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**SHELLZONE**  
FOR GUARANTEED WINTER PROTECTION  
**SHELL**  
YOU CAN BE SURE OF SHELL

## HOUSEKEEPING

**CHEESE GIVES TANG — DELICIOUS, ECONOMICAL AND GOOD TO TASTE**

**CHEESE GIVES THE TANG**  
The flavor of cheese appeals to nearly every taste. One reason for this is the wide selection of types and flavors of cheese. The fresh cream cheeses are smooth and mild as butter. Other types, according to the method used in curing as well as the amount of fat left in the milk, produce dozens of different textures and flavors to suit every taste.

Cheese has always had definite economic merit because it holds the chief constituents of milk, which are very valuable but exceedingly perishable, in an easily stored form.

Cheese adds food value to other less expensive foods such as cereals and vegetables and also gives them an interesting flavor.

In Canada we are accustomed to colored cheese and many people are under the impression that the white Canadian Cheddar cheese is something quite different from the colored. It is exactly the same except that the yellow cheese has a little harmless coloring added to it in the cheese vat. The white cheese is the kind they prefer in Britain where so much Canadian cheese is sold. The white cheese is sold as "medium" or "old" according to the length of time it has been cured, and either white or colored will give that delicious cheesy flavor to many dishes. Apple pie made from fresh fall apples and served with a generous slice of cheese will always be first choice with the men of the family.

The following recipes using cheese are excellent for fall and winter meals. They come from the Consumer Section, Canada Department of Agriculture.

**ONION-CHEESE PIE**

- 1/2 cup melted shortening (part butter)
- 1 1/2 cups fine unsalted cracker crumbs
- 2 1/2 cups thinly sliced onions
- 2 tablespoons butter
- 1 1/2 cups milk
- 3 eggs
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups grated medium Cheddar cheese.

Mix melted shortening with cracker crumbs and press into a greased deep, 9-inch pie plate. Fry onions in butter until tender, then place on crumb crust. Scald milk and slowly add to the slightly beaten eggs, stirring constantly. Add salt, pepper and grated cheese. Mix well and pour over onions. Bake in a moderately slow oven, 325 degrees F., until a silver knife inserted in the centre comes out clean, about 40 to 45 minutes. Yield: six servings.

**LUNCHEON CASSEROLE**

- 1 1/4 cups dried lima or navy beans
  - 4 cups boiling water
  - 1 small onion, sliced
  - 1 1/4 teaspoons salt
  - 1/2 teaspoon pepper
  - 1 1/4 cups milk
  - 2 1/2 tablespoons flour
  - 1 cup grated cheese
  - 2 tablespoons catsup or chili sauce
  - 2 hard-cooked eggs
  - 1/2 cup soft bread crumbs.
- Soak beans overnight in water to cover. Drain. Add boiling water and onion. Cover and cook over low heat until tender and very little liquid remains. Add salt and pepper. Heat 1 cup milk in top of double boiler. Blend flour with remaining 1/4 cup cold milk, and add to heated

milk. Cook, stirring constantly, until mixture thickens. Add 1/2 cup grated cheese and stir until melted. Add the catsup or chili sauce, season with salt and pepper and add the cooked beans. Pour half this mixture into a greased baking dish, cover with sliced hard-boiled eggs and add remaining bean mixture. Sprinkle top with bread crumbs which have been mixed with the remaining 1/2 cup of cheese. Bake in a moderate oven, 350 degrees F., until the cheese is melted and mixture is heated, about 20 minutes. Yield: six servings.

**25 Years Ago**

September 25, 1925

George W. Nickerson announced last night he would run as Progressive candidate in the approaching federal elections. He has the endorsement of Robert Forke, Progressive party leader.

The fishing vessel Commonwealth, which arrived last night with a good sized catch, will probably have to enter dry dock. She was damaged somewhat on her way to port.

A petition bearing 75 signatures asking that the roadway from Sixth Avenue near Hays Creek bridge down to the dry dock be repaired was read at last night's council meeting. Ald. Perry said he had the matter in hand and that it would be looked after.

Under auspices of the ladies of the Catholic church, a tea and sale of home cooking takes place this afternoon at the home of Mrs. Olier Besner, Fourth Avenue.

Bishop Bunoz recently officiated at the consecration of the new bell which has been installed in the tower of the Sacred Heart Church, Terrace. The bell, which was brought from France, has a very fine tone and is suitably engraved.

**10 Years Ago**

September 25, 1940

The national Red Cross drive got off to a good start in Prince Rupert yesterday with canvassers ready and generous response, which augurs well for success.

The following officers were elected at a general meeting of the Religious Education Council in the First Baptist Church last evening: President, Kay Watson; Vice-President, Ken Harding; Secretary, Miss Ellen Feasby; Chairmen of boards, Miss Eileen Hamblin, Miss Margaret Armstrong, Miss Phyllis Hamblin, Ken Dakin and P. H. Linzey.

The Ladies' Bowling League commenced the 1940-41 season last evening with Savoy Swingers winning over Annette's; Bluebirds over Knox Hotel; and Rangers over Lucky Strikes, while the Big Sisters won two games over Stylettes.

Miss Eleanor Moxley returned to the city on the Prince Rupert this morning from a trip to Vancouver.

Croft Brook, manager of the Standard Oil Company here, arrived in the city this morning from Vancouver and will be here until Friday evening when he will proceed to Halifax to take a Naval Commission. He will be accompanied by Mrs. Brook, who has been here for the past few days.

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Prompt and Efficient Service

## BLOOD CLINIC OPENS TONIGHT

Prince Rupert blood donors in the 1950 blood transfusion clinic will start making their gifts of mercy tonight at the Civic Centre when the clinic sets up for its

val of the mobile van together with personnel and equipment. Volunteer donors so far number over 400 and, as the clinic proceeds, further donors are expected to present themselves. The nurses in charge—Miss A. Hayes and Miss A. Batten—and

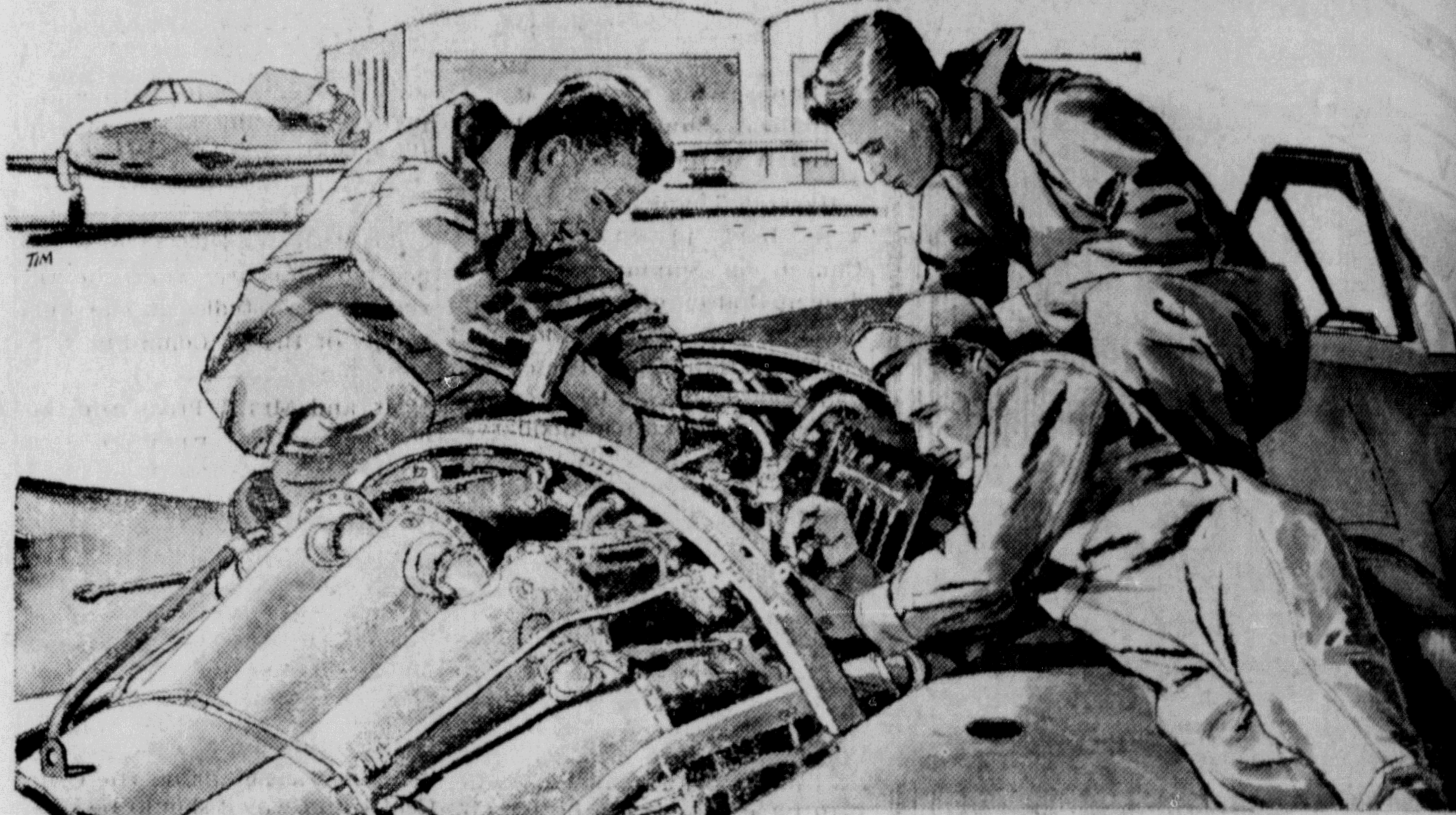
arrived from Vancouver last night, with the van aboard the Coquitlam, and were out bright and early this morning setting up at the Civic Centre. Further members of the nursing staff—Miss Rhoades, Mrs. Partington, Miss Reid, Miss

Namara and Miss... The clinic will continue tonight through Wednesday noon and evening and will be at Port Wednesday evening.

Armed Aggression must be met with Trained United Strength

Your Air Force urgently requires men to start their training now as **AIRCRAFT TECHNICIANS** in all branches

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At once . . . the R.C.A.F. needs good men to train for important jobs as Aero-Engine, Airframe, and Radio-Radar technicians.

Previous experience is not essential. Whichever branch you choose, you will be given a thorough and valuable training on modern equipment, under skilled instructors. You will be well paid, and at the end of your service you will be entitled to a pension or substantial gratuity.

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Do your part to help Canada do her part!

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CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_  
EDUCATION (by grade and province) \_\_\_\_\_  
AGE \_\_\_\_\_

NOTHING ELSE Is Quite Like It

Year In, Year Out  
Millions Choose It  
for Breakfast

If you have to be keen . . . sharp . . . at your work DON'T SKIMP BREAKFAST. A good breakfast lessens the risk of later fatigue, irritability — starts you out "right".

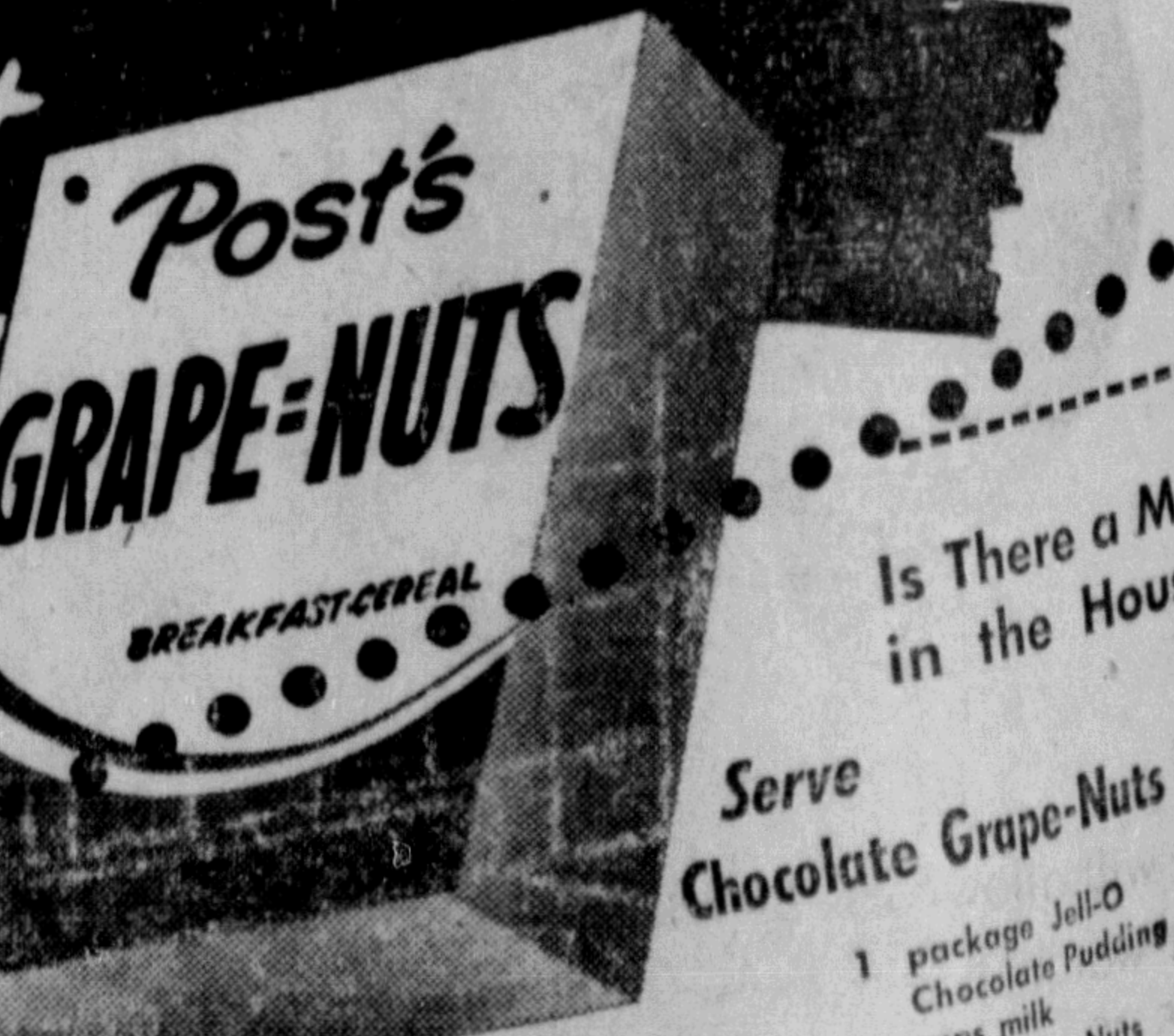


An able food expert planned a food specially made for breakfast—Grape-Nuts—the favorite of millions!

Millions find Grape-Nuts a delicious taste-treat at breakfast. These nutritious, appetizing kernels made from whole wheat and malted barley are crunchy—good. Serve with milk or cream. Then—enjoy a unique flavor that's never been imitated or duplicated!

And you'll benefit from useful amounts of carbohydrates, minerals and proteins.

Use Grape-Nuts in different, delicious ways. For cooking, see various recipes on the package. Try this interesting recipe shown here.



Is There a Man in the House?  
Serve  
Chocolate Grape-Nuts Pudding

1 package 7-1/2 Chocolate Pudding  
3 cups milk  
1/2 cup Grape-Nuts  
• Prepare Chocolate Pudding as directed on package, but increase milk to 3 cups. Add 6 to 8 servings of Grape-Nuts and mix. Sprinkle on top of pudding. Bake as directed in package.

On your next shopping trip select Grape-Nuts. Costs so little—goes so far. As for economy—a serving is just two table-spoonfuls—costing less than a cent.