

THE RULES ARE EASY
**EAT RIGHT - FOR HEALTH
FOR VICTORY**



THESE are the health-protective foods. Be sure you eat them every day.

MILK—first choice for all—cheese, fruit (particularly tomatoes and citrus fruits), vegetables (particularly green and yellow), meat, fish, eggs.

Irradiated Carnation Milk provides all the food values of milk, whether used for drinking or for cooking—and an extra amount of "sunshine" vitamin D. It is a safe, convenient, economical milk supply.



**IRRADIATED
Carnation Milk**
A CANADIAN PRODUCT - "from Contented Cows"

The city council, on recommendation of the finance committee, has decided to grant the Department of National Defence, naval service, an option to lease lots 3, 4, 5 and 7, block 17, section 5.

The question of nominating a vice-president to the British Columbia Parent-Teachers' Federation the convention of which will be held shortly in Vancouver, was brought up at the meeting of the local association last night and the president, Rev. C. A. Wright, was nominated. Mr. Wright stated that he had been requested to give an address at the convention which, however, he would be unable to attend.

Mr. and Mrs. John Thompson of Stewart arrived in the city Tuesday from the north and will be here until Sunday night when they will return home. They are the guests of Mr. and Mrs. J. J. Little, Fourth Avenue East.

A copy of the annual report of the local public health unit was submitted to the Prince Rupert Parent Teachers' Association at its meeting last night by Dr. R. J. MacDonald, director of the unit.

Mrs. Earl Becker presented the treasurer's report at last night's meeting of the Prince Rupert Parent Teachers' Association. It showed the finances of the organization to be in healthy shape.

LOCAL NEWS NOTES

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

John Bulger returned to the city this morning from a trip to Vancouver.

▲ Women of the Moose meeting tonight, Oddfellows' Hall, 8 p.m. Bring your own lunch.

J. H. Macey returned to the city this morning from a trip to Vancouver.

▲ All Retail Stores will be closed Easter Monday with the exception of the meat markets. (95)

W. J. Larkworthy of New Hazelton arrived in the city this morning from Vancouver and proceeded by train to the interior.

▲ All Retail Stores will be closed Thursday afternoon and Good Friday. (95)

Mr. and Mrs. Gordon Bryant are leaving Saturday night for a trip of two or three weeks to Vancouver.

George C. Mitchell returned to the city this morning from a trip to Vancouver. Mrs. Mitchell, who went south with him, will be returning later.

▲ Sonja Home Cooking Sale for Norwegian Relief Fund to be held at the home of Mrs. P. Bergseth, 424 Dunsuir St., Saturday, April 24, 2 to 6. (95)

▲ The shoe sale at Ladies' Style Shoppe continues. Stock is moving fast at reduced prices.

C. J. Norrington is spending a few days at Terrace, having left for the interior town on Monday evening's train.

▲ Engineers' Local 510 please note meeting every 4th Friday in month. April 23 next. S. L. Peachey, Secretary. (95)

▲ There will be a Softball and Baseball meeting in the Y.M.C.A. (Moose Hall), Friday, April 23 at 7:30 p.m. All those interested are requested to attend.

Mr. and Mrs. G. P. Tinker will leave tomorrow night, accompanied by their son, Percy, for Vancouver enroute to Naramata on Okanagan Lake where Mrs. Tinker and son will spend the summer.

Rotary Luncheon

THURSDAY, 1 P.M.
Commodore Cafe
Speaker:
MISS MABEL FAUST, R.N.,
Superintendent, Prince Rupert
General Hospital

WANTED

Pipefitter's Helpers and General Labor for work in Prince Rupert. Good wages and bonus. Apply National Selective Service Office, A.M. 40.

LAND REGISTRY ACT
Re: Certificate of Title No. 11353-1, to Lot 49, Block 14, Section 5, City of Prince Rupert, Map 923.
WHEREAS satisfactory proof of loss of the above Certificate of Title issued in the name of John E. Urwin has been given in this office, notice is hereby given that I shall, at the expiration of one month from the date of the first publication thereof, issue a provisional Certificate of Title in lieu of said lost certificate, unless in the meantime valid objection be made to me in writing.
DATED at the Land Registry Office, Prince Rupert, B.C., this 30th day of March, A.D. 1945.
ANDREW THOMPSON,
Deputy Registrar of Titles.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE
In the Matter of the "Administration Act" and
In the Matter of the Estate of Matthew Murray, Deceased.
TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 19th day of April, A.D. 1943, appointed Administrator of the Estate of Matthew Murray, formerly of the City of Prince Rupert, B.C., who died on or about the 30th day of January, A.D. 1943. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on file with me before the 1st day of May, A.D. 1943, failing which distribution will be made having regard only to such claims of which I shall have been notified.
DATED at Prince Rupert, B.C. this 19th day of April, 1943.
NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.

J. M. S. Loubser
D.C., B.A.
Chiropractor
Wallace Block - Phone 644

FOR SALE
SPECIAL PRICES
New hand-made RAG RUGS. Artistic designs. 18x36. Special \$1.25
RADIO in first class playing condition. 7 to 10 tubes. Real Bargains. \$20 up
TYPEWRITERS - Good condition. Remington, Underwood, L. C. Smith. Real bargains. \$15
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

Military Orders

— by —
Lieut.-Col. G. C. Oswell, E.D.

Battalion parade—Sunday, April 25, 1430 hours. This will be a Victory Loan parade and is compulsory.

Dress—It is essential that all ranks turn out in uniform battle dress with skeleton web, steel helmets, respirators at alert position and anklets. Notice will be given over the air of any change in dress due to weather conditions.

Funeral Notice

The funeral of the late Ernest Warren will take place tomorrow, Thursday, at 2 o'clock at the Grenville Court Funeral Chapel, Interment at Fairview Cemetery.

O. W. Pearson, British Columbia manager of the Swift-Canadian Co., arrived in the city this morning from Vancouver, being here on one of his periodical visits to the local business.

The finance committee of the city council is considering whether a delegate should be sent to the Municipal Officers' Association convention which is to be held in Victoria June 7 and 8. A communication read at Monday night's meeting of the city council from the Department of Municipal Affairs suggested that this city should be represented. Mayor W. M. Watts expressed the belief that in the past there had been too little representation of the city at such conventions.

CLASSIFIED

FOR SALE

FOR SALE—New baby pram. \$25. 215 Seventh Ave. West. (96)

FOR SALE—Kitchen range, Ello's.

FOR SALE—English Pram in good condition. \$25.00. 619 5th. Ave. East. (94)

HELP WANTED

WANTED—Girl or man to help in grocery store. Must be able to drive car. Apply Unemployment Insurance Commission A.F. 47. (11)

WANTED—Truck driver for Cartage Business; must be able to keep records. Apply Unemployment Commission AM 34. (11)

WANTED—Bookkeeper for cartage business, male preferred, military exempt. Apply Unemployment Insurance Commission A.M. 38. (11)

WANTED

WANTED TO BUY—Small 14ft double-end rowboat. 246 F. D. Howard, Smith Bros. & Wilson. (99)

WANTED (\$15 reward)—Urgently, light housekeeping furnished room, suite or apartment by married couple. Phone Red 617. (96)

WANTED—Washing machine. Phone Blue 815. (99)

WANTED—to buy folding pram in good condition. Phone Black 716 Mornings. (94)

WANTED—Large size outboard motor. Condition and price right. Red 710. (94)

CLASSIFIED—WANTED—House-keeping room by shipyard worker. Apply Box 474 Daily News.

WANTED, by May 15—Three adults want 3 or 4 roomed house or suite. Would take possession earlier if available. A. MacDonald. Phone Black 937.

WANTED—Chesterfield suite in good condition. Write Box 473 Daily News. (94)

MARRIED Couple with small baby would like to rent apartment or house, close in or down town. Will pay \$50 rent for suitable place. Call evenings after seven. Mr. Murray Conn, 1001 Third West, back entrance. (94)

WORK WANTED

WANTED—Light sparetime employment in evenings. Phone Blue 617. (98)

ARTICLES WANTED

BAND and Orchestra Instruments not in use may be turned into ready cash. Send full particulars to Whaley Royce & Company, 310 Yonge St., Toronto, Ontario.

**POST-WAR
PLANNER**



YOUNG BILL is no economist, no social reformer. But he's a practical planner just the same. His nickles and dimes are going into War Savings, and he has his own ideas about how he will use them when the war is over.

YOUNG BILL typifies the spirit of all Canadian youth... a quality of self-reliance and personal initiative that has made the country great. No one is going to plan his future for him. He's taking a hand himself!

**What is
PRIVATE ENTERPRISE?**

It is the natural desire to make your own way, as far as your ability will take you; an instinct that has brought to this continent the highest standard of life enjoyed by any people on earth. It is the spirit of democracy on the march.

THE ROYAL BANK OF CANADA

At Last...

AUDEL BOOKS

Have Arrived

- Answers on Blue Print Reading \$2.50
- Audel's Welders' Guide \$1.35
- Machinists' and Toolmakers' Handybook \$5.00
- Mathematics and Calculations \$2.50
- Audel's New Mechanical Dictionary \$7.00
- Sheet Metal Workers' Handybook \$1.35
- Marine Engineers' Guide \$4.50
- Shipfitters' Handybook \$1.35
- Gaeth's Mechanical Drawing \$1.35
- Rogers' Mechanical Drawing \$2.50
- Diesel Engine Manual \$2.50
- Millwrights' and Mechanics' Guides \$5.00
- Audel's Wiring Diagrams \$1.35
- Audel's New Radioman's Guide \$5.00
- Answers on Refrigeration \$2.50
- Carpenters', Builders', Plumbers', Engineers', Masons', Electricians', Gardeners' Guides, 4 to 12 volumes, each \$2.00

McRae Bros. Ltd.

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)

**LADIES -- Try...
ANNETTE POWELL'S BEAUTY SHOPPE**

For Your Easter Permanents
Situated on 4th St., across from Post Office
Annette has recently transferred her business here from Vancouver and will be glad to help you with your beauty problems if you will
PHONE BLUE 917 FOR APPOINTMENT

To Whom It May Concern:

The Wartime Prices and Trade Board has issued an order to the effect that bananas cannot be sold by your retail grocer at a price in excess of fifteen cents (15c) per pound, regardless of his landed cost in his store. Bananas today cost thirteen cents (13c) per pound including the stalk, which will average six to seven pounds in a regular fifty pound bunch. There has been no allowance made for bruised fruit, or shrinkage. Vancouver grocers are allowed a three cent (3c) margin, which your Prince Rupert grocer was also allowed until the last price raise. But the Wartime Prices and Trade Board have decreed that fifteen cents per pound is the maximum price that any retailer in Canada may charge his customers. Thus outlying districts must either go without bananas or the retail grocers in the aforesaid districts must handle bananas at a loss.

The Prince Rupert retailers sold new potatoes last spring on a non-profit basis, but on a perishable item like bananas it is out of the question.

Until further notice the undersigned stores are discontinuing the handling of bananas:

- | | |
|---------------------------------|----------------------|
| ALBERTA MARKET | BULKLEY MARKET |
| MUSSALLEM'S ECONOMY STORE | |
| DeJONG'S CASH & CARRY | MIDWAY GROCERY |
| PRINCE RUPERT FISHERMEN'S CO-OP | |
| TOM LEE & SON | SUNRISE COMPANY LTD. |
| SHEDDON'S GROCERY | SAV-MOR GROCERY |
| STERLING FOOD MARKETS LIMITED | |
| RUPERT BUTCHERS | JONES FAMILY MARKET |
| OVERWATEA LIMITED | RANCE & HARDY |
| THRIFT CASH & CARRY | LINZEY & INGRAM LTD. |

**FOR APRIL SHOWERS
and SPRING CLEANING**

Get Hand Cleaner

- French Balm two sizes
- Almond Hand Lotion
- Adrienne Creams
- Talcum Powders large tins in assorted perfumes 25c tin

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.

Announcements

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

Sonja Home Cooking Sale, April 24.

Can. Legion W. A. Spring Sale and raffle April 21.

Queen Mary Easter Monday Tea, Mrs. Parkin.

Cathedral Easter Sale, April 29.

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

Mayday Ball, Oddfellows' Hall, Fri. April 30.

W.A. Coast Regiment, Service Men's Dance, Empress Club, Easter Monday.

Turkey Dinner, Baptist Church, April 30.

Cambrai Spinster's Spree, May 14.

Spring Bazaar United Church W.A., May 6.

Little Norway Tea, Mrs. Munthe, May 8.

Hospital Tea, Nurses Home, May 13.

Entertainment, Oddfellows' Hall, May 16. Help Norway Com.

Presbyterian Missionary Tea, Mrs. Flaten, May 19.

Eastern Star Dance, May 21.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE
In the Matter of the "Administration Act" and
In the Matter of the Estate of Thomas Davidson Laird, Deceased, Intestate.
TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 9th day of April, A.D. 1943, I was appointed Administrator of the Estate of Thomas Davidson Laird, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 9th day of May, A.D. 1943, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.
DATED at Prince Rupert, B.C., this 6th day of April, A.D. 1943.
NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE
In the Matter of the "Administration Act" and
In the Matter of the Estate of George Mitchell Fraser, Deceased.
TAKE NOTICE that by Order of His Honor Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 5th day of April, A.D. 1943, appointed Administrator of the Estate of George Mitchell Fraser, formerly of the City of Prince Rupert, British Columbia, Deceased, who died on or about the 18th day of January, 1943. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 15th day of May, A.D. 1943, failing which distribution will be made having regard only to such claims of which I shall have been notified.
DATED at Prince Rupert, B.C., this 5th day of April, 1943.
NORMAN A. WATT
Official Administrator
Prince Rupert, B.C.