

N ANCIENT FORTRESS

ore than 600 years ago.

. . .

SPECIAL PRICES hand-made RAG RUGS. designs. 18x36.

\$1.25 in first class playing 10 tubes. \$20 up

TERS - Good conemington, Under-Smith. Real

CHESTERFIELD High grade tapestry Regular \$200,

PHONE BLACK 324 THIRD AVENUE

LOCAL NEWS NOTES

Mrs. R. M. McLeod is leaving tonight for a trip to Vancouver.

Mrs. John Bremner left on Saturday night for a trip to Vancou- day night for Vancouver on busi-

William Gomez was a passenger leaving on Saturday night for a trip to Vancouver.

Mr. and Mrs. Jack Wrathall returned to the city at the end of the week from a visit to Vancou-

Cpl. and Mrs. J. Hilder are leavng tonight for a trip to Vancouver. Mrs. Hilder is the former Miss Pat

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

Charles W. Young, well known purser of Canadian Pacific steamers, is arriving in the city this afternoon from Vancouver to rehas not been well of late. Here on Friday

R. G. Gibson, area supervisor for ess of Schluesselburg, Young Men's Christian Association Miss Jean MasPherson Becomes east of Leningrad, was | War Services, returned to the city Saturday from Toronto where he attended a supervisors' confer-

"Build B.C. Payrolls"

When a Baby is



It's a wonderful, though common, thing when a baby, fed upon Pacific Milk, gets helphelp so good its parents are impressed. For what is so worthwhile as a baby and what valuable as the food that will nourish it.

PACIFIC MILK

Irradiated and Vacuum Packed *******

INDISPENSABLE STRAIT

Ole Sorenson is leaving tonight for a trip to Vancouver.

Col. J. W. Nicholls left on Satur-



Mr. and Mrs. J. C. Gilker left on Saturday night ror Vancouver.

Mrs. Robert Cameron is leaving whole trip was very enjoyable. tonight for a trip to Vancouver.

S Quietly Married

Bride of Clarence McRitchie

A quiet wedding was solemnized by Adjutant E. A. Brunsdon in the residence of the adjutant, 521 Sixth Avenue East, Friday, when Miss Jean MacPherson of Vancouver became the bride of Clarence Murray McRichie of this city.

The young couple will take up residence at 622 Fraser Street.

φοροφοροφοροφοροφορο Timely Recipes

ROLLED CINNAMON LOAF

When dough has been punched down (see above) roll in two rectangular sheets 1/2 inch thick and about 8 inches wide. Brush with spoons cinnamon with 1-3 cup 10 to 2. sugar, sprinkle over dough. Roll dough as a jelly roll. Place in greased bread tins. Cover and let rise till double in size. Brush top with milk and bake in a hot oven 400 degrees F. 30-35 minutes. Yield-2

GERMANY'S POTATOES

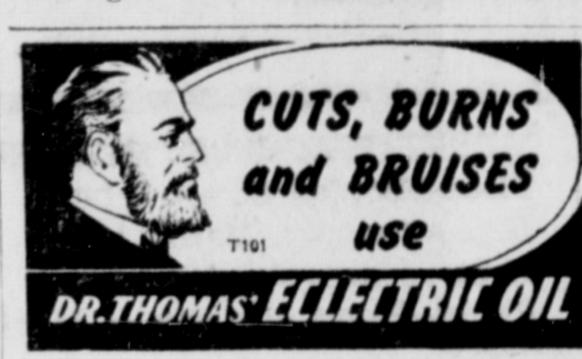
The strip of water between Flori- Before the war Germany was the da Island and Malaita, in the Sol- greatest potato-raising country in omons, is named "Indispensable the world, producing almost 2 billion bushels annually.

Natives Had Good Basketball Excursion to Metlakatla, Alaska

Sons of Kincolith senior and intermediate basketball teams, the party being about twenty strong. were here yesterday on their way home after a successful trip to Metlakatla, Alaska, where they played a series of games, giving an excellent account of themselves. The party was aboard the boat Coho with Capt. J. C. Banson as skipper. The Kincolith players reported having been given a splendid reception. The games were well handled, there was generous hospitality and entertainment and the

In the first nights game the Kincoliths lost out 65 to 51 in a close ▲ Members pick up your invita- contest but, by the next evening, tions at Stone's Clothiers. Maskers' they became acclimatized and both Party Dance Saturday, March 20. the senior and intermediate teams (64) won their games. The Kincoliths mediates won over Metlakatla High 24 to 15.

Leading the Kincolith party were H. S. Doolan, president of the Sons of Kincolith, and Ralph Clayton, manager of the basketball teams.



Announcements

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

Card party, Catholic Hall, March 7. Contract and Whist; good WANTED-Kit of carpenter's tools. prizes. Admission 50c.

Entries Queen Mary Bridge Tournament close March 17.

Women of Moose Invitation melted shortening. Mix 11/2 tea- Dance, March 17, Oddfellows' Hall,

> Registered Nurses' Association Dance, Oddfellows' Hall, March 18. S. O. N. Invitation Dance, March | WANTED-Flat or apartment for

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

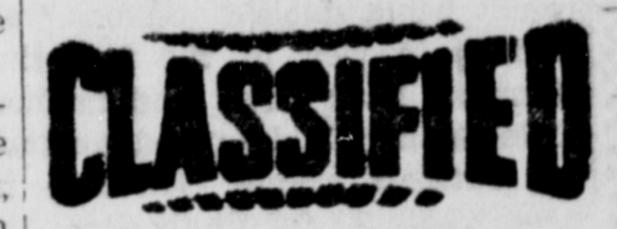
dfellows Hall, April 2. Presbyterian Spring Sale Apr. 15.

Cathedral Easter Sale, April 29.

Local Tides

Tuesday, March 16 9:49 17.1 feet 16.5 feet 10.6 feet 6.9 feet Wednesday, March 17 17.4 feet 17.19 6.0 feet Thursday, March 18 11:27 18.8 feet 8.8 feet 18:00 5.1 feet

COFFEE'S ORIGIN The origin of coffee is traced by most authorities to Abyssinia.



FOR SALE

seniors won 53 to 49 and the inter- FOR SALE—Snap for cash, 15 foot open launch; 3 h.p. air-cooled engine. Phone Red 323.

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— Used baby carriage. Price \$9. Apply 203 Ninth Ave. E.

'OR SALE-Reconditioned player piano. Apply Box 453 Daily News

FOR SALE-New bedstead, dresser Phone Black 910.

WANTED

HAS anyone a camera radio they want to sell? Box 454 Daily News.

Apply Box 455 Daily News. (67) WANTED- Room by gentleman, Call 35, C. W. Jones.

WANTED-\$20.00 reward for a 2 or 3 room suite. Box 451 Daily News.

WANTED - Room by gentleman. light housekeeping preferred. Apply Box 439 Daily News. (56)

Air Force officer and wife. Apply Box 449 Daily News.

WANTED-To rent or lease, 5 or 6 room house, unfurnished. Clarence Thomson, Phone 423 or 53.

WANTED-Small house, apartment or housekeeping room; no children. Phone Black 409. (62) Candlemas Day.

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 the American republics and for old established grocery store most lands of the globe. in Prince Rupert. Apply Unemplayment Insurance Commission

LOST

LOST-Brown and white terrier, answers to name of Billy. Phone Black 814.

TO LET

TO LET-Twenty acres near Kit-! wanga, B.C. Good land suitable for root and grain crops, sixty acres in pasture and hay. Good water, equipment, house and barn. Box 495, Prince Rupert.

FOUND

FOUND - By Dry Dock, Ronson lighter. Intialled. Owner may have same by calling at Daily News and paying for this advertisement.

ROOM AND BOARD

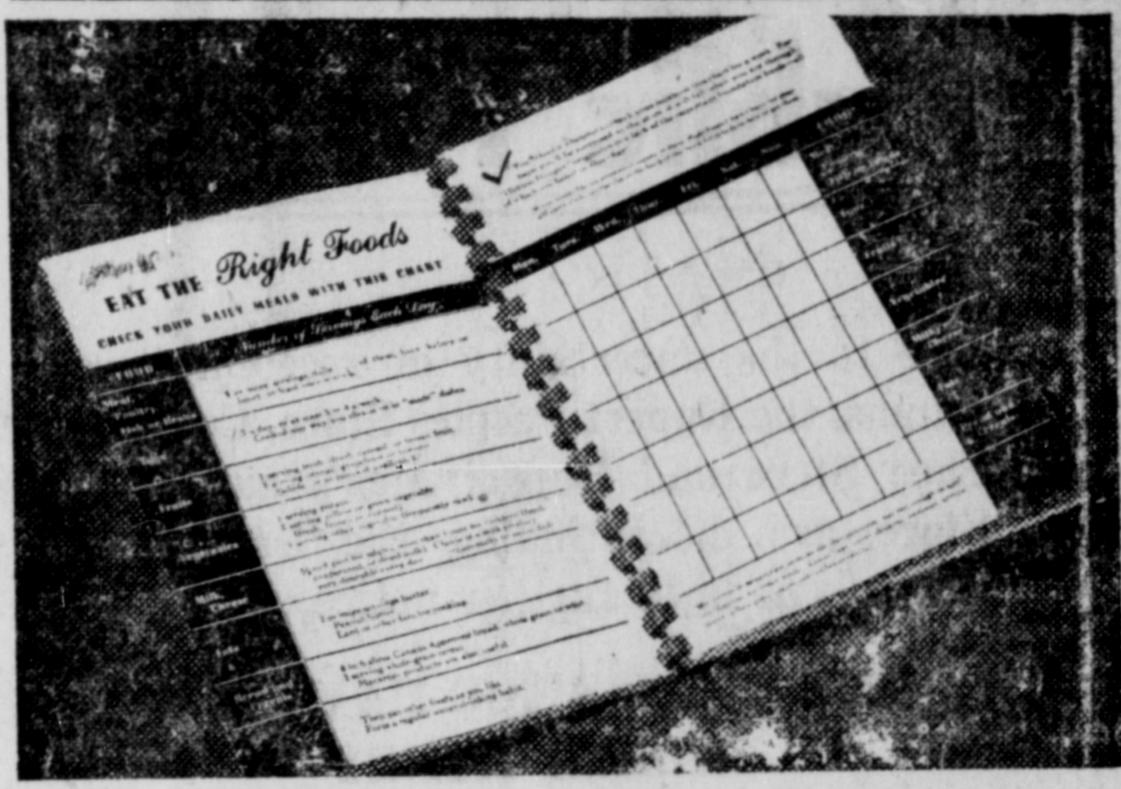
BOARD and room for Dry Dock worker. 1543 Overlook Street.



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

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Took for these valuable hints each Monday





Check Your Meals

It isn't so easy to be sure you serve nutritional meals unless you systematize your planning

"Hidden Hunger," surveys show, is much too common in every income group. By "Hidden Hunger" we mean a condition of less than perfect health, which originates in a lack of important foundation foods. Now I hope none of my readers are saying: "Tut, tut, that's too bad about other people!" Because the chances are that even your own family doesn't always get all the basic foundation foods it needs. And in wartime this danger is even greater, becaus familiar foods are sometimes in short supply.

this very real danger to the family's 'frequently raw. At least 1/2 pint milk health, that I included in my new daily for adults, more than a pint meat cookbook, "Meat Complete," for children . . . cheese as available. the "Right Foods Check Chart" you And, daily, four to six slices of see illustrated above. It greatly sim- Canada Approved bread, one serving plifies the problem of making you whole grain cereal.

"MEAT COMPLETE"

a-tha Logan's new 54-page meat cookbook contains, besides over 89 recipes, several menus, cooking timetables, etc., a valuable Right Foods Check Chart." Send 10e to Svift Canadian Co. Limited, Dt. NE9, Tor. for your copy

serve all the kinds of food necessary for a balanced protective diet. Whether you use my cookbook or not, I do urge you to set up some system by which you check your family's minimum food needs. These are: One serving daily of Meat, Fish or Poultry, three or four eggs a week, and Liver, Heart or Kidney once a week. One serving daily of citrus fruit or tornatoes or their juicesone other fruit. One serving daily It was to help housewives meet of potatoes, two of other vegetables,

SWIFT CANADIAN CO., LIMITED Makers of Premium Quality Products; Brookfield Butter,

Eggs and Cheese; Jewel Shortening and Silverleaf Lard.

HAS TWO NAMES

Groundhog Day is also known as

FROM CANARY ISLES Bananas were introduced into

the western hemisphere from the

(63) Canary Islands in 1516.

GLOBAL CORN Corn is grown in every one of

HAS ARID AREAS

Forty percent of Australia is so hot and dry that it cannot support human life.

A LARGE LIBRARY

The State Historical Library at Madison, Wisconsin, is the largest of any historical society in the United States.

NAUTICAL MILE

A nautical mile is equivalent to 6,080 feet, or nearly one-sixth more than a land, or statute, mile.



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 sodles without the slightest qualm of conscience. DO COME!

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

EMPLOYMENT...OF THE PEOPLE...BY THE PEOPLE FRED: "What's that you say? Life insurance savings pay a lot of

> FRANK: "Might even be ours. You don't suppose they keep it hoarded away in a big gold pile, do you? No, they finance jobs like this all over the country."

wages? Whose wages?"

THE premiums your Uncle John has paid to I protect the future of Aunt Jane and the kiddies, may have rolled back into your pocket. Perhaps you're working on the construction of a munition plant, or on new housing for munition workers. If so, the chances are that part of your wages have been paid out of savings your neighbours

have put into life insurance. In peace time these savings may have built the school you used to go to, or the hospital where your baby was born. Certainly they helped develop the electricity which cooks your Sunday dinner. The paper you read, the street car you ride on, even the coins you spend, are at your service partly because of insurance investments in Canada's forests, mines and factories.

Four million of you insurance owners keep a lot of money circulating through the country. Your savings, great or small, ranging all the way up from a few dollars a month, have made life insurance a great business democracy. You people own the assets . . . over two billions of dollars . . . always on call when you or your dependents need help or protection, and yet always circulating to make more jobs for more people. And since, today, victory is everybody's business, your life insurance companies are investing every dollar they can of your savings in Victory Bonds. They help to pay workers who are making the tools of victory.

IT IS GOOD CITIZENSHIP TO OWN LIFE INSURANCE

by Life Insurance Companies operating in Canada

This message is sponsored

L-842X