

Concert Held Sunday Night

Entertaining Program of Skits and Revues at Capitol Theatre For Troops

A well attended servicemen's concert was held in the Capitol theatre last night when, under the direction of Private Art Hynes, master of ceremonies, a program of songs and dances was presented.

ite Huron, the only girl entertainer on the program.

Hank George, a former National Broadcasting Corporation entertainer, contributed several interpretive comic dances—studies in arm and leg postures which were well received by the audience.

Music was supplied by the "Aristocrats" orchestra under Lieut. Art Evans.

Daily News Advertising Brings Results.

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



Summer Salads

Provided we watch our protein and vitamin intake, salads make a pleasant hot weather main dish

Cheese, eggs and beans are all delicious in salads and to a certain extent contain the same food elements as meat, so why not try one of these tempting arrangements for summer meals.

DEVILLED EGGS AND CABBAGE SALAD

- 4 hard cooked eggs
- 2 teaspoons prepared mustard
- 2 teaspoons grated cheese
- 1/2 teaspoon salt
- 2 cups shredded cabbage
- 1 cup chopped celery
- 1/2 head lettuce
- Mayonnaise or French dressing
- Paprika

Halve the eggs. Extract the yolks, mash with cheese, mustard and salt. Replace in hollowed whites. Make individual portions with cabbage, celery and dressing, well mixed, on crisp lettuce. . . two stuffed egg halves on top. Garnish with paprika.

CHEESE SALAD MEDLEY

- 1 cup cooked peas
- 1 cup shredded carrots
- Crisp lettuce
- 1 cup diced cheese
- Cooked lima beans
- French dressing

Mix cheese, vegetables and cooked lima beans. Stir in French dressing. Chill and serve on crisp lettuce.

Each of these salads is a useful addition to the one serving of meat we should, each of us, eat every day. Use them when you're short of meat and have to spread it a little thin at another meal. Don't forget that each member of your family also needs potatoes, one other green leafy or yellow vegetable, tomato or citrus juice, one other fruit, Canada Approved bread and milk each day.

MARTHA LOGAN'S FRENCH DRESSING

- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons vinegar
- 1/4 teaspoon dry mustard
- 1/4 teaspoon paprika
- 4 tablespoons salad oil

Dissolve condiments in vinegar. Add oil. Beat thoroughly.

SWIFT CANADIAN CO. LIMITED

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

CURRENT READING

Popular Books now in Demand. READ and ENJOY all of them for 75c Per Month

THE HUMAN COMEDY	Saroyan
BRAVE HERITAGE	Gaddis
THE BRITTLE GLASS	Lofts
THE HIGH COURTS OF HEAVEN	Hewes
RANGE LAWYER	McCulley
THE UNINVITED	Macardle
ONLY THE VALIANT	Warren
THE SEA IS SO WIDE	Eaton
MUSK AND AMBER	Mason
THE MAN IN GREY	Smith
WIDE IS THE GATE	Sinclair
WORLD WITHOUT END	Frankau
THE BOOK OF ARIEL	Anonymous
CHICKEN EVERY SUNDAY	Taylor
WHO'S THERE WITHIN	Golding
MR. PARKINGTON	Bromfield
FOR ALL MEN BORN	Mackay

Late Books Added Every Month JOIN OUR RENTAL LIBRARY SECTION

McRae Bros. Ltd

LOCAL NEWS NOTES

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

Samuel Massey, who has been on a trip to Vancouver is expected home from the south on Wednesday.

▲ Owing to congestion of work we will not be able to accept any dry cleaning until July 12.—Pioneer Canadian Laundries. (155)

Mr. and Mrs. A. E. Wood and child left Saturday night for Terrace where they will spend some time in the interest of Mr. Woods health.

Mrs. John Manson and daughter, who have been residing on Salt Spring Island for the past few years and more recently have been in Victoria, will be arriving here shortly from the south for a visit.

Miss Blanche Curtin was admitted to the Prince Rupert General Hospital at the end of the week and her condition is now reported to be satisfactory.

Miss Betty Hood, X-ray technician at the Prince Rupert General Hospital, has left to spend a month's holiday at her home in Fort William. Mrs. Pauline Landon of Drumheller, Alberta, is relieving as technician during Miss Hood's absence.

Miss Ida Nelson, R.N., who has been a member of the nursing staff of the Prince Rupert General Hospital for a year and a half, is returning to her home in Winnipeg.

Miss Alita Young, R.N., who has been a member of the nursing staff of the Prince Rupert General Hospital for over a year, is leaving this week-end for Victoria where she will be married to Flying Officer Hugh Hughes of the Royal Canadian Air Force. Following their marriage, the couple will return here to reside.

Pupils of Sandwich, Kent, junior school have collected a ball of string weighing 102 pounds.

Announcements

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

W.A. Coast Regt. Servicemen's Dance, July 5, Empress Club.

Help Norway Committee Invitation Dance, July 9.

Anglican Tea, Mrs. Evitt's July 15.

First United Church Midsummer Sale, July 24.

CIVIC CENTRE CARNIVAL MEETING

George Rorie's Office, Monday, July 5, 8 p.m. All interested please attend

Notice

Tenders are invited for excavating the basement of the Canadian Legion Building, Third Avenue.

Tenders to be in to Secretary before noon, July 12

NOTICE

WOMEN WANTED

Women required in Local Shipyard to fill vacancies in Welding Department, Electrical Department, Moulding Loft, Plate Shop, Drawing Office, and other departments throughout the yard. Apply—

LOCAL SELECTIVE SERVICE OFFICER, A.F. 63.

TO RESIDE IN RUPERT

Marriage of Well Known Local Soldier in Minneapolis

Following their marriage at Mayflower Community Church in Minneapolis and a wedding trip to Chicago, Bombardier Harold A. Iverson and his bride, the former Mary Adele Wilson, are at home in Prince Rupert.

Mrs. Iverson is the daughter of Mr. and Mrs. Joseph P. Wilson and her husband's parents are Mr. and Mrs. Adolph T. Iverson of Prince Rupert.

A red, white and blue patriotic theme was used in decorating the Minneapolis church for the service, which was read by the Rev. S. A. Meckel.

A gown of white slipper satin, trimmed with ruching of white tulle and a tulle veil held in place with ostrich feather tips, was worn by the bride. Her flowers were gardenias, white roses and swainsonii.

Miss Dorothy E. Englund, maid of honor, wore powder blue crepe and Virginia Anne Wilson and Carolyn Campbell, who stretched ribbons, wore white point d'esprit trimmed with red velvet ribbon. Miss Englund carried red, white and blue bouquet of carnations and larkspur and the ribbon girls wore wrist bouquets of red flowers.

Ensign Orwin Youngquist was groomsmen and the ushers were

the Misses Betty Bedas and Lorraine Hanson and the bride's brothers, Perry and Charles Wilson.

A reception followed the ceremony at the church. For travel the bride wore an aqua gabardine suit with white and luggage tan accessories. The groom is a well known Prince Rupert young man and, with his bride, will receive felicitations of many friends.

"Build B.C. Payrolls"

British Babies Need Milk



While Pacific Milk is gradually returning to the grocers' shelves there may be times yet when it is short. But please know that when Pacific Milk is hard to get here it is so some child in Britain may have pure, wholesome milk from Canada.

PACIFIC MILK

Irradiated and Vacuum Packed

Daily News Advertising Brings Results.

WANTED!

Boys and girls up to the age of 16. An opportunity to earn good money. A number of routes are open in a few days in all parts of the city, due to older boys leaving for work in war industries.

APPLY Daily News Circulation Dept. Phone - - 98 Or Fill Out This Coupon and Mail - - -

THE DAILY NEWS

Circulation Dept. THIRD AVENUE PRINCE RUPERT

I Herewith Apply for a Daily News Paper Route—

NAME ADDRESS PHONE AGE

Classified Ads

Advertising in this column is payable at the office in advance. Please do not phone orders.

FOR SALE

FOR SALE—Lumber, 2" rough spruce at John Group Mill, Oona River. (156)

FOR SALE—Quebec heater, 520 West Seventh. (155)

FOR SALE—One oak dining room suite, one oak dresser, two Congoleum rugs, 1317 Overlook Street. (157)

FOR SALE—J. J. Taylor Safe, inside dimensions 36" by 18" Box 927, City. (157)

FOR SALE—Hugo Wilner hand-made four string guitar. Snap \$50. Room 264 No. 2 Staff House. (156)

FOR SALE—Farm, 100 acres clear, modern dwelling, Bulkley Valley, near two highways. A. MacKenzie, P.O. Box 1406, Prince Rupert. (155)

FOR SALE—Used furniture of all descriptions. Visit Elio's used department, Third Avenue, next to Daily News, Prince Rupert.

HELP WANTED

WANTED—Boys and girls for newspaper routes. Daily News. (tf)

WANTED—Mill hands for up coast paper mill and spruce mill, good wages, steady work. Apply National Selective Service A.M. 64 (158)

WANTED—For local shipyard female telephone switchboard operator. Apply National Selective Service, A. F. 64 (158)

WANTED—For local shipyard boys for different departments. Apply National Selective Service, A. M. 65. (158)

WANTED—Woman for care of two children; room and board; soldier's wife preferred. Call 851 Ninth Ave. West between 2 and 4 p.m. or after 8 p.m. (155)

WANTED—Stenographer for law office. Permanent position with opportunity for advancement. Apply Unemployment Insurance Commission A.F. 60. (tf)

WANTED—Female clerk for city office; stenographic experience preferred but not essential. Apply stating age, qualifications and experience to National Selective Service No. A.F. 61. (156)

WANTED—Kitchen help for war service canteen. Apply National Selective Service A.F. 62. (tf)

ROOM AND BOARD

BOARD and ROOM for men sharing. 718 Fraser St. (155)

City Of Prince Rupert NOTICE

Bylaw No. 968 to regulate street traffic and parking is now in effect. Copies of this bylaw are now obtainable at the City Hall. Price 25 cents. H. D. THAIN, City Clerk.

VICTORY SHOE RENEW

503 Richards Street, Vancouver, B.C. Mail or Express your Shoe Repairs to us. We give you quick service, and the best job and material obtainable.

We Pay The Return Charges

PRESCRIPTIONS

Throught the years, the physicians of this community — and their patients have come to know that they can depend on us.

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.

NOTICE

Due to difficulty in obtaining premiums to give away in return for coupons given from our store, we have ceased giving out coupons. Coupons which are in our customers' hands should be turned in to us, without delay, for redemption.

MUSSALLEM'S ECONOMY STORE

"Where Dollars Have More Cents" P.O. Box 575

If you lose anything, advertise for it