REDDY KILOWATT SAYS:

## "It's not HOW MUCH you eat... but WHAT you eat!"

EAT THESE FOODS EVERY DAY:



MILK-Adults: one-half pint. Children: more than one pint. And some cheese.

FRUITS —One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES - (In addition to potatoes, of which you need one serving daily) - Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

CEREALS and BREAD—One serving of whole grain cereal and four to six slices of Canada-approved bread, brown or white.

MEAT, FISH, EGGS, etc.-One serving a day of meat, fish, or meat substitutes. Liver, heart, or kidney once a week. Eggs, at least three or four weekly.

Plus OTHER FOODS YOU WISH



REDDY SAYS:

"Plan your meals-plan your budget-plan to buy War Savings Certificates regularly."

## TORTHER BRIEFIN COMPANY LIMITED

SERVICES TO

Vancouver, Victoria and Waypoints, Stewart and North, Queen Charlotte Islands.

Full Information, Tickets and Reservations FRANK J. SKINNER Prince Rupert Agent Phone 568

KWONG SANG HING HOP KEE

# House

Next to King Tai 612 7th AVE. WEST your patronage welcome Opens 5 p.m. to 2 a.m. Outside Orders from 2 p.m. to 2 a.m. Phone Red 247

## SHRIMPS

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

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

(Continued from page 1)

ing. He sent a man to investigate. Witness was on the railway track about 10 feet from the truck.

John W. Sanderson, superintendent of the hospital division of the B. C. Bridge and Dredging Co., told of safety regulations. There was a responsibility to see that trucks

spotter or oiler he would not have this area.

mass had passed over the body the presence of a few friends. The body was burst open from the south on Monday. weight and death would have been | For the present time the young navy. instantaneous.

Corp. O. L. Hall gave evidence to here. establish identity of deceased. The jury retired at 10:25 p.m. and had completed its verdict at 11

SPECIAL PRICES

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

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

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

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

Odd Lines, Pots, Pans, etc.

B.C. Furniture PHONE BLACK 324 THIRD AVENUE

## INSTANT DEATH BY CRUSHING Vancouver Couple track. Then he saw something fall- Married in City

Miss Elizabeth McKenzie Becomes Bride of Alex MacLeod

A very pretty wedding took place here on Monday in First Presbyterian Church on were spotted in a proper manner. Tuesday evening when Miss Eliza-Spotters were essential to safety. beth McKenzie, daughter of Mr. Miss Shirley Hague Becomes Bride William James, safety superin- and Mrs. Alex McKenzie, 1875 tendent, also spoke of the spotter Frances Street, Vancouver, was requirements. Whenever he had united in marriage to Signalman The wedding took place on Monvisited the job in the daytime there Alex J. K. MacLeod, Royal Cana- day evening at 8 o'clock at the had been a spotter. If deceased had dian Corps of Signals, also of Van- Rectory, Very Rev. Dean J. B. Gibbeen doing his proper work as a couver but at present stationed in son officiating, of Miss Shirley Iner

Dr. L. W. Kergin told of the in- by Signalman and Mrs. D. Reid Jack Emil Smith, son of Mr. and juries to deceased whose body he and the ceremony was conducted Mrs. E. M. Smith. The bride was saw in the first aid station. A heavy by the Rev. A. F. MacSween in given in marriage by her father.

couple intend to make their home

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 prizes. Admission 50c.

Entries Queen Mary Bridge Tournament close March 17.

Women of Moose Invitation Dance, March 17, Oddfellows' Hall, 10 to 2.

Registered Nurses' Association Dance, Oddfellows' Hall, March 18. S. O. N. Invitation Dance, March

Orange Invitation Dance March

Sonja Home Cooking Sale. April

Eastern Star Dance, March 26. Valhalla Invitation Dance, Od-Ifellows Hall, April 2.

Presbyterian Spring Sale Apr. 15. Cathedral Easter Sale, April 29.

## LOCAL NEWS NOTES

Attention Women of the Moose-Meeting tonight, Oddfellows Hall, terday for Port Clements. at 7 p.m.

▲ Members pick up your invitations at Stone's Clothiers. Maskers' Party Dance Saturday, March 20.

A meeting of all Fire Auxiliaries. A.R.P., will be held at the City Fire Hall on Wednesday, March 17, at 8 p.m. Moving pictures of oil

The child care committee, Prince Rupert Chapter No. 211, Women of the Moose, held a special meeting Wednesday evening last at the home of the chairman, Mrs. F. W Grimble, for the purpose of replanning their work. There was a good attendance of members a this meeting.

### Rotary Luncheon

THURSDAY, 1 P.M. Commodore Cafe Speaker:

CAPT. J. M. JAMES "Zip Your Lip"

▲ We pay cash for used goods o all kinds.-Elio's, Third Avenue.

J. H. Macey left yesterday afternoon for a business trip to vancouver.

▲ We pay cash for furniture, tools and musical instruments.—Elic's, Third Avenue.

Miss Frances Thomson returned to the city this morning form trip to Vancouver.

Major T. A. McWaters, who has been on trip south, retturned to the city from Vancouver this morning. He and Mrs. McWaters will be moving south shortly.

Passengers leaving for Massett included H. Ridley, A. Hansen, Mr. and Mrs. L. C. Chamberlain, Mr. and Mrs. J. Weir, Miss Lobana, William Bennett, Mr. and Mrs. C. A. Swanson.

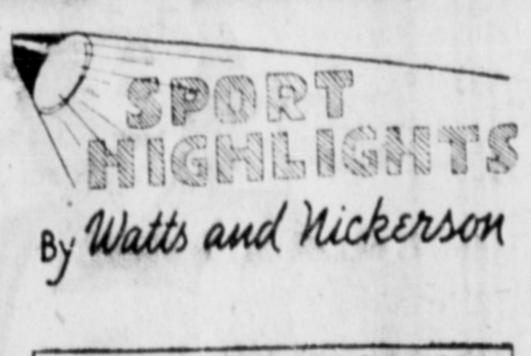
Passengers leaving for Vancouver included J. M. Enwright, William Pavlova, A. MacDonald, Mr. and Mrs. J. A. Johnson, D. Shaw, S. D. Mills, A. Dodd, J. Branham, N. Evans, A. Robert, M. Wright, A. Graves, and C. J. MacDonald.

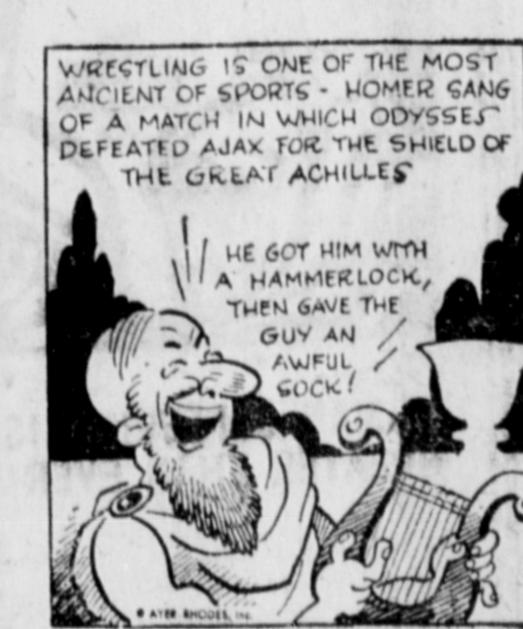
# Quietly Wedded

of Jack Smith

Hague, only daughter of Mr. and The young couple were attended Mrs. George Hague of this city, to the bridesmaid was Miss Pearl across chest, abdomen and pelvis. Miss McKenzie arrived from the Menzies and the groomsman was Earl McDonald. The groom is in the

There was a reception at the HAS anyone a camera radio they home of the bride's parents.





Keep up-to-date at a shop that makes it a point to keep quality

Mr. and Mrs. A. Storrie left yes-

Mrs. F. Dodsworth left yesterday for a trip to Vancouver.

Mr. and Mrs. Stephen Salter returned to the city this morning from a trip to Vancouver.

▲ NOTICE—Meyer's Studios introauctory offer. One 8x10 colortone fire portrait. Only \$1.99. For appoint-(64) ment apply Star Shop, 625 Third Ave. West.

> Robert Scott, who won the Victoria Cross at the siege of Ladysmith in the South African war has been enrolled as an AC. 2 at a northwest Royal Air Force Station.

FOR SALE

FOR SALE— Kitchen tables, each \$3.50. Elio's, Third Avenue.

two chairs. 1045 2nd Ave. W. (66) three months in the south.

FOR SALE-35 only diner chairs. Each \$1.50. Elio's Furniture. Third Avenue.

almost new, cost \$47. Will sell for from Vancouver. \$30. Apply Box 456 Daily News.

other articles of furniture. Phone Black 984 744 Sixth Ave West. FOR SALE - Five room house, screen porch, on four lots, good

FOR SALE - Kitchen range and

well and garden, other buildings, etc. Apply Harry C. Mangnus, So. Ft. George, B.C. FOR SALE-95 h.p. G.M.C. Master Buick, Marine Conversion in A. 1 shape. Including shaft, propellor, ;

batteries and gurdies. Box 457, Daily News. FOR SALE-Motor Boat Vera S. Fry, 36x101/2x5 t. H. D. Enterprise Engine. Responsible pur-

chaser may continue present contracts. M. M. Stephens (68) FOR SALE-Lot on Ambrose Ave. with frame building. Monarch stove complete with grates, double bed. Apply 1093 Ambrose

Ave. after 7. p.m. FOR SALE—Household, practically new, with four rooms. Apply at

1325 Overlook St. FOR SALE—Snap for cash, 15-foot open launch, 3 h.p. air-cooled engine. Phone Red 323.

FOR SALE-Reconditioned player piano. Apply Box 453 Daily News.

FOR SALE-New bedstead, dresser Phone Black 910.

#### WANTED

want to sell? Box 454 Daily News.

WANTED-Kit of carpenter's tools. Apply Box 455 Daily News. (67)

WANTED- Room by gentleman, Call 35, C. W. Jones. WANTED - Room and board or

furnished room for lady. Urgent. Blue 419. WANTED-by April 1st, gir! for care of house and baby in

mother's absence. Apply 1413 Overlook. WANTED-To rent or lease, 5 or 6 room house, unfurnished. Clarence Thomson, Phone 423 or 53.

VANTED-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

#### LOST

LOST - Green purse containing money. Reward. Please leave at Daily News.

## RATION NEWS

#### Butter Coupons

Butter Coupon No. 1 in your new Ration Book was valid on March 10th and is good in consumers' hand until April 30th. Butter Coupon No. 2 becomes valid March 20th and is also good in consumers' hands until April 30th.

### Sugar, Tea & Coffee

You now have two Ration Books - your old one and the new one. After March 31st none of the Sugar, or Tea or Coffee coupons in the old book will be honoured. After that date your old Ration Book should be destroyed. Dates when Sugar, Tea and Coffee coupons in No. 2 Book become good are plainly marked on the back of each coupon.

#### Canning Guide

Every woman should have a Canning Guide. These were figures send both books to the delivered to all homes by post- nearest Ration Office at once.

the Ration Administration. You cannot properly fill in your "Application for Canning Sugar" without one of these Canning Guides. Sugar for Canning

men and if you have not re-

ceived a copy, get one from

In your Ration Book No. 2 is an "Application for Canning Sugar." It is every Canadian housewife's duty to make a thorough study of the Canning Guide before completing this Application. Study the instructions carefully and, when filled in, send it to your Local Ration Board not later than April 15th.

#### No. 2 Ration Book

Before you destroy your old book see that the letters and the number shown on the front of the old book are exactly the same as have been written on your new book. If there is any difference in the letters or the

This column will appear in this newspaper every week to keep you up-to-date on Ration News. Clip and keep for reference.

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

### lerrace

Mrs. George Little has returned FOR SALE— Used chesterfield and to Terrace after spending about

Mrs. O. T. Sundal, accompanied by her daughter, Mrs. J. H. Smith, FOR SALE-Sparton Battery Radio arrived at Terrace on Wednesday

#### NAZIS MASS-ARRESTS

LONDON, March 17 (P)—Prisons and concentration camps are overcrowded following mass arrests undertaken recently by the Germans in various parts of the country. At Grini concentration camp there are now 2,400 prisoners.

#### CHILE'S EXPORTS

In 1940 Chile's exports exceeded her imports in value by almost ADVERTISE IN THE DAILY NEWS \$39,000,000.

## 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.

# FAMILY 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!

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