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PRINCE RUPERT BRITISH COLUMBIA

The Experts Say . . .

By ISABEL ALLAN
(Caadian Press Staff Writer)
Hints for wartime living from folk who ought to know

SHOPPING—Byrne Hope Sanders—she's the "Mrs. Consumer" of the Wartime Prices and Trade Board—wants Canadian women to do a little detective work while on their shopping tours. For instance, she asks them to keep an eye on the appearance of new brands on the shelves of the corner grocery store. Letters being received at the board's consumer branch charge that new brands said to be of inferior quality are being substituted for the old reliable products. And if you're worried about the lack of certain canned goods, she says they will be available shortly when the new crops have been harvested.

WOOL—Think twice before you throw away the old knitted garment—That's the warning from the wool administrative branch of the Wartime Prices and Trade Board. If the leg of a sock is good knit a new foot. And if Jimmie's sweater is worn, unravel it. The wool can be made into seven or 10-inch squares for the hospital throws they are in need of in England.

TOMATOES— Laura Pepper of the consumer section, Dominion Department of Agriculture, says this is the time to eat up all the fresh tomatoes you can lay your hands on. She also suggests that housewives can as many tomatoes as posible. If the proper methods are followed it is simple to retain most of their vitamin content and, while we're on the subject, why not try doing some of your own tomato juice. It'll make a fitting appetizer for almost any meal.

SHORTENING—The foods administration of the Prices Board has a bit of advice for homemakers on the subject of shortening. It urges them to use lard instead of vegetable shortening—and not without reason. A large part of Canada's vegetable oil supplies have to be imported and the war in the Pacific has cut off our former sources so the trend is to turn to lard. And lard has these advantages: it's 97 percent digestible, 100 percent fat, 30 percent better shortening than other fats and it's home produced.

VITAMIN D—School time is here again with its longer hours indoors for the kiddies. So up comes Marion Harlow, assistant director of nutrition services, with a suggestion that fish liver oils be given to the youngsters as a substitute for sunshine. The oils are rich in Vitamin D, important to growing children.

TEA—Here's a tip from Canada's west coast for the housewife who is having difficulty stretching her tea ration. It comes from a group of elderly ladies, guests of Vancouver's Soroptimist House. They said don't throw out your old tea leaves, drain your pot, empty the tea leaves on a plate or clean piece of cloth and dry them on top of a stove or in a warming oven. Just add a pinch of baking soda when you're ready to re-use the leaves. It works.

OLD UNIVERSITY

The Moslem University of Al-Azhar, in Cairo Egypt, was founded in 970.

CONDITIONS IN RUPERT

Attorney General Thinks Police Are Doing Fine Job

It was the original intention of Hon. R. L. Maitland attorney general, who was here Saturday night, to spend some time in the city and proceed to the Queen Charlotte Islands before heading Victoriawards. However, a last minute telegram from the capital compelled a sudden realignment of his program. Nevertheless, the Attorney General made good use of the limited time at his disposal here.

Leaving southern Ontario early last week Mr. Maitland flew from Calgary to Edmonton where he joined a westbound Canadian National Railways train carrying President R. C. Vaughan and his official party who were making a tour of inspection. At Pacific the Attorney General met Commissioner T. W. S. Parsons and Inspector Ernest Gammon of the Provincial Police and E. T. Kenney M. L. A. for Skeena. Holding the train for a short time the senior law officials made a quick survey of the member's home town, glanced over the police quarters and approved some suggestions relating to additional accommodation necessitated by the town's growing importance. Mr. Maitland also interviewed Major General Ganong, commander of the Eighth Canadian Division, and Brigadiers Hodson and Girvin who were fellow travellers to the coast.

Inspects Conditions

Arriving at Prince Rupert the Attorney General made an immediate tour in order to compare early city conditions with those arising later in the evening. He called at the city police office before proceeding to the provincial court house. At the police station he met most of the staff to whom he gave individual and collective praise for the excellent manner in which they were carrying on a difficult and trying job.

"The public," said Mr. Maitland, "does not appreciate what policemen are up against these days but do let me say here and now that each of you are fulfilling your arduous and difficult tasks in accordance with the best traditions of the force."

Mr. Maitland expressed the opinion that, before the war was over, the public would have to put up with a good deal more inconvenience than it had so far been subjected to.

After a final round of the city Mr. Maitland sailed for the south with the idea of making short inspections at Ocean Falls and Powell River before disembarking at Vancouver.

Mr. Maitland said he had heard in this district that Premier John Hart would be coming to Prince Rupert soon but he had no definite information as to exactly when.

SHOWING TOMORROW ONLY — Complete Shows at 1:00, 3:00, 5:00, 7:00, 9:00

Norma's a penniless princess! Melvyn's a bankrupt baron! They're short on cash . . . but long on laughs and love...as they gaily deceive high society! Two glamorous stars teamed for the first time!

Norma SHEARER · Melvyn DOUGLAS in "We Were Dancing"

with Gail PATRICK • Lee BOWMAN
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Extra!

ENDS TONIGHT
Complete Shows, 7:05, 9:15
FREDRIC MARCH,
"ONE FOOT IN HEAVEN"
(At 7:26, 9:35)

At 1:23, 3:23, 5:23, 7:23, 9:23

CAPITOL

COMING THURS., FRI., SAT.
NEWS and TRAVELOGUE

SPENCER TRACY
KATHERINE HEPBURN
"WOMAN OF THE YEAR"

INTEREST TO LABOR

Many Matters up at Semi-Monthly Meeting

The plumbers' union has asked the Prince Rupert Trades and Labor Council to look into the matter of sewerage from the houses at Overlook Street which is described as unfitting for a progressive city. The Commissioner will be asked to try and arrange with the authorities to put in a permanent sewerage system by which the city will have to bear only part of the cost. It was felt in this regard that the poll tax, which will be heavy this year, might be used for that purpose.

Complaints have been received regarding sleeping conditions around the city where men are reported to be bedded down after 10 o'clock in bath rooms and toilets for the sum of ten dollars per month also in the lobbies of these boarding rooms which is a distinctly dangerous condition both from a health point of view and fire hazard. The executive will get in touch with the sanitary inspector on these matters.

Dealing with post-war rehabilitation, the Council has passed a resolution urging the government to convert the war effort into a peace effort in order to provide complete protection for the returned members of the forces, this to be minus all regulations or conditions.

Dealing with the appointments on the Selective Service Commission, the council endorses the appointment of their representative but will lodge a protest on the methods employed in picking men for these positions without first consulting the various organizations concerned.

Correspondence of the Trades and Labor Council includes a letter from the Postmaster General, in which he advised the Council of steps being taken to remedy the congestion at the local delivery wickets.

There is also a communication from the Minister of Municipalities regarding the mayor and council form of government for the city. According to the minister, the city will revert to this form of government by order-in-council passed some time ago.

The Council held its first semi-monthly meeting with President Thomas Elliott in the chair and a good attendance of delegates. Present also at the meeting was Robert Steveston, organizer for the International Union of Painters and Paper Hangers, who introduced the painters' delegates to the Council and also gave an interesting address on the work of organizers in general.

It is estimated that the cost of stopping and starting a passenger train is from 84 cents to $2.80, depending upon length and weight of the train.

Quietly Wedded Here Yester

Miss Verna Eileen Clark Bride of John Thomas Wi

The marriage took place yesterday at the Manse of United Church, Rev. Donnell officiating, of Miss Eileen Clark of Saskatoon John Thomas Wilson of Rupert.

GADGETS GALORE

One type of machine manufactured by an coompany involves more 1,800 separate machining tions, 66 on the bolt alone.

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AT SAVINGS PRICES

C Melody Sazophone made by Conn, King Soprano made by N. White, Mandolin made by Gibson, small size Piano, wide, 46" high, 7-tube General Electric Radio, long and waves.

Furniture

8-piece Dining Room Suite, 4 Dressers with large mirror Stoves for burning coal or wood, 10 Heaters for coal or wo Heaters for burning oil, Tent 14x14-4 feet wall, Davenport, chen Cabinet, Bookcases, Buffets, Round Tables, Chairs, Beds with spring and Mattress.

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Third Avenue, Next to the Daily News

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EXERCISE BOOKS—Ink paper—regulation sizes:
5c each, 3 for 10c, 8 for 25c 10c each, 2 for 15c, 4 for
15c each, 2 for 25c 20c each, 3 for
SCRIBBLERS—Plain or Ruled, pencil paper
5c each, 6 for 25c 10c each, 3 for
EXERCISE BOOKS—Ly-flat 3 for
Wire bound 10c and
Hard cover Science Book, each
PENCILS—HB, regulation school, rubber tipped 5c each, 6 for
Drawing Pencils, various grades 10c, 2 for
ERASERS—Large red squares 5c; Ink and pencil 5c and
Art gum, 5c Large wedge
RULERS 5c, 10c and 15c PORTFOLIOS
PASTE 10c bottle INDIA INK
COMPASSES 25c SET SQUARES, pair
PROTRACTORS 17c INK 10c and
CRAYONS—Wax 5c and 10c Pencil Crayons 15c and
Reeves Terrachrome Crayons
Reeves PAINTS—Box
LOOSE LEAF BOOKS—Complete 15c, 25c and
Refill Sheets—Package 10c, 3 for

Complete stock of Authorized Text Books for Prince Rupert Schools—Government List Prices
All School Books and Supplies are STRICTLY CASH
Mailing Charges are Extra

McRae Bros. Ltd.

A British gun crew is shown in action in the desert on the El Alamein front, where artillery duels are in progress almost all the time. The gun crew is under enemy shellfire as they blaze away with their 25-pounder. This fun is said to be very effective as a tank stopper.