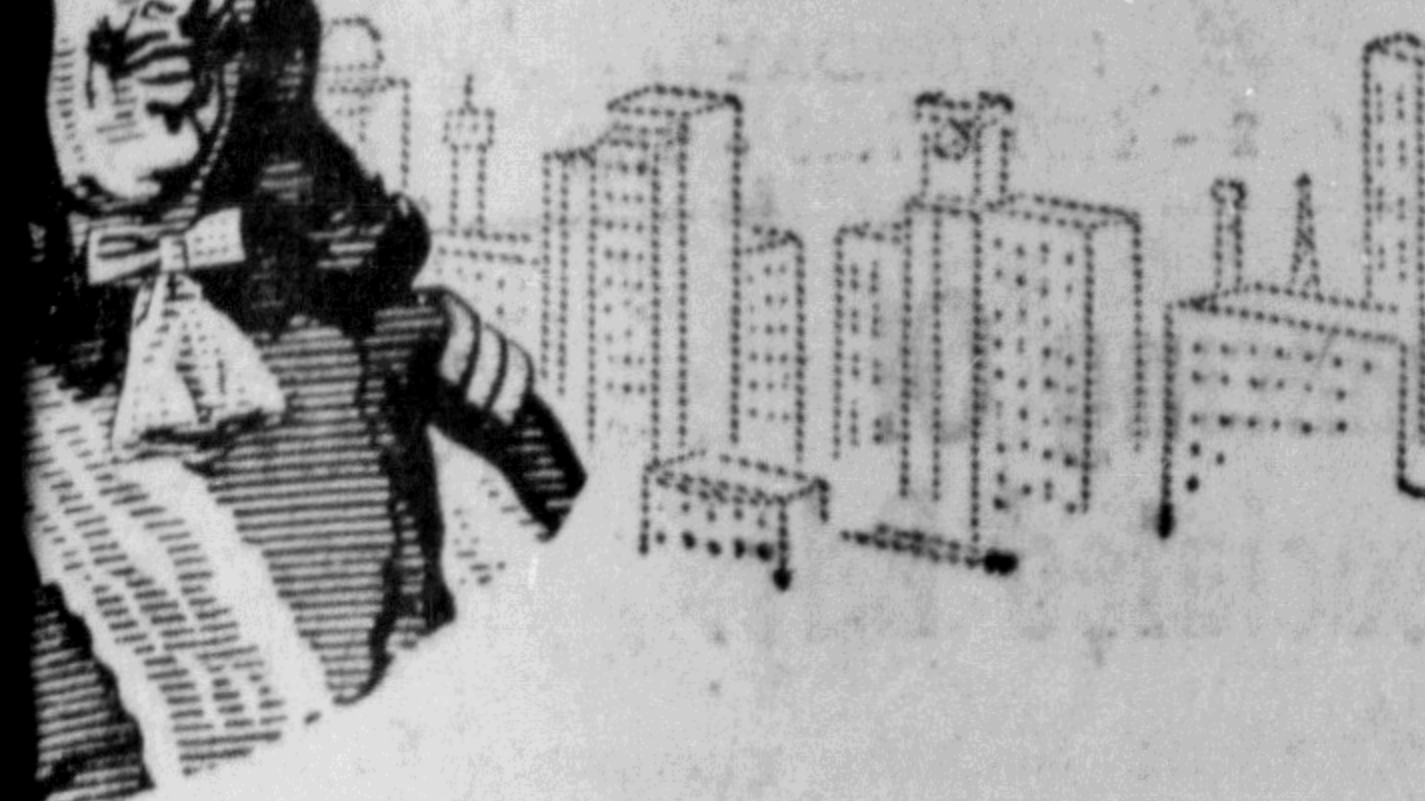


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Something new and delightful made with Captain Morgan Black Label Rum. Your guests will sip—and here's something wonderfully about this extra smooth and rum. Try it today for a change in cocktails, tall mixed with plain water or soda.



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The Experts Say - -

By KAY REX

Canadian Press Staff Writer. Fish Menus—This campaign for more use of fish can be a headache for a cook faced with preparing variations of sea food dishes.

Many recipes calculated to pep up fish use complete with tantalizing pictures of how the fish should look when ready for the dinner table are being put out. There's fried codfish saute, for which fresh cod filets, corn flour and vegetable fat are the necessary ingredients.

Wipe fish with a damp cloth. Cut into portions. Roll fish in flour, dip in salted milk and then roll in dried bread crumbs or in corn flour.

Melt some butter in a saucepan and while still bubbling pour over the fish. Serve with slices of lemon. Two pounds of filets will serve six persons.

Baked Fish Croie—Ingredients: two pounds cod filets or sliced halibut; one-third cup mixed onion; one cup chopped celery; one tin tomatoes; four tablespoons salad oil; salt and pepper.

Cook finely chopped onion and celery in salad oil for 10 minutes. Add tomatoes. Season. Clean fish. Cut into six or seven portions. Place fish in greased pan. Cover with vegetables. A few slices of lemon may be placed

on the dish. Cook 15 minutes in hot oven (500 deg. F).

Filets in Turbans—add an extra something to the fish dinner.

Ingredients: small filets of sole or cod; prepared mustard; one egg; dried bread crumbs; vegetable fat.

Wipe filets with a damp cloth; salt, cover with a light coat of mustard. Roll and fasten with short skewer or tooth-pick. Dip in egg beaten with two table-spoons of water. Roll in dried bread crumbs and place on a greased baking sheet.

Cook 12 to 15 minutes in a hot oven. Serve with melted butter, not browned, which must be poured over fish while butter is still bubbling. Garnish with parsley.

Fish Corder—Ingredients: 4 table-spoons butter; two onions (thinly sliced); three-quarters cup minced celery; two cups uncooked potatoes, diced; two cups chopped uncooked codfish; four cups boiling water; three cups milk; one table-spoon minced parsley; one table-spoon salt; one-eighth teaspoon pepper.

Cook onion and celery five minutes in melted butter. Add boiling water, potatoes and fish. Cook until potatoes are soft. Add milk, parsley and seasonings. Do not let boil after having added milk.

Manson's Win First Place

Although Manson's lost three points to City Transfer, they were on top of the Mixed Bowling League by six points over Headpinners. The league is to be divided into "A" and "B" leagues for the remainder of the season.

High scorers on Wednesday were: ladies high single, Bea McChesney of Noble and Wick, 256; high ladies' three game total, I. Garner with 632; high men's single game, S. Dzaph of City Transfer, 357; and high men's 3-game total, Cy Kellett of Macey's, 833.

Team results were as follows: Royal Blues 4, Ideal Cleaners 0. Pushovers 4, P.R. Plumbing 0. Headpinners 4, C.P.A. 0. Whitts and Nickerson's 4, Velvets 0. Booth School 4, Wharf Rats 0. Northern Lights 3, Cantels 1. Macey's 3, Blow-Outs 1. Pioneers 3, Courads 1. Hangovers 3, Noble and Wick 1. Handicaps 3, Silver Streaks 1. Sport Shop 3, Bob Parker 1. City Transfer 3, Manson's 1.

Standings:
Manson's 73
Headpinners 67
Macey's 66
Pioneers 66
Blow-Outs 56
Northern Lights 57
Pushovers 57
City Transfer 55
Noble and Wick 55
Silver Streaks 49
Sport Shop 49
Ideal Cleaners 45
Pr. Rup. Plumbing 41
Booth School 40
Wharf Rats 38
Courads 36
Watt and Nickerson 36
Hangovers 35
Bob Parker 34
Handicaps 33
Velvets 32
Royal Blues 24
C. P. A. 13

This standing is subject to change after division of the league. League will be divided into "A" and "B" sections tonight.

HOCKEY STANDINGS

	W	D	L	F	A	P
Detroit	31	11	16	186	134	73
Toronto	27	10	22	150	146	64
Montreal	22	15	21	135	130	59
New York	24	11	23	135	140	59
Boston	13	13	28	160	183	49
Chicago	18	10	30	187	195	46

Deadlock In Men's Bowling

Manson's - Brownwoods Are Tied in First Place

After the smoke of battle cleared in this week's Men's Five Pin Bowling League play Brownwoods and Manson's were found in a first place draw. Manson's lost two points to the pugna-cious Grand Cafe while Brownwoods won three points from Rupert Motors. Incidentally, Brownwoods were awarded one additional point on their protest of the previous week's bowling.

High scorers were J. Lemire of Jaycees No. 2 with high single of 325 and M. J. Stapleton of Jaycees No. 1 has high three game total of 836.

Teams results were as follows: Crescents 4, Oddfellows 0. J.C.'s No. 1, 4, Stones 0. Philpott Evitt 4, Ambassadors, 0. C.P.A. 4, Watson Is. Stages 0. Undesirables 3, D. and S. 1. Brownwoods 3, Rup. Motors 1. Blain's 3, J.C.'s No. 2, 1. Commercial 3, Scotians 1. Thom Sheet Metal 3, Home Oil 1.

Cold Storage 3, Triple C's 1. Grand Cafe 2, Manson's 2. Canadian Legion 2, Mallets 2.

Standing:
Manson's 68
Brownwood's 68
Home Oil 60
D. and S. 58
Grand Cafe 57
Crescents 54
Scotians 53
Philpott Evitt 51
Stone's 49
Blain's 49
Mallet's 45
J.C.'s No. 2 42
Rupert Motors 42
J.C.'s No. 1 41
Commercial 39
Ambassadors 37
Cold Storage 37
Oddfellows 36
Thom Sheet Metal 36
Undesirables 33
Canadian Legion 30
C. P. A. 30
W.I. Stages 26
Triple C's 20

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HELFUL, TOO! Contain the bulk many need to help keep regular. Try them.

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When the Smart Woman Shops for the Spring Season
She comes to BROWNWOODS for her OPERA PUMPS

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presents for your LENTEN SEASON

Choice Salmon Filets, lb.	49c
Fresh Frozen Red Spring Salmon by the piece, per lb.	89c
Fresh Frozen Red Spring Salmon Steak, lb.	45
Halibut chunks, lb.	15c
Halibut by the piece, lb.	35c
Halibut Steaks, lb.	50c
Acadia Salt Cod, lb.	53c
Ling Cod Filets, lb.	35c
Red Cod Filets, lb.	34c
Sole Filets, lb.	39c
Kipperd Herring, lb.	32c
Fresh Frozen Herring, lb.	14c
Smoked White Spring Salmon, lb.	39c
Eastern Finnan Haddie, lb.	43c
Smoked Black Cod by piece, lb.	38c
Eastern Smoked Cod Filets, lb.	43c
Pickled Herring, 16 oz. jar	36c
Shrimp Meat 1/2 lb.	95c
Fraser River Smelts, lb.	32c
Smoked Red Spring Salmon, lb.	75c

Locker Plant
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