

Coast News

SERVING THE GROWING SUNSHINE COAST

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INSTANT FOODS — Less than a year after he had congratulated Dr. E. A. M. Asselbergs, left, on developing instant mashed potatoes for Canadian manufacture, Agriculture Minister Alvin Hamilton finds himself commending the scientist for adapting the same process to meats, fish, turnips, pumpkins and cheese, shown in packaged form. The minister said this could open new outlets for farm products.

Instant foods field widened greatly

Within a year of his development of "instant" mashed potatoes, a 34-year-old scientist in the Canada Department of Agriculture's food processing laboratory at Ottawa has adapted the invention to meat, fish, cheese, turnip and pumpkin.

Dr. E. A. M. (Ed) Asselbergs, head of the Plant Research Institute unit which has successfully produced this line of pre-cooked instant foods, doesn't know where it will stop.

He has been told that licences for the manufacture of the first discovery — now known as potato crystals — have been taken out by half a dozen leading food processors in Canada and abroad. The new products are similarly made, the moisture being removed by steam-heated drums, and similarly reconstituted, by adding milk or water. The food processing laboratory has now developed the following instant-cooked foods: mashed potatoes, fish-potato, beef-potato, pork-potato, lamb-potato, chicken-potato, cheese-potato, turnip and pumpkin.

These lightweight pre-cooked meals can be stockpiled for emergency use, or kept indefinitely in the kitchen cupboard. They can be converted into a hot meal in a few minutes or, if necessary, eaten dry without any other preparation. The new products are therefore, expected to be of advantage to the ordinary consumer, to institutions and to countries interested in setting up food banks.

In March this year Agriculture

Minister Alvin Hamilton had commended Dr. Asselbergs' work on instant mashed potatoes which enabled the federal government to open this new field of convenience foods to Canadian manufacturers by making licences for the Asselbergs process available. Dr. Asselbergs had previously led a research team to the discovery of infrared heat as a means of blanching fruits and vegetables preparatory to freezing and canning.

Licences for manufacturing the new food products will be protected by the Public Servants Inventions Act. It is expected that licences will be sought as the products can be made with the same equipment now being built for the manufacture of potato crystals.

Dr. Asselbergs has seen many taste panels smack their lips in appreciation of the new food lines his unit has put out.

It has been established that there is virtually no loss of

(Continued on Page 6)

GOWER POINT RESIDENT

Rena Mid Foster, 59, of Gower Point area died Dec. 22 and a funeral service was held Dec. 27 in Mount Pleasant chapel with Rev. E. Bragg conducting the service. Burial was made in Mountain View Cemetery. A brother George and a sister Mrs. C. Wakefield are in Chaplin, Sask. Another sister, Mrs. W. Wakeford, lives in Moose Jaw.

Loggers to debate exports

A question of economic importance to the 65,000 workers of B.C.'s forest industry will be debated at the 19th annual convention of the Truck Loggers Association Jan. 17, 18, and 19 at Vancouver's Bayshore Inn.

To export logs, or not to export logs, that is the question. One side says yes, the other is just as firmly opposed. A panel of four men will discuss this contentious problem on Jan. 19, the windup day of the convention, which is expected to attract 1,500 delegates.

The four men are Ralph E. Smith, of Arnett Smith Timber Co. Ltd., E. J. Riordan, Vanwest Logging Co., I. T. Cameron, Vancouver district forester, and N. R. Dusing, B.C. Lumber Manufacturers' Association. George MacBryer of Nalos Lumber will be moderator.

In addition to the panel, delegates will be presented with a high-powered program, brimming with important speakers and news.

Speakers will include Duncan R. McPhee, Australian government trade commissioner; W. R. Malpass, Truck Loggers president; Virgil W. Binkley, helicopter logging; J. E. Eades, Workmen's Compensation board chairman; Roy Whittle, B.C. Forest Products; J. W. Baikie, Truck Loggers past president; Ian Mahood, Council of the Forest Industries; Donald W. Pleier, secretary-manager of Western Red Cedar Lumber association; Harold S. Foley, former president of Powell River Co. Ltd.

In addition to the business sessions, the social side of the giant convention will include a women's fashion show, directed by Winnifred Mather, and a banquet and dance. The latter will take place in the Hotel Vancouver.

8 Tweenies take step up

Second Gibsons Brownie Pack combined their Christmas party with an enrolment ceremony for eight Tweenies. Special invitations were sent to the mothers of the Tweenies to be present at this important occasion when their daughters made their promise "To do my best, to do my duty to God and the Queen. To help other people at all times, especially those at home."

The following new Brownies became members of the pack, Martha Brakstadt, Laurie Day, Kathy Hall, Toni King, Christine MacDonald, Dianne Rylander, Linda Walton and Christa West. Carol singing, refreshments and the presentation of small tokens of appreciation to Mrs. Labonte, Mrs. Tyson, Mrs. Thomas, Mrs. Porter and Terry Levers completed a pleasant afternoon.

Why decorate? Guides planning banquet

Why decorate?
Gibsons merchants spent about \$140 to decorate a tree, wiring it to carry electric bulbs.

J. W. Edwards of Granthams Landing spent quite a bit on wiring for outside lighting on his home.

What happened? Some 30 or 40 light bulbs on the Gibsons merchants' tree were stolen. The thief or thieves

took all the bulbs that could be reached.

Mr. Edwards visited friends in Seattle for Christmas. On his return he found someone had wrecked the entire electrical system he used for his lighting and had stolen not only the bulbs but had taken some of the wiring too.

Police are investigating but there is not much hope that the culprits will be apprehended.

Praise for taxpayers

Tuesday night's council meeting in Gibsons was one of the shortest held for some time. An item of top interest brought to the attention of council was a letter from the department of municipal affairs in Victoria which complimented council on its tax collection record.

Gibsons municipality has collected something like 95 percent of its taxes and expects to get the other five percent shortly. The matter of naming chairmen of the various municipal committees was left over until the next meeting owing to the absence of Councillor Sam Fladager at Tuesday night's meeting.

Accounts totalling \$79.69 were checked and ordered paid. This is one of the smallest accounts council has had to handle for a good many council meetings.

Cars \$475

A copy of The Viking News of Viking, Alberta, discovered in Gibsons area is dated Jan. 30, 1918. H. G. Thunell was the editor of the paper then and he is still listed as editor and publisher.

In those days the Ford car runabout was advertised at \$475 and the touring car at \$495. The CPR was advertising lands for sale, one-tenth down with a four year delay in the first principal payment, with payments to continue from then for 16 years at six percent. There was also a scarcity of labor for home building in those days.

Shipping notices

DEPT. OF TRANSPORT

No. 181

1. Mariners are advised that the flashing light at the entrance to Ganges Harbour LL No. 182, has been relit.

2. Junction Point Light LL No. 345 is reported showing a steady light and will be repaired as soon as possible.

3. Conconi Reef Light is reported not burning and will be relit as soon as possible.

4. Ripple Shoal Buoy is reported out of its charted position and will be replaced as soon as possible.

5. Canoe Rock Light LL No. 181 is reported not burning and will be relit as soon as possible.

6. From Jan. 3 to Jan. 20 the suction dredge W. G. MacKenzie will be working in the North Arm of the Fraser River immediately north of the new sewage disposal plant on Iona Island, excavating for a crossing of the trunk sewer from the new Highbury interceptor. During this time the dredge will make discharge to both sides of the river. Mariners are requested to exercise all precautions in this area.

7. From Jan. 15 to Jan. 17 the clamshell dredge Lotus Seeker will be engaged in the same area in levelling and backfilling operations. Mariners are requested to take proper precautions in this area.

BASKET LOST

Lost, one travelling basket.

The 4-H club in Gibsons area started one some time ago and have lost track of it. So the club members ask that whoever may have it now will they please phone 886-2526 and let the members know where it is.

Pay respects to Tom Hurley

Chief Charlie Craigan of the Sechelt Reserve and Clarence Joe representing the Native Brotherhood along with members of the Indian Village council went to Vancouver to pay their last respects to Tom Hurley, veteran lawyer of Vancouver who died Christmas Day.

He was a long time friend of the local Indians. His wife, the former Maisie Moore, is the only white woman to belong to the Native Brotherhood of B.C. Indians. She was formerly Maisie Campbell-Johnston, whose father was a mining engineer in the early days and whose mother was a well known artist Amy Campbell-Johnston.

The local Indians have lost a good friend in Mr. Hurley. He came from County Cork, Ireland and had practised law for over 50 years in Vancouver. He leaves his wife, Maisie, four step children, two sisters in Ireland. He was out walking his dogs on Denman street when he collapsed.

Legion elects

Officers elected at the annual meeting of Royal Canadian Legion Branch 109, Gibsons were: Dick Kennett, president; vice-presidents, John Wilson and Gordon Clarke. Don Andow is immediate past president.

Archie Crowe will be secretary-treasurer and Tom Tweedley, sgt.-at-arms. The executive will include Chris Beacon, Norman MacKay, J. R. W. Ike Mason, Fred Townley, Albert Walker.

BOWLING TOURNAMENT

A ten pin bowling tournament took place Thursday 28th at Sechelt Bowling Alleys and the winners were Mike Turik, Lawrence Crucil and Bill Morrison.

A meeting of Girl Guides Mothers' Committee was held in December at the home of Mrs. Labonte. All mothers of Guides and Brownies were approached in September and asked to contribute a dollar each to the group to avoid the necessity for frequent bake sales and other fund raising activities.

Of the \$19 collected \$15.25 has been spent as follows: \$5 to the new Langdale Brownie pack for the purchase of necessary equipment, \$5 expenses for the Guide who attended a Vancouver function and \$5.25 for candy and oranges for the Brownie and Guide Christmas parties. An appeal is being made to those who have forgotten to contribute to this fund to do so at their earliest convenience. Mrs. J. Marshall is treasurer.

Preliminary plans for a mother and daughter banquet in May were discussed and parent's will be consulted early in the New Year to ascertain if there is enough interest to make such a venture worthwhile.

Guides Club House was decorated with evergreens, paper chains and a Christmas tree for the Dec. 22 party. The evening's entertainment and refreshments were the responsibility of Erica Ball who was successful in passing her Hostess Badge.

The guests who were greeted and introduced by Erica included Mrs. Williams of Sechelt, regional commissioner; Mrs. Labonte, Gibsons district commissioner and Mrs. M. Ball of Roberts Creek.

Sharon Dodd, the first of the new Guides, passed all her tenderfoot tests. Following an introductory game, Erica showed color slides taken during her family's two year stay in New Zealand. Pictures of rolling green countryside, calla lilies growing wild and orchards of grapefruit trees, almost convinced that distant pastures are greener and lovelier until Mr. and Mrs. Allen showed their slides of the beautiful Sunshine Coast.

Carol singing around a most realistic campfire, refreshments and an exchange of gifts with Erica standing in for Santa Claus brought a happy party to a close.

GUIDES HOLLY SALE

The Girl Guides thank Mrs. Leonora Davis of Shaw Rd. who donated a tree of holly to the company, and all those who supported their sale of holly, wreaths and table decorations. The Guides are looking forward to weekend camping trips and outdoor activities in the summer and some hope to be able to go to the new provincial camp near Chilliwack. Necessary equipment will be bought with the \$37 raised from the holly sales.

IN HOSPITAL

Mrs. L. Rogers, wife of A. C. Rogers of Rogers Plumbing is now in St. Paul's hospital where her condition is reported to be improving.

80 guests attend anniversary

Christmas to Mr. and Mrs. F. J. Wyngaert was a day with special significance, their silver wedding anniversary. The celebration was a two-day event, with Dec. 24, Sunday, given to friends and relatives who called to extend their best wishes. Christmas day was devoted exclusively to relatives and dinner was served for 30 persons. During the two days, visitors numbered 80.

The interior of the Wyngaert home blended Christmas lights and decorations with pink and white garlands and bells depicting the wedding anniversary. A silvered Christmas tree with blue lights added to the effect. From walls and pillars the numerous anniversary and Christmas cards were displayed.

Entering the front door one noticed a beautiful bouquet of flowers, white chrysanthemums, from husband to wife, a replica of the bouquet given the bride 25 years ago. Other pink and

white chrysanthemums were presented by a niece, Mrs. Sondi Farrell.

Three nieces, Bonnie Stroshein, Jo-Anne and Royleen Nygren, served tea and dainties to the Dec. 24 visitors. On the dining room table was a three-tier decorated wedding cake, set on pillars and set off with large white rosebuds and silver leaves and mounted with a cluster of dainty bells. The cake was made and decorated by Mrs. Celia Stroshein, sister of Mrs. Wyngaert and matron of honor 25 years ago.

Arrangements had been made to have as many of the original wedding party present for the anniversary and they included Mrs. Celia Stroshein, matron of honor; Mrs. Philip Fletcher, a bridesmaid and sister to the groom; Mr. Philip Fletcher, best man and brother-in-law of the groom and Mr. Paul Stroshein, an usher and brother-in-law of the bride.

In addition to many cards and letters of congratulations the Wyngaerts received long dis-

tance and local telephone calls. Rev. L. B. Preston of the Pentecostal Tabernacle in Gibsons sent his congratulations from Neepawa, Man., and a sister of Mrs. Wyngaert called from Regina, Sask., at the moment when 30 guests were about to be seated for dinner, Christmas Day, which enabled each to return greetings by telephone.

A phone call from Kelowna, B.C., informed the Wyngaerts that owing to Mrs. Wyngaert's mother suffering an illness she would be unable to attend. The mother will be 82 shortly.

In chatting with the many guests, Mr. Wyngaert related how quickly the 25 years had passed. His only regret at the moment was in realizing how strenuous was the task for his wife during the past week with her extensive baking program, candy making, and cooking. Other than that, he was most happy with the event, and remarked that he was prepared to sign up for another 25 years.

School in 25,000 B.C.

Children of Roberts Creek school "wowed" the large audience in the Community Hall who laughed and applauded through the varied contributions to the histrionic art by the fun-loving Thespians from Grades 1 to 7.

The concert started off on a cheerful note with the smartly called and capped pupils of Mrs. Galliford's grades 1 and 2 giving excellent rhythm band numbers. This was followed by a play, Jack and the Beanstalk, done exceptionally well, and humorously aided and abetted by props and scenery. The happy, perambulating cow won much admiration and the beans were the envy of all vegetable growers.

Mrs. Warn's pupils were cheerful in their version of Hansel and Gretel, and again, the props were amusing and clever. The witch's house was built by Mr. Hicks who also bore a close re-

semblance to Santa Claus who arrived later to distribute candy and fruit to the children.

Mr. Carter's grades 6 and 7 had written their own play and enjoyed every minute of it. It depicted the Roberts Creek school in the year 25,000 B.C. when the subjects taught were archery and other necessary arts. When the curtain went down, the teacher had been bumped and the bur-lapped and furred students were awaiting the next victim.

The Parents Auxiliary who assisted in every way possible gratefully acknowledge the help of the Community Association for donating the hall, fully janitured, the beautifully trimmed tree and Santa Claus, the Legion for the loan of chairs and the Ladies' Auxiliary for extra crockery, and to those who contributed cookies and sandwiches for the refreshments served after the show.

Life's Darkest Moment

A WESLEY CLASSIC



The Coast News

Phone Gibsons 886-2622

Fred Cruice, Editor and Publisher

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Young Indians succeed

When one considers efforts now under way to help young Indian band members to take an active part in the Canadian way of life the recent issue of The Indian News published by the Indian Affairs department in Ottawa reveals some of that activity.

In it is a double page spread containing excellent pictures of 19 young Indian band members who are well on their way towards such an objective. These students won scholarships totalling \$18,610, ranging from \$200 to \$1,750.

Scholarship subjects covered were forestry, business course, law, teacher training, vocational training, home economics, music, university, dentistry, nursing, engineering, drama and industrial arts.

One young Saskatchewan Indian won his third scholarship in music. Another his third in medical studies and a third his second in law. In all some 26 scholarships were offered but only 19 winners were used to make a double-page spread. The photographs of these young Indians reflected the degree of assimilation these young people had achieved.

A tally showed seven from Quebec, four from Ontario, three from Saskatchewan, three from the Maritimes and two from the West Coast area. If Indian bands can produce young people of the type shown in The Indian News, there is a distinct hope for the survival of the native Indian as a vital force in the future of Canadian culture.

Don't criticize the work of others unless you want to do the work of others.

* * *

A question answered

One of the letters on this page last week posed a question which one surmises sought an answer. The question addressed to the editor, read: "I have found out why secrecy by public bodies has become a matter of self-defence. Have you?"

After having attended meeting after meeting of municipal councils, school boards and ratepayer associations over a long period of years and having attended several municipal association conventions and hobnobbed with governmental municipal men perhaps a glimmering at least, of the troubles facing public bodies has penetrated the mind of the writer.

The reasons are quite numerous and can result in a pure cussedness type of self-defence or one that is an obvious necessity. In the latter type, public officials deserve consideration. An irate ratepayer can irritate the public just as easily as he or she can public officials and irritate in such a manner that general alienation of affection for the ratepayer really sets in.

Experience has shown that public bodies rarely get away with a dictatorship type of control. It might carry on for a while but it invariably gets nipped.

Ratepayers have democratic rights but not to the exclusion of the democratic rights of public officials who in this area anyway are ratepayers who have ventured into a field of endeavor beset with numerous obstacles, including irate ratepayers.

Why should local letter writers be so interested in a piece of legislation under consideration in New Zealand? Has it local application?

Filigree

When I have depleted my store of dreams,
And exhausted my last desire,
And nothing remains but the tattered seams
Of the cloth that my hopes require;

When I, in my cupboard of inner selves,
Look for one final mask to wear,
And only bare hooks and the empty shelves
Tell of moods that were hoarded there;

When out in my garden of "I pretend"
Fabrications and plans melt away,
And petal-fed flames and blue leaf-smoke end
My illusion's precarious day;

I'll dabble the ashes to tint and hue,
And imagine a spider's themes,
Then over and under and back and through,
With spangles of star-dust and gems of dew,
I'll embroider tomorrow's dreams.

Elections reveal a growing confidence in school trustees

"School trustees of British Columbia go into 1962 with one of the most solid expressions of public confidence they have had in many years and with the prospects of making a material contribution to our school system and the province's economy through the year. At the same time they face mounting responsibility in school management and a growing opportunity to advance education."

This summary of 1962 outlook was given by R. E. Lester of Haney, president of the B.C. School Trustees Association, as 1961 drew to a close.

December's elections provided the expression of confidence, and it came in two directions: 1. Election of trustees; 2. Support of money referenda.

In the case of elections, Mr. Lester said the most significant point was that out of 82 school districts involved, only four failed to fill vacancies. Two of these no nomination cases were in cities, and two in villages. Town and districts filled all seats.

The fact that only four appointments will be necessary to fill school boards is in sharp contrast to recent years, in which no nomination reports were fairly common. It shows increasing public interest in education, Mr. Lester suggested.

Further evidence of this growing public interest was found in another example—in 37 districts extra candidates necessitated elections. In other municipalities school board seats were filled by acclamation, which in turn can be interpreted as an expression of confidence in the persons offer-

ing for these seats, he said.

The second expression of confidence was in recent school referenda, in which ratepayers through the province during the last 2½ months approved nearly \$20,000,000 in new school construction.

Every school money proposal except one at the December elections was approved by voters, with majorities well over the 60 percent minimum required. The one failure was a \$100,000 vote for kindergartens, and this could be interpreted, he suggested, as an indication that public demand for kindergartens—at least in that area, Chilliwack, is not keen enough to vote money for them.

"These programs in many cases will be put into action as quickly as possible since the additional school accommodation is sorely needed in many districts. The full program may be spread over three years," said Mr. Lester. But in any case school construction will add materially to B.C. wages this year because in addition to the new votes there will be a carry-over from referenda approved in 1960 and 1959, which also were on a "three-year basis."

Added to this will be the government's \$13,000,000 technical school construction program, making a total of \$32,000,000 for public schools now on the drawing boards.

Mr. Lester foresaw increases in school construction. Mr. Lester noted that the government is considering responsibility on the part of school boards, especially if the provincial government's grant structure for financing the school districts' operations is changed. A lump sum form of

grants towards operational expenses in each district.

As to growing opportunities for trustees, Mr. Lester pointed to the fast-developing field of adult education. The former concept of night school as being largely hobbycraft in purpose has almost disappeared, and now means serious education, in some cases leading to university. He said daytime adult education was growing also and would be of increasing importance in future years.

In both instances trustees have an excellent opportunity to contribute to the future of this province and nation, he said. Their role in adult education is not yet clearly defined—as between government and local boards—but it is emerging and school boards are becoming more and more active in this field.



STANLEY BURKE, CBC's permanent correspondent at United Nations headquarters in New York, reports on the week's activities of the world organization Saturday on the CBC television network. His commentaries are also heard regularly on other CBC news and public affairs programs, both radio and television.

For parents only

By Nancy Cleaver
Copyrighted

"All happy families resemble one another, every unhappy family is unhappy in its own way," wrote Tolstoy in Anna Karenina. What do you think of this observation? Is it not true that in the strong sense of belonging, in the fine spirit of unity, which good fun gives to a family group, happy families do bear a resemblance to each other? At the same time different families have good times in very different ways.

One good product of TV is the number of families who view certain programs together regularly each week. But TV is, a spectator amusement and growing children need active participation in projects. Other forms of leisure time activities prevent TV from having too dominant an influence on the minds and hearts of boys and girls.

* * *

Look around and you will see the varied ways families enjoy themselves as a group. The Browns are musical and they all love to sing. At least once a week in the evening they gather around the piano and big sister Margaret plays the music for a family sing-song.

The MacKays are keen on games and each year they invest in one new piece of play equipment. They have just cleared a space in their cellar for a Recreation Room and even mother has promised to try her hand at ping-pong.

The Smiths are athletic and both parents are proud of the tumbling acts which their children have perfected with patience and practice.

* * *

There are many other ways families enjoy themselves—listening to the radio, reading aloud going to movies, taking walks or motor drives, skiing, skating or tobogganing together, pursuing a handicraft or a photographic hobby.

It is not easy for a pre-school youngster to be a good loser or

a generous winner. But when mother or dad take time to play simple games with their children, and encourage them in fair play, boys and girls are prepared for group life with chums of their own age. It is easier for them to enter into activities in school and community groups happily and wholeheartedly with their friends as they grow older.

Acquaintances and strangers in the outside world are often critical, but in the home circle, because a child feels secure and is encouraged, he can quickly learn new skills. A little praise from Dad for the wooden boat his boy built himself, a piece of furniture which father and son have struggled together to make as a surprise for mother, these experiences give a boy confidence a few years later when he enters woodcraft group under a trained instructor. The great thing about family fun is that it trains a child in satisfying, efficient living.

* * *

There is a good deal of controversy these days about the benefits and drawbacks of different systems of bringing up children. Emphasis should be placed not on a plan of discipline, but on the atmosphere in the home. Every child should know that mother and father love each other and enjoy each other's company. Every child should have that wonderfully comforting feeling of "belonging," of being loved for his own sake. If the routine of the family life includes generous time for play as well as work, the children going out from that home are likely to be well-adjusted, useful citizens.

There is nothing which can take the place of a little child's memories of happy times together in the home. "I wonder," boasted Charles Kingsley in a letter to his wife, "I wonder if there is as much laughter in any home in England as in ours?"

High school as name to vanish

The name high school may be expected to disappear gradually from official educational vocabulary within the next few years, the Hon. L. R. Peterson, minister of education, predicted when he formally opened a new million-dollar senior school in North Burnaby.

The name high school is unsuitable for a number of reasons, Mr. Peterson pointed out. It is not in general use in other parts of the world as describing secondary schools; and it implies entry into university, which is true for only a portion of our senior students.

"The present Public Schools Act adequately defines elementary and secondary schools," said the minister, "and it seems reasonable to make full use of these names. From now on we shall begin to refer to schools enrolling pupils from Grades VIII to XII or XIII as secondary schools. Schools which may come to enrol pupils from Grade VIII to X only will be junior secondary. If and when it becomes desirable to establish schools enrolling Grades XI to XIII, they will be referred to as senior secondary."

"It will be recalled that the Royal Commission recommended that types of schools be renamed to correspond with their reorganization," Mr. Peterson added. "The commissioners explained that they had no particular preferences in regard to names, and my department, after careful consideration, concluded that such names as collegiate academy were neither traditionally

suited to our educational system nor accurately descriptive of all types of secondary school which might be envisaged in British Columbia."

At the present time seven types of school are recognized in this province—elementary, junior high, senior high, elementary-junior high, elementary-senior high, junior-senior high, and superior. The last refers to schools that enrol pupils up to Grade X.

The present names will be retained as long as they have meaning during the transition period, but with a year-by-year advance toward reorganization, they will gradually disappear; therefore, it is expected that eventually we shall have not more than five types of schools, the minister said.

A BIG BUSINESS

Few people realize that the commercial forest area of British Columbia exceeds by about a million acres that of the Western United States, including the eight Rocky Mountain states, Western South Dakota, Washington, Oregon and California. Forestry is big business in B.C.

WAX PROBLEM

Candles are a traditional part of the holiday season. If dripping wax is a problem, there's an easy way of getting around the difficulty. Give the candles a coat of clear nail-polish. They'll burn beautifully without mess.

KNOW YOUR Canada

Prepared by the Research Staff of
ENCYCLOPEDIA CANADIANA

How was Montreal founded?

The site of the island city was visited by Jacques Cartier on his voyage of exploration up the St. Lawrence in 1535-36. There he found the village of Hochelaga where more than 1000 Indians celebrated his arrival with bonfires and feasting. Cartier named the mountain, or the slopes on which the village was located, Mount Royal. Samuel de Champlain first visited the site in 1603 but by then Hochelaga seems to have disappeared. In 1611 Champlain founded a settlement there that he named Place Royale, but strife between the Huron and Iroquois tribes did not permit it to be maintained.

Thirty years later, Paul de Chomedey, Sieur de Maisonneuve, arrived to found a permanent settlement named Ville Marie de Montreal, with dwellings, chapel, hospital and other buildings protected from Indian attack by a stockade. In 1644, Louis XIV granted the settlement its first charter and Chomedey was appointed its first governor. During the first mass said to mark the foundation, these prophetic words were uttered by Father Vimont: "What you see is only a grain of mustard seed... but it is so animated by faith and religion that it must be that God has great designs for it."

Almost three hundred years after Cartier first set foot on the island, Montreal was incorporated as a city—in 1832—with a population of 40,000.

What territory of France lies west of Canada's eastern limits?

Three Islands, Great Miguelon, Little Miguelon and St. Pierre in the Gulf of St. Lawrence, just 15 miles from the south coast of Newfoundland, are possessions of France. First settled more than three centuries ago, the islands were a resort of the Basque and Breton fishermen working off the Great Banks. Sovereign control changed back and forth between the British and French in the 18th century but their possession by France was finally recognized by the Treaty of Ghent in 1814. Since then they have been a landing place for the French fishermen on the Sound or Vancouver Island in 1789 seized four British trading vessels and a major dispute for redress developed between Great Britain and Spain. The incident, known as the Nootka

Banks of Newfoundland; and during the period of prohibition in the United States they were an important centre for "rum-running." The permanent population is about 500, swelled in the tourist season by visitors, who travel there for a taste of French living.

What incident in Canadian waters initiated the collapse of the Spanish Empire?

The Spaniards, at Nootka Controversy, occasioned a decisive conflict between British and Spanish theories of colonial sovereignty. Spain claimed that the whole northwest coast of America was hers by papal declaration and that the visits paid by her explorers to the region and the formal acts of possession they had carried out made her title to it absolute. Great Britain took the view that rights of sovereignty could be obtained only through trade and the establishment of colonies. War appeared imminent but Spain found herself in a weak military position and finally yielded to British demands in a convention signed on October 28, 1790. According to one authority this was "the first express renunciation of Spain's ancient claim to exclusive sovereignty... and marked the beginning of the collapse of her Empire."

Gems of Thought

Reason is the most active human faculty.

—Mary Baker Eddy

I see men ordinarily more eager to discover a reason for things than to find out whether the things are so.

—Montaigne

Reason is nothing but the analysis of belief.

—Franz Schubert

Reason, alas, does not remove mountains. It only tries to walk around them, and see what is on the other side.

—G. W. Russell

Reason is only a tool.

—F. W. Nietzsche

Perhaps pure reason without heart would never have thought of God.—G. C. Lichtenberg

Wood is such a good insulating material because it contains myriads of cells holding dead air space which retard the passage of heat.

BOWLING

By Bert Garside and Jim Hoult
Chief Bowling Instructors
Double Diamond Advisory
Council

HOW TO ROLL A HOOK BALL

The "hook" ball is the type of delivery rolled by more bowlers than all other types of ball combined. Most people find it the most natural ball to throw.

The "hook" is similar to the curve ball in that it veers from right to left across the lane. The curve, however, moves in a long, smooth arc all the way down the lane. The hook ball travels most of the way in a straight line, breaking off sharply to the left just ahead of the headpin.

The hook is so widely used because it is both an effective ball — with lots of mixing action to take down pins — and it is also an accurate ball. It is far easier to control than a curve.

When throwing a curve ball, you roll your hand upwards toward the top of the ball, in a counter-clockwise rotation, during your forward swing. To throw a hook, you allow your wrist to twist only a half way around as you are delivering it.

The closer to the headpin a hook "breaks," the better it works. If it breaks to the left when it is just about one foot away from the headpin, the ball still has most of its spinning motion when it hits the pins, mixing them thoroughly. On the other hand, if it breaks more than six feet in front of the headpin, it has lost most of its spin by the time it strikes.

The amount of "break" you get on a hook depends on many factors, including particularly the floor finish on the lane.

Generally, the slower you roll the ball, the more "break" you get on it. Roll it faster, and you get less "break." For most bowlers, it's not

wise to try controlling the amount of break by changing your delivery speed. If you want more break, give the ball more spin by gripping with your thumb lower down. This way, your hand can twist more during delivery.

If you want less break, grip with your thumb held high on the ball. This way you won't have your hand so much underneath the ball when you start the swing, so you won't be able to twist your wrist as much during your delivery.

For a hook ball, line yourself up on the left side of the lane. Just how far left of centre you stand depends on the amount of break you have on your ball.

If you are aiming by using different darts in front of the foul line for sighting, start off by positioning your right foot over the first dot to the left of centre in the lane floor where you start your approach.

Roll your ball over the centre dart. Suppose you hit the dart, but miss the headpin on the left side. Shift your body a little to the left, and roll again over the centre dart. Once you've found the proper place to stand to hit the headpin, you can aim for the right and left corner pins by rolling over the first dart to the right or left respectively; you hit the 3-pins by rolling between the darts.

If you aim by the "Rear Sight" method of switching the spot where you stand, start off by positioning yourself over the first dot left of centre. Roll your ball over the centre dart to hit the headpin; stand one dot to the right (on the centre dot) to hit the left corner pin; stand one dot to the left of your starting place to hit the right corner pin. In this method, you always roll your ball over the centre dart.

To hit the 3-pins, just move half the distance you go when trying for the corner pins.

If you find these precise spot positions aren't exactly right for the particular hook ball you throw, adjust your position slightly. Remember, however, always adjust in the same direction in which your ball is missing — if you missed the pin on the left side, shift your start position a trifle left.

Next: The back-up ball.

SOFT DRINKS AND MILK

The addition of ginger ale, root beer or fruit-flavored soft drinks to milk often overcomes children's resistance to this important liquid food.

This week's RECIPE

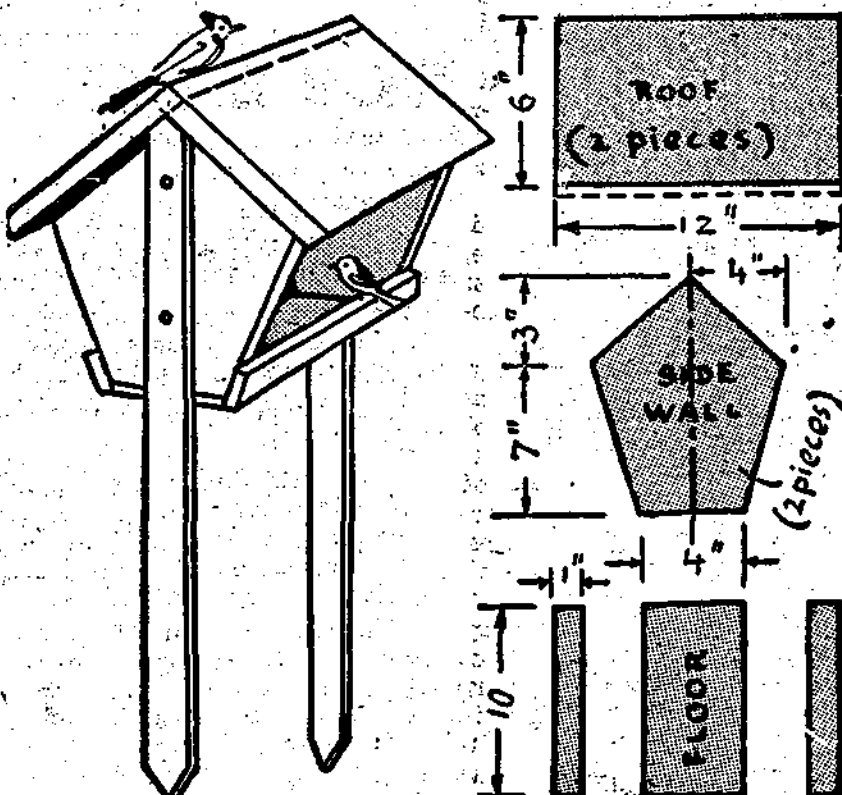
Halibut Steaks Amadine

The halibut is one of the largest and most highly prized of our salt water fish. Although caught in both the Atlantic and Pacific oceans, the greatest quantity (about four-fifths of our total catch) is harvested from the North Pacific where the fishery is regulated by an International Commission. Prince Rupert is a main base of fishing operations and has been called "the halibut capital of the world."

About 90 percent of our Pacific halibut is sold in frozen, dressed form, principally as steaks. Baking and broiling are the most popular ways of cooking this fish. The following tested recipe for Halibut Steaks Amadine is a favorite of the home economists of Canada's Department of Fisheries.

2 pounds frozen halibut steaks
¼ cup melted butter
¼ cup chopped almonds
½ teaspoon salt

THE CHILDREN'S CORNER



½ teaspoon dill seed
1 tablespoon finely chopped parsley

Place steaks in a shallow, greased baking pan. Combine butter, almonds, salt and dill seed. Spoon mixture over fish. Bake in a hot oven (450 F) until the flesh has lost its watery look, is milk white to the centre of the steaks, and will flake easily. Allow 20 minutes cooking time per inch of thickness if steaks are solidly frozen and less time if partially or fully thawed. When cooked, remove to a heated platter and sprinkle with chopped parsley. Serve immediately. Makes 4 to 6 servings.

Coast News, Jan. 4, 1962. 3

NO END TO DAMAGE
Fires destroy the beauty as well as the economic values of our forest. They open the way for the destructive work of insects, fungi, erosion, floods and drought. There is almost no end to the damage that forest fires do. Won't you help keep B.C. forests green?

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Biggest bargain here is the gasoline



You don't buy gasoline off the shelves in your supermarket, but if you did you'd find Esso one of the cheapest items.

Motorists throughout B.C. buy Esso gasoline for an average price of only 6½ cents a pound. Compared with other commodities in everyday use that's a real bargain.* Of the 6½ cents paid per pound for Esso gasoline, two cents is for federal and provincial taxes that provide such things as social services and new highways. To help bring you this bargain, Imperial Oil is searching for oil in northern B.C. ...drilling wells which will bring B.C. oil to B.C. customers ...has built a modern refinery near Vancouver, new pipe lines, modern marketing facilities. To do these things Imperial has invested more than \$80,000,000 in B.C. since 1951 alone.

And yet Imperial receives less on the average for the Esso gasoline it sells today than it did ten years ago ... and Esso gasoline today is much more powerful than ten years ago.

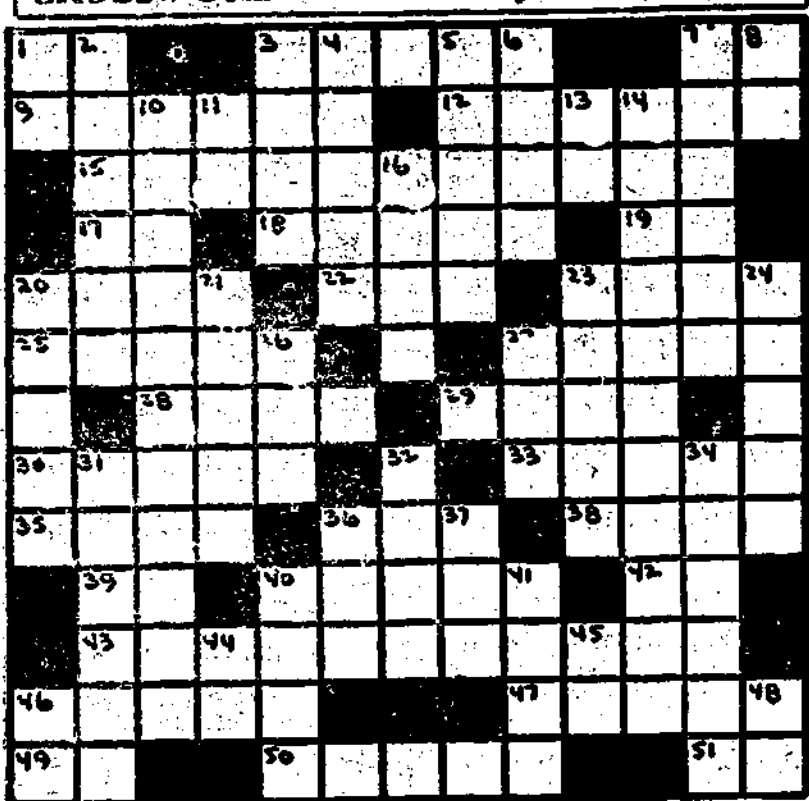
*Here's how the price of Esso gasoline compares with the average market price of some other commodities in B.C.

Esso gasoline	6 cents per pound
Table salt	9 cents per pound
Flour	12 cents per pound
Apples	12 cents per pound
Soft drinks	12 cents per pound
Milk	9 cents per pound

IMPERIAL OIL LIMITED

...providing low-cost oil energy for British Columbia **Esso**

CROSSWORD By A. C. Gordon



ACROSS

- Never down
- Demad
- Not at all
- The hand that rocks the world
- Armed vessels
- Duties
- Free Science
- Lost color
- An alcoholic illness (abb.)
- English idiom
- Household god
- Record store
- Deprive
- Be festive
- Arabian gulf
- Opposed to
- Former of a curve
- North Africa region

DOWN

- Profit
- French article
- Radical (math.)
- Silicon (chem.)
- Reimburse
- Silver (chem.)
- In a govern- mental manner
- Without
- A fabric
- Article
- To manifest
- Printer's measure
- Plaster's capital sign
- Gain
- A rapid gait
- tender
- Bury
- Servant
- Cuddle
- Bone
- Visionary notion

11 - Decilitre (abb.)

- Voluntary obligation (abb.)
- Units
- Winged
- Asiatic
- Boundaries
- Embryo of an animal
- Antelope
- Through
- Registered Nurses (abb.)
- Rotate again
- Half (prefix)
- socks
- Tennis term
- Incite a dog
- Hazard
- Story
- Lutealium (chem.)
- Chinese measure
- Parent
- Half an em

Coal - Wood - Totem logs

R. N. HASTINGS

Phone 886-9902

Sechelt news items

BY MRS. A.A. FRENCH

Mr. and Mrs. Fred Holland visited Mr. and Mrs. O. Korgan for the holidays.

Miss Helen Dawe visited her parents, Capt. and Mrs. Sam Dawe. Michael Dawe was also a visitor, his parents being away on a trip to Europe.

Mr. and Mrs. Lloyd Turner spent Christmas with Mr. and Mrs. R. Davis and Mr. and Mrs. Don Wood in Vancouver and for New Years visited a son and his wife, Petty Officer and Mrs. R. M. Turner at Victoria.

Mr. and Mrs. W. J. Mayne spent the holidays with Mr. and Mrs. Jack Evans in West Vancouver.

Mr. Ron Orchard spent Christmas in Vancouver with Mr. and Mrs. W. Sheridan.

Mr. and Mrs. W. B. Billingsley visited their son Harry and his family at the Billingsley home. Mrs. H. Shepherd now of Victoria, visited her parents, Mr.

and Mrs. P. Cox and sister Mrs. H. Batchelor. Mrs. Shepherd whose name was Winnie Cox noted many changes in Sechelt. She at one time had a tame deer.

Mr. and Mrs. Ron Redman of Port Alberni are visiting Mr. Redman's mother, Mrs. E. E. Redman and Don Redman of Toronto is in Sechelt visiting his grandmother.

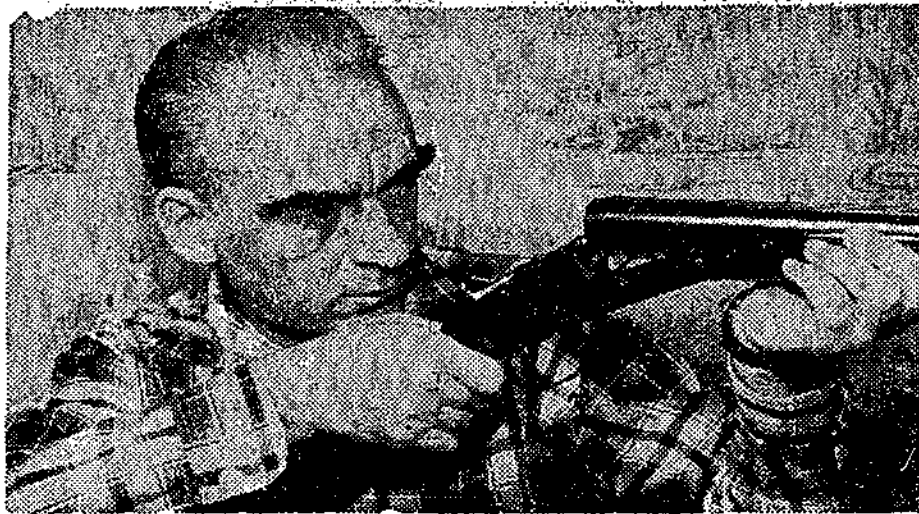
Miss Violet Potts of Vancouver, sister of Mrs. E. S. Clayton was a guest at the Clayton home.

Visiting here from Port Coquitlam is Mr. and Mrs. John Bertram and family. Mrs. Bertram was Esther Nelson.

Mr. and Mrs. T. Ivan Smith spent a short vacation with their family in Vancouver.

Mr. and Mrs. Francis Stone spent the Christmas season with their family in Vancouver.

Mr. and Mrs. John White from Duncan B.C. are here on a visit. Mrs. Rose Townley of Vancouver was the guest of Mrs. Margaret Gibson.



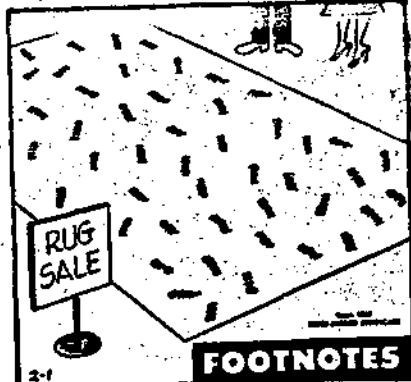
King Whyte, the veteran sportsman who offers tips on hunting and fishing each Saturday night on CBC-TV's King Whyte Show, knows his guns, stock and barrel. In his game room, King has a total of 15 shotguns and rifles and three pistols, each as good as the man who fires them. He has been elected honorary member of rod and gun clubs the length and breadth of Canada.

LETTERS to editor

Editor: Being that so many complaints, protests and fervent requests, over a period of several years, have not had the required results, I would publicly condemn the attitude taken by a certain owner of cattle.

It may not be law-breaking to have a bunch of cattle at large, but it is heart-breaking and causes sorrow which words fail to express, to have vegetables and flowers which took a year or more to mature, devoured and destroyed by them breaking through a fence, especially so when the victims are O.A.P.s and the elderly, with their major interests and relaxation in a garden.

Perhaps a New Year Resolution, to all concerned, should be "Do unto others as I would they do unto me," and of course, keep this one. Edwin Walker.



"This one has a cigarette-burn" design woven into it."

Bisset is coach

Of interest to local bowlers is the news that former Canadian champion Dave Bisset has been named coach of Vancouver's team in the Western Canada Five-Pin Bowling Championships. The Vancouver team, seven men and seven women will be selected in a series of trials starting early January.

The championship will be held in Saskatoon on Easter weekend. Dave bears outstanding credentials for the coaching job. He was national singles champion in 1954 and a member of the Vancouver team several other years. He took part in the opening ceremonies of the Sechelt alleys and is the son of Mrs. Roy Gregg of Bali Hai, Welcome Beach.

Roberts Creek

(By Madge Newman)

Mr. and Mrs. Gordon Harrison, en route to California from Florida, spent Christmas with their family here. Mrs. Harrison is the former Betty Paquette.

Young nurses in training who were able to get off for the holiday included Jean Gibb, VGH, visiting her parents, Jean Baba, PMH, also visiting her family, Kitty Ripley, RCH and Sheila Smith, VGH, at the Newman home. UBC students home for the holiday were Sharon Marsh, Nicol Warn and Wilson Anderson.

Halfmoon Bay notes

By PAT WELSH

A quiet Christmas followed by an equally quiet New Year was spent in this area. Those who remained at home entertained friends during the holiday and welcomed the New Year by their own firesides.

On Thurs., Dec. 21 the school children held their annual Christmas party and the school room was full of happy youngsters, proud parents and friends who applauded the efforts of little Mary and Johnny as they went through their paces in Snow White and the Seven Dwarfs. Several dances and songs followed under the direction of school mistress Mrs. C. Surtees. Santa Claus then appeared and distributed gifts to all the children who, tired but happy, left their homes.

Mr. and Mrs. Pete Jorgensen held their annual Christmas Eve party with Mr. and Mrs. Frank Jorgensen and Sandra Lee, Mr. and Mrs. Andy Hansen and Tove and several others dropping in later as guests.

At the Cliff Connor home were Peg's sister, husband and family, Mr. and Mrs. Ralph Smart, Linda and Sandra; her mother, Mrs. M. Walke of New Westminster and, joining them for dinner on Christmas Day, Frank and Elaine Benz and Babe of Wilson Creek.

The Archie Rutherford and Louise dined with the Roy Doyles on Christmas Day and the Russell Brooks sr. held a farewell dinner for son Russell, wife and family who are leaving to reside in Prince Rupert.

Mr. and Mrs. H. Allen and Mrs. Olga Hynek of Cortez Island had dinner with the Charles Tinkleys Christmas Day. At the Jim Coopers were daughter Pat, Mrs. P. O'Neal, Mrs. W. Aberhart and other guests.

Mr. and Mrs. P. Craig and Mr. R. Scott joined the Paddy Welshes for dinner.

The Don Macdonalds came up to their summer home with guests Mr. and Mrs. Leigh of New Westminster.

New Year's Eve, the Jim Coopers and guests enjoyed recordings given by Canon Alan Greene and welcomed the New Year in traditional style. Their guests were Canon Greene, Mr. A. Hanney, Mr. and Mrs. Don Macdonald and Mr. and Mrs. Leigh.

Mr. and Mrs. W. Grundy and Mr. and Mrs. Dave McCaul welcomed the New Year at the home of the Charles Tinkleys, and on Boxing Day Mr. and Mrs. H. Allen entertained the Tinkleys at dinner.

The Clark Teeplees and Candy ushered in the New Year with the Ernie Whites while the Paddy Welshes were hosts to the Roy Greggs.

At their summer homes for a few days were Mr. and Mrs. Sture Lefebvre, Ruth, Peter and guest Susan Cadman.

Mr. and Mrs. J. Graves held open house New Year's Eve, dancing and a singsong round the piano was enjoyed by the many guests who kept going 'till the wee sma hours.

Mr. and Mrs. Pete Meuse have returned home after spending Christmas in Vancouver.

A gay party was held New Year's Eve at the home of the Andy Hansens and 24 guests danced and made merry in the beautifully decorated rumpus room, welcoming in the New Year with noise makers and singing. Among the guests were Mr. and Mrs. Finn Skjold and daughter from the Queen Charlotte Islands.

Mrs. Lois Edmunds slipped and fell while dancing at a party and had to receive hospital treatment for an elbow injury.

The Ladies Auxiliary of the Halfmoon Bay Improvement Association will meet at Rutherford on Mon., Jan. 8 at 2 p.m.

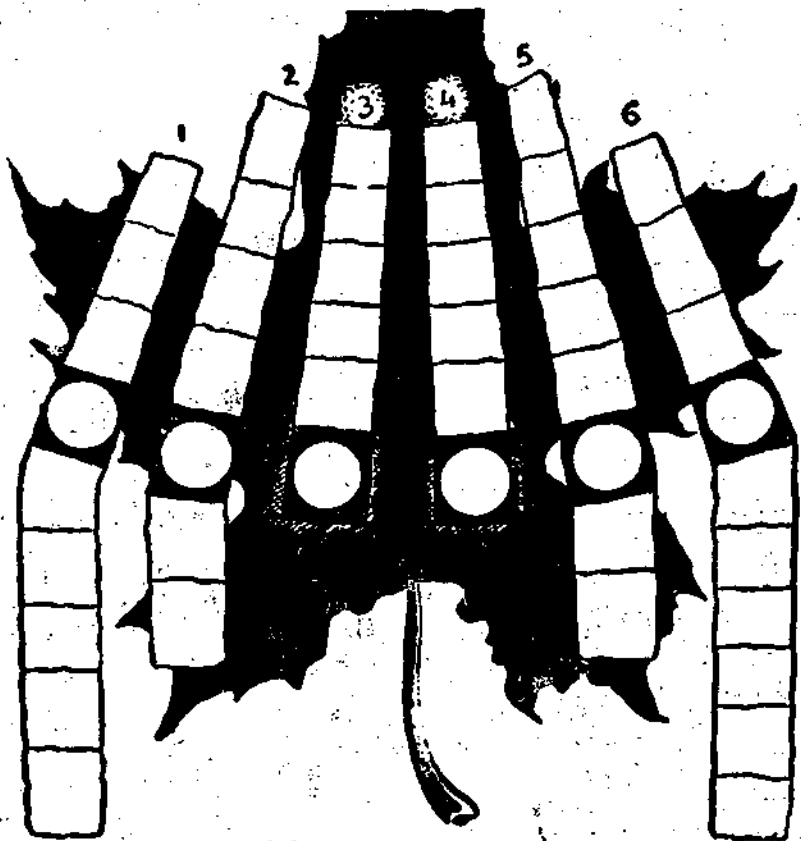
W.F. Smith

Death has claimed W.F. Smith familiarly known as 'Cookie' in Roberts Creek.

Born in Redding, England, on April 13, 1885, he came to Canada in 1907, served in the First World War then worked as a chef in Ontario. In 1927 he came to Roberts Creek to cook for the Scouts' Camp Byng and enjoyed the friendship of the boys, by whom he was affectionately called 'Smitty.' He was caretaker of the camp for 24 years.

He will be missed by his neighbors who will not soon forget his many kindnesses. Surviving are his wife, three sons, Jim, Wells, B.C.; Gordon, Prince George, and Bill at home, and two granddaughters. Funeral service was held at St. Aidan's Church, with burial in Seaview Cemetery.

THE CHILDREN'S CORNER



Puzzle—

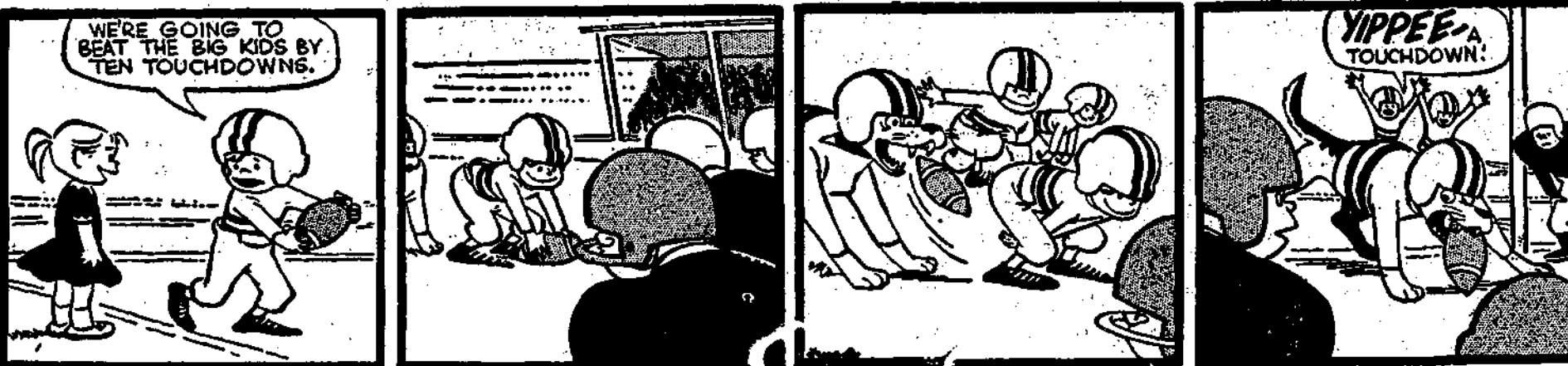
Here is a Canadian puzzle for Canadian boys and girls. Now find out how well you know your own country.

1. A beautiful city near the Pacific Ocean.
2. Much falling water here.
3. The name of a large bay.
4. A very important city with an Indian name.
5. Also the name of a large dog.
6. It means "New Scotland."

BLOOPER — By Kerr



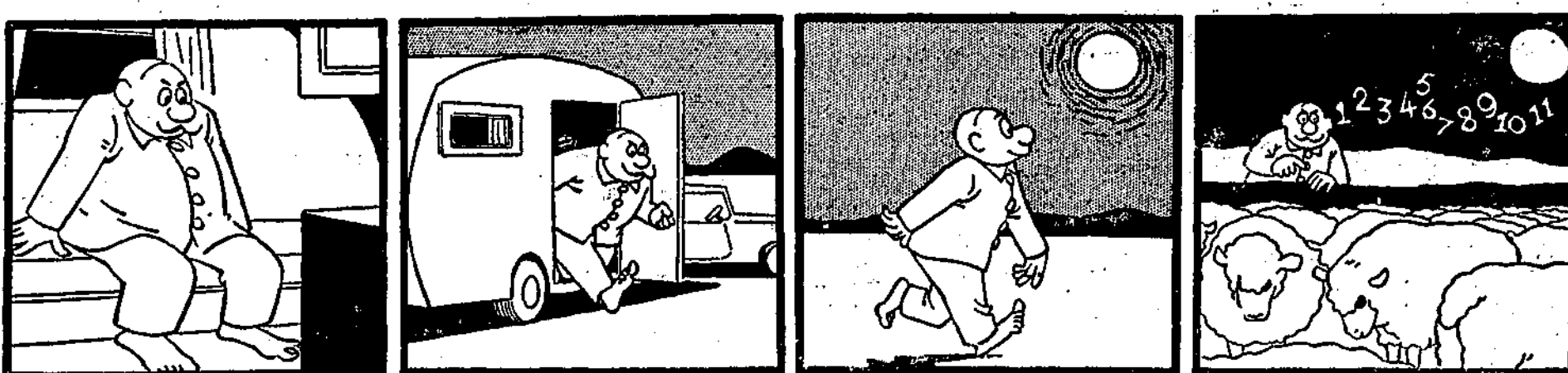
OUR TOWN — By McClelland



NAPOLEON — By McBride



GRAMPA — By Rocquembert



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New toilet seats \$ 3.90

Elko glass lined No. 30 single element \$73.00

Elko glass lined No. 30 double element \$83.00

No. 40 glass lined double element \$89.00
USUAL GUARANTEE

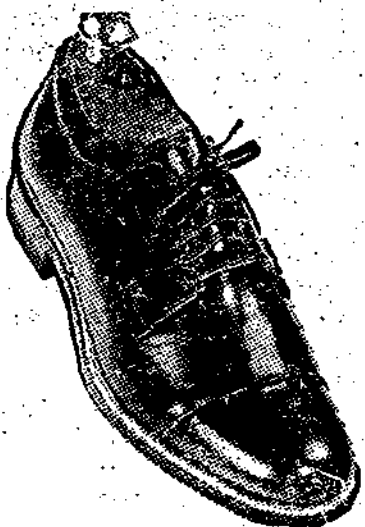
Fibre glass laundry tubs for less than the big stores
You can buy the Cobra brand plastic pipe
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Of the 137 million acres of forest land in B.C., a whopping 92.6 are held and administered by the province, or 126.5 million acres, Provincial Crown. By contrast, only 6.6 million acres, or approximately 4.8 percent is privately owned.

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LEGAL

APPLICATION FOR A WATER LICENCE

Water Act (Section 8)
I, Robert Leonard Blakeman of 128 East 58th Ave., Vancouver, B.C., hereby apply to the Comptroller of Water Rights for a licence to divert and use water out of Stephen Creek which flows southerly and discharges into Straits of Georgia and give notice of my application to all persons affected.

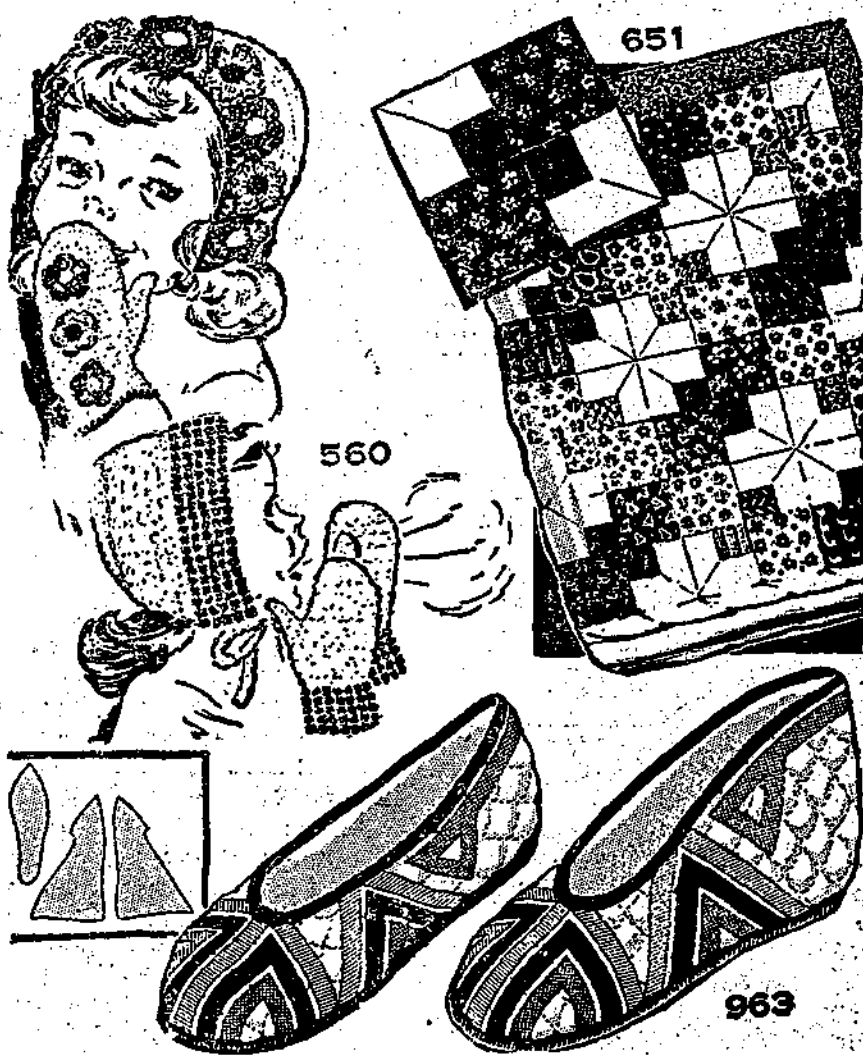
The quantity of water to be diverted is 2,000 gallons a day. The purpose for which the water will be used is domestic. The land on which the water will be used is Lot 5819, New Westminster Land District, except Blocks A & B, Plan 6970.

A copy of this application was posted at the proposed point of diversion and on the land where the water is to be used on the 1st day of December, 1961 and two copies were filed in the office of the Water Recorder at Vancouver, B.C.

Objections to this application may be filed with the said Water Recorder or with the Comptroller of Water Rights, Parliament Buildings, Victoria, B.C., within thirty days of the first date of publication of the application.

The first date of Publication is December 28th, 1961.

ROBERT L. BLAKEMAN,
Applicant



Laura Wheeler Designs

560—SNOW-PRINCESS SET—mainly single crochet for cap and mitten with bright flowers or bold contrast for trim. Use knitting worsted. Directions, sizes 2-4; 6-8; 10-12 years.

651—JUST THREE PATCHES, all straight pieces for this gay scrap quilt you'll display proudly at the next fair. Charts; directions; pattern of patches; yardages single, double bed.

963—GLAMOR A-FOOT—color stripes of bias binding dramatize cozy quilts. Just 2 pattern pieces plus sole for each slipper. Transfer, sizes small, medium, large, extra large.

Send THIRTY-FIVE CENTS in coins (stamps cannot be accepted) for each pattern to Laura Wheeler, care of Coast News, Needlecraft Dept., 60 Front St. West Toronto, Ont. Print plainly PATTERN NUMBER, your NAME and ADDRESS.

FOR THE FIRST TIME! Over 200 designs in our new, 1962 Needlecraft Catalog — biggest ever! Pages, pages, pages of fashions, home accessories to knit, crochet, sew, weave, embroider, quilt. See jumbo-knit hats, cloths, spreads, toys, linens, afghans plus free patterns. Send 25c.

Instant

(Continued from Page 1)

the nutritional value of the food in the processing — other than the normal loss through any form of cooking. But he says that it is up to the commercial food firms to evaluate the selling quality of the products and they will decide such matters as spicing, additives and packaging. He sees no reason, with the trend to "convenience foods," why the whole

line of new products should not gain popular acceptance leading to construction of processing plants with their opportunities for employment and greater sale of farm products.

Asked if he had exhausted the line of instant pre-cooked foods, Dr. Assebergs shook his head but offered no clue as to his next effort.

In his work to date, he said, he had chosen foods with a minimum of oil content. He gave some details on each of the new products.

Fish—the species used were the saltwater hake, cod and pollock and the freshwater whitefish.

Only fillets are used. These passed between the steam-heated drums for simultaneous cooking and drying. The same system is applied to lamb and pork meats. Chicken is cooked sufficiently to enable the bones to be extracted and the meat is then ground, mixed and drum dried. The instant potato and meat mixes make excellent croquettes and casserole dishes. Cheese — Medium cheddar

No Bingo

at
School Hall
until
January 11

are cooked and comminuted — that is finely ground—in order to incorporate the pin bones into the puree which is passed through a mesh, mixed with mashed potatoes and dried in 20 seconds. The pin bones cannot be removed from the fillet, by practical means but their presence in comminuted form, adds to the calcium content of the mix.

Meats—The beef cuts, minus bones, are ground up, mixed with the mashed potatoes and cheese is ground and then mixed, one part to three parts of mashed potatoes, for drum drying. The drying removes the moisture content, generally 30 percent, from the cheese. The dry mix rehydrates instantly in cold or hot milk or water and has a nice creamy texture. It makes an excellent cheese casserole, or sauce.

Turnip — The Laurentian variety, grown in Ontario and New Brunswick was found quite suitable for processing. Turnips are peeled, sliced, cooked, pureed and put through a mesh before drum drying.

Pumpkin — Pumpkins are similarly treated but because of the high water content require longer to process.

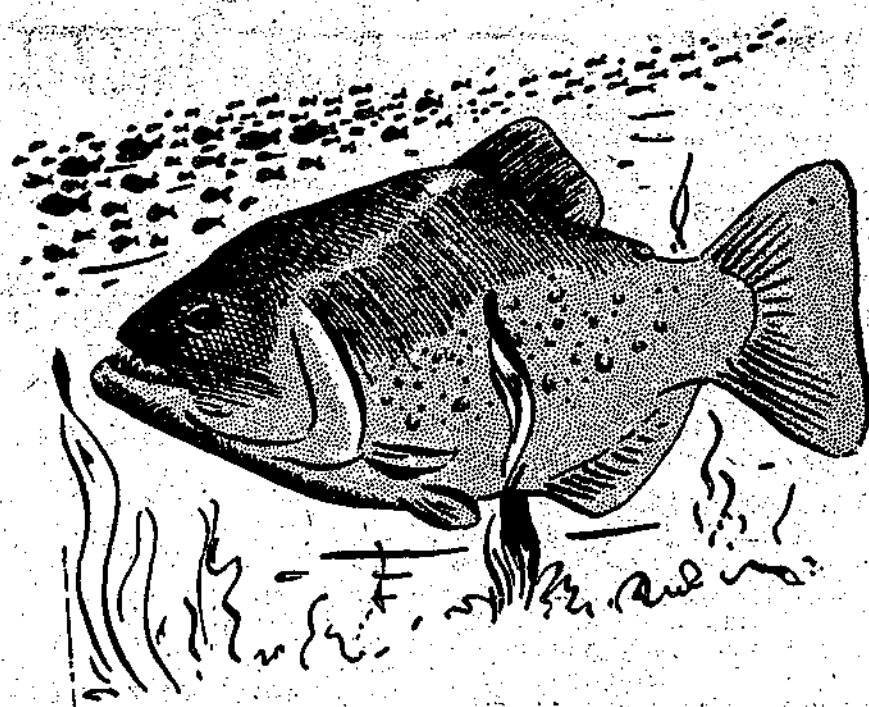
The costs of manufacturing the new foods was low and the same equipment, the steam heated drum drier, was used throughout.

Variations in reconstitution of the food are possible, the Assebergs product being the basic pre-cooked dehydrated food ready for instant use.

Dr. Assebergs joined the Research Branch of the Canada Department of Agriculture in 1954 with degrees from universities in Holland, Canada and United States. He has a photograph of himself as a boy working at his parents' bakery in Holland—proof of an early interest in cooking.

He feels that his present work is fulfilling the prognosis of a leading Canadian food processor who forecast that 57 percent of the housewife's food expenses would in a few years be spent on items then unknown. The tremendous increase in popularity in the United States of frozen french fries, canned potatoes, potato flakes and granules, diced potatoes and other dehydrated forms are proof of the forecast trend.

THE CHILDREN'S CORNER



Can you name this fish? He is not a native of Canadian waters, and he is not a particularly pleasant fellow. See if you can figure out his name before turning the page upside down. See what else you can find out about him.

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"...and this kind for Jimmy—he plays football in his sleep."



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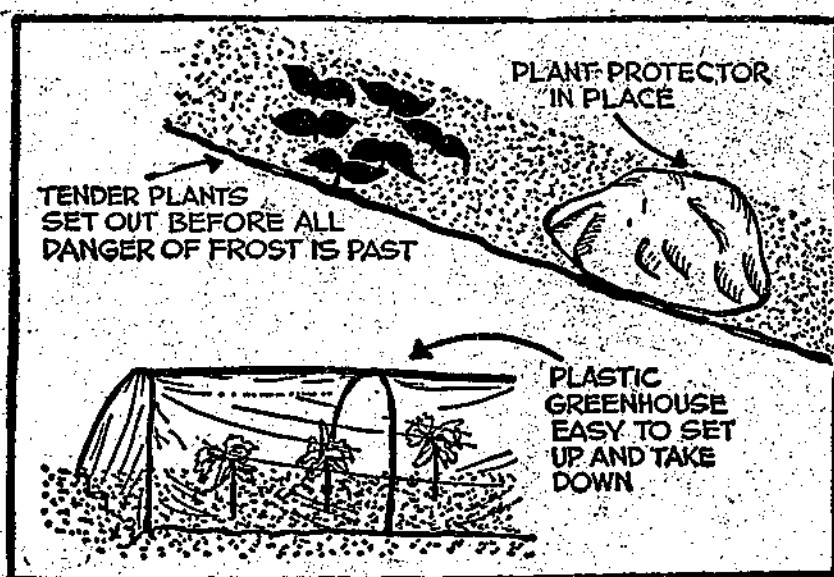
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EMERGENCY PROTECTION

WEATHER is most unpredictable, but many gardeners just can't wait to set out the pepper or tomato plants. They are eager for an early crop to boast about.

As shown in the accompanying Garden-Graph, there are various plant protectors designed to take the gamble out of early planting. These covers also protect young seedling plants from hail and wind storms. They are made of either plastic, waxed paper, glass or cheese-cloth. They are also available in netting which protects certain seedlings from "pecking" birds and insects. Later, in the fall, they can be used again as a cover for winter mulch about perennials.

One type of protector shown, covers a row of plants from five to 25 feet in length. It comes in two sizes, one 12 inches wide and 12 inches high and the other 24 inches wide and 18 inches high.

Plant protectors should remain over the plants until they

grow to the tops of the covers. The soil under a protector will be found to remain soft and pliable and easy to cultivate even when the soil between the covers has become baked and cracked.

Plant protectors, being airtight above ground, hold during the night much of the warmth accumulated during the day. Therefore, by the use of these covers, crops mature earlier.

The plant protectors are highly recommended for an early start with melon and cucumber seedlings to protect them against attacks of beetles.

MORE THAN HALF

Commercial forests of the Pacific slope of North America, including those of Alaska and British Columbia as well as the 11 western states, contain more than three trillion board feet of sawtimber. This is more than half of all the sawtimber volume in North America. Keep fire out of these forests!

How to quell grease fires

The Canadian Underwriters' Association reminds that the best way to avoid a grease fire is to keep the stove clear of grease. The C.U.A. recommends scouring of the oven as a timely precaution.

In addition, while cooking, grease containers should be kept away from the stove. When frying food in a pan on top of the stove, a large flat pan cover and a long handled fork can be used to smother a fire. If the grease in the pan catches fire you can usually extinguish it quickly by lifting the cover with the fork and placing it over the pan.

Fire in a frying pan can be extinguished by sprinkling ordinary baking soda or salt on it. However if you do this, you may have to get something else to eat for supper. One added note of caution: Before you start cooking, check the nearby window curtains and hanging towels to be sure they cannot blow over the burners.

OVERSHOE SCRAMBLE

The scramble for overshoes and rubbers after a party has harassed many a hostess. Here's one way to solve the problem: As each guest arrives he is handed a transparent polythene bag for his footwear. There's no search through a pile of dirty rubbers when the evening is over and no floors to be polished.

70 PERCENT RECOVERED

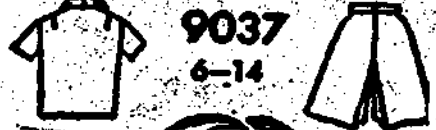
Your forest industries are constantly improving their extracting and manufacturing techniques. As a result of this closer utilization, the industry today recovers approximately 70 percent of the tree, as compared with about 30 percent in the early days of lumbering in British Columbia.

FIRST MILL IN 1846

British Columbia's first sawmill was established in 1846. A century ago there were only 13 mills in operation in all the province. Today there are almost 2,000 sawmills cutting lumber for world-wide markets.

More lives were lost in the Civil War than in any other war in which the United States has been engaged.

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by Marian Martin

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5 types of salmon caught

British Columbia's coastal waters are rich fishing grounds and in an average year fishery products worth between 60 and 70 million dollars are harvested from them. The most valuable of the many varieties caught is salmon.

Salmon accounts for about 65 percent of the total value, herring 16 percent, halibut 10 percent and all other fish the remaining nine percent. The other fish include such members of the cod and flatfish families as lingcod, grey cod, sablefish or blackcod, rockfish and sole. It also includes smelt, crab, shrimp, oysters and clams.

With an ocean of fish at the front door, it's small wonder that west coast homemakers take a special interest in fish and enjoy experimenting with different ways of cooking them.

Pacific salmon is not just one fish, but five different fish, each with its own special characteristics and place on the menu. By name they are Spring, Coho, Sockeye, Pink and Chum.

The Spring Salmon is the largest of the five. Its flesh is soft, rich in oil, and varies in color from deep red to pale pink. Depending on the color, it is classed as Red Spring or White Spring. The two types have equally good flavor and are principally marketed in fresh and frozen form. They are excellent baked, grilled, fried or steamed. It is from the Springs that mild cured smoked salmon, known as "Lux" is processed.

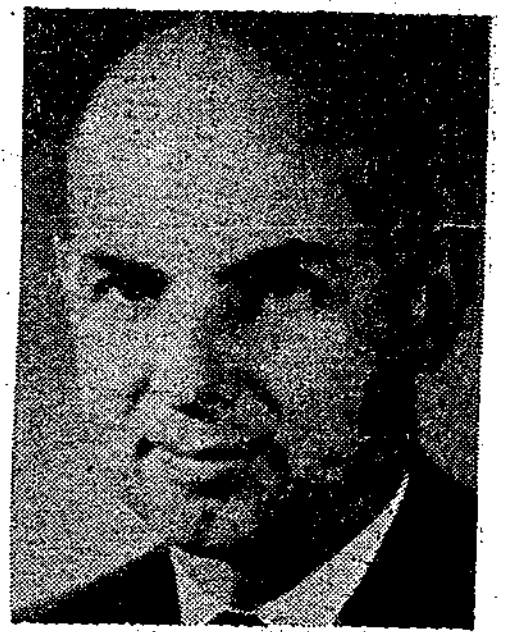
The Coho is a good-sized fish which averages about nine pounds in weight. Its flesh is rich and medium red in color. Both commercial and sports fishermen catch the Coho. Most of the commercial catch reaches the fresh and frozen fish markets, although a substantial quantity is also canned. A whole stuffed and baked Coho is an eye-catching dish for a party occasion.

Most valuable of the five varieties is the Sockeye. The flesh of the Sockeye is firm, rich and bright red in color. It holds up especially well during the canning process and almost the entire catch is canned. Canadian canned Sockeye is a deluxe product and is recommended for use in hot and cold dishes when richness and color are desired.

Smallest and most numerous of the salmon is the Pink, so called because of the delicate color of its flesh. Most of the catch of Pinks is canned. Pink Salmon is small-flaked and has delicious flavor. It is particularly well adapted to use in casseroles, chowders and creamed dishes in which the fish retains its identity.

Most economical salmon is the Chum or Keta. The Chum is a large fish, rather coarse in texture and pale in color. Nevertheless, it has good flavor and is just as nutritious as the other varieties. It is sold principally in canned form and is ideal for salmon cakes, casseroles and other dishes where the color of the fish is not of prime importance.

The five varieties of Pacific salmon comprise one of the most important fish groups in the Canadian fisheries. For real eating pleasure few foods surpass them.



DOUGLAS H. MACALLAN

has been appointed manager of the Pacific marketing region for Imperial Oil Ltd. with headquarters in Vancouver. He succeeds Howard W. Coxon who has been appointed deputy general manager of Imperial's marketing operations across Canada. Mr. MacAllan was born in St. Thomas, Ontario, has held a number of positions with Imperial, and before his recent appointment was assistant manager of the company's co-ordination and economics department. Mr. Coxon is widely known in B.C. as a speaker and for his work as a director of the B.C. Chamber of Commerce and in other provincial organizations.

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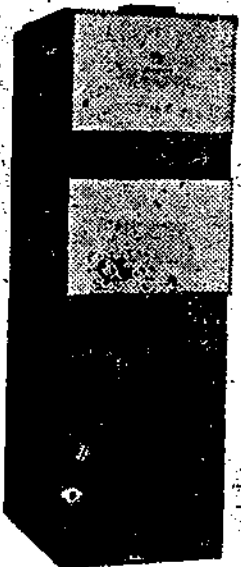


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