



"I don't worry about Vitamins and Minerals!"

"I get all the extra vitamins and minerals I need in my three meals, with Ovaltine night and morning. And how delicious Ovaltine is—and how well I feel!"

Authorities say 3 out of 4 people are undernourished—for lack of enough Vitamins and Minerals. But experts agree with 3 average-good meals a day and Ovaltine you are getting all the extra vitamins and minerals you can profitably use—except Vitamin C, which is plentiful in fruit juices.

Ovaltine is recognized not only as a rich source of vitamins and minerals but, equally important, as a well-balanced dietary food supplement prescribed by doctors the world over for those who are thin, nervous or underpar.

So don't worry about vitamins and minerals. Rely on Ovaltine to give you all the extra ones you can use—in addition to its other well-known benefits. Just follow this recipe for better health—

2 Glasses* of Ovaltine are equal to

- VITAMIN A in 4 oz. orange juice
- VITAMIN B in 4 slices whole wheat bread
- VITAMIN D in 1 teaspoon standard Cod Liver Oil
- VITAMIN C in 1/2 oz. dried berries
- IRON in 3 oz. liver
- CALCIUM in 2 1/2 oz. Cheddar Cheese
- PHOSPHORUS in 2 1/2 oz. Cheddar Cheese

*Made as directed with average diet.

3 MEALS A DAY + OVALTINE NIGHT AND MORNING

Get Ovaltine today at your drug or grocery store.

OVALTINE
THE PROTECTING FOOD-DRINK

Locals

Gordon's Hardware will be closed from Christmas Eve December 24 to Monday, January 3, 1944. (301)

▲ Closed Thursday and Friday for inventory. — Rupert Peoples Store, Rupert Men's and Boys' Store, Cut Rate Shoe Store. (303)

▲ To Whom It May Concern— I will not be responsible for any debts contracted in my name by anyone but myself.—W. Flewin.

OLD TIMERS' XMAS PARTY JOLLY EVENT

"I have a nice little house and I live all by myself, so if any of you bachelors now . . ." was the invitation extended by the charming 82-year-old winner of the "Oldest Lady Present" prize at the "Old Timers' Christmas party" held at the U.S.O. Hall in the United Church.

Originally scheduled as a "tea," the party surprised itself by rapidly expanding into a full-sized turkey-dinner as a result of the enthusiastic interest of the community.

Anticipation was kept as guests started arriving at 2 o'clock. The program, with M. M. Stephens acting as master of ceremonies, led off with a bang with "Oh Canada," in which the guests, all "70 and over" but nonetheless still lusty of voice, joined wholeheartedly. The program, interspersed with Christmas carols led by John E. Davey, in which all present joined, progressed smoothly through "Star of the East" sung by the delightful Wartime Housing children's quintette and "A Gypsy Dance" played by 10-year-old George Gillis, noted young pianist, but broke into riotous laughter when Joe Slagard gave a side-splitting rendition of "The Preacher and the Bear." The audience was next treated to a piano solo by Miss Derry, followed by "Jingle Bells," lustily delivered by four little boys. True to the Welsh tradition, Mr. Davey next delighted the guests with a Christmas carol in his beautiful tenor.

CFPR (1240 Kilocycles) Schedule

TUESDAY P.M.

4:00—Sound Off
4:15—G. I. Jive
4:30—Vocal Varieties
5:00—California Melodies
5:30—Personal Album
5:45—Melody Round-up
6:00—CBC News
6:05—Recorded Interlude
6:15—Sports Interview
6:30—Sports Interviews
7:00—G. I. JOURNAL
7:30—The Latin Americans
8:00—Fred Waring's Pennsylvania
8:15—Front Line Family
8:30—Contented Hour
9:00—Fibber McGee and Molly
9:30—Soliloquy
10:00—CBC News Broadcast
10:05—Recorded Interlude
10:15—Show Time
10:30—Suspense
11:00—Closing announcement

WEDNESDAY A.M.

7:30—Musical Clock
7:45—CBC News
7:50—Musical Clock
8:30—Morning Devotions
8:45—Novelty Tunes
9:00—Morning Visit
9:15—Freddie Martin and Dinah Shore
9:30—CBC News Rebroadcast
9:35—Transcribed Varieties
10:00—Homemaker's Program
10:15—Kenny Baker
10:30—Tune Wranglers
10:45—They Tell Me
11:00—Scandinavian Melodies
11:15—Broadcast of Messages
11:17—Recorded
11:45—Enric Madriquera

P.M.

12:00—Mart Kenny Orchestra
12:30—Spotlight Bands
12:45—CBC News
12:50—Recorded
12:55—Program Resume
1:00—One Night Stand
1:30—Rebroadcast G. I. Journal
2:00—Silent

WEDNESDAY P.M.

4:00—Sound Off
4:15—G. I. Jive
4:30—Blonde

A GREAT FAMILY LINIMENT

DR. THOMAS' ELECTRIC OIL

Announcements

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

Moose Ladies New Years dance Oddfellows' Hall, Dec. 29, 10 to 2. Jean De Carlo's orchestra. Refreshments.

Burns' Tea at the home of Mrs. George Mitchell, January 26th.

SMITH BROS. COUGH DROPS

BLACK OR MENTHOL 10¢

Eyestrain Time is Here!

PROTECT YOUR EYES WITH **EDISON MAZDA LAMPS**

CANADIAN GENERAL ELECTRIC CO.

Christmas Tree At Day Nursery

The tiny tots of the day nursery of Mrs. W. B. Kerr and Mrs. R. Berg at 441 Seventh Avenue East provided interesting and enjoyable entertainment for parents at a Christmas tree party last Wednesday afternoon. Following a delightful program refreshments were served to the parents while the children received gifts and candy from Santa Claus. The program included songs by Dona Duke, Byron and Jacqueline Hitchens, Neta and Gail Weise and Lorna McSweeney and recitations by Jacqueline Hitchens and Joan Berg.

C.N.R. Trains

For the East—
Daily except Sunday . . . 8 p.m.
For Terrace and Pacific—
Sunday, Monday, Wednesday, Friday . . . 4 p.m.

From the East—
Daily except Mon. . . 10:45 p.m.
From Terrace and Pacific—
Monday, Tuesday, Thursday

SWIFT'S WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday

by Martha Logan



Cranberries

Now's the time to enliven meals with the tart flavour and high Vitamin content of Canadian Cranberries

Cranberry sauce is practically a "must" for the holiday season and, just in case you haven't a good recipe handy, we give our favourite method in the panel opposite.

But there are other delightful ways of using this valuable fruit in meat dishes. For instance, now that fresh pork is a little more plentiful you might like to try these Cranberry Pork Chops. (If pork is still hard to get where you live, try the recipe with veal.)

4 pork chops 1/2 cup honey
1/2 tsp. salt 1/4 tsp. cloves
2 cups raw 1/4 tsp. nutmeg
cranberries

Brown pork chops in heavy frying pan. Season. Grind cranberries, mix with honey and spices—pour over chops. Cover and cook slowly for 1 hour.

For more valuable meat recipes send 10¢ for "Meat Complete," Martha Logan's famous handbook of meat cookery, to Swift Canadian Co. Limited, Dept. NE 60, New Westminster.

CRANBERRY SAUCE

2 cups water
2 cups granulated sugar
4 cups cranberries

Make a syrup of water and sugar and boil 5 minutes. Pick over and wash cranberries and add to syrup; cook without stirring, until cranberries are tender and all skins have burst (about 5 minutes). Set aside to cool, in saucepan in which it was cooked.

CLASSIFIED ADS

Classified Advertisements are payable in advance at the Office—No telephone orders — Rate 2c per word per insertion.

FOR SALE

FOR SALE—8-tube consol radio, General Electric, five bands, 146 Fourth Ave. East. Phone Red 127. (tf)

FOR SALE—Child's electric train, complete engine American Flyer, 101 7th Ave. East. (301)

FOR SALE—Central Hotel Dining Room. Reasonable. Apply within. (306)

WANTED

WANTED—Two room furnished apartment within walking distance of town. Reward \$35 for information and securing of apartment. Phone Signal Corps, Extension 406, M. J. Edwards. (306)

\$50 Reward for securing suitable furnished or unfurnished apartment or house. Phone Green 155. (302)

NEW ROYAL HOTEL

A Home Away From Home

Rates 75c up

50 Rooms, Hot and Cold Water

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

HELP WANTED

STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge of commercial book-keeping, or those willing to learn, will have preference. Written applications only. State experience, if any. Apply U. I. C. AM 96. (tf)

WANTED—Capable housekeeper for small family; room and board; good wages. Phone Red 879. (tf)

FOR SALE

FOR SALE—Blue diamond Parker fountain pen. Reward \$5 1344 8th Ave. East. (302)

LOST—Black wallet containing \$32. Phone Red 933. Reward (302)

LOST—Leather wallet with initials "J.A.M." Reward. Finder please return to Daily News. (303)

LOST—Girl's sterling identification bracelet with Navy crest. Finder please leave at Daily News Office. (tf)

LOST—December 24, fountain pen top, mottled blue gray color. Name R. S. Greig engraved. Return to C.N.R. ticket office. Reward.

BUSINESS AND PROFESSIONAL

GEORGE L. RORIE

Public Accountant, Auditor, etc.
Income Tax Returns Compiled
Wallace Block Phone 387

IDEAL CLEANERS

"House of Better Cleaning" Authorized
"FLEXFORM" SERVICE
Shapes Dresses Without Guesses

Waterproofing a Specialty
We Pick Up and Deliver
PHONE 858
Mail Orders—Box 99

B. LAMB, TAILOR

Ladies' & Men's Made-to-Measure Clothes.
302 Third Ave. W. Black 787

National Monuments

You can now mark the grave of your loved ones by buying a monument from National Monuments at the most reasonable prices.

Box 1425 Postal Station B
Workshop 602 5th Ave. East, Prince Rupert
"Made in Prince Rupert"

HELEN'S BEAUTY SHOP

Permanent Waving
Beauty Culture in all its branches
206 4th St. Phone 655

SMITH & ELKINS LTD.

Plumbing and Heating Engineers.
Phone 174 P.O. Box 274

International Correspondence Schools

Canadian Limited
B. F. Lovin, Representative
Box 526 1315 Piggot Ave. Prince Rupert, B.C.

Wood Fuel

Please let us have your order for wood fuel at once. We have plenty of wood on hand.

Phone your order for wood to your regular fuel dealer.

ALBERT & McCAFFERY LTD.
PHONE 116 and 117

Meet Me At **JOHNNY'S SNACK BAR**

Johnny's

(Our Coffee is Tops)

ENTERPRISE FRUIT MARKET

We carry a complete line of DELNOR FROZEN FRUITS AND VEGETABLES

KWONG SANG HING HOP KEE

CHOP SUEY HOUSE

Next to King Tai
612 7th AVE. WEST
All your patronage welcome
Open 5 p.m. to 12 p.m.
Tuesday—10 p.m. to 12 p.m.

Outside Orders from 2 p.m. to 12 p.m.
Phone Red 247

THE REX CAFE

Now Open for Business

CHOP SUEY CHOW MEIN

Opening Hours:
3 p.m. to 2 a.m.

2nd Avenue (Across from Prince Rupert Hotel)
Phone 173

Trappers

Don't be foolish and sell your Furs on the Waterfront to buyers who are getting big commissions.

Goldbloom

can pay 30 per cent more than anyone else as a result of finding the best markets when in Montreal and New York.

SEE **GOLDBLOOM** FIRST

Moose Lodges' Christmas Tree

More than 100 children attended a Christmas tree party held jointly by the Moose Lodge and the Women of the Moose in the Oddfellows' hall Thursday afternoon.

Beginning at 2 o'clock the children sang carols and played games with enjoyment made keener by their anticipation of the arrival of Santa Claus. Very popular was a booth purveying hot dogs and soft drinks.

The arrival of Santa Claus heralded the distribution of such toys as dolls, blackboards, tea sets, and teddy bears, as well as quantities of apples, oranges, and candy.

The committee in charge of the party was under Mrs. W. H. Tolin, and consisted of Mrs. J. Kaspar, Mrs. F. W. Grimble, Mrs. F. W. Chandler and Mrs. Tom Morgan. A number of men of the Moose lodge also assisted.

Continue to Speed the Victory

Support the B.C. Stationers, Printers, and Booksellers

\$1,000,000.00

War Savings Stamps Campaign for November and December

Come on Prince Rupert, let's lead Canada!

Each Stamp Purchased Entitles You to a FREE Draw on Valuable PRIZES!

Get Your FREE TICKET — Buy Your War Savings Stamps — from —

Dibb Printing Company
Besner Block, 3rd Street Phone 234

We Wish All our Friends

THE COMPLIMENTS OF THE SEASON

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PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

It Pays to Advertise in The Daily News