

Try New, Improved Ovaltine

If your child lacks a zest for food, it may be that his diet is short in very important food elements which, science has discovered, everyone needs for health. His growth may be stunted or impaired and he may be an easy victim to prevailing sickness.

As a "protecting" food-drink, New, Improved Ovaltine adds to a child's meals the essential food elements most likely to be deficient in his diet.

Three servings of New, Improved Ovaltine furnish a child with a significant portion of his daily requirement of Vitamins A. B₁, and D, and the minerals Calcium, Phosphorus and Iron-also quick food-energy elements and high quality proteins-all for building sturdy bodies.

So-if your child eats poorly, is thin or under par, why not start giving him New, Improved Ovaltine regularly? Get a tin at your drug or food store.

--- MAIL FOR FREE SAMPLE ----A. Wander Limited Dept. 56. Peterborough, Ont. Please send me a sample of New, Improved
Ovaltine and informative pamphlet on its
nutritional values. (One sample offer to a person).

NEW, IMPROVED

OVALTINE

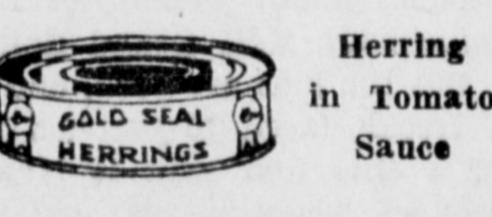
SHRIMPS

BOAT W.S.L. Fresh every day, 5:00 p.m. First Float West of Imperial Oil Co.



Sockeye Salmon

Sauce



are both on active service Rome Beauties, case but will be back on your grocer's shelf soon as condi- First Grade, lb. ditions permit.

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

FORSALE

. . .

New hand-made RAG RUGS. Artistic designs. 18x36. Special \$1.25

SPECIAL PRICES

RADIOS in first class playing condition. 7 to 10 tubes. Real Bargains. \$20 up

TYPEWRITERS - Good condition. Remington, Underwood, L. C. Smith. Real 845 bargains.

One 3-piece CHESTERFIELD SET. High grade tapestry covering. Regular \$200, \$150

Odd Lines, Pots, Pans, etc.

B.C. Furniture PHONE BLACK 324

THIRD AVENUE

LOCAL NEWS NOTES

Ave. West.

yesterday.

R. M. Winslow, assistant general

\$50, with option of thirty days'

SOLD LIQUOR, FINED \$300

Frank Oscar Turnroos, for selling

liquor, was fined \$300, with option

city police court yesterday. Staff

Sergeant F. W. Gallagher prosecut-

Relieved Fast This Easy Way!

Put a few drops of Vicks Va-tro-nol

up each nostril and feel it go to work

from miserable VICKS

Untaught Fiddler

VANCOUVER, March 11 (P)- In

sweeping gray beard, you'll see him

Matt Nystrom waited until he

reach their peak at that age. He

He plays the violin for a living be-

"When you hurt the back," he

cents, "You must use the brain. I

explained in cadenced Swedish ac-

cannot work hard. I was hungry.

dle and now I make my own way."

working the the woods.

any day on Vancouver streets-sit-

→ VA-TRO-NOL

Miss Jean Coburn left on yestermanager of the Canadian Fish & day's train for Toronto.

Mrs. Jens Munthe left on yester- ning's train for a trip to various day's train for a visit to her home | points in Eastern Canada and the north of Edmonton.

Tonight's train, due from the East at 7 o'clock, was reported this morning to be five hours late.

Walter Polowsky, for driving yesterday's train on his return to hours. vithout a licence, was fined \$10 in | Winnipeg. city police court yesterday.

Bruce Stevens of this city.

Mrs. Charles Larkin, who has been visiting here with her daughter, Mrs. A. S. Nickerson, leaves tonight on her return to Vancouver.

Harold Hudson, official of the Kelly-Douglas Co., who has been here on company business, leaves tonight on his return to Vancouver.

William Stuart, for failing to produce a driver's licence, was fined \$10 in city police court yesterday and an additional \$2.50 for imprisonment in city police court ailing to stop at a stop sign.

Dennis Deschmais, truck driver or a local contracting concern, vas fined \$25 in city police court yesterday for turning his vehicle in the middle of a block. of three months' imprisonment, in

A Prince Rupert Dry Dock Emloyees sports and Welfare Assocition DANCE, Staff Dining Hall, fence counsel. Tays Cove Circle, Saturday, March 3. 9 o'clock to 12:00. Admission 75e n presentation of red or yellow hass. Ladies free.

B. Thornsteinssen, inspector of chools, gave an interesting talk on is work before the Prince Rupert Rotary Club at its regular weekly ncheon today. President George Mitchel was in the chair and here was a good attendance of nembers with a few guests.

The Markets Untaught Fiddler Makes His Living

Retail market prices now current here are as follows:

Fruit Grapefruit, Calif, 3 for .25 and .10 ting on a camp stool, fiddling for .35 to .45 his supper. Lemons, doz. Navel Oranges, doz..29 to Bananas, lb. .60 fiddle for \$2, because he read in a in Tomato Pears, doz. .30 Swedish newspaper that musicians Emperor Grapes, lb. 30 can't read music, he has never Newtons, doz. 2.50 studied any of the great masters. Butter 43 cause he injured his back while

Vegetables California Carrots Sweet Potatoes, lb. Potatoes, lb. Garlic, imported, lb. Parsley, bunch, .35 to .50 Now he whips out "Pretty Red * Cauliflower, each . Cabbage, Cal., lb. Rhubarb Lettuce, Calif., large Small Celery, lb. Texas Spinach, lb. Fish Salmon, red spring, lb. Halibut lb. Smoked Kippers. lb. 15c. ana .20 Flour Flour, 49's No. 1 hard wheat .. 1.95 Second Patent

Flour, 24's

Sugar

Cheese

Give -HUMAN SUFFERING IS

GREATER THAN EVER Now!

Pastry Flour, 10 lbs.

Ontario Solids, new, 1b.

White, lb. ..

Yellow, lb.

Stilton, 1b.

Golden Brown

Men. Women Over 40 Feel Weak, Worn, Old? Want Normal Pep, Vim, Vitality?

—the need is greater than ever!

The work must go on-with YOUR help. -

This Space donated by:

CANADIAN RED CROSS

\$10,000,000 needed March 1-20, 1943

The Call Goes Out to YOU now

You responded generously last year, perhaps. This year, with a

wider-spread and grimmer war on our hands, the need has ex-

panded. Your Red Cross dollars are needed now as never before.

TheW.H. Malkin Co. Ltd.

.30 Matt Nystrom."

Military Orders

Lieut.-Col. G. C. Oswell, E.D.

Cold Storage Co., left on last eve-Parades-Commencing Monday, March 8, the following schedule i United States on company business. in effect:

A Company - Wednesday, 20:00 ing and sprinkle with a little Ernest Weisner, who has been hours. here for some time on business in

his capacity as auditor for Cana- hours. dian National Telegraphs, left on

Security of Information - All ranks of the Canadian Active Ser-▲ NOTICE—Meyer's Studios intro- vice Forces are warned against Guests at yesterday's luncheon duetory offer. One 8x10 colortone communicating either verbally or size. Bake in a moderately hot of the Prince Rupert Gyro Club portrait. Only \$1.99. For appoint- in writing any item of information were Dr. J. S. Cull of Victoria and ment apply Star Shop, 819 Third respecting naval, army or air force matters which may be of value to

> Among those arriving from the In particular private correspondsouth yesterday morning was Mrs. ence should make no mention of George Little who has spent the the disposition, movement or prowinter in Vancouver, Seattle and jected movement of warships, merother coast cities. Mrs. Little pro- | chant ships, troops or aircraft; deceeded to Terrace on the afternoon tails as to numbers, armament, equipment or conditions of ships of all kinds,, troops or aircraft; For drunkenness Jeffrey Wale, any measures which have seen Edward John McLachlan, George taken or which are projected for

> > C. J. Norrington, P2-L

ed and T. W. Brown acted as deprizes. Admission 50c.

Entries Queen Mary Bridge Tour-

S. O. N. Invitation Dance, March

Eastern Star Dance, March 26. Valhalla Invitation Dance, Od-

dfellows Hall, April 2.

FOR SALE
Sealed tenders will be received by WANTED — Room by gentleman.

purchase of the following Klondike parka, stocking cap and furnishings. Hotel Lots 11-14, inclusive Block 10, Section 1, Prince Rupert;

Lots 23 and 24, Block 19, Sec-

.20 was 60 before he bought his first tion 6; Lot 10, Block 8, Section 2. submitted for each parcel separatey and be accompanied by certified heque for 10% of tender. Highest or any tender not neces

sarily accepted. NORMAN A. WATT, Administrator of the Estate of Cora E. Black, deceased.

I knew I had to eat, so I got a fid-From his initial investment Matt .10 stepped into the higher brackets. .15 Wing" on an instrument for which + Local

news contributions * .23 he paid \$35 and which he insists is + should be in the Daily News + .19 worth \$1.00. But Matt realizes his + office by 10 a.m. on the day + .15 musical shortcomings. He's going | + following the event-prefer- + .25 to enroll for a series of violin les- + ably the night before. a let- + .20 sons. "I will learn and learn," he + terbox in the door being + promises himself, "and, who knows, there to receive copy. Local & .25 one day the world will listen to + news not in by 10 a.m. runs + the risk of not being pub- + * lished. We prefer to have * • news contributions typewritten • + neatly and double spaced, if + + possible. However, legible + writing will do.

OUT ALASKA WAY

"Williwaw" is the name of a wild wind which sweeps through the

SWEDISH TEA RING

down roll in two rectangular sheets

thick. Bush with melted shorten-

each slice slightly on its side.

oven, 375 deg. F, 25-30 minutes.

FOR SALE

FOR SALE_3/4 size bed, practically

new, with spring filled mattress

and slumber king springs. Also

small table and 30" by 60" rever-

sible rug. Call 1533 Pigott Ave. or

FOR SALE-One sideboard, one

FOR SALE - House, including

furniture, 8th Avenue West:

two apartments; \$3,000, \$600

down, balance \$55 per month

which is income in rentals from

house. Interest 6%. Accommoda-

tion two rooms with cooking

privileges in owner's home until

possession of the first mentioned

premises can be arranged.-Mc-

Clymont Agencies, 307 3rd Ave.

FOR SALE - Four room house,

partly furnished. Apply to 528

WANTED

WANTED-\$20.00 reward for a 2 or

3 room suite. Box 451 Daily News.

combination wardrobe and one

dresser. 114 Hays Cove Circle.

Phone Black 728.

Phone Black 396.

7th Ave. West.

Yield—2 rings.

Cover and let rise till double in

When dough has been punched

about 5 inches wide and 1/2 inch

brown sugar and cinnamon. Form B Company - Thursday, 19:30 each rectangle into a long roll and make the rolls into rings. Place

rings on greased baking sheets C and D Company-Friday, 19:30 and cut with scissors at 1 inch intervals, almost through ring. Turn

the enemy.

Edwards, David McConnel and the defence of any place. Paavo E. Lindgren were each fined

Announcements

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

Card party, Catholic Hall, March 17. Contract and Whist; good

nament close March 17.

Registered Nurses' Association Dance, Oddfellows' Hall, March 18.

Cathedral Easter Sale, April 29. WANTED-Old organ for reeds. Phone Green 125.

the undersigned up to noon on Sat-urday, March 20th, 1943, for the light housekeeping preferred. Apply Box 439 Daily News. (56) WANTED-Flat or apartment for Air Force officer and wife. Apply Box 449 Daily News.

WANTED - To rent or lease furnished or unfurnished house or suite by April 15. References fur-

> nished. Box 448 Daily News. (60) WANTED-To rent or lease, 5 or 6 room house, unfurnished. Clarence Thomson, Phone 423 or 53.

WANTED - Sleeping room for young married couple. Urgent. Apply Box 450 Daily News. (60)

WANTED-Small house, apartment or housekeeping room; no children. Phone Black 409.

WANTED-Naval officer and wife urgently need living quarters of any kind immediately. Are willing to do any redecorating or improvements. Box 452 Daily News.

HELP WANTED

WANTED—Two female store clerks for old established grocery store in Prince Rupert. Apply Unemplayment Insurance Commission

MEN Wanted for Co-operative Fish Camps by April 15. Job involves handling of fish and stores. Apply Selective Service Office. 961-

PERSONAL

WILL do Washing and Ironing by the hour. Phone-Green 988. (59 "TIME," "Liberty" and "Newsweek." Inquire Green 59.

MISCELLANEOUS

WILL purchase Home with large grounds or small acreage. State fullest particulars to Box 507. Penticton, B.C. ********************

LOST

OST-Or strayed from Steele Block, 3rd Ave. West, black cocker spaniel with identification tags on collar. Anyone harboring will be prosecuted. Black 255. R. M. Burnett.

between Needed urgently. Good reward. Finder please leave at Daily News.



TEA

VICTORY SHOE RENEW

503 RICHARD STREET, VANCOUVER, B.C.

Let us do your Shoe Repairing. Mail Your Shoes-We Pay Return Charges and give you

24 HOURS SERVICE

High Class Workmanship-Best Material-Reasonable Charges,

TRY THE VICTORY SERVICE!

Prop. H. Van Berkel (formerly of Prince Rupert)

A. MacKenzie Furniture Ltd.

A GOOD PLACE TO BUY

5 CHESTERFIELD SUITES, all spring filled. Reversible cushions, some with spring arms and others with flex-steel. They are made by Restmore. This is the last that we expect to have of Chesterfield Suites with springs for some time.

SUPPORT THE RED CROSS

Phone 775.

327 3rd Avenue

WORK BOOTS

Out Stock of Working Boots is second to none. Sizes from 6 to 12. Arch-King, Valentine, Greb, Tilsonburg and Sterling makes. Guaranteed solid throughout

Priced to fit any pocket. Come in and let us show you.

AMILY SHOE STORE LTD.

"The Home of Good Shoes"



ENJOY SPRING ON A BUDGET!

Somehow you HAVE to express that everything-new feeling that Spring brings, but budgets and the times being what they are—well, the whole affair seems somewhat dampened. But don't be downhearted. Come in and see our delightful display of Spring notions. Oh, so many things that will satisfy that Spring dress-up urge and yet all so inexpensive, you can buy oodles without the slightest qualm of conscience. DO COME!

THE VARIETY STORE

"Where your dimes are little dollars" PHONE RED 120 518 3rd AVE. WEST

If you lose anything, advertise for it.