


Guard Eyes for War Work with



EDISON MAZDA LAMPS

MADE IN CANADA

CANADIAN GENERAL ELECTRIC CO. LIMITED

L-222

Marriage Held This Afternoon

Miss Frances Kasper and Harry Van Berkel Are United at Manse

The marriage took place at 2 o'clock this afternoon at the Manse of First United Church, Rev. James A. Donnell officiating, of Miss Frances Kasper, daughter of Mrs. Anne Westberg of this city, to Harry van Berkel of Toronto, recently a member of the city fire department here.

Attendants of the couple were Miss Zoane Zablosky and James Hamilton.

Following the ceremony, the occasion was celebrated with a reception at Fifth Avenue and Bower Street where the groom has been residing.

The couple leave on tonight's train for Toronto to reside.

U.S. POTATO PLANTINGS

More than 3,000,000 acres of potatoes are planted annually in the United States, yielding 400,000,000 bushels.

Fresh Local Raw and Pasteurized MILK

VALENTIN DAIRY

PHONE 657

SAVOY HOTEL

Carl Zarelli, Prop.

Phone 37 P.O. Box 544

FRASER STREET

PRINCE RUPERT

CANADA'S NUTRITION PROGRAM



MUSSALLEM'S Economy Store

"Where Dollars Have More Cents"

Phones 18-19 P.O. Box 575

Card of Thanks

I wish to thank the many friends of my late mother, Mrs. Peter Black, for their kind sympathy and also for the beautiful floral tributes sent. All these were gratefully appreciated.

W. W. SERVICE

FAMILY DOUBLED

WESTON-SUPER-MARE, Eng., Feb. 15 @ — Thirty-nine-year-old Mrs. Marjorie Andrews of this seaside resort, mother of three grown up children, has given birth to triplets, a girl and two boys.

LABOR LEADER RETIRES

LONDON, Feb. 15 @ — John Marchbank, general secretary of the National Union of Railway men, will retire shortly and will be succeeded by J. Benstead of Peterborough, elected by ballot.

Announcements

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

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

W.O.T.M. Valentine Dance, Odd-fellows' Hall, Feb. 17, invitations, Refreshments.

Valhalla Invitation Dance, Odd-fellows' Hall, Feb. 19.

Service Men's Dance, W. A. Coast Regt., Feb. 22, Empress Club.

S.O.N. Invitation Dance, Odd-fellows' Hall, February 26.

St. Peter's Spring Sale, March 25.

SHRIMPS

BOAT W.S.L.

Fresh every day, 5:00 p.m.

First Float West of Imperial Oil Co.

FOR SALE

3 Singer Sewing Machines.

1 Electric Grill.

8 3/4 Springfield Mattresses.

12 All Cotton Mattresses in 3-3, 4-0, 4-6

B.C. Furniture

PHONE BLACK 324

THIRD AVENUE

LOCALS

Dr. R. G. Large returns to the city this afternoon from a brief trip to Vancouver.

▲ St. Andrews Cathedral Men's Banquet in the Cathedral Hall on Wednesday next at 6.45 p.m. Admission 50 cents.

NOTICE

Pioneer Canadian Dry Cleaners wish to announce that their plant will be closed for installation of new equipment and alterations Thursday, Friday and Saturday, February 18, 19 and 20. Open for business again Monday, February 22. (42)

BABY'S COLDS

Relieve misery fast—externally, Rub on

VICKS VAPORUB

▲ Meeting Tuesday, 8 p.m. Valhalla Hall. All C. C. F. members and friends.

Passengers leaving for Vancouver include Miss Longton, J. C. McLagan Mr. and Mrs. C. A. Thames, Miss F. Conklin, George Cook, and R. W. W. Morris.

Edwin Williams, nineteen-year-old plumber from Vancouver, having enlisted in the Canadian Army, is leaving tomorrow night for Vancouver.

GRADED BY SHAPE

Atlantic Canadian oysters are graded according to the shape of the shell, which affects the plumpness of the oyster meat.

"Build B.C. Payrolls"

Not Enough Pacific at the Moment



Please do not be impatient with your grocer if his supply of Pacific Milk is not enough just now. It is not his fault. Requirements of the armed forces and the British Ministry of Food have been very heavy. Soon more milk will be available and deliveries can be made more promptly and in larger quantities. The shortage is only temporary.

PACIFIC MILK

Irradiated and Vacuum Packed

OUR DELIVERY SCHEDULE

3 DELIVERIES WEEKLY

West of McBride—

Monday, Wednesday and Friday

East of McBride—

Tuesday, Thursday and Saturday

All Orders MUST be in by 4 p.m. the day before delivery and 12 noon on Thursday.

Please place your orders on Saturday for Monday Delivery This Notice must be strictly adhered to.

RANCE and HARDY

PHONE 55 or 56

For Quick, Safe and Comfortable TAXI SERVICE

PHONE 235

DAY AND NIGHT

WAR HERO OVERSEAS

(Continued from Page One)

chance, at which he balked, for a commission.

First Great War Record

Just now he's a batman and a good batman he figures. He has the patience a good batman needs on the one hand and on the other he feels that his battling releases a younger man for fighting.

French, an original of the old 2nd Machine-Gun Battalion, served overseas through the First Great War with a total of only 28 days' leave off the continent, though he spent other leaves in France.

When he made his way back to Canada he had the Distinguished Conduct Medal and bar, the Military Medal and two bars, the French Croix de Guerre and palm, the Belgian Croix de Guerre and palm, two mentions in dispatches, the Victory, Mons, and General Service medals. He doesn't wear the two palms nor the mentions.

He won his first D.C.M. in the Second Battle of Ypres when he sat in a house with five other machine-guns and held off attacking Germans until he was the only one left.

By this time a counter-attack, in which he also took part, had been organized.

"Jerry hit everything in the house but me, that time," says French.

He got the M.M. just about a year later, but he doesn't say why, nor how he got two bars to the M.M. which is the equivalent of getting the decoration all over again twice.

French got the bar to the D.C.H. for holding up attacking Germans with a machine-gun whose tripod had been blown away and which had to be operated upside down.

His left leg was "smashed" during the performance when the Germans exploded two mines in the midst of the machine-guns. Altogether he was wounded four times during the First Great War. One of his wounds was a bullet in the back of the head.

"My leg is a half-inch shorter from there to there," says French pointing from left hip to left knee.

A Modest Hero

Having told this much, French has little more to say apart from expressing embarrassment.

"I don't see that I did more than the other fellow. I always said after the war that any man who came back from overseas and got going."

Anyway, on this occasion, French said he was a hero is a damn liar. The fear of God was in all of us." He does tell how one time he captured a German machine-gun post after a dash across an area cut by railroad tracks.

"I never can remember crossing those tracks," he explains. "I was excited though. A soldier was

pretty tense going over the top. Really he was more nervous awaiting the zero hour than when he went over the top, reached the German position and put two machine-guns out of action. An officer with him was killed.

The number of dead Germans found in that trench when the Canadians moved up behind French was 49. French had to hold the position for 12 hours until help did reach him. He accomplished that feat by turning the two machine-guns on the German lines and holding off attacks by moving from one gun to the other.

He was recommended for the Victoria Cross and it's one of his regrets that he didn't get it.

French returned to Canada in 1919 as one of the most decorated members of the Canadian forces, the most decorated Newfoundland-er, the reputation of being unkillable and engaged to the girl who now is his wife.

CLASSIFIED

(Classified advertising is payable cash in advance. No charges.)

FOR SALE

FOR SALE—Studio lounge, dinette suite, double bed with spring mattress, single cot with mattress, 1009 James Apartments. (43)

FOR SALE—Six piece dinette suite. Phone Black 728. (40)

FOR SALE — two iron cots with mattresses, \$10.00 each. Phone Red 432. (38)

BOAT for sale, 31 foot troller and gillnetter combined. Phone Blue 815. (37)

FOR SALE—Furnished house. For particulars call Blue 817 or 136 5th Ave. West. (40)

MISCELLANEOUS

Naval man owning house in good location at Vancouver would like to temporarily exchange accommodation for similar privilege in Prince Rupert. Write Box 434, Daily News.

WANTED

WANTED—Room or light house-keeping room, close in. Phone Green 148 (43)

WANTED—To rent, three or four room house, furnished or unfurnished, permanent resident. P. O. Box 528. (43)

WANTED—Soldier's wife and child want room or suite. Furnished. Urgent. Box 429 Daily News (43)

WANTED—Room for lady, urgent. Phone 419, Mrs. Martin (43)

WANTED—First class board and room, close in, young business man. Box 436 Daily News (40)

WANTED—One large or two small rooms, partly furnished. Urgently. Box 435 Daily News. (42)

WANTED—Couple with no children need furnished house, apartment, or housekeeping rooms. Urgent. Phone Prince Rupert Hotel, Room 98. (39)

WANTED—Washing machine. Urgent. Phone Red 315. (38)

WORK WANTED

GIRL wants housework. Black 157. (43)

LOST

LOST—Behind Palmer Apartments, black purse containing \$100 cash and \$70 worth War Certificates. Urgently needed. Mrs. G. Moore, Suite 12, Palmer Apartments. (39)

LOST—Case of keys. Finder please return to Lindsay's Cartage. (42)

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

Use Variety Meats

Liver, kidney, heart, brains and sweetbread, are extra valuable foods, often available when other meats are scarce



Meat is a wonderful food! It contributes iron, thiamine, niacin and riboflavin as well as the most complete proteins to our diet. There is no other simple food that contributes all of those nutrients in the same degree. So that, with our accustomed meats and meat cuts not always available, we must—if our families are to stay healthy and well nourished—be prepared to use those that we can get.

Of these, the "Variety Meats" are likely to remain comparatively plentiful and are most valuable, nutritionally speaking. Many delicious ways of preparing these excellent sources of important values are described in my book "Meat Complete" (see below); young and tender meats may be grilled or fried—older or more muscular meats are popularly braised with flavourful vegetables. Some Variety Meats

such as brains and sweetbreads are parboiled first and then may be prepared in a number of attractive ways. But the purpose of this week's column is to urge you all to be sure to buy and serve these delicious, economical and highly nutritious foods regularly. Though, of course, you mustn't forget milk, fruit, vegetables, eggs, Canada Approved bread and cereals as outlined in Canada's official food rules:

"Meat Complete," Martha Logan's new meat cookbook, is essential to every housewife faced with need of planning economical but nutritious wartime meals. 54 pages in full colour... sturdy binding. Send 10¢ to Swift Canadian Co., Limited, Dept. NE5, Toronto.

TO PARBOIL SWEETBREADS

Soak sweetbreads in salted cold water for 20 minutes. Drain, cover with boiling water, adding 1 tablespoon vinegar and 1 teaspoon salt for each quart. The sweetbreads—hot, or after cooling in their delicious stock—are ready to have tubes and membranes removed, and to be split or separated and fried, sautéed, creamed or made into an appetizing salad.

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

RUSSIAN RESOURCES

MOSCOW, Feb. 15 @ — Colossal resources of oil, coal, iron, gold and other non-ferrous metals, rock and phosphoric fertilizers for agriculture, have been discovered in Russia since the Soviet revolution.

BIG SUM FOR DEFENCE

STOCKHOLM, Feb. 15 @ — A little more than 48 per cent of the Swedish budget for 1943-44 is to be spent on defence alone. About \$496,250,000 is set aside for defence.

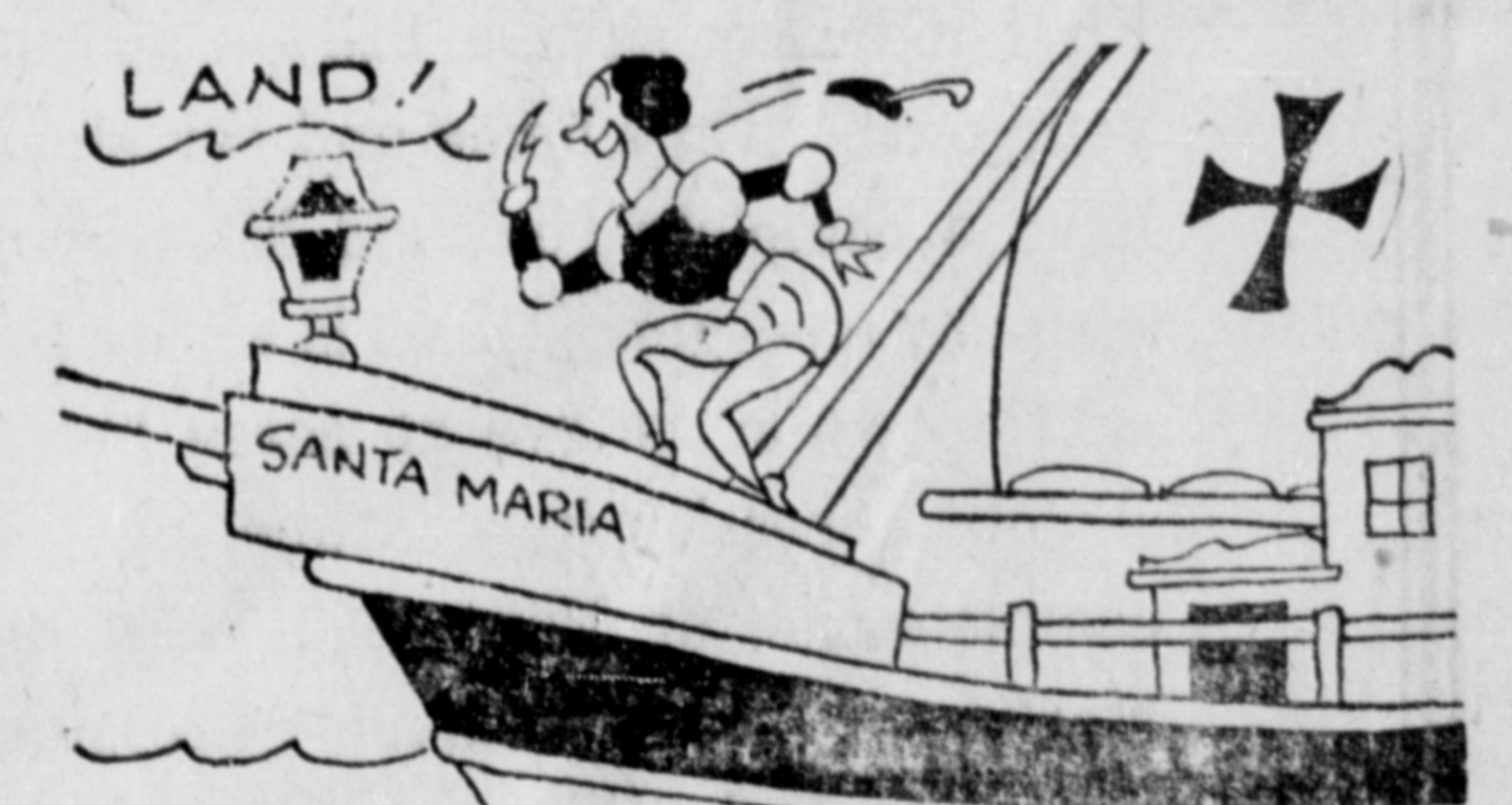
A. MacKenzie Furniture Ltd.

A GOOD PLACE TO BUY

Mattresses, all sizes; Bedsteads, steel and wood; Baby Carriages, Lloyds; Chesterfield Suites; Bedroom Suites; Dinette Suites, walnut and natural finish; Pillows; Bed Spreads; Window Shades; Carpets, all sizes; Linoleum and Floor Covering of all kinds.—When you need them we have them in stock.

Phone 775

327 3rd Avenue West



Discover The Variety Store!

You don't need to shop from store to store for household helps, a card of buttons, or a polo shirt for Junior! You'll find these things and hundreds of others all in the VARIETY STORE. So why not save steps by shopping for notions and other small items at big savings at THE VARIETY STORE, where you find everything in one convenient spot?

THE VARIETY STORE

"Where your dimes are little dollars"

PHONE RED 120 518 3rd AVE. WEST

TILLIE THE TOILER



MUMSY, BILL'S GOT TO GET RIGHT BACK, HE'S ON DUTY

NOW, BILL, IT'S COLD OUT YOU JUST WAIT TILL I GET A NIP OF TEA

LAN! SAKES, EVEN IF I DON'T APPROVE OF TILLIE WANTING TO MARRY HIM, THE LEAST I CAN DO IS BE HOSPITABLE

THAT WILL WARM YOU SO YOU CAN FACE THE COLD

YES, BUT NOT LIKE THE WARMTH OF YOUR SMILE DOES, MRS. JONES

MY GOODNESS, THESE YOUNG FELLOWS DO KNOW WHAT TO SAY TO GET AROUND A BODY

By WESTOVER