

The Experts Say...

By KAY REX

Freezing Food

A food locker means garden-fresh fruit and vegetables all winter long. But the housewife should guard against letting her enthusiasm run away with her storage space.

Some economists warn housewives to budget food needs for the year ahead. Since frozen foods may deteriorate in flavor appearance, and food value, after more than one year's storage, it is not wise to store more than actually used.

Here is a suggested budget for a family of four, based on the six-month no-productive period of the year:

Asparagus—12 pint (16-oz.) containers; beans—24 pint containers; peas 24; spinach 24; corn (whole kernel) 24; corn on cob 12.

This amount will serve 120 dinners during the six-month period, or frozen vegetables served five times a week.

Strawberries—24 pint (16 oz.) containers; raspberries—24 pint containers; rhubarb—12; fruits for pies (gooseberries, sour cherries or blueberries) 12.

This will give 21 frozen fruit desserts for a six-month period, or three times a week.

Cherry Olives

Cherry Mock Olives is a new dish which may be served as a relish or hors d'oeuvres and makes a colorful garnish for salads, meats or poultry. Here is the recipe:

Make a pickling mixture in the proportion of one teaspoon salt, one cup cold water, one cup cider vinegar; three tablespoons brown sugar; one-quarter-ounce stick cinnamon; two tablespoons whole cloves.

Tie the spices in a small piece of cheesecloth, put all the ingredients in a saucepan and boil five minutes, cool and remove spice bag.

Select and wash firm ripe cherries, pack unpitted and with stems attached in sterilized sealers. Cover with the strained cold vinegar mixture and seal. Store in cool, dry, dark place for one month before using.

Fairy Dessert

This dessert is another cool dish destined for hot-weather popularity.

Ingredients—six egg whites, one-half teaspoon baking powder; one cup fine granulated or fruit sugar.

Beat egg whites until stiff. Sift baking powder with sugar and gradually beat into egg whites. Put mixture into two well-buttered cake or pie tins and bake at 350 degrees Fahrenheit for 20 minutes. Turn out. When cool put together with sliced fruit mixed with whipped cream. Cover top with whipped cream. Chill well in refrigerator before serving.

ON TOP

Venezuela is the northernmost nation in South America.

SETTLED BY DUTCH

British Guiana was first settled by the Dutch West Indian Company about 1620.

B. F. Brandstrom, forestry consultant to the Columbia Cellulose Co., left by air this afternoon on his return to Vancouver after spending the last couple of weeks in the city on business.

HAS SEEN WORLD AS SALVATIONIST

High Salvation Army officer for many years, now on the retired list, Col. Joseph Tyndall arrived in the city on the Prince Rupert today from Vancouver, being here on audit duties until next Monday. He is accompanied by Mrs. Tyndall.

Col. Tyndall has completed over 41 years Salvation Army service in Canada, Great Britain and India—his last appointment in the latter country being the industrial school and silk farm at Bangalore in Mysore State.

For the past 15 years he held the position of secretary-treasurer for the Canadian territory, which embraces Canada, Newfoundland and Bermuda.

Mrs. Colonel Tyndall was the territorial secretary for the League of Mercy, a band of workers who regularly visit hospitals and institutions, bringing cheer and comfort to shut-ins.

Timely Recipe

If you plan your buying, meat won't be "something to be made into hash." You can make it an adventure in ingenuity!

To prove my point, buy four to five pounds of thrifty cut beef round. Ask your meat man to cut a third of it in very thin slices, the other two thirds in chunks for braising. Now with the thin slices, try this:

BEEF STROGANOFF

1 lb. beef round strips, 1x2x1/4
4 tablespoons fat
1/2 cup chopped onions
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon paprika
1 cup hot water
2 tablespoons flour
1/4 cup cold water
3/4 cup sour cream
Brown meat in fat with onion in heavy frying pan.

Add salt & pepper, paprika and hot water.

Cover. Cook until meat is very tender.

Mix flour and cold water to smooth paste.

Add to sour cream. Add that to meat and stir constantly over slow heat till it thickens. Serves four.

Sit back and watch the pleased faces 'round your table.

Next day braise the rest of the beef round. Remember Burns & Co's directions?

Brown meat in fat. Season. Add enough liquid to cover bottom of pan. Cover tightly. Cook slowly. Add vegetable and top those and half the meat and gravy with pastry. It's a good pie!

Then the following day try this: Grind braised meat. Mix with macaroni and sauce and bake to make a savory casserole.

If you buy carefully, use ingenuity in cooking, you'll never hear the family say, "I'm tired of roast beef every day."

Local News Items...

● Soccer tonight, Roosevelt Park, 7 p.m., Legion vs. Battery (11)

Mr. and Mrs. Gilbert Brown of Victoria arrived in the city this afternoon on a holiday. Mr. Brown was formerly a naval officer here during the war.

Canadian Legion Regular Monthly Meeting suspended during July and August.

Mr. and Mrs. Charles H. Coull of Victoria arrived in the city today on the Prince Rupert. Mr. Coull is to take the position of manager of the local office of Central Mortgage and Housing Corporation, replacing J. L. McEwen, who is being transferred to Victoria. Mr. Coull and Mr. McEwen are leaving Friday night on a trip to Prince George and will return next Tuesday night.

● Hear Colonel and Mrs. J. Tyndall at the Salvation Army Citadel tonight. All are welcome. (11)

Miss F. Micholuk returned on the Prince Rupert today from a trip to Vancouver.

Dr. and Mrs. P. J. Cheney returned to the city on the Prince Rupert today from a trip to Vancouver.

● Attention — Housewives of Prince Rupert. Are you satisfied with the purchasing power of your dollar? If you are not, attending meeting to be held in Moose Temple, Monday, July 19, 8 p.m. (11)

Hotel.. Arrivals

Prince Rupert

H. Linden, Vancouver; J. Johanson, Vancouver; B. Bentley, Vancouver; B. Faust, Vancouver; J. R. Kerr, Vancouver; W. Tarbuck, Pcoff; W. Starkey, Pcoff; T. Christie, Vancouver; J. Wells, Vancouver; A. J. Brandstrom, Seattle; F. L. MacKenzie, Vancouver; D. Van Dyke, Daggett, Calif.; M. Wolocinski, Cedarvale; R. Reid, Vancouver; L. Johnston, Terrace; J. Dunlop, Smithers; Miss M. Ross, Terrace; Mrs. D. Hull and daughter, Terrace; H. Bloomfield, Edmonton; D. Edenshaw, Massett; Mrs. Hartford, Hazelton; Mr. A. Moore and son, Smithers; A. Findlay, Vancouver; P. Dow, Vancouver; Mrs. J. Gregg, Hazelton; Mr. and Mrs. T. H. Engvall, Shrewsbury, Mass.; Mr. and Mrs. W. W. Crawford, Duluth, Minnesota; J. A. Martin, Vancouver; Mrs. T. Saunders, Vancouver; J. Dya, Hollyburn; Mrs. T. Moore and children, Kitwanga; C. Alger, Terrace; M. Thuzuk, Reston, Manitoba; J. K. Rodnar, Munroe, Manitoba; Mr. and Mrs. E. A. Wales and family, Quesnel; Mrs. M. Trenchard, Seattle.

TWO B.C. MEN UP IN GOLF

HAMILTON, @—Vancouver's Walter McElroy and Hugh Morrison were the only British Columbia golfers left today in the running for the Canadian Amateur championship following Tuesday's first round matches at the Ancaster Golf Club here.

Morrison defeated Montreal's Guy Rolland on the nineteenth hole and McElroy beat Montreal's R. A. Ellis two up.

Both advanced into the second round today.

Jemmy Robertson, who paced British Columbia's Willingdon Cup victory, was beaten by R. B. Pritchard of Montreal three and two.

The British Columbia amateur champion, Percy Clogg, lost to Bruce Dorman.

The Canadian junior champion, Bill Mawhinney, was ousted by Doug McKellar of Oakville, Ontario, on the nineteenth.

Another big upset was the defeat of the United States amateur champion, Skee Riegel, by 30-year old Ken Ward of Montreal.



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Adjust-to-Comfort Handle
FEATHER TOUCH SPRINGS
RICHLI UPHOLSTERED
GUARANTEED DURABLE AND FITTINGS
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CONVERTIBLE TO GO-CART
"The Carriage that Grows with Your Baby"

Gordon's HARDWARE
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OLD PICTURE

Recalls Days When Railway Was Being Linked Up

S. B. Peacock, veteran railroad man, has a picture of historic interest. It shows the meeting of the two steam shovels, working east and west, in a cut at a point at Fraser Lake, in 1914. It was here, not long after, that the steel laying crews completed their work and the rails of the new transcontinental railway, the Grand Trunk Pacific, were joined.

Of those in the group, S. B. Peacock of Summit Apartments is residing here. Another, Mr. MacGinnis, who was serving as walking boss at the time the picture was taken, became located at Grassy Plains. There is a man in the party wearing a bowler hat named Pat Muirville, who was killed as the result of an accident. There are four pit men, engineers, boom operators and firemen. A fox terrier, known as "the railroad bum," is seen. The shovels are the seventy and forty-ton Bucyrus Atlantic type. There are ten men in the party standing around the machinery, and the cut appears to be a rather deep one.

M.P. RETURNING

Mr. and Mrs. Harry Archibald Driving Across Canada

Harry Archibald, M.P. for Skeena, and Mrs. Archibald and child, following the recent rising of Parliament, left Ottawa July 1 by car and are now heading Prince Rupertwards. They should be back almost any day now to resume residence in their suite in the Killas & Christopher Apartments.

SOMETHING IN COMMON
Scottish and Chinese music have something in common as both work with the pentatonic, or five-tone, scale.

BLOUSE and SKIRT Days

BLOUSES

REDUCED IN PRICE
SHEER — CREPE — JERSEY
GIBSON GIRL and JUDY BOND
Broken Sizes
\$1.98 and up

and a GAY MEXICAN SKIRT will complete this bright-weather costume.

If you wish to carry Shower Insurance choose a SHORTY RAIN COAT in Gabardine Twill — Lightweight, Waterproof Fabric for casual wear.

BUDGET with Sweet 16's PERSONALIZED PLAN
NO INTEREST — NO CARRYING CHARGES

Sweet Sixteen LIMITED

AIR PASSENGERS

To Vancouver—O. J. Moscrip, I. Pallant, B. F. Brandstrom, R. McMillan, A. C. Findlay, R. Forgie, Mrs. C. Thompson, T. Christie, B. Chow, J. Slatta, C. Underhill, G. Rasmussen.

To Sandspit—D. G. Stevenson, Mrs. A. Husband, Dennis Husband.

From Vancouver—Mr. Foster, J. R. Kerr, A. C. Findlay, Mr. Smith.

From Sandspit—Mr. and Mrs. J. Daniels and infant.

SCIENCE OF LANGUAGE

Philology is the science of language.

Announcements

All advertisements in this column will be charged for a full month at 25 cents a word

Loyal Order of Moose public basket picnic excursion to Terrace August 1.

Catholic Bazaar, October 6 and 7. (168)

Queen Mary I.O.E. Bazaar, October 20.

Rebekah Fall Bazaar, November 3.

Canadian Legion W.A. Bazaar, November 10.

Presbyterian Fall Bazaar, Nov. 18.

Salvation Army Home League Sale, Nov. 23, 2:30 p.m., Sons of Norway Hall.

Cambrai Chapter, I.O.E. Sale November 25th.

CAN YOU AFFORD TO FIRE COAL BY HAND?

IRON FIREMAN STOKERS GET 30% MORE HEAT

SMITH & ELKINS

Phone 174 Box 274

NEW NUMBER

for "Chicken in the Rough" to take home

CALL RED 705
CIVIC CENTRE DINING ROOM

Prince Rupert Florists
300 3rd Ave. Box 516 Tel. 777
Flowers For All Occasions



MIGO CASUAL SHIRTS

Comfort with style and quality, the MIGO shirt can be worn equally well with a necktie or without.

We have a wide variety of shades and fabrics to suit all tastes.

FOR SPORTS WEAR

May we suggest a SUN VALLEY sports shirt. Fine wool fabrics in patterns and plain colors, SUN VALLEY shirts are the ideal combination of wearing comfort and smart appearance.

WATTS & NICKERSON The Men's Shop

SAVOY HOTEL

Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
Prince Rupert

We feature South's CARDS for all occasions

McRae Bros. Ltd

Moving, Packing Crating, Shipping and General Cartage and Storage

For Complete, Reliable and Efficient Service, call

Lindsay's Cartage & Storage
Cor. 2nd and Park Avenues
Established 1910
Phones 60 and 68

NEW ROYAL HOTEL

A Home Away From Home

50 Rooms, Hot and Cold Water
PRINCE RUPERT, B.C.
Phone 291 P.O. Box 190

TRY Rex Cafe FOR TASTY MEALS
Chop Suey — Chow Mein
OPEN 6 A.M. TO 2 A.M. CHINESE DISHES OUR SPECIALTY
SECOND AVENUE, OPPOSITE PRINCE RUPERT HOTEL

REDDY KILOWATT — Your Electric Servant

COOK ELECTRICALLY AND ENJOY THE DIFFERENCE

Enjoy the speed with which your range and pots may be cleaned — there's no soot or flame to blacken them. All heating elements are covered. All surfaces are smooth and easy to clean!

Enjoy a cooler kitchen when the thermo starts creeping to high heaven... thermostatic control of heat which affords dependable, even temperature without the need to hover over the range!

Enjoy the pleasure of cooking electrically—the various innovations in the modern electric range which turn 'experiments in cooking' into 'experienced cookery'!

Enjoy controlled cooking: meats neither overdone nor underdone—vegetables cooked in little or no water so that the very minimum of vitamin goodness goes off in steam!

Enjoy the pleasure of cooking electrically—the various innovations in the modern electric range which turn 'experiments in cooking' into 'experienced cookery'!

NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

LIVE Electrically AND ENJOY THE DIFFERENCE! Says Reddy Kilowatt