ANNOUNCEMENT

S.J. Gillis, D.S.C., R.Cp.

(Doctor of Surgical Chiropody)

REGISTERED

Chiropodist -- Foot Specialist

Will practice Chiropody in Prince Rupert at the Prince Rupert Hotel from April 18th to April 23rd.

The Experts Say . . .

By Kay Rex
Canadian Press Staff Writer

CHOCOLATE CAKE—Here is a good recipe — and instructions.

Ingredients: two squares of unsweetened chocolate, one-half cup of boiling water, one-half cup of shortening (margarine may be used), 1¼ cups of brown sugar, two eggs, one teaspoon vanilla, two cups of sifted pastry flour or 1¾ cups of sifted all-purpose flour, one teaspoon baking powder, one teaspoon baking soda, one-quarter teaspoon salt, one-half cup sour milk.

Melt the chocolate in boiling water and then cool. Cream fat until fluffy. Gradually cream in the sugar. Add well-beaten egg and vanilla and beat thoroughly until light and creamy. Mix and sift dry ingredients (the soda is mixed with the dry ingredients) and add alternately with the melted chocolate and sour milk. Bake in a greased cake tin in a moderate oven (350 degrees F.) from 40 to 45 minutes.

Turn out on a rack to cool. This cake will be eight by eight inches in size and should be 2½ inches deep.

Home economists say that if a cake is to be successful one of the main things to remember is that it should always be allowed "to steam a little" before being turned out on the rack.

This same cake may be topped with an easy-to-make Milk Chocolate Icing.

Ingredients: one tablespoon butter (or margarine), one cup icing sugar, one egg, one-half teaspoon vanilla, two to three squares unsweetened chocolate, one-quarter cup of milk.

Cream the butter and add sugar gradually, blending well. Add egg, milk and vanilla and chocolate which has been melted over hot water. Place the bowl containing icing in a pan of ice or cold water and beat with a rotary beater until it becomes thick (about three minutes).

BALANCED DIET— Nutrition experts say that to have a well-balanced diet the average person needs at least three servings daily of vegetables—one of potatoes and at least two of other vegetables. Leafy, green or yellow vegetables, frequently served raw, are best for supplying minerals such as iron, calcium and phosphorus to keep the body working smoothly.

HOPE AT EASTER

By Adele C. Hughes
(Miller Bay)

Now has she slept the winter through,
Under the snow;
And I, who thought my world must end
When she should go,
Now see in every flower of spring
Her winsome face,
In every tender shoot of green
Her childish grace.

Beside me at my daily task
She walks in light,
And when I seem to falter, she
Keeps God in sight.
Ah, Mary Mother! so thy Son,
Long years ago,
And left on earth the Easter Hope
For us to know.

The vine, the leaves, the flowers die
From out our sight;
The glory of the green becomes
A blanket white;
Yet life goes on unceasingly
Under the sod;
Eternal miracle of Spring
To show us God.

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I remove scorch from cotton fabric?

A. If it is badly scorched, try dipping the article in cold water and hanging it dripping wet in the sunshine. When dry, wet it again and repeat the process. It may take about two or three days but it is a cure that will not injure the wearing qualities of the material.

Q. How can I make a good linoleum polish?

A. Mix 1 cup of melted paraffin, 2 cups kerosene, and 3 tablespoons of turpentine.

BETTER CARE

(Continued from Page 1)

USE OF SEWERS

Failure of many home owners who now use septic tanks to voluntarily connect up with nearby sewers also was scored by Mr. Boas, who asked that "teeth be put into the sewer bylaw" in this regard.

At present, the bylaw required that home owners be required to connect to sewers only when they pass immediately in front of their property. No mention is made of sewers which pass along lanes at the rear.

"I know of a hundred places in the city where home owners use septic tanks when sewers pass immediately close to their property or within a reasonable distance of it," he declared. "I don't think that I should have to fight with those people about connecting to sewers. I think that I should be supported by a bylaw."

Board Chairman Alderman J. N. Forman said that, "if a sewer passed close to my house, I would jump at the chance of connecting up with it as a matter of convenience. I wouldn't have to be forced."

The condition is becoming more prevalent as the city sewer system expands, Mr. Boas said.

Apparently the main objection is the fact that householders must pay the cost of connecting to the city sewer mains.

A considerable growth of unsanitary conditions has resulted from septic tanks being damaged by winter conditions and this is creating a "real headache," Mr. Boas said.

The meeting heard reports of service rendered by the public nursing staff in the interior and at Stewart and of the possible expansion of public health services to Alice Arm and the Queen Charlottes. The report was delivered by Miss Joyce Leslie Senior Public Health Nurse.

Present at the meeting were Alderman J. N. Forman, chairman, Alderman Wildrid McLean, Dr. A. W. Large, medical health officer, Miss Joyce Leslie Senior Public Health Nurse and Miss Carlotte Balagno, statistician.

You Saw it in The News.

Services in the Church

SATURDAY SERMON

SALVATION, GIFT OF GOD

By Rev. Fred Antrobus, First Baptist Church

"By grace are ye saved through faith, and that not of yourselves; it is the gift of God; not of works, lest any man should boast." Eph. 2:1-10.

In this letter Paul speaks of the mystery of God which had been hidden from prophets and angels and men but was now revealed through the Gospel of the grace of God in His Son, Jesus Christ. He sees man by nature, dead in sins, a child of disobedience, a child of wrath; but in Christ, made alive, redeemed, according to the eternal purpose of God. All men may be made one in Christ.

1. This salvation is from spiritual death: salvation means deliverance. Through the gospel of God's grace, we are delivered from this present evil world (Gal. 1:4) from Satan's power (Heb. 2:14, 15) from the flesh or self-life (Rom. 7:24, 25 and 8:1) through the Cross. God the well-beloved Son did all this for us.

But salvation is more than a deliverance. It not only strips off the poisoned robe, it endows us with a royal robe of His righteousness (Phil. 3:9). It endows us with every good, that the grace of God in Christ Jesus can possibly bestow upon us. Henceforth we are to live unto Him who died for us, and not unto ourselves (2 Cor. 5:15).

2. The source of our salvation is "by grace." The fountain of all our deliverance from sin and investment with His righteousness lies in the deep heart of God, unmotivated and uncaused by anything except His own loving kindness. Jesus Christ died for us because God loved us.

Paul brings this splendid conception of grace, which he got by revelation, to put life into all that man signified and all he could achieve, so that now instead of coming to God, with terror in his soul, seeking to buy His favor, and to pay Him in blood, or by pain, and sacrifice and offering, men were simply to come just as they were to Him and rely only on His infiniate mercy. Think of it!

3. The Channel of this salvation is Faith, the highest individual experience of man. This means was chosen of God, because it conquers the pride of the understanding, one of man's greatest enemies, and thus it gives all the glory to God.

Faith unites man to God. Years ago a boat was upset above a certain falls and two men were being carried downstream by the current when persons on shore managed to float them a rope which both grasped. One held fast to it and was was drawn safely to shore. The other, seeing a great log come floating by, unwisely let go the rope and clung to the log, which seemed more substantial. He was lost because there was no connection with the shore to produce safety.

And so when a man trusts to his works or ordinances or to his lodge or baptism, or church membership or his outward adoption of certain attitudes which make him appear a Christian, he will not be saved because there is no junction between him and Christ.

Faith may seem a very slender cord, but it is yet in the hands of the great God on the shore side. Infinite grace pulls in the connecting line and thus draws man from destruction to Himself.

An the object of our faith is not the truth about Christ but the person of Christ. The facts, evidences, testimony about Him is meant but to lead men to Himself personally. It is not the testimony or acceptance of that which saves, it is the Testifier in whom we are to trust (John 1:12).

DIRECTORY

Services in all churches at 11 a.m. and 7:30 p.m.; Sunday School at 12:15 except as shown.

ANGLICAN CATHEDRAL
4th Ave. W. at Dunsmuir St.
Holy Communion 8:30 a.m.
Sunday School 2:00 p.m.
Canon Basil S. Crockter, B.A., B.D.
Rector: (Blue 733)

FIRST BAPTIST
5th Ave. E. at Young St.
Minister: Rev. Fred Antrobus
(Green 812)

FIRST PRESBYTERIAN
4th Avenue East
Minister: Rev. George E. Sendall
(Green 982)

FIRST UNITED
636 6th Ave. West
Minister: R. A. Wilson, M.A.
(Green 613)

FULL GOSPEL TABERNACLE
221 6th Ave. West
Pastor: Paul A. Barber
(Green 620)

SALVATION ARMY
Fraser Street
C.O.: Major W. Yurgensen
Directory Class 2:30 p.m.
Sunday School 3:00 p.m.
(Black 269)

ST. PAUL'S LUTHERAN
5th Ave. at McBride St.
Pastor: E. Solland
(Black 610)

ST. PETER'S ANGLICAN
Seal Cove
Archdeacon E. Hodson
Sunday School 11:00 a.m.
Evening Prayer 7:30 p.m.
(Blue 827)

First Baptist Church
(Young Street)
Minister: Rev. F. Antrobus
Phone: Res. Green 812

MISSIONARY CONFERENCE
August 6-14

REV. SAMUEL CASSELS of the Sudan Interior Mission will show technicolor films on AFRICA, two films each evening, on the following dates:

FIRST BAPTIST CHURCH
April 6, 7, 8
PRESBYTERIAN CHURCH
April 11, 12, 13

The films depict African life very vividly, heathen customs, superstitions, medical work, etc.

All meetings begin at 8 p.m., and all offerings will go to the Mission.

Timely Topics from Terrace

Mrs. C. R. De Kergommeaux, Terrace Reporter

Mr. and Mrs. Vic Giraud, having received word of the death of the former's father at Smithers last week, left immediately for the interior town.

Miss F. M. Erickson R.N., field supervisor of the Canadian Red Cross, is spending a few days in town on routine duty.

Mrs. F. Moore is a patient in the Outpost Hospital here.

John Normandeau received word on Sunday of the death of his father, Joseph Wilfred Normandeau, of Lorette, Manitoba, on March 22. The deceased was 83 years old and has been ill for some time. His daughter, Mrs. Tetreault of Terrace had returned to her home in Lorette to nurse him.

Mrs. E. Buckholtz and young son, Kenneth, returned from Prince Rupert on Tuesday morning's train.

A grand smoker was held in the Orange Hall last Saturday evening, guest of honor being Alex Holden, whose marriage to Judy Curtiss will take place today. "Smoky" Harrison and Bob Cooper had charge of the arrangements and refreshments were served at midnight. An imitation ball and chain made at the Terrace Machine Shop was locked onto the blushing bridegroom to be, the key being in the hands of the future bride.

Miss Yvonne Larsen, local school teacher, left on Tuesday's train for Vancouver where she will spend the next few months at her mother's home recuperating from her recent severe illness. She expects to return to Terrace in time for school re-opening in September.

Fred Nash, accompanied by Charles de Kergommeaux, left on Thursday's train on survey work for the Celanese Corporation at Port Edward.

Francois Lake News

The Francois Lake Women's Institute entertained at the home of Mrs. K. Routley in honor of Mrs. J. Sugden and her daughter, Elsie, whose marriage took place recently. Wedding gifts for the bride were presented to Mrs. Sugden, who will forward them to her daughter, who now resides at Edgewood. The gifts consisted of a travelling rug and a linen table cloth.

H. H. Church, representative of the Department of Veterans' Affairs, Vancouver, was a visitor in the district. He was accompanied by Mr. Wallace of Cheslatta where Mrs. Wallace, who came to Canada as an English war bride, is teaching school.

Mrs. Earl Wallace, and her newborn son, returned to her home at the Landing from Burns Lake hospital.

Although the roads are now muddy with melting snow, it is not expected that they will get in as bad condition as they did a year ago.

Men doubled for women at a whist party in the hall Saturday evening. There was a shortage of ladies and an overabundance of men. The affair and the dance which followed it was sponsored by the Women's Institute. High scorer for the ladies was John Keefe and for the men, Reg Partington. Sandwiches, sold cafeteria style, netted $20 for the Institute funds.

Francois Lake Ferry folk learned with regret of the illness of Mayor Nora Arnold of Prince Rupert, who made a wide acquaintance in the district during a stay at Beach House some years ago.

Mrs. J. Sugden of Beach House is busy with eight guests, men who are assembling the new ferry which arrived last week.

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OF TASTY MEALS AT THE
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• CHOW MEIN
Second Avenue opposite Prince Rupert Hotel
7:00 a.m. to 3:30 a.m. — Phone 173 for Outside Orders

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See us First IT WILL PAY YOU!
MEN'S UNDERWEAR—Penman's, Shirts and Drawers, medium weight. Garment SPECIAL $2.00
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MEN'S UNDERWEAR—Combinations. All sizes SPECIAL $2.25
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MEN'S DRESS RAINCOATS —All sizes. SPECIAL $9.00
INDIAN BLANKETS—Large size. SPECIAL $3.95
MEN'S WORK SHOES — Solid leather. All sizes. SPECIAL $6.45
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THE LUXURY TAX IS OFF
AND WE ARE SO HAPPY WE'D SING IF WE COULD.

Everything at Bulger's is Now Free of the Luxury Tax
A watch that formerly cost you $20 with tax now cost you $16. This illustration applies everything in the store.
● ALSO OUR SPECIAL DIAMOND VALUES WILL BE ON DURING THE PERIOD OF LENT OR EASTER.
Bulgers