

Famous for flavour since 1892 — the 'Salada' name assures you of a uniform blend of quality teas.

"SALADA" TEA

For Income Tax
RETURNS SEE
R. E. MORTIMER
Phone 88 324 2nd Ave.

Miss Nancy Dawes and Miss Helga Lund, student nurses at Esmondale Sanitarium, left Saturday morning on their return to New Westminster after spending a holiday here visiting with Miss Dawes' parents, Mr. and Mrs. G. J. Dawes.

SALE AT STYLE SHOPPE

CONTINUING UNTIL FURTHER NOTICE

Complete Line of New Shoes ordered last fall has just been received.

GOING ON SALE AT RIDICULOUSLY LOW PRICES

NOTICE

On and after June 1 this Association has decided not to handle Non-Member business with the exception of Marine Trade and U.S. and Canadian Governments' business.

To take care of our Non-Member business, the Kaien Consumers' Co-operative Association has been formed which you and all other consumers may join.

**Help Yourself
Help Us**

Join The Kaien Co-op Now

The Kaien Co-op will commence business in the food lines in the premises previously occupied by the Thrift Cash and Carry.

Other lines of merchandise will be handled by agreement through our Cow Bay Store.

**Prince Rupert Fishermen's
Co-operative Association**

Box 264, Prince Rupert, B.C.

SUMMER . . .

Camp Furniture

- FOLDING DECK CHAIRS, each \$2.25
 - FOLDING CAMP CHAIRS, each \$1.50
 - FOLDING TABLES, each \$3.00
 - FOLDING CAMP COTS, strong canvass, \$4.95 and \$6.30
- Floor Covering, Marbolem, Congoleum, Feltol, Rexoleum,

— VISIT —

Elio Furniture Store

Third Avenue (Next the Daily News)

Prince Rupert

LOCAL NEWS NOTES

F. Manette is leaving tonight for Shannon Bay.

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

Mrs. S. L. Peachey returned to the city yesterday from a trip to Vancouver.

▲ HOUSEWIVES' LEAGUE meeting tonight, 8:00 P.M. East End Hall.

H. V. Morehouse, district manager for B.C. Packers at Namu, came north to that point from Vancouver at the end of the week.

Engagement

Mr. and Mrs. Joseph P. Wilson, 3924 Twenty-seventh Avenue S., Minneapolis, Minn., announce the engagement of their daughter Mary Adele, to Bombardier Harold A. Iverson, son of Mr. and Mrs. A. T. Iverson of Prince Rupert, B.C. The wedding will take place June 11 in Minneapolis.

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, 301 Summit Ave.

▲ Diphtheria 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.

Valhalla Invitation Dance, Odd-fellows' Hall, May 28.

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

Hill 60 Mystery Tea, June 3rd, Mrs. G. E. Moore, 5th Ave. W.

Parent-Teachers' Tea, Odd-fellows' Hall, June 4.

Coast Regiment Service Men's Dance, Empress Club, June 4.

Navy Tea, Mrs. Borland's, June 10.

L.O.B.A. Invitation Dance, Odd-fellows' Hall, June 14.

Sweep Chimneys Now

No Sweeping done in wet weather.

Oil burners also cleaned and serviced

HANDYMAN HOME SERVICE

Fresh Local Raw and Pasteurized MILK

VALENTIN DAIRY

PHONE 657



FIRST AIDS FOR SUMMER GROOMING!

Don't wilt like the last Rose of Summer while it's still only May! Look fresh as a daisy all summer with personal necessities you'll always find in profusion at THE VARIETY STORE! They'll "keep your hair curly and your teeth pearly" with practically no effort at all. Check the list of what you want. No doubt we have it. We've so many things!

THE VARIETY STORE

"Where your dimes are lithe dollars"

PHONE RED 120 518 3rd AVE. WEST

Classified

FOR SALE

FOR SALE—One 20 K.W. Volt 1200 R.P.M. Cummins Diesel Generating Set, complete with switch-board and cooling system. Also one 65 H.P. Cummins Diesel Power Unit. Write or wire, Herb Schaub, Ketchikan, Alaska. (123)

FOR SALE—Chesterfield and chairs in good condition. Phone Blue 288. (123)

FOR SALE—Dalmation puppy, male. Call 108 7th Ave. E. (123)

FOR SALE—One piece chesterfield, gateleg dining table, cupboard, upholstered occasional chair, couch, natural wood finish bed (three-quarter size), English sprin mattress single). All like new. 731 5th Avenue West, rear of 729. Call evenings. (121)

FOR SALE—Quantity of hard wood, cross-cut saw, sledge hammer, many other tools, 415 5th Ave. East after 5 o'clock. (121)

FOR SALE—1940 Chrysler Royal Coupe. Accessory equipment, 5 white side-walled tires, Philco push-button radio, super heater. Low mileage. Perfect condition. Phone Blue 935. (121)

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

AUCTION SALE will be held at Usk on May 26, 9:00 a.m.—Stove, heater, complete beds, tables, chairs, 2 dressers, new kitchen cabinet, gramophone, dandy riding horse, new sewing machine, etc. (123)

WORK WANTED

PAINTING and Paper Hanging. Phone Red 738. (124)

BOARD AND ROOM

ROOM AND BOARD for single man. 742 7th Ave. West. (122)

ROOM and board for men sharing. 718 Fraser Street. (125)

HELP WANTED

WANTED AT ONCE by Canadian National Railways, Car Checker. Regular schedule wages plus bonus. Apply Unemployment Insurance Commission A.M. 49. (123)

APPLICATIONS will be received for the position of Accountant for the City of Prince Rupert. Applicants must have had previous municipal accounting experience. Apply, stating age, qualifications, experience, salary expected and date available to Unemployment Insurance Commission. (tf)

WANTED AT ONCE—Ten female workers for old, established dry cleaning plant in city, eight hours per day, good wages. Apply National Selective Service, A.F. 43. (121)

WANTED—Carpenter and joiner for bench work, sash and door, frames, general shop work. Apply National Selective Service, A.M. 47. (123)

WANTED—City Engineer for City of Prince Rupert, B.C. Apply stating age, experience, qualifications, salary expected and date available to City Clerk, Prince Rupert, B.C. Do not apply unless your services are available under regulations P. C. 246, Part III. (January 19, 1943), administered by the Wartime Bureau of Technical Personnel (121)

WANTED—Stenographer. Permanent position. Phone 664. (124)

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—Lawn mower in good condition. Phone Blue 182 after 5:00 P.M. (123)

WANTED—Room and board by two gentlemen willing to share. Box 495 Daily News. (122)

WANTED—Small cook stove in good condition. Phone Red 481, mornings. (123)

WANTED—Truck driver for Wholesale Meat Distributors. Apply National Selective Service, Prince Rupert, A.M. 45. (tf)

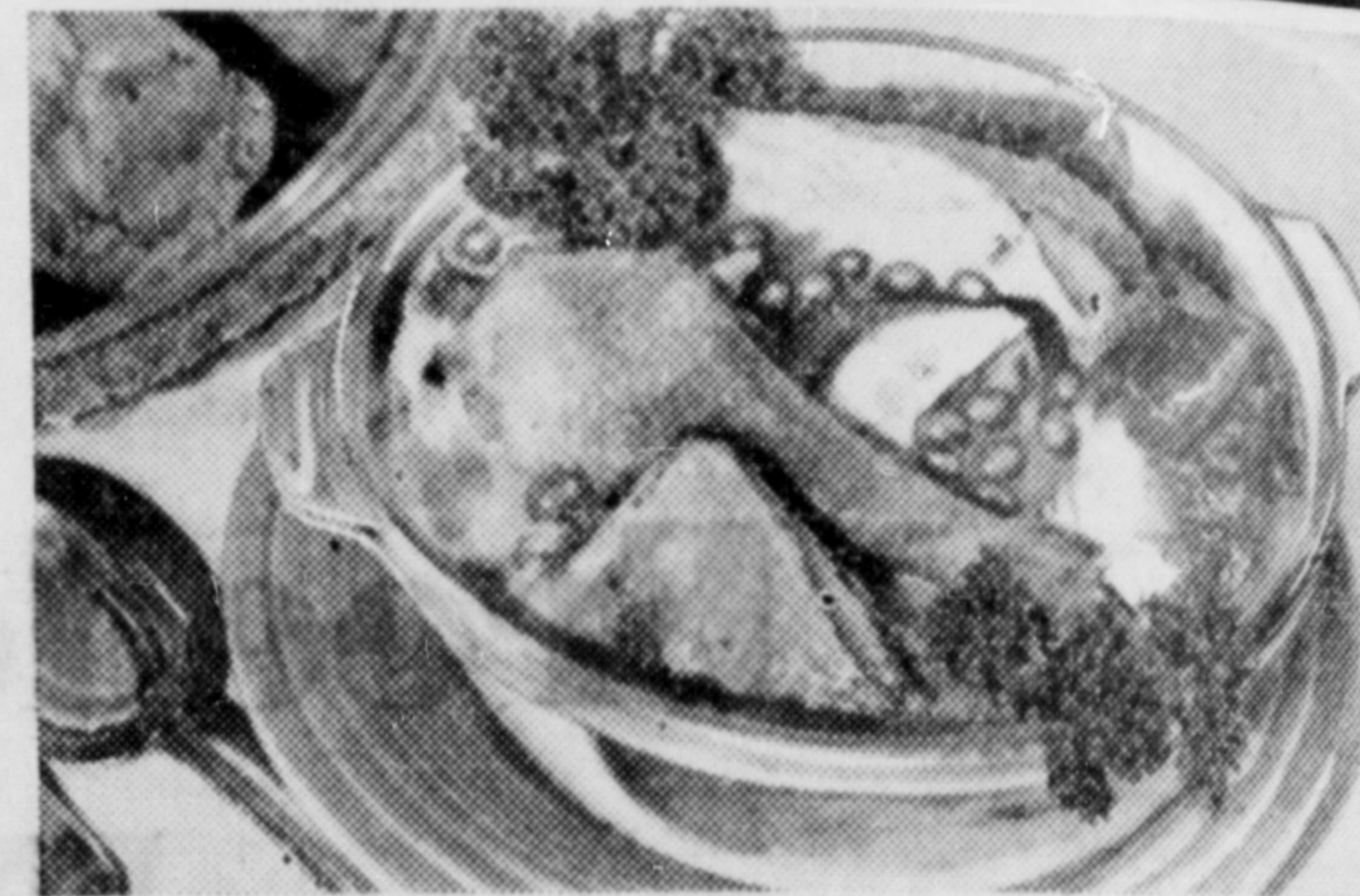
WANTED URGENTLY—House or apartment for young couple with small baby. Phone Blue 878. (200)

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



Chicken en Casserole

Stewing fowl makes a tasty, economical dish done this way

In times of peace, chicken—especially a fine roast capon or a broiler, fried southern style—is a dish for the special occasions. But now, in wartime, stewing fowl can often provide a useful alternative when other meats are scarce. And done "En Casserole," it makes a delicious dish for a family meal or a party.

First, disjoint the bird, dividing the breast into four portions (or five, if you count the wish bone). The legs will, of course, be two

portions each, but the wings are generally left whole. Dredge in flour, then brown in hot fat. Slice two onions fine and cover the bottom of a glass or earthenware casserole or covered stew pan with them. Arrange a layer of the browned chicken on the onion slices. Next a layer of peeled, sliced potatoes. Another layer of chicken. If you have meat stock, fill up the casserole, cover and simmer for two hours in a slow oven. If you have no meat stock on hand stew the carcass and giblets of the chicken for an hour or so and use the liquor. A cup of cooked peas, diced carrots, or ½ lb. of peeled mushrooms can be added with advantage to this dish.

EAT THESE FOODS EACH DAY

MEAT, FISH or POULTRY and 3 or 4 eggs a week.

TOMATOES or Citrus fruits or their juices and one other fruit.

VEGETABLES—stress leafy green or yellow, frequently raw, besides potatoes.

BREAD—4-6 slices Canada Approved and one serving whole grain cereal.

MILK—Adults ½ pint. Children more than one pint. Cheese if available.

Fifty-four pages packed with recipes, meal-planning and marketing tips, nutrition advice, cooking time index and other exclusive features . . . that is "Meat Complete." Martha Logan's fascinating new meat cookbook. Yours for only 10¢. Write to Swift Canadian Co. Ltd., Dept. NE19, Toronto.



SWIFT CANADIAN CO. LIMITED

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

Miss M. A. Kinley was here yesterday on her way from Vancouver to Alyanah on the Naas River to pay a visit with her parents, Rev. and Mrs. S. Kinley.

F. M. Burns, inspector of customs, will be here this evening returning to Vancouver after a trip to Stewart on official duties.

Mrs. D. R. Barclay and daughter left Saturday night for Vancouver to spend the summer.

Paul Postulo and J. A. Smith left for Vancouver Saturday night for enlistment in the Royal Canadian Air Force.

TIMELY . . .
INFORMATIVE . . .
ENTERTAINING . . .

POCKET BOOKS

Each 39c.

- THE HUMAN BODY Glendening
- P.B. OF VEGETABLE GARDENING Nissley
- P.B. OF CROSSWORD PUZZLES
- POCKET HISTORY OF THE U.S. Nevins and Commager
- DEFENSE WILL NOT WIN THE WAR Kernan
- TOPPER TAKES A TRIP Smith
- THE GLASS KEY Hammett
- THE RUBBER BAND stout

Read Inexpensive Pocket Books

McRae Bros. Ltd.