

Every Cup—"A CUP OF NUTRITION"

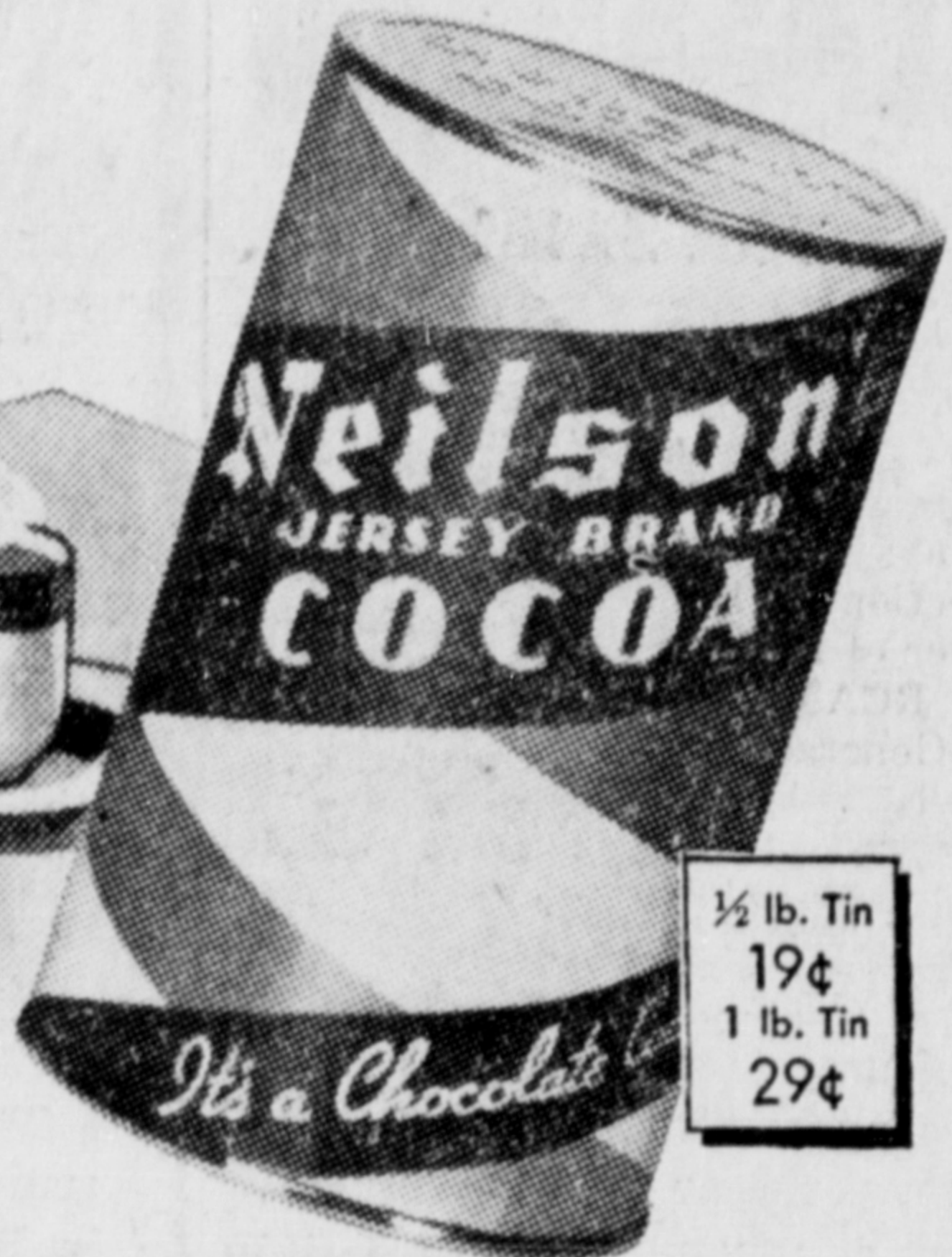
your home nutrition campaign should call for

Neilson's The Chocolate Cocoa

Everyone, young and old, thrives on Neilson's the Chocolate Cocoa. More than that, you will enjoy its delicious chocolatey flavor. That's important. Particularly with children. So, serve everyone in your home a cup of delightful, hot Neilson's Cocoa every day and you will serve health and vigor with it.

Children are so fond of Neilson's Jersey Milk Chocolate, that they are sure to enjoy Neilson's Chocolate Cocoa, too!

NEILSON'S DELICIOUS COCOA BEVERAGE
For each cup required, mix dry: 1 tsp. cocoa, 1 tsp. sugar. Stir into a smooth paste with a little cold milk. Fill cup with hot milk, stirring constantly.



1/2 lb. Tin 19¢
1 lb. Tin 29¢

Neilson's COCOA

LOSERS OF WEIGHT
PICKETT, Va., March 11 — Three William Taylors U. S. camp and they rously from 237 to 323 lb.

LITERARY CONFISCATION
NEW YORK, March 11 — With all Jewish authors "forbidden" in German-occupied Norway books by Polish authors have now been added to the "undesirable" list and confiscations ordered.

RETREAT WITH LOOT
MOSCOW, March 11 — It is officially recorded that the Germans in their retreat recently from Voroshilovsk district, took 7000 cows, 13,600 sheep, 21,000 pigs and 50,000 poultry.

ST HAVE SCIENCE
of 25-pound wolverines known to get the best of and bear.

ONE SWAN SONG
The call of a trumpeter swan can be heard as far as two miles.

LEATHERNECKS NOW
In older times American sailors were called 'gentleman sailors.'

A FINE CANADIAN PRODUCT



AS SOFT AS SOFT CAN BE

WARTIME LIVING

Women Learn to Thrive on Restrictions and Take Front Line Dangers

By WILLIAM B. KING
Associated Press Staff Writer

LONDON, March 11 — Britain's afternoon teas have been replaced by knitting and mending gatherings. Marketing trips are made by bicycle instead of automobile. A go at insects in the vegetable garden takes the place of the occasional golf game. A weekly turn at neighborhood fire watching substitutes for dinner and theatre.

Those are the changes war has brought into the daily life of Mrs. O. R. Tisdall, mother of three children, who dismisses blitz nights spent in the cellar as commonplace and counts herself fortunate she is able to hold her family together.

This tall, energetic wife of a physician calls herself the typical, middle-class English housewife. She refuses to recount hardships of wartime life. Instead, she tells gleefully of the jam she was able to make with 20 pounds of sugar saved through close watch of the family's rations over the past year.

Family ration cards make for diversified staples, rs. Tisdall maintains. Older children pass their clothes down to the younger ones, and this particular family feels it needs no outside entertainment.

In London Area
The Tisdalls closed part of their house for the duration, foregoing luxuries and eating simpler meals. Living in the Middlesex district on the fringe of Greater London, the Tisdalls reacted like most parents in the capital area and sent their children to the country at war's outbreak.

After eight months, however, the children were brought home and were home during the blitz period which shattered large sections of London.

"We slept in the cellar on raid nights," rs. Tisdall recalls lightly. "We tried very hard to remain calm so that the children wouldn't become panicky. They slept right through it all, although bombs dropped a quarter of a mile away."

In her position of deputy group administrator for the Women's Volunteer Service for Civil Defense, Mrs. Tisdall had her hands full on the mornings following air raids. She had to supervise distribution of clothing and food to bomb victims and assist in the multiple problems of rehousing and rehabilitation.

Dr. Tisdall's duties mounted with the intensity of the blitz, and have become even greater since, as more and more physicians have been called into the armed services.

WVS duties still consume about half of Mrs. Tisdall's day as she and other leaders in the movement perfect their organization for possible renewal of the heavy arids, or invasion.

On a typical day she arises at 7 a.m. to cook breakfast, dress her 4-year old daughter, and get her 7-year old daughter of fto day school. The 10-year old son attends a boarding school. After giving instructions to her one remaining maid she pitches into WVS work. Lunch and tea are simple affairs.

Simple Meals
"It is at dinner we feel the change most," she says. "Before

Married in Britain



The picture shows Capt. and Mrs. (Nursing Sister) Robert Randolph Mutrie who were married recently in England. The bride, the former Edith Kergin, is the elder daughter of Dr. and Mrs. L. K. Kergin of this city. She was recently honored with the award by the King of the Royal Red Cross in recognition of her services overseas.

SCHOOLBOYS SPOT SHIPS

Halifax Serves as Crows Nest For Ambitious Lookouts

By FRANK LOWE
Canadian Press Staff Writer
HALIFAX, March 11 —Plane-spotting might be the favorite wartime sport of United Nation's civilians, but not in hard-boiled seaport Halifax.

Here grammar school specialists wishing to sharpen their eyes go in for the more complicated sport of ship-spotting, and the shore-bound tars are amazingly good.

Of course, they do not include such organizations as Sea Scouts. Those boys qualify for the professional class, even going so far as to rhyme off what a carley float will hold in the form of emergency rations.

A true ship-spotter is not one of these. A strict amateur, he is a young fellow who gets out of school and makes his way on clear days to Citadel Hill, or some similar vantage point where he can get a good view of ships entering and leaving the harbor.

Fine Distinctions
There, without benefit of glasses or charts such as make easier the work of plane-experts, he calls off the types of vessels he sees. Checking him will be his companions, and the rivalry is keen to see who gets the most correct.

It's not simple. To the inexperienced eye a minesweeper looks suspiciously like a corvette, or vice versa, from the distance of half-a-mile, while both can be taken for a trawler or even a gunboat. Similarly, light cruisers could double for destroyers, while heavy cruisers resemble battleships.

But these ships of war have fairly routine designs, and practice soon straightens out their identities. The competition gets tough when it comes to defining all the hybrid bottoms of the seven seas that call here loaded with freight.

There are liberty ships and hog islanders and boats that were designed for the south Pacific runs. Freighters and tankers built along solid English lines, and others doing the same job but whose lines have been altered by Celtic imaginations and Oriental concepts.

Fisher-Craft Differ
Then, of course, there are minute differences that mark coasting craft from their ocean going brethren and, believe it or not, all fishing craft are not built along the same lines. A Newfoundland product might well differ from a Lunenburg, N.S., Grand Banker.

But the kids are good, and when a freckle-faced 10-year-old points to a ship and says it is a U.S. product, about a year old, it's a safe bet he's right.

HIGH RUSSIAN HONOR

MOSCOW, March 11 —One of the first Red Army generals to be awarded the Order of Kutuzov of the First Degree is Maj.-Gen. Kuzma Galitsky, well known in Anglo-Saxon countries and Great Britain through Alexander Polyakov's book Red Guerillas.

the war we used to make quite a thing of it, but now we are content with one main dish, usually a simple one."

The Tisdall garden is the family's particular pride. Flowers have been banished. Instead, there are onions, carrots, beans, cabbage, beets, cauliflower and artichokes.

"My green grocery bills were enormous before the war, but now we are self-supporting in vegetables," Mrs. Tisdall says proudly.

The changes three years of war have made in the life of Mrs. Tisdall have been gradual, and she would rather not try to analyze them.

"I try to keep as busy as I can, and when I am busy I don't have time to think."

War-time regulations, however, have severely reduced her personal income, while war taxes and higher living costs have similarly cut the doctor's income.

"Yes, we definitely have less to live on," she says. "But then, that's all right. There is less to spend it on."

Madame Chiang His Inspiration

Of Rev. A. F. MacSween in Presbyterian Church Sermon

The recent address of Madame Chiang Kai-Shek before the Congress of the United States was the inspiration for the sermon of Rev. A. F. MacSween in First Presbyterian Church Sunday night. This great Chinese woman had declared that the teachings of Christ—purity, love and forgiveness—would be the salvation of the world. "What do they mean to you?" she had asked. These teachings were easy to admire but they were not so easy to practice. It was easy to approve of the better but do the worse. What made character was the implementation of the spirit.

The utterance of Madame Kai-Shek confirmed the prophecy that a power from the East would make the world shake. There had been the day of the "shop keeper." Would that greengrocer and the laundryman now have his day?



Gardens Are Vital War Need

This year more than ever before gardens are vital. Not only are they needed for providing essential food but, in growing vegetables and flowers, too, one will find a useful and pleasant recreation open to almost every citizen of the Dominion, a recreation that will provide a healing tonic for jaded war nerves. In the spring one turns naturally to gardening. Digging in the soil, sowing seeds and watching plants develop, provides a welcome relief from the worries of our modern life and will be particularly appreciated in this eventful year, when tension was never greater and when many of our normal recreations may be no longer possible.

Our Seed Supply

Seed supplies are not going to be too plentiful this year but, used carefully and ordered early, authorities are confident that there will be sufficient to go round and even to meet the demand created by the hundreds of thousands of extra war gardens planned in Canada.

Before the war, seeds for Canadian gardens came from almost every part of the world. Denmark, Holland, Belgium, Hungary, England, California and our own British Columbia were famous producers. But for certain specialties it was necessary to go much farther afield. North Africa, New Zealand, France, Germany and Japan contributed certain lines. In some cases the trade was direct, in others foundation stock only was imported. The trade was largely in the hands of experts, who knew from long experience just what would suit Canada's climate.

Naturally the war has completely upset all this. Instead of importing seeds from Great Britain, that country has been asking Canada and the United States to send her everything possible, especially in the vegetable seed line. Russia, too, is asking for huge supplies. Most of the old regular supplies are cut off. From Canadian and United States sources must come practically all of our garden seed supplies for this spring, and last fall in both Canada and across the line the weather was unfavorable to seed production.

Vegetables Will Be Needed

Authorities are warning that shortages of vegetables are possible this summer. Consumption, due to greatly increased employment in the war factories, has been going ahead by leaps and bounds and the market gardens on the outskirts of the big cities are getting smaller because it is so difficult to get help and machinery.

Canada at War 25 Years Ago

March 11, 1918—British hospital ship Guildford Castle with 450 wounded men from East Africa torpedoed in Bristol Channel but reached port. German troops entered British trenches over a 200-yard front near Poelderhoek in the Ypres salient.

Rheumatic Pains! Backache!

Try This For Quick Relief From Nagging Pain and Aches

When you've tried almost everything you can think of and nothing seems to even relieve the pain and soreness, don't give up hope. Just go to W. J. McCutcheon or any good druggist and get a bottle of Allenru. Take as directed and in about 24 hours you should see real improvement. Allenru acts in three ways—1) to relieve the pain 2) to regulate the bowel action 3) as a gentle diuretic for the Kidneys—flushing out excess acids.

So don't be discouraged—start today. Allenru Must Help or Money Back.

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

TILLIE THE TOILER



By WESTOVER

NOW THAT TILLIE HAS BROKEN HER ENGAGEMENT WITH BILL, MAYBE THERE'S SOME HOPE FOR ME—I'LL GIVE HER A RING AND GO OVER TO SEE HER

I'LL SHOWER TILLIE WITH ATTENTION AND MAKE HER FORGET HER AFFAIR WITH BILL

OH, MAC HOW NICE TO SEE YOU

ER... ER... COOKIE SWACKY! SO THIS IS THE WAY YOU COME TO SEE ME?

TILLIE, I HOPE YOU'RE NOT HURT THAT I KISSED MAC. I WAS SO GLAD TO SEE HIM

OH, NO, MAC AND I ARE ONLY OLD FRIENDS

WE'VE KNOWN EACH OTHER FOR YEARS

GEE! I THINK HE'S GRAND

HE IS, WE'VE BEEN ENGAGED A DOZEN OR MORE TIMES

BUT THAT WAS LONG AGO, TILLIE BEFORE HE MET ME. WASN'T IT, TILLIE?

YES, BUT I'M NOT SO SURE THAT I WON'T SOME DAY MARRY HIM

ADVERTISE IN THE DAILY NEWS