

# WEEKLY WARTIME NUTRITION HINTS



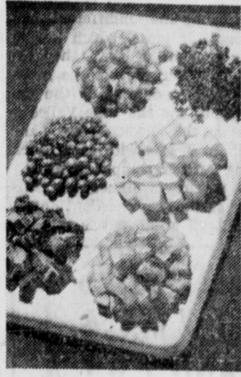
By Martha Logan

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday

## Stew Can be Glorified

Delicious and nutritionally rich, stew is economical in use of cheaper meat cuts

It is a pity that some people don't appreciate stew! And it is a mistake! At its best, stew is a dish for a king, besides which it has an important niche in the wartime housewife's repertoire. Both because it uses the cheaper cuts, (not to mention leftovers), and because it offers a good meeting her family meat requirements in one economical dish. So, here we give you some basic rules which will help you turn your stews into the family's favourite dinner.



can go a long way toward transforming plain stew into a culinary triumph.

And now, let's see where stew stands nutritionally. A good lamb, beef or veal stew made as above, with potatoes, diced carrots and turnips added, will take care of our minimum daily requirement of meat and part of our vegetable requirement. The other yellow or green leafy vegetable might be served at the same meal as a salad.

Then, with a slice or two of Canada Approved bread each, to soak up the gravy, and a glass of milk, you will have a meal that supplies so much of your family's basic needs that the balance (citrus tomato juices—more bread—whole grain cereal—one other fruit) can safely be left to the other two meals.

"Meat Complete"—Martha Logan's new 54-page meat cook-book, is the finest help to wartime meal planning and preparing you could possibly get. Send 10¢ for your copy to Swift Canadian Co. Limited, Dept. NE 16, Toronto.

## BACK THE ATTACK BUY VICTORY BONDS



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Producers of Premium Quality Products; Brookfield Butter, and Cheese; Jewel Shortening and Silverleaf Lard.

### Cemetery Service

Wishing plots fixed  
Cemetery, phone  
12:00 and 1:00 p.m.  
days.

### SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

Matter of the "Administration Act" and  
In the Matter of the Estate of Matthew Murray, Deceased.  
NOTICE that by Order of His Honour Judge Fisher, local Judge of the Court of British Columbia, I was appointed Administrator of the Estate of Matthew Murray, formerly of the City of Prince Rupert, deceased, who died on the 30th day of January, 1943. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me on or before the 15th day of May, A.D. 1943. Distribution will be made only to such claimants of the said Estate as have been properly verified on or before the 1st day of May, A.D. 1943. DATED at Prince Rupert, B.C. this 27th day of April, A.D. 1943.  
NORMAN A. WATT  
Official Administrator  
Prince Rupert, B.C.

## NEW ROYAL HOTEL

J. ZARELLI, PROP.

"A Home Away From Home"  
Rates 75c up  
50 Rooms Hot & Cold Water

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Phone 281 P.O. Box 196

## KWONG SANG HING HOP KEE

## CHOP SUEY House

Next to King Tai  
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Opens 5 p.m. to 2 a.m. Outside  
Orders from 2 p.m. to 2 a.m.  
Phone Red 247

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Wallace Block — Phone 640

## BUY THE NEW Victory Bonds R. E. MORTIMER

Phone 88 324 2nd Ave.

## LOCAL NEWS NOTES

▲Elio's Pay Cash for Furniture, Stoves, Tools, Musical Instruments.

Miss Peggy Large returned home last night from a visit to Vancouver.

J. Kaspar, for failing to produce a driver's licence, was fined \$5 in city police court Saturday.

▲The shoe sale at Ladies' Style Shoppe continues. Stock is moving fast at reduced prices.

D. Geary was fined \$5 in city police court Saturday under the city traffic bylaw for failing to stop at a stop sign.

▲A meeting of the Women of Prince Rupert is being called Tuesday, May 4, 2:30 p.m. sharp, Presbyterian Church, to discuss liquor situation, and the advisability of organizing a branch of the Women's Christian Temperance Union.

Mr. and Mrs. Bjorne Eyoifsen and daughter have arrived in the city from Schumacher, Ontario, and are the guests of Mrs. Eyoifsen's uncle, Rev. Canon W. T. Rushbrook, prior to taking up residence in a house on Conrad Street which they have purchased from Bruce Love. Mr. Eyoifsen will again be engaged in fishing here.

### Announcements

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

Pre-school and Infant Clinic, King Edward School, Tuesday, 2 to 4; St. Peter's Church Hall, Wednesday, 2 to 4.

W.O.T.M. Invitation Dance, May 5 Oddfellows' Hall.

Spring Bazaar United Church W.A., May 6.

Little Norway Tea, Mrs. Munthe, May 8.

Hospital Tea, Nurses Home, May 13.

Cambrai Spinster's Spree, May 14.

Entertainment, Oddfellows' Hall, May 16. Help Norway Com.

Presbyterian Missionary Tea, Mrs. Platen, May 19.

Eastern Star Dance, May 21.

Valhalla Invitation Dance, Oddfellows' Hall, May 28.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE  
In the Matter of the "Administration Act" and  
In the Matter of the Estate of John Klee, Deceased Intestate

TAKE NOTICE that by Order of His Honour, W. E. Fisher made on the 22nd day of April, A. D. 1943, I was appointed Administrator of the Estate of John Klee, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 27th day of May, A. D. 1943, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.

DATED at Prince Rupert, B.C., this 27th day of April, A. D. 1943  
G. H. HALLETT  
Official Administrator  
Atlin, B.C.

### Announcement

DRS. LARGE AND GIBSON wish to announce that they will occupy their new offices at 608 Third Avenue West, above Boston Cafe on and after April 27. No change in telephone number.



## CIVILIANS !!!

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PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

## INDUCTION INSPIRING

Large Cathedral Congregation Hears Father Call Son to God's Service

An impressive service of ordination of Rev. E. W. Scott, rector of St. Peter's Church, Seal Cove, into the priesthood of the Anglican Church, was held at St. Andrew's Anglican Cathedral yesterday morning. The ordination was performed by Rt. Rev. G. A. Rix, Bishop of Caledonia, and an inspiring feature was the sermon by Rev. T. W. Scott, rector of St. Mark's Church, Vancouver, who personally exhorted his son to God's service. Also assisting in the service were Very Rev. James B. Gibson, dean of St. Andrew's Cathedral, Rev. Canon W. F. Rushbrook, retired rector of St. Peter's, and Rev. (Captain) W. R. Hullins, local regimental padre.

There was a large congregation consisting of members of both the Cathedral and St. Peter's. The full choir, under the direction of Peter Jen, organist, also took part.

## CLASSIFIED

### FOR SALE

FOR SALE—Used furniture of all descriptions. Visit Elio's used department, Third Avenue next to Daily News, Prince Rupert.

FOR SALE—General Electric seven tube (battery) radio, call after 6 o'clock, 737 Second Avenue, Apartment 2. (104)

FOR SALE — R.C.A. Victor combination radio-gramophone. Phone Blue 688. (104)

FOR SALE—Easy chair, 132 8th Avenue East. (104)

FOR SALE — 1 wedge tent, new, made of Egyptian silk, weight 4½ lbs., size 6x7½ ft. and 6½ ft. in centre. Make an offer. Box 481 Daily News. (104)

FOR SALE—Barber's outfit — two chairs, eight foot mirror and basin. Box 480, Daily News. (106)

FOR SALE—Household furniture, must sell fast. 226 Sixth Avenue East. (105)

### FOR RENT

FOR RENT—Bright front bedroom for gentleman only. 646 Taylor Street, Phone Green 830. (103)

### HELP WANTED

WANTED—Cook for small family. Apply U. I. Commission A.F. 52. (104)

WANTED — Middle aged housekeeper. Write Box 479 Daily News. (106)

WANTED—Truck driver for Cartage business; Apply Unemployment Insurance Commission AM 34. (tf)

HAIRDRESSER wanted for well-established beauty shop. Apply Unemployment Office, AP 49. (103)

WANTED—Bookkeeper for cartage business, male preferred, military exempt. Apply Unemployment Insurance Commission A.M. 38. (tf)

### BOARD AND ROOM

BOARD and room for men wishing to share. 718 Fraser Street. (105)

### WANTED

WANTED — Coal and wood range. Phone Blue 395

WANTED—Small outboard motor. Apply P.O. Box 441, City. (103)

### PERSONAL

WILL Victor Anderson, who used to live in Sexsmith, Alta., please communicate with O. A. Horte, General Hospital, any evening. Business proposition. (104)

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE  
In the Matter of the "Administration Act" and  
In the Matter of the Estate of Thomas McRae, Deceased

TAKE NOTICE that by Order of His Honour Judge Fisher, local Judge of the Supreme Court of British Columbia, I was, on the 29th day of April, A.D. 1943, appointed Administrator of the Estate of Thomas McRae, formerly of the City of Prince Rupert, deceased, who died on or about the 15th day of December, A.D. 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 June, A. D. 1943, failing 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 29th day of April, 1943.  
NORMAN A. WATT  
Official Administrator  
Prince Rupert, B.C.



## Men Born From 1902 to 1924 Must Prove Compliance With Mobilization Regulations When Asking Permits to Seek Employment

BY order of the Minister of Labour issued pursuant to National Selective Service Civilian Regulations, (P.C. 246, January 19, 1943) an important change is now made in regard to the issue by Employment and Selective Service Offices, of permits to seek employment.

After April 30, 1943, a permit to seek employment may be refused to any male person born in any of the years from 1902 to 1924, inclusive, who has reached age 19, unless such person presents satisfactory evidence that he has not contravened the provisions of National Selective Service Mobilization Regulations (that is, Military Call-up Regulations). Evidence required is to be in one of the following forms:

- (a) A certificate of discharge from His Majesty's Forces after service during the present war; or
- (b) a rejection slip issued by the Army on application for enlistment; or
- (c) a certificate of medical examination issued by the Registrar of a Mobilization Board; or
- (d) a postponement order certificate issued by the Registrar of a Mobilization Board; or
- (e) in the case of a male person born in any of the years from 1902 to 1916 inclusive, a statutory declaration on a form available in the employment office, that he is not a "single person" under Mobilization Regulations.

Documents referred to in (a), (b) and (e) above need be presented only the first time a permit is sought after April 30, 1943, unless subsequently asked for by a Selective Service Officer. Documents referred to in (c) and (d) above must be presented each time a permit is applied for.

Two points under the new Regulations are to be specially noted:

- (1) Male persons applying for permits by mail should forward with their applications the evidence required (except (e) above).
- (2) A Selective Service Officer MAY furnish a permit without first being handed evidence, where the applicant's services are required for immediate employment, or where a permit is asked for by mail, but in these cases the evidence must be presented to the Selective Service Officer later, usually WITHIN THREE DAYS of the issue of the permit.

All men, born from 1902 to 1924, who have reached age 19, are urged to co-operate with Employment and Selective Service Officers in this matter.

Help yourselves, help others applying for permits, help the Offices to function smoothly, by having your documents with you when needed.

## Department of Labour

HUMPHREY MITCHELL, Minister of Labour  
A. MACNAMARA, Director, National Selective Service

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