

# ALABA TEA

Quality • Delicious Flavour

## THE BALLET SLEEPER

A Canadian ballet sleeper on the train will be a rehearsal room three days while the Panto-Pacific of this city are into. The committee group to go

from Vancouver to compete in the annual Canadian ballet festival, left here on C.N.R. lines Tuesday night in charge of directors Mara, McBernie and Beth Lockhart.

The Vancouver ballet dancers will tour eastern Canadian cities following the festival. During the tour they are slated to give a command performance before the Governor-General.

Advertise in the Daily News!

## BUYS AND WHYS

MONTREAL, Feb. 24th—Flavour variety is the "magic cooking trick" of so many good cooks... and one of the best and easiest ways known to be sure of exciting flavour in your food is to use SHIRRIFF'S FLAVOURING EXTRACTS! Add a few drops of Shirriff's Fruit Flavours for any fruit mixing from a fruit cup. Give your cake icing and cream pie meringues exciting new flavour with Shirriff's Peppermint, Butterscotch or Orange one of Shirriff's Food Colours. Or make your own cream flavour-full with Shirriff's Rum—Mint—or which reminds me, Shirriff's True Vanilla is a great thousands of women. You see, it's made from genuine vanilla no artificial ingredients. Taste a little in a dash of sugar... and you'll know why it does full of cakes—cookies—ice cream—puddings!

Reader Says:—Sunday's our day for a great big breakfast. I discovered the most delicious way to make it is to use "7 Ways to Use Heinz". Why not discover this special recipe? Simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your own personal recipe booklet! You'll find a winter menu in it... for HEINZ SOUPS are delicious and versatile! And did you know that Heinz taste-tests—two among dietitians—Heinz Soups are in flavour and downright good quality? I'll bet your own way about Heinz delicious soups!... that's what you try them soon!

Make Specially Good Pancakes on Shrove Tuesday. It's next Tuesday, so I'd advise you to buy your TEA-BISK now! It makes delicious pancakes that will win compliments from your family. Buy the easy Tea-Bisk... makes you think of those delicate treats—apple dumplings—potatoes—ready to follow the delicious Tea-Bisk package... waiting results!

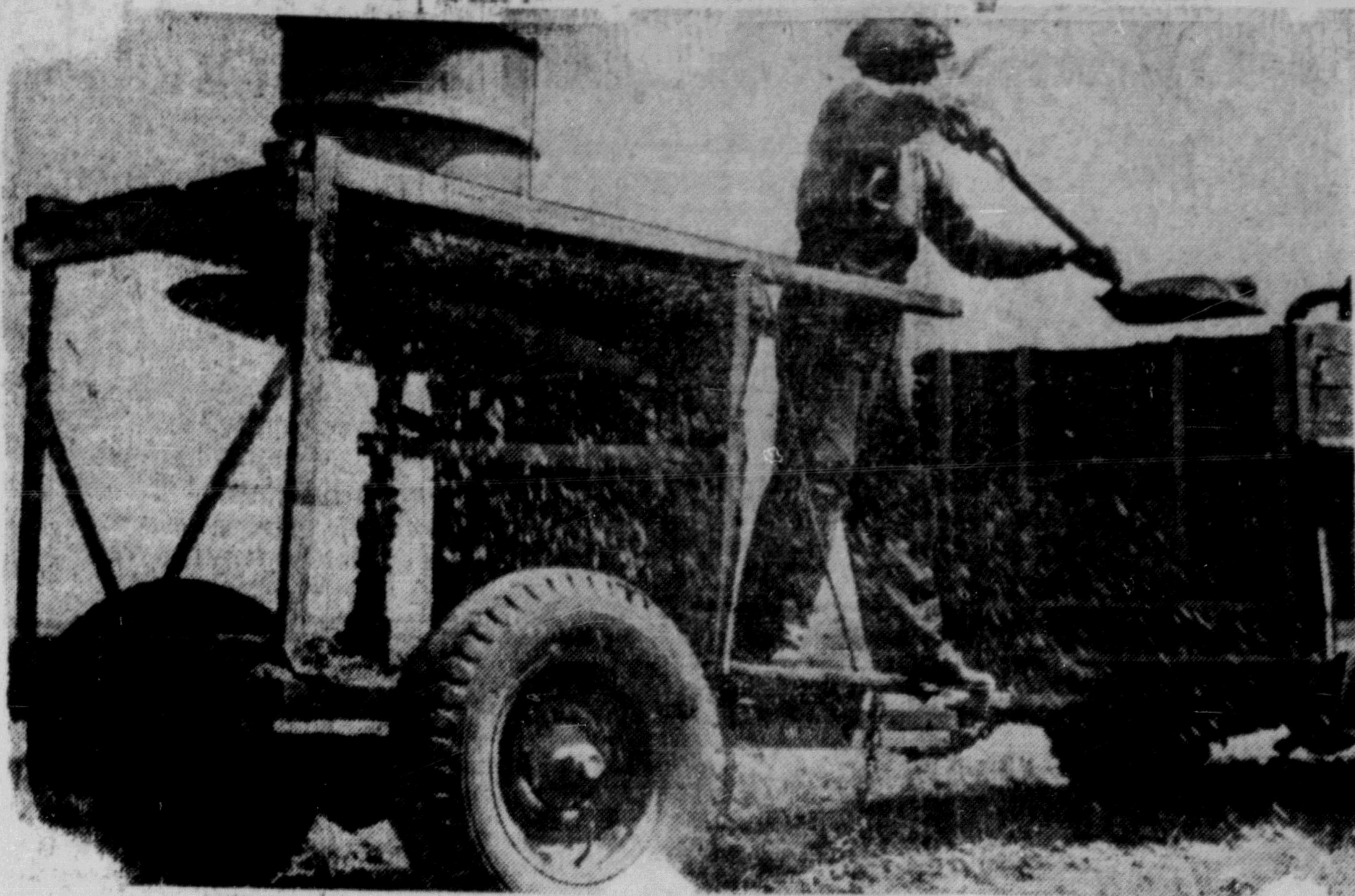
Heap The Pancakes High for the "star dish" of your Shrove Tuesday supper. M-umma! I'd say those fluffy, scrumptious-looking pancakes... CROWN BRAND CORN SYRUP! Yes, the truly distinctive, flavour of this delicious corn syrup makes it a favourite with thousands of women who take delight in good cooking and good food. So for a real Shrove Tuesday treat, serve Crown Brand with your pancakes. Put it on the table in its new one-topped container... it will look smart... and pour so easily from the cone-shaped top!

Bright And Sunny... that's the way even the gloomiest February morning will look when you start the day right with a cheerful "CREAM OF WHEAT" breakfast! Serve BIG bowls! Serumptious 5 Minute "Cream of Wheat" is so very easy to prepare—so very good to eat! And it's so good for you, too... for 5 Minute "Cream of Wheat" contains blood-enriching Iron and it provides extra Calcium and Phosphorus for diets deficient in these elements. Because it cooks to delicious digestibility—even for babies—in just five minutes of boiling... thousands of mothers make a family habit of it. It's a grand baby food... and a "grown-up" treat! Serve it for breakfast tomorrow... topped with raisins, sugar and milk! It's a breakfast-dish with early-morning appetite-appeal!

Happy Home? Well-planned, interesting meals certainly help! And it takes just a little thought to transform any meal into something a bit on the "special" side. I find every day that more and more women are finding JELL-O supply the dessert excitement in family meals—plain, or in some such variation as the favourite of mine—Chili Cherry Jell-O in a shallow pan. When firm, break into bits with a fork. Jell-O that has been moulded in dessert glasses, is so delicious, with that wonderful "locked-in"

Closed Rooms Needn't Be Stuffy! This is a home-making discovery that's worth a lot of repeating, I think. Know how to keep winter-closed rooms fresh-smelling? It's easy, inexpensive and quick-as-a-wink the VAPAIR way! Simply uncup a bottle of this wonderful new room deodorant and in a jiffy the room will be free of stale cooking or tobacco odours—bird-cage or "doggy" smells! Yes, Vancair will banish the odours of cooking cabbage and your husband's stale cigar smoke... and it costs less than a cent each time to use! So why not ask for the big value 10-oz. size at 80¢ or get the money-saving 16-oz. refill bottle at \$1.19?

Doubt About It—It's the "little things" that count in hygiene! That's why I think this modern hygiene is so important a factor in our life. Women who want a contemporary method of feminine hygiene use Vancair. Vancair is effective... graceful, stain-resistant... and absolutely safe to delicate tissues and convenient to use! Ask your druggist for Vancair... and write to me—Barbara Brent, 1411 Crescent St., P.Q.—for the free booklet giving frank facts on hygiene. It will be sent to you in plain wrapper.



HOPPER INVASION IN WEST EXPECTED WORST IN HISTORY—Farmers in Manitoba, Saskatchewan and Alberta are busy preparing to ward off what is expected will be one of the worst grasshopper invasions in the history of western Canada's agriculture. The year 1948 saw millions of dollars in damage to crops in the prairies and it is expected that the invasion this year might even equal the 1940 plague when hoppers caused \$9,000,000 in crops. Agricultural authorities have launched an educational campaign to help the farmers in their fight. Here a homemade poison bait spreader made from the rear end of an old car is operated and pulled across the field by farm truck.

## ATOMIC CENTURY

(Continued from page 1)

and conclusions of deep seriousness with interpolations of smiling wit and intriguing humor. Mr. Hills paid high tribute to the "foresight" and "enterprise" of the people of Prince Rupert in having "scooped" the rest of the country in obtaining their Civic Centre, which might well be the envy of any community or city in British Columbia or Canada. That was something which could be boasted of far and wide and, as for himself, he would not neglect to mention it in his travels.

## IMPRESSED BY YOUTH

The speaker told how he had first been impressed with the new Canadian spirit and its possibilities of contribution by the thousands of young Canadians—men and women alike— independent, enthusiastic, strong and open with whom he had come personally in contact during his service as a naval chaplain. "It was there where I saw first how Canada could make its voice heard and where I received a new concept of the contribution the people of this nation could make to the stability of the world."

True it was that the world had witnessed the dissolution of the former concept of the British Empire, admitted the speaker, timed with a tremendous shift in world power and the advent of the atomic age. Yet it was not to be forgotten, particularly in Canada which had sunk its roots deeply and strongly under British sovereignty, that Britain through one hundred years had kept the world stable in a great era of peace.

A great fight in Canada today was to keep alive the principles of responsible government.

And Canada, which had let the rest of the Empire in the demand for freedom, must be ready to stand on her own feet. "We stand in a perilous position and we cannot longer run to Whitehall or Washington, D.C." The best way in which Canada could say "Thank You" to Britain was to provide her own defences and be at all times ready to pour out her aid to the old Mother Land.

Expressing the fear that the United Nations was going the way of the League of Nations, the speaker saw in Soviet Russia a new Frankenstein colossus of solid Imperialism. He gave personal incidents of Communist activity even in his own city of Victoria. Ever since the western allies had accepted Russia as an ally, the Soviet Republic had adopted a policy of imperial aggression on a scale which left the dreams of Peter the Great, against which even Karl Marx had remonstrated, in the backwash.

## COMMUNIST BAND WAGON

"Communism," declared Mr. Hills "is being used today as the band wagon for Russian aggression." She was the only nation in the world which had gained territory following the war. Yet there were even some Canadians who today, unconcerned about the real social problems, would rise at the least excuse to the defence of Russia and communism.

As for Canada, Mr. Hills prescribed a great increase of population by immigration of people who would learn and

## OFFICERS OF MASSETT P.-T.

Making Purchases of Radio and Movie Projector for School and Community

MASSETT—Mrs. Peter Jones has been elected president of the Massett Parent-Teachers' Association with Mrs. Rufus Abrams as vice-president, Miss Ruby Weir as secretary and Mrs. Adam Bell as treasurer. Committee will be appointed later by this executive.

F. C. Dey, principal, spoke on how school and home could cooperate for the benefit of both.

He thanked the Association for its efforts in raising funds to purchase a radio for the school. The cost of purchasing a moving picture projector for the school was discussed and decision was made to proceed with the purchase.

Plans were concluded for a variety concert to be held March 4.

It was reported that the school had recently received a set of books from the field matron.

practice the standards of Canadian citizenship and the expression of Canadian nationality in the ways of culture.

The next 100 years, he predicted, would see a great page in history carved out by Canada on its own merits, strength and power.

Mrs. T. N. Youngs presided over the meeting and the thanks of the club were tendered to the speaker by Mrs. James B. Gibson.

A delightful feature of the evening's program, for which even the speaker expressed appreciation and surprise, was the playing of three piano solos by little Mardel Soland—Liszt's "Liebes Traum" and Grieg's "Anitra's Dance" and "Butterfly."

## FAREWELL PARTY FOR NAVAL MEN

Fellow permanent force members and reservists of H.M.C.S. Chatham sponsored a farewell party in the men's mess at Chatham last night in honor of Stoker (M) A. J. Fraser and Able Seaman D. W. Kidd who are leaving tonight for Esquimalt where they will be attached to H.M.C.S. Naden. Both Stoker Fraser and A/B Kidd have been attached to the permanent force complement of Chatham for the last year. They are leaving on the Prince Rupert tonight for the south.

## CFPR Radio Dial

1240 Kilocycles (subject to Change)

- THURSDAY—P.M.
- 4:00—Tony the Troubadour
  - 4:15—Stock Quotations and Interlude
  - 4:30—Stories of Adventure
  - 4:45—Easy Listening
  - 5:00—The Happy Time
  - 5:30—Hawaiian Echoes
  - 5:45—Platter Parade
  - 6:00—People Ask
  - 6:15—King Edward School Broadcast
  - 6:30—Musical Varieties
  - 6:45—Smoke Rings
  - 7:00—CBC News
  - 7:15—CBC News Roundup
  - 7:30—Eventide
  - 8:00—Nation's Business
  - 8:15—Vocal Recital
  - 8:30—To be announced
  - 9:15—University Round Table
  - 9:45—Clifford Evens
  - 10:00—CBC News
  - 10:10—CBC News
  - 10:15—Island Stories
  - 10:30—Nocturne
  - 11:00—Weather & Sign Off

- FRIDAY—A.M.
- 7:00—Musical Clink
  - 7:45—Singing Sam
  - 8:00—CBC News
  - 8:15—Morning Spig
  - 8:30—Music for Moderns
  - 8:45—Little Concert
  - 9:00—BBC NEWS
  - 9:15—Morning Devotions
  - 9:30—Morning Concert
  - 9:59—Time Signal
  - 10:00—Elen Harris
  - 10:15—Morning Melodies
  - 10:30—Round-up Time
  - 10:45—Scandinavian Melodies
  - 11:00—Let's Play
  - 11:15—Songs of Yesterday
  - 11:30—Weather Forecast
  - 11:33—Rec. Int.
  - 11:45—Famous Voices.
- P.M. —
- 12:00—Mid-day Melodies
  - 12:15—CBC News
  - 12:25—Program Resume
  - 12:30—B.C. Farm Broadcast

Tempting Twosome!

ROYAL CITY CANNED FOODS

12:55—Recorded Interlude  
1:00—Concert Hour  
1:30—Bernie Braden  
1:45—Comy—An Idea  
2:00—National School Bdct.  
2:30—Musical Program  
2:45—Don Messer and His Islanders  
3:00—Ethel and Albert  
3:15—Spotlight On a Star  
3:20—Sketches in Melody  
3:30—Divertimento

Mindszenty Judge Flees From Hungary

VIENNA—United States authorities say they have received a tip that one of the judges in the trial of Cardinal Joseph Mindszenty has fled from Hungary.

BOOKS TO LEND

- "Crusade in Europe."
- "The Young Lions."
- "The Big Fisherman."
- "Elephant and Castle."
- "The Naked and the Dead."
- "The Golden Hawk."
- "Tomorrow Will Be Better."
- Elizabeth, Captive Princess."

RATES—4¢ per day  
Minimum charge, 10¢  
By the month, \$1.00

PETER PAN GIFT SHOPPE  
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Want Ads—Bring Results!

Here's Yo' Happifyin' Shrove Tuesday Treat!

EASY AS 1-2-3 TO FIX!

How to Make Perfect Pancakes

1. Measure ingredients carefully. All measurements are level, use standard measuring cups.
2. Stir only until flour is moistened. Over-stirring makes a less tender pancake. The little lumps in the batter will come out in baking.
3. Be sure griddle is correct temperature. The griddle is just hot enough when a drop of water will bounce for a second before evaporating or when a spoonful of batter browns on one side in one minute.
4. Grease griddle very lightly using an unsalted fat. Pancakes will not stick to a griddle that has been properly seasoned. To season a griddle, cover it with a thin layer of unsalted fat or oil; heat griddle until fat begins to smoke; turn off heat and let griddle stand overnight. Remove excess fat before baking pancakes. Never scour a griddle without seasoning it again.
5. Pour batter for each pancake on the griddle quickly. Spooning the batter is not recommended, because the first spoonful starts to bake before the second one can be added.
6. Turn pancakes only once. Bake until cakes are covered with bubbles and edges look dry. Turn cakes and bake until brown on other side. Don't pat cakes or turn them more than once.
7. Serve pancakes "hot off the griddle". Stacking the cakes and letting them stand tends to make them soggy.

Next Tuesday's your Happy Pancake Day! The day you delight your family with stacks and stacks of fluffy-light, golden brown Aunt Jemimas... right hot from the griddle... all glistening with butter and dripping with rich appetizing syrup!

Aunt Jemimas are so easy to fix, too... you just add milk or water... stir, and pop 'em on the griddle! Serve Aunt Jemimas often—a plate of 4 delicious Aunt Jemimas costs less than 5¢!

GET BOTH KINDS: The Red box for fluffy-light pancakes and waffles; the Yellow box for taste-tinglin' buckwheat cakes, Reg. Size or 3/2 lb. Economy Bag.

The Quaker Oats Company of Canada Limited

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FOR YOUR 'CHICKEN IN THE ROUGH' CALL RED 705 CIVIC CENTRE DINING ROOM