

Today, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA

Sea Cadets

Prince Rupert Corps

7 p.m.—Hands to divisions;
7:15 p.m.—Hands to classes.
7:15 p.m.—Nelson division, boats and rigging; 8:30, compass.
7:15 p.m.—Hood division, compass; 8:10, boats and rigging.
7:15 p.m.—Howe division, physical education; 8:10, lead and line.
7:15—Knots and splices; 8:10 p.m., physical education, Band practice.
Nelson division on duty.

Col. F. O. St. John, D.S.O., V.C., for some thirty years an officer of the British Army in India, spoke at a dinner of the Women's Canadian Club last night. Col. St. John gave a vivid discourse on various phases of life in India. Mrs. J. A. Rutherford, president of the club, was in the chair and there was a good attendance at the gathering which took place in the Central Hotel. Col. St. John, who now makes his home in the Okanagan, arrived in the city from the south yesterday afternoon and sailed last night on his return home.

Dr. R. C. Bamford returned to the city on Saturday night's train from a two weeks' vacation trip to Smithers which included a hunting trip to Babine Lake on which a moose was bagged.

LOCAL NEWS NOTES

Will Gladstone and Albert Innis, both of Kitkatla, are leaving for Vancouver tonight.

Housewives' League meeting tonight, 8 p.m. 1337 Overlook Street.

G. A. Hunter returned to the city Sunday night from a brief trip to Terrace.

Canadian Legion (B.E.S.L.) Executive Meeting Tuesday, Oct. 12 at 8 p.m. Notice of date of regular monthly meeting will appear in Wednesday paper.

Harry Edgar left at the end of the week for Ootsa Lake where he will spend a couple of weeks' holiday engaged in hunting.

WINTER IS COMING We suggest you bring in your car chains NOW for repair. When snow arrives we may be too busy to give you attention. S. E. Parker Ltd, Ford Garage.

Five Brothers Are Overseas

Two More Peters Boys of Fort George, Brothers of Local Woman Land in England.

The arrival overseas recently of Leslie and Harry Peters, sons of the late E. S. Peters, onetime sheriff of the Cariboo, and pioneer of the Fort George district brings to five the number of brothers in the Peter's family now serving with the Canadian Army in the European theatre.

Word of their arrival was received last week by Mrs. W. A. McChesney, of Sixth Avenue West, their sister, who is justifiably proud of the military record of her family.

The Peters brothers were early volunteers into the armed forces, the last one having enlisted in April, 1942. The names of the other brothers are Ernest, Frank and Alfred.

Dance, Eagles Hall, Wednesday and Saturday, 9 p.m. (1)

Mr. and Mrs. John Eyoelsen returned to the city yesterday afternoon from a trip to Vancouver.

Mr. and Mrs. Charles Leavitt and family left at the end of last week for New Brunswick where they will take up future residence. They have lived here for many years.

Captain Moe, who is located here with the American Transport Service, returned to the city yesterday afternoon from a trip to Seattle.

Lieut. Col. A. E. Routier, who was located here at the first of the war as fire commander of the 102nd Battery, arrived in the city yesterday afternoon from Victoria for a brief visit. Col. Routier, who has been of ficer commanding the artillery school at Victoria, is being transferred to Quebec as general staff officer.

The regular monthly business luncheon of the Prince Rupert Gyro Club will be held tomorrow. The business will include nomination of officers for the coming year. There was an executive luncheon today.

Col. S. D. Johnston, V.D., M.C., arrived in the city yesterday afternoon from Vancouver to pay a visit to his home here.

W. J. Raymond returned to the city on Sunday night's train from a week's holiday trip to New Hazelton.

Relieve Painful Distress of **ACUTE CATARRH**

MORE AND MORE sufferers from acute catarrh are discovering the grand relief that comes... with a few drops of Vicks Va-tro-nol. It soothes away distress, relieves stuffiness... brings real breathing comfort!

3-PURPOSE MEDICINE... Va-tro-nol is so successful because it does three important things at once: (1) shrinks swollen membranes of the nose, (2) clears out nasal passages and (3) soothes irritation. Many catarrh sufferers say it's the best relief they've found. Try it!

VICKS VA-TRO-NOL

Clark McLean, formerly of the typographical staff of the Prince Rupert Daily News and now with the Vancouver Sun, arrived in the city on Sunday night's train to spend a holiday visiting here with friends. He motored from Vancouver to Hazelton.

"Build B.C. Payrolls"

Makes Fine Hot Cakes



"Pacific Milk is lovely for puddings and when I go on a hunting trip I always pack it in my hunting supplies as it cannot be beaten for making hot cakes."

Thanks for the compliment, Mr. T.

PACIFIC MILK
Irradiated and Vacuum Packed

WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday




WHAT CEREAL'S BEST FOR MY FAMILY?

NO OTHER NATURAL CEREAL GIVES YOU WHOLE-GRAIN OATS VITALITY ELEMENTS SO RICHLY!

More than any other natural cereal, whole-grain oatmeal helps make up shortage of meat's great vitality food element, Protein—without which children can't grow properly and adults cannot have real stamina. Also leads every natural cereal in vitamin B₁, essential to good nerves, digestion and energy! More and more mothers are serving big delicious bowls of hot Quaker Oats for breakfast every day—and insuring extra growth and stamina protection for their families. Serve your family the "one best cereal" now that so many other valuable foods are rationed!



QUAKER OATS
The Quaker Oats Company of Canada Limited

TIMBER SALE X33695
Sealed tenders will be received by the Minister of Lands at Victoria, B.C., not later than 11 o'clock in the forenoon on the 18th day of October, 1943, for the purchase of Licence X33695, to cut 2,930,000 feet of Spruce on an area adjoining Lot 1331, Timber Licence 2390, South shore of Mosquito Lake, Queen Charlotte Islands Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X31600
Sealed tenders will be received by the Minister of Lands at Victoria, B.C., not later than 11 a.m. on the 30th day of November, 1943, for the purchase of Licence X31600, to cut 25,000,000 feet of Spruce on an area situated on Massett Inlet near Buckley Bay, Queen Charlotte Islands Land District.

Five (5) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

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Place your Dollar to fight, It will place the Hun in flight.

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We have a very large stock of— (Used and reconditioned)

- RUGS in all sizes and qualities
- RUNNER CARPET in many colours and widths
- FURNITURE of most all descriptions: chairs, tables, chesterfield sets, etc.
- FLOOR LAMPS, ELECTRIC FIXTURES, etc.
- FOLDING AUDITORIUM CHAIRS, CARD TABLES
- 5000 THEATRE CHAIRS (all types), Counters, Shelves, etc.; Lunch Counter Stools and Tables
- BILLIARD TABLES, POOL TABLES

Many articles too numerous to mention. Why not drop us a line. We may have just the article you want.

LA SALLE THEATRE EQUIPMENTS

945 Granville St., Vancouver, B.C.

Announcements

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

Presbyterian Tea, Mrs. Lachie's October 14.

S. O. N. Invitation Dance, Oddfellows' Hall Oct. 15

Orange Ladies' Dance Oct. 14 Oddfellows' Hall. Jean De-Carlo's Orchestra. Refreshments.

Red Cross Tea October 21st. Home of Mrs. Kergin, 430 4th Ave. West.

Eastern Star Ball, October 22.

W. A. Coast Regiment Service Men's Dance, Oct. 25, Empress Club.

"Help Norway" Invitation Dance Oddfellows' Hall, Oct. 29. Drawing for raffle.

Hear Tim Buck, Capitol Theatre, 12 noon, October 31.

Presbyterian Bazaar, Nov. 4.

Little Norway Tea, Nov. 10.

Cathedral Fall Bazaar Nov. 18.

St. Peter's Fall Bazaar, Nov. 25.

United Church Bazaar December 2nd.

UNION STEAMSHIPS

SERVICES TO
Vancouver, Victoria and Waypoints, Stewart and North
Queen Charlotte Islands

Full Information, Tickets and Reservations

FRANK J. SKINNER
Prince Rupert Agent
Third Ave. Phone 568

CLASSIFIED ADS

FOR SALE

FOR SALE—Oil burner heater, baby crib, 1071 Ambrose Ave. Phone Red 152 after 5 p.m. (238)

FOR SALE—Remington noiseless typewriter, 19 inch carriage, good condition. Phone Blue 367. (238)

FOR SALE—One rowboat with two pair of oars, \$40 cash. Phone Green 884 between 6 and 7, or call at Fishermen's Co-op basement. (238)

FOR SALE—5 room house with furnace. Price \$3900. Immediate possession. 424 Dunsmuir St. Green 390. (249)

FOR SALE—5 room modern house, immediate possession. Apply 990 Ambrose Ave. Phone Red 480. (242)

FOR SALE—Four roomed house, partly furnished with basement. Two lots fenced. \$1100 cash or \$1250 on terms. Immediate possession. 1840 7th Ave. East. Phone Blue 482. (239)

FOR SALE—Centrally located five roomed furnished house. Immediate possession. Phone Green 278. (240)

FOR SALE—Month old bed-spring and mattress. Reasonable. Phone Black 215. (238)

FOR QUICK SALE—Bungalow, four rooms and bath, modern, concrete foundation, large woodshed. Close in and near schools. Apply 317, Seventh Avenue East, or phone Black 922 after 5 p.m. (239)

FOR SALE—Davenport suite, wicker rocker and chair, gate-leg extension table and four chairs, kitchen congoileum. 1109 7th Ave. East. (238)

FOR SALE—Toys and novelties made in B.C. Apply F. Hossell, Box 203, Wells, B.C. (239)

FOR SALE—English baby pram with good springs. \$15. Phone Black 620. (240)

FOR SALE—Trumpet. Good condition. Apply Box 600, Daily News. (243)

FOR SALE—6-room house close to Dry Dock and Schools. Occupancy Oct. 25. Apply 625 8th Ave. East. Green 930. (243)

WANTED TO RENT

WANTED TO RENT—Single room for couple. Write Box 599 Daily News. (239)

WANTED TO RENT—Small house or 2 or 3 room suite by married couple, two children. 5 and 3. Write Box 597 Daily News. (249)

WANTED TO RENT—Two-room apartment or cabin, furnished, by reliable couple. c-o Box 75, Room 44. Phone U.S.E.D. 25. "Mac." (244)

Auction Sale

October 16, 1943
BURNS LAKE, B.C.
20 Head of Young PEACE RIVER HORSES. Suitable for farm work, bush work and heavy hauling.

Time, 2 o'clock, p.m.
Terms, Cash
Owner—REX IRELAND
Auctioneer—M. F. NOURSE

HELP WANTED

WANTED—Woman janitor, part time, for local school. Apply National Selective Service A. M. 91. (238)

WANTED—Chambermaids for hotel work. Apply National Selective Service AF 87. (238)

WANTED—Reliable boys for Province paper carriers. Routes open are: 6th and 7th West 9th and 10th East Ambrose Ave. and 6th East Phone Green 877. (242)

WANTED—Experienced woman for housework in Whitehorse, Y.T. Good wages and transportation paid. Phone Red 103 and ask for Mrs. Dennison. (243)

JANITOR Wanted for local hotel, room and board and wages. Apply Selective Service Office AM 84. (1)

WANTED

ROOM wanted, centrally located semi-furnished. Phone Blue 893. (239)

PERSONAL

FOR your Spiella Foundation Garment, Phone Black 145. (245)

Washing done, 1337 Piggot Ave. (238)

DAY NURSERY, reasonable rates. Apply 441 7th Avenue East. (250)

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

FURRIER ALTERATIONS and any kind of repair work. Be patriotic. No pick-ups or deliveries. Work done in private home. 929 Tenth Ave. East. (245)

L. C. OYER, Interior Decorating paper hanging. Phone Black 810. (239)

LOST

LOST—2 Yale keys on ring Wednesday, on Third Ave. Finder please leave at Daily News. (238)

LOST—Four keys on ring between Ridley Home and Overlook Street. Finder please leave at Daily News. (240)

FOR RENT

FOR RENT—Large room, suitable 2 men or business couple. Phone Black 506 after 6 o'clock (t)

WILL Rent house, 4 rooms furnished, in Vancouver, with winter fuel, in exchange for rental of similar house in Prince Rupert. Reply giving particulars to Box 595 Daily News. (238)

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NOTICE

We wish to announce that we are now open for ladies' and men's suit alterations of all sorts. Quick and efficient service.

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FRATERNAL ORDERS

Prince Rupert
I.O.O.F. LODGE NO. 63
meets 2nd and 4th Tuesdays every month at 8 p.m.

Capt. William Gleeson, former well known master of Canadian National Steamships, recently arrived from Vancouver to be located here.

C.N.R. Trains
For the East—Daily except Sunday... 8 p.m.
For Terrace and Pacific—Daily except Sunday... 4 p.m.
From the East—Daily except Mon... 10:45 a.m.
From Terrace and Pacific—Daily except Sun... 11:30 a.m.

Try a Classified Ad in the Daily News for Quick Results.

Simmering's the Secret

You get the most from meats in groups C and D by slow, moist cooking

The bones in meats give extra value in meat stews. These extend the appetizing meat flavour and make the most of its nutritional essentials by combining with other foods.

Meat stew is a time saver, too. It is as good, or better, served the second day—may be cooked at any time and reheated at the dinner hour. Wide variation can be obtained by different seasonings and different combinations of vegetables.

SEVEN TIPS FOR STEWS

- 1 Cut meat into uniform pieces.
- 2 Coat with well seasoned flour.
- 3 Brown meat in fat.
- 4 Add just enough liquid (water, vegetable stock, tomato juice) to cover meat.
- 5 Cover closely and cook at simmering temperature. Never boil.
- 6 Add vegetables just long enough before serving to cook.
- 7 Arrange attractively on platter or in casserole.

For other thrifty and appetizing recipes send 10¢ for McRae's famous hand book of "Meat Complete," to McRae Bros., Co. Ltd., Dept. NEWS, Minister

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

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Tuesday, 2-4—Wartime Housing Clubhouse, 938 Blyth Avenue.
Wednesday, 2-4—Health Unit.

Immunization Clinics

For Children: At Baby Clinics and Saturday, 11-12 Health Unit.
For Adults: Tuesday, 7-8, Wartime Housing Clubhouse.
These services are provided without charge as part of the program of the

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