

RECIPES

Clinic To Open Soon

Dental Service to Start in April—P-TA Interested in Fine Arts

Prince Rupert's first preventative dental clinic is scheduled to begin operating in April, according to a report made by J. S. Wilson to the monthly meeting of the Prince Rupert Parent-Teacher Council. The clinic will start by caring for the teeth of Grade One and pre-school children.

The B. C. Parent-Teacher Federation has requested that all city P-TA's survey the situation here to see how art, culture and the fine arts can be fostered in this area, in compliance with the recent findings of the Massey Commission on Arts and Sciences.

CYCLING SAFETY

Because many young city cyclists have no reflectors at the rear of their bicycles and, because there is known to be in existence a tape-like reflecting material obtainable only through an interested public body, the PT Council's safety representative was asked to make appropriate inquiries with a view to obtaining some of this material.

The B. C. Parent-Teacher Federation wrote the council requesting that a report be sent outlining its activities for the past year. The required report will be sent, members decided, featuring the opening of the dental clinic, the visit of Mrs. E. Evans, president of the Federation, and several recent moves to promote safety.

PT Council members unanimously decided to make a donation to the Civic Centre for many services rendered. President R. G. Moore was in the chair.

If you want to act as a member...

Amy Vanderbilt Compares Blue Bonnet—It's Her Favorite!



Accept an invitation from Amy Vanderbilt. Compare BLUE BONNET Margarine with any spread at any price. Like the noted New Yorker, you'll love Blue Bonnet's fresh, sweet flavor! Rich nutrition! Real economy! BLUE BONNET is Canada's fine quality all-vegetable margarine. Use BLUE BONNET in cooking, on vegetables, as a delicious spread. Buy BLUE BONNET and get "all three" — Flavor! Nutrition! Economy!

BLUE BONNET Margarine is sold in two types — regular economy package with color water, and also in the famous YELLOW QUICK bag for fast, easy color.

RETAIL PRICE WAR

(Continued from page 2)

competitor across the street is doing. Then there are the fat trade-in allowances paid by some dealers. And the dealers who later give the customer back the old range or refrigerator he traded in.

In many cities discount houses do a thriving business in nationally-advertised refrigerators, rugs, toasters and television sets at substantial reductions from manufacturers' list prices.

A top merchandising executive of one of New York's biggest department stores confirms that unofficial competitive price-cutting is in full swing, particularly in the Herald Square area where Macy's and Gimbels slugged it out last summer. But the New York merchandising moguls—remembering what happened in the summer—would prefer to avoid another open war, he says.

Featured in New York's "unofficial" price war at present are small electrical appliances, long-playing phonograph records, sewing machines, cosmetics, drugs and books.

Items like refrigerators and television sets are being sold at substantial discounts in hastily-rented lofts and warehouses by dealers who have sprung up overnight.

Quiz Answers

ANSWERS: 5. Viscount Monck. 3. One doctor to each 977 people. 1. A species of grouse native to Canada's Arctic. 4. Taxes increased by 20 per cent. 2. In 1851.

(Material supplied by the editors of Quick Canadian Facts, the handbook of facts about Canada.)

Personals

Jack Clew is sailing tonight on the Prince George for a trip to Vancouver.

Mr. and Mrs. J. J. Judge are sailing tonight on the Prince George for a two week trip to Vancouver.

Dr. J. D. Galbraith, superintendent of Miller Bay Hospital, left on today's plane for a trip to the Queen Charlotte Islands on official business. He was accompanied by his young son.

Mrs. James N. Forman is sailing tonight on the Prince George for a trip to Vancouver, accompanying her mother, Mrs. George Hall, who has been her guest here since Christmas.

Sergeant L. A. N. Potterton, RCMP, provided the program at this regular weekly luncheon of the Prince Rupert Rotary Club with an interesting showing of new moving pictures featuring scenes in the Skeena Valley. President Fred Scadden was in the chair and there was a good attendance of members with a few guests.

Eric Druce, director of public relations for the provincial Forest Branch, who is making a trip through this district conducting forest rangers' examinations, arrived on the Prince George yesterday from Victoria and proceeded by last evening's train to Terrace. Three candidates were examined here yesterday.

STILL ACTIVE LETHBRIDGE, Alta. (CP)—Dr. Peter M. Campbell, dean of southern Alberta physicians, celebrated his 80th birthday this month. He said he plans to continue his practice, at which he has been active for 56 years.

Women's Prayer Day Tomorrow

"Christ Our Hope" will be the fitting theme tomorrow afternoon when women of Prince Rupert gather at the interdenominational World Day of Prayer in the Full Gospel Tabernacle.

Mrs. W. J. L. Dunn will lead the service and the speaker will be Mrs. E. A. Wright.

Mrs. F. E. Anfield will be accompanist for the hymns and a solo by Mrs. George Oystrik.

Representatives of various city churches will participate in prayers.

NATIVE LOYALTY

NORTH BATTLEFORD, Sask. (CP)—"As long as the sun shines and the rivers flow the Crees will be loyal to our new Queen," was the pledge of Chief Swimmer, aged head chief of the Battle River Cree Indians, following the accession of Queen Elizabeth II.

for BABY'S TUMMY UPSETS

Give Baby's Own Tablets. Sweet, simple little tablets. Used for over 50 years to quickly help relieve minor digestive upsets, gas, constipation and teething troubles. Quickly sweeten sour stomach. No "sleepy" stuff — no dulling effect. Get a package today at your druggist. 30¢.

BABY'S OWN TABLETS

Duracleaning

is recommended by Canada's leading furniture and dept. stores. Complete insurance coverage by Lloyd's of London.

Carpetings, Twists, Orientals . . . and Fine Upholstery

may now be safely cleaned and revived with consideration for their life and textures * Duracleaning restores resilience to wool fibres * Pile unmat and rises * Colors revive * Furnishings are Duracleaned in your home * No inconvenience in having them gone * Also mothproofed, if desired *

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A World-wide Service
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DAVE JONES

Hotel Arrivals

Prince Rupert
Mr. and Mrs. C. C. Weatherill, W. J. Deans, R. N. Capstick, W. Watts, S. H. Wescott, W. W. George Ashbrook, D. W. Mills, R. E. Cormier, G. T. Bradley, J. J. Smith, P. A. Sunderland, H. A. Brodie, J. A. Falconer, C. F. Dunfee and W. S. Hewson, Vancouver; G. Channing, S. S. Harper and G. A. Beare, Edmonton; L. E. Moir, North Vancouver; A. M. Moigan and J. R. Benthams, West Vancouver; Mr. and Mrs. J. H. Bennett and family, city; K. McKenzie, Winni-

peg; William B. Hall, Seattle; Lt. Cdr. D. H. Tye, West Vancouver.

Barbara Brent's BUYS AND WHYS

MONTREAL, Feb. 28th — Many a bride has won her man during leap year. And no doubt this year will be no exception. But the surest way to keep your man, leap year or any year, is to cook and bake specially for him. And you know any young — or not so young — bride can make her reputation as a "cook extraordinaire" if she bakes delicious cakes for her husband. Such cakes are made with SWANS DOWN CAKE FLOUR. You want them to be delicate — and as deliciously moist and tender as a husband's favourite cakes should be. Well, there's no trouble at all in pleasing the good man when you have Swans Down Cake Flour — Swans Down is specially milled for better cakes. It is sifted and resifted 27 times as fine as ordinary flour. Treat the man — and the family — in your life to a Swans Down cake . . . soon.

Here's How — To Happy Travelling! Whether you are taking an off-season vacation or venturing far from home for any other reason, your money will travel in real safety if you carry it in the form of Travellers Cheques. The BANK OF MONTREAL can supply you with Travellers Cheques that can be easily cashed at banks anywhere — and at many hotels and stores. And they're specially designed so as to be no good to anyone else . . . only you can use them! B.O.M. Travellers Cheques come in convenient amounts of \$10, \$20, \$30 and \$100 . . . and you can buy them for a trifling charge at your neighbourhood branch of "My Bank" — before you pack your bags — call on the B.O.M. and put your money into Travellers Cheques . . . for a truly Bon Voyage!

4 Last! Here's a nylon shirt he'll be proud to wear . . . the new BVD NYLON SHIRT! It's made of nylon tricot . . . something brand new in shirting material, it's attractive and comfortable in all kinds of weather. And the fused collar and cuffs of these BVD shirts never wilt, they stay good-looking for the life of the shirt without ironing. In fact, you never iron this easy-to-care-for shirt . . . laundering is a breeze! You'll save the price of the shirt in laundry bills alone! What's more, a BVD Nylon Tricot Shirt will outwear an ordinary shirt several times over. At \$12.95 the new BVD Nylon Tricot Shirt — blue, tan, grey or white — is a "bargain" he can't afford to miss!

There's No "Trick" to serving truly tempting Lenten meals . . . simply make sure you have a good supply of SUNKIST CALIFORNIA LEMONS! Tangy, fresh Sunkist lemon juice brings out the flavour of fish and makes it so much more delicious. Try this taste-tempting fish dish some evening soon . . . Jellied Salmon. To 2 cups of canned salmon add the juice of 1 Sunkist lemon, 1/2 tsp. salt, dash of red pepper, 1 or 2 sliced, hard-cooked eggs and 1/3 cup green peas. Mix lightly. Soak 1 tbsp. gelatin in 1/4 cup cold water and dissolve in 1 3/4 cups hot water. Fold into salmon mixture. Chill in large or small moulds and serve on lettuce. Serves 6.

"Most Used" of all my favourite recipes are the exciting dishes I can whip up in a jiffy with HEINZ CONDENSED SOUPS. Those are the soups made by soup specialists — so no wonder they "do" things for your meat loaves, pies and rabbits. Try this: CREAMED DRIED BEEF MUSHROOMS AND NOODLES. 4 oz. dried beef, shredded; 2 tablespoons butter or mild flavoured dripping; 2 tablespoons flour; 1 10-oz. can Heinz Condensed Chicken Noodle Soup, undiluted; 1 10-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted; 1 cup milk. Toast triangles. Sauté beef in butter. Sprinkle flour over beef. Brown well. Add Chicken Noodle Soup and Mushroom Soup and heat thoroughly. Add milk and mix well. Serve hot over toast triangles or hot biscuits. Serves 6-8.

Ten-Thirty and the house is swept and a whistle-blow. Now you're ready for a chat with Mary over a good cup of coffee. Well, I'd like to suggest INSTANT CHASE & SANBORN COFFEE. Takes just seconds to make (no longer than boiling the water!) . . . and it's delicious. That's because it's made by the folks who "know their coffee" . . . it's the only instant coffee backed by over 55 years of coffee experience. The flavour's there — and the real coffee hit. After a cheering cup of Instant Chase & Sanborn, you'll feel like a new woman. Another thing you'll like about this good instant coffee . . . it's economical. There's no waste. And it's as easy to make ten cups as one.

Your Busy Hands DESERVE The Best Of Care. So when they feel dry after using detergents (nice for your china, but not for your hands!) . . . just treat them to soothing, smoothing JERGENS LOTION. You see, because Jergens is liquid, it quickly supplies the softening moisture that dry, thirsty skin needs. Frankly, I don't know what I'd do without it! I keep a bottle of Jergens handy in both kitchen and bathroom and use it after every watery chore. Then, at day's end — my hands look as if they'd never done a "lick" of work! I know you'll like Jergens Lotion. Ask for it — just 15¢, 37¢, 65¢ and \$1.15.

Have You Ever Noticed how things you learned at school suddenly come back to you? Marg said her washing always had a yellow tinge and then she remembered her chemistry teacher telling her that seven colours combine to make white, and one of them is blue. That's why there's no true white without blue. So of course, the answer to the problem of yellow-looking washings is Blue. Just wash it in the final rinsing and presto! — your sheets, shirts, table linens will fairly sparkle. What's more, Blue is kind to fine fabrics — won't harm them in the least! Costs just a few cents a month, too! Yes, for the whitest wash, it's RECKITT'S Blue.

Be sure to read this column next week for full details of the exciting new \$5,000.00 Contest.

PARMESAN CHEESE DUMPLINGS
1 cup biscuit mix
1/2 cup grated cheese
1/2 cup milk
Combine biscuit mix and cheese; add milk; mix with a fork. Form into tiny balls, 1/2-inch in diameter. Drop into boiling soup; cover; steam 12 minutes.

will be only for members and their wives or guests. A great deal of enthusiasm was shown by more than 50 members who attended the meeting. The St. Patrick's Day dance also was discussed and final plans arranged. Members were asked to attend the "Meet the Missus Night" on Friday. Approval was given to purchase a new Union Jack for the Legion building. A nominating committee was chosen and general elections will take place next month. News was received from Secretary Jimmy Nichol, now in Vancouver, who stated he would return soon. Vice-President Alex King was in the chair.

Legion WA Card Party Enjoyable
Twelve tables of cribbage, whist and bridge were enjoyed last night at a card party by the Women's Auxiliary of the Canadian Legion. Prize-winners were: cribbage, Mrs. A. Norton and O. K. Olsen; whist, Mrs. A. J. Croxford and Mrs. W. Whiffin; bridge, Mrs. A. Curzon and Miss Martin. Delicious refreshments were served. Mrs. C. Graham, Mrs. S. Downing, Mrs. William Rothwell and Mrs. R. S. Scherk comprised the committee in charge.

Walter Longwill, pioneer plumber of Prince Rupert, who left for the Old Country a few months ago, is reported to be enjoying the change and rest. Health had been far from good for a considerable time. He is now in hospital in London.

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Fri. and Sat. FRASER & PAYNE Specials

Drapery Special
15 Patterns 48" Wide
Value up to 3.25 yard
designs, mostly tropical patterns, continued numbers Roughtex fabric
1.98

Avon Marquisette Panels
Ivory Shade 40" x 81"
with deep hem top and bottom.
Each
1.85

Chenille Spreads
First Quality Baby Chenille
with coloured motif and solid colors.
up to 16.95.
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Girls' Kilts
All wool, fully pleated with pin
Watch tartan only. Sizes 7, 8, 10, 12 years.
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FIRST QUALITY
51 Gauge 15 Denier
Dark seams, all new shades.
Original 1.95 quality
Now Pair **1.39**

LADIES' Grey Worsted Slacks
Sizes 12 to 18
Plain Grey Worsted, good quality, self-belt — cuffs, zipper fastening.
Special **8.95**

DRESS TAFFETA
Extra Heavy Quality
52" wide; 8 shades and White.
Nile, Mauve, Pink, Blue, Maize, Turquoise, Black and Red
Special, Yard **1.95**

WABASSO PRINTED POPLIN
Fast Colours New Designs
Value regular 95c.
Special, Yard **79c**

MEN'S SPORT SHIRTS
Good quality plaid doekin. Well tailored. . . . Assorted plaids. Sizes S.M.L.
Special **3.95**

MEN'S UNDERWEAR
Odd lines. All sizes up to 44
Medium, light and heavy weight.
Grouped to Clear. **2.95, 3.95, 4.49**
At, Each

Men's Heavy All Wool Work Sox
Extra Good Value
2 pair for 1.00

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IN OUR WINDOW
MARCH 1st to 7th