



ESKIMO HOME AWAY FROM HOME

Eskimo patients at the Clearwater Lake sanatorium at The Pas, Man., built themselves an igloo and out, it is probably the only igloo in existence that is electrically lit (CP PHOTO)

British Gov't Plans For West Indian Federation

By ROBERT RICE
Canadian Press Staff Writer
LONDON (CP)—The British government Monday unveiled its blueprint for uniting its scattered West Indian colonies into a "flexible" federation.

The plan calls for a federal system comprising a governor-general, a nominated Senate and a House of Representatives whose members would be elected by some 3,000,000 persons living in a 1,000-mile chain of sugar, rum, banana and spice islands from Trinidad, off the coast of South America, to Jamaica, just south of Cuba.

The blueprint, issued in the form of three white papers on finance, civil service and judiciary, will be discussed Feb. 7 at a conference of 16 delegates representing the governments of Barbados, Jamaica, Trinidad and the Leeward and Windward Islands. Colonial secretary Alan Lennox-Boyd will be in the chair.

The delegates will make "final decisions" on the proposed federation—an idea first raised more than a century ago but blocked by the vastness of the Caribbean sea

and the relative isolation of some of the islands.

LOOSELY BOUND

If and when the federation becomes a reality—possibly in 1957—the West Indies will be loosely bound in a "modest" system broadly patterned after that of Australia. In this form the federal government initially will take the minimum of power and leave as much as possible to the individual units.

"We over here are watching the birth of a new nation across the Atlantic," Sir Hilary Blood, author of the civil service white paper, said recently.

A former colonial official in the West Indies, Sir Hilary visualizes the federation as ultimately evolving into a new dominion within the Commonwealth.

If agreement is reached at the February talks, the next stage will be the submission to the British Parliament of an enabling act permitting necessary interim measures, such as the appointment of a governor-general and the holding of federal elections. The motives for federation are

political and economic. West Indians see in union the only way to really effective self-government, Dominion status and a collective voice in Commonwealth and world affairs. One of the first problems for the new federation will be how to become more financially independent of Britain and how to rationalize its economy, at present relying too much on sugar.

OLD AND NEW

STAINES, England (CP)—Weapons of war dredged from the bed of the Thames river by workmen included a stone age ax, two 19th century pistols and the barrels of machine-guns from a German fighter shot down during the Second World War.

FAVORITE FERRY

SHEPPERTON, England (CP)—Middlesex residents have petitioned municipal authorities against closing of the ferry to Weybridge, a Surrey beauty spot. Among signers was actor Bernard Braden of Vancouver, resident of Shepperton.

LET'S EAT

Every Cut Of Pork Can Be Appetizing

By Ida Bailey Allen

"Pork is second in popularity of the four major red meats, in the top animal protein group," I was telling the Chef.
"And the most wanted cut is pork chops, Madame," he replied, "yet there are only about 10 pounds of chops in the entire hog! That is why they are so expensive and why other cuts, that are less in demand, cost so much less."

MORE THIAMIN

"Yet no matter what cut of fresh pork is bought, it is a first-class protein food. Chef. Moreover, it has another advantage. It contains more thiamin, one of the B vitamins, than any other meat."

"But pork is a fatter meat than beef, Madame," the Chef remarked.
"That's why we should always trim off the excess," I said. "In fact, for anyone on a reducing or low cholesterol diet, the fat should be closely cut off, the pork should be slow-cooked, and all remaining fat drained off."

VERY APETIZING

"Every cut of fresh pork can be made very appetizing, Madame. Par example, in barbecued spare-ribs and neck bones and the old-fashioned pork pie. Fresh ham also is a good buy for a large family or a fresh pork shoulder makes a fine main dish. In either case, stuff it with sauerkraut, for which pork has an affinity."

SUNDAY DINNER

Clam-tomato cocktail
Roast Fresh Ham with Kraut-Apple Stuffing
Flaky Potatoes String Beans
Raspberry Sherbet
Coffee Tea Milk

Roast Fresh Ham with Kraut-Apple Stuffing: Order half a boned fresh ham or shoulder of pork. Fill the opening with Kraut-apple stuffing. Fasten together with pies or skewers and lace with string.

Score the rind (outside skin of the meat); dust with a mixture of 2 tsp. salt and 1/2 tsp. monosodium glutamate and 1/4 tsp. pepper. Place fat-side up in an open roasting pan. Bake 3 to 3 1/2 hrs. in a moderate oven, 350 deg. F., or until a meat thermometer reaches 185 deg.

Remove skewers and string before serving.
Kraut-Apple Stuffing: Combine 1/4 c. minced onion with 2 finely-chopped medium-sized apples and 1 (No. 2) c. sauerkraut, well drained.

NEW ENGLAND SUGGESTION

A big sizzling hot fish 'n' potato pie, made with potatoes, of course.

TOMORROW'S DINNER

Vegetable Soup Parmesan
Fish 'N' Potato Pie
Green Peas Pickles
Lemon Sponge Soft Custard
Coffee Tea Milk
Fish 'N' Potato Pie: Barely cover 1 1/2 lbs. fish fillets (any kind), with boiling water. Add 1/2 tsp. salt. Simmer 15 min. Drain, but save the liquid. Coarse-flake the fish. Melt 2 tbsp. butter, stir in 2 tbsp. flour, 1/2 tsp. monosodium

Words Of The Wise

Speech is the gift of all, but thought of few. —(Cato)

glutamate, 1/4 tsp. celery salt, 1/4 tsp. powdered tarragon and 1/4 tsp. pepper.

Slowly add 1 1/4 c. milk and 1/4 c. fish liquid. When boiling add the fish. Transfer to an oiled, shallow 3 pt. baking dish. Cover with 4 c. whipped potato. Brush with 1 tbsp. melted butter. Brown in a hot oven, 425 deg. F. Garnish with parsley.

TRICK OF THE CHEF

For a snappy cocktail, combine the juice drained from canned sauerkraut with an equal amount of tomato juice and a dash of tabasco.

HOT ROLLS double-quick!

with wonderful new fast-acting DRY YEAST!

PARKER HOUSE ROLLS

Measure into large bowl, 1/2 cup lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Scald 1 c. milk and stir in 5 tbs. granulated sugar, 2 1/2 tsp. salt; mixture and stir in 1/2 c. lukewarm water. Beat in 3 c. once-sifted bread flour; beat well. Beat in 4 tbs. melted shortening. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl, grease top and let rise again until nearly doubled. Punch down dough and roll out to 1/2" thickness. Cut into rounds with 3" cutter; brush with melted butter or shortening. Grease rounds deeply with dull side of knife, a little to one side of centre; fold larger half over smaller half and press along fold. Place, touching each other, on greased pans. Grease tops. Cover and let rise until doubled in bulk. Bake in hot oven, 400°, about 15 minutes.

• No more spoiled cakes of old-style yeast! This new Fleischmann's Dry Yeast keeps fresh in your pantry! And it's fast-acting. One envelope equals one cake of fresh yeast in any recipe.

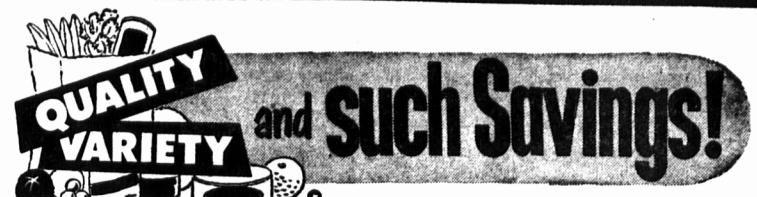
Get a month's supply!



WOULD HIKE STANDARDS

OAKVILLE, Ont. (CP)—Academic standards in Canada's private boys' schools should be raised, an official of the Headmasters' Association of Canadian Independent

schools said Tuesday. Rev. J. A. M. Bell, of Appleby College, president of the association, told the 20th annual meeting of the association that better teaching of fundamental school subjects is needed.



The Best Is Always HEINZ 27c

PORK HOCKS	lb. 19c
FRESH BACON	lb. 39c
CORNERED PORK	lb. 37c
BULK SAUSAGES	lb. 39c

Keep Healthy On These Cold Winter Mornings. Serve...

PURITY OATS 5 lbs. 49c

NEW DOMESTIC Lb. 29c

YORK 48 OZ. Tomato Juice 35c
YELLOW EYED — 20 OZ. 15c
Pork & Beans 19c
Chicken Haddie 19c
Kam, tin 43c
TALISMAN — 24 OZ. Marmalade, 3 for 1.00
CAMPBELL'S Tomato Soup, 2 for 25c
CHEER Soap Powder, 1ge. 35c (BRING JAR)
Molasses, gal. 1.29
Johnson Paste Wax, lb. 59c

Sunlight SOAP 2 for 21c

FREE DELIVERY DIAL 8589

A. ZAKEM'S
THE BEST SHOP TO SHOP BEST

YOU'VE WAITED FOR IT!

ANNUAL JANUARY FUR SALE

1/2 PRICE CLEARANCE

HERE'S YOUR CHANCE TO SAVE!



2 FULL RACKS - COATS AND JACKETS

COATS 50% OFF JACKETS 50% OFF

PERSIAN LAMB	(Black, 1 Only) Reg. \$585.00.	SALE \$292.50	BROWN LAPIN	(Dyed Rabbit, 2 only) Reg. \$189.00.	SALE \$94.50
MUSKRAT BACKS	(Mink dyed, 2 Only) Reg. \$395.00.	SALE \$197.50	PERSIAN LAMB	(Black, 1 only) Reg. \$395.00.	SALE \$197.50
SILVER BEAVER	(Dyed Rabbit, 2 only) Reg. \$265.	SALE \$132.50	MOUTON	(Processed Lamb, 2 only) Reg. \$235.	SALE \$117.50
ELECTRIC SEAL	(Dyed Rabbit, 6 only) Reg. \$250.	SALE \$125.00	MOUTON	Processed Lamb; finger tip length, 2 only) Reg. \$249.00.	SALE \$124.50
MUSKRAT BACKS	(Sections, 1 Only) Reg. \$198.00.	SALE \$99.00	SHEARED MUSKRAT	(Dawn lite shade) Reg. \$345.00.	SALE \$172.50
HUDSON SEAL	(Dyed Muskrat, 2 only) Reg. \$575.	SALE \$287.50	GREY PERSIAN LAMB	(Sections). Reg. \$295.00.	SALE \$147.50
JAP RABBIT	(3/4 Length, 1 only) Reg. \$225.	SALE \$112.50	ELECTRIC SEAL	(Dyed Rabbit; 2 only) Reg. \$195.00.	SALE \$97.50
PERSIAN LAMB	(Brown, 1 only) Reg. \$495.00.	SALE \$147.50	ELECTRIC SEAL CAPE	(Dyed Rabbit; 1 only) Reg. \$185.00.	SALE \$92.50
GREY KDISKIN	(1 Only). Reg. \$108.00.	SALE \$99.00	ALL NECKPIECES AND STOLE	25% OFF

ALL REGULAR STOCK REDUCED 20% to 30%

island furriers Ltd.