Nervous, Gyros Hear en, Women Of Halifax

"from Contented Cows"

nation. It saves so

your milk and cream

our grocer has it.

Prince Rupert's "opposite number"-Halifax, history - steeped community of contrasts, 200 yearnew, not old warden of the North Atlantic Scotia port, which had its found-

ing descriptive discourse by Ind- ing of Edward Cornwallis as first pert Gyro Club at luncheon yesterday. Mr. Anfield visited Halifax last September when he attended a synod of the Anglican Church in Canada.

A historical review of the Nova was the subject of an interest- ing July 14, 1750, with the hand-

ian Superintendent F. Earl An- governor of Nova Scotia, to set field in addressing the Prince Ru- up the fortress which was to play such an important part in the British exploits in Canada, precluded a description of the presend day Halifax which had for two hundred years now been the great naval and miltary baseever since the three years that General James Wolfe had made it his base for the campaign which was to lead to the capture of Quebec and the British con-

quest of all Canada. Mr. Anfield told of the dire ums of Halifax, the negro section, the efficient rapid transit system of trolley buses-the combination of the old-fashioned and the modern.

It was something to be deplored, felt Mr. Anfield, that the ancient citadel of Halifax, a \$30,-000,000 fortification from which never a shot had been fired, should be today going to "pot."

President A. J. Dominato was in the chair at yesterday's luncheon. Guests were B. H. Parker of Prince Rupert and H. Langley of √ancouver.

T. H. Wilford introduced the From Germany speaker who was thanked by From Germany Joorge Dawes.

Next Gyro function will be a To Pr. Rupert dinner dance tomorrow night aboard the steamer Chilcotin.

after a brief visit in Vancouver, Saxony, in the Rusian-occupied night for Vancouver where Mr. turned to the city yesterday. zone of Germany, for Prince Ru- Kellett will attend a Home Oil Wr. Stewart attended a meeting pert to make their home in Prince of Royal Bank branch managers Rupert with their son, Hugo with the general manager.



Fatner, I'd like you to meet another relative!"

Elderly Mr. and Mrs. Richard Kraupner are shortly to leave Mr. and Mrs. Grant Stewart, their native home at Chemnitz, leaving on the Prince Rupert to-Kraupner. They are due to ar- Rupert for two weeks. rive here on May 25, arrangements for their removal from the Old Country having been finally completed after long negotiation for it is no easy matter to get out of the Russian-occupied zone under present conditions.

It will be the first time that Mr. and Mrs. Kraupher, both seventy years of age, have ever been out of Germany. On March 3, 1945; they were bombed out of their home as the final allied blitz shattered the Reich from end to end. They lost everything and life during the five years since then has been one of hardship and privation, living in one room with crude boxes for furniture and only such food as the Russians chose to give them. Their

was killed during riots in Paris following the Nazi capture while he was engaged in entertaining German soldiers in the then German-occupied capital of France.

Distributors Ltd. confernce. They expect to be away from Prince





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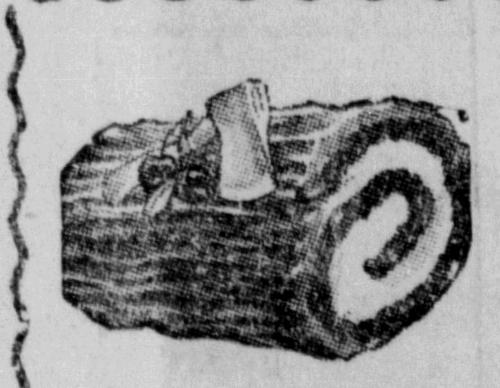
JUNIOR CHAMBER

ST. PATRICK'S DAY

Friday, March 17, Civic Centre

Space Courtesy

SHEET METAL



Green 960

The wide variety of delicious CAKES will amaze and please you

3rd Avenue

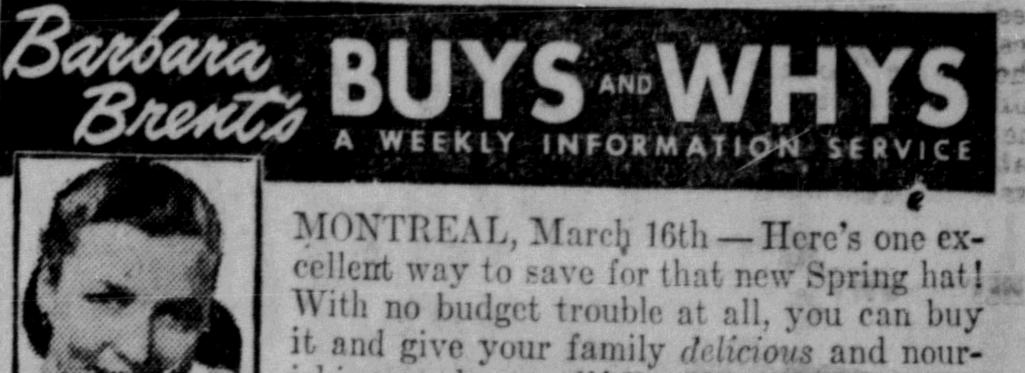


Across from Liquor Store

Mass Burial In Montreal

MONTREAL—Permission is beof March 2 Chinatown fire, a tomorrow.

Chinese Nationalist League spokesman said last night. One of the bodies already has been claimed for private funeral. Five of the victims will be buried here. while the two others will be cremated. An inquiry into the fire. ing sought from civic authorities which levelled half a city block; to hold a mass funeral next Sun- and caused an estimated \$1,000. day for seven of the eight victims 000 damage, is scheduled to open



costs only a few pennies a serving - but it's a real compliment-getter . . . a real main dish for four! And it's so very easy to prepare! In every package of "Kraft Dinner" is a special fast-cooking macaroni that cooks to fluffy lightness in only 7 minutes. And, in the same package, there's cheddar cheese, already grated, to spread in for good cheese flavour. All this! - and extra "appetite appeal" . . . for you and your family at such a

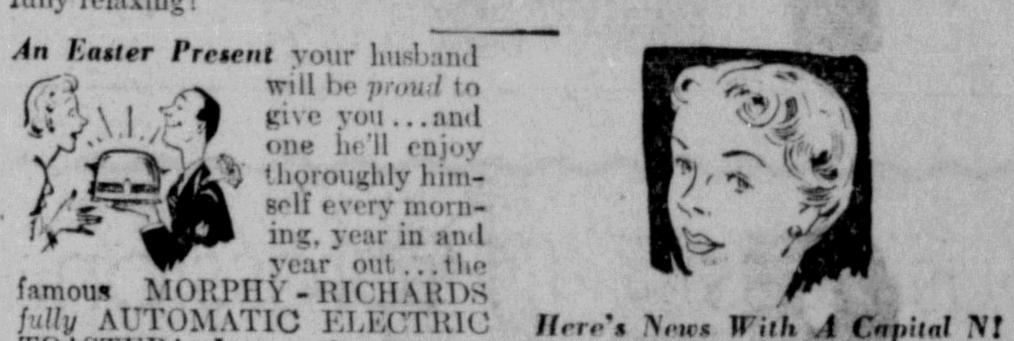
ishing meals as well! For KRAFT DINNER

reasonable price! If You Want To See how wonderfully slim in the hips you can be ... do treat yourself to one of Gossard's new Narroline girdles! Here really is something revolutionary in girdles! You

sec, Narroline has a magical divided hip feature which subtracts inches from your hip measurements! Yes, GOSSARD NARROLINE banishes every bump 'n' bulge in a truly light-as-air manner-because these sensational, new girdles weigh just a few ounces! There's a special Narroline for everybody-in a wide variety of fabricswith or without boning. And, because these famous American-designed Cossard garments are made in Canada-they're very reasonable in price!

This Very Special Offer means you won't have to leave left-over juices r soups in the tin. The Boyril folks are offering this handy, handy Plastic Juice Container that's unbreakable-non-toxic-spill-proof and holds five cups of left-over juices. Its retail value is \$1.00 but you can get yours by simply writing to me-Barbara Brent, 1411 Crescent St., Montreal, P.Q. enclosing a 35c Postal Note or postage stamps

and one label, from a Bovril Cordial or Concenbel comes off easily when soaked in warm water for nutes.) Better send for it soon, though, because the supply is going fast! And here's a Bouril Health and Beauty Tip ... when you can't sleep, a cup of hot BOVRIL just before going to bed is wonder-



TOASTER! Just write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., for this free booklet describing its wonders! Famous British craftsmanship has made this fully automatic toaster, with its many new improvements, a possession to be proud of . . . a

only \$22.50 at leading department this booklet - and let your husband read it carefully. I know

he'll be impressed! Why Not Adopt

lovely Woodbury debs - and wonder! They have truly irresistible complexions - soft - smooth and sparkling! So why not make a wonderful habit of their favourite beauty soap? Use it daily . . . no irritation - no "skin-burn" . . . it's soothing as can be, I find! Has the most delightful fragrance, too . . so deliciously delicate it makes me feel positively glamorous every time I use Woodbury

Facial Soap!

"perm" with that so-popular Richard Hudnut Egg Creme Shampoo! An Ugly Grease Spot on your favorite dress won't ERGINE CLEAN-ING FLUID handy! Just follow direc-

Home Permanent Waving Lotion

scientifically tested by indepen-

dent research experts and find

that it's actually 22% more effec-

feet prelude, prepare for your

how quickly and easily Energine removes grease spots-without telltale rings! What's more, Energine contains no acids nor causticsit's truly "kind" to the most delicate fabrics. A wonderful help in cutting down cleaner's bills! AND it gives a lift to houseeleaning removes grease and oil stains from upholstery-makes porcelain surfaces gleam! At drug and department stores for as little as 25c.

A Friend Of Mine Said, "Housekeeping must be good exercise! I find that it frequently gives me aches 'n' pains in muscles I'm not accustomed to using!" "That's when to reach for SLOAN'S LINIMENT!" I told her. For, truly, Sloan's is the most relief-bringing treatment I know for sore muscles! I just pat it on and it works wonderfully quickly to bring welcome relief from pain! Thousands of folks suffering from stiff neck-sprains

-rheumatism or neuralgia have discovered that the soothing, pench, ting heat of Sloan's Liniment gets to the heart of the pain .. makes them feel so much better! And Sloan's is so inexpensive! Just 40c a bottle at your favourite drugstore!



ner? Well here's a quick-'n'-easy dish to serve . . . and so delicious, too! You'll be delighted with the tasty goodness of HEINZ COOK-Spaghetti in Tomato Sauce with Cheese - a long-time favourite in thousands of Canadian homes! And there's the delicious, new Heinz Cooked Spaghetti Meat, containing beef, cheese, tomato sauce and fragrant spices. Another delicious dish that's wink-quick to prepare is Heinz

with Cheese. Serve it piping hot

store for you if you'll just visit your market ... for a brand-new crop of California lemons is in! That means

the lemon short-ED SPAGHETTI! There are the plump, ripe, juicy, fine fresh two kinds . . . Heinz Cooked lemons you want. Of course you'll want to start right in buying lemons by the dozen again ... for their zesty, tangy tartness not only does "luscious" things to tea and fish, but to fruit and vegetable juices, salad dressings and all kinds of desserts and pies as well! But choose your lemons wisely ... ask for SUNKIST Lemons when you shop to get the finest, and juiciest in a casserole with baked potaamong this year's flavor-peak crop.

tocs. A truly satisfying meal! It's Very Seldom That You Can Be Absolutely Sure Of Anythingbut one thing I do know is that a JELL-O PUDDING is one of the most economical and delicious desserts.

you can make. For just a few cents a serving you can please the family's sweet tooth with a creamy Caramel. velvet-smooth Vanilla, flavourful Chocolate or rich Butterscotch Pudding. Jell-O Puddings are marvelous time-savers, too, and make desserts that can be prepared in a matter of minutes. When you fancy a tapioca dessert, don't forget the Jell-O Tapioca Puddings-Orange Coconut, Vanilla and Chocolate.



Poor Little Tyke! Her Straight-as-a-string hair makes her look sad when she's happy! Her mother doesn't know about wonderful NESTLE BABY HAIR TREATMENT and now beautifully it curls even the straightest baby hair! Simply write to me-Barbara Brent, 1411 Crescent St. Montreal, P.O .- for your FREE COPY of "Curls for Baby"! It tells you just how to use Nestle Baby Hair Treatment for adorable results! Nestle Baby Hair Treat-

ment-tested and commended by "Parents' Magazine"-is a wonderfully; gentle lotion. As soon as baby's hair is one inch or longer, Nestle can be used every time she has her bath. Diluted according to instruction a \$1.25 bottle will last four months!



day — year after year — every can of Carnation you open is smoother, richer-flavored - better for cooking, better for whipping, better for Baby - stays fresh

What Makes Carnation So Extra Good

It is good, whole, cows' milk, made double-rich by evaporation. When you need milk, use half Carnation and half water. When you need cream, use Carnation undiluted.

Carnation is processed to rigid standards of quality. A half-century of research is behind every can. Every time you buy, you get the quality that has made Carnation the world's largest-selling brand.

A CANADIAN PRODUCT

With Robin Hood Four

win if you like Robin Hood better than any flour ve ever used, because . . .

will have found the best flour for all your baking te guaranteed all-purpose flour — the flour that's by 4 out of 5 First Prize Winners in baking

get your money back, PLUS 10%, if after two igs with Robin Hood, you're not completely hed that your baking is better.

egood-as-gold certificate in every bag guarantees and any dealer will gladly refund your purchase plus 10%, if you return the unused portion of bag of Robin Hood Flour.

tourse, Robin Hood has an amazing record of ssful baking. For all kinds of baking - bread, and pastry. That's why, with Robin Hood, you

OU CAN'T LOSE! YOU MUST WIN!

actual record is this: 4 out of 5 women who win Prizes for home-baking use Robin Hood Flour! order some today - you'll soon realize why. Prove to yourself how much better Robin Hood

Get a bug and try this recipe.

ROBIN HOOD POPOVERS

1 cup sifted Robin Hood Flour 1 cup milk 1/4 teaspoon salt

2 eggs 11/2 teaspoons melted shortening What wonderful puffed-up popovers you make the Robin

Hood way - crisp and golden outside, light as thistledown! 1. Preheat oven to 475°F. (Very hot oven.) Place approximately 9 thick mussin pans or custard cups in oven to heat while making batter.

2. Measure sifted flour into sifter, add salt. Sift together into mixing bowl. Add milk gradually, beating until smooth. 3. Beat eggs until thick and light, Add, to flour and milk mixture, then add melted shortening. Beat for 2 minutes with rotary beater, Batter should be thickness of heavy cream.

4. Remove pans from oven and grease thoroughly (butter gives best flavor.) Pour batter into pans, filling half-full. 5. Bake in a very hot oven 475°F. for 20 minutes, then reduce heat to 350°F. (moderate oven) and bake 20 minutes

Tune In

Serve warm. Yield -- approx. 9 popovers.

"RITA MARTIN'S MUSICAL KITCHEN" Mon.-Wed.-Fri. (Trans-Canada Network) 'MONEY BACK PLUS 10%" ्रलगारमा (६) FREE HELP WITH YOUR BAKING RobinHoodFlour Mills Limited on would like any help with your ad to give you any assistance possible. address your enquiry to me - you be in no way obligated. Here is the certificate Rita Martin containing our unique guarantee. There's one in , Home Service Department, Robin Hood Flour Mills Limited, every bag of Robin Hood. 300 St. Sacrament St., Montreal. Din Hood Flour LI-PURPOSE -- GUARANTEED