

ZEST begins at breakfast



PEDALLING on his way to do a day's work for his country, this workman saves precious rubber and gasoline. He needs plenty of zing... that's one reason why he starts each day with a bowl of Kellogg's Corn Flakes with milk and a little sugar... the "Self-Starter" Breakfast. Gives needed food energy... enough, for instance, to ride a bicycle over 7 miles. Get some Kellogg's today. Comes in two convenient sizes. Made by Kellogg's in London, Canada.



THE "SELF-STARTER" BREAKFAST!

LOCALS

▲ Presbyterian Rummage Sale, Dollar Store, Saturday, 10 o'clock.

Nursing Sister Pratt of the local military hospital left Tuesday afternoon for Vancouver with a patient in her charge.

Charles Graham, inspector of mines, returned to the city yesterday afternoon from a trip to Atlin on official duties.

Osborne Scott, passenger traffic manager, Canadian National Railways, western region, who was in the city yesterday in the course of a western tour, was accompanied by Mrs. Scott and daughter.

Mrs. John Weise and two little daughters arrived in the city yesterday afternoon from Whitehorse to pay a visit here with Mrs. Weise's parents, Mr. and Mrs. Bert Morgan, Fourth Avenue West.

The fire department was called out at 8:45 last evening to the Besner Block where fire had broken out in a rubbish chute. No damage was done.

Col. W. G. Swan arrived in the city yesterday from Vancouver, being here in connection with his duties as engineering officer of Military District No. 11.

Mrs. J. W. Todd, wife of Provincial Constable Todd of Telegraph Creek, was here yesterday afternoon going through to Vancouver, being in charge of an Indian woman prisoner.

W. L. Kyne, artist of the National Geographic Magazine of Canada, and Mrs. Kyne, after a visit to this district in the course of a tour of the west, left last evening for Vancouver.

Mr. and Mrs. W. G. Palmer arrived in the city yesterday afternoon from the Yukon, where Mr. Palmer is engaged as a wireless operator for the Government Telegraphs, and proceeded by the evening train on a trip to Eastern Canada.

Owing to absence of members of the board from the city, the regular monthly meeting of the board of directors of the Prince Rupert General Hospital, scheduled for the latter part of last week, was postponed.

Mr. and Mrs. Sam Joy are in the city from Vancouver for a visit with relatives. They were married only last week in the south, the bride being the former Miss Muriel Ida Smith of Vancouver. The groom, member of a well known local pioneer family and now in business in Vancouver, is receiving the hearty congratulations and best wishes of many old friends.

WAR RISK BONUSES

STOCKHOLM, Aug. 20: Representatives of labor and shipping interests have reached an agreement whereby war risk bonuses have been increased for Swedish crews sailing in the Baltic.

Mrs. R. Nesbitt is leaving tonight for a trip to Vancouver.

This evening's train, due to arrive from the East at 6:30, was reported this morning to be on time.

Terry Fortune who has been spending leave here with his parents, Mr. and Mrs. T. Fortune, Fourth Avenue East, is leaving tonight for Vancouver enroute to the east coast where he will resume his naval duties.

Olof Peterson, for his second offence on a charge of drunkenness, was fined \$50, with option of fourteen days' imprisonment, in city police court yesterday. Richard Dodds, also for drunkenness, was fined \$25, with seven days' option.

Earl Mah returned to the city yesterday from a business trip to Vancouver.

Nursing Sister Battram arrived in the city on Monday from Vancouver to join the staff of the local military hospital.

William Stapleton, C.N.R. general passenger agent, Vancouver, who arrived in the city on Tuesday afternoon, is leaving tonight for Vancouver.

TEACHER RESIGNS

C. H. Leighs, having left the teaching profession, has resigned as mathematics instructor at Booth Memorial High School here. Steps are now being taken at the City Hall to secure a successor.

Classified Ads.

FOR SALE

FOR SALE—Chesterfield suite, cook stove with oil burner attachment, beds, household effects. 819 Second Ave., upstairs. Phone Red 294. (194)

FOR SALE—Hotpoint Electric, stove, 4 burner, automatic oven. Good condition. Bargain, cash price. Apply 413 6th Ave. W. (195)

FOR QUICK SALE—Two lots on Ambrose Avenue, and shack partly built on one. Price \$2265.00. Apply G. P. Tinker & Co. Ltd. (194)

FOR SALE—Duplex House, new and fully furnished. Upstairs: 4 rooms and bath, electric range etc. Downstairs: 2 rooms and bath. Immediate occupancy. Good location. Price \$4500.00. Apply G. P. Tinker & Co. Ltd. (194)

FOR SALE—28-foot Skeema River sailboat, completely rigged. Phone Black 511. (194)

FOR SALE—Restaurant benches and booths. Apply 32 Taxi Office. (197)

FOR SALE—Snap, 16 foot sailboat, good condition. Phone Black 733. (197)

FOR SALE—4-holed Frigidaire; new. Apply P.O. Box 446 or phone 34. (195)

HOUSE for sale or rent, 4 rooms, 7 acres ground. On main highway, 1 mile from post office, store and station. Write James Mallen, Hazelton, B.C. (201)

FOR SALE—"Good Cheer" Heater (2 rings); good condition. Phone Black 449 evenings. (19)

FOR SALE—Sealed tenders will be received by the undersigned up until noon of Tuesday, September 1st, 1942, for the purchase of Lot 1718, Range 5, Coast District, situate at Remo and containing 128 acres, on which is a small stand of merchantable spruce, cedar and hemlock. Terms: Strictly Cash; Highest or any tender not necessarily accepted. Norman A. Watt, administrator of the estate of Thomas D. Laird, deceased. Prince Rupert, B.C., August 17th, 1942.

BOARD AND ROOM

ROOM and Board for man sharing. 718 Fraser Street. (195)

WORK WANTED

YOUNG woman with eight years' experience desires position as bookkeeper or office clerk. Box 333 Daily News. (194)

WANTED

WANTED—Man or girl for driving car. Apply Valentin Dairy. (194)

WANTED—Young girl for book-keeping, with some experience. Apply Valentin Dairy. (194)

WANTED—Girl for grocery store, experience not necessary. Phone 470. (198)

WANTED—To rent house or apartment. Urgent. Phone Red 271. (198)

WANTED—Good truck driver, preferably military exempt, steady employment. S. C. Thomson & Son. Phone 423. (194)

WOMAN wants part time store work. Red 821. (198)

WANTED—First Steward for Prince Rupert Branch, Canadian Legion. Applicants must be ex-service men. Duties to commence about September 1st. Good salary. Written applications to President, stating qualifications, must be in by August 28th. (194)

WANTED—Capable woman to cook 2 meals a day and look after house. Electric range and all conveniences, hours approximately 10:30 a.m. to 7 p.m. Sundays and afternoons off. Substantial remuneration to right party. Sleep out. Call at The Variety Store for further particulars.

HELP WANTED. Male or female. Central Hotel.

WANTED—Pressers, ironers, extractor men, fireman and other workers. Apply in person to Pioneer Canadian Laundries. (194)

WANTED—Teacher for the Omineca School, Rose Lake, B.C. Salary \$950.00. Apply at once to E. T. Mould, Secretary, Omineca School Board of Trustees, Rose Lake P. O., B.C. (197)

WANTED—Male bookkeeper, military exempt, preferably with experience. Lindsay's Cartage and Storage. (19)

LOST

LOST—Between Besner Block and Besner Apartments, Schaeffer Fountain pen. Sentimental value. Finder please return to Daily News. (193)

LOST—Gold locket on chain. Finder please return to Daily News Office.

LIBERAL reward for return of black billfold containing personal papers (keep money) to B.C. Police. Name E. G. Hardesty. (194)

Provincial Constable W. G. Gardner will leave tonight for a trip to Vancouver on escort duty. He is taking south four prisoners each of whom will serve two years in New Westminster Penitentiary—William Harvey Orr, Ralph Collett and James Sim from Terrace and Charles Haines of Prince Rupert. The three Terrace men were guilty of robbery with violence and the local man was convicted on a charge of indecent assault.

Announcements

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

United Rummage Sale at Dollar Store, August 29.

Little Norway Tea, Sept. 12.

ATTENTION! "Housoldiers"



You—the women of Canada—can serve your country on the "Home Front", in your kitchen, by economizing in the preparation of the nourishing foods your family must have.

● Many varieties of delightful desserts can be made quickly, easily and at little cost, with pure, high quality Canada Corn Starch.

● Crown Brand Syrup, famous as a great energy food, is delicious as a sauce on puddings, on pancakes—as well as being an excellent sweetener for use in cooking or baking.



FREE: Send for the Free Booklet—"How to Save Sugar", containing 63 tested recipes. Address request to Dept. N.N., Canada Starch Home Service, P.O. Box 137, Vancouver, B.C.

CROWN BRAND SYRUP

CANADA CORN STARCH

Here Go All Our Summer Shoes SHOE SALE

White Shoes and White Spectator Shoes. Sale Price,

99c, \$1.50, \$1.95



BEIGE SHOES

Sale Price,

99c, \$1.50, \$1.95, \$2.50



Canvas and Hopsack Play Shoes and Sandals. All colors. Sale Price,

99c, \$1.50, \$1.95

LADIES! Here is an opportunity to buy Growing Girls' Black or Brown School Oxfords. Sizes 3 to 8. Sale Price,

\$2.50



Fashion Footwear

Next to Dollar Store Phone Red 321

BUY WAR SAVINGS STAMPS

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

NOW IS THE TIME---

Give us an order right away for the amount of coal you expect to need next season. This will enable us to meet your requirements now or as supplies arrive. It is important that you should lay in your coal supply this summer as it is almost certain that the dealers will not be able to cope satisfactorily with the demand next winter.

IT IS NOT HOARDING TO BUY YOUR COAL EARLY (It is also necessary to place your order a day ahead of Delivery)

Albert & McCaffery Ltd.

PHONES 116 OR 117

Convey Your GREETINGS

With a Coutt's Canadian Card

For Birthdays, Convalescent, Sympathy, Weddings, Showers, Everyday Gifts, Births, Going Away, Anniversary, Friendship, Thank You and Special Occasions.

We cordially invite you to come in and see our new

Coutt's Card Installation

The most comprehensive and complete line that can be obtained anywhere.

YOU WILL BE INTERESTED

Every Coutt's Card is plainly marked with the list price.

It's easy to select just the right card for friends or relatives—you will enjoy choosing them.

McRae Bros. Ltd

Fresh Local Raw and Pasteurized MILK
VALENTIN DAIRY
PHONE 657

Buy Your GIFTS, NOVELTIES AND GREETING CARDS at the VARIETY STORE

NOTICE

The 3 Sisters Cafe
Will be Closing Sunday Night, August 23rd, for alterations.



This is just a reminder that Silver Spring, your favorite beverage, is available at all clubs and licensed premises. Ask for it by name.

PHONE 654
for free home delivery.

25c reduction for every dozen empties.