

Sharon Skinner.

President Maurice Brydges conducted the meeting and Joe Scott and George Dawes were Santa Claus' helpers.

Next week will be the annual Christmas luncheon of the Gyro Club.

ed two appropriate talking picture shorts, Santa made his appearance and proceeded to distribute from the tree an acceptable gift for every child.

The children were Diane Stone, Billy Greene, Winnifred Dobb, Arnold Rivett, Teddy Greene, Richard Forward, John Lambie, Leona Dominato, Lana Young, Catherine Stewart, Richard Watts, Cathie Gormely, Michael Greene, Donnie Scott, Eleanor Greene, Rita Stone, Jennifer Large, Margaret Forward, Ronnie Brydges, Tommy Kellett, Bobby Watts, Sidney Stewart, Georgina Dobb, Billy Fulton, Donnie Lindsay, Peggy Ann Dominato, Sandra Skinner, Billy Forward, Eddie Gormely, Billy Forward, Stanley Parker, and

Amateur Hour At Miller Bay

Patients at the Miller Bay Hospital will be entertained Friday night by amateurs who took part in Tuesday night's program held in the Naval Drill hall. Bert Hachey, director of the show, stated today. He hopes to have all members of Tuesday night's show perform at the hospital. Mr. Hachey has been receiving requests for a repeat performance of the type of program staged in the Naval Drill hall.



DUKE AND PRINCESS RESPOND TO SWING YOUR PARTNER—Swinging her partner, who happens to be Lady Pamela Mountbatten, Britain's Princess Elizabeth (facing camera in centre) enters into the spirit of an old-fashioned reel during a party held in Malta. There, for some weeks, she has been visiting her husband, the Duke of Edinburgh (second from left in background). The duke is an officer in the Royal Navy, stationed in the Mediterranean port.

Seasonable Ideas for Housekeepers

CHEESE

The story of cheese through the ages begins as an interesting fable and becomes a factual report in a vital food product.

Canada produces every year over a hundred million pounds of cheese, but eats only a small part of it. The larger amount is exported... chiefly to Britain where it has a very high standing and brings a premium over other cheeses of similar type.

Cheddar cheese may be white or yellow and mild or tangy to suit the purpose or individual taste. There is an almost endless variety of dishes to be made with this type of cheese.

Home economists say that the piece of cheese eaten after a peppy meal often has to take the blame for other dietary indiscretions. Cheese is easily digested if used with cereals, eggs or vegetables to make the main part of the meal and if it is properly cooked. High temperatures toughen protein and make the cheese stringy, unattractive and less easily digested.

There are many other types of cheeses made in Canada to tempt the gourmet but for the average taste, Canadian cheddar cheese is "tops."

The homemaker who buys Cheddar cheese gets full value for her money she does not pay for waste as she does with many other foods.

The culinary possibilities of cheese are endless and permit great variety of dishes. Here are a few choice ones. Medium Cheddar cheese is used in all recipes.

Cheese Muffins

1 1/2 cups sifted all-purpose flour
3 teaspoons baking powder.
1/2 teaspoon salt.
2-3 cup grated cheese.
1 egg.
1 cup milk or tomato juice.
2 tablespoons shortening, melted.
Mix and sift flour, baking powder and salt. Add cheese. Beat egg, add milk. Make a depression in flour mixture, pour in egg and milk mixture, then add melted shortening. Stir only enough to combine. Fill greased muffin tins two-thirds full. Sprinkle with additional grated cheese. Bake in a hot oven, 400 deg.F., 20 to 25 minutes.

Yield: 1 dozen medium muffins

Macaroni and Cheese

2 cups macaroni, cut in 1 inch pieces.
1 1/2 cups grated cheese.
Salt, pepper and paprika.
1 cup milk.
3 strips bacon, cut in small pieces.

Cook macaroni in boiling, salted water until just tender, about 10 minutes. Drain. Place alternate layers of macaroni and cheese in a greased baking dish, finishing with cheese. Season each layer of macaroni with salt, pepper and paprika. Add sufficient milk until it can be seen through the top layer of macaroni, about one cup. Sprinkle bacon over top. Bake in a moderate oven 350 deg.F., or 30 minutes.

Yield: six servings.

Cheese Soup

4 cups milk.
2 or 3 slices onion.
2 tablespoons butter.
2 tablespoons flour.
1 teaspoon salt.
1-2 teaspoon pepper.
2 egg yolks.
3/4 cup grated cheese.

Scald milk with onion. Remove onion. Melt butter in top of double boiler, blend in flour, add hot milk and seasonings, stirring constantly until mixture thickens. Cook five minutes. Add a little of the hot mixture to the beaten egg yolks then add to remaining hot mixture. Cook one minute and add grated cheese. Beat with rotary egg beater and serve at once.

Yield: six servings.

Note: Egg yolks may be omitted but they make a richer and more delicious soup.

MARKETS

Fresh Fruit	
Bananas, lb.	25
Apples, cooking, 3lb.	25
Fancy Macs, 3 lbs.	29
Lemons, large Cal. doz.	72
Grapefruit, 3 for	22-75
Oranges (Navel)	22-75
Dates, lb.	35

Vegetables	
Celery, lb.	10-13
Carrots, 2 lb.	21
Beets, bunch	10
Parsley, bunch	05-15
Turnips	05
Sonach, 2 lb. cello	19
Radishes, bunch	08
Mushrooms, 1 lb.	65
Head Lettuce	13-18
Cooking Onions, 3 lbs.	29
Caniflower, lb.	15
Tomatoes, Calif. 7 lbs.	32
Cabbage, lb.	17
Tomatoes, No. 1 lb.	33-38
Potatoes, 10 lb.	47
Cucumbers, lb.	27
Vegetable Marrow, lb.	07
Squash, lb.	16 1/2

Canned Vegetables	
Dill Pickles, ea.	65
Cut Green Beans, 1/2 lb.	18
3 peas, fancy	19
Mixed Vegetables	23
Diced Beets, per tin	21
Wax Beans, choice	18
Asparagus, choice	21
Peas and Carrots	18
Pumpkin, 1/2 for	22
Baked Beans, 20-oz. tin	23
Baked Beans, 15-oz. tin ea.	14
Tomatoes, 20-oz.	23

Flour	
Wheat, 49's, No. 1 hard	3.60
Flour, 24's	1.82

Coffee and Cocoa	
Coffee, lb.	63-81
Cocoa, Deluxe quantity, lb.	1.18
Instant Coffee	24
Orange Juice	33
Blended	19
Grapefruit	18
Tomatoes, 20-oz. ea.	18
20-oz.	34
20-oz.	34
Apple, 20-oz. tin, 1 for	34
48-oz.	34

Canned Fruits	
Pineapple, crushed	33
Pineapple, 20-oz.	41
Apricots, 20-oz.	36
Cherries, fancy, 20-oz.	39
Strawberries, 20-oz.	29
Peaches, choice	21

Lard	
Pure, lb.	21
Shortening	31
Soap, face, bar	16
Laundry, cake	2 for 25
Soap Powders, large	41

Meats	
Cherries, 1/2 lb. pkt.	45
Corned, lb.	45
Almond Paste, lb.	39
Fruit Cake Mix, lb.	45
Dates, fancy, 1 lb. rkt.	45
Seedless Raisins, 2 lbs.	21
Seeded Raisins, 2 lbs.	21
Shelled Walnuts, 1/2 lb.	41
Shelled Almonds, 6 oz.	35
Shelled Peanuts, 6 oz.	35
Shelled Brazil, 1/2 lb.	42

Soups	
Strawberry, 24-oz.	59
Cherry, 24 oz.	41
Blackberry, 4-lb.	87
Cherry, 24-oz.	87
Peach, 4 lb.	87
Apricot, 4-lb.	46

Meats	
Turkey	65-70c
Roasting Chicken, lb.	62
Ham, boned and rolled, lb.	90
Ham, reg. lb.	70
Pork loin, lb.	35
Weiners	48
Garlic Sausage, lb.	58
Bacon, pke, 1/2 lb.	50
Bacon, side, piece	95
Cottage Roll, lb.	72
Liver Sausage, lb.	59
Swish Pork Ham, lb.	68
Pork Chops, lb.	62
Steak, T-Bone, lb.	75
Steak, round, lb.	78
Pork Tenderloin, lb.	98

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He said if you weren't home, I was to deliver them to Miss Fifi Flory across the street!

HOTEL ARRIVALS

Prince Rupert
Larry Reid, Digby Wireless Station; F. L. Couling, Port Essington; Harry Campbell, Prince Rupert; T. Anderson, Seattle; R. C. Dudley, Watson Island; Mrs. H.

Best and daughter, Miller Bay; Joseph Paradis, Whitehorse; Mr. and Mrs. T. B. Westphal, Outlook, Montana; R. Graham, Pitt Meadows; G. B. Wells, Vancouver; Mrs. D. Hanson and family, Ketchikan.

Advertisements in the Daily News!
It Pays to Advertise!

Barbara Buys and Whys

MONTREAL, Dec. 8th—Soft... smooth... sparkling! Yes, girls, that's the complexion-beauty that rings wedding bells for lovely Woodbury debs. So why not adopt their beauty care!—Woodbury Facial Soap with its smoothing beauty-cream ingredient. Use Woodbury Soap, daily. No irritation! No skin-burn! See your skin glow fresher than ever before. And notice, too, Woodbury's delicate new fragrance. WOODBURY FACIAL SOAP... the soap with the beauty-cream ingredient... for the skin you love to touch.

All You've Ever Wanted in an electric toaster... skillfully worked into the wonderful new MORPHY-RICHARDS fully AUTOMATIC ELECTRIC TOASTER now available at leading department stores and dealers! And what a wonderful Christmas present to get or give! Send for this free booklet to find out all about the wonders of this toaster... Just write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—and I'll mail your booklet to you post-haste! Read about the exciting new improvements of this so reasonably priced (just \$22.50) fully automatic toaster! Made in Britain with the skill of British craftsmanship, it will give you and yours literally years and years of pride in a prized household possession! It's a present you'll enjoy for many a Christmas to come!

It's Not Luck... It's Not Wizardry... the knack of successful baking lies in the knowledge of the right way to use the right ingredients... and good, tested recipes. When I say the right ingredients I mean the best ingredients... like SWANS DOWN CAKE FLOUR. For here is a cake flour that has given women better cakes for years... cakes that are lighter, more tender and moist, more even-grained. Swans Down, you know, is sifted again and again until it is 27 times as fine as ordinary flour. These are tested recipes on the package.

Your Curtains will be a beautiful part of your Christmas decorations if you wash and starch them the LINIT way! Clean and fresh as Christmas snow... they'll stay that way longer when they're Linit-starched! You see, Linit gently penetrates the fibres of the cloth... it covers and holds down the tiny surface hairs that catch the dust. And to make Linit starching completely easy for you warm vitality the Linit is a friendly smile! Ask your grocer for Linit! Leaf Tea tomorrow... make yourself a cup or two of this delicious tea. Then sit back and enjoy it! It's truly one of life's happy, little pleasures... and one that you can share with your family and friends!

Nothing I Like Better than treating myself to good warming cup of tea on a blustery Winter afternoon! And for goodness and truly good flavour, I choose TENDER LEAF TEA! These little tea leaves give its flavour a warm vitality that's like a friendly smile! Ask your grocer for Linit! Leaf Tea tomorrow... make yourself a cup or two of this delicious tea. Then sit back and enjoy it! It's truly one of life's happy, little pleasures... and one that you can share with your family and friends!

Something Different—Something Special To Give For Christmas! Make boxes of wonderful "Turkish Delight" for your "sweet-tooth" friends. Flavour and colour the candy in an infinite variety of delicious combinations of SHIRIFF'S FLAVOURING EXTRACTS AND FOOD COLOURS!

TURKISH DELIGHT
3 tbsps. gelatin
1 cup cold water
1/2 cup cold water
Softened gelatin in cold water. Combine hot water and sugar, heat to boiling point. Add softened gelatin and simmer 20 minutes. Add Shirriff's Flavourings and Food Colours.
Mint—1/4 tspn.
Peppermint—1/4 tspn.
Orange—2 to 3 tspn.
Pineapple—1 1/2 tspn.
Strawberry—1 tspn.
Raspberry—1 tspn.
Lime—1 tspn.

Add colour dropwise, stirring constantly until desired shade is obtained. Pour mixture into hot pan rinsed in cold water. Mixture should be about an inch deep. Chill until firm. When cold turn out on a board. Cut in cubes or a variety of shapes and bring home all four!

Your Husband won't feel like the Forgotten Man even on your busiest Christmas shopping days. Not if you give him HEINZ OVEN-BAKED BEANS for dinner! Lucky man! And lucky you—for Heinz delicious Oven-Baked Beans are so very easy to prepare! And he won't care which of the four kinds you serve... if they're Heinz!

Neatest Trick Of The Year! Have you seen that wonderful, new "Lifetime" RADIANT 3 MINUTE KETTLE? Made of heavy copper with a highly polished chromium plating of finest quality... in less than three minutes it boils enough water for four cups of tea—anyplace there's a wall-plug handy! This "kettle with legs" won't mark your furniture for the heating unit is well insulated and the feet protect the surface of your furniture. It's safe—it shuts off automatically if it's plugged in without water—and it shuts off automatically by thermostatic control—so it never boils dry. And it's economical for it saves power because it heats faster!

Are You In A Calm, "Christmas" Mood? Then here's one wonderful way to make your meals reflect your Christmas Spirit!... Serve GLENWOOD FRUIT COCKTAIL—as a luscious first course—or in a jellied fruit salad—or a delicious fruit pie! Glenwood Fruit Cocktail comes, ready-to-serve—in three tin-sizes... the new 10 ounce size—the 15 ounce size that serves four—and the economical 20 ounce tin. It's packed in natural fruit juice and pure cane sugar. It contains more finest quality pineapple and Maraschino cherries—the ingredients that are so important for superior flavour and give Glenwood Fruit Cocktail its extra-luscious taste! AND it's rich with the extra goodness of Canadian peaches and pears! No wonder you'll find Glenwood Fruit Cocktail extra flavourful!

Christmas, spring or fall... summer or winter... anytime's a good time for Harwood's Canadian rye whisky... mellow, mature, aged in the wood.