"Build B.C. Payrolls"

HAPPY ABOUT GIVING UP

"Giving up and giving something." These words of Mrs. H., printed Saturday, we thought impressive.

"When I could not get Pacific Milk, what to do became a problem until I learned it is being shipped to the war." Then she adds, "That made me feel happy. It made me feel I was giving up and giving something."

Rather striking words.

PACIFIC MILK

Irradiated and Vacuum Packed

Wear Suspenders —And Like Them

Hollywoood Stars Setting Fashion For Sporting Hubby's Own Accessories

HOLLYWOOD April 26 (AP) —Tired of your own accessories? Try your husband's. The girls in Hollywood are having fun with the mannish accessory theme.

If you have trouble keeping your skirt hanging at an even keel, you might take a tip from Nancy Coleman. She wears suspenders.

Instead of an honest-to-goodness belt, Dolores Moran slips a brown and yellow tie through the belt loops of a beige flannel skirt and wears it, ends flying, as a belt. A fondness for vests causes Brenda Marshall to swipe her husband's vests.

ADVERTISE IN THE DAILY NEWS

LOCAL NEWS NOTES

G. E. Phillipson left Saturday night for a visit to Vancouver.

Mrs. Stanley Saville is leaving tonight for a trip to Vancouver.

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

A. W. Lipsin, who has been spending the past several weeks in the city, is leaving tomorrow afternoon on his return to Vancouver.

Miss E. R. Young of the local school teaching staff left at the end of the week for Winnipeg to spend the Easter holidays.

Robert Eby, who has been home on leave from his naval duties on the Atlantic, left Saturday night for Vancouver on his way back East.

Miss Mabel Faust R.N., lady superintendent of the Prince Rupert General Hospital, leaves tonight for Vancouver to attend a convention.

Mr. and Mrs. H. R. Vanderlust were here at the end of the week returning to Juneau, where Mr. Vanderlust is a well known barrister, after a trip to Seattle.

▲ Due to the absence of the Public Health Nurses, who are attending the annual Health Worker's Institute in Victoria, the Pre-school and Infant Clinics on April 20th, 21st, 27th, and 28the have been cancelled. Regular Clinics will be resumed on May 4th and 5th.

Card of Thanks

To Dr. Hankinson, Dr. MacDonald and Dr. Coleman, the Matron and Staff of the General Hospital and to the men who so willingly donated their blood, my deepest thanks. Also to our friends for the help, the messages of sympathy and the beautiful floral tributes, my deepest gratitude.

JEANNIE WARREN

John Gurvich left Saturday night for a business trip to Vancouver.

G. W. Nickerson left Saturday night for a business trip to Vancouver and elsewhere in the south.

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

Mr. and Mrs. A. L. Ford returned to the city at the end of the week from a holiday trip to Vancouver.

T. W. E. Henry returned to the city at the end of the week from a brief trip to Vancouver.

A. C. Small left Thursday night for Vancouver. He will attend a Rotary district conference while in the south.

▲ Canadian Club Nomination Meeting, Mrs. Balagno's, Tuesday, Apr. 27, 8 p.m. Annual Eletcion, Mrs. Blackaby's, May 5, 3 p.m. (98)

Mrs. H. F. Wearmouth, who has been visiting for the past few weeks in Vancouver, returned to the city from the south yesterday.

Isaac Taylor, well known Whitehorse business man, and Mrs. Taylor were here at the end of the week returning to the Yukon after a trip to Vancouver.

B. Thorsteinssen, inspector of schools, and Mrs. Thorsteinssen, left Saturday night on the Prince George for Vancouver to spend the Easter vacation season.

Announcements

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

Queen Mary Easter Monday Tea, Mrs. Parkin.

Cathedral Easter Sale, April 29.

C.C.F. Invitation Dance Oddfellows' Hall, April 29.

Mayday Ball, Oddfellows' Hall, Fri. April 30.

W.A. Coast Regiment, Service Men's Dance, Empress Club, Easter Monday.

Turkey Dinner, Baptist Church, April 30.

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. Flaten, May 19.

Eastern Star Dance, May 21.

MANY BEES TRAVELLING

"Humming" Business of Canadian National Express

VANCOUVER, April 26 — Vanguard of a mighty army that will fight on the home front producing honey for housewives and others who can put the tasty product to good use in aiding the war effort, a large shipment consisting of hundreds of crates of package bees left here for prairie points via Canadian National Express.

With thousands of these packaged bees in one crate, it may be well imagined how many millions of these busy creatures will be shipped through Vancouver to points in British Columbia, Alberta, and Saskatchewan before the shipping season winds up at the end of May.

Last year's movement broke records but this season's live bee traffic will undoubtedly be heavier as honey producers have increased their orders with breeders in California and Oregon to try and supply the greater demand occasioned by the fact that honey is being more and more widely used as sweetening ingredient in place of sugar.

"Business, these days, is more than brisk" commented Harvey Boale, general express agent here for Canadian National Express "but, with the tremendous package bee traffic this season, we will honestly be able to say that things will really be humming."

The Post Office

The post office is a busy place,
People dash to it as in a race.

In a line they have to wait.
Which sometimes brings a nervous state.

Not helping them, but makes them burn,
Some lad steps in before his turn.

Then again is that cigarette smoke,
The sign smoking prohibited is just a joke.

And then there is the usual wait,
Some person at the wicket has a debate.

Or it's money, they never seem to find,
Every day it's the same old grind.

Others seem to want information,
Even enquiring about the health of the nation.

Reaching the wicket takes power of will,
It doesn't help out when they receive a bill.

These things don't help by any means,
But the post office is blamed for all it seems.

—Hugh S. Carnie.

AUCTION SALE
Timber Sale X17163

There will be offered for sale at Public Auction, at 11 o'clock in the forenoon on the 29th day of April, 1943 in the office of the District Forester, Marine Building, Vancouver, B.C., the Licence X17163, to cut 1,543,000 f.b.m. of Spruce, Cedar and Hemlock on three areas situated on Shuttle Island, Queen Charlotte Islands Land District.

One (1) year will be allowed for removal of timber.

"Provided anyone unable to attend the auction in person may submit tender to be opened at the hour of auction and treated as one bid."

Further particulars may be obtained from the Chief Forester, Victoria, B.C., or the District Forester's at Prince Rupert and Vancouver, 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.

CLASSIFIED

FOR SALE

FOR SALE—Kitchen range, Elio's.

FOR SALE—House, 8 rooms, fireplace, furnace, nice grounds and view. Occupancy about May 20. Near Dry Dock. Price $4750. Terms. G. P. Tinker Ltd. (100)

FOR SALE—Piano. Special offer to armed forces. Box 478 Daily News (102)

FOR SALE— New cabinet Electric Sewing Machine, $75.00 F.O.F. Terrace. Mrs. Harris, Box 177, Terrace, B.C. (99)

FOR SALE—House, 4 bedrooms, hardwood floors, furnace, etc., garden. Splendid condition. Early occupancy. Near bus line. Price $4000. G. P. Tinker Ltd. (100)

HELP WANTED

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

WANTED — Three men, day shift only, to board aid share room. Green 596, 851 9th Avenue West.

WANTED — Woman to do light house duties. Good wages. Phone Green 596. (102)

WANTED — Capable housekeeper between 35 and 50 years, for small family. Good home and wages. Red 879. (97)

WANTED — Woman, experienced baker, to make pies. War Service. Apply Unemployment Insurance Commission AF 48. (97)

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

WANTED

WANTED—To buy, close in, 6 room house. State price and terms. Box 477, Daily News. (97)

WANTED—Phonograph player attachment for battery radio. P.O. Box 526. (97)

WANTED TO BUY — Small 14ft double-end rowboat. 246 F. D. Howard, Smith Bros. & Wilson. (99)

WANTED—Good home to board 9 year old boy. Has his own bed. Write Mrs. Arnott, P. O. Box 1315. (97)

WANTED — Washing machine. Phone Blue 815. (99)

CLASSIFIED — WANTED—Housekeeping room by shipyard worker. Apply Box 474 Daily News.

WORK WANTED

WANTED — Light sparetime employment in evenings. Phone Blue 617. (98)

MIDDLE-AGED man wants light work, few hours daily between 9 and 3 p.m. Apply Box 475 Daily News. (97)

ARTICLES WANTED

BAND and Orchestra Instruments not in use may be turned into ready cash. Send full particulars to Whaley Royce & Company, 310 Yonge St., Toronto, Ontario.

LOST

LOST FROM TRUCK—Screw jack in East End. Reward. Phone 108. (97)

WEEKLY WARTIME NUTRITION HINTS

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

by Martha Logan

Why Nutrition IS Important

Experiments by Canadian Scientists prove a proper diet is vital to health

Every woman wants to see a finer and better country grow out of the tribulations of the present. And one of the real jobs we women can do to make that better Canada come true is to get behind our government's nutrition program. Canada's official food rules are practical and easy to follow, even under wartime conditions. They tell us the *minimum* of protective foods we need to keep *really* fit. And these protective foods are *not* a matter of guesswork. Years of research—much of it by Canadian scientists—have proved again and again that without the protective foods we just can't be the healthy men and women Canada needs—especially in time of war.

Here, once again, are the things everyone should eat every day—with some of the reasons why:

MEAT, FISH OR POULTRY—At least one serving daily . . . to build strong muscles. (Liver, heart or kidney at least once a week. Eggs 3 or 4 times).

MILK—Adults ½ pint. Children, more than a pint . . . cheese as available . . . for bones and teeth.

BREAD—4 to 6 slices of Canada Approved bread, brown or white . . . for pep and energy—and one serving of whole grain cereal.

TOMATOES or CITRUS FRUIT—Or their juices every day . . . to keep you fit and able to resist infection.

FRUIT—One other serving of fruit daily . . . for better growth and better eyes.

VEGETABLES—At least two servings daily of yellow and leafy green vegetables, frequently raw . . . to help you resist illness. And potatoes daily, too . . . best cooked in their jackets!

• • •

Actually, of course, each of these basic foods performs more than one protective function, which is another reason why we need them *all* if Canada is not to become a C3 nation. And remember, these are the *minimum* requirements. Beyond these, within the limit of wartime supplies, let your natural appetite be your guide.

MAKE MEAT GO FURTHER

Martha Logan's famous meat cookbook "Meat Complete" is a great help to wartime housekeepers. Send 10¢ to Swift Canadian Co. Ltd., Dept. NE 15, Toronto.

BACK THE ATTACK more BUY VICTORY BONDS WEAR THIS EMBLEM

SWIFT CANADIAN CO., LIMITED

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

ORIGINALLY INDIAN

The Polynesians are believed to have migrated to Pacific islands from the east coast of India.

CHINA'S' INK

In China the invention of ink is credited to Tien-Tcheu, who lived about 2600 B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of George Mitchell Fraser, Deceased

TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 5th day of April A.D. 1943 appointed Administrator of the Estate of George Mitchell Fraser, formerly of the City of Prince Rupert, British Columbia, Deceased, who died on or about the 18th day of January, 1943. 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 May, 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 5th day of April, 1943.

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

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of Matthew Murray, Deceased

TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 19th day of April, A.D. 1943, appointed Administrator of the Estate of Matthew Murray, formerly of the City of Prince Rupert, Deceased, who died on or about the 30th day of January, A.D. 1943. 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 1st day of May, 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 19th day of April, 1943.

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

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 Davidson Laird, Deceased, Intestate

TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 9th day of April, A.D. 1943, I was appointed Administrator of the Estate of Thomas Davidson Laird, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 9th 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 9th day of April, A.D. 1943.

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

FOR APRIL SHOWERS and SPRING CLEANING

Get Hand Cleaner

French Balm two sizes
Almond Hand Lotion
Adrienne Creams
Talcum Powders large tins in assorted perfumes 25c tin

Ormes Ltd.
The Pioneer Druggists

THE REXALL STORE PHONES 81 and 82
Open Daily from 9 a.m. till 9 p.m.
Sundays and Holidays from 12 - 2 p.m. and 7 - 9 p.m.

THEY say it with BULLETS
YOU say it with BONDS

Smith & Elkins

FOR SALE

• • •

1 Westinghouse Electric Range, first-class condition.

• • •

1 Sink.

• • •

1 Wash Basin.

• • •

1 Large size Dresser.

• • •

30 Pillows.

• • •

1 Meat Cutter at a low price.

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Phone Black 324
THIRD AVENUE

NEW ROYAL HOTEL
J. ZARELLI, PROP.

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

Prince Rupert, B.C.
Phone 281 P.O. Box 196

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Let us do your Shoe Repairing.
Mail Your Shoes—We Pay Return Charges and give you

24 HOURS SERVICE

High Class Workmanship—Best Material—Reasonable Charges

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