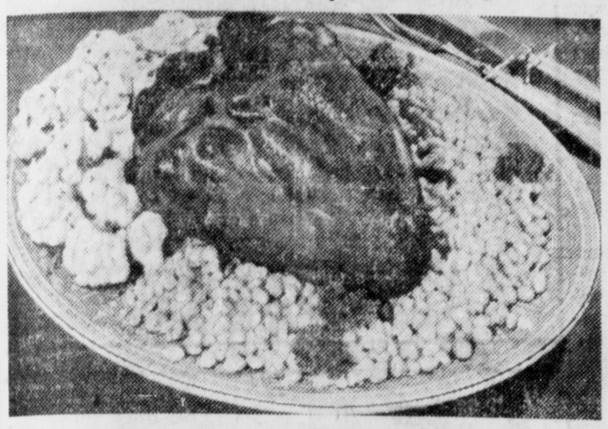
WEEKLY WARTIME NUTRITION HINTS

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

Braised Heart



Liver, Heart or Kidneys should be eaten once a week, say Canada's food rules

Properly cooked, the "variety meats" are really delicious. What is more, they are often less in demand and as "protective foods" they are tops. This week we give you our favourite recipe for Beef Heart. First, the dressing: 1 cup stale bread crumbs, 2 tablespoons chopped onion, 2 tablespoons sausage meat, 1 egg. Brown sausage and onions in 1 tablespoon beef dripping. Add bread crumbs, beaten egg and seasoning. Now wash the heart and remove tubes. Season; fill with dressing and sew up. Brown in hot fat. Add ½ cup vegetable stock or water. Cover and cook slowly for about 3 hours till tender, adding liquid as needed. Try serving Heart braised this way, with cauliflower and corn kernels, for a main dish. It makes a thrifty meal but a very delicious one—and you know your family is getting the kind of food that will help keep each of them fit.

"EAT THESE FOODS EVERY DAY!"
say our Government's Nutrition Services

MEAT, FISH, ETC.—One serving a day of meat, fish or poultry. Liver, heart or kidney once a week.

EGGS—At least three or four eggs weekly.

FRUITS — One serving of tomatoes daily, or a citrus fruit, or tomato or citrus fruit juices, *and* one serving of other fruits, fresh, canned or dried.

VEGETABLES (as well as one serving of potatoes)—Two servings daily of vegetables, preferably leafy green, or yellow and frequently raw.

BREAD AND CEREAL—Four to six slices of Canada Approved Bread, brown or white. One serving whole grain cereal.

MILK—Adults: ½ pint. Children: More than one pint. Some cheese, as available.

ADD ANY OTHERS THAT YOU LIKE

"Meat Complete" is the name of Martha Logan's new meat cookbook with over 80 recipes for cooking meat. For your copy send 10¢ to Swift Canadian Co., Limited, Dept. NE8, Toronto.

SWIFT CANADIAN CO., LIMITED . . a Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources.

Human suffering was never greater than now
GIVE TO THE RED CROSS

FREIGHTER LAUNCHING

Fort Turtle, Which Took Ninety Days to Build, Slides Smoothly Into Water

A period of about ninety days having elapsed between keel laying and launching, another fine 10,000-ton freighter — Fort Turtle — slid smoothly off the stocks of a West Coast shipyard at 2:10 Saturday afternoon. The launching was as successful as any that had preceded it. Blasts of nearby whistles were sounded as the vessel took to the waters.

The launching ceremony itself was of extremely simple character. After the blessing of the ship by Rev. A. F. MacSween, the keel blocks were knocked out and, as the hull started to slide away, Mrs. H. G. Christiansen, wife of a shipwright, smashed the traditional bottle of champagne against the hull.

On behalf of the builders, Mrs. Christiansen was presented with a solid silver inscribed salvor by the manager, Bernard Allen. Miss Evyln Macdonald of the office staff presented Mrs. Christiansen with flowers.

The ninety-day time for construction of the vessel was with full day shifts and two partial night shifts.

"Build B.C. Payrolls"

Pacific Brings Out The Flavor

"When I have company for tea I like to use Pacific Milk for I am just a little proud of the flavor Pacific brings out. It almost makes you feel you have discovered a little secret." —From the letter of Mrs. M. S.

PACIFIC MILK
Irradiated and Vacuum Packed

FOR SALE

Sealed tenders will be received by the undersigned up to noon on Saturday, March 20th, 1943, for the purchase of the following:

1. Central Hotel, inclusive of furnishings. Hotel located at corner of First Avenue and Seventh Street, on Lots 11-14, inclusive, Block 10, Section 1, Prince Rupert;
2. Lots 23 and 24, Block 11, Section 1;
3. Lots 23 and 24, Block 19, Section 6;
4. Lot 10, Block 8, Section 2.

Terms cash. Tenders must be submitted for each parcel separately and be accompanied by certified cheque for 10% of tender.

Highest or any tender not necessarily accepted.

NORMAN A. WATT,
Administrator of the Estate of Cora E. Black, deceased.

LOCALS

▲ St. Peter's Evening Branch Tea, April 15.

▲ Canadian Legion (B.E.S.L.) Exetive meeting tonight at 8 p.m.

Kenneth Harding left Saturday night for a ten day business trip to Vancouver.

Miss Doreen Eastment and Miss J. Bourgone left on Saturday night for a trip to Vancouver.

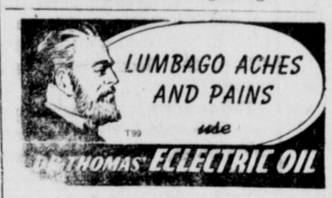
John Dybhavn was able to be back at his office this morning after having been confined to his home for the past week with an attack of influenza.

Child's Colds
To Relieve Misery Rub on Time-Proved
VICKS VAPORUB

L. J. Dell of this city has received a cable from his son, Sergeant Pilot Victor Dell, advising that he is now on service with the Royal Air Force in India.

TALLOW DIPS

About the 11th century, splinters of wood dipped in tallow were first use din England for lighting.



Announcements

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

Card party, Catholic Hall, March 17. Contract and Whist; good prizes. Admission 50c.

Entries Queen Mary Bridge Tournament close March 17.

Registered Nurses' Association Dance, Oddfellows' Hall, March 18.

S. O. N. Invitation Dance, March 19.

Eastern Star Dance, March 26.

Valhalla Invitation Dance, Oddfellows Hall, April 2.

Cathedral Easter Sale, April 29.

Support The
Red Cross
MIDWAY GROCERY

Local Tides

Tuesday, March 9

High	3:16	22.1 feet
	15:34	20.9 feet
Low	9:34	3.0 feet
	21:45	3.9 feet

CLASSIFIED

FOR SALE

FOR SALE—3¼ x 4¼ Reflex Camera, also .22 calibre Mossberg clip repeater. Apply Box 445 Daily News. (56)

FOR SALE — 3 piece chesterfield suite $90.00. Phone Black 728 (61)

FOR SALE—1941 Pontiac car, price $35.00; can be seen at corner of Fifth and McBride. (57)

FOR SALE—Electric Stove. Phone Black 187.

WANTED

WANTED — To rent or lease furnished or unfurnished house or suite by April 15. References furnished. Box 448 Daily News. (60)

WANTED—Folding bed-type baby carriage in good condition. Box 447 Daily News. (57)

WANTED — Room by gentleman, light housekeeping preferred. Apply Box 439 Daily News. (56)

WANTED—To Rent or Buy: Two or three room house. Apply Box 446, Daily News. (57)

WANTED—To rent or lease, 5 or 6 room house, unfurnished. Clarence Thomson, Phone 423 or 53. (tf)

WANTED — Room and board in family home for woman with 4 months' old baby. Urgent. Phone Blue 419 (Mrs. Martin). (58)

LOST

LOST—Gold brooch with red and Black South American bean in claw setting. Finder please leave at Daily News. Keepsake. Reward.

LOST — Man's gold wristwatch. Phone Red 198. (56)

BOARD AND ROOM

BOARD and Room for men sharing. 718 Fraser Street.

SLEEPING accommodation for gentleman. 646 Taylor Street. Phone Green 830. (57)

HELP WANTED

MALE and Female help wanted for old established dairy in Prince Rupert. Good wages, experience not absolutely necessary. Apply Unemployment Insurance Commission A.M. 29. (58)

MEN Wanted for Co-operative Fish Camps by April 15. Job involves handling of fish and stores. Apply Selective Service Office. 961-1589.

WANTED—Woman for companionship and light housekeeping duties. Service man's wife might be suitable. Phone Blue 709 or apply Madam Rajaut at Tlell.

PERSONAL

"TIME," "Liberty" and "Newsweek." Inquire Green 59. (59)

MISCELLANEOUS

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.

WILL purchase Home with large grounds or small acreage. State fullest particulars to Box 507, Penticton, B.C. (60)

ACCEPT NO SUBSTITUTE

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

SAVOY HOTEL
Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
PRINCE RUPERT

Miss Violet Mah wishes to notify the patrons of the

Sunrise Beauty Salon

that the shop will be closed for the next few weeks during her absence on a business trip to the east. Appointments will not be taken in during this time and your co-operation will be fully appreciated.

Also expressing sincere thanks for your loyal patronage of the past year and hoping to serve you better still with the latest fashions upon her return.

WORK BOOTS

Out Stock of Working Boots is second to none. Sizes from 6 to 12. Arch-King, Valentine, Greb, Tilsonburg and Sterling makes. Guaranteed solid throughout

Priced to fit any pocket. Come in and let us show you.

FAMILY SHOE STORE LTD.
"The Home of Good Shoes"

ADVERTISE IN THE DAILY NEWS

FOR SALE
• • •
SPECIAL PRICES

New hand-made RAG RUGS. Artistic designs. 18x36. Special $1.25

RADIOS in first class playing condition. 7 to 10 tubes. Real Bargains. .... $20 up

TYPEWRITERS — Good condition. Remington, Underwood, L. C. Smith. Real bargains $45

One 3-piece CHESTERFIELD SET. High grade tapestry covering. Regular $200, for $150

Odd Lines, Pots, Pans, etc.

B.C. Furniture
PHONE BLACK 324
THIRD AVENUE

For Income Tax
Returns see . .
R. E. Mortimer
Phone 88 324 2nd Ave.

GOLD SEAL

Fancy Red Sockeye Salmon

and

Herring in Tomato Sauce

are both on active service but will be back on your grocer's shelf soon as conditions permit.

BUY . . .
RUPERT BRAND
Sole Fillets
. . . At Your Local Butchers
NO WASTE — READY TO COOK
Canadian Fish & Cold Storage Co. Ltd.
PRINCE RUPERT BRITISH COLUMBIA

TILLIE THE TOILER By WESTOVER

ENJOY SPRING ON A BUDGET!

Somehow you HAVE to express that everything—new feeling that Spring brings, but budgets and the times being what they are—well, the whole affair seems somewhat dampened. But don't be downhearted. Come in and see our delightful display of Spring notions. Oh, so many things that will satisfy that Spring dress-up urge and yet all so inexpensive, you can buy oodles without the slightest qualm of conscience. DO COME!

THE VARIETY STORE
"Where your dimes are little dollars"
PHONE RED 120 518 3rd AVE. WEST