

Seasonable Ideas for Housekeepers

PROBLEM OF WOMEN

Increased but
the V-E Day to
Sept. 15 @—Brit-
impatient queues
for purchases
cherries and straw-
banning which men
forget the disap-
of less food after vic-

of Europe the Brit-
forward to the
as the turning point
to plenty. It was
fully hoarded war
to be released and a
of supplies main-
undisguised disap-
when rations were
other than increased
Day. Europe had to
ons are an uncom-
ed. They took the
their disappointment
up for the luxury of
and native-grown
felt better then.
will eat the same
sauces, the heavily
burgers, dried beans
or brussels sprouts
their diet in the
outlets and air alerts

has become more
because trawlers are
the fishing grounds in-
patrol. The apple
is extensive Kent or-
coming along fine, and
also to flow plentiful-
despite a late snow
need the prospective

the shops the people
smaller rations of meats,
and other "coupon"
under the British ration-
however, everyone
is due.
er must register with
of her choice and do
not buying there. The
lotted supplies to meet
of all registered cus-
however, so each is as-
near full ration.

are lacking in Brit-
are no fruit juices,
the bottled olives. Cof-
ee is unrationed.
frequently scarce and
thly rationed. There
sugar.
mothers are sometimes

AUTUMN IN THE AIR CALLS FOR HOT DISHES ON SUPPER TABLE

The ideal super dish for fall evenings is built around vegetables, for at no other time of the year is there so wide a variety to choose from. Fall vegetables, squash, tomatoes, egg plant, cauliflower, peppers, lend themselves particularly well to use as main dishes in combination with other foods. With the addition of a very little meat many of these vegetable dishes can hold their own as main courses at dinner.

These vegetables, squash, peppers and cauliflower, are featured in these timely recipes.

Stuffed Peppers

- 1 cup macaroni or spaghetti (1/2-inch pieces)
- 6 sweet red or green peppers
- 1/4 cup chopped onion.
- 2 tablespoons fat
- 1 cup ground cooked meat
- 1 teaspoon salt
- Dash of pepper
- 1 tablespoon chopped parsley
- 1/4 cup whole wheat bread crumbs

Cook the macaroni or spaghetti in salted boiling water for 20 minutes; drain and rinse. Meanwhile parboil the peppers 5 minutes in salted boiling water. Rinse in cold water, cut in half lengthwise or crosswise, remove the seeds, drain well. Sauté the onion in fat until clear, add meat, salt, pepper, parsley, then macaroni or spaghetti; mix thoroughly. Remove from heat. Fill the peppers with the meat mixture. Sprinkle the bread crumbs on top and bake in moderately hot oven, 375 degrees F., until peppers are tender but not shrivelled, about 20 minutes. Six servings.

Supper Casserole

- 3 cups peeled squash, cut in 1/2-inch slices
- 1 cup sliced green pepper (about 2 peppers)
- 1/4 cup sliced onion (1 medium)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 hard-cooked eggs
- 1 1/2 cups medium cream sauce
- 1/2 cup bread crumbs
- 2 tablespoons fat

heard to describe to their offspring how a banana looks and tastes, and why the skin can't be eaten.

Pushcart vendors sometimes offer peaches for sale.

The peaches are placed one to a large, flat box. The box is filled with cotton, and the peach is placed in the centre, like a jewel. They sell for five shillings each—one dollar.

IMPROVE MEALS IN HOSPITALS

LONDON, Sept. 15 @—A memorandum published by King Edward's Hospital Fund for London stated that monotonous and unpalatable meals served in hospitals are not caused by wartime rations but by third-rate cooks and unimaginative menu-planning.

Here are some of the suggestions of the memorandum: Patients should go home impressed by the quality of the food and by what they have learned of its importance to health.

Parsimony should not be tolerated. Catering departments to be separate units, controlled by a senior officer and with a skilled dietitian to advise.

Hot meals for night nurses—not reheated remains of day meals. Kitchen personnel to be medically examined.

Gifts from suppliers to hospital staffs, even at Christmas, to be banned under penalty of instant dismissal.

MARRIED BY CANDLELIGHT

Miss Myrie Kathleen Bowden Becomes Bride of Robert Quinn of U.S. Coastguard

Miss Myrie Kathleen Bowden, daughter of Mr. and Mrs. Yearwood of Vancouver, a popular member of the United Services Organization staff here, and Robert John Quinn of Albuquerque, New Mexico, who is with the United States Coastguard, were united in marriage at 8 o'clock last evening in First United Church which was handsomely decorated for the occasion with fall flowers and foliage and lighted candles.

The bride, wearing aquamarine suit with cerise accessories and corsage of gardenias, was given in marriage by Robert Herrick of the United Services Organization and her matron-of-honor was Mrs. Linda McConnell. Groomsman was Edward Coady of the United States Coastguard.

There was a vocal solo, "I Love You Truly," by Sgt. Harold Norman of the United States Army. Cpl. Walter Roberts was organist and played "Wedding March" from Lohengrin and Mendelssohn's "Recessional."

Ushers were Don Carlon and Ed Mueller. Following the wedding a reception was held in the USO Club. Miss Eva La Pierre received the guests. The bride and groom will spend their honeymoon in Ketchikan.

Meat Rationing

The dreaded blow has fallen. Meat again is on the dole; You may still eat fish or chicken— If that will you console.

The only fish I care for are Those that rise to my fly; I'd trade everything that swims For a good steak and kidney pie.

The chicken that I've met of late Seemed to have had quite a career; I'd prefer a tender T-bone From a fat young B. C. steer.

Won't returning troops be thrilled When they're tendered pork-less beans, Instead of luscious chops and steaks Of their optimistic dreams?

By now we're somewhat used to Our bread without the jam; But I abhor the very thought Of eggs without the ham.

A hen may have her uses and Her by-product has its place. But a steady diet of "boiled" and "fried" I just refuse to face.

I think I'll hie me to the woods And shoot a great big moose; Then we'll have steaks and roasts galore And lots of rich brown juice.

Regard the honest butcher As he plies his useful trade; He knows the mystery of a hundred "cuts" And their approximate weight and grade.

He can tell lamb from mutton, He's versed in bovine anatomy; What to him may be a boneless steak May seem but a steak-less bone to thee.

Watch him at a busy hour as he Toys with the elusive "token"; Oh, Donald G, if you could but hear Some of the words that are being spoken.

—L. G. SKINNER.
Copper River, B. C.

MANCHESTER @ — L. Cpl. Marguerite Boyne, a N.A.A.F.I. girl with the B.L.A., has a leather jerkin with 100 divisional and unit badges sewn on it.

Provincial Voters' List closes Monday. East End voters may register all week-end at Labor-Progressive East End Headquarters, 1224 8th Avenue East, Blue 245. Vote Mickleburgh. (214)

SEAWEED FOR PENICILLIN LONDON @ — Women volunteers at the request of the ministry of supply are paddling south coast coves gathering red seaweed used in the production of penicillin.

FATAL PARTY LEICESTER, England @ — Mrs. Helen Heathcote went to a fancy dress party wearing a grass skirt. Her husband also was dressed as a Hawaiian. Her skirt caught fire and she died of burns. Her husband, who went to her aid, was seriously injured.

For Results—try a Classified.

THE EASY WAY TO A QUART-A-DAY

IT isn't necessary for children to drink the quart-a-day of milk that doctors recommend. They can eat part of it—and it's easy to put big helpings of milk in favorite dishes if you use Carnation. One cup of Carnation equals two cups of good whole milk in food value.

Carnation is just milk evaporated to double richness. Nothing taken out but part of the natural water. Add an equal amount of water, and you have pure, whole, safe milk—homogenized. And Carnation provides extra sunshine vitamin D.

Write for free book of recipes "Growing Up With Milk". Carnation Co. Limited, Vancouver, B.C.



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Tickets 50c Each or 3 for \$1.00

USE THIS COUPON

TO MUNICIPAL CHAPTER, I.O.D.E., P.O. Box 91, Edmonton, Alberta.

Please send me _____ Tickets on the two

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AGENTS WANTED—\$6.00 Books of tickets are available to agents at \$5.00 each. Send remittance with order or ask to have them sent C.O.D. Price of unsold tickets will be refunded.

SELLERS OF WINNING TICKETS GET \$100 APIECE

ANNOUNCING
Opening of
Pall Mall Cafe
AND CHOP SUEY
at CENTRAL HOTEL
6 a.m. to 3 a.m.
We specialize in tender, juicy steaks and Chinese dishes.



MAKING BETTER PEOPLE for a BETTER WORLD

● Out of the waste and weariness of war, humanity looks hopefully to the promise of a better world.

A better world demands better people, the prevention of human waste.

To relieve individual distress, to revive the individual's hope and self-respect, to turn the individual soul to righteousness... that is the Army's historic mission.

Today The Salvation Army faces the most challenging task in its history. Again it appeals to you for support. Please give generously when your canvasser calls.

LOCAL HEADQUARTERS — BOX 236
R. G. BIRCH, Chairman G. R. S. BLACKBAY, Treasurer

HOME FRONT APPEAL

Modern Etiquette

By ROBERTA LEE

Q. What kind of shower can be given for a bride-to-be, other than the customary kitchen or lingerie showers?

A. Something different would be a vanity shower. Gifts could include toilet articles, make-up articles, bath salts, toilet water, etc.

Q. Is it obligatory that a girl be introduced formally to a young man when at a party, before they can talk to each other?

A. No; it is not necessary.

Q. What is the meaning of champignons when on a menu card?

A. Mushrooms.

LAND REGISTRY ACT
Re: Certificate of Title No. 22752-1, to Lot 161, Queen Charlotte District, said to contain 23 acres, more or less, except a strip of land one chain in width measured from high water mark and also except Part lying South of a line being the production West of the North boundary of Block "A" of District Lot 160 to high water mark of said Lot 161.

WHEREAS satisfactory proof of loss of the above Certificate of Title issued in the name of James Barratt Gillatt has been filed in this office, notice is hereby given that I shall, at the expiration of one month from the date of the first publication hereof, issue a provisional Certificate of Title in lieu of said lost certificate, unless in the meantime valid objection be made to me in writing.

DATED at the Land Registry Office, Prince Rupert, B.C., this 31st day of August, A.D. 1945.

ANDREW THOMPSON,
Deputy Registrar of Titles.

COMMERCIAL HOTEL
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BOX No. 997 PHONE 678

TO THE PEOPLE OF PRINCE RUPERT Who Suffer With Their Feet

You will be interested to know that there is a man in town who has had a wide experience in the correction of fallen arches, and can make Arch Supports that will relieve that painful and tired feeling that only foot sufferers can explain.

Mr. Bill Terry, with many years of study of foot ailments, is now in Hill's Shoe Store, and will be pleased to take an impression of your feet and let you know what can be done in your individual case.

Mr. Bill Terry is also in charge of the Shoe Repairing Dept. where your repairs are executed neatly and promptly. Call around and see him for either reason.

NOTICE
Registration of Voters

A Deputy Registrar of Voters will be in attendance at the Hut on the Post Office Lawn on September 12, 13, 14, 15 and 17 between the hours of 2 p.m. and 5 p.m., 7 p.m. and 9 p.m. for the purpose of assisting applicants in the preparation and filing of affidavits in support of their respective applications for Registration as voters in the ensuing Provincial Election.

NORMAN A. WATT,
Registrar of Voters,
Prince Rupert Electoral District.

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