AFRICA AID TO BRITAIN

City of Johannesburg First To Respond With $450,000 Recommendation

CAPETOWN (AP)—Prime Minister J. C. Smuts, patron-in-chief of the People of Britain Fund, officially launched the drive calling on the men and women of South Africa to give generously. He said it was unnecessary to set any targets for such an appeal for the goal was already set by the boundless gratitude and admiration felt by South Africans for the service that Britons have rendered to the cause of man.

The city of Johannesburg was the first to respond to the appeal. A committee there recommended that the city council should give £100,000 ($450,000) to the fund, payable in two years.

Purchase of food for the United Kingdom will be given first priority but the decision of the national committee is that no food will be bought if the purchase aggravated the present shortage in the Union.

The Salute to Britain Fund which collected £170,000 in Natal now is associated with the national effort. The money was allocated on the condition that it should not be spent on food. Contributions have been pouring in from all parts of the country and up to date more than £400,000 has been received.

NEW HAZELTON

Natives of this district are preparing to make representations to Dominion Parliament in connection with the proposed revision of the Indian Act. The representations will go to Ottawa through a delegation of the Native Brotherhood of British Columbia.

After eighteen years of service at Hazelton, A. S. Irvine, manager of Government Telegraphs at Hazelton, will leave the service at the end of this month. His future plans have not yet been decided upon but he will at first join Mrs. Irvine and young son at Fort St. James.

Jack Reynolds left last Thursday to spend a week at Houston.

The Senior Young People's Group met on Thursday evening at the home of Miss Gloria Benson in Hazelton.

Miss Edith Milton has returned after spending a vacation at her home in Milton, Alberta, and is back on duty in the Post Office.

Carl Vedderly of Smithers is visiting at the home of Mrs. Love in the Kispiox.

Robert Benson has received his discharge from the Royal Canadian Air Force and is expected home in Hazelton shortly.

Private William Stevens has returned home from overseas service with the Canadian Army.

Miss Mary Sargent, who left Hazelton recently for Vancouver, took with her a bundle of fur worth $4000. She expects to be away about a month.

Miss Ena Campbell, R.N., formerly lady superintendent of the Hazelton Hospital, recently received her discharge from the Royal Canadian Air Force and has now become lady superintendent of the Queen Charlotte City Hospital.

The Finns take a hot steam bath and follow it with a snow rub-down.

STANDARD PRICES FOR NYLONS; SAME IN EVERY STORE IN CANADA

When nylons come on sale this month every store in Canada will be selling at the same price. The Wartime Prices and Trade Board has set the following ceiling prices:

Guage	Special Quality	First Quality	Substandard Irregular Seconds	Thirds
42	$1.75	$1.50	$1.09	.85
45 and 48	$1.95	$1.75	$1.29	.85
51 and 54	$2.25	$1.95	$1.39	.85
57	$2.50	$2.25	$1.69	.35

New Satin for Dress Designs

LONDON (AP)—If the Board of Trade and other government departments listen to pleadings of British fashion designers to use some of the materials developed by scientists during the war, women should soon have some fun with their new clothes. There is one fabric, a satin material which technicians call "photoluminescent." It glistens in the dark with the same ghostly glow as a luminous watch face. It was employed to cover the landing paddles used at night on aircraft carriers. The fabrics made of plastics for use in equatorial war zones will give designers enormous scope. One material, used by Britain's Royal Air Force for rustproof insect sceening, should be popular for office suits, for ink, grease or stains can be removed without blemish with a damp cloth.

Modern Etiquette
By ROBERTA LEE

Q. What should one do when introduced to someone whom you have met before but who shows plainly that he or she does not remember the occasion?

A. It would be better to merely say, "How do you do" and not recall the other occasion.

Q. When one is notified that a girl is engaged to be married it is necessary to send a gift to her?

A. No, it is not necessary.

Q. What are some of the things known as "finger foods"?

A. Celery, radishes, olives, corn on the cob, cookies and bon-bons.

HOW CAN I ? ? ?
By ANNE ASHLEY

Q. How can I poison ants?

A. Sprinkle on the shelves and around all the haunts of ants a mixture of holf borax and half sugar. This will poison every ant that finds it.

Q. How can I ease the arms when doing hand sewing?

A. When doing a great deal of hand sewing, a convenience is to place a pillow in the lap and keep the sewing on the pillow.

Q. How can I remove hard oil from glass?

A. Powdered pumice-stone is probably the only thing known that will remove hard oil from glass.

A LIFE'S WORK

If a person learned the names of 25 new insects each day, it would take him more than 60 years to memorize all those which scientists have described and catalogued.

Seasonable Ideas for Housekeepers

SEEK SOOT STOPPAGE

LEICESTER, England (AP)—Investigations have been made here during the last five years with the object of developing new methods of air purification for London and other large industrial cities.

Vegetables...Can Be Served To Tempt Jaded Appetites

Many homemakers are having difficulty these days, in tempting jaded winter appetites. Perhaps your family has become tired of turnips, onions, carrots and parsnips, always served in the same way. This brings up the ever recurring problem of "what-to-serve."

There are numerous ways of preparing vegetables besides plain boiled, steamed or baked. They may be served as escallopped dishes, souffles, croquettes or stuffed. For the stuffing, use other vegetables or a savoury filling.

Instead of serving peas with diced carrots, a combination which is as familiar as liver and bacon or ham and eggs, why not try hollowing out the carrots, shaping them at both ends to represent a boat and then filling them with peas or green beans. The left-over carrots may be used in soup or a salad.

Another quick and easy method of cooking vegetables, is called "panning." For each quart of prepared vegetable allow two tablespoons of mild-flavoured fat or drippings. Melt the fat in a heavy flat pan, add the vegetables and cover closely to retain the steam. Cook slowly until tender, but not mushy. Stir occasionally to prevent sticking. When ready to serve, season with salt and pepper to taste.

Home economists suggest that you be "vegetable-wise." Use vegetables as soon as possible after purchasing. Always store in a cool place. Wash green thoroughly. Scrape or peel vegetables as thinly as possible. Plan to prepare vegetables just before cooking to avoid soaking in water, with subsequent loss of flavour and nutrients. Cook only until tender, in as little boiling, salted water, as possible. Use a tightly-covered pan. Save the cooking liquid to be used in soups, gravies or sauces. Season carefully—elaborate seasonings destroy the natural delicate flavour.

Panned Shredded Carrots

2 tablespoons mild-flavoured fat
4 cups shredded carrots (about 9 medium carrots)
½ teaspoon salt
Dash of pepper
Pinch of curry powder
1 teaspoon vinegar
2/3 cup water

Melt fat in heavy pan. Mix carrots with seasoning and vinegar. Add water and cover tightly. Cook slowly until tender, about 15-20 minutes, stirring occasionally. Six servings.

Parsnip Croquettes

3 cups mashed parsnips (about 5 medium parsnips)
1 egg yolk
⅛ teaspoon pepper
¼ teaspoon celery salt
½ teaspoon salt
1 tablespoon melted butter
Sifted dry bread crumbs
1 egg white
2 tablespoons water

Combine parsnips, egg yolk, slightly beaten, seasonings and butter. Shape into rolls about 2½ inches in length. Roll in crumbs, then in slightly beaten egg white to which the water has been added. Roll in crumbs again. Reheat and brown under broiler or saute in hot fat. Six servings.

New Tweeds Stress Slimness

Ledged patch pockets accentuate the slim, rounded look of a new tweed suit, every inch beautifully tailored by the New York house of Izod of London.

Would a few pounds less let you wear fashions like this? Then write for the "Kellogg Weight Control Plan," a purse-sized guide with 63 reducing menus planned for your own needs.

These menus include Kellogg's *All-Bran* because it is guaranteed, on a double-your-money-back basis, to keep you regular naturally. And, being made only from the vital *layers* of the wheat, it is rich in "protective" food elements, such iron, your body must have, diet no diet.

No wonder this delicious cereal served by nearly one out of every families in Canada. Order Kellogg's *All-Bran* today. To get the "Kellogg Weight Control Plan," cut the top from the package; print your address and request on it and mail Kellogg Co. of Canada, Ltd., London, Ontario.

● Authorities say the difference between husky children and those who are poor eaters, underweight and nervous is often simply a matter of proper nourishment, especially an adequate supply of vitamins.

But vitamins alone are not enough. For authorities now agree that vitamins do not work alone. They work as a team with certain other food elements.

For this reason, thousands are switching to Ovaltine. Unlike mere "vitamin carriers," Ovaltine food beverage contains not only extra vitamins but nearly all the precious food elements needed for health and top vitality. These include Vitamins A, B_1 and D, the important minerals calcium, phosphorus and iron, high quality proteins and quick energy fuel-food—a combination of food elements authorities agree are needed for best results.

So, if *your* child is thin, nervous and not developing properly, why not turn to Ovaltine as thousands are doing. Three normal meals plus two glasses of Ovaltine a day give your child all the extra amounts of vitamins and minerals needed for health and top vitality. 165

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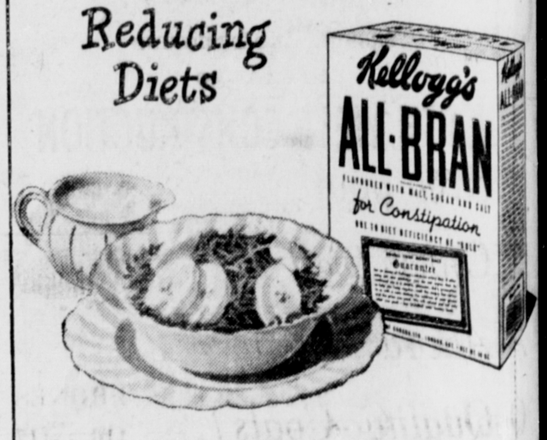

Made by Kellogg's in London, Ontario

HOT Serve a cereal without cooking

SOUNDS LIKE MAGIC, doesn't it? Well, here's the way to the quickest, easiest HOT breakfast ever. Place Nabisco Shredded Wheat in a strainer—pour boiling water on the biscuits. Drain, salt to taste, and serve with cream and sugar. Delicious? Yes! Nabisco Shredded Wheat is nourishing whole wheat—steamed, shredded, baked—Rich in hearty goodness and brimful of flavor. For the original Niagara Falls product ask for *Nabisco* Shredded Wheat.

SW-147

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WEEKLY RATION FASHION for a twosome

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Roast Veal	Cold Roast Veal	Omelet	Curry of Veal	Broiled Liver	Fish	Individual Meat Loaves
Group B	left-over	unrationed	left-over	unrationed	unrationed	Group C
3 lbs. 2 coupons						½ lb. 2 tokens

If your ration budget indicates a credit of a couple of tokens saved from past eating, you may wish to exchange two full coupons for a Sunday roast. A three pound rolled shoulder of veal should provide for three dinners, any one of which might include a guest or two. A tasty dressing, good brown gravy and baked orange halves are excellent co-partners for its first appearance. And because roasts are not every week occurrences, you'll doubtless appreciate it sliced cold for Monday's dinner. On Wednesday, a curried dish with noodles pinch-hitting for the scarcer rice, will revive the remnants. Eggs, now so market-plentiful and reasonably priced, suggest themselves for Tuesday. Whipped into an elegant omelet, served with a colorful vegetable or two, they will satisfy the most discriminating taste. A boon to your ration status as well as your nutritional level, would be liver on Thursday. Friday is yours for a fish selection. And on Saturday two tokens will procure half a pound of hamburger for a meat loaf mixture. To give this old standby a new appearance, bake it in custard cups or muffin tins. Then unmould and serve individually with your favored sauce or relish

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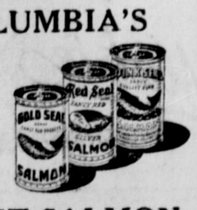

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