War Workers NEED GOOD MEALS

"SAVE those health-guarding Vitamins and minerals with WATERLESS ELECTRIC COOKING"

says REDDY KILOWATT

Modern electrical cooking not only means more delicious meals . . . it means more nourishing meals, too. Here's why:

Many of the vitamins and mineral salts our bodies need, and which are contained in uncooked food, are soluble in water. Don't drain off these essential elements — they are the most valuable part of the food you buy.

Use little or no water so as to keep to a minimum this dissolving and loss of food values.

Start fast, cook quickly, reducing the time these elements are exposed to liquid, heat and air.

Avoid violent boiling, with its vitamin-destroying effect, by accurate heat control.

Cover utensils and don't stir — it's not necessary with even electric heat.

NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

REDDY says: "Are you buying your share of WAR SAVINGS CERTIFICATES every week?"

ACTIVITIES OF Y.M.C.A. AND Y.W.C.A.

By DOROTHY GARBUTT, Hostess

Tony Hamilton has just told me that there is to be a gala opening of the naval barracks on Boxing Day. The event is to be celebrated with a big dance and party at the barracks to which all junior hostesses are invited. Navy boys attending the dance will be admitted only by showing their Chatham liberty cards. Tony says this is important so don't say you havent' been told. Remember, girls, keep Boxing Night open and really help make it Navy night. More details later. The dance will last from 8 p.m. until midnight.

* * *

Tomorrow night the Ontario regiment is holding regular fortnightly dance. Junior Hostesses and chaperones will meet at the 'Y' as usual. Chaperone will be Mrs. Bussey.

* * *

Claude Wilkins, you know the cherubic chap who wears the Scotch bonnet, is a very hardy lad, so much so that he doen't bother wearing his overcoat this winter. But I hope no one will be impolite enough to ask him why he dpesn't wear it. Perhaps some day they may find one to fit him, I hope. I wouldn't dare say all this only I know Claude is good natured.

* * *

Tomorrow afternoon the Service Wives Club is holding a bridge whist. They want as many out as possible because plans for the children's party on December 19 must be discussed.

* * *

I 'have a terrific problem on my hands—whether to open my birthday present from home now or wait until the appointed time. Then when I make up my mind the darn thing will start all over again with the Christmas presents. What a life this is.

* * *

Don't forget, the 'Y' dances start again tonight — and at eight o'clock.

* * *

Bob Gibson has asked me to wrap up 100 parcels for the boys on one of the far away island posts. I wonder if some good ladies would come down and give me a hand when he has them ready. I'll notify you in this column. Thank you.

Public Notice

Public notice is hereby given to the electors of the Municipality of the City of Prince Rupert that I require the presence of the said electors at the Council Chambers, City Hall, Fulton Street, Prince Rupert, B.C., on the fourteenth day of December, at twelve o'clock Noon, for the purpose of electing persons to represent them as Mayor, Aldermen and School Trustees.

The mode of nomination of candidates shall be as follows:—

The candidate shall be nominated in writing; the writing shall be subscribed by two electors of the municipality as proposer and seconder, and shall be delivered to the Returning Officer at any time between the date of the notice and Two P.M. of the day of nomination; the said writing may be in the form numbered 3 in the Schedule of the "Municipal Elections Act," and shall state the names, residence, and occupation or description of each person proposed, in such manner as sufficiently to identify such candidate; and in the event of a poll being necessary, such poll will be opened on the Seventeenth day of December, 1942 at Eight A.M. continuing to 8 p.m., at the Council Chambers, City Hall, Fulton Street, of which every person is hereby required to take notice and govern himself accordingly.

Given under my hand at Prince Rupert, B.C., this 7th day of December, 1942.

D. V. SMITH,
RETURNING OFFICER

MERRY MERRY CHRISTMAS

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12 Charming Cards: Old Tyme Scenes with a modern touch 75c
16 Cards, the Friendly Box 50c
12 Greetings, the Sparkle Box $1.00
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12 Mountain Scenes ... $1.35
21 Greetings $1.00
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Red Cross News

Junior Red Cross

British Columbia Junior Red Cross membership is off to a good start. In spite of the late opening of many schools, harvesting and lack of teachers, approximately 33,000 girls and boys in High and elementary schools have signed Junior Red Cross "I Serve" pledges. Many schools have 100 percent membership certificates this year.

Burns Lake Concert

"We have formed our Junior Red Cross," writes Colleen Tielke of Burns Lake, to provincial headquarters. "We have decided to have a Christmas concert and the proceeds will go to the Junior Red Cross. We are finishing up some work which we did not complete last year. Other than this, we are at a loss for work to do and would appreciate any suggestions you could make."

Health Houses

Each Junior Red Cross branch at Kingston Street School, Victoria, has a health house, each window of which has the name or picture of a member on it. The windows have shutters which are closed when any member has not kept the health rules. "It can work wonders," says Miss Ella H. Creighton, teacher-director.

100 Percent Enrolment

Lower Nicola School Junior Red Cross has only ten members—100 percent of the school. There is only one girl but she made a pretty tea cloth which the boys sold to pay the enrolment fee.

Emergency Call

All Red Cross knitters are asked to start at once knitting turtle neck pullover sweaters with sleeves in special heavy service wool of air force blue for the Air Force and all types of khaki army sweaters, including turtle neck pullovers with sleeves. This emergency call has been received from National Red Cross headquarters.

Red Cross Salvage

Last week Chilliwack Red Cross shipped more than 25 tons of salvage to Vancouver. This is the twentieth car to be shipped since salvage operations commenced in July, 1940.

NOW HOME FROM WAR

Squadron Leader Robert Davidson, Who Was Small Boy Here, Visits Parents in Vancouver

Squadron Leader Robert T. P. Davidson, distinguished flying son of Mr. and Mrs. Albert Davidson, is paying a visit with his parents in Vancouver after six years of service abroad with the Royal Air Force in Malta, Crete and Ceylon. He has taken an active part in the war, of course, and has seen action against the Japanese in the Middle East. One of his actions was a fight 18,000 feet in the sky in the historic battle of Colombo.

The now famous flier lived in Prince Rupert as a young boy with his parents, Mr. Davidson having years ago been a well known local official of the Canadian National Railways.

Canada at War 25 Years Ago

By The Canadian Press

Dec. 9, 1917—Russian generals Kornilov and Kaledines led a Cossack revolt against Soviets in southeastern Russia. British and French took up important positions on the Italian front. Reinforcements for the Canadian Corps arrived in England.

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A good selection of Christmas Gifts have arrived—although not so numerous as former years—such as Coffee Tables, End Tables, Tea Wagons, Tables used for smokers, Secretaire, Tablelette, Jardinere Stands, Tea Tables, Dinette Tables with flip leaf.

Phone 775 327 3rd Avenue

It's interesting to know when reading the Daily News that the people of the whole district are doing the same.

TILLIE THE TOILER — BY WESTOVER