

**NEW-MASTER REELS**  
Reduced  
**50c each**  
**WRATHALL'S**  
Photo Finishing  
320 Third Ave. W.

**JOHN H. BULGER**  
Optometrist  
John Bulger Ltd.  
Third Avenue

**UNION STEAMSHIPS**  
VANCOUVER—VICTORIA  
Sunday, 8 p.m., Chilcotin  
Tuesday, 12 Noon  
Camosun  
ALICE IRM, STEWART AND  
PORT SIMPSON  
Monday, Camosun, 11 p.m.  
THE NORTH QUEEN  
CHARLOTTE ISLANDS  
ss. Chilcotin  
March 30  
9 p.m.  
FOR SOUTH QUEEN  
CHARLOTTE ISLANDS  
Chilcotin, March 23  
9 p.m.  
**FRANK J. SKINNER**  
Prince Rupert Agent  
4th Avenue Phone 568

**REAL ESTATE INSURANCE INCOME TAX RETURNS PREPARED**  
**E. MORTIMER**  
353—3rd Ave. W.

PHONE GREEN 884 FOR  
**WELDING OF ALL TYPES Industrial Welding COMPANY**

**Tailoring for Ladies and Gentlemen**  
**LING the tailor**  
6th St. Phone 649

**Chinese Dishes**  
Chop Suey - Chow Mein  
**HOLLYWOOD CAFE**  
Outside Orders Phone 133

**Plumbing & Heating**  
**MARCHAND HEATERS VORTEX OIL BURNERS PLUMBING FIXTURES**  
PHONE 174  
Repairs and Alterations  
**Th & Elkins Ltd.**  
P.O. Box 274

**CFPR RADIO DIAL**  
1240 Kilocycles  
(Subject to Change)

**MONDAY—P.M.**  
4:30—Magic Adventures  
4:45—Stock Quotations and Int.  
5:00—CBC News  
5:00—International Comty.  
5:10—Rawhide  
5:30—Dixieland Jazz  
6:00—Supper Serenade  
6:15—Martial Airs  
6:30—Musical Varieties  
6:45—"Saddle Rockin' Rhythm"  
7:00—CBC News  
7:15—CBC News Roundup  
7:30—Songs for Early Evening  
7:45—The Island's Other Side  
8:00—Eric Wild  
8:30—Bold Venture  
9:15—National Farm Radio Forum  
9:30—Melody from the Sky  
10:00—CBC News  
10:10—CBC News  
10:15—Provincial Affairs  
10:30—CBC Choristers.  
11:00—Weather forecast and sign-off

**TUESDAY—A.M.**  
7:00—Musical Clock  
8:00—CBC News  
8:10—Her's Bill Good  
8:15—Morning Song  
8:30—Morning Devotions  
8:45—Little Concert  
9:00—BBC News and Commentary  
9:15—Music for Moderns  
9:30—Morning Concert  
9:35—Time Signs  
10:00—Morning Visit  
10:15—Morning Melodies  
10:30—"Melody Time"  
10:45—Charlie Kunz Presents  
11:00—Kindergarten of the Air  
11:15—Roundup Time  
11:30—Weather Report  
11:31—Message Period  
11:33—Recorded Interlude  
1:45—Scandinavian Melodies

**P.M.**  
12:00—Mid-Day Melodies  
12:15—CBC News  
12:25—Program sesame  
12:30—B.C. Farm Broadcast  
12:55—Rec Int.  
1:00—The Concert Hour  
1:30—Musical Program  
1:45—Allison Grant, Comty.  
2:00—Easy Listening  
2:30—Records at Random  
2:45—Behind the Scenes in Government  
3:00—The Music Box  
3:15—Western Five  
2:30—Listeners' Choice

**How do you get a promotion?**

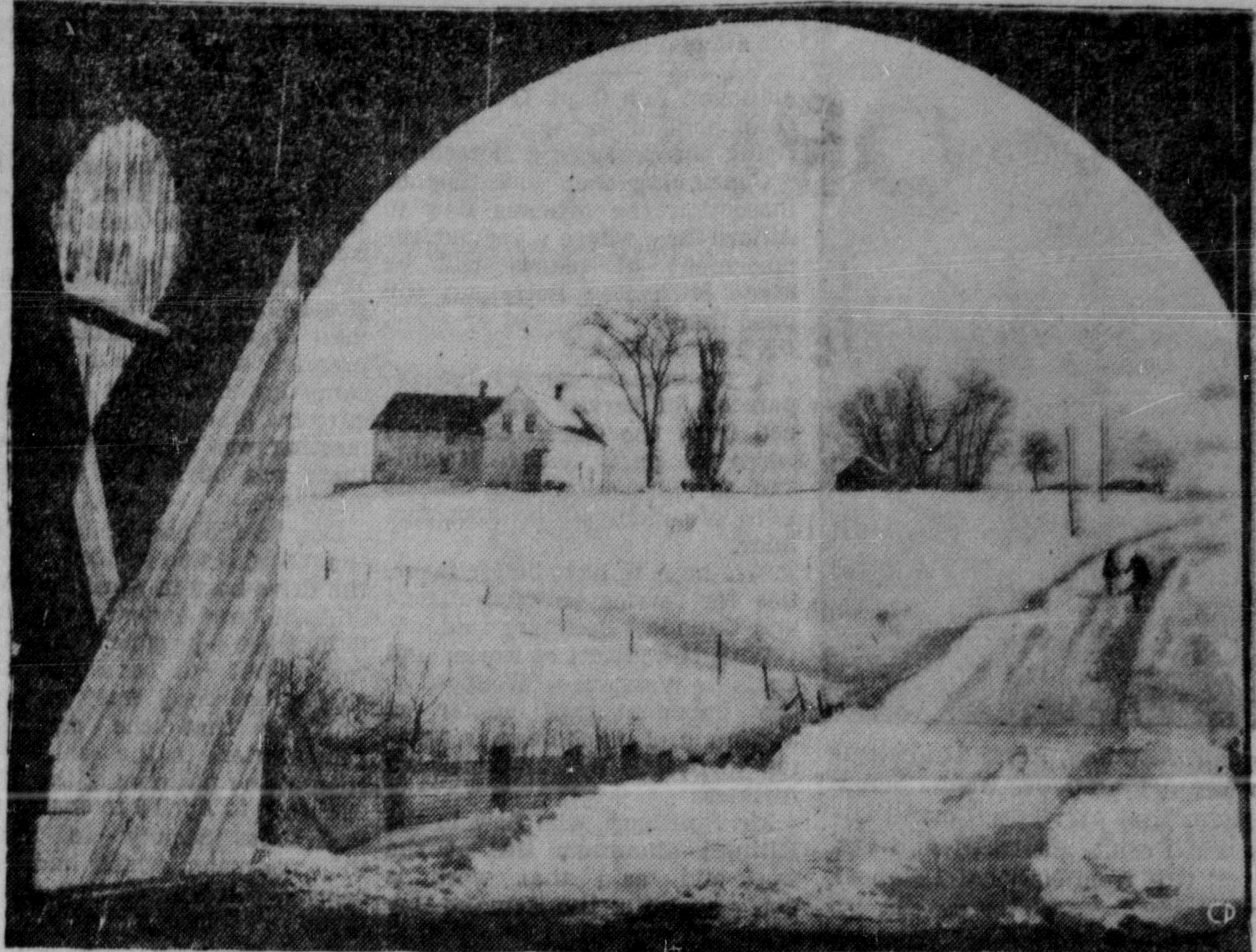
**1 Show the boss how you can save for him**  
Advertising saves by creating the demand that builds low cost mass production.

**2 Find a new way to increase business**  
Advertising does that. As it increases markets and demand it makes jobs for everybody.

**3 Show what the boss will get out of it**  
Advertising does it this way... It sells benefits to you, and you, in self-interest, discover the merits of new products.

**4 Prove you're a good team worker**  
Advertising proves it every day. Witness the advertisements that lend a helping hand by influencing us to save, to protect ourselves and families, improve ourselves, keep well, make it last, do it better. Yes, advertising is a great, needed force for good, particularly in the present emergency.

The very tools you use to sell yourself are the tools of advertising. Are they justified? Well, are you justified in trying to get ahead?  
This advertisement sponsored by  
**The Daily News**  
In co-operation with Advertising Recognition Week



**NEW BRUNSWICK WINTER**—Snow-covered fields and winding hilly road framed by the covered Fillmore Bridge at Turtle Creek present a typical snow scene of the countryside around Moncton, N. B. (CP PHOTO)

**... HOUSEKEEPING ...**  
**A SALAD A DAY SHOULD BE ON MENU; LETTUCE NOT ESSENTIAL**

Could there be a more delightful way to serve crisp, juicy vegetables and luscious fruits than in salads which should appear daily on every family table? The fact that a salad should appear on the daily menu is an important one, because they make such a definite contribution to good health. Salad helps to insure that we meet our daily needs for minerals and vitamins. In addition some of them furnish energy as well as tissue building material, particularly when made from such foods as meat, eggs, cheese or poultry combined with salad dressing.

Good salads make meals more pleasing, tasty and interesting because they furnish crispness, color and added flavor to any menu. Not only have they appetizing appeal, but also eye appeal. Variety in salads in summer and fall is fairly easy to achieve, but salad making in winter and early spring may prove to be a real challenge. Home economists give some helpful suggestions to help meet this challenge. Too often homemakers forget about salads in winter without realizing that this is one time when salads are most necessary. Salads are mainly divided into four classes.

**The Light Dinner Salad** is served more or less as an appetizer to prepare the appetite for the more substantial food which is to follow or as an accompaniment to the meat course. It usually consists of a combination of greens, crisp vegetables or juicy fruit served with a tart, simple dressing.

**The Main Dish Salad** is a hearty, substantial salad served as the main dish at luncheon or supper. For this salad such food as eggs, cheese, poultry, fish or meat are combined with the crisp greens or vegetables.

**The Dessert Salad** is, as a rule,

carrot, cooked green beans or peas marinated in French dressing, served with a topping of onion rings.

Shredded cabbage, grated raw turnip, and diced celery blended with mayonnaise.

Shredded cabbage, grated raw onion chopped hard-cooked eggs and chopped pickles blended with boiled salad dressing or mayonnaise.

Shredded cabbage, grated Canadian Cheddar cheese and cooked peas combined with French dressing.

Diced cooked beets, canned green beans or peas served as individual mounds in cabbage cups and topped with dressing.

Diced cooked beets, diced canned pears served in a cabbage cup and blended with mayonnaise.

Diced raw unpeeled apple, shredded cabbage and diced celery blended with salad dressing and topped with chopped nuts.

Canned peaches, pears and diced apple served with cottage cheese or cheese balls.

Diced chicken, diced apples and shredded cabbage blended with salad dressing.

Diced meat, diced cooked potatoes, chopped eggs combined with shredded spinach and blended with mayonnaise.

It's often said that the dressing "makes" the salad. The clever homemaker will keep in her refrigerator, in covered jars, mayonnaise, French dressing and boiled dressing. To these may be added various ingredients such as chopped pickle, ketchup, chopped onion, cottage cheese or the Roquefort type cheese to add variety and flavor to salads. The

made of fresh frozen or canned fruit or a combination of all three. If there is any member of the family who is carefully watching calories here is an answer to their dessert problem. This salad may complete the meal without adding as many calories as the usual richer desserts supply.

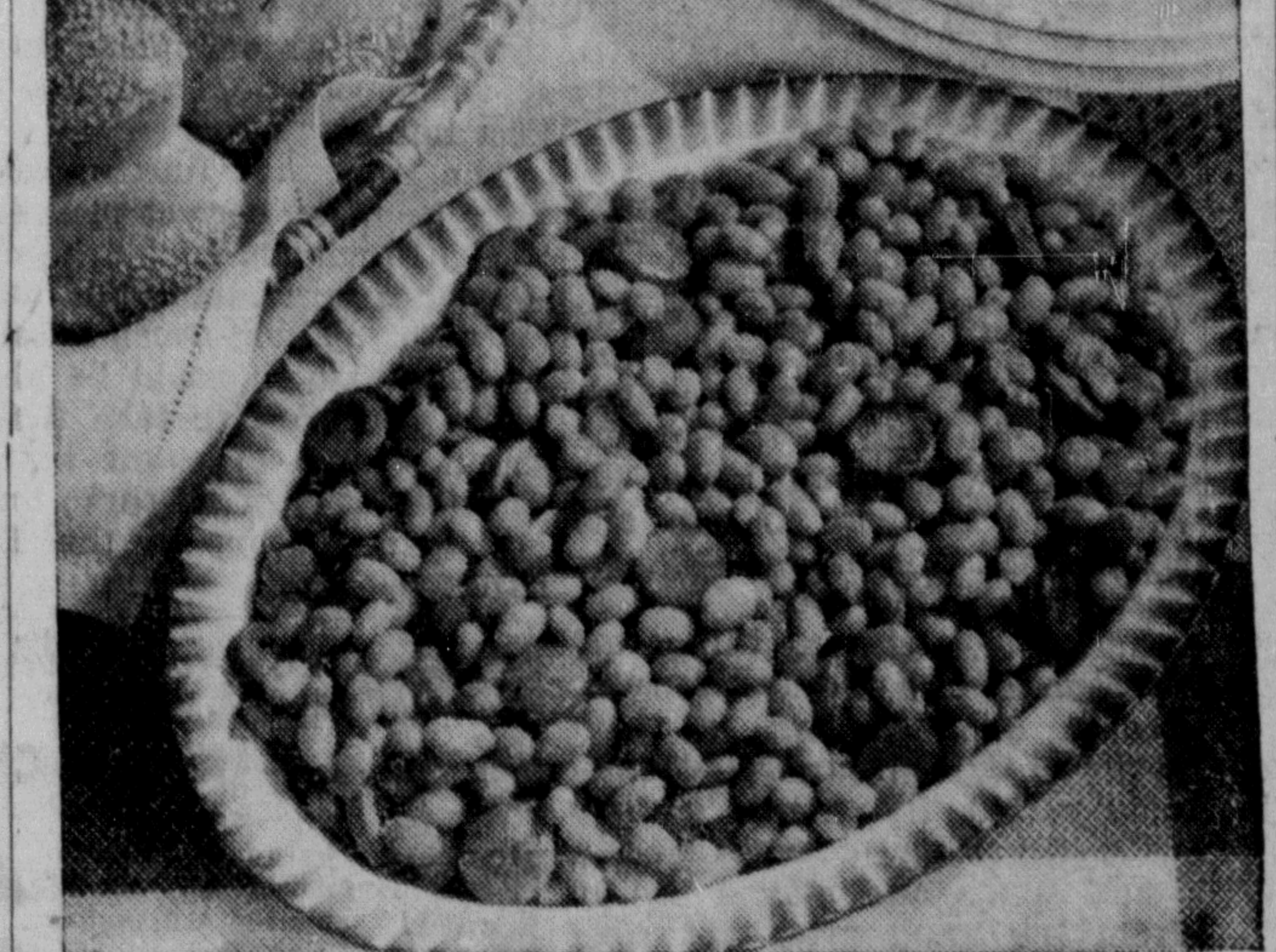
**The Party Salad** is a light and tempting one. Since it is usually eaten between meals, it should be refreshing rather than too satisfying. Frozen or moulded jellied salads are excellent for the party.

The other day in a restaurant a home economist asked for a salad, and the waitress replied that there were no salads that day as they had not been able to obtain lettuce. Canadian homemakers should not consider that they can't make a salad unless they have lettuce. Granted, lettuce has become an integral part of most salads, but shredded cabbage or nice tender crisp leaves of spinach, cabbage or even parsley make a good salad base. The idea of not serving a salad just because the usual ingredients aren't handy is a foolish one. Salad ingredients should be fresh, crisp, clean and cold. As soon as the vegetables or fruits for salads arrive in the kitchen, rinse them in cold water, but do not soak, clean or scrub those which need it, and store them immediately in a covered container, in a cold place.

Recipes for salads are largely guides which can be varied in many respects, according to the ingenuity, imagination and individuality of the homemaker. Though there are no basic recipes for salads, the home economists of the Consumer Section offer some suggested combinations for spring salads.

Shredded cabbage, grated raw

**FAMILY DINNER IN 30 MINUTES**



HERE'S a tasty menu which will please every palate and can be prepared in less time than it takes to eat it. The main course—Dutch style baked beans—is economical and provides a deliciously filling dish for a cold night.

- MENU**  
Dutch Style Baked Beans  
Buttered Frozen Broccoli or Fresh Spinach  
Sesame Seed Rolls  
Sliced Tomatoes  
Fresh Cucumber Pickles  
Fresh Fruit Cheese Crackers  
Coffee Milk
- PREPARATION STEPS**  
1. Heat rolls in oven  
2. Prepare fruit and cheese for dessert  
3. Prepare Dutch Style Beans  
4. Cook broccoli or spinach  
5. Slice tomatoes; fix pickles  
Fry bacon, onions and frankfurters together until golden. Add remaining ingredients and simmer 5 to 10 minutes.
- DUTCH STYLE BAKED BEANS**  
4 slices bacon, cut in 1/2-inch pieces  
1 small onion, chopped  
6 frankfurters, sliced  
1/4 cup cider vinegar  
2 tablespoons sugar  
1 20-oz. can oven-baked beans in tomato sauce

**Ocean Falls Air Service**

**Paper Town Now Part of QCA Run**  
With the opening of a permanent operating base of the Queen Charlotte Airlines at Ocean Falls by May 1, all important points between here and Vancouver will be served, according to A. J. Spilsbury, QCA president, after spending several days in the city.  
"It will be something like a milk run, but all the points of importance between here and Vancouver will be connected by our planes," said Mr. Spilsbury.  
As soon as the Pacific Mills seaplane float is ready at Ocean Falls, a Vancouver pilot and engineer will be established there, with a Norseman seaplane, Spilsbury said.  
With the acquiring of six new seven passenger Norseman, completing their number to 12, their total aircraft are brought to 26, the manager said.  
"The Ocean Falls plane will always be on call for chartered or mercy flights, or to supplement the Prince Rupert plane," he added.  
"But the floats at Seal Cove are deplorable, said the president of the QCA, who is pressing Ottawa for a repair grant.  
With the expansion of the QCA flights, fishermen will have direct connection with the three southern bases from Vancouver to Campbell River, Alert Bay and Ocean Falls, continuing to the other bases of Zeballos, Aliflor Bay and Prince Rupert. The northern run from Prince Rupert will continue as the demand requires.  
A 50 per cent increase in volume of business for 1951 over 1950 is expected by the president who flew here last week from Ocean Falls. He was accompanied by Harry Louis, maintenance (Continued on page 6).

**TROPICAL SCENE** Guatemala, most northerly republic of central America, has an area of 45,450 square miles.  
**FOUNDED ON COAL** Stellarton, N.S., began as a village when coal was discovered in that district in 1798.

CALVERT - 1622°

**Calvert GRAND RESERVE Canadian Whisky**

Distilled and Blended in the Calvert Tradition

CALVERT DISTILLERS (CANADA) LIMITED, AMHERSTBURG, ONT.

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

SEE OUR DISPLAY OF **DIAMONDS**

**MANSON'S JEWELLERS**  
THE HOME OF FRIENDLY SERVICE  
522—3rd Ave. W.  
BOX 998

**NOW!! FRENCH FRY**  
AUTOMATICALLY with a **Fryryte**  
**\$34.95**  
Just one control to set and your "FRYRYTE" deep-frys any food to perfection.  
**NOW ON DISPLAY AT Northern B.C. Power Co.**  
Prince Rupert Phone 210 Stewart, B.C.

**wallace PHARMACY**

HOURS:  
WEEK DAYS: 9 a.m. to 9 p.m.  
SUNDAYS: 12 Noon to 2 p.m. 7 p.m. to 9 p.m.  
Phone 79  
SIXTH STREET AND THIRD AVENUE

**COAL - SPECIAL \$13.50 ton**  
(Loose, two tons or more)  
In sacks of one ton or more ..... \$14.50 per ton  
This special applies on our limited stocks of Alberta Blue Flame Egg only  
Foothills Alberta coal available in all sizes at prevailing prices  
**PHILPOTT, EVITT & Co. Ltd.**  
PHONE 651  
BUILDING SUPPLIES - LUMBER - COAL



**I switched to Marvelube for engine protection**

You get more engine protection under all driving conditions with Marvelube—the premium motor oil that meets all car manufacturers' specifications for correct lubrication. Marvelube is a detergent motor oil. It not only lubricates—it cleans. A clean engine—free from gum, sludge and abrasive particles—lasts longer and gives you more trouble-free performance. Let your Imperial Esso Dealer protect the investment you have in your car with his "Care-Saves-Wear" service.



**the sign that says MORE to stop for**

**MORE** balanced performance from your engine with Esso gasoline. Fill your tank with "up-to-date" Esso or Esso Extra. Take your car out on the road. See for yourself its better all-round performance. Esso and Esso Extra are continually being improved to give the best balanced combination of fast starting, good acceleration, power and mileage. Switch to Esso Gasolines and you're always ahead!

**MORE** guaranteed tire life with the famous Atlas Written Guarantee which covers all road hazards and is honored by over 38,000 dealers in Canada and the United States.

**MORE** protection against repair bills with Imperial Esso Specialized Lubrication—every point carefully serviced by chart according to car manufacturers' specifications.