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RECIPE OF THE WEEK BANANA NUT BREAD

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1/4 cup butter or margarine

3/4 cup sugar eggnevin asidismed on bus bedoos

2/3 cup mashed ripe banana-

(2 medium)

2 cups sifted flour

1/2 teaspoon baking powder

1/2 teaspoon soda 1/2 teaspoon salt

3 tablespoons buttermilk

1/2 : cup shopped nuts

Cream butter and sugar together; add egg, and beat until light. Beat in banana. Add sifted dry ingredients and buttermilk; blend. Add nuts. Put in 2 greased 19 ounce tins cans or 1 greased 9 x 5 x 3 inch loaf pan. Bake in moderate oven, 350°F., about 1 hour. Cool slightly before removing from cans or pan to cake rack. Store overnight before slicing. Donald, E. Boutilier, E. Desaulaier, E.

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Mrs. Doris Legault is reported progressing favourably in St. Joseph's Hospital, Port Arthur, with hopes of being home next week.

.Mr. and Mrs. John Hunt of Arnprior, Ont. arrived on Saturday for a visit with his sisters, Pat Hunt and Hilda Valiquette.

Mrs. and Mrs. J. Suckett of Fort William have come to make their home with their son and daughter-in-law, John and Isabelle Delaronde.

Isabelle and Mac Craig spent the weekend in the Lakehead.

Fred McMillan with Donny spent the weekend with Mr. and Mrs. Harry Ward in Fort William with Donny remaining for a longer (Cont. on next col.)

AROUND THE TOWN (Cont.) visit with his grandparents.

Magistrate P. T. Hake of Port Arthur with his daughter Joan and Donna Lang . visited with his daughter Lois Haviland over the past weekend.

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HIGH SCHOOL STUDENTS RECEIVE PRACTICAL VOCATIONAL GUIDANCE

On Tuesday, March 6th approximately sixty two high school students spent their afternoon on field trips to acquaint themselves with various professions which they may be interested in at the completion

of their formal schooling.

These field trips were arranged by the Vocational Guidance Committee of the Kiwanis Club of Terrace Bay under the chairmanship of Mr. C. E. Paget. Mr. Dave Locking, Principal of the High School, had the students list the vocations they were interested in, and without Mr. Locking's fine co-operation the program would not have been possible. These Field trips incidentally were planned in conjunction with Education Week, March 5th to March 9th.

The LongLac Pulp and Paper Co. put its facilities at the disposal of the students. The LongLac bus picked up the students and brought about 35 boys and girls to the mill. At the mill the boys were in various groups and received the opportunity to learn something about the professions such as civil, mechanical, electrical and chemical engineering. A group of boys were interested in the trades such as pipefitting, automechanics, etc. The girls who made the trip to the mill were interested in the stenographer and typists positions.

Another group of students visited the Terrace Bay Hospital where they were introduced to the professions of Medicine and Nursing.

A group of girls spent their afternoon at the Public School observing teaching methods and learning about the teaching profession. Mr. John Morrison, Principal of the Public School was responsible for these arrangements.

The response and the reaction of these vocational guidance trips were such that they will probably become an annual affair.

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Fire Chief.