★★★★★★★★★★★★★★★★★★★★★★★★★★

"Build B.C. Payrolls"

Pacific Milk Reappears

While Pacific Milk has been doing overseas war and civilian duties its friends here have been very patient . . . and understanding.

With increased facilities Pacific Milk is reappearing on the grocers' shelves gradually.

PACIFIC MILK

Irradiated and Vacuum Packed

★★★★★★★★★★★★★★★★★★★★★★★★★★

CHANGEFULL VENEZUELA

There have been 52 revolutions in less than a century in Venezuela.

Announcement

DRS. LARGE AND GIBSON wish to announce that they will occupy their new offices at 608 Third Avenue West, above Boston Cafe on and after April 27. No change in telephone number.

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

Cemetery Service

Those wishing plots fixed at Fairview Cemetery, phone the caretaker at the Cemetery between 12:00 and 1:00 p.m. week days.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of Jacob Giles Jontz, otherwise known as Jacob Jontz, Deceased.

TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 4th day of May, A.D. 1943, appointed Administrator of the Estate of Jacob Giles Jontz, otherwise known as Jacob Jontz, formerly of the Settlement of Bella Coola, Deceased, who died on or about the 11th day of November, A.D. 1942. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 15th day of June, A.D. 1943, failing which distribution will be made having regard only to such claims of which I shall have been notified.

DATED at Prince Rupert, B.C. this 4th day of May, 1943.

NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of Thomas McRostie, Deceased

TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 29th day of April, A.D. 1943, appointed Administrator of the Estate of Thomas McRostie, formerly of the City of Prince Rupert, Deceased, who died on or about the 15th day of December, A.D. 1942. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 15th day of June, A. D. 1943, failing which distribution will be made having regard only to such claims of which I shall have been notified.

DATED at Prince Rupert, B.C. this 29th day of April, 1943.

NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Act" and

In the Matter of the Estate of Nick Stadnyk (Otherwise known as Nykola Stadnyck or Nick Stadnyck) Deceased Intestate

TAKE NOTICE that by Order of His Honor W. E. Fisher, made on the 27th day of April, A. D. 1943, I was appointed Administrator of the Estate of Nick Stadnyk (otherwise known as Nykola Stadnyck or Nick Stadnyck) deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 27th day of May, 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 27th day of April, A.D. 1943.

NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.

SAVING OF MUCH MEAT

Tuesday Ban Results in Railway Using Two and a Half Tons Less

MONTREAL, May 10 — Judging by the experience of the first meatless day, dining car services of the Canadian National Railways will save approximately five thousand rounds of meat every Tuesday. This figure is given on the authority of W. W. Swinden, general superintendet, sleeping and dining car department, National Railways.

Mr. Swinden states that a close check was made during Tuesday and figures compiled from the various railway departmental divisions of Canada were totalled at headquarters to show that at least two and a half tons of fresh meat ordinarily would have been consumed by travellers using the numerous dining cars and buffet cars throughout the Canadian lines.

"On the basis of the first meatless Tuesday, savings of at least twenty thousand pounds a month are indicated," said Mr. Swinden, "so that for the fifty-two meatless days a year the savings of fresh meat would represent one hundred and thirty tons, a substantial amount from one source."

To replace meat on the dining car menus, the railway chefs are centreing their meals on poultry, fish and egg dishes, macaroni and spaghetti, and the summer season will find a wide variety of salads available to travellers on the Natianal system.

Announcements

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

Job's Daughters Tea, Novelty Sale, May 29, Mrs. Art Nickerson's, 801 Summit Ave.

▲ Diptheria susceptibility (Schick) testing for adults at Health Unit Office (2 doors from Library) Monday and Friday, 5 to 6 p.m.; Saturday 9 to 12 a.m.

Hospital Tea, Nurses Home, May 13.

Cambrai Spinster's Spree, May 14.

Entertainment, Oddfellows' Hall, May 16. Help Norway Com.

Presbyterian Missionary Tea, Mrs. Flaten, May 19.

Eastern Star Dance, May 21.

Valhalla Invitation Dance, Oddfellows' Hall, May 28.

St. Peter's Tea and Home Cooking, Mrs. J. W. Morehouse, June 10th.

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.

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

LOCAL NEWS NOTES

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

Inspector Ernest Gammon returned to the city Saturday night via Prince George from a trip to Victoria on official business.

Mr. and Mrs. D. C. McRae returned to the city Saturday morning from a trip to Ocean Falls, Mr. McRae having also been in Vancouver.

▲ Annette Powell's Beauty Shop for better permanents. Fourth St., across from Post Office. Phone Blue 917. (tf)

▲ St. Peter's Church Congregational Social Wednesday evening, 8 p.m. in St. Peter's Hall. A hearty invitation is extended to all members of the congregation and all new comers to the district. (111)

Mrs. Marguerite McLachlan, who has been on the staff of the Wartime Prices and Trade Board here, leaves tomorrow afternoon for Vancouver, having enlisted in the Canadian Women's Army Corps for active service.

NURSE WEEK OBSERVANCE

Interesting Program is Arranged in Prince Rupert

In order to bring to the attention of the public the present shortage of civilian nurses in Canada, the British Columbia Registered Nurses' Association is sponsoring "Nurses' Week" from May 9 to May 15, in Prince Rupert as well as elsewhere. Highlights of the program are as follows:

Each afternoon Miss M. Faust, matron, will be glad to welcome visitors to the Prince Rupert General Hospital and give information on requirements for training school entrance to any young women who are planning to enter the profession.

Friday, Miss Eleanor Graham of the staff of the Prince Rupert Health Unit will address the girl students at Booth Memorial High School on "Nursing as a Career."

On Sunday graduate nurses of Prince Rupert will attend morning services at St. Andrew's Cathedral in uniform.

On Tuesday, of next week, a short talk explaining "Canada Needs Nurses Now" will be given by Miss Elizabeth Ochs of the Prince Rupert Health Unit staff to the regular meeting of the Parent-Teachers Association at Borden Street School.

▲ Canadian Legion (B.E.S.L.) Executive meeting tonight at 8 p.m. (1t)

W. J. Crawford, well known Stewart transportation man, is paying a brief visit to the city on business, having arrived from the north last night.

▲ Housewives' League meeting Tuesday 8 p.m.

Rev. J. A. Donnell, pastor of First United Church, leaves tomorrow afternoon for Vancouver to attend sessions of British Columbia Conference.

▲Back the Attack. Buy Victory Bonds. Victory Loan Headquarters. Telephone 302. (114)

Corp. Louise Bird of the Canadian Women's Army Corps is here from her duties at Vancouver to spend two weeks' leave visiting with her parents, Mr. and Mrs. S. A. Bird, Borden Street.

Where Did Cain Get His Wife?

Carpenter Answers Question at Informal Gospel Hour

The question "How could Cain go to the Land of Nod and get a wife if Adam and Eve were the only people on earth?" was answered by the carpenter recently at the "Informal Gospel Hour." Genesis 4: 16 and 17 says Cain went "and dwelt in the land of Nod" and "knew his wife" and a son was born—nothing about getting a wife there. Genesis chapter five states at the beginning and tells the story over again, pointing out in the fourth verse that Adam lived 800 years "after he had begotten Seth" and raised a family, "sons and daughters." He suggested that in 800 years he should have had time to raise a wife for Cain.

NOTICE

Re: Estate of the late John Dybhavn. Anyone having accounts against estate, please render immediately to Dybahvn & Hanson, Ltd., P. O. Box 70.

Lovely Permanents

for particular ladies by professional operators at

Annette Powell's Beauty Shoppe

Fourth Street. Ph. Blue 917

(Across from Post Office)

Closing Out

We regret to announce that owing to circumstances we will be closing up our business on May 31.

What stock we have on hand will be cleared out at once at greatly reduced prices.

No more repairs of any kind will be taken in after this date.

R. W. CAMERON

JEWELER—3rd. Ave.

CIVILIANS !!!

Our boys are still MANACLED in Germany

You are still Free to

BUY VICTORY BONDS

and get them released quicker

Canadian Fish & Cold Storage Co. Ltd.

PRINCE RUPERT BRITISH COLUMBIA

Whifflets From The Waterfront

Mariners are being advised by the Department of Transport that the new unwatched white flashing beacon on Pitt Island, Grenville Channtl, at a point about two miles north of Lowe Inlet, called "Mountain Point Narrows," was placed in operation on May 7.

Sergeant Frank Boyt, chief of provincial police at Smithers, is a visitor in the city on official duties in connection with the Assizes, having arrived from the interior last night.

NOTICE

Henceforth the Hotel Tassie will be known as the Frazer Hotel. Open under new management and will not be responsible for any bills connected with same.

EDMOND HICKS, Prop.

CLASSIFIED

FOR SALE

FOR SALE—House, 8 rooms, fireplace, furnace, nice grounds and view. Occupancy about May 20. Near Dry Dock. Price $4,750. Terms. G. P. Tinker Ltd. (114)

FOR SALE — Simmons bed, wire spring and spring filled mattress. New. Apply Style Shop, 3rd Ave. (tf)

FOR SALE—Indian 4 Motor Cycle, 1932. Good rubber, rebored engine. S. McConkey, Poole Constr. Co., Second Ave. (109)

FOR SALE—One large buffet, dining table and 4 chairs. Phone Blue 887 after 4 o'clock. (tf)

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

HELP WANTED

TWO night janitors. One day janitor. Apply Selective Service Office, A.M. 42. (111)

WANTED—Woman for housework, few hours a day, 50c per hour. Apply Box 484 Daily News. (110)

WANTED — Two firemen. Apply Selective Service Office, A.M. 42. (111)

AN Opportunity exists in Prince Rupert for an alert person—man or woman—to break into newspaper work. Must be able to use typewriter. Apply AM 41, Unemployment Insurance Commission.

NAMES of reliable boys and girls for paper delivery routes are being received at the Daily News office.

WANTED—Truck driver for Cartage business; Apply Unemployment Insurance Commission AM 34. (tf)

WANTED—Bookkeeper for cartage business, male preferred, military exempt. Apply Unemployment Insurance Commission A.M. 38. (tf)

WANTED

WANTED—Outboard motor; call American Signals 264, Sgt. Pannucci between 6 and 7 p.m.

WANTED URGENTLY— House or apartment for young couple with small baby. Phone Blue 878. (200)

WANTED — Coal and wood range. Phone Blue 395

BOARD AND ROOM

ROOM and board for men sharing. 718 Fraser Street. (112)

LOST

LOST—Fender off buggy. Finder please call Red 921. (109)

LOST — Taken by mistake from dance in Oddfellows' Hall, Saturday night, man's grey tweed overcoat. Phone Green 213 and receive own coat in exchange. (110)

SAVOY HOTEL

Carl Zarelli, Prop.

Phone 37 P.O. Box 544

FRASER STREET

PRINCE RUPERT

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

Tongue Rolls Florentine

A real party dish which is delicious, thrifty and nutritionally O.K.

This week I have a real party recipe for you, which is at the same time thrifty and tops for nutrition. For 4 people, you need 8 slices of boiled tongue (about ½ lb.), 1 lb. spinach, 1 cup top milk, butter, salt, pepper, flour and horseradish.

The tongue slices should be ⅛ of an inch thick and unbroken. Carefully wash spinach. Remove stems and cook in just the water that adheres to the leaves. Cook only till the leaves wilt. Drain well. Chop fine. Add 1 tablespoon melted butter or fine flavoured dripping, season. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in greased casserole.

Combine 1 tablespoon flour and 4 tablespoons horseradish with milk and pour over tongue. Cover. Cook in a moderately hot (400°) oven for 20 minutes.

You can serve these delicious tongue rolls directly from the casserole or on a platter with a border of snowy mashed potatoes, garnished with lightly fried parsely.

Tongue and spinach are both high in the list of protective foods and cooked this way they tempt the most difficult appetite. Of course, in addition to this serving of meat, potatoes and one leafy green vegetable—we need, in the same day, another (preferably raw) . . . ½ pint of milk for adults, more than one pint for children . . . tomatoes or citrus fruit or their juices and one other fruit with a whole grain cereal and four to six slices of Canada Approved bread. These can easily be provided at other meals, as can the minimum of three or four eggs a week recommended by Nutrition Services.

• • •

Ten cents brings you your copy of "Meat Complete," Martha Logan's new meat cookbook. Write Swift Canadian Co. Limited, Dept. NE17, Toronto.

BACK THE ATTACK
BUY more VICTORY BONDS

WEAR THIS EMBLEM

SWIFT CANADIAN CO., LIMITED

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

A GOOD

DICTIONARY

is essential

WEBSTER COLLEGIATE—

Fifth (latest) edition $3.50

Thumb indexed $6.00

FUNK AND WAGNALLS—

Desk Standard Dictionary $4.50

THORNDIKE—

Century Junior Dictionary $2.25

McRae Bros. Ltd

If you lose anything, advertise for it.