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Each Nostril Quickly Relieve

Stiffness of Catarrh

Specialized Medication Works Fast
Right Where Trouble Is!

Nothing relief from stuffy, painful distress of acute catarrh comes fast as Va-tro-nol spreads through the nose, reduces swollen membranes—soothes irritation, relieves congestion, helps flush out cold-clogged nasal passages. Makes breathing easier—

VA-TRO-NOL

Follow directions in package.

The Experts Say - - -

KEEPING WELL—You can't win the war when you're sick, nor can you do any one of the many pleasant things you wish to enjoy. Take a little from the factory assembly line, Dr. L. B. Pett of Nutrition Centers says, for Canadian factory workers well they must be them with plenty of protein and attractive food.

Here's what industrial cautions serve for lunch: meat, or an alternative like beans; or vegetable, preferably milk in some form—as cereal, soup or pudding. It is only the women with babies and their brothers on the assembly line who need extra foods in their lunches. Everyone should have them.

LIVER LOAF—The remark, "I don't like liver—I never eat it," is a common one and it is a pity because liver is good for you when it is well cooked and attractively seasoned. It is a rich source of iron, one of the best food elements for combating "war nerves," and also contains part of the B complex of vitamins, which helps maintain normal weight.

Recipe from the Agriculture Department home economists: Sauté liver loaf with boiling water and let stand for a few minutes. Wipe dry, remove any

fibrous parts and put through the meat chopper. To each cup of chopped liver add 1 cup of bread crumbs, 1 egg, ¼ cup of grated raw carrot, 1 tablespoon minced onion or a little onion salt and parsley, 1 teaspoon salt, ¼ teaspoon celery salt, ½ teaspoon pepper. Mix well and pack in greased loaf tin. Bake in moderate oven, 350 degrees, for one hour.

This loaf can be served with a well-seasoned sauce or gravy and is delicious sliced cold for use in the lunch box.

LENT will soon be ending but before Easter there are many meals at which fish or sea food make a welcome main dish—baked scallops and lobster salad are delicious at either lunch or supper when prepared according to these Fisheries Department recipes:

BAKED SCALLOPS—Place one pound of uncooked scallops in a greased baking dish and pour over them the following sauce: 3 tablespoons melted butter, 3 tablespoons flour, blended in with the butter; add ½ teaspoon salt, 2 cups warm milk added and all cooked till smooth and thick, stir constantly.

Sprinkle dry, sifted bread crumbs over the top of the mixture and dot with butter. Bake in hot oven, 450 degrees Fahrenheit, for 10 minutes, or until the scallops are a milky white. This serves six.

LOCAL NEWS NOTES

George Nickerson left last night on a business trip to Vancouver.

Lieut. Col. and Mrs. C. V. Ewert left last night on a trip to Vancouver.

Local 180 Social Club Masquerade Dance, Saturday, April 1, 9 to 12. Three Prizes, Best, Original, Comic. Oddfellows' Hall, DeCarlo's Orchestra. (78)

Norman Nelson and George Dybhaug left last night for Vancouver on business.

Lieut. Jack McRae, who has been spending a couple of days in the city visiting with his parents, Mr. and Mrs. D. C. McRae, is leaving tonight on his return to Vancouver.

Miss Nora McCaffery, Miss Charlotte Dodtmead, Miss Delphine Balagno and Miss Charlotte Balagno are leaving tonight on a trip to Vancouver, Victoria and Seattle.

PERSONALLY SELECTED DRESSES—American Jersey prints—Balaclavas and petal crepes in Mexican, Chinese and other latest styles and shades including Peter Pan, Russian violet, etc. Choose your Easter dress now at "Star" Stylewear.

Leaving on tonight's train for the army reception centre at Vancouver are two new recruits to enlist through the Prince Rupert recruiting centre. They are Omer Arthur Clavelle, aged 26, whose home is at New Liskeard, Ontario, and who has been employed as a motor mechanic with the Northern Construction Company here. Also leaving is William Wallace George Verner, age 35, who has been employed as a superintendent for the Northern Construction Company. His wife lives at Smithers.

The Greenville gasboat Sally M has been in port this week with Captain Philip Clark and Bertie Nelson on board. They are here on business, having arrived Wednesday morning and being due to return home to the Naas River at the end of the week.

Leap Year Dance, Eagles' Hall, corner 5th and McBride, March 31, 9 to 2, Moonlight Serenader's Orchestra. Everybody Welcome.

A special committee of the Prince Rupert Gyro Club, with Gordon Bryant as chairman, was instrumental in collecting some \$5000 for the Red Cross as a result of undertaking to canvass the business portion of the city for subscriptions.

Dr. and Mrs. R. G. Knipe, Mr. and Mrs. W. S. Stonehouse and Miss Beulah Fry R. N., left last night for Vancouver enroute to Victoria where Dr. Knipe, Mr. Stonehouse and Miss Fry will attend a public health refresher course.

Corp. Clifford Wanamaker of the administration and training staff of the Prince Rupert Machine Gun Regiment left this week for Nanaimo where he will take a course of training.

W. T. Sinton of the staff of "Your Health," official magazine of the British Columbia Tuberculosis Society published at Vancouver, has been spending a few days in the city, being on his annual business visit to Prince Rupert.

Announcements

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

Dry Dock Employees' Dance, Friday night, March 31. Provost's Orchestra.

W.O.T.M. Dance Wednesday, April 5, Oddfellows' Hall, 10 to 2 Refreshments. De Carlo's Orchestra.

Presbyterian Spring Sale, April 6.

Norway Invasion Service, Lutheran Church, Saturday, April 8, 8 p.m.

Queen Mary Easter Monday Tea, Mrs. Alex. McKenzie.

St. Andrew's Cathedral Spring Sale, April 13.

St. Peter's Junior Sale, April 14.

Navy Auxiliary Dance, Oddfellows' Hall, April 18.

C.W.L. bridge, whist, cribbage, K.O.C. Hut, April 20.

Job's Daughters' Dance, Masonic Hall, April 21.

L. O. B. A. Dance, Oddfellows' Hall, April 27, De Carlo's Orchestra.

Eastern Star Dance, April 28.

Nurses' Spring Dance, May 2, Oddfellows' Hall.

A Classified-Ad in the Daily News will bring Quick Results.

SPORTS

Freddie Mills, who is one of the few in Britain to believe he would stand a chance against Joe Louis, stepped into London's Queensberry Club ring for his first fight in nine months and won an unimpressive victory. The British and Empire lightweight king had a tough time with Bert Gilroy, Scottish middleweight champion, before the referee stopped the fight in the eighth round of a scheduled 10-round bout. If nothing else, the bout exposed the temerity of a recent challenge to Louis by Mills through his manager, Ted Broadribb. The feeling was that if Louis could accept the challenge he would "murder" the former country-fair booth boxer in the first few seconds.

Mills, weighing but 175 pounds was such a long way below the form expected of a champion that the crowd began to hoot when some of his punches missed by a couple of feet. Ringsiders agreed that until the Bournemouth Bomber concentrated on something more than a two-handed windmill attack he cannot be rated as a world contender. The fight was stopped with Gilroy, weary and bleeding from a cut above his eye. Many figured Mills should have stopped it in the first round when he had Gilroy on the canvas for a nine count. One of Freddie's punches missed Gilroy by nearly a foot and landed on the head of Referee C. B. Thomas. The officials knees sagged for a second and he grabbed the ropes to save himself from going over. Mills apologized and the fight continued.

Mills' last serious contest was last May when he took just five minutes to knock out six-foot Al Robinson, a Leeds heavyweight who has been beaten by Canada's Al Delaney. "I've been in boxing exhibitions and they are no use to me," said Mills, a sergeant physical training instructor in the Royal Air Force, after the bout. "I want real live fights and I mean to get them somehow."

TOO LATE TO CLASSIFY

WANTED—Local cafe wants clean respectable woman dishwasher. Hours 5 p.m. to 1 a.m. Apply Selective Service AF 116. (79)

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Department of the Secretary of State of Canada —Office of the Custodian REAL PROPERTY FOR SALE BY TENDER

The Secretary of State of Canada, acting in his capacity as Custodian under or by virtue of the Revised Regulations Respecting Trading With The Enemy (1943) hereby offers for sale by public tender such interests as are vested in him in certain commercial, residential and unimproved properties situate in the protected area of British Columbia.

A CATALOGUE listing the properties above referred to may be examined and further particulars obtained on application to the undersigned of Real Estate agents, tenders for the purchase of such property interest vested in the Custodian will be received subject to the following terms and conditions:

- Each tender must be for one of the parcels described, but a separate tender may be filed for each of several parcels.
- A tender offering for parcels in the alternative will be considered an offer only for the parcel first named.
- A certified cheque payable to the order of the Secretary of State as Custodian for ten percent (10%) of the amount offered must accompany each tender. The deposit will be forfeited as liquidated damages if the tender is accepted and not completed by the purchaser immediately upon his being required to do so by the Custodian.
- Each tender must be in a separate sealed envelope addressed to The Office of the Custodian, 506 Royal Bank Building, 675 West Hastings Street, Vancouver, B.C., and each envelope must be marked on the outside "Tender for Real Estate—Catalogue Parcel No."
- The balance of the purchase price shall be paid in cash provided the purchase price does not exceed \$1,000.00. Provided the purchase price exceeds \$1,000.00 but does not exceed \$3,000.00 the balance may be paid in cash, but consideration will be given to offers of not less than 50% of the purchase price in cash and the remainder within two years, together with interest at 5% (minimum down payment \$1,000.00). Provided the purchase price exceeds \$3,000.00 the balance may be paid in cash, but consideration will be given to offers of not less than 40% of the purchase price in cash and the remainder within two years, together with interest at 5% (minimum down payment \$1,500.00).
- All adjustments will be made as of the date of conveyance or agreement.
- Properties will be sold subject to existing leases and encumbrances, if any.
- Properties are offered for sale without any warranty whatsoever by the Custodian as to location or condition of buildings or improvements or the existence or non-existence of any encroachments.
- The Custodian reserves the right to cancel any accepted tender and to refund the deposit at any time prior to delivery by him of the conveyance or transfer.
- Neither the highest nor any tender will necessarily be accepted.

Cheques in respect of unaccepted tenders will be returned in due course.

TENDERS WILL BE RECEIVED BY THE UNDERSIGNED UP TO THE HOUR OF TWELVE O'CLOCK NOON, PACIFIC DAYLIGHT SAVING TIME ON THE FIRST DAY OF MAY, 1944. ON THOSE PROPERTIES SITUATE IN THE CITY OF NEW WESTMINSTER, DISTRICT OF DOWNEY, MUNICIPALITY OF RICHMOND, UNINCORPORATED TOWNSHIP OF DELTA, MAPLE RIDGE, MATSQUIE, MISSION AND SURREY, AND THE VILLAGES OF MISSION AND TOPING.

TENDERS FOR THE REMAINING PARCELS IN THE CATALOGUE WILL BE RECEIVED BY THE UNDERSIGNED UP TO THE HOUR OF TWELVE O'CLOCK NOON, PACIFIC DAYLIGHT SAVING TIME ON THE FIFTEENTH DAY OF JUNE, 1944. DATED at Vancouver, British Columbia, this 30th day of March, 1944.

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