

A BETTER WAY...



to a Brighter Day

GOOD FOOD IS GOOD SENSE. Never before has it been more important for you to buy wisely and eat well. Today, good health is an essential duty. And good food is essential to good health.

Include KELLOGG'S ALL-BRAN in your "must" list. Remember, ALL-BRAN is more than a delicious, nourishing cereal. It's also a grand, laxative food that provides a "better way" to avoid constipation caused by the lack of the proper amount of "bulk" in the diet. But remember, ALL-BRAN doesn't work like harsh cathartics. It takes time.

Eat ALL-BRAN in tasty breakfast muffins or as a crunchy cereal every day... drink plenty of water... and see if you don't agree that ALL-BRAN is a better way to a brighter day!

Buy ALL-BRAN at your grocer's in either of the two conveniently sized packages. Order it in the individual serving package at restaurants. Made by Kellogg's at London, Canada.

TRY THESE TEMPTING ALL-BRAN MUFFINS TODAY!

ALL-BRAN MUFFINS

3 tablespoons shortening
1 cup sugar
1 egg
1 cup Kellogg's All-Bran
Cream shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let stand until most of moisture is taken up. Stir flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill in greased muffin pans two-thirds full only until flour disappears. Fill in greased muffin pans two-thirds full and bake in moderately hot oven (400° F.) about 30 minutes.

Yield: 8 large muffins (3 inches in diameter) or 12 small muffins (2 1/4 inches in diameter).

When sour milk or buttermilk is used instead of sweet milk, reduce baking powder to one teaspoon and add 1/2 teaspoon soda.

Kellogg's ALL-BRAN
Keeps You Regular... NATURALLY

LOCAL NEWS NOTES

O. Kildal left Tuesday for a trip to Vancouver.

R. S. Greig, city passenger agent for the Canadian National Railways, is on a trip to Vancouver.

▲ S. O. N. Anniversary, Friday, Nov. 20 at 8:30 p.m. Members and friends are welcome. (270)

▲ Reversible Satin Comforters, wool filling, each \$7.95 and \$9.95. Eilo's, Prince Rupert.

Patrick Conlin, on a charge of intoxication, was yesterday fined \$25, in default to time served—one day.

▲ A social evening for all members of St. Peter's Church will be held in the hall on Thursday evening, Nov. 19, at 8 o'clock. All new comers to the Seal Cove area will be welcome. (269)

Mrs. W. P. Armour is leaving tonight on her return to Vancouver after coming here to attend the funeral of her brother, the late Vern Daly. The father, W. H. Daly, is leaving tonight for Vancouver.

An error was made in reporting the case of Martha Wilson, Indian convicted earlier in the week on charges of vagrancy. It was stated that the young woman was given one year suspended sentence and ordered back to the reserve by the Indian Department whereas passing of sentence was suspended for one year conditionally, one of the conditions being that she return to her home.

Announcements

All advertisements in this column will be charged for a full month at 25c a word

I.O.O.F. No. 63 every Tuesday, 8 p.m., Oddfellows' Hall. Sojourning members invited.

Eastern Star Dance, Nov. 20.

Lutheran Circles Bazaar Nov. 21, Oddfellows' Hall.

W.A. 17th Coast Regiment Dance, Nov. 26, Armories, Refreshments.

Oddfellows' Dance, Friday Nov. 27. By invitation from members.

Orange Ladies' Invitation Dance, Oddfellows' Hall, November 30.

United Bazaar, Dec. 3.

Help Norway Invitation Dance, Oddfellows' Hall, Dec. 4.

"GOVERNMENT LIQUOR ACT" (Section 38)

NOTICE IS HEREBY GIVEN that on the 16th day of December 1942 next the undersigned intends to apply to the Liquor Control Board for consent to transfer of Beer Licence No. 5836 issued in respect of premises being part of a building known as Knox Hotel situate on First Avenue upon the lands described as Lots 13 and 14 of Block 2, Section 1, Map 963, City of Prince Rupert, Prince Rupert Land Registration District in the Province of British Columbia from George L. Boole, Trustee of the property of Knox Hotel Company Limited, Authorized Assignee of Prince Rupert, British Columbia, to Joseph Cyrus LaBelle of 1908 Robson Street, Vancouver, British Columbia, the transferee.

DATED at Prince Rupert, British Columbia, this 13th day of November 1942.

JOSEPH CYRUS LABELLE Applicant and Transferee.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of Louie Look Sing

TAKE NOTICE that by order of His Honour Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 30th day of October A.D. 1942 appointed Administrator of the Estate of Louie Look Sing formerly of Ocean Falls, British Columbia, deceased, who died on or about the 13th day of August 1942. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 15th day of December A.D. 1942 falling which distribution will be made having regard only to such claims of which I shall have been notified.

DATED at Prince Rupert, B.C. this 30th day of October 1942

NORMAN A. WATT Official Administrator Prince Rupert, B.C.

SAVOY HOTEL

Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
PRINCE RUPERT

Mrs. A. Davidge, whose husband recently moved to Kamloops, is leaving for there on tomorrow's train to join him. They have been residing in the city for the past year.

The Prince Rupert Rotary Club had its regular weekly luncheon today but immediately adjourned without speaker or program in tribute to the memory of the late H. F. Pullen, charter member of the club, whose funeral is taking place this afternoon.

BABY'S COLDS
Relieve misery fast—externally. Rub on

VICKS VAPORUB

COFFEE BLACK MARKET
STOCKHOLM, Nov. 19.—Populwithstanding severe penalties black market activities still continue in Berlin according to the Swedish newspaper "Nya Dagligt Allehanda." Coffee sells there for the equivalent of \$40 a pound.

NOT BLACK ENOUGH
STOCKHOLM, Nov. 19.—Notation of Trondheim, Germany's important naval base in Norway, have received a final warning from the chief of police against "unsatisfactory blackout."

TOUCH WOOD
Influenza during the first nine months of 1942 was about one-fourth the rate for the same period in 1917.

CAPT. ACREE IS SPEAKER

United States Padre Talks On "Present Value of Human Life"

Captain C. F. Acree, padre to the American forces and a veteran of the First Great War was the guest speaker when the Prince Rupert Parent Teachers' Association held its regular monthly meeting last night at Borden Street School, the president, Mrs. G. R. S. Blackaby, in the chair. His subject "The Present Value of Human Life," was very interesting. The minutes and correspondence of a general nature were read by the secretary, Mrs. W. Bussey. Mrs. E. W. Becker read her treasurer's account.

Mrs. George Hill, convener of the recent telephone bridge, informed the meeting that when the returns are all in the net amount realized should be considerably in excess of \$100. In thanking her assistants she said that the success of the event was due in a great measure to their work. The president, on behalf of the Association, warmly thanked Mrs. Hill for the very successful outcome.

Letters of appreciation for donations made by the Association to school funds were read from the city principals.

Corporal George Schmidt, U.S.A., delighted the audience with piano solos.

Refreshments were served by Mrs. E. Haines, Mrs. George Howe and Mrs. R. C. Webber.

The next meeting of the Association will be held in January at the Booth Memorial High School when the annual election of officers will be held.

REALLY, I DON'T ENJOY TEA SO MUCH NOW, I HAVE TO MAKE IT SO WEAK

THERE'S NO NEED TO DRINK WISHY-WASHY TEA—LIPTON'S IS ALWAYS FULL-FLAVOURED

SAVE ON TEA BUT DON'T SKIMP ON FLAVOUR

If you think you must drink insipid and wishy-washy tea just because you are rationed, you'll be surprised and delighted with your first cup of Lipton's. For Lipton's includes select "small leaf" teas grown exclusively in Lipton's own gardens in Ceylon. They help to give Lipton's such character, such full-bodied richness and satisfying flavour, that you not only enjoy it more but get more cups for your tea coupons.

LIPTON'S
Also Packers of—LIPTON'S NOODLE SOUP MIX
"THE SOUP SENSATION OF THE NATION"

Letter Box

MAILS AT CHRISTMAS

Editor, Daily News:
I am rather surprised our paternal government has not, to my knowledge, taken any steps to discourage the sending of gifts and cards at Christmas.

This manifestation of Christmas spirit is all very well and quite desirable in the lush days of peace but it seems to me it is a criminal waste of time and energy now our backs are to the wall and we are straining every effort towards the winning of this war.

Our transportation systems are already strained to the limit, moving essential materials, so it is sensible to overload them unnecessarily with thousands of tons of parcels and mail?

It is unnecessary for me to mention the present situation at the local Post Office (no fault of the staff)—imagine, if you can, the solute chaos which will exist next month. In previous years, the Post Office has been able to get temporary help to cope with the

rush but where in Prince Rupert is it going to get it this year?

Think also of the business mail and goods which will be delayed.

Think of the thousands of hours collectively wasted choosing suitable gifts for this one and that and then not always getting the right thing.

Think of the cardboard, string, etc., used all of which might be put to better advantage.

Let us all pledge ourselves to refrain from exchanging gifts and cards which have to go through the mails until victory has been achieved.

It is a small thing to deny ourselves when so many people of the Allied Nations are giving up practically everything in furtherance of the prosecution of the war.

The first Christmas after peace has been declared we can let ourselves go and send our friends and relatives something really worth while to make up for these grim days.

For the slogan "Mail Early" let us substitute "Don't Mail At All." Thanking you, Mr. Editor, for your courtesy in printing this.

H. M. D. LAMBE.

HOUSOLDIERS — Attention!

Here's the Answer to Your Question

If you cannot get Crown Brand Syrup from your favourite grocer now and then, here is the reason. Because "Crown Brand" in addition to its other uses is being very generally used to help supplement the supply of sugar in Canadian Homes, the demand has increased tremendously.

Though there has been a much greater amount of Crown Brand syrup produced this year, even this increased supply cannot cope with the shortage of millions of pounds of sugar.

Don't hoard... buy normally... we are making every effort to supply the increased demand, and your grocer will do his best to fill your needs.

CROWN BRAND SYRUP
THE CANADA STARCH COMPANY LIMITED, MONTREAL, TORONTO

Classified Ads.

FOR SALE	WANTED
FOR SALE — One electric range; good condition. Phone 144, 801 Borden Street.	WANTED—To buy shack and lot. Box 393 Daily News. (389)
FOR SALE—Electric gramophone, automatic record exchange. 843 Ninth Ave. West. (271)	WANTED—Chambermaid for hotel. Apply Unemployment Insurance Commissioner. AF 21. (279)
FOR SALE—Gas boat "Copalls" Terms cash. Phone Black 594. (273)	WANTED—Room and board or rooms for wife and baby. Phone 792, Sergeants' Mess, F-Sgt. Dewar. (269)
WOOD FOR SALE—Apply Chicken Ranch, Mile 5-Highway. (269)	WANTED TO RENT—Two rooms, furnished or unfurnished, im mediately. Box 392 Daily News.
FOR SALE—Small house, partly furnished with new stove, bed, chairs, table, etc. Five minutes' walk from Dry Dock. \$850 cash if sold at once. Phone Blue 953 after 6 p.m. (274)	TWO Gentlemen require room in private home. Phone Black 367. (269)
FOR SALE — Occasional chair, single cot with couch cover. 513 Herman Street. (269)	WANTED—Room and board for two gentlemen sharing. D. R. Stewart. Phone 282. (tf)
ROOM AND BOARD	WANTED—Room for lady. Urgent. Apply Blue 419. (271)
ROOM AND BOARD	BACHELOR would like to share in small house or comfortable cabin within 15 minutes of Dry Dock. Apply Box 391 Daily News. (271)
FOUND	WANTED TO RENT—House or apartment, furnished or unfurnished, for two adults, reliable tenants. Mr. Richardson, Phone 86. (tf)
FOUND	
FOUND—On Sixth Street between Second and Third Avenues, three keys on string. Owner may have same by calling at Daily News and paying for this advertisement.	

SHORT CUT TO VICTORY!

LADIES! — Here is your chance to try the latest 3-INCH FEATHERBOB PERMANENT. All ends tapered with Frank Baird's Hair Shaper. Individual styling to suit your features.

Sunrise Beauty Salon
VIOLET MAH
Cor. 6th and Fulton — Above Sunrise Store
Phone Blue 943 for Appointments

Gift Wrappings

To Impart the Spirit of Christmas

Fancy Gift Wrapping Paper, pkg.	10c
Dennison's and Coutt's Distinctive Christmas Seals, Tags and Labels, pkg.	10c
Seal and Tag Assortments—	
36 pieces and 50 pieces, pkg.	5c
40 pieces Dennison Valu-pak	10c
100 pieces Dennison	10c and 15c
200 pieces Dennison	25c
Tissue Paper, red, white or green, pkg.	10c
Tinsel Ribbon, skein	10c
Cellophane Ribbon, red or green	10c
Tinsel String	10c and 15c

Any Gift worth giving is worth wrapping
Attractive Wrapping Doubles the Value of Any Gift.

CHRISTMAS CHEER HEADQUARTERS

McRae Bros. Ltd

RUSSIA'S GLACIERS
On the shores of Lake Ladoga, in Russia, winter ice often piles up to a height of 80 feet.

NEW ROYAL HOTEL
J. ZARELLI, PROP.
"A Home Away From Home"
Rates 75c up
50 Rooms Hot & Cold Water
Prince Rupert, B.C.
Phone 231 P.O. Box 196

J. M. S. Loubser
D.C., B.A.
CHIROPRACTOR
Wallace Block — Phone 648

City Chimney Sweep
(Licensed)
Chimneys Cleaned \$1.00 Flue Roof Repairs — Evertroughs
Ph. Green 996 — D. Thomson



Of course I shop at The Variety Store—it's so handy!

THE Variety Store
Where your dimes are little dollars