

HOUSEKEEPING...

PANCAKES, OLD BUT ALWAYS NEW, STILL POPULAR TODAY

One of the first made dishes of man consisted of a mixture of meal and water, baked on hot rocks. This is believed to be the original pancakes, griddle cakes or flapjacks.

During the early Christian era, eggs, butter and milk were forbidden during Lent. Any of these foods that the housewife had on hand, had to be used up, and a special recipe was prescribed by the church in which flour was symbolic for the staff of life, milk for innocence, salt for wholesomeness and eggs for vitality. Hence, pancakes became the official meal of Shrove Tuesday, the last day before Lent. In many communities today, Shrove Tuesday is still pancake day.

Golden brown pancakes are not typical of any one country; they appear among the foods of all nations, in one form or another. In North America, corn meal was used by the Indians, but today pancakes are made with a variety of grain products, for example, white flour, buckwheat flour, bran, oatmeal, raw or cooked potatoes or bread crumbs.

An old English saying, "Pancakes on Shrove Tuesday keep you merry all day," should be reason enough to serve this delicious, economical dish to the family more often. Until recent years pancakes were considered a breakfast specialty, but today they may be featured at lunch, dinner or as snacks.

Home economists have passed along a few tips that should be kept in mind when golden brown,

light, tasty pancakes are the order of the day:

1. Measure all ingredients carefully.
2. Add liquid all at once and stir lightly; small lumps will come out in the cooking.
3. Use a properly seasoned griddle or heavy frying pan.
4. Grease lightly with unsalted shortening each time before using, heat slowly.
5. Pour the batter for each pancake from a cup or jug, instead of spooning the batter on to the griddle, to insure even cooking.
6. Turn pancakes once, when the top is covered with little bubbles.
7. Serve hot.

These easy-to-make, old-fashioned pancakes may be made with fresh or sour milk. So, if there is sour milk in the refrigerator, here's the place where it may be used to give a tender texture and a nutty-rich taste.

Butter and pancakes belong together, especially at breakfast time when syrup, particularly maple syrup, is poured over them. Other combinations for morning enjoyment include pancakes with sausages or bacon.

For lunch and dinner, pancakes may be made any size, small or large, rolled like a jelly roll, folded in half with fillings or stacked for variation. For a quick special lunch serve potato or cheese pancakes with hot apple sauce.

The home economists have sent this recipe for cottage cheese pancakes:

COTTAGE CHEESE PANCAKES

- 3 eggs
1 cup cottage cheese
1/4 cup sifted all purpose flour
1/2 teaspoon salt
2 tablespoons shortening, melted.

Beat eggs until light. Add cottage cheese, flour and salt. Beat well. Add melted shortening. Cook on a hot, slightly greased griddle. This recipe yields 1 dozen thin 5-inch pancakes.

To win approval at dinner, serve pancakes with ham and honey; fill with leftover creamed meat; in place of pastry shells for chicken a la king, served plain with creole sauce or meat and mushroom sauce or filled with vegetables, such as asparagus, and served with a cheese sauce. A salad and a dessert will put the final touch to the meal.

To please the sweet tooth members of the family, serve pancakes as a dessert or as a party snack after a skating or skiing party on cold winter evenings. For these occasions, fruit could be added to the batter or the pancakes may be served with fruit in the form of a shortcake. Pancakes could also be rolled or folded, with jelly or preserve filling and confectioner's sugar sprinkled on top.

PAID MONEY

(Continued from page 1)

boomed up five sections and had been paid for his work.

Then Riley had approached him for a contract to haul logs out of the woods and boom them.

"I knew \$12 was pretty steep but I had a broken leg—couldn't work—and wanted my machine out of the woods before the snow."

Dunlap testified the agreement called for Riley to hire his own crew. Equipment to be used belonged to the logger. Riley got his crew and came to work beginning of September.

The logger said the crew used his gas boat to make the run of 1 1/2 miles to the set from the camp.

"They got salt water into the engine and ran it that way until the thing stopped working."

"Then I let them use my other boat."

BAWLED HIM OUT
Soon after, Dunlap saw the crew return on the boat one evening and noticed the port stern side "all calfed up."

"I knew they had tied the boat up to the windy side of the A-frame and it got all chewed up."

"I bawled Riley out this time and asked him what he was going to do about it."

"Riley said 'nothing,' so I told him he would have to pay for it. Riley said he wouldn't pay."

Meanwhile, the crew had gone to the bunkhouse, said Dunlap. Riley appeared a few minutes later, saying:

"The crew has quit—just like that. He didn't give me any reason."

That was when Riley and his crew left for Prince Rupert, said Dunlap.

MR. GLASSEY

The narrative was taken up by Mr. Glassey, next witness, testifying how Riley had come into his office with his request for money.

"He told me he was hiring another crew to go back up to Crow Lake the next day by plane. I've checked with the airlines and was told the reservations were made."

Mr. Glassey also said he had not seen Riley then until two weeks ago "when he came into my office and said he was out on bail."

Two other witnesses were called by Crown Counsel Brown, Clifford Renie and Donald Magnusson.

Rennie said he met Riley in a downtown hotel and was hired to sling rigging at \$16 a day, less \$2.50 a day he was to pay Riley for board and room.

The logger said he started work October 5. On October 25, he said Riley came to the crew and told them they were fired by Dunlap.

"He says you are a no good bunch of loafers and might as well go into town," quoted Rennie.

On the stand, Dunlap denied suggestions by Defence Counsel Hogarth that he had fired anybody.

"Those men weren't working for me. I didn't hire them, and I didn't fire them," he stated.

Dunlap admitted there may have been "about 100,000 feet of logs ready to dump from the cold-deck tree, but contended that "was worth nothing unless they were in the water and boomed."

Rennie said the rigging equipment was in "bad shape" and that he had spent "four or five days" repairing it.

Magnusson, the boom man, had been hired, he said, "either on contract or by the hour."

He said he had worked for a while on logs already in the water but left when no more logs were dumped. He said no logs had been hauled out of the bush by Riley and his crew.

"Would you go back to work at that camp?" asked Mr. Hogarth.

"You mean, in the bush?"

"Yes, to haul out the logs."

"No, I wouldn't. I don't think the machine he has is big enough for the job."

Along the 'FRONT

Herring Seining Ends In Central District—20 Vessels Beam Trawling

Herring seining has been closed for the season on the mainland of Prince Rupert fisheries district with a total take estimated at 116,000 tons. At 11:45 p.m. last Wednesday night the closure was applied on the central sub-district where seiners have been operating for some weeks for a total of 40,000 tons. The rest of the herring catch in the district was accounted for at Gasboat Passage, Kitkatla Inlet, where a great run netted an aggregate of 56,000 tons in a series of quotas. The central district catch was taken from Laredo Sound, Kildid Sound and Cousins Inlet. Herring seining is still permissible on the Queen Charlotte Is. which are not governed by quota but where fishing may continue until March 10. With the closing of the central sub-district, some of the seining fleet is now tying up but the most of the vessels will be heading for the west coast of Vancouver Island where there has not been much fishing so far. The herring catch in Prince Rupert district this winter was largely used in the manufacture of fish meal and oil at Prince Rupert. Port Edward, Butedale and Namu reduction plants with some also going into halibut bait store.

Upwards of twenty Prince Rupert fishing vessels are still engaged in beam trawling in the Skidegate Inlet area of the Queen

Charlotte Islands where it is estimated some 1,500,000 pounds of soles and other groundfish have been taken so far this winter. Practically all the fish have been landed at Prince Rupert for filleting in the Nelson Bros. (Port Edward), B.C. Packers, Canadian Fishing Co. and Prince Rupert Fishermen's Co-operative plants. Beam trawling will continue until such time as the state of the spawning fish becomes such that they are no longer considered desirable for processing.

Union steamer Camosun, Capt. James Hunter, arrived in port at 8 o'clock last evening from Vancouver and waypoints, sailing at 11 p.m. for Alice Arm and Stewart where she will return here tomorrow morning to sail south at 12 noon. Second Union line vessel of the evening, the steamer Chilcotin, Capt. William McCombe, arrived at 9:30 p.m. from South Queen Charlotte Island points and sailed an hour later for Vancouver and waypoints.

CFR steamer Princess Norah arrived at 8 a.m. today from Vancouver, Ocean Falls, Kamano and Kitimat with the following passengers for Prince Rupert: Miss N. Gall, R.N., G. Brown, W. Embery, Inspector W. Chisholm and D. M. Little. The following passengers embark for the south tonight: G. F. Snowdon, L. Brunelle, E. Robinson, L. Nome, Mr. and Mrs. E. J. Vaughan, Mr. and Mrs. William McLeod, Don McWilliams, Miss J. Adams and Miss J. Forrester.

News of the District

TERRACE TOPICS

Mr. and Mrs. H. C. Ferguson of Telkwa were visitors in town at the week-end, at the home of Mrs. Ferguson's parents, Mr. and Mrs. J. Lips.

Mrs. Milton Alger is home again after some time spent in hospital.

Charles Pratt suffered a stroke recently. He was taken to Smithers for treatment.

Morris Wightman has returned to Terrace to make his permanent home in Terrace. He is now associated with J. H. Smith, insurance.

Emil Haugland, chairman of the board of village commissioners, left Sunday for Prince Rupert where he will receive surgical treatment.

ANCIENT MILE
The mile as a measure of distance was used by the ancient Romans to indicate a distance of 1,000 paces.

The Perow Women's Institute had their meeting Saturday at the home of Mrs. Cris Sorenson.

PEROW NOTES

Ed McLeod was taken suddenly ill last week. Dr. Prouse from Smithers was summoned.

Fred Germain of New Westminster has arrived from New Westminster to work for W. Spencer. His family will arrive in the spring.

Mrs. Harvey Scott and son Roger have gone to Duncan for a three-months' visit with Mrs. Scott's mother, Mrs. Jarmin.

Mrs. Spencer of Terrace is visiting her son and daughter-in-law, Mr. and Mrs. Frank Barnett.

Mrs. Whitney Spencer was a visitor at Wylies at Topley on Friday.

Mr. and Mrs. F. Barnett are home from a trip to Prince Rupert.

Soup Cookery Gives a Boost to Meat



IF THE meat problem "has you up a tree," quick get acquainted with condensed tomato soup.

The rich, ready tomato sauce has special cooking value in this meat-scarce period. Whether hot dogs, fish, or hamburgers are on your menu, the main dish will be more tempting and go further with a tomato-soup-sauce.

Another bright idea. Use the tomato soup and one of the fine canned meats to make a mouth-watering main dish, all from products kept on the kitchen shelf. **TOMATO CORNED BEEF HASH** is this kind of dish. And the rest of a royal repast can come from the same handy shelf. Feature this casserole "alongside of" green beans in vinegar sauce, peach salad, and butterscotch pudding.

Tomato Corned Beef Hash
1 large onion, sliced
2 tablespoons butter or margarine
1 1-pound can corned beef hash
1 can (1 1/2 cups) condensed tomato soup
1/2 cup buttered bread crumbs

Cook onion until tender in 2 tablespoons butter in a skillet. Break corned beef hash into small pieces; place half of it in a 1-quart casserole. Pour over it 1/2 cup soup; add onion slices and remaining corned beef hash and soup. Sprinkle top with buttered bread crumbs. Bake

in a moderate oven (350°F.) for 20 minutes. Makes 4 servings.

—SOUP SCOOPS—
VALENTINES FOR YOUR TABLE: Make mealtime a festive affair on the day of hearts. Adorn the table with rosy-red tomato soup, topped by heart-shaped croutons. Cut these from slightly dry bread or from biscuit dough. Use a small cutter, or make a cardboard pattern to cut around. Brown or bake and put two or three on each bowl of soup.

SUNDAY SPAGHETTI: Simply scrumptious with a can of spaghetti in tomato sauce with cheese is a liberal addition of good browned chicken livers. Cut about 1/2 pound of the livers into bite-size pieces. Then cook the meat in butter until browned and done. Just add spaghetti, heat well and serve.

SHRIMP IN MUSHROOM SAUCE: You "never had shrimp so good" till you have it sauced with a can of mushroom soup. Blend the condensed soup with 1/4 cup milk and 1/4 cup of sauteed green pepper strips; then add about 1/2 cup of cooked shrimp cut in half lengthwise. Pour this over 3 cups of hot fluffy rice. Curry lovers can blend the rice with 2 tablespoons of melted butter mixed with 1/2 teaspoon curry powder.

"The Milkman" Is Hilarious

It is an interesting life "The Milkman" leads in a hilarious comedy with music, starring Jimmy Durante and Donald O'Connor, which comes this Monday and Tuesday to the Capitol Theatre.

O'Connor has the wacky role of a wealthy playboy who tries to escape the hangers of the war by becoming a milkman. His pal, a 25-year veteran along the milk route, is played by Jimmy Durante. Piper Laurie and Joyce Holden, cast as the comics' respective girl friends, race along with them through a succession of laugh-provoking events. Musical embellishment is added by four catchy tunes.

Supporting cast includes Jess Barker, characterizing a weak-livered milk company executive; Elizabeth Risdon, as his cantankerous aunt and principal stockholder in the dairy firms; and Henry O'Connor, as O'Connor's doting father.

Terrace Bank In New Home

TERRACE.—The Royal Bank of Canada has left its former quarters on Kalum Street for the fine new building on Lakeside Avenue, formal opening of which is scheduled to take place at the end of this month. Officials from the south will be here for the ceremony.

ASK FOR SCOTLAND'S FAVOURITE SON

JOHNNIE WALKER

SCOTCH WHISKY

BORN 1820—STILL GOING STRONG

real good Scotch

Distilled, Blended and Bottled in Scotland

JOHN WALKER & SONS LTD. Scotch Whisky Distillers KILMARNOCK, SCOTLAND

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UNION STEAMSHIPS

VANCOUVER and VICTORIA

SUNDAY ss. Chilcotin 8 p.m.

TUESDAY ss. Camosun 12 noon

ALICE ARM, STEWART AND PORT SIMPSON

Sunday, Camosun, 11 p.m.

FOR NORTH QUEEN CHARLOTTE ISLANDS

February 15 and 29

ss. Chilcotin midnight

FOR SOUTH QUEEN CHARLOTTE ISLANDS

ss. Chilcotin February 22

FRANK J. SKINNER Prince Rupert Agent Third Avenue Phone 568

STEAMER

Prince George

SAILS FOR

Vancouver

and Intermediate Ports

Each Thursday at 11:15 p.m.

For KETCHIKAN WEDNESDAY MIDNIGHT

Luxury at Low Cost

For Reservations Write or Call

CITY OR DEPOT OFFICE

PRINCE RUPERT B.C.

CANADIAN NATIONAL

Mons. famous battlefield of the First World War, is the centre of the most important coalfields in Belgium.

The University of founded in 1224 and one of the oldest universities in the largest in Italy.

THE MILKMAN
with PIPER LAURIE and JOYCE HOLDEN
4 SONG HITS
Also "Card Sharp" - "Cold Turkey" News
Shows 7 - 9:00
TODAY to WEDNESDAY
CAPITOL
A FAMOUS PLAYERS THEATRE

Phone Red 120 Today for Reservations on "CURTAIN AT 8:30"

THE TWO KINGS OF COMEDY
DANNY KAYE and BOB HOPE
UP IN ARMS
THEY GOT COVERED
Phone Red 120 Today for Reservations on "CURTAIN AT 8:30"

Phone Red 120 Today for Reservations on "CURTAIN AT 8:30"

TODAY to WEDNESDAY
One Complete Show
Each Evening at 7:15 p.m.
TOTAL
A FAMOUS PLAYERS THEATRE

One Complete Show Each Evening at 7:15 p.m.

We Specialize in — USED WIRE ROPE For The Logging Industry

"Each line is carefully graded and tested before it leaves our warehouse to assure you of complete satisfaction."

B.C. Wire Rope & Supply Co. Ltd.
Rear 549 Taylor St., Vancouver, B.C. TAlrow 3

Do You Ask Yourself Questions Like These?

- 1—Is my car worth repairing?
- 2—Shall I do it now?
- 3—Why are my tires wearing unevenly?
- 4—Why does it miss when I want quick pickup?
- 5—How can I cut down on gasoline consumption?

IT'S TIME TO SEE US FOR A GENERAL CHECK-UP

Superior Auto Service

Limited Third Avenue West Phone Green 3

SCOTCH WHISKY AT ITS GLORIOUS BEST

Don't be Vague, say

Haig & Haig

SCOTCH WHISKY

WHEN YOU ORDER HAIG & HAIG, BY THE BOTTLE OR BY THE BOTTLE... YOU ARE ASSURED OF SCOTCH THAT HAS A 324 YEAR OLD REPUTATION FOR UNCHANGING QUALITY.

CONTENTS 26 1/2 OZ.

DISTILLED, BLENDED AND BOTTLED IN SCOTLAND

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Valentine Flowers

CAPTURE HER HEART



Flowers tell her she's your Valentine... Whether it's a beautiful corsage she'll wear with pride... a bouquet of red flowers with all the trimmings, or a gay flowering plant, we'll take pride in filling your order with our freshest and loveliest. Phone us today... we'll play Cupid for you. Remember... Valentine's Day is February 14.

Prince Rupert Florist

Phone 777 Box 516

"Red Plum Pie!"



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