

"I get my *Extra* vitamins and minerals this way"

"The way is simple and easy—I supplement my regular meals with a cup of Ovaltine night and morning, to secure those *extra* vitamins and minerals so essential to good health."

Authorities say 3 out of 4 people are underpar—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 juice.

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

3 MEALS A DAY + OVALTINE NIGHT AND MORNING

Get Ovaltine today at your drug or grocery store.

Two Glasses* of OVALTINE are equal to

VITAMIN A in 4 oz. average butter
VITAMIN B1 in 6 slices whole wheat bread
VITAMIN D in 1 teaspoon standard Cod Liver Oil
VITAMIN G in ¾ oz. dried brewers yeast
IRON in 3 oz. liver
CALCIUM in 2½ oz. Cheddar Cheese
PHOSPHORUS in 2½ oz. Cheddar Cheese

*Made as directed with average milk

OVALTINE
THE PROTECTING FOOD-DRINK

120

LOCAL NEWS NOTES

▲ The Ideal Christmas Gift . . . Books of Theatre Tickets . . . Prices $1.00 to $2.50, now selling at Capitol Theatre. (tf)

Miss Margaret McCaffery returned to the city yesterday afternoon from a brief trip to Vancouver.

Mr. and Mrs. R. M. Winslow returned to the city yesterday afternoon from a brief trip to couver and elsewhere in the south.

Alex Alexeef of the stores department at the local dry dock is leaving this evening for his home in Edmonton to spend the coming month on a holiday visit.

▲ **NOTICE—Do not delay your cleaning any longer. Now is the time to send it to Ideal Cleaners, "The House of Better Cleaning." Phone 858. We pick up and deliver.** (295)

Mr. and Mrs. William Leask of Metlakatla, who have been on a trip to Vancouver, returned to the city from the south yesterday afternoon.

▲ Don't forget, kiddies, Canadian Legion Christmas tree, Saturday, December 18, from 2 to 6. (294)

Mrs. Robert McCarthy, who has been on a trip to Montreal, Toronto and elsewhere in the East, returned to the city yesterday afternoon.

Mrs. R. H. Carson and child of Ottawa arrived in the city yesterday afternoon to pay a visit here with Mrs. Carson's parents, Mr. and Mrs. Max Hellbroner.

The city fire department answered a call to put out a chimney fire at 1435 Sixth Avenue East shortly after 3 o'clock Tuesday afternoon. No damage resulted from the fire.

William Goldbloom, 68-year-old fur dealer, was admitted last night to the Prince Rupert General Hospital where he was reported today to be resting as easily as could be expected.

Robert Sutherland returned to the city yesterday afternoon from a trip to Vancouver.

▲ Contributions to aid Canada in the prevention of tuberculosis should be sent to the Tuberculosis Seal Sale Committee, Box 895 Prince Rupert, B. C.

Fred Lanza returned to the city yesterday afternoon from a trip to Vancouver.

▲ Phone Labor campaign Headquarters at 570 for information as to voting.

Mr. and Mrs. R. S. Sargent of Hazelton, who have been on a trip to Vancouver, arrived in the city from the south yesterday afternoon and proceeded to the interior by the evening train.

Mrs. Stuart Johnston returned home today from hospital with her new baby son, Stanley Michael.

Amerigo Dominato and naval writer Ab Phillipson, who is spending furlough with his parents in Prince Rupert, returned Tuesday night from a successful hunting trip to the interior.

Mrs. George Selig arrived in the city yesterday from Vancouver on her way to Ketchikan where the family has recently taken up residence.



For STRAINS, SPRAINS and SORE MUSCLES
OLYMPENTHE
THE ANTISEPTIC LINIMENT

E. T. Applewaite returned Tuesday night from a four-day business trip to Terrace.

Club business occupied the attention of the Prince Rupert Rotary Club at its regular weekly luncheon today. President A. S. Nickerson was in the chair and there was a good attendance of members.

Mrs. Gordan Draeseke and son Douglas, will arrive in the city tomorrow from Vancouver to spend the Christmas holiday season here with Lieut. Draeseke who is in the naval service. They will be the guests while here of Mr. and Mrs. D. G. Borland.

The regular monthly meeting of the Women's Hospital Auxiliary was held in the Nurses' Home on Tuesday. After routine business was dealt with the drawing took place for a tri-light lamp. Miss Shumski of the nursing staff drew the winning ticket, the winner being Miss Isabel MacDonald with No. 507.

Do This For Acute CATARRH

Put a few drops of Vicks Va-tro-nol up each nostril. It shrinks swollen membranes, soothes irritation, flushes mucus—and so makes breathing easier! Try it! **VICKS VA-TRO-NOL**

Announcements

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

S.O.N. Invitation Dance, Dec. 17. No tickets available at the door. Oddfellows' Hall, 9 o'clock.

Dry Dock Employees' Association Dance, Friday, Dec. 10 and 17. Roy Proverbs Orchestra.

Vote solid Labor Dec. 16th.

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

FOR CHRISTMAS
SOMETHING HE'LL USE

Yes, He will enjoy wearing one of these Scarves—they're comfortable and smart appearing, too.



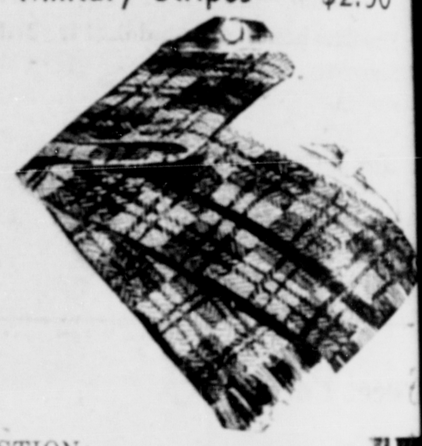
DRESS SCARVES

A grand array of Whites, Crepes and Spun materials. Fringed and Plain. From **$1.50 to $2.50**

Beautiful Silks in Paisley Designs — many shades and combinations of colors. **$3.50 to $4.50**

KHAKI SCARVES In Fine Wool --- $2.00
PURE WOOLS Military Stripes --- $2.50

SILK SCARVES



Plain Colors — Wine, Green and Brown. **$1.95**

Paisley Wools **$1.50 to $3.50**

Polka Dot Crepes in Wool and Silk. Shades of Brown, Navy, Green and Wine. **$1.95 and $2.50**

A FURTHER SUGGESTION:—
Give Dad a Hat Certificate for a New Stetson. Miniature presentation Hat and Box goes with each certificate.

Watts & Nickerson
532 Third Ave. MEN'S and BOYS' CLOTHIERS Phone 36

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—Portable Sewing machine. Apply 1831 7th Ave. E. (294)

FOR SALE—Beautiful Doherty piano, lovely tone, in perfect condition. Can be seen 136 8th Ave. West, anytime. (293)

FOR SALE—1938 Francis Barnett motor cycle in good condition; good shape. $125. 1531 2nd, Overlook St. (297)

FOR SALE—Bed, dresser almost new, chiffonier, kitchen table and chairs, hot water heater. Apply 1404 Overlook St. (297)

FOR SALE—Man's C.C.M. bicycle. 1103 7th Ave. East. (297)

FOR SALE—Pram, in good condition, apply 972 Ambrose Ave. Phone Green 480.

FOR SALE—McClary range. 1655 Herman Place. (294)

FOR SALE—Kitchen suite and crib, linoleum, radio table. 601 5th Ave. East. (293)

LOST

LOST—Lady's wristwatch, Wednesday evening corner of 6th West and Summit Ave. and the Chop Suey House on 7th West. Has black face and narrow black leather strap. Finder please leave at the Daily News office. (295)

FOUND

FOUND — On Cemetery Road, lady's sterling silver indentification bracelet. Heavy chain. Engraved with name. Owner may have same by calling at the Daily News and paying for this advertisement.

FOUND—Pair of glasses in front of Belmont Hotel. Owner can have same by indentifying and paying for this advertisement, Daily News Office.

WANTED TO RENT

ELDERLY couple desire to rent a small apartment from one to four months. Phone 52 up to 6 p.m. (tf)

HELP WANTED

STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge usage 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—Housekeeper. Hours 8 to 5. Apply 1009 3rd Ave. West. (293)

WANTED — Ward maids for General Hospital. Apply National Selective Service, Office, A.F. 102 (298)

WANTED — Two warehousemen for local wholesale grocery. Apply Selective Service A.M. 99. (tf)

WANTED

WANTED — Young business couple want two or three rooms, close in. Box 643 Daily News. (295)

WANTED—One or two room suite. Air Force couple. Quiet, non-drinkers, non-smokers. Phone K. Winter, Rupert Hotel. (298)

WANTED — By young couple, room and board; no children. Phone Green 346. (294)

LADY will run boarding house for wages. Apply 977 10th Ave. East. (294)

PERSONAL

"JET" for polishing hot stoves is a boon. Winter months mean hot stoves always. "JET" is safe, handy. Sold everywhere.

GIFTS!—Group order privileges. Chateleine, 50c; Macleans, 30c; Mayfair, $1.50; Home & Gardens, $1.50; and a lovely greeting card. Phone Green 50 now! (296)

WAR ON EMUS

FREMANTLE, Aus. (AP)—Emus are invading the Walgoolan district of Western Australia and Farmers say the crops will be destroyed if nothing is done. They ask that army personnel with machine guns, and air force men with bombs, be used.

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

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.

MIDLANDS

Mayor J. D. Burnet has been returned by acclamation for another year in office as chief magistrate of Cobourg.

C. R. Hardy, husband of the former Helen Jex of Cobourg, was graduated as a pilot with the rank of Pilot Officer from the No. 9 Training School, Centralia, recently.

Albert Carr, chief engineer of the Cobourg harbor sandsucker O'Connor Dick, and a crewman George Alfred, Ontario Street, Cobourg, were drowned when they fell from an unlighted esplanade along the harbor front recently. This brings to three the number of deaths which occurred near the same place in the past month.

The 27-room, Colonial style home of the late Stephen Haas has been leased by the government to increase the capacity of the Ontario Girls' Training School. It will double the accommodation of the institution.

Miss Odean Tamblyn R.N. arrived in the city on Tuesday night's train from Edmonton to take over the lady superintendency of the Prince Rupert General Hospital, Miss Mabel Faust R.N., who has resigned, is leaving tonight for Vancouver enroute to Winnipeg where she has accepted an important apointment in the service of the provincial hospital department.

Meet Me At JOHNNY'S

Johnny's
SNACK BAR
(Our Coffee is Tops)

A Welcome Christmas Gift For Madame

— A —

Beautiful Permanent

— BY —

ANNETTE POWELL BEAUTY SHOPPE
4th Street (Across from Post Office) Phone

SMART DESK SETS
For the Home
For the Office

for the Secretary and the Business Man or Woman

Attractive bases in black or white, gold with fountain pen.

$4.75 - $5.00 - $5.50

GENUINE WATERMAN DESK SET (guaranteed)

$14.90 and $29.75

Above prices include tax

McRae Bros. Ltd.

Bob Shrubsall, son of Mr. and Mr. A. Shrubsall, 840 Summit Avenue, is now on active service in Italy after having been in training with over two years in England with an armored unit. Wishing to be remembered to all his friends, Bob, in writing home, says he hopes to spend next Christmas in Prince Rupert.

— ORDER —
GRADE A TURKEYS
NOW
FOR XMAS

A full line of Swift's Premium Meats at all times.

A complete and fresh stock of Fruit and Vegetables.

Make this your Community Shopping Centre
Prices Right!

SEVENTH AVE. MARKET

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