FRESH

NO WAITING-no extra steps! Full-strength-

Fleischmann's fresh active Yeast goes right to

work. Makes sweeter, finer bread! And makes it

faster! You can be sure of tender, smooth texture

YEAST

- lightness - delicious flavour every time!

MADE IN CANADA

BUY MORE WAR SAVINGS STAMPS

YOU SAVE WITH SAFETY AT

YOUR REXALL STORE

IF YOU BAKE AT HOME, insist on

Fleischmann's fresh Yeast with the

familiar yellow label. It's depend-

able - Canada's tested favourite for

more than 70 years.

Agadex Plain or Compound.

Rexall Bronchial Syrup, 6 oz.

Jaynes Eczema Lotion, 2 oz.

Javnes Eczema Lotion, 6 oz.

Revall Hypophosphites Com-

Revall Milk of Magnesia Tablets

THE REXALL STORE

Phillips Milk of Magnesia Tablets

pound. 16 oz. .....

Revall Milk of Magnesia,

Fruit Saline, English type,

ASA Rex Tablets, 24's

Bisma Rev. 4 oz.

Linaseptic, 4 oz.

ASA Rex Tablets, 100's

Revall Chest Rub, 3 oz.

Bake sweeter, tastier bread!



"These Shreddies\* sure taste good Mummy!" That's what young folks think of these delicious spoon-size morsels. And mothers know that Shreddies help build strong, healthy bodies too. They're made from whole wheat, with the precious wheat germ and all the other good parts of Nature's best food. Be sure to have Shreddies for breakfast tomorrow. They're really spoonfuls of goodness.



\*Shreddies is a registered trade mark owned in Canada by CANADIAN SHREDDED WHEAT COMPANY, LTD NIAGARA FALLS, CANADA

# REX CAFE

Chop Suey — Chow Mein Chinese Dishes our specialty.

> Open 6 a.m. to 2 a.m. PHONE 173

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



PRINCE RUPERT SHOE REPAIR

Prince Rupert 3rd St. (Near the Post Office)



NEED FOR SEWN-KNITTED GOODS

Hill 60 Chapter Has Its . Monthly Meeting

ing of Hill 60 Chapter, I.O.D.E., progress across Canada. read for more knitters and sew- day to be held in May. ettes, childrens clothes and other War Savings Stamps and raffle articles made by I.O.D.E. mem- winners were Mrs. A. E. Wood bers for the stricken peoples of and Mrs. J. N. Forman. ent as in war years.

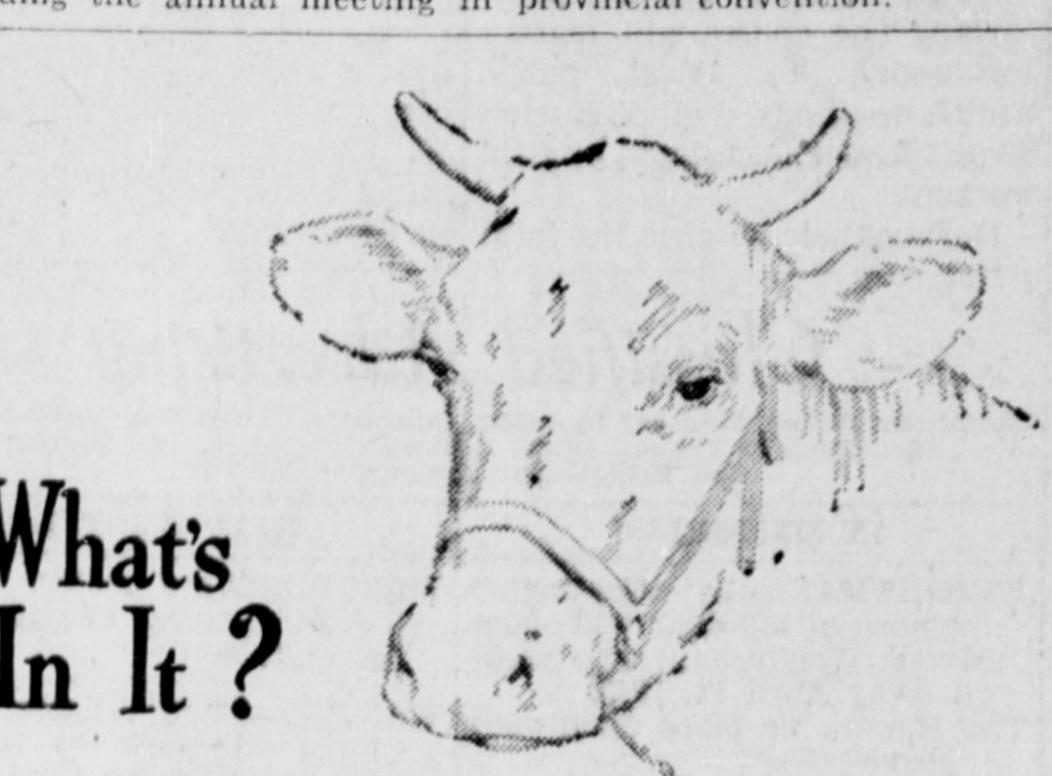
In the absence of the regent, meister on May 13 at which the Mrs. J. Hutchison, who is at- regent will give a report on the tending the annual meeting in provincial convention.

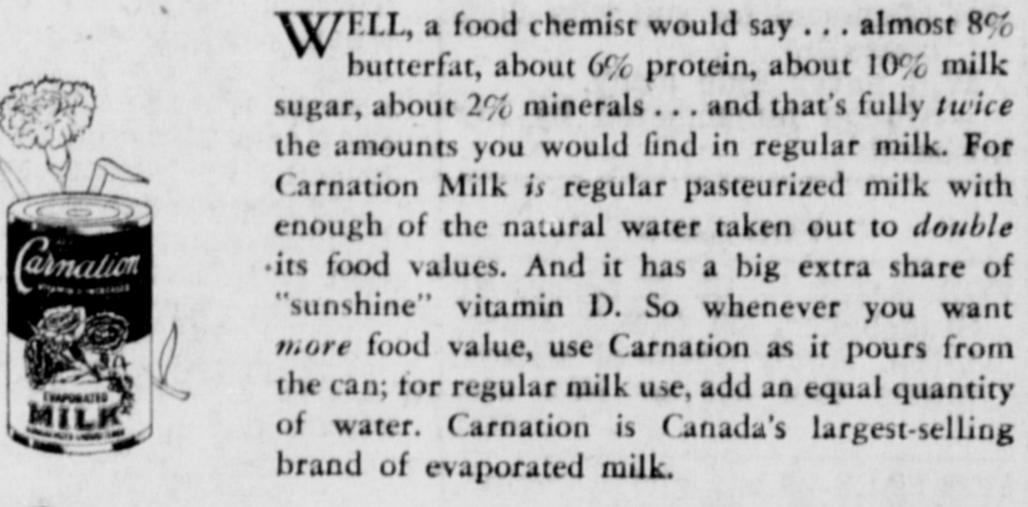
Victoria, Mrs. Stewart Donaldson took the chair.

A report was read on the showing of moving pictures which took place last month. This activity was part of a program to pork? raise money for the "Second War At the regular monthly meet- Memorial Campaign" now in ly done, and then put in the oven

Stuart on Monday appeals were Plans were completed for a tag ers in view of the need for lay- In the monthly drawings for

he world, which is just as urg- The next meeting will be held at the home of Mrs. Timmer-





### Carnation Milk A CANADIAN PRODUCT "from Contented Cows"

#### Business and Professional

If it's a Rock Job-

M. SAUNDERS

Concrete Sidewalks, Basements

I don't take work I cannot

do myself.

JOHN H. BULGER

Optometrist

JOHN BULGER LTD.

Third Avenue

PARTRIDGE,

GUNSTON & RICE

General Contractors

P.O. Box 1489, Station B

Phone Green 417

House Repairs, all kinds.

Cabinet Work - Foundations

Estimates Cheerfully Given

Prompt attention all work.

H. J. LUND

Painting - Paperhanging

Interior and Exterior Work

P.O. Box 1286 - Phone Black 823

GEORGE L. RORIE

INTERNATIONAL

CANADIAN, LIMITED

Montreal, Canada

117 2nd Ave. W. — Opposite YMCA PRINCE RUPERT, B.C.

HANDYMAN

HOME SERVICE

Besner Block

B. F. LOVIN.

Representative

Phone 387

Phone Green 974

- Blue 666

Call a Rock Man

EDMONDSON

Awning and Sail Works Canvas Work of All Kinds 430 Bowser St. Phone Black 169 P.O. Box 302

> GAIRDNER'S CONSTRUCTION

Jackings - Building - Repairing Alterations and Cement Work PHONE GREEN 482

BERT'S TRANSFER and MESSENGER

Stand 303 3rd Ave. W. Books, Magazines, Newspapers Phone Blue 810 (Res. Green 955

CAROL ELECTRIC Electrical Installations and Repairs

Reasonable Rates Estimates Free - Phone Blue 318

HELEN'S BEAUTY SHOP Permanent Waving

Beauty Culture in all its branches 206 4th Street: Phone 655

For Your FOUNDATION GARMEN'T Made-to-Measure MRS. PERREAULT Public Accountant, Auditor, etc representative of Spencer Supports (Canada) Ltd Income Tax Returns Compiled 1311 OVERLOOK ST Box 1177, Station "B"

SMITH & ELKINS LTD Plumbing and Heating

Engineers P.O. Box 274 Phone 174

ANDY ANDERSON PAINTING & PAPERHANGING

633 Tatlow Street Phone Green 937 (After 7 p.m.)

FOR PROMPT and EFFICIENT SERVICE mail your glasses to

## Roofs, Chimneys and Oil Burners

COLUMBIA OPTICAL CO. LES MOD SEYMOUR ST. VANCOUVER, B.C.

GENERAL CONTRACTORS Building and Repairs of all kinds

> Phone Green 486 Evening Green 337

Free Estimates on Any Kind of Construction You Name It, and We Can Do It

HOW CAN 1 ? ? ? ! By ANNE ASHLEY

Q. How should one roast

cooked entirely in the oven and will be more tender.

Q. How can I prevent cracking the glaze of dishes when washing them?

A. The best way is never to pile one dish upon another until they are cool or it is liable to crack the glaze.

A. By rubbing with salt. A knife can be used to scrape away the stubborn spots.

Classified Advertising pays. Nicoll.

BUILDING INDUSTRY

(Continued from Page 1)

Ottawa Board of Trade. This board, which has affiliations with the Canadian Chamber of A. Boil roast pork until part- Commerce, the Eastern Ontario Associated Boards of Trade, The to brown and finish cooking. It Ontario Associated Boards of will not shrink as it does when Trade and Chambers of Commerce and the Federated Chambers of Commerce of the British Empire, asked for literature and information from the local Industrial Development Committee. One member interjected that Ottawa really seemed to be wakening up, and perhaps its awakening was due to the activities of the local committee. In Q. How can I clean a rusty any case the matter will be definitely followed up.

Present at the meeting were H. M. Daggett, chairman; W. M. Watts, secretary: T. Norton Youngs, Bruce Mickleburgh, J. S. Wilson, W. F. Stone and James

### The Experts Say - -

By HELEN BANNERMAN Canadian Press Staff Writer

WATCH EVERY MORSEL - own conservation program: from canned fruit may be al- face sandwiches and pies. ways thrown away in many One dessert that is quick to kitchens.

to the mixing bowl may make Pineapple Sauce, which requires one more muffin or drop cookie 2/3 cup pineapple syrup, 1/8 teaif care is taken in scraping the spoon of cinnamon. 1/2 teasnoon bowl. The bit of deliciously of nutmeg. 1/8 teaspoon of cloves browned gravy that is not pour- and 2/3 cup of drained, crushed ed from the pan could be rinsed nineapple. out with a little hot water and

TOPSY-TURVY CASSEROLE -Home economists say that the Serve on puddings or alone. The return engagement of left-overs recipe makes 11/2 cups. can be more popular with the family than the first because they are so often better than the original. Here is a recipe they snooest as a supper or luncheon

This Topy-Turvy Casserole requires 11/2 cups of cooked diced potatoes; one cup of cooked, diced carrots; one cup of chopped raw celery: 1/4 cup of chopped raw onion; 11/2 cups of ground, cooked meat; two tablespoons of mild-flavored fat; two cuns of canned tomatoes: 1/2 tea-

spoon salt. Mix the ingredients together and turn them into a greased baking dish. Bake in a moderately hot oven, 375 degrees fahrenheit, for 30 minutes. This makes six servings.

HELPING OVERSEAS - Our ationing system has helped a lot in providing foodstuffs for overseas consumption and the Prices Board reports meat rationing is making possible an increase of about 150,000,000 counds a year in meat shipments. Wheat from the prairies is going overseas in increasing quantities and its shipment has been speeded up by a system of railway priorities.

Every time Canadians make their regular quantity of food tretch farther it means that nuch more is released to feed eeple who need it more than

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE DECEASED - INTESTATE TAKE NOTICE that by Order of

His Honor, Judge Fisher, made on he 3rd day of April, A.D. 1946. Estate of Justus Herman Helin, otherwise known as Herman Helin, degeased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or before the 15th day of May, A.D. 1946, and all parties ndebted to the Estate are required to pay the amount of their indebtedness to forthwith. DATED at Prince Rupert. B.C., this

3rd day of April. A.D. 1946. GORDON F. FORBES. Acting Official Administrator. Prince Rupert, B.C.

# HOTEL

A Home Away From Home Rates 75c up water

P.O. Box 196

J. L. CURRY CHIROPRACTOR If pain -- Chiropractic!

SOME SUGGESTIONS - Here are some suggestions for your

The housewives of Canada can Use as little pork, pork prod-1 hways pesh-at your grocer's make an important contribution ucts and beef as possible; don't to the world food supply by waste bread or any cereals in watching every morsel of food other forms; make three loaves that is used in their kitchens. of bread do the work of five; Little dabs of food like left-over serve potatoes more often, try vegetables, puddings, crusts of potato pancakes, potato soup bread, the lone stale roll or sin- and potato salad; substitute gle piece of cake, the water from fruits and other desserts for cooked vetgetables or the juice cakes and pastry; serve open-

make, saving on the foods we The bit of batter that clings are trying to save, is Spiced

Combine the pineapple syrup. would add richness to the soup. cinnamon, nutmeg and cloves: bring to boiling point. Add the pineapple; heat and then chill

Are NEURALGIA and the Hammering Headaches it causes blinding you with cruel pain? Get fast, safe relief as others have, with Templeton's T-R-C's. Don't delay another day. Start now to relieve that pain with T-R-C's—the remedy enthusiastically praised by thousands. At

#### COMMERCIAL HOTEL

COMPLETELY MODERN Warm comfortable rooms with plenty of hot water.

Reasonable weekly rates to reliable tenants. First Ave. and Eighth St.

BOX No. 997 PHONE 676

Storage and Furniture Crating

Phone 580

HYDE TRANSFER

# The Pioneer Druggists Hollywood Cafe

Bayer Aspirin, 24's

Bayer Aspirin, 100's

McLean's Powder, 4 oz. .... 1.00

Buckleys Mixture, 534 oz. ... .75

tho's Fruit Salts, family size 1.00

1~llow's Syrup, 14 oz. ..... 1.39

Absorbine Junior, 4 oz. .... .98

Absorbine Junior, 12 oz. .... 1.95

36's, .20; 85's, .35; 250's, 1.00

30's, .25; 75's, .50; 200's, 1.00

Prescription Specialists

Phillips Milk of Magnesia,

Murine. 1/2 oz.

Vietes Vapo Rub, 11/2 oz. ...

PRINCE RUPERT'S NEWEST AND MOST

Ormes Ita.

UP-TO-DATE RESTAURANT FULL-COURSE MEALS

Special Dinner Every Sunday - 5 p.m. to 8 p.m.

FROM 11 A.M. TO 4 A.M.

CHINESE DISHES A SPECIALTY WE CATER TO PARTIES

CHOP SUEY CHOW MEIN

FOR OUTSIDE ORDERS PHONE 133 735 THIRD AVENUE WEST

Seventh Avenue Chop Suey House Reopening Next Week.

THE CREDIT HOUSE OF QUALITY"

Latest in Dressmakers and Tailored Intriguing and Eye-Catching

Smart and New Perfect for Every Occasion

Sheers, Prints and Jerseys Fresh As April Days

BUDGET PLAN

A convenient way to have the pleasure of your Spring clothes, right at the start of the season.

TERMS in accordance with

W.P.T.B. Regulations.

Sweet Sixteen Ltd.

(Formerly Annette's)

JEWELERS THIRD AVENUE

(Opposite Post Office)

Something New and the Best

WE HAVE OUR OWN SHOP - WE CAN MAKE ANYTHING Phone Green 937 Evenings Phone Black 126 Day

50 Rooms, Hot and Cold PRINCE RUPERT, B.C.

If nerves -- doubly so!

Smith Block

Green 995