

RENEWAL OF UNEMPLOYMENT INSURANCE BOOKS

To All Employers:

All Unemployment Insurance Books for the current fiscal year 1942-43 must be turned in for replacement by new books.

Between MARCH 29th and APRIL 3rd

New Insurance Books for the fiscal year 1943-44 will be exchanged by the Local Employment and Selective Service Office in your area for expired Insurance Books.

Do not send in your Insurance Books without completing forms enclosed with circular letter No. 625.

If you have not received this circular letter, get in touch with your nearest Employment and Selective Service Office immediately.

Where it is necessary to quote the Employee's Insurance Number, use the number with the prefix letter shown on the front cover of the book: example P-49247, E-22454. Do not quote the book serial number printed on the inside pages of the book.

Protect the benefit rights of your employees by following closely the procedure outlined in the circular letter, and prevent delays by acting now.

There are severe penalties for failing to make Unemployment Insurance contributions for your insured employees and for failure to renew the Insurance Books as required.

UNEMPLOYMENT INSURANCE COMMISSION

Commissioners: LOUIS J. TROTTER, K. J. TALLON, ALLAN M. MITCHELL

M. S. Loubser
D.C., B.A.
Chiropractor
Black - Phone 644

U and I CAFE
On Waterfront
WILL OPEN APRIL 1

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

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

SUPPORT THE RED CROSS



GIVE — as you never gave before
DO NOT HOLD BACK! When the Red Cross calls for your donation, remember this is your personal gesture toward the suffering and hungry... the homeless and the imprisoned! It is as if you reached out your hand... and gave what you had! The Red Cross KNOWS it can count on YOU!

Give - HUMAN SUFFERING IS GREATER THAN EVER NOW!

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.

LOCAL NEWS NOTES

▲ Elio's Pay Cash for Furniture, Stoves, Tools, Musical Instruments.

George Otto is leaving tomorrow afternoon for Vancouver

Mrs. I. Bennett is leaving tomorrow night for Massett.

▲ Orange Dance tonight, Oddfellows' Hall, 9:30.

Miss Mary Dyson and George and Henry Mayer are leaving tomorrow night for Port Clements.

▲ A. R. P. Workers and interested friends are invited to showing of motion pictures at Booth Memorial School, Monday, March 29 at 8 p.m. Special A.R.P. picture is entitled "Ordinary People."

W. C. Garbutt, assistant general manager of the Imperial Oil Co. for British Columbia, and F. H. Beattie, construction engineer, arrived in the city on last Thursday night's train, from Vancouver and are here for the next few days on business.

"Build B.C. Payrolls"

PLEASE DO NOT BE IMPATIENT WITH YOUR GROCER



For several weeks past Pacific Milk has been required to make large shipments overseas for the British Ministry of Food.

Plenty will be available here shortly. In the meantime we will try to see to it that your grocer will have sufficient for infant feeding.

PACIFIC MILK
Irradiated and Vacuum Packed

Announcements

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

Orange Invitation Dance March 29.

Sonja Home Cooking Sale, April 24.

Valhalla Invitation Dance, Oddfellows Hall, April 2.

Presbyterian Spring Sale Apr. 15.

C.C.F. Bridge, Valhalla Hall, April 20.

Queen Mary Easter Monday Tea, Mrs. A. T. Parkin.

Cathedral Easter Sale, April 29.

C.C.F. Invitation Dance Oddfellows' Hall, April 29.

For Income Tax Returns see...
R. E. Mortimer
Phone 88 324 2nd Ave.

FOR SALE
SPECIAL PRICES
New hand-made RAG RUGS. Artistic designs, 18x36. Special \$1.25
RADIOS in first class playing condition. 7 to 10 tubes. Real Bargains... \$20 up
TYPEWRITERS — Good condition. Remington, Underwood, L. C. Smith. Real bargains... \$45
One 3-piece CHESTERFIELD SET. High grade tapestry covering. Regular \$200, for \$150
Odd Lines, Pots, Pans, etc.

B.C. Furniture
PHONE BLACK 324
THIRD AVENUE

▲ House Wives Attention: Meeting, 1224 8th Ave. E., Tuesday, 8:00 p.m.

Mrs. Len Cripps, who has been spending a couple of weeks visiting here with her parents, Mr. and Mrs. Bert Morgan, returned to Vancouver Saturday night.

IF YOU HAVE SORE THROAT
due to a cold... let some Vicks VapoRin melt in your mouth. See how quickly it eases discomfort... relieves raspy throat irritation. Try it.
VICKS VAPORUB

Classified Ads

FOR SALE

FOR SALE—1937 Ford DeLuxe, good tires. Call 1137 Seventh Ave. E. after 5 p.m. (75)

FOR SALE—182 acres good land, 1/2 light clearing in English Swiss settlement about 8 miles from Smithers, near Sealy ranch, 1 mile from school, no buildings, good building and saw timber. \$1200.00 any terms. R. W. Calderwood, Smithers, B.C. (74)

FOR SALE—Boy's C.C.M. Rambler bicycle, good condition; electric toaster; phonograph attachment. Call at 1315 Piggott Ave. (75)

FOR Immediate sale, modern white and black enamel range, all steel double bed, Westinghouse 11-tube radio, walnut bedroom suite, kitchen table and chairs. 1333 Overlook Street. (75)

FOR SALE—Furniture and floor coverings. 611 5th Ave. East. (74)

FOR SALE—Tenders will be received by the undersigned up to noon of Wednesday April 7th for purchase of gasboat "Flint River" belonging to Estate Philip Davis, deceased. Boat moored New Floats and dimensions 30x8x4 1/2. Official Administrator. (82)

FOR SALE—Offers are invited for purchase of gasboat belonging to late John Thompson, deceased. Boat has been raised to Dry Dock wharf where it may be inspected. Powered by 6 H.P. Standard. Norman A. Watt, For Official Administrator, Vancouver. B. C. (83)

FOR SALE—L. C. Smith & Corona adding machine and cash register combined. Apply Box 459 Daily News. (74)

FOR SALE—Axminster Carpets, Elio's used department.

FOR SALE—Kitchen Ranges Elio's used department.

HELP WANTED

WANTED—Stenographer for a wholesale grocery house, permanent position to satisfactory party. Apply Unemployment Insurance Commission AF 39. (7f)

Miss K. MacIntyre is leaving tonight for a trip to Vancouver.

Mr. and Mrs. E. Eby left on Saturday night for a trip to Vancouver.

Mrs. A. E. Thomas and daughter, Norah, left on Saturday night for Vancouver.

Sergeant Tony Ainsley, chief announcer and program director of the local radio station CFPR, will be the speaker at the regular weekly luncheon of the Prince Rupert Gyro Club this Wednesday. He will speak of radio in Britain with which he was identified after being invalided out of active service overseas with the Seaforth Highlanders.

WANTED

WANTED—Volunteer workers to assist today and tomorrow in loading salvaged bottles. Apply Bob Parker, Phone 83.

WANTED—Suite, apartment or furnished room by married couple. Phone Red 617. (76)

WANTED—Furnished or unfurnished housekeeping room or rooms, suite or apartment. Reward. Box 462 Daily News. (79)

WANTED—Capable housekeeper for small family, sleep in. Red 879.

WANTED—Diesel Caterpillar to skid ten million feet near Terrace, already cut and stored, camp in. Send particulars to Box 462 Daily News. (78)

WANTED—Pair of roller skates for child of eight. Phone 231. (74)

WANTED—Electric washing machine in good condition. Phone Red 665. (76)

WANTED—Room and board or furnished room for lady. Urgent. Blue 419. (77)

WANTED—Three or four roomed house or suite, unfurnished; immediate possession. Apply Box 460 Daily News. (76)

WANTED—Light housekeeping room or rooms by middle-aged couple. Phone 51, ask for Mrs. Frederickson. (74)

MISCELLANEOUS

WILL Trade six-room Wartime house for four room house. Apply 544 Seventh Avenue East. (75)

BOARD AND ROOM

BOARD and Room for men sharing. 718 Fraser Street. (75)

LOST

LOST—Lady's small gold wrist watch, vicinity of King Edward School and Hospital. Reward. Phone Black 951 or Blue 722. (75)

LOST

FOUND—C.N.R. Boat Ticket. Owner may have same by paying for this advertisement and calling Blue 801.

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



Economical Baked Meat Roll

A new and tasty way of making a main dish out of meat and vegetable left-overs.

Now that we all must make our meats go further and yet serve properly balanced meals in accordance with Canada's Nutrition Program—new, interesting ways of using left-over meat and vegetables are much in demand.

Try this baked meat roll next time you have one or two cupfuls of meat left over. Make biscuit dough: 2 cups sifted flour, 4 tsp. baking powder, 1/2 tsp. salt, 4 tsp. Jewel Shortening, 2/3 cup milk. Sift flour with baking powder and salt. Cut in Jewel finely. Add milk gradually. Put the meat through the grinder and combine with any left-over vegetables or some

raw chopped cabbage or grated carrots. Add finely chopped onion, soft bread crumbs and an egg to bind. Season to taste. Moisten with a little meat stock or tomato juice and a dash of Worcester Sauce. Enclose in the dough, wet and seal ends and bake in a hot oven 30 minutes or until paste is done. Serve with a green salad or leafy green vegetable, your family will love it. Don't forget to serve milk, tomato or citrus fruit and Canada Approved bread as well as meat and vegetables each day.



CONSERVE FUEL

When you are baking pies, plan to economize by using your hot oven for main meat dishes like the meat roll described above.

Economical planning of dietetically correct wartime meals is easy if you have Martha Logan's famous meat cookbook "Meat Complete." For this 54-page illustrated book, send 10¢ to Swift Canadian Co. Ltd., Dept. NE11, Toronto.

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

W. N. Bruce of the Canadian Bank of Commerce staff left Saturday night for a vacation trip to Vancouver.

John Dybhavn is leaving tonight for a business trip to Vancouver.

D. T. Lutes, well known coast cannery man, left Saturday night on his return to Vancouver following a brief business visit here.

Constable C. F. Oland, provincial police, returned to the city last night from a trip to Vancouver.

Alexander Hardy, for parking over a foot from the curb, was fined \$5 in city police court at the end of the week.

Bishop H. L. Foss of Seattle, having received word of the death of his father, Rev. Dr. L. C. Foss, left Saturday night on his return south. He had come north to conduct the dedication of the new St. Paul's Lutheran Church here but the proceedings were carried on in spite of his departure. The late Dr. Foss was for years bishop of Pacific district and was well known in Prince Rupert.

Latest recruits to the Royal Canadian Air Force include Henry Eugene Thomson, son of Mr. and Mrs. W. R. Thomson of Terrace, and Kim Yuen Lee, brother of Miss Y. S. Lee of Prince Rupert.

SHOES

SHOES
SHOES

Closing out all Shoes from
The Annette Ladies Wear
— and —
The Style Shoppe

Some of these are New Shoes just received today. Beaumonts, Wilmonts, Debs, Graceline, etc., are among well known makes. All shoes to be sold at greatly reduced prices.

These For Sale

TUESDAY, 9 A.M., MARCH 31, 1943

— at —

"THE STYLE SHOPPE"

(Next Door Bulkley Market)

SEE OUR WINDOWS

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)

We always carry a full assortment of

Cooked Meats

Use them for sandwiches and lunches. Our refrigeration system always keeps them at their peak of flavor.



Mussallem's
ECONOMY STORE

"Where Dollars have more Cents"
Phones 18-19 P.O. Box 575