

NEW ROYAL

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Water

Prince Rupert, B.C.

City of Prince Rupert

NOTICE

Municipal Voters' List will

Chamber, City Hall, Fulton

Street, Prince Rupert, B.C.,

on Monday, November 15th,

1943, at 10 a.m.

held in the Council

H. D. THAIN,

City Clerk.

P.O. Box 196

Phone 281

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Let us fortify our system, Want-Ad for Quick

The time is drawing nearer, To another dawn of dread. With an extra loaf of bread.

Meatless Days

Tuesday and Friday are meat-

And we meekly accept the

It would need a smart detective.

To try and locate pigs' feet.

Omelette and eggs and fish,

Alternate them twice a week.

Three meals of this ghastly dish,

For ladies who wish reducing,

But it's surely not inducing

The end of a perfect day.

This diet may be O.K.

In our restaurants you seek.

See our local bill of fare.

less days,

less ways,

dare.

meat,

-S. F. Stevenson.

Sport Chat

A modern Sampson who defied the unhappy Biblical precedent, Arthur Danahar relaxed for a haircut between rounds a welterweight bout with Vancouver's Sonny Jones-then raced to an easy points victory in London. The young Irish Guard's sergeant was having plenty of trouble with Sonny in their eight-round contest London's Queensberry Club unhair sheared. It had been fall ing over his eyes and bothering a small forehead cut. The effect was immediate. Danahar floored Sonny for an eight-count the seventh round and punched him all over the ring in the final three minutes. Sonny, veteran who put up some fine

private, fought back like

ed a dangerous left hook.

Britain

Peter Kane, one-time world flyweight champion, gained his triumph over Sammy card. Reynolds, challenger for the world title now held Glasgow's Jackie Paterson, revealed little form that would championship possibilities. Intent on a comeback, the 25-year-old Kane wants a rematch with Paterson, hardnitting wee lad who knocked him out in just 61 seconds last June to take the world title as recognized by the New York Boxing Board of Contral. Previous to the Reynolds bout, Kane kayoed Johnny Summers of Edinburgh at Bristol in 90 econds. It was the first fight for the Royal Air Force sergeant instructor since he ran into Paterson's fists. Against Reynolds, the ring vise Kane wasted few punches but his defence was by no means perfect and in the sixth

+ + + Sgt. Rod MacDonald of Edmiddleweight boxing championship, lost on a referee's casting rounds at a charity match in London's Queensberry Club. MacDonald kept pace in the punching department with Sgt. R. Thomas, British Army middleweight king two years ago, but persisted in clinching. The Canadian previously lost a decision in the same ring to Thomas, Amateur Boxing Association welterweight champ.

The biggest threat of the moment on the British profess-

Mutual Benefit

Health and Accident See JOHN L. WRIGHT Phone 741 Pioneer Rooms No. 6

The Experts Say - - -

HOT DESSERTS-With colder half teaspoon cinnamon. After days at hand hot desserts are the dry ingredients have been increasing in popularity and a added, quickly mix in one-third new recipe for Apple Upside- cup boiling water and spread down. Cake comes from the the batter over the apples. Bake sumer section of the Depart- F. Lbout 40 minutes. ment of Agriculture to add a fillip to the daily menu.

three tablespoons of butter in Marion Harlow of nutrition sera baking dish, add one-third vices tells us that housewives Peel and core three apples and gry families by taking advanthe bottom of the baking dish toes, squash and turnip, among

clarified dripping or mild-flavflour, one teaspoon baking colds and other similar infecpowder, one-half teaspoon baking soda, one-eighth teaspoon salt, one teaspoon ginger, one-

ional fight mart is Len Davies, has taken decisions from three gestions for repairing them.

To Quickly Soften Toughest Beards - Use Lather ound of the eight-round affair his mouth and eye were cut m LARGE SIZE TUBE w

leading experts in

shaving comfort -

By Westover

testing kitchens of the con- ir. a moderate oven, 325 degrees

gether two or three minutes. | vestment and delight their huncut them in half to make six tage of the yellow and green thick rings. Spread the butter vegetables which are rich in and sugar mixture evenly over vitamin A. Carrots, sweet potaand arrange the apple rings on the yellow vegetables, and spinach, cabbage, brussels sprouts Now cream one-quarter cup and broccoli among the green, are all rich in the vitamin, ored fat with three tablespoons which, unlike most vitamins, of sugar. Add one well-beaten can be stored in the body. This egg and one-third cup molasses vitamin "bank" helps keep the and beat thoroughly. Sift to- | membranes of the nose and gether and add one cup pastry throat healthy and so ward off

BACK IN CIRCULATION Good news about the reconditioning of woollens comes from a Swansea featherweight who Prices Board which offers sug-Worn, torn or frayed woollen comparative obs- of being put back into circulacurity to top-line ranking, tion than clothes of any other

Consumer branch experts say tears can be almost concealed by running stitches back and forth with the weave, regardless of the direction of the tear. Ordinary adhesive tape, pressed on with a cold or barely-warm iron will do a good sticking job on two torn edges brought arefully together.

Tiny holes or threadbare spots can be darned or reinforced by ravelling threads from the underseams and weaving them back and forth. If the elbows re worn and you can't restyle garment with contrasting sleeves, knitted sleeves of the same color are both smart and practical.

MENDING TAPE- A new resin-treated material can be used to mend materials other than woollens, while they are being ironed, says the consumer branch. Cut to fit, this mending tape can be placed unpressed for a few seconds with a hot iron and the job's done. piece be taken from a concealed pare of the garment and then set in with the tape.

NOT SECULAR SUBJECT

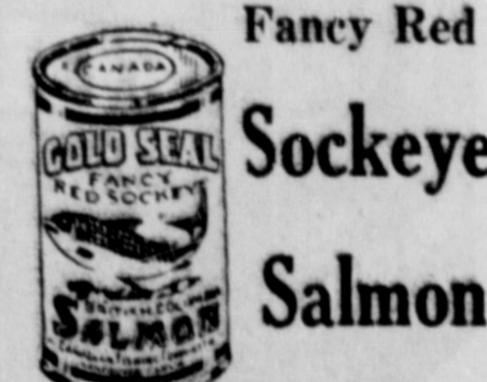
DEAL, Eng., g- The Archbishop of Canterbury, preach-St. George's Church, stated that religious education should not be regarded as a secular subject, but should be closely related to all the Divine preachings of the Bible.

TRANSPORT

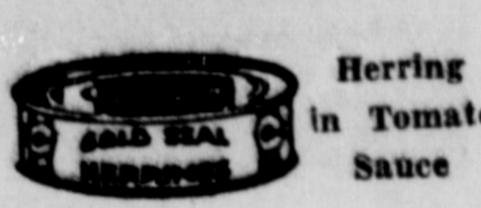
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GOLD SEAL



Salmon



are both on active service but will be back on your grocer's shelf soon as conditions permit.



No one has seen the Rumor Roach . . . but you will meet many victims of its deadly bite. They are the people who

whisper sensational "information" of a confidential nature. They may tell you of flagrant waste in high places . . . of the incompetency of our military leaders . . . anything reflecting on the efficiency of the war effort and the sincerety of the war aims of one or all of the United Nations. There is only one way to help these victims of the Rumor Roach. Put them on the spot. Ask them the source of their information. Make them confess that it's very shaky; then tell them how serious may be the consequences of their rumor-mongering. They'll feel pretty small . . . and the smaller you make them feel, the more likely you are to work a cure.

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