


**"Build B.C. Payrolls"**

**The Goodness That Clings**



"I am writing to tell you how I like Pacific Milk. I have used it for 15 years and am never without it in the house." Quoted from Mrs. M. It shows that Pacific Milk has the goodness that clings.

**PACIFIC MILK**  
Irradiated and Vacuum Packed

Private Louis Astoria is home from Dundurn, Saskatchewan, where he has completed his advanced training in the Army, being ready now for draft. Previously he had taken his basic training in Ontario. He will be leaving this week on his return to Saskatchewan.

Mrs. Louis Amadio, who was called south recently on account of the illness and subsequent death of her mother, returned home from Vancouver this morning.

**WATCH THIS SPACE**

**Hyde Transfer**

**LOCAL NEWS NOTES**

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

Her many friends in Prince Rupert will be interested to learn that Miss Winnie Exley has enlisted with the Wrens and is now in training at Galt, Ontario.

Latest recruit into the Canadian Active Army from Prince Rupert is David Edward Beck, 18 a telegraph lineman from Winnipeg, who has been employed by the Canadian National at Usk.

▲ Prince Rupert Ratepayers' Association meeting, Wednesday, June 23 at 8:00 p.m. in Booth School Auditorium. All Ratepayers please attend. (145)

Mr. and Mrs. Bud Daly, former proprietors of the Thrift Cash & Carry, are leaving on this evening's train for Hazelton whence they will motor to Vancouver where it is their intention to take up residence for a time at least.

▲ Cpl. Glen Robinson, with the Royal Canadian Air Force in Saskatchewan, is in the city visiting his uncle and aunt, Mr. and Mrs. William Brass.

**PLEADS GUILTY TO THEFT**  
Earl Dodds of Terrace, who was arrested in Prince Rupert for stealing money in Terrace some time ago, pleaded guilty before Judge W. E. Fisher in County Court. Dodds, whose preliminary hearing was held in Terrace, elected a speedy trial. Sentence was reserved.

Presbyterian Tea, June 23 Mrs. E. J. Smith.  
Catholic Tea June 24 Mrs. DeJong's.  
Valhalla Invitation Dance, Odd-fellows' Hall, June 25.  
Concert Masonic Hall aid of Job's Daughters, June 25.  
W.A. Coast Regt. Servicemen's Dance, July 5, Empress Club.  
First United Church Midsummer Sale July 24.

**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.

Join The - - -

**Anti-Aircraft Company**

of the

**Prince Rupert Machine Gun Reserve Regiment**

**Canadian Fish & Cold Storage Co. Ltd.** BRITISH COLUMBIA

**PRESCRIPTIONS**

Through 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.

Mrs. S. G. Lawrence and child, who have been on a trip to Vancouver, are here today returning to Stewart.

W. T. Moodie, general superintendent of Canadian National Railways for British Columbia; C. J. Quantic, superintendent of motive power, and Sam Morrison, district engineer, left by Saturday evening's train on their return to Vancouver by way of Jasper after having spent several days here last week on official duties.

**SYNTHETIC MICA**  
A synthetic substitute for mica is the product of an eastern manufacturer.

**OLDEST HOSPITAL**  
The oldest hospital in America, the Hotel Dieu of Quebec, was founded in 1639.

**BLIND AS A BAT?**  
Bats are not blind, but their vision is acute during day as well as at night.

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

**FOR SALE**

FOR SALE—Seventh Avenue East, near Ridley Home, 7-room house with suite upstairs, fully modern, immediate possession. \$2,600 cash or with complete furniture of upstairs suite, \$2,800 cash. Suite rents \$30 per month. H. G. Helgeson Ltd. (149)

FOR SALE—New 12½ foot cedar skiff. Allaire's Shop, Cow Bay. (144)

FOR SALE—Painted folding table, chair and small cupboard. 510 8th West. Phone Black 932. Call between 5 and 7 p.m. (144)

**FOR SALE**  
Office Desk, roll top ..... \$35  
Kitchen sink and fittings ..... \$15  
PHONE, L. M. FELSENTHAL, RED 879

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

FOR SALE—House with two lots, good garden, three minutes from Dry Dock. 1003 Ambrose. (144)

**HELP WANTED**

WANTED—Bandmaster for reserve unit, apply D. G. Borland, Capitol Theatre. (145)

WANTED—Truck driver for coal company required at once, Apply National Selective Service A.M. 59. (146)

WANTED—Passer boys for Dry Dock and Shipyard. Must be over 15 years of age. Apply National Selective Service A.M. 58. (144)

WANTED—A local newspaper requires an assistant for its business office, good opportunity and good pay for right person. Unemployment Insurance Commission No. AF 57.

WANTED at once for construction company 17 miles from Prince Rupert, male kitchen helpers; good wages and cost of living bonus. Good opportunity for students during summer vacation. Apply National Selective Service, AM 60. (147)

**WANTED**

WANTED to buy 2 or 3-roomed house. Call Room 24 King George Hotel after 6 o'clock. (144)

MIDDLE-Aged man, non drinker, wants room, unfurnished if necessary. Box 509 Daily News.

WANTED urgently—Two furnished rooms for married couple. Green 814. (146)

WANTED—Living accommodation for two by July 1. Box 509 Daily News. (144)

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT" AND

IN THE MATTER OF THE ESTATE OF STEWART NORRIE, DECEASED

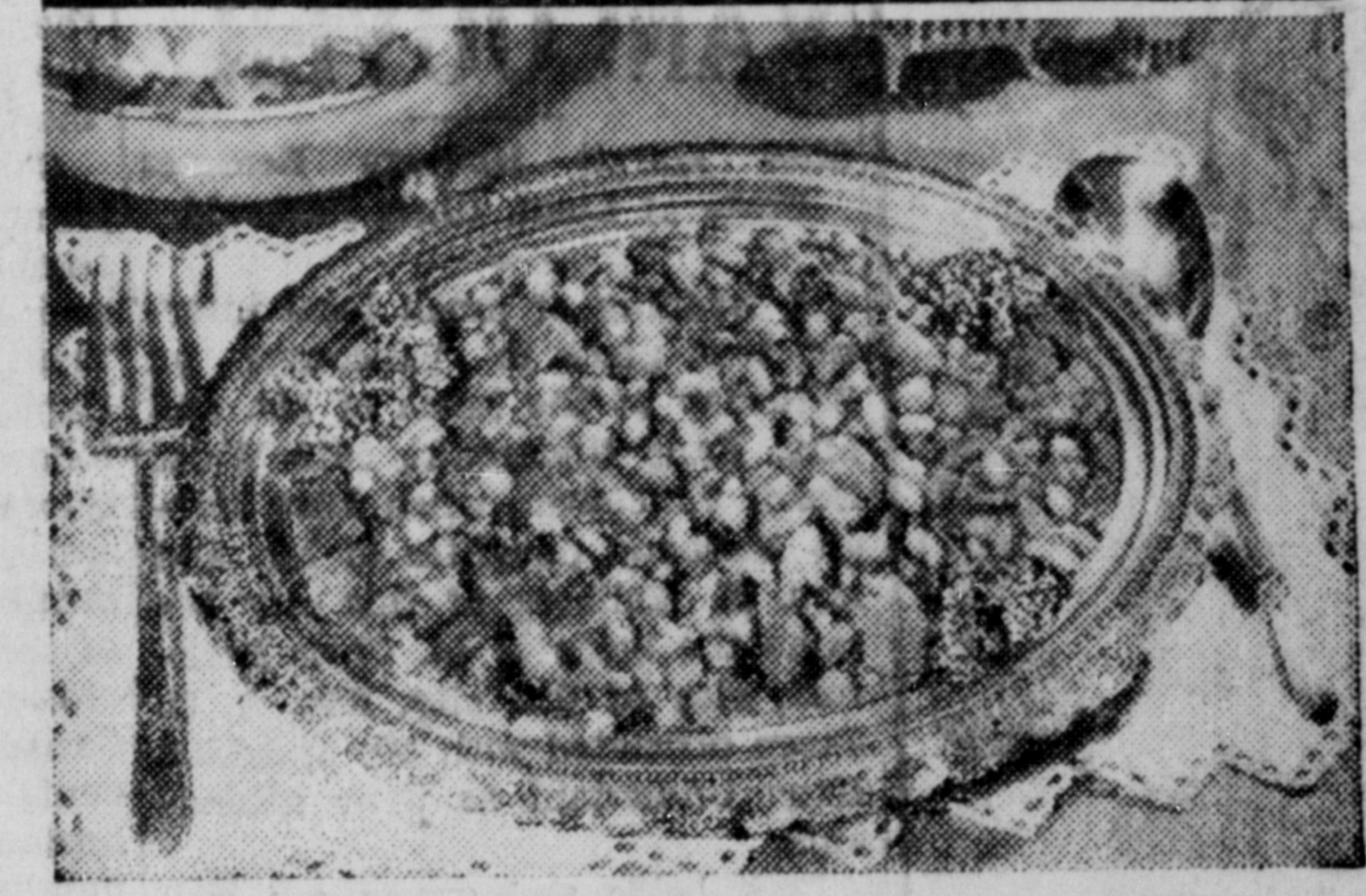
INTESTATE  
TAKE NOTICE that by order of His Honor, W. E. Fisher, made on the 3rd of June, A.D. 1943, I was appointed Administrator of the estate of Stewart Norrie, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 4th day of July, A.D. 1943, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.  
DATED at Prince Rupert, B.C., this 4th day of June, A.D. 1943.  
NORMAN A. WATT,  
Official Administrator  
Prince Rupert, B.C.

**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



**Chili Con Carne**

Both as a "meat extender" and a "meat-user-upper," this is an aid to the menu

Beans—so important a part of Chili Con Carne—are one of the valuable meat alternates. And of course you can grind or dice meat trimmings or meat leftovers—using lean meat only—to provide the "carne" or meat. The recipe given will give you a mild chili—those of you who like "hot" dishes can double the amount of chili powder, or you might try adding paprika to taste.

The amount of meat—these days—is variable, too. If you have less meat, increase the beans' proportion and you will still have a nutritionally valuable dish. A cool salad—shredded cabbage and diced apple would be grand—is a delicious contrast to follow the chili. If you eat a hearty slice of Canada Approved bread with the meal and drink a glass of milk, you will have gone a long way to getting your daily minimum requirements of protective foods.

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

**NOW IT'S HULA HULA** HEY! HAY FEVER!  
The hula originated as a religious Nebraska's state flower is the goldenrod.

**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  
Phones 18-19

**SALE**

★ Clearing Shoes at \$1.00 a Pair ★

★ COATS, DRESSES, WAISTS, SOCKS, MISCELLANEOUS at astonishingly Low Prices SEE OUR WINDOWS ★ ★

**Continuing Until Further Notice**

**STYLE SHOPPE**  
(Next to Bulkley Market)