MONTREAL, Mar. 10th-Did you realize that soup could be the most versatile dish on your menu! It can! ... when it's any one of the 17 delicious varieties of HEINZ CONDENSED SOUPS! And all you do to find out how to prepare ways imaginable ... simply write to me - Barbara Brent, 1411 Crescent St., Montreal, P.Q. - for your

ere So Many Letters from readers asking for this booklet about how to hook ing the offer! If you haven't yet From An Old Craft-How runity to begin a hobby that discinating history of hooked rugs

your very own! It's fun - inexpensive - casy - and of course—the booklet! It's yours for just 10c me, enclosing your dime . . . Barbara Brent, 1411 nireal, P.Q.

My Idea Of A

Lenten Menu . .

Particularly Good

Vegetable Soup -

Buttered Toast

Strips - Tossed

Salad - Kraft Dinner -

there's many a luscious. Lenten

menu that can be planned around

cheese combination that makes a

I've seen one! And so very easy

fluffy lightness in only 7 minutes!

cheddar cheese, already grated, to

sprinkle in for good cheese flav-

"The Top O' The Marnin' To Ye!"

green " come St.

special for dessert that day, too.

pile into serving glasses. Then top

flavours. They're favourites in so

Patrick's Day.

in the same package, there's

to prepare! In every package of

it's a wonderful macaroni-and-

what your baby's ourls will be after rouve given her bis marvelous mir treatment! li baby's straight

> our! Ask your grocer for Kraft Dinner -- he has it for you now at a new low price!

re always better! vy-making friend

Junior To Crow About! ... this "grown up" food that tastes so good and is so good for him! Yes, 5 Minute that it's a "delectable" dish for breakfast or goodorly Spring Wedding? Well, when all the

MITORS are wonderfully dainty and

se...and effective! Zonitors are greasesnow-white vaginal suppositories -- powerfully germicidal e to delicate tissues! Zonitors are available at drug-VEM MOOD-

and it's mixed with " "super-blender." our into powder and

nerry month in spite of its blushought for St. Patrick's Day Din-COLOURS! They make both the oods genticularly appetizing! Try his for a touch of the Irish: fint the frosting for your St Patrick's Day cake a soft, fresh green with a few drops of Shirriff's Food Colour. Flavour "to match' ith Shirriff's Peppermint, Mint Lime Flavouring Extract. And candies, sauces and home-made ice cream. Better prepare for your St.

Patrick's Day Dinner now . . . ask your grocer tomorrow for Shirriff's Flavourings and Food Colours! You would Feel if you had spent hours cleaning and ponshing your living room for a tea-party...only to overhear this remark from one of your guests-"Yes, this is a lovely room, but how stuffy it is!" It's so can linger in your drapes. So best make sure your room is fresh-smelling before your guests arrive! Just uneap a bottle of VAPAIR — pull the wick — clear the air" of all stale odours in a jiffy! Yes, Vapair king smells odours from birdcages, dogs or cats ... and e smoke. And it costs less than a cent each time to use! g 16-oz - cube big value 10-oz. size at 89c or get the 16-oz. refill bottle at \$1.19.

Deasonable Ideas for Housekeepers

CHOWDERS IDEA FOR MAIN COURSE COOL SPRING DAYS

Chowders, which are thick an opportunity to use her increamy soups, make a full and genuity. Fresh, canned or leftdelightful main course for chilly over cooked vegetables may be weather luncheons or suppers, used together and the quanti-The chowder is in a class by ties of each varied to suit the itself, half way between a cream supply.

soup and a casserole dish. Its Home economists suggest the ingredients may vary as widely following recipes for chowders: as those of either soup or cas-

A hot, satisfying chowder is also an excellent filler for the 4 cups boiling water H. Gislason, To Sandspit-P. Pritchard, M. hungry crowd that comes in from an evening of outdoor winter sport.

The basis of a chowder is

lent recipes for chowders, this heat and serve at once. Yield: servings. is one place where the cook has six servings.

ONION CHOWDER 3 cups sliced onion

2 tablespoons fat 2 cups diced potatoes 2 teaspoons salt

2 cups milk 1 cup grated cheese

are usually one of the ingre- minutes. Add boiling water, longer or until slightly thick- ter service and to make the soap dients. Any real chowder has a potatoes and salt. Cook until ened. Two or three cooked saus- last longer. Keep the wrappers generous quantity of potatoes. vegetables are tender. Add milk, ages or weiners, sliced, may be on sccented toilet soap to retain While there are many excel- grated cheese and parsley. Re- added, if desired. Yield: six the delicate odor.

ALASKA GETTING BETTER SERVICE NEGRO BABIES WASHINGTON—Improved ship

and the Pacific Northwest is Britain Wondering What expected to result from a new! to Do-Fatherless Half-Castes steamship chartering arrange-

LONDON (Reuters) - British ment with the Alaska Steamship authorities are taking steps to Co., Seattle, which is announsettle the future of 1,000 half-ced by the Maritime Commiscaste war babies, the illegitimate sion. children of United States Negro

left behind by negro soldiers stationed at Somersetshire.

The Somerset county council has decided to send the children to the United States to be adopted by negro families, but an alteration in the immigration laws is necessary to put this plan into operation.

Opponents of the plan argue that the children should not be sent to the United States because of the danger of segregation. Adherents claim that the children would probably have a better chance in the United States.

Influential negroes complain they can get no official cooperation either in the United States or Britain for sending illegitimate negro children to

the United States for adoption. The British League of Colored opies, in the only comprehensive survey ever made on the subject, has revealed than during the war half-caste children were born to married and unmarried mothers in about equal proportion, with the unmatried mothers numbering slightly more.

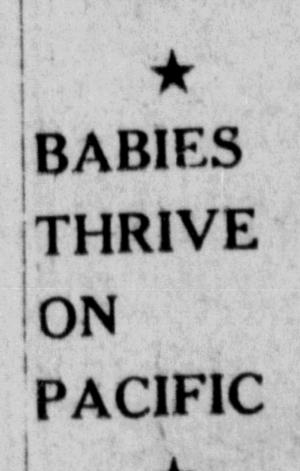
The survey said scores of young couples to whom these, children were born were genunely in love. Some received parental approval to wed but, laimed they could not get permission from United States, Army authorities.

Not one United States Army bride going back to the United States under the government, scheme was the wife of a negro.

Women welfare workers say most British village girls who became friendly with the American negro testified that he was more courteous, more considerate and more sincere than white soldiers. The latter's attitude was far more frequently "superior, condescending and in-

Some mothers, determined to i keep their babies, have fought down prejudice and parental hostility and found jobs and homes in which they can build new lives.

"BUILD B.C. PAYROLLS"



sincere."

Spring and St.

Patrick's Day

come in early

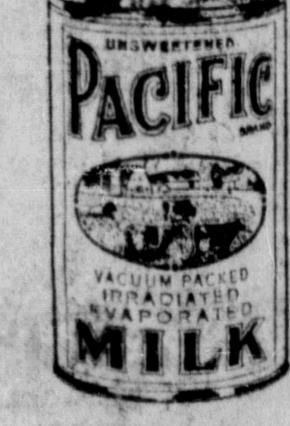
March-so it's &

EXTRACTS AND FOOD

more appetizing "atmo-

do the same with your

arance and the flavour of



No wonder doctors recommend popular Pacific Milk for infants. Irradiation adds needed sunshine Vitamin D and vacuum packing ensures farmfreshness milk from the beautiful Fraser Valley.

Irradiated and Vacuum Packed

POTATO CARROT CHOWDER

- 2 tablespoons fat
- 1 medium onion, minced 2 cups diced raw potato
- 2 cups diced raw carrot 2 cups boiling water
- 1½ teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon paprika
- 1 tablespoon flour

4 teaspoon celery salt

- 1 tablespoon melted fat 3 cups hot milk
- onion and cook 5 minutes with-

out browning. Add potatoes, carrots and water, cook until Q. How can I store laundry vegetables are tender. Add sea- soap? sonings. Mix flour with melted A. The wrappers should be usually a protein. Foods such 2 tablespoons minced parsley fat, blend in hot milk. Add to removed from laundry soap beas fish, meat, beans or cheese Cook onions in fat for five vegetables and cook 3 minutes fore storing away , to give bet-

VEGETABLE CHOWDER

- 21/4 cups canned corn
- (1 20-ounce can) 21/4 cups canned tomatoes
- (1 20-ounce can) transportation between Alaska 2 cups diced, cooked potatoes I cup peas, beans or carrots
 - (cooked or canned) 1/4 teaspoon salt
 - 4 teaspoon celery salt 1/4 teaspoon pepper
 - 1 cup milk

Fishermen's Itch from Seaweed Growth

LONDON-Fishermen of the Dogger Banks in the North Sea are breaking out with spots that itch. The British Medical Journal says they are caused by the sea-chervil, a sea weed animal | colony that lives in these seas. It seems that the chervils, thousands of them, get mixed up with the fish in nets and are then thrown back into the sea. In Denmark, the Journal states, ishermen are paid compensation for the sea-chervil itch.

Melt fat in soup kettle, add HOW CAN I ? ? By ANNE ASHLEY

Q. How can I make window sash cords last longer?

A. Before installing the new sash cords, soak them in boiled linseed oil; then allow them to dry thoroughly, and they will last indefinitely.

Q. How can I clean leather? A. Leather can be cleaned Finds Standards of by using strong ammonia water. Rub until clean ,then dry the leachers Not High leather with a soft cloth.

weather?

Prince Rupert Daily Mews Thursday, March 10, 1949

Toastier 'n' crunchier in milk! Twice as nourishing, too . . . bowl for bowl, as any other nationally known ready-to-eat rice cereal. AND crisper. AND TAST-IER! Try Kellogg's Rice Krispies and you'll love 'em!

the teaching profession, said OTTAWA-Eighty-five percent Dr. W. P. Percival, distinguished Q. How can I prevent glass of Canada's teachers are not Quebec educationist. speaking from getting cloudy, due to damp university graduates and 72 per- here. cent of those entering teacher-

Cook vegetables with season- A. Glass will not become training institutions have not Hake, a common type of At-

significant facts discovered by

a recent country-wide survey of

Research Study of the

eft news

478356

10.7约5 1

San Art Control

Forty-five such "problem babies," now five years old, were

Daily News Crassified Ads get heat and serve at once. Yield: little glycerine is rubbed over lent to senior matriculation ing take refuge inside the shells it after cleaning.

These were some of the most of living in the control of livi UNTIL THEY COME HOME



















