

## NOTICE

# Evenson's Ideal Cleaners

### OPEN FOR BUSINESS

## MONDAY, MAY 31

All Orders over \$5 picked up and delivered.

All smaller orders, cash and carry

Please furnish hanger with each garment

PHONE 858

## PRESCRIPTIONS

Through the years, the physicians of this community — and their patients have come to know that they can depend on us.

# Ormes Ltd.

*The Pioneer Druggists*

THE REXALL STORE      PHONES 81 and 82  
Open Daily from 9 a.m. till 9 p.m.  
Sundays and Holidays from 12 - 2 p.m. and 7 - 9 p.m.

## BUY ...

# RUPERT BRAND

## Sole Fillets

... At Your Local Butchers

NO WASTE — READY TO COOK

## Canadian Fish & Cold Storage

PRINCE RUPERT      Co. Ltd.      BRITISH COLUMBIA

## 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

Owing to the difficulty of obtaining labor and material The Kaien Co-op. finds it impossible to open the 3rd Ave. Store for about 10 days.

The Prince Rupert Fishermen's Co-op, Cow Bay Store will serve the members to the best of their ability in the meantime.

## Prince Rupert Fishermen's Co-operative Association

Box 264, Prince Rupert, B.C.

## LOCAL NEWS NOTES

Mr. and Mrs. Tommy Fraser returned to the city last night from a three weeks' holiday trip to Vancouver and Victoria.

▲ Women of the Moose, Invitation Dance, Oddfellows' Hall, June 2. (128)

Rev. J. A. Donnell, pastor of First United Church, returned to the city Saturday from attending sessions of B.C. Conference in Vancouver.

▲ Bedding Plants For Sale. Wilding's Greenhouse, Alfred St. (11)

Business at a meeting on Friday night of the Engineers' local union was merely of a routine nature. President William Cummings was in the chair.

▲ Annette Powell's Beauty Shop for better permanents. Fourth St., across from Post Office. Phone Blue 917. (11)

Dr. and Mrs. John MacDonald and son, Robert, are leaving tomorrow afternoon for Vancouver after having resided here for the past year. Dr. MacDonald, who has been in charge of the local public health unit, is enlisting in the Royal Canadian Army Medical Corps. Mrs. MacDonald and son will reside in Vancouver.

Mrs. Arthur Brooksbank will leave tomorrow afternoon for Seattle to attend the graduation of her daughter, Miss Lucille Brooksbank, from the University of Washington. Miss Brooksbank, following graduation, will come to Vancouver to take normal school training preparatory to taking up duty as domestic science instructor in this province.

### Announcements

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

▲ 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.

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, Oddfellows' 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, Oddfellows' Hall, June 14.

Valhalla Invitation Dance, Oddfellows' Hall, June 25.

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"Build B.C. Payrolls"  
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### IF TEETH AND BONES BECOME STRONG



"If growing teeth are to become teeth and growing bones become strong the child should be given food that contains Vitamin D."

The physician quoted asks his name not be mentioned.

Pacific Milk is considered ideal food for an infant child and the fact it is irradiated for Vitamin D is one of the reasons.

## PACIFIC MILK

Irradiated and Vacuum Packed

## 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 198

## SAVOY HOTEL

Carl Zarelli, Prop.  
Phone 37      P.O. Box 544  
FRASER STREET  
PRINCE RUPERT

### AUCTION SALE

Timber Sale X32973

There will be offered for sale at Public Auction, at 12 o'clock noon on the 14th day of June, 1943, in the office of the District Forester, Marine Building, Vancouver, B.C., the Licence X32973, to cut 4,250,000 f.b.m. of Spruce on an area situated at Shannon Bay-Masset Inlet and Juskaia Inlet, Queen Charlotte Islands Land District.

Two (2) years will be allowed for removal of timber.

"Provided anyone unable to attend the auction in person may submit tender to be opened at the hour of auction and treated as one bid."

Further particulars may be obtained from the Chief Forester, Victoria, B.C., or the District Foresters at Prince Rupert and Vancouver, 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 CHARLES FREDERICK SWANSON DECEASED—INTESTATE

TAKE NOTICE that by order of His Honor W. E. Fisher, made on the 21st day of May, A.D. 1943, I was appointed Administrator of the Estate of CHARLES FREDERICK SWANSON, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 25th day of June, 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 25th day of May, A.D. 1943.

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

## VICTORY SHOE RENEW

503 Richard Street, Vancouver, B.C.

Mail or Express your Shoe Repairs to us. We give you quick service, and the best job and material obtainable.

### We Pay The Return Charges

Quality Groceries — Fresh Vegetables  
Cooked Meats  
Confectionery — Cigarettes — Tobaccos

## MUSSALLEM'S ECONOMY STORE

"Where Dollars Have More Cents"

Phones 18-19      P.O. Box 575

Jack Arnold Smith, recently in the employ of the B.C. Bridge and Dredging Co. here, has enlisted in the Royal Canadian Air Force.

## CLASSIFIED

### FOR SALE

FOR SALE—Gullnet Gasboat "Eureka", complete with net drums length 30 feet, 14 H.P. "Miller" Engine. For particulars Phone 14

FOR SALE — Troller "Thomas B." Lenth 26 feet, with 6 H.P. "Gorman" Engine. For particulars Phone 14.

HOUSE FOR SALE—3-room house, 2 lots, 1 workshop, 1840 6th Ave. East. Call after 6 p.m. (126)

FOR SALE—1933 Chev. Sedan, tires just like new. \$225 cash. Apply 1323 Pigot Avenue. (127)

FOR SALE—Phonola gramophone attachment. Phone Green 782. (126)

FOR SALE—Baby buggy, very good condition. \$25.00. Black 751. (127)

FOR SALE — Gerhard Heintzman piano, good condition. Cash. Box 488 Daily News. (131)

FOR SALE—Two 8-foot mahogany Wall cases; two 8-foot mahogany Floor cases; one Carey safe; one desk; one dining room suite; one buffet. R. W. Cameron, Jeweller. (127)

FOR SALE — Dalmation puppy, male. Call 108 7th Ave. E. (127)

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

### HELP WANTED

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. (11)

### WANTED

WANTED—Truck driver for Wholesale Meat Distributors. Apply National Selective Service, Prince Rupert, A.M. 45. (11)

WANTED—Wall tent 10x12 or larger preferred. Box 500 Daily News. (127)

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

TEACHERS Wanted immediately as substitutes. Apply School Secretary, City Hall. (126)

### WORK WANTED

FOR Painting and Paper Hanging, Phone 738. (131)

### BOARD AND ROOM

BOARD AND ROOM for married couple. 718 Fraser Street. Phone Green 880 (130)

### LOST

LOST—Wallet containing valuable papers between Dry Dock and Staff House commissary. Finder please return to Box 499 Daily News. (128)

## 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*

## So Meat is Rationed!



**MEAT, POULTRY, EGGS AND FISH:** All grades of meat have high food value. Cook meat slowly to prevent shrinkage. Broil or roast tender cuts, braise less tender cuts to make them tender and delicious. Keep all fresh and cooked meats in a cold place—fish and poultry, too. Try to use liver, kidney or heart, at least once a week. Keep eggs cool. Use eggs cooked in any way and count these on the weekly quota of at least 3 or 4. Cook eggs slowly, as fast cooking toughens the whites.

**MILK AND MILK PRODUCTS:** Whole milk, skim, evaporated or buttermilk may be used. Count the milk used to make soups, puddings, breads, gravies as part in cooking, serve it on the table. One ounce of cheese may be eaten in place of one glass of milk. Keep milk cool, clean, and covered. Keep cheese closely wrapped in a cool, dry place.

**ORANGES, GRAPEFRUIT, TOMATOES:** Use citrus fruit, tomatoes or raw cabbage every day. Keep all fruits in a cool clean place. Wash just before using. Do not squeeze fruit juices long before serving.

**LEAFY, GREEN OR YELLOW VEGETABLES:** Green outer leaves contain more vitamins than inner bleached leaves. Keep vegetables covered in a cool place. Cook vegetables quickly in a small amount of water in a covered container. Do not overcook vegetables. Store cooked vegetables in a covered dish. Use as soon as possible—in a mixed salad, perhaps.

**OTHER VEGETABLES, FRUITS:** Eat two or more fruits and vegetables each day; use fresh, stewed, baked, canned, serving with cereals, in salads or puddings, and other desserts.

**CEREALS AND BREAD:** Use Canada Approved bread or whole-grain bread, use whole-grain cereals. Keep in closed containers. Use up dry bread in puddings or stuffings, or as bread crumbs.

**BUTTER, AND OTHER FATS:** Use butter as a table spread. Use strained, light drippings for cooking fat. Peanut butter, lard, shortening, salad oil, and cream all furnish concentrated energy.

Martha Logan's handbook of meat cookery, "Meat Complete," is a great help in making rationed meat go further. Yours for 10c. Write to Dept. NE 20, Swift Canadian Co., Ltd., Tor.

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

## GARDEN BOOKS

- How to Make a Victory Garden . . . . . 10c
- Better Gardening . . . . . 35c
- Pocket Book of Vegetable Gardening . . . . . 39c
- Everyman's Encyclopaedia of Gardening . \$1.00
- Canadian Home Gardening . . . . . \$2.00
- Audel's Gardeners and Growers Guides, 4 volumes, each . . . . . \$2.00
- Audel's Flower Educator . . . . . \$2.00
- New Garden Encyclopaedia . . . . . \$4.00
- Practical Encyclopaedia of Gardening . . \$5.50

## McRae Bros. Ltd

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If you lose anything, advertise for it.  
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