ox Bearing. es and anchor Niggerrass Shafting. Studs and Cap e Rollers & Sheaves

TOWN NE WORKS

BEST lumbing

ervice NE 108 RUPERT MBING &

EATING.

D SCHUMAN

and est Office Bldg.) Prompt and Efficient Service

IDEAL BASE FOR MAIN DISH Vegetables make an ideal base for 2 minutes. All flour, salt and for the main dish of fall suppers. | sugar, blending well. Add toma_ Squash, tomatoes, eggplant, toes and continue cooking for 5 cauliflower and peppers lend minutes. Pour the tomato sauce ly prepare and serve the finest themselves particularly well to over the egg plant and top with this type of dish and combine bread crumbs which have been well with other foods. Often the combined with the grated cheese. addition of a little meat will give Bake in a moderate oven, 350 flavor and make a satisfactory degrees F., for 20 minutes. Yield: dinner. six servings.

AUTUMN IN AIR, VEGETABLES

The casserole is the favored utensil of the thrifty cook. She is able to combine a little left_ over food with fresh vegetables and perhaps a cereal and serve steaming, mouth-watering meal in short order. Simila combinations may be cooked in the frying pan or double boiler. The golden brown topping is missing but if these topstove dishes are served on, or with chopped green pepper and onion crisp toast the effect is excel-

Home economists like these vegetable supper dishes which are easy to prepare.

Egg Plant Creole 1 medium egg plant 3 tablespoons shortening

small green pepper, chop-

small onion, chopped tablespoons flour 1/2 teaspoon salt

tablespoon brown sugar 3 large tomatoes (peeled and chopped)

OR 2 cups chopped canned tomatoes 3/4 cup bread crumbs

3 tablespoons grated cheese Pare, slice and dice egg plant in 1-inch pieces. Cook for 10 minutes n a small amount of boiling, salted water, Drain, Place egg plant in greased baking dish. Melt shortening, add green pepper and onion and fry in

RADIO DIAL 1240 Kilocycles (Subject to Change)

TUESDAY-F.M.

4:00-Meet Gisele

4:15—Stock Quotation and Int. 4:30-Prairie Folk 4:45—Western Five

5:00—Rendezvous Room 5:30—Don't Drown

5:45—Lyrical Lady 5:55—CBC News 5:00—Supper Serenade

6:15—Sammy Kaye and Orch. 6:30-Musical Varieties 7:00-CBC News

7:15—CBC News Roundup 7:30—Leicester Square to Broadway

8:00—New Schools for Old 8:15—Preacher's Diary

8:30—Record Album 9:00-Time, Space and Echoing

Themes 9:30-Jake and the Kid

10:00-CBC News 10:10-CBC News

10:15— Miscellany 10:30-Presenting Charles Boyer 11:00—Weather Report

11.04 Sign Off WEDNESDAY -A.M.

7:00-Musical Clock 8:00—CBC News

8:10-Here's Bill Good 8:15—Morning Song 8:30—Music for Moderns

8:45—Little Concert 9:00-BBC News & Comty.

9:15—Morning Devotions

9:30 Sunrise Serenade 9:45—Famous Voices 9:59—Time Signal 10:00-Ellen Harris

10:15—Morning Melodies 10:30—Melody Time 10:45—Robin Hood's Musical

Kitchen 11:00 Kindergarten of the Air 11:15—Roundup Time

11:30 Weather Report 11:31-Message Period 11:33—Recorded Interlude

11:45—Scandinavian Melodies 12:00-Mid-Day Melodies

12:15—CBC News 12:25—Program Resume 12:30 B .C. Farm Broadcast

12:55—Recorded Interlude 1:00-The Concert Hour 2:30—Records at Random

2:45—Comty—Our Children 3:00—The Music Box

3:15 Bernie Braden Tells A Story 3:30—International Comty. 3:45—Divertimento

Prince Rupert Plorists Flowers for All Occasions 00 3rd Ave. Box 516 Tel. 77

lumbing & Heating

Egg Piant Creole 2 3 tablespoons fat

1/2 small green pepper, cut in

5 large tomatoes

Salt and pepper Melt fat in frying pan. Add and cook for 2 to 3 minutes. Add egg plant. Cover and steam for about 5 minutes. Peel and chop tomatoes, add to egg plant and cook, uncovered, until egg plant is tender, about 15 minutes. Season to taste with salt and pepper. Yield: six servings.

> September Casserole 5 large tomatoes OR 2 cups canned tomatoes

1 tablespoon flour 1 tablespoon sugar 1/3 cup chopped onion b teaspoon marjoram

1 tablespoon chopped par-

11/2 cups cooked corn or canned whole kernel corn teaspoon salt

Pepper 4 tablespoons grated cheese getting killed. 2 cups hot, mashed potatoes

Peel and slice tomatoes. Place casserole and sprinkle with flour, sugar, onion, marjoram and parsley. Over this, place the corn and season with salt and pepper. Combine 2 tablespoons of the grated cheese with the hot mashed potatoes and place in a ring on top of corn layer Sprinkle the remaining tablespoons of cheese over the potatoes. Place casserole in moderately hot oven, 375 degrees F., and bake until a golden brown, about 20 minutes. Yield: six servings.

> Sinized Squash 3 acorn squash

1 cup water Salt and pepper 1/3 cup chopped onion

11/2 cups chopped cooked meat 2 cups thick white sauce 1/2 cup bread crumbs 2 tablespoons butter

Cut the squash in half, crosswise. Scoop out the seeds. Cook in a covered kettle with one cup of water until tender about (15 to 20 minutes). Sprinkle with salt and pepper. Add onion and meat to white sauce and fill halves with mixture. butter and bake in a hot oven

- HAS HELPFUL HUSBAND -



"Not everyone's husband is a chemist, so I pass on what Ed told me when my wash looked dingy and yellow. 'Blue is one of the seven colours that combine to make white,' he said. 'Without blue there is no pure white.' Now I just swish Reckitt's Blue in the final rinse for a wash that's snowy white every time. Out of the blue comes the whitest wash. And with Reckitt's Blue I avoid any danger from chemicals that may damage fabrics."

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Prince Phone Green 389 Rupert

Ray Reflects

In the melancholy thirties, some folks used to say that in Prince Rupert they lived on fish and strangers. We do yet, in certain respects. Lots of the stransea food in the world, has become one of the fine arts.

so, and no one will give much never dried. Under other and refreshments were served by the of a hang, one way or the other, more Christian like circumstanfor we are becoming used to it. ces, the suggestion is not with-Yet, it's entirely possible to have out merit things on a much more systematic basis. The Canadian Cham-2 tablespoons chopped onion ber of Commerce held it's 21st 1 medium egg plant, peeled annual meeting in Saskatoon ed for intoxication told the in the Vancouver General Hosthis month, and received numer- police the name of the man re- pital for heart ailment. ous suggestions and recommend- sponsible for murdering Sir ations from all over Canada. Harry Oakes, in his home at Among these was a proposal Nassau, seven years ago. Oakes. from Saskatoon Board of Trade mining multi-millionaire, had that daylight saving uniform made his strike at Kirkland Lake the agenda of a dominion-pro- case appeared only a few weeks

> patches supposed to describe the a lot of people interested. services of the three Canadian destroyers in Korean waters. They put it down to censorship. States one: "The stuff has all the human interest of a column of Saskatchewan wheat figures. And that's pretty flat. But a correspondent today is just another soldier. Like enough he writes what he wants to, but it does not follow it will ever see type He's just another soldier, obeys

orders and takes his chance on

A Victoria daily asks which is the most dangerous to human safety, a drunk at the wheel, or a drunk on foot? Any responsible newspaper should be ashamed to make such an inquiry. We all know, or should, that annually thousands-young mature and robust, or aged and helpless-die under the wheels of a speeding car, or from the effect

bubbling. Yield: six servings

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320 - 3rd Ave. W.

Hours 7 a.m. to 1 a.m

A California machinist, arrest legislation become an item on Canada. The latest review of the vincial conference. Sounds sen- ago in a magazine. Oakes son-inlaw, disliked by Sir Harry and charged with the killing, was Some members at Ottawa de- acquitted. The crime, and subplore the dullness of press dis- sequent developments still keep

tween the two casualty lists

there is no comparison.

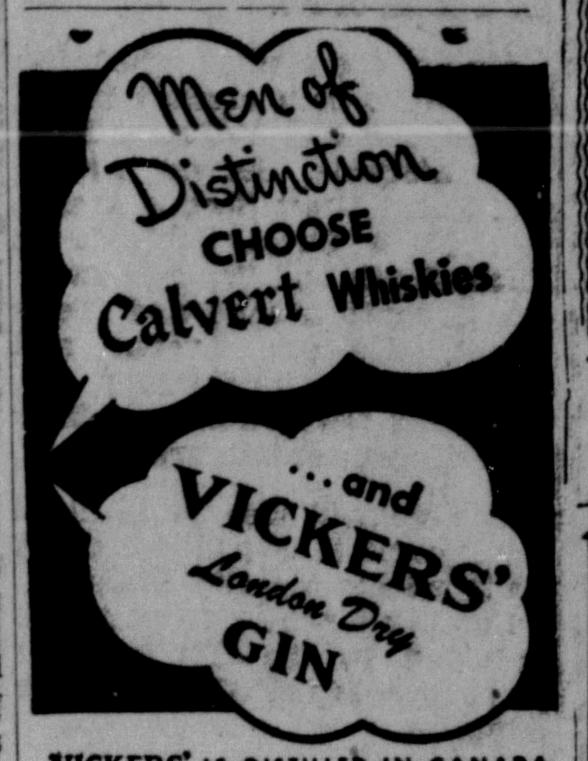
With the North Koreans booted back to where they came from what then? Some one starting something somewhere else? Just how uneasy is Formosa? Will France stand for the arming of West Germany? Will China's Communists give Hong Kong an extra hard look? Will more than one iron curtain be seen? How sick is Stalin? At all costs, the world, somehow must be kept jittery.

a blow inflicted by a passing Mooseheart Women automobile. True, whiskey and a Enjoy Card Party

pistol never go well together. An Whist was enjoyed by the intoxicated man, gun in hand, Mooseheart Committee of the has taken many a life. But be-Women of the Moose when they met in monthly session at the home of Mrs. V. E. Morrison with Mrs. A Auroil as a joint hostess. There come times, it is said A brief business session preceded when, in some Canadian cafes, the playing of cards in which tourists are disappointed. They the prize-winners were Mrs. V. fare well enough, yet miss plenty E. Morrison, Mrs. A. Auriol, Mrs. of little attentions welcome in A. Hamilton, Mrs. R. Murray,

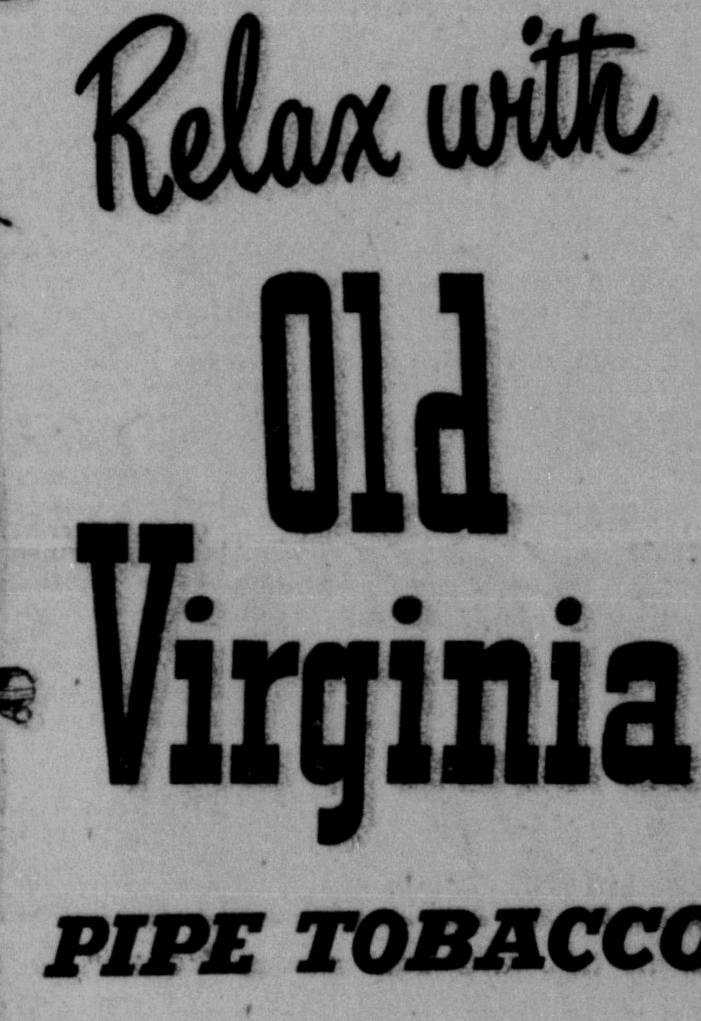
niore ways than one. A thought- Mrs. A. J. Croxford, Mrs. K. Mulful matron says what Canada der, Mrs. R. B. Skinner, Mrs. H. needs is a national dish, and Paulson, and Mrs. J. Flewin with mentions apple pie and cheese. Mrs. Jack Hoskins as chairman, Daylight saving time for 1950 Be sure, however, the cheese does Mrs. H. McVety and Miss Frances will end within another week or not bounce, and the apples were Corliss were visitors. Delicious

Mrs. Eugene Dutton left by air today for Vancouver to visit her daughter. Lorna, who is about to have surgical treatment



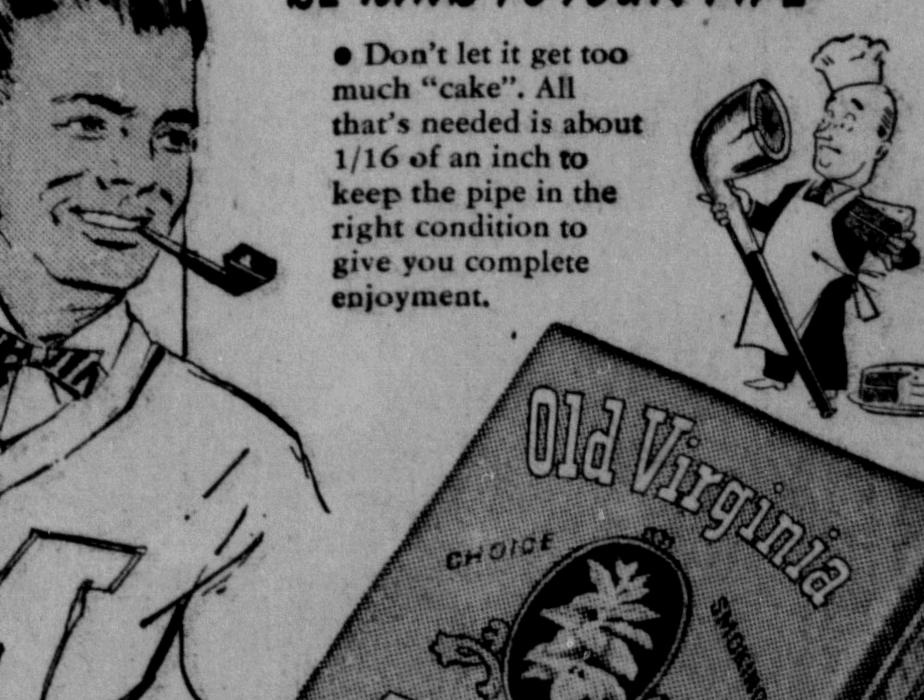
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Prince Rupert Daily News

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