

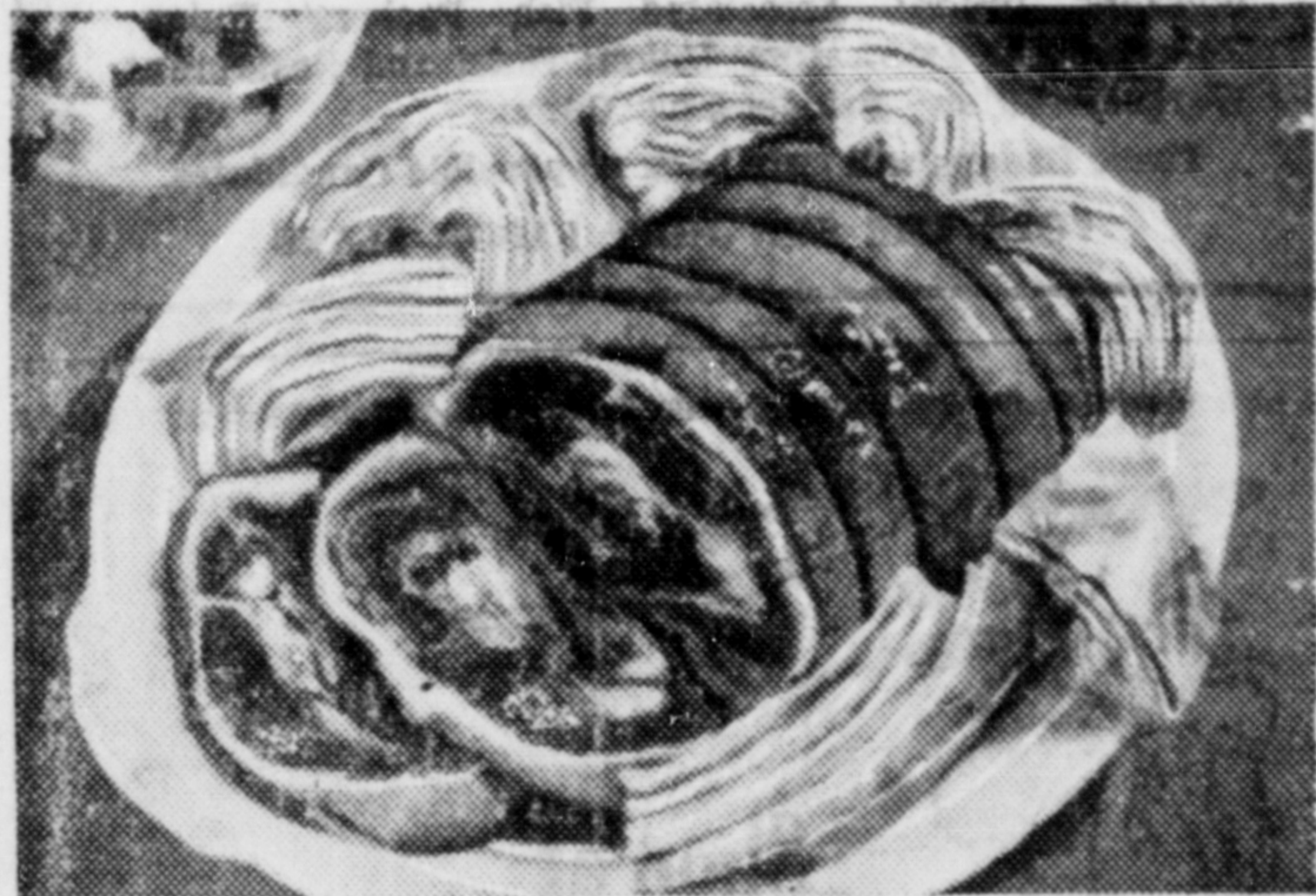
SWIFT'S WEEKLY WARTIME FOOD HINTS



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

Corned Beef and Cabbage



Jiggs' favourite meal is tops from a nutritional point of view

If there's one dish all men go for, it's Corned Beef and Cabbage. And it's a fine nourishing meal into the bargain!

To Cook Corned Beef and Cabbage

Ask your butcher for a suitable piece from the brisket, rump or plate. Cover with boiling water and simmer (do not boil) until tender—for a 5 lb. piece allow 3 1/2 hours. Add cabbage cut in sections 20 minutes before cooking is complete. Serve dumplings as extender. Cook enough to serve once hot, once cold and once as sizzling, savoury corned beef hash.

Got your copy of "Meat Complete" yet? No? Then send 10¢ for Martha Logan's hand book of meat cookery to Swift Canadian Co. Limited, Dept. NE 48 New Westminster.

Corn your own Beef

If your butcher doesn't have corned beef, you may like to pickle a piece from the round, or brisket yourself. Here is an easy way.

The Pickle

2 quarts cold water
1/2 lb. salt
1/2 cup (packed) brown sugar
3/4 oz. salt peter
Boil together for ten minutes, skimming frequently. Strain into an earthen-ware crock. As soon as the pickle is cold, put in your meat and leave it for 10 days. If the pickle does not cover the meat, turn it once a day.

MEAT is material of war

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

SHRIMPS
FRESH EVERY DAY
Boat "W.S.L." First Float
west of Imperial Oil Co.
daily after 4 p.m.

J. L. Curry
(Late of Yukon)
Chiropractor
Smith Block

For Sane, Orderly Progress
And Businesslike
Civic Administration

— VOTE FOR —

Gordon Bryant

Non-Partisan Aldermanic
Candidate

To The Electors...

J. W. ROGERSON
(Midway Grocery)

Solicits your vote and influence in his candidature for the Aldermanic Board.

LOCAL NEWS NOTES

There is no such thing as an independent candidate.

▲ The Ideal Christmas Gift... Books of Theatre Tickets... Prices \$1.00 to \$2.50, now selling at Capitol Theatre. (tf)

C. H. Sawle left by Saturday evening's train on his return to New Hazelton after a brief business visit to the city.

▲ NOTICE—Do not delay your cleaning any longer. Now is the time to send it to Ideal Cleaners, "The House of Better Cleaning." Phone 858. We pick up and deliver. (295)

J. E. Ormheim, well known fur buying representative of the Hudson Bay Co., arrived in the city Saturday from Vancouver.

Hear Harry Daggett, Labor's Candidate for Mayor, radio station CFPR, tonight at 6:15 p.m.

D. G. Borland, manager of the Capitol Theatre, returned to the city this morning from a business trip to Vancouver.

▲ Are Casey and Paulson backed by any labor or people's organization in this city?

C. E. Salter, manager of the Carlisle Cannery, is leaving tomorrow night for Vancouver.

▲ George J. Casey is not a member of the Prince Rupert Labor-Progressive Club.

Public meeting in support of Robert McKay, Independent candidate for Mayor, I.O.D.F. Hall, Fifth and McBride, Tuesday 8 p.m. All candidates invited. (291)

"Build B.C. Payrolls"

PACIFIC MILK
AVAILABLE WHEN NEEDED



People who require Pacific Milk, such as thousands of infants and invalids whose chief food it is, can always get it through the doctor's prescription or upon order of other constituted authorities who are authorized to prescribe in cases of need.

PACIFIC MILK
Irradiated and Vacuum Packed

OIL BURNERS CLEANED
HANDYMAN HOME SERVICE
Black 735
224 Seventh Ave. West

Meet Me At **JOHNNY'S**
Johnny's **SNACK BAR**
(Our Coffee is Tops)

ENTERPRISE FRUIT MARKET
We carry a complete line of DELNOR FROZEN FRUITS AND VEGETABLES

THE REX CAFE
Now Open for Business
CHOP SUEY
CHOW MEIN
Opening Hours:
3 p.m. to 2 a.m.
2nd Avenue (Across from Prince Rupert Hotel)
Phone 173

DRESSMAKING AND ALTERATIONS
737 Washington Block,
2nd Ave., Apartment 2

▲ Regular meeting Prince Rupert Labor-Progressive Club tonight 8 p.m. all welcome.

Mr. and Mrs. Harry Hanson and daughter are leaving tomorrow for Bella Coola, where they will spend the Christmas and New Year's season with friends.

Donald Main of B.C. Packers, Vancouver, is leaving tomorrow night to return to that city after being here on business.

Miss Carol Gray is leaving tomorrow night on a trip to Vancouver and other southern places.

All Labor's civic election Candidates will speak at a public election rally for the United Labor Slate at the Booth School Auditorium, Tuesday, 8 p.m. Bring all your questions about how the city is run. All welcome.

Announcements

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

S.O.N. Invitation Dance, Dec. 17. No tickets available at the door. Oddfellows' Hall, 9 o'clock.

Dry Dock Employees' Association Dance, Friday, Dec. 10 and 17, Roy Proverbs Orchestra.

Vote solid Labor Dec. 16th.

Moose Ladies New Years dance Oddfellows' Hall, Dec. 29, 10 to 2.

Jean De Carlo's orchestra. Refreshments.

CLASSIFIED ADS

Classified Advertisements are payable in advance at the Office—No telephone orders—Rate 2c per word per insertion.

FOR SALE
FOR SALE—Double bed. Phone Red 893.
FOR SALE—Modern dinette set, almost new, and other articles. 622 8th Ave. West. (292)
FOR SALE—Kitchen cabinet, baby's crib, radio. All practically new. 1440 8th Ave. East. (290)
FOR SALE—8-tube console radio. General Electric, five bands. 146 Fourth Ave. East. Phone Red 17. (tf)
FOR SALE—Portable Sewing machine. Apply 1831 7th Ave. E. (294)

FOR SALE
FOR SALE—Double bed and large doll buggy. Phone Green 983.
FOR SALE—Latest 1943 model ice box, new. Phone Red 875. (291)
FOR SALE—Troller "Erla," 34 feet, 10-14 engine. Cow Bay. (292)
FOR SALE—Kitchen stove and standard model radio. Phone Black 548. (291)
FOR SALE—Pram, in good condition, apply 972 Ambrose Ave. Phone Green 480.
FOR SALE—Lot 1, S.D. of 8.77 acres of D.L. 1969, situate at Hunt's Inlet, Porcher Island, and containing approximately 12 acres, with cabin located thereon. For particulars apply Official Administrator, Court House, Prince Rupert. (292)

FOR SALE
FOR SALE—Double bed complete, folding couch, leather steamer trunk, club bag, books of knowledge, encyclopedia Britannica, dishes, kitchen utensils, etc. Phone Blue 801. (291)

WORK WANTED
RESPECTABLE couple would look after home for anyone leaving over the Christmas holidays. Apply Room 13, Commercial Hotel. (291)

WANTED TO RENT
ROOM or suite. Young married couple. No children. Apply Box 634 Daily News. (292)

ELDERLY couple desire to rent a small apartment from one to four months. Phone 52 up to 6 p.m. (tf)

WILL give new electric stove plus rent for one or two rooms. Reliable party. Box 641 Daily News. (290)

Briefs From Britain

BARMING, Kent, Eng. 7—Rev. W. G. Sharp, rector here for 19 years, was presented with the equivalent of \$450 when he retired.

LONDON 7—Eight members of a Winchmore Hill Housewives' Guild run their own munition factory in a room of a private house.

SANDRINGHAM, Eng. 7—A pair of racing pigeons from the King's loft at Sandringham will be sold at a Red Cross auction at Newmarket.

DARTFORD, Eng. 7—at a Dartford charity auction a two pound pot of jam brought \$50.

LONDON 7—Between the end of June and the end of October more than 4,000 refugees arrived in Britain, many without visas.

CANTERBURY, Eng. 7—A scale model of the proposed new centre of Canterbury is nearing completion.

MALDON, Eng. 7—The council of this Essex Town has increased the mayor's salary from \$20 to \$450 a year.

LONDON 7—Nature reserves are to be established in Britain after the war by the Ministry of Town and Country Planning to protect rare species of birds, animals, and plants.

BELFAST 7—Rev. Dr. Phineas McKee, 63 Moderator of the Irish Presbyterian Church, died here.

Mr. and Mrs. J. R. McGee are leaving tomorrow night on a trip to Vancouver.

Mr. and Mrs. W. A. Berger are leaving tomorrow night on a trip to Vancouver.

The sequoia trees of California are thought to be the oldest living organisms extant today. Some are estimated to be 4,000 years old.



WHEN STRENGTH WANES
After you reach 60—
Try this Restorative Food

To maintain strength and vitality in one's later years, *New, Improved Ovaltine* can help in two important ways:

(1) *New, Improved Ovaltine* supplies concentrated, easily-digested nourishment needed to repair muscle, nerve and body cell wastage.

(2) *New, Improved Ovaltine* provides essential food elements, including Vitamins A, B₁, and D, and the minerals Calcium, Phosphorus and Iron. *New, Improved Ovaltine* contains more of them than ever before.

Taken warm at bedtime, *New, Improved Ovaltine* invites refreshing sleep without drugs, helps the body to relax naturally. Try *New, Improved Ovaltine* tonight. Buy Ovaltine at your drug or food store today.

NEW, IMPROVED OVALTINE
THE PROTECTING FOOD-DRINK

CLASSIFIED ADS
Classified Advertisements are payable in advance at the Office—No telephone orders—Rate 2c per word per insertion.

HELP WANTED
STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge of commercial book-keeping, or those willing to learn, will have preference. Written applications only. State experience, if any. Apply U. I. C. AM 96. (tf)

WANTED
WANTED—Two warehousemen for local wholesale grocery. Apply Selective Service AM 99. (tf)

BUSINESS AND PROFESSIONAL
GEORGE L. RORIE
Public Accountant, Auditor, etc.
Income Tax Returns Compiled
Wallace Block Phone 387

IDEAL CLEANERS
"House of Better Cleaning"
Authorized
"FLEXFORM" SERVICE
Shapes Dresses Without Guesses
Waterproofing a Specialty
We Pick Up and Deliver
PHONE 858
Mail Orders—Box 99

B. LAMB, TAILOR
Ladies' & Men's Made-to-Measure Clothes.
302 Third Ave. W. Black 787

HELEN'S BEAUTY SHOP
Permanent Waving
Beauty Culture in all its branches
206 4th St. Phone 655

SMITH & ELKINS LTD.
Plumbing and Heating Engineers.
Phone 174 P.O. Box 274

International Correspondence Schools
Canadian Limited
B. F. Lovin, Representative
Box 526 1315 Piggot Ave.
Prince Rupert, B.C.

LOW AND SALTY
The Dead Sea is 1300 feet below sea-level.

Don't Forget Dad ON CHRISTMAS MORNING
Give Him a comfortable Pair of Slippers or a Belt or a Pair of Suspenders. It's easy to select from our complete line.



BELTS—Plain and fancy leathers. Shades of Black, Brown, Tan and Grey. \$1.00 to \$2.00

Suspenders
(By Hickok)
Colored fabrics with elastic backs. Leathers in assorted shades, elastic action-back. \$1.00 to \$1.50

Sets of Suspenders and Garters
Plain colors, including Khaki and Airforce. \$1.50

Watts & Nickerson
MEN'S and BOYS' CLOTHING
532 Third Ave. Phone 387

A Welcome Christmas Gift For Madame

Beautiful Permanent
— BY —
ANNETTE POWELL BEAUTY SHOP
4th Street (Across from Post Office) Phone 387

Penquin Books Infantry Jour
"Psychology and the Fighting Man"

We have a large stock of
39c Pocket Books
The Best of Popular Reading

25c White Circle Books
The Sign of a Good Mystery Novel

McRae Bros.
Place an Ad in The Daily News—It Pays