Complicates the Feathered

There are some grounds for beling Gertie the Gull with the name "flirt" yet on the Billy craned his neck and other hand she may be a feathered "femme de fatale," one of direction of the belle of the hose mysterious creatures blessd or cursed with the gift of nconsciously causing every nasculine heart they encounter o throb with emotion.

erned with Billy the Butter- her. Sitting there on the ice

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cent cold spell when Hays Creek basin was partially covered with a sheet of ice. Gertie was taking! her daily dip seemingly quite THE MARKETSunaware of Billy and his girl friend who were having a diving FOOD PRICES Romance of Hays Creek Basin happened until Gertie finished SEEM TO BE ice to complete her toilet. Instead of diving with his mate FVELING OFF promptly set his course in the

Gertie didn't appear to take of the water and waddled across Gertie's latest episode is con- the ice to a spot close beside all. It occurred during a re- they looked as cosy as could be expected and seemed not at all western shore.

dash of salt water; she kept etables off the Canadian diet. right on with the unromantic, job of diving for her supper.

Veteran of the Queen Chartte Islands run, Union steam er Cassiar is to be withdrawn from service the middle of Golden Yellow, lb. March for a couple of trips to Quart receive annual overhaul and the Pint Cardena will relieve her on the Cream, 1/2 pint Islands service. By that time, the Catala, now going off the Grade A: Vancouver-Prince Rupert-Stew- Large, cartoned, doz. art run and being replaced by Medium, doz. the Coquitlam, will have had er annual overhaul and will Halibut, lb. revert to the Vancouver-Bella Salmon, lb. | Coola-Prince Rupert route.

Union steamer Catala, Capt. John Boden, returned to port at First Grade, lb. c'clock this afternoon from Alice Arm, Stewart and other Evaporated Milk, northern points and sailed later in the afternoon for Vancouver and waypoints.

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SECRETARISMENT OF SECRETARISMENT OF SECRETARISMENT SECRETARISMENT SECRETARISMENT SECRETARISMENT SECRETARISMENT

Deasonable Ideas for Housekeepers

Food prices seem to be holding the line currently perhaps delicious meals. in anticipation of the parlia-The increases which featured ed, should be used.

of a raven (it might have been creases which, in itself, is mat- label. take Billy's wayward action with port restrictions which have try shelves.

> Local market prices: Vegetables Sweet Potatoes, 2 lbs. Hubbard Squash, lb. Danish Squash, lb. Spanish Onions, 2 lb. Parsnips (unwashed) lb. Turnips, lb. Mushrooms, lb. Cabbage, new, lb Beets, 3 lb.

Sugar Fresh Milk

Fish

Cod, fresh ling, lb. Black Cod, smoked, lb. Smoked Kippers, lb. Butter

16-oz. tins, 2 for Flour Pastry Flour, 7 lbs.

Flour, 49's, No. 1 hard wheat 2.9

Tea and Coffee DeLuxe Quality, lb. Coffee, lb. Juices Tomatoes, 20-oz. Apples, 20-oz. tin, per tin 40 oz.

Canned Fruits

Canned Vegetables

Dill Pickles, gal. 1.75

Cut Green Beans, fcy. each 20

Apricots, 20-oz

Peaches, choice

Loganberries, 20-oz.

No. 3 Peas, fancy

Mixed Vegetables .

Wax Beans, choice

Mixed Peas and Carrots

Baked Beans, per tin

Emperor Grapes, lb.

Apples, cooking, 3 lb.

Fancy Apples, 3 lbs.

(pink), 96's, 3 for

Lemons, large, doz.

Oranges (Navel)

Dates, pitted, lb.

Anjou Pears, 3 lbs.

Soap, face, 2 for

Cherries, ½1b. pkt.

Almond Paste, lb.

Fruit Cake Mix, lb.

Seeded Raisins, lb.

Dates (fancy), 1-lb. pkt.

Seedless Raisins, 2 lbs.

Shelled Walnuts, 1/2 lb.

Shelled Almonds, 1/2 lb.

Jams-Pure

Watch the Classified Ads!

Shelled Brazils, 1/2lb.

Strawberry, 24-oz.

Blackberry, 28-oz.

Raspberry, 24-oz.

Cherry, 24-oz.

Peach, 24-oz.

Apricot, 24-oz.

Coconut, 1b.

Laundry, cake .

Sunlight, cake

Cranberries, lb.

Pure. · lb.

Shortening

96's, 4 for

Grapefruit, Texas (white),

Lard

Glace Fruit

Diced Beets, tin

Pumpkin

Corn, choice

Corn Niblets

Cherries (fancy) 20-oz.

Orange, 20-oz. Blended (orange and grape fruit, 20-oz.

CANNED VEGETABLES IN VARIETY ECONOMICAL AND CONVENIENT

Vegetables purchased ready | 2 cups drained canned peas cooked in tin cans are a boon to the homemaker It used to be considered careless to eat meals out of a can. Now the woman who buys tinned vegetables may be commended for

have brought the price surge to right product for the purpose. oven 325 degrees F. Six serv- benefit of the public. The subits peak although only time will Canada's grading regulations ings. tell whether or not that is so. allow the housewife to buy to Anyway, the last couple of good advantage and the grade disturbed by the scolding cry weeks have noted no marked in- mark is plainly printed on the

Rave) perched in a snag on the erial for gratitude. Neither, There are three grades. The however, has there been any provident home - maker will Betty the Butterball seemed to move for dropping of the im- have some of each on her pan-

philosophic attitude and a taken California fruits and veg- Fancy Quality-is the highest grade and is as nearly perfect as possible. This grade of vegetables are for use when good colour, uniformity of size and texture are essential. Vegetables

These are excellent for every Six servings. day meals.

Standard Quality is the economy grade. Though of excel-20 lent food value the appearance is not so good. In scalloped dishes and soups, vegetables of this grade are excellent.

Home economists of the Consumer Section, Dominion Department of Agriculture, recommend buying the three grades for special uses and also suggest that it is always wise to try recipes for fussing up the 39 lower grades to make them attractive. It is quite safe to let canned vegetables stand in the 72 can for a few days, after it is opened, provided they are kept cool and covered.

Beets With Apple

1 tablespoon liquid from beets 2 cups tart apples (peeled. cored and diced) 2 cups diced drained canned

2 teaspoons brown sugar

Dash of nutmeg 2 tablespoons butter

Heat liquids from beets, add 33 apples. Cover and cook until so apples are soft. Add beets, 10 sugar and seasonings. Heat. Add butter. Six servings. Peas and Onions in Casserole

3/4 cup dry bread crumbs

TRY . . .

(20 oz. can) 2 cups sliced onion 34 cup liquid from peas

Put 1/2 the bread crumbs in her economy as well as for her bottom of greased casserole then arrange peas and onions Canned vegetables save time in alternate layers, sprinkle mentary investigation and pos- in preparation and are usable each layer with pepper, and sibly as a result of a weakening to the last scrap. Even the salt. Pour liquid over vegetables. but Billy flapped his way out in American commodity prices, liquid, in which they are pack- Top with remaining bread crumbs, dot with fat and bake and the possibility is that this the early weeks of the year may Good buying demands the 1/2 hour in a moderately slow final will be broadcast for the

Bean Custard au Gratin 2 cups drained canned beans

20 oz. can)

tablespoon chopped onion

tablespoon flour

½ cup liquid from beans

½ cup milk 1/4 teaspoon salt

Pinch of sage 1/2 cup grated cheese

1/2 cup bread crumbs 1 tablespoon fat

of Fancy Quality make excel- chopped onion and arrange in principles of which were so fully lent salads and are a luxury for a casserole. Beat egg, add and happily exemplified and enthe special meal when heated flour, milk, vegetable water, salt joyed in this rich and abunand served as the vegetable and sage. Pour over beans, dantly blessed land with its op-Cover with grated cheese then portunities of full and free Choice Quality vegetables bread crumbs, dot with fat. living. may vary in colour and size but Bake 30 minutes in a moderare tender and of good flavour. ately slow oven 325 degrees F.

WEDNESDAY Sports

9:00-Bo-Me-Hi Gym Class

1:00—Bo-Me-Hi Gym Class

2:30-King Edward Gym Class 7:00-Rup-Rec Intermediate Girls -Teen-Age Badminton

8:30—Rup-Rec Leaders Class Basketball 4:30—Hi School Junior Girls

and Bo-Me-Hi Girls 5:30—Gyro Juniors and Port Edward

6:25-Merchants and Sweet 16 7:20—Peoples and Morgan's 8:15-Fashion and Brownwoods

9:10-Co-op and Bo-Me-Hi Special Events 1:00-Gyro Luncheon

2:00-Ladies Bridge 7:00—Kinsmen Meeting 8:00—Business and Profession

Women's Card Party 8:00—Citizens' Forum

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First Block of Discourses In Junior Chamber Are Judged

First block of four speakers in the Prince Rupert Junior Chamber of Commerce oratorical contest was heard last night by the judges and next Thursday the winner last night was re- their tins? served and will be made follow- A. No. Do not allow the canject of discussion by the ora- Cleland. The judges and the torical contestants, who have been taking the Junior Chamber's public speaking classes for several months, is "It's Great to be a Canadian."

The speakers last night were Carlo Hansen, Percy Knutsen, Lloyd Rice and Eddie Mussal- sallem. lem who, in fifteen minute discourses, extolled the advantages and privileges of Canadianism from various angles, concentrating on the benefits of free en-Drain beans. Mix with terprise and democracy, the true

R. G. Moore, who has been conducting the public speaking classes, occupied the chair Judges were G. A. Hunter, Rev.

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HOW CAN I??? By ANNE ASHLEY

Q. How can I make a good brown face paint for a masquer-

A. Take 1 part umber, 6 parts cacao butter, 5 drops oil of neroli. Melt the cacao, add the umber, and while cooling mix well, adding the perfume last.

night was set for hearing of the | Q. Is it all right to keep canned second block. Announcement of foods that are partly used in

ing the second hearing next ned goods to stand in their tins. week. The present plan is to Remove from the can and place have final discourses between in the ice box. Also cover the the preliminary winners dish, to prevent odor from per-

> Hanson, chairman of the Junior Chamber's public speaking class committee. Next week's speakers will be

> James Sabourin, A. P. Crawley. S. A. Cheeseman and Jack Mus-



Q. How can I remov

heat stains from a highle

A. These spots car

removed by rubbing with

ed table?

of peppermint.

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