into checking and re-checking the results of consumer surveys . . . I'm sure you'll agree that this is pretty significant. Carefully trained rehave discovered - from folks like you and me - that 80 out of every hundred homemakers prefer KELLOGG'S to any other brand of corn flakes! That means that 4 out of every 5 of us are convinced that Kellogg's Corn Flakes take top honours! And, speaking of Kellogg's ... have you seen that exciting



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