

## THANKSGIVING TURKEYS PLENTIFUL

### Good Stuffing Makes Holiday Meal

Thanksgiving Day, a day of feasting for everything and especially for a table laden with good food is nearly here, and the Prince Rupert housewives already busy planning their extra-special menus for that extra-special day.

Turkeys will figure largely in all of their menu plans, and they won't be disappointed, according to meat wholesalers in the city, who report a plentiful supply of birds, both fresh and frozen, and ranging in size from eight-pound birds for the small family, to the big 20-pounders or more.

Cranberries, sweet potatoes, pumpkins fresh and canned, and all the other trimmings of the traditional Thanksgiving meal also are in good supply now in Prince Rupert.

For those who don't want, or can't afford a turkey, there are also chickens and special roasts of veal, beef and pork available.

any one of which can be dressed up as a good-looking, and deliciously edible centre of attraction, with a good stuffing.

Stuffing can make or ruin your holiday meal, so whatever your choice of a meat or poultry dish, be sure you stuff it well.

The varieties of stuffing are limited only by the culinary imagination of the cook, but for amateurs in the art of stuffing, it's best to stick to the old-fashioned bread dressing, varied according to taste.

You can make it dry or moist, according to your family's taste, but if it's dry, be sure to serve lots of good sauce or gravy with it.

For those amateurs, here is a basic bread stuffing recipe which makes 10 to 12 cups of stuffing, sufficient for a 10- to 12-pound bird, dressed.

INGREDIENTS:

2/3 cup fat (shortening, butter, margarine or bacon drippings)

1 1/2 cups chopped onion

1 1/2 cups chopped celery

18 cups (or 3 3/4 quarts) of bread cubes (1 1/2" square)

use approximately 18 slices of 5/8" thick day-old, enriched bread.

2 teaspoons salt

1/4 teaspoon pepper

1 1/2 tablespoons poultry seasoning

1 1/2 cups water

METHOD:

Melt fat in frying pan; add onion and celery and saute in the hot fat for 15 minutes. Combine bread cubes, salt, pepper and poultry seasoning with onion and celery mixture. Add water and mix thoroughly. Lightly spoon stuffing into neck cavity, using enough so that bird will plump when served. Fill abdominal cavity with remaining stuffing.

Truss bird in usual manner and roast uncovered in a slow oven (300° F. to 325° F.). Using an even thermometer inserted into centre of stuffing, the temperature should reach 180° F. to insure a well-cooked dressing.

That recipe may be varied with the addition of chopped, cooked giblet meat, chopped nuts, or any sort of chopped raw oysters with the oyster liquor substituted for part of the liquid, sliced fresh mushrooms sautéed with the celery and onions in the melted fat, chopped apples and raisins, or chopped cranberries, two cups combined with three-quarters cup of sugar, or with any other addition your imagination dictates.

Remember that for safest results, bread stuffings for poultry or meat should be mixed immediately prior to use. A cleaned, stuffed bird should not be held longer than four hours before cooking. If any holding time is necessary, the stuffing should be chilled before use, and the clean stuffed bird refrigerated for the entire time of holding. Freezing of prepared stuffing is not recommended.

Prince Rupert Daily News  
Friday, October 9, 1953



MRS. DORIS SLEEMAN, 42, whose body was refrigerated two months ago while she underwent a spectacular heart operation, is returning to her Vancouver home. Four months ago she was brought to Toronto suffering from the leaking of a heart valve and the narrowing of another, aftermath of rheumatic fever 14 years ago. For the operation her body temperature was lowered from 98.6 degrees to 81 degrees.

### Don't Fret About Health; Learn the Facts

It is entirely normal to be interested, even to be a little concerned about our personal health, points out Dr. J. D. M. Griffin, general director of the Canadian Mental Health Association. But many people become anxious, worried and even fearful about it, and this can prove to be very unhealthy indeed.

Some people try to put any question of their state of health out of their mind.

"This looks like lack of interest or apathy, but I suspect it is just a disguise for real concern," observes the psychiatrist.

A second type of reaction finds a man or woman with fear about his health much closer to the surface. These are the people who avoid their doctor for fear of what he may discover about them.

The third category of health worrier referred to by Dr. Griffin is the one comprising those who talk endlessly about their health and are forever pestering their doctor with some new ailment they are convinced they have.

"Health information is vitally important to us all," sums up Dr. Griffin. "But its usefulness depends on how we react to it. If our reaction is one of anxiety and fear it can lead to difficulties. An honest, candid look at the facts, however, can do no harm, and, indeed, may yield information that will enable us to maintain our health for many years to come."

### Vivian Wrathall Honored At Shower

A miscellaneous shower was held at the home of Mrs. J. C. Gilker, Fourth Avenue East, in honor of Miss Vivian Wrathall who is to be married next week.

As the bride-to-be entered the room the guests welcomed her by singing "Best Wishes to You" to the tune of "Happy Birthday." Games and contests were played, prize-winners being Mrs. L. Bowman, Mrs. G. Daniels and Mrs. W. A. McBroom.

The guest of honor was presented with a decorated basket heaped with many beautiful and varied gifts after which refreshments were served with Mrs. P. H. Linzey and Mrs. George Johnstone pouring and Mrs. G. Daniels, Mrs. T. A. Johnstone and Mrs. W. A. McBroom serving.

Those present beside the guest of honor and the hostesses were Miss Audrey Wrathall, Miss Betty Blake, Mrs. H. Berg, Mrs. L. Bowman, Mrs. J. Greer, Mrs. G. Johnstone, Mrs. T. A. Johnstone, Mrs. F. Morris, Mrs. T. Lloyd, Mrs. K. Stone, Mrs. D. Scherk, Mrs. W. Tutcheck, Mrs. E. Martin, Mrs. M. Waters, Mrs. G. Daniels, Mrs. P. H. Linzey and Mrs. W. A. McBroom. Those unable to be present but sending gifts were Mrs. F. Antrobus, Mrs. A. Alger, Mrs. C. Campbell, Mrs. T. Christoff and Mrs. W. D. Smith.

### Council Tea To Raise Funds For Oldtimers

A meeting of the Women's Coordinating Council was held in the Civic Centre October 8 to make arrangements for the annual tea October 22. President Mrs. Haines was in the chair and welcomed the new representatives.

The tea is to raise funds for the annual Christmas party and banquet for all citizens of Prince Rupert 70 years or over.

All women's organizations of Prince Rupert support the work of the Women's Co-ordinating Council by attending the tea and by donations of home cooking.

For added interest, three women will be in attendance at the tea to read tea cups.

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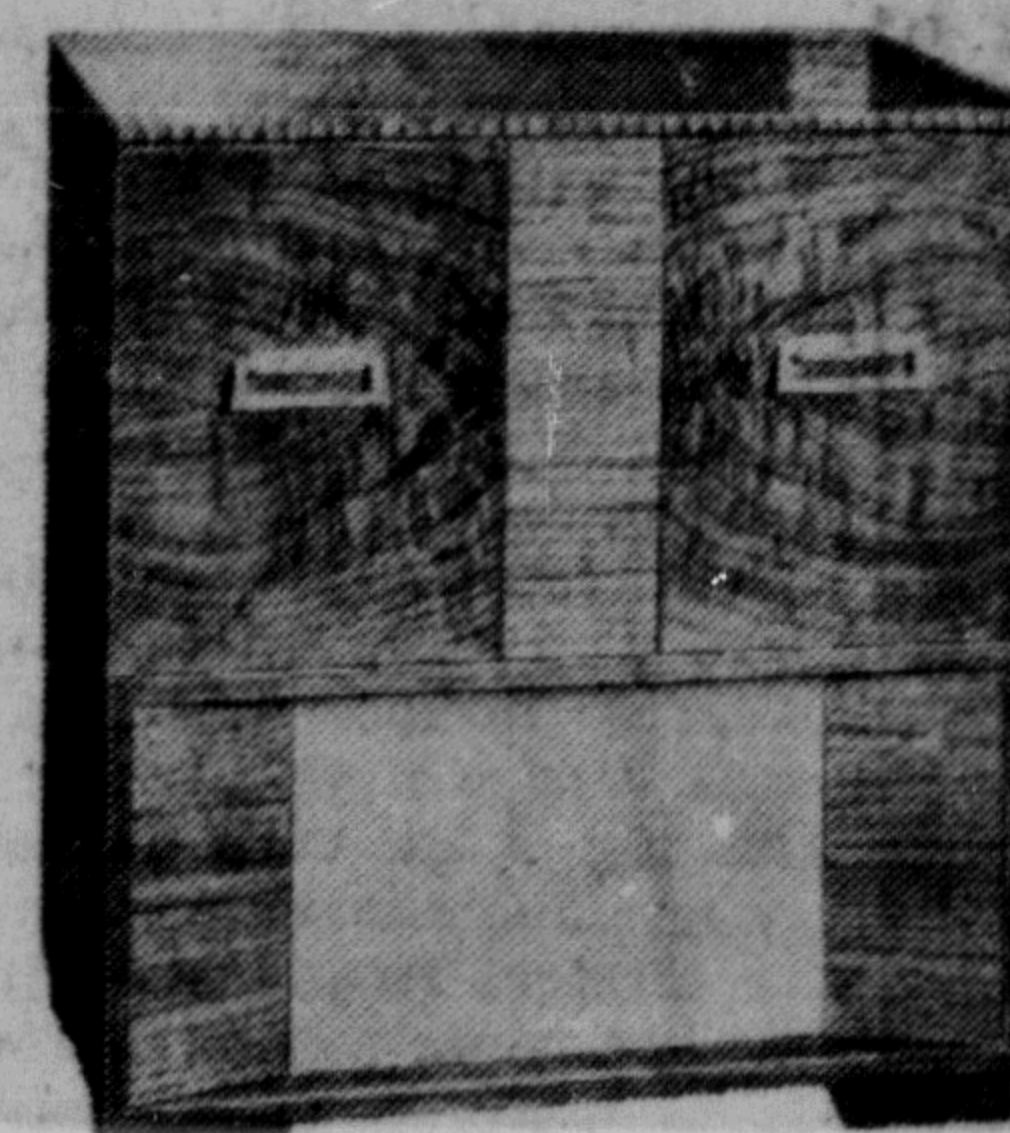
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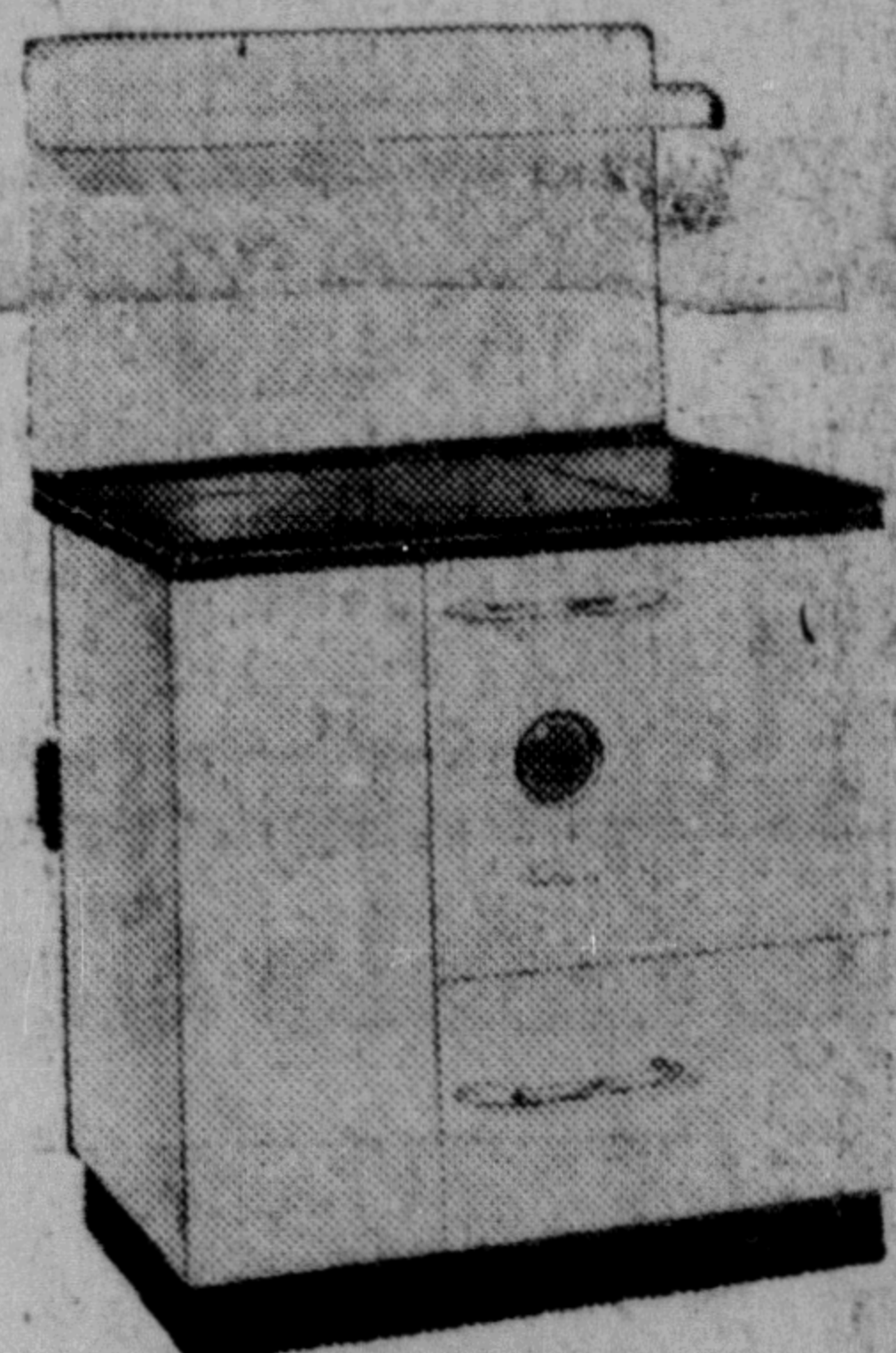
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### CWL Two-Day Bazaar Ends As Prize-Winners Named

Maxing the Catholic Women's League bazaar here Wednesday and Thursday, was ending of a variety of prizes.

The major prize of the well-attended tea and sale, a chest-dresser, was awarded to R. Brett. Other prize-winners included: Suitcase to Mrs. P. McCaffrey; tea pot, M. D. McEwan; cake, F. Grimble; purse, Mrs. L. Doiron; doll, E. Amoth;

Watches, Mrs. K. Holgate; picture, John P. McVitt; rug cover and by set, Miss Miller; sheets and pillowcase, Mrs. P. Dickens; baby set, Mrs. Sprinkle; tea cloth, Mrs. Dothier; mouth organ, Harry; centrepiece, Mrs. E. Amozzo.

Book, Joanne Murray; doll and case, Mrs. Rossi; lamp, Aldo; candy, Stella Chaprun; purse package, Mrs. Alice Tur-; hams, Boyd Barrie and

readers

Moose whist cancelled until further notice. (237)

Sum of Norway whist and dance, Friday, October 9, Whist, 10 to 12. Accordion, Everyone welcome. (236)

Laithan Church Ladies' Aid and sale of home-cooking and fancy work, Saturday, October 2 to 5. (11)

Men's Ten Pins: A meeting to be held at the Bowling Club, Sunday, Oct. 11, at 3 p.m. All sponsors and those interested please attend. (238)

Attention Northland Dairy customers: There will be no delivery Monday, October 13. Please obtain your extra milk from your route driver Tuesday. (11)

At the Co-op Bakery, Friday, Saturday: Dixie taffy cake, individual pumpkin pies each, 3 for 25c or 2 for 15c. For a special treat—cream pie. (236)

Sister M. Joanna; apples, Beatrice Dumas and Mrs. Inez Griffiths.

Taking over duties yesterday in the prettily decorated tea room were Mrs. S. Dickens, convener, assisted by Mrs. H. T. Roos and Mrs. O. Wingham. Pouring tea were Mrs. J. Blaine, Mrs. McArthur, Mrs. M. McCaffrey and Mrs. St. Amour.

Relieving Wednesday's workers at the various booths were: hot dogs, Mrs. S. Dumas, M. Rasse, Mrs. L. Amadio, Mrs. M. Saunders, Mrs. R. Cormier and Miss E. Lahtie; home cooking, Mrs. J. Cloutier, Mrs. S. Bylinka, Mrs. M. Richards and Mrs. G. Fahey;

Religious booth Mrs. H. Wells and Mrs. William Bond; surprise package booth, Mrs. C. Balagno and Mrs. D. Rowse; candy, Miss P. Murphy, Miss R. Turcotte and Miss M. Doiron; darts, John Laporte and J. Dumas; fishing game, H. Nuyten and A. Rutten; fish pond, Mrs. M. Colussi, Mrs. D. Hewer and Mrs. J. W. Rogers;

St. Anne sewing booth, Mrs. G. Ivons, Mrs. J. Foreman, Mrs. M. McLaren and Miss P. Astoria; St. Theresa sewing booth, Mrs. L. Doiron, Mrs. J. Garon and Mrs. E. Telseth.

A training instructor of the Canadian National Railways passenger department, R. C. Rose, was in Prince Rupert yesterday, instructing staff members of the local ticket offices. He left last night for Vancouver aboard the Prince George.

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