"Build B.C. Payrolls"

It's Good, Writes Mrs. D.

"It's good, I've said it." Mrs. D. did say it. It's the theme of her letter. From this angle and that, again and again, Mrs. D. says Pacific Milk is good. From breakfast to supper time she tells of the uses she makes of it. "I use it for all purposes."

PACIFIC MILK

Irradiated and Vacuum Packed

WE CARRY

Everything For THE WORKING MAN

It will pay you to come in and look over our large stock of Woollen Goods.

B.C. Clothiers

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

KWONG SANG HING

HOP KEE

CHOP SUEY House

Next to King Tai

612 7th AVE. WEST

All your patronage welcome

Opens 5 p.m. to 2 a.m. Outside Orders from 2 p.m. to 2 a.m.

Phone Red 247

SAVOY HOTEL

Carl Zarelli, Prop.

Phone 37 P.O. Box 544

FRASER STREET

PRINCE RUPERT

ADVERTISE IN THE DAILY NEWS

LOCAL NEWS NOTES

Mr. and Mrs. W. K. Hodgson, residents of Prince Rupert, are spending a few days in Vancouver as guests at Sylvia Court.

Inspector Ernest Gammon returned to the city on this morning's train from a week's trip to Prince George on official business.

Mr. and Mrs. C. A. Moloney and family are leaving this week for Vancouver where Mr. Moloney, who has been employed at the local dry dock for some time, will join the Royal Canadian Engineers.

Frank Dibb, who underwent an operation last week at the Prince Rupert General Hospital, is making an excellent recovery and within the next few days should be able to leave the hospital.

F. E. Anfield, principal of the Alert Bay residential school for Indian children, is here today on his way to Port Simpson, having in charge a sick pupil who is being returned to his home at that village.

Commander and Mrs. A. H. Reed are leaving for Vancouver tomorrow night to resume residence in that city.

Mr. and Mrs. A. A. Young are leaving tonight for Vancouver.

Miss M. Pallant is leaving tomorrow for Queen Charlotte City.

▲ All C.C.F. members invited to Social Evening, Tuesday, 8:00 p.m. Valhalla Hall, Junction 8th and 9th East.

A. Shrubsall returned to the city this morning from a trip to Vancouver.

Miss E. McCubbin is leaving tomorrow for a visit to Queen Charlotte City.

Passengers leaving tomorrow for Massett include Mrs. J. Adams, W. Matthews, Mrs. E. Thompson, George Wainwright and Mrs. Wolfe.

W. E. Drake, general manager of Edward Lipsett Co., arrived in the city this morning from Vancouver to pay one of his periodical visits to the local business.

CANADIAN RED CROSS SOCIETY

Annual general meeting of Prince Rupert Branch in **Canadian Legion Hall, Thursday, Jan. 21st., 8 p.m.** Business.

Report for the year 1942.

Election of Officers.

Members are urgently requested to attend.

Scholarship

Value $750.00, and cash awards for original musical composition. Canadians of either sex under 22 years on March 1, 1943, the closing date for entries. Junior Division open to competitors uder 16 who do not qualify for major prizes. For entry forms and full information apply CANADIAN PERFORMING RIGHT SOCIETY LIMITED, Royal Bank Building, Toronto.

J. M. S. Loubser

D.C., B.A.

Chiropractor

Wallace Block — Phone 640

UNION STEAMSHIPS

SERVICES TO

Vancouver, Victoria and Way-points, Stewart and North, Queen Charlotte Islands.

Full Information, Tickets and Reservations

FRANK J. SKINNER

Prince Rupert Agent

Third Ave. Phone 568

Medical Aid Ass'n Meets

Statement of Provincial Body is Not Satisfactory and More Information Will be Sought

The annual meeting of Prince Rupert District Canadian National Railways Medical Aid Association was held yesterday afternoon with Robert Cameron as chairman and the principal business was the presentation by J. Davidson of a report on the annual meeting of the Canadian National Railways Medical Association in Vancouver. Considerable discussion took place on the financial statement of the provincial body which did not meet with the approval of the local Association and upon which further information will be sought.

The local committee consists of J. Davidson, chairman; L. G. Hilder, secretary-treasurer; M. M. Lamb, C. J. Graham and Leslie Vipond.

TOO LATE TO CLASSIFY

WANTED — $15 Reward. Young couple, no children, desire housekeeping room, close in. Apply Box 424 Daily News. (25)

CORPORATION OF THE CITY OF PRINCE RUPERT

Notice is hereby given that, before any construction of or alteration to buildings is undertaken or before any installation or change is made in plumbing, wiring or sewer connections, a permit must first be obtained from the City Hall. All such construction, alterations or installations must fulfil the requirements of the City By-laws. Failure to comply with the above regulations renders anyone liable to prosecution according to the provisions of the By-laws.

F. N. GOOD,
City Engineer.
(16)

Corporation of the City of Prince Rupert

TAXPAYERS OF PRINCE RUPERT

Pay Your Taxes in Advance

By depositing any amount up to your total annual taxes or by making monthly instalments between this date and May 31st, you earn interest at the rate of 4½% per annum to June 30, 1943.

FRANK VICKERS,
Treasurer.

January 18, 1943. (16)

OFFICERS INSTALLED

Gunnar Selvig President of Sons of Norway—Ceremonial Friday Night

Gunnar Selvig and other officers of the Sons of Norway Lodge for the year 1943 were installed at a well attended meeting on Friday evening in the Oddfellows' Hall. The meeting was opened by the retiring president, Nels Gunderson, and Anton Dybhavn acted as installing officer. Mr. and Mrs. Rickvaldson of Camrose Lodge in Alberta were visitors.

Following the installation ceremonies, there was a social with refreshments, singing and music followed by dancing, music for the dancing being by Chris Fossum and Mr. Rickvaldson. Nels Gunderson was master of ceremonies.

The officers for 1943 are as follows:

President, Gunnar Selvig.
Vice-President, Nels Gunderson.
Regent, R. Skog.
Judge, Knut Slatta.
Secretary, M. Storseth.
Financial Secretary, J. Storseth.
Treasurer, R. Hundeide.
Marshal, J. Slatta.
Assistant Marshal, M. Dybhavn.
Inner Guard, N. Wasing.
Outer Guard, E. Greenstrand.
Trustees— C. Aune, H. Petterson and J. Fredheim.

Child's Colds

To Relieve Misery Rub on Time-Proved

VICKS VAPORUB

Announcements

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

Cambrai Snowball Frolic, Jan. 22, Oddfellows' Hall.

Presbyterian Burns' Banquet Jan. 25.

▲ Help Norway Invitation Dance, Oddfellows' Hall, Jan. 29.

L. O. B. A. Invitation Dance, Feb. 15.

For Income Tax

Returns see . .

R. E. Mortimer

Phone 88 324 2nd Ave.

Our Delivery Schedule

3 DELIVERIES WEEKLY

TUESDAY, THURSDAY, SATURDAY

Please co-operate by placing your order as early as possible. To ensure delivery, orders must be in by 4 p.m. the day preceding delivery.

MUSSALLEM'S Economy Store

"Where Dollars Have More Cents"

Phones 18-19 P.O. Box 575

J. L. Curry

(Late of Yukon)

Chiropractor

Westholme Rooms

CLASSIFIED

FOR SALE

FOR SALE—Gurney wood and coal range, enamel front. Phone Blue 918. (17)

FOR SALE—House and 4 lots. 513 Eleventh East. Box 422 Daily News. (14)

FOR SALE — Complete outfit of household furniture. Terms can be arranged. 1352 Sixth Ave. East.

OR SALE —RCA Victor Portable radio, good condition. $40. Box 423 Daily News. (14)

HELP WANTED

APPLICATIONS will be received by the Unemployment Insurance Commission for the position of City Clerk for the Corporation of the City of Prince Rupert. Applicants must possess necessary qualifications as to education and knowledge of Municipal procedure. Preference will be given to those having legal training. Must be exempt from Military Service. Apply stating age, qualifications, experience and salary expected to Unemployment Insurance Commission No. AM 19. (19)

WANTED — Superintendent of Lights, Male, Marine Agency, Department of Transport, Victoria, B.C. $2820 per annum, less statutory deductions. Open to residents of Province of British Columbia. Candidates must have university graduation in Civil or mechanical engineering, with 5 years of practical experience, or 15 years of seagoing experience, holding certificate not lower than Master Home Trade or Engineer First Class. Full particulars on poster displayed in Post Offices. Application forms, obtainable at Post Offices in cities and larger towns, properly filled out, should be filed with Civil Service Commission, Ottawa, not later than January 27, 1943. This advertisement is authorized by the Director of National Selective Service. Applications will not be transferred—candidates must file new forms. (14)

WANTED—Two girls for old-established coffee shop. Married or single. Apply Unemployment Insurance Commission, AF28.

WANTED — Secretary for Prince Rupert Board of School Trustees, part time, applicant to give full particulars including salary expected. Applications must be addressed to and be in the hands of the Unemployment Insurance Commission AM 18 on or before January 19. (16)

WANTED—Female cook for a family of ten. Good wages. Apply Unemployment Insurance Commission AF 30. (14)

ROOM AND BOARD

BOARD and room for men sharing. 718 Fraser Street.

WANTED

RESPECTABLE young couple, no children, non-drinkers or smokers, desire living quarters. $25 reward. Apply Box 417 Daily News. (18)

WANTED—Couple with one child wish living quarters. Green 815. (14)

WANTED—If you have a house for sale Phone Blue 889. (16)

FOUND

FOUND—Five keys in blue leather case. Owner may have same by calling at the Daily News and paying for this advertisement. (15)

LOST—Black and white fox terrier, answers to name "Skippy," black head with sand spots above either eye. Reward. Phone 231 or Black 625. 14)

Angus Currie, manager of Claxton cannery on the Skeena River; Hector M. Cowie, accountant, and E. A. Jensen, foreman, arrived in the city this morning from Vancouver to pay a visit to the plant.

MERE TRIFLE

In 1910 the U. S. Army paid $30,-00 for its first military plane.

L. M. Scott of the Canadian Marconi Co. arrived in the city this morning from Vancouver, being on his way to Port Clements to instal a station for Aero Timber Products Co. there.

SCARCE, ANYWAY

Rubber, like petroleum, is chemically a hydrocarbon.

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

His health is vital!

The health of men working in war industries must be safeguarded with a balanced lunch

Last year Canada lost 9 *million* man days—enough time to build 2,000 bombers—from *preventable* illness among war workers. National Nutrition Services in Ottawa ascribe this loss in large measure to war-workers not getting the right kind of food.

It's up to us women to put this right, so I have illustrated a nutritionally correct lunch to pack for your man if he works in a plant without lunch-room facilities. This lunch box would contain:

MILK—Every adult *needs* ½ pint a day. If he doesn't like milk straight, give him cocoa, coffee and hot milk or soup made with milk in a thermos.

ONE TOMATO — Every day we should eat a serving of tomatoes, citrus fruits or their juices.

ONE APPLE—Every day one other kind of fruit.

LETTUCE or Cole Slaw — Every day *two* servings of leafy green or yellow vegetables — frequently raw.

FOUR SLICES BREAD—Every day we need four to six slices of Canada Approved bread, brown or white. One serving of whole grain cereal.

MEAT—Every day we need at least one serving of meat, fish or poultry . . . and we should eat eggs at least three or four times a week.

Now the lunch we have shown contains about one-half of a man's *minimum* daily requirements. You make up the rest and as much more as your man feels he needs at the other two meals.

COLE SLAW IS FINE IN LUNCH PAIL

Mix ½ teaspoon salt, ⅛ pepper, ½ paprika, ½ scraped onion and 1 tablespoon sugar. Blend in 1 tablespoon vinegar. Add ½ cup sour cream. Beat till thickened. Mix with 2 cups shredded cabbage and grated carrot.

For other ideas on sandwiches and for all you need to know on wartime meat planning, send 10¢ for Martha Logan's complete 54-page meat cookbook "Meat Complete" to, Swift Canadian Co., Limited, Dept. NE1, Toronto.

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

VALENTINE'S DAY

(Feb. 14th)

Pick out your Valentine Cards NOW! from our excellent selection of Coutts Canadian Cards.

CARDS FOR EVERY OCCASION

McRae Bros. Ltd

TILLIE THE TOILER

By WESTOVER