



Out goes the old year . . . in comes the new. And we hope, with full sincerity that it brings nothing but health and happiness to you.

1. Wallace Department Store
2. Rupert Peoples Store
3. Rupert Men's and Boys' Store

## Health Officials Scorn Molasses

OTTAWA (C)—Crude molasses has been given a set back. In fact health department officials are holding their noses and suggesting the "dear" public get wise to itself—there's no magic in blackstrap.

In fact there are no more mystical properties in this gooey stuff than in foods such as liver, pork and cracked wheat.

The torpid treacle which Mom has been taking mornings for her arthritis has about the same nutritional qualities as peanut butter and eggs.

Mind you that's nothing against the molasses. Peanut butter and eggs are just easier to take—that's all.

As Dr. L. B. Pett, head of the health department's nutrition division puts it: "So far as we know the nutritional value (of blackstrap) lies principally in the amount of minerals such as iron, that are good for anaemia, and the amount of B vitamins.

"The darker forms of molasses must be considered along with other common food sources of iron and B vitamins such as liver, kidney, dried beans, pork, rolled oats . . . eggs, peanut butter—as well as special foods such as dried yeast."

The molasses boom began six or seven months ago when someone—no one seems to be quite sure who—heard that crude molasses cured everything from tuberculosis to flat feet.

**EARLY PICK-UP?**  
The good word was passed along to a neighbor and in no time at all molasses had become

the early-morning pick-me-up in homes from Vancouver to Toronto, Montreal and Ottawa. (One teaspoon in half a glass of warm water). The feed stores and drug stores were doing a roaring business.

Yes, feed stores. Because blackstrap is the same stuff farmers buy to mix in feed mash for their livestock.

A Montreal dietician warns that it has "so many impurities that it is not registered under the Food Acts as a food at all."

Dr. Pett feels the Canadian public should be "more discriminating" in what it eats and warns against "possible unsanitary handling" of blackstrap.

"You don't know its history unless you get it in a container processors," he says.

"The people like to believe in magic." That's why Dr. Pett thinks blackstrap suddenly has acquired such a following.

For years the health department has recommended dark cooking molasses (which incidentally is properly inspected) as a good source of iron and B vitamins.

But blackstrap—"We have no evidence at the moment that the extremely strong tasting and smelling stuff is any better," says Dr. Pett. "The more revolting a food doesn't mean it is any better nutritionally."

### CHECKING HOUSES

SASKATOON, Sask. (C)—City engineers say a number of poor-built shacks and homes are being moved here from country points. They are willing to see good structures moved in this fashion but are asking owners of poor buildings to make improvements before moving.



CAYUGA WINS ESTHER—A plaque with a photo of movie actress Esther Williams has become a competition trophy among wardrooms of United Nations ships in the Far East. The idea is for crew-members of one ship to lift it from another, either by force—firearms and knives excluded—or by "low cunning." H.M.C.S. Sioux held the plaque briefly and Lieut. J. B. (Pop) Fotheringham, Toronto, of the Sioux examines a "battle copy" that goes to each ship that has held the plaque. The Sioux swiped Esther from the Australian destroyer Bataan, but lost her to H.M.C.S. Cayuga in a midnight raid. (CP PHOTO)

## Frost Returns To Pr. Rupert

Although it seemed colder and frozen water vines were reported, the official thermometer at Digby Island dropped only to 31 degrees during the night.

After the mild temperatures through the holiday season, Prince Rupert people felt the cold, which has been increasing during the past few days. Counter-balancing the drop in temperature were the clear skies of yesterday and today. The bright day yesterday allowed the C.P.A. flight to come in in daylight after five o'clock yesterday afternoon, although it has been very dark at that time during the past week.

The forecast for this afternoon is increasing cloudiness and rain and some snow.

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## Christmas With Canadian Navy

TOKYO—Canadian sailors celebrated Christmas Sunday night while their ships were plowing through heavy seas and snow storms off the west coast of Korea. There were flakes the size of fifty cent pieces. Icicles clung to the guard rails, guns and hall-lards.

Santa Claus boarded the squadron by way of the jack stay—that is to say the bags of mail were distributed by line from destroyer to destroyer as they raced along.

Mess decks and ward rooms of the Athabaskan, Cayuga and Sioux were decorated with Japanese tinsel and streamers. There were some Japanese firs as Christmas trees. As a substitute for holly was made of mulberry branches from Korea.

The population of the whole Arab world, including Egypt, is estimated at 44,000,000.

## MOTHERS PRAISE USE OF STEAM FOR COLDS

Relieves Nagging Miseries With Every Single Breath

A special treatment that relieves bronchitis, croup, whooping cough, and croupy coughs of colds almost instantly is winning praise today from Canadian mothers.

The treatment, recommended for children and grown-ups, is quick and easy. All you do is put two good spoonfuls of Vicks VapoRub in a vaporizer or bowl of boiling water. Then breathe in the soothing, medicated vapors.

Every single breath carries VapoRub's special medications deep into cold-congested, large bronchial tubes—right where worst miseries are. It relieves raspy coughs, eases miserable stuffiness of colds, and brings soothing relief in a hurry!

To keep up relief for hours, rub VapoRub on throat, chest and back, too. It works even while you sleep.

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## George Bernard Shaw Is Injured

LOS ANGELES—George Bernard Shaw, a retired Boston business man, has been admitted to hospital here. He had broken his left hip when he fell from a car. His age is 94 years. He is no relation to the late George Bernard Shaw, the famed Irish wit and playwright, who died last November in London, at the age of 94, after having broken his left hip as a result of a fall, followed with complications.

A. P. Bell returned on the Prince George today after a trip to Vancouver.

## 20 Days For Drunk Driving

Mixing alcohol and gasoline proved costly for Henry Tariff, who was sentenced to 20 days' imprisonment in magistrate's court yesterday when convicted of a charge of drunken driving. His driver's license was suspended for three months.

## Return Rush By Aircraft Is On

Canadian Pacific Airlines has added another Canso amphibian plane to its Sandspit-Prince Rupert run to meet the post-holiday rush back to the city. Captain of the extra plane is J. Black of Vancouver who formerly was on the Sandspit-Prince Rupert run. First officer is Lloyd Moffat. Mrs. Dorothy Peachey is stewardess. The plane will be kept on the run for a few days. Meanwhile, the Vancouver to Sandspit run is being served by a DC-4 instead of the DC-3, that is normally on the run.

Yesterday's flight from Vancouver was held up by storms down the coast. In addition, strong head winds further delayed the arrival at Sandspit. Final time of arrival at Sandspit was 4 p.m. so the two Cansos delayed there, getting in about dusk.

A local woman, who had been bitten by a dog, was receiving treatment from her physician. After treating her, the doctor said:

"It's possible you may be carried off by hydrophobia, madam, so it may be well to note down your last wishes."

The woman busied herself with pen and paper for such a long time that the doctor interrupted, remarking:

"That's rather a long will, isn't it?"  
"Will nothing," the woman replied. "I'm making a list of the people I'm going to bite."

## Year's First Immigrants

HALIFAX.—The first immigrants to be welcomed to Canada in 1951 arrived here last night from Bremerhaven, Germany, in the SS. Goya under the sponsorship of the International Refugee Organization. The 501 persons, including miners, woodworkers and their dependents, will leave here today by Canadian National Railways special train for central and western Canada.

They are the vanguard of greater numbers of immigrants expected to come to Canada this year under the federal government's new assistance plan.

## "Cheaper By Dozen" Here

Technicolor movie version of a best-seller novel which has proven one of the most popular pictures of the past year, "Cheaper by the Dozen" comes as the feature offering to the screen of the Capitol Theatre here this Thursday, Friday and Saturday.

The movie aims to reproduce the bright and unaffected chronicle of the adventures of a family of twelve children and makes a bright and humorous story.

Clifton Webb, Jeanne Crain and Myrna Loy have the leading roles—Webb turning in what all have said to be a memorable performance as "Dad," while Jeanne Crain is the eldest daughter and Myrna Loy is "Mother."

Included in the list of featured players are red-headed Betty Lynn (daughter of Fred MacMurray), Edgar Buchanan as the doctor who removes the family's tonsils en masse, Mildred Natwick and Sara Allgood.

### LONG DISTANCE

Use of radar in sending signals to the moon will be demonstrated at the 1951 Festival of Britain.

Today 7-9 p.m. CLARK GABLE - BARBARA STANWYCK in "TO PLEASE A LADY"

IN THIS MY GREATEST PERFORMANCE, I WAS NOT ENTIRELY ALONE

**Clifton WEBB**

and **MYRNA LOY - JEANNE CRAINE**

**CHEAPER BY THE DOZEN**

TOMORROW by the **DOZEN** **TECHNICOLOR**

**CAPITOL**

THURS. TO SATURDAY 7 p.m. - 9:05 p.m.

DAILY NEWS CLASSIFIED ADVERTISEMENTS BRING RESULTS

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Happy Birthday to You.  
Happy Birthday to You.  
Happy Birthday, Dear Thomas.  
Happy Birthday to You.



"We're having quite a run on cactus"



"Don't bother fussing over supper. I'm not very hungry"

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The Canadian Army Active Force needs men today . . . keen young men who can begin training immediately as anti-aircraft gunners. You can take your place at the side of the men who defend Canada by reporting for training without delay. Act now—and help make Canada strong.

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