

PRINCE RUPERT, BRITISH COLUMBIA

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The Fall of Rome . . .

DAILY EDITION

If we capture Rome from the Nazis within the foods. Thus vitamins are but ment are nipples. coming week as predictions say we shall, it might not a part of the larger picture of "And of course there is no be such a spectacular victory in arms but in prestige nutrition. This is why author- sweet-smelling baby powder and it would, of course, be of the utmost importance.

Friday, June 2, 1944

The Eternal City, seat of one of the world's most the need for eating the right everywhere, and healthy too," powerful religious organizations, the effect of its foods, in the right amounts. If the war bride said. liberation from enemy persecution could hardly be a healthy person were to do overestimated. It would definitely mean the end of so he would not have to be con-Italian national participation in the war on the side are in those foods in sufficient of the Axis with the possible exception of a few scut- quantities for the normal need. tling Quislings.

There should be no inclination, of course, to dis- erage person who has been on are available for all babies. count the military accomplishments and generalship a properly balanced diet has no that would have led to Rome's fall. If Rome did centrates. They say commerfall easily and there seems at the moment to be no cial vitamins have no place in particular indication that it will, it would be a tribute the diet of normal individuals to the threat if not the application of our arms. In- properly nourished and that deed, the victory is double where we accomplish an by physicians merely as a temobjective with a minimum of loss to ourselves.

Should the Germans see fit to stake much on the man body back on its proper defence of Rome, it might lead to a long siege costly vitamin balance. When that in both men and arms to either side, but possibly

we may not have to endure that.

Meanwhile, the Battle of Italy, in which Canadians are playing such an important part, is progressing most satisfactorily in our favor.

The Fighting French...

One of the most important phases of the present Allied offensive in Italy is the showing made by the French Corps. By various devices such as the use of slave labor in their factories the Germans have succeeded in placing under arms a very much larger pro- late foods. portion of their total population than any allied nation except perhaps little New Zealand. The result is that in almost any strategic consideration dealing lax vigilance on other health with Western Europe our generals have had to look factors. forward to the strong possibility of facing an enemy need the vitamin taken, it numerically superior. The fact that the French in usually passes off as waste. Italy have proved not merely able to fight but capable of pushing ahead faster than the British and of a former day, possibly the American troops on either side of them is a big help in this regard. It means that after the invasion, we can count on a very considerable portion of French pared with natural vitamin manpower not merely as stuffing on defence fronts, as the Germans used Rumanians and Hungarians, but as first-line attack troops of the highest quality. there are still uncertainties, as

Solicitous For Japanese . . .

The Alberta Conference of the United Church of Canada thinks that Japanese-Canadians should be put in suitable jobs, be given adequate incomes of some vitamin synthetics, as and accorded education and social services. The presently consituted, that the treatment which the United Church folk in Alberta product will restore lost pep, prescribe for the Japs is just about all any of us are bring one "back to life" or desirous of being assured of in the way of social security.

There are some who find it difficult to under- it is inferred that prepared stand why the Japanese should be singled out for vitamins alone are the solution. special favor. No doubt, the authorities will see to it Nor should reliance be placed that they get their fair and just deserts without the your war rations with such pills church having to take up the cudgels on their behalf, and capsules if the implication The people who are so solicitous about the welfare of the Japanese, of course, must realize that there are many others in the country who are and will be equally worthy of our tender care.

Nutrition Notes

R. G. KNIPE, M.D.)

VITAMIN PILLS

obtained from industrial and only. public health and nutrition experts.

if the particular food (the your room. powder) is not present in the body, the vitamin is generally dian mother recently returned food is difficult to assimilate. comes to having a baby so far For example, vitamin D becomes away from home. There is no of value only when an adequate opportunity to go baby shopsupply of calcium and phos- ping and if you are going to phorous (upon which "D" acts) have a baby trousseau it must is also present.

can be derived only by knowing talk" with friends back home. For this all-important reason, done at 3 a.m., the only time the average layman — being when there was sufficient me an inferiority complex without such knowledge - is water at her disposal in the advised not to try to obtain boarding house. their benefits except under expert guidance.

VITAMINS

NOT CURE-ALLS

calories or body-building ma- most anywhere. Mothers take terials. Their function is to their babies about in a "carryregulate the utilization by the cot"-a foldable linoleum bassibody of various food elements net with handles, easy to pack. and no amount of vitamins is keep clean and carry. Most diffihelpful without the essential cult items to find in baby equipities on the subject place great- oil. But with all the lacks you er stress on diet, emphasizing see the most beautiful babies

porary measure to get the hunorm is reached, thereafter balanced diet is all that is

Several reasons are given by these authorities for warning selves with prepared vitamins without professional advice.

1. They are for the sick alone and only a physician can determine which persons will! benefit from an extra supply, rican Spitfire Squadron serving

3. Harm may result to persons

who assume that by taking prepared concentrates they can re-

5. As with patent medicines

greatest harm is the waste of money, for commercial preparations are expensive as comsources of foods.

6. The realm of vitamins is not fully explored by any means, all the vitamins and all their effects are not yet known.

ARE YOU BEING MISLED?

The public should not be misremedy conditions of being tired, low in resistance, nervous and irritable - especially when is that they can actually take

Daily News Advertising Brings Results.

the place of foods.

FINE BABES IN BRITAIN

By MURIEL ADAMS Written for the Canadian Press

TORONTO, June 2 (9)-Maternity and nursing homes in Brit-With employers being solicited ain are so crowded that women by salesmen, the public heavily are advised to make reservabarraged by advertising, plus the tions months in advance. That's stress on keeping fit during the the story for Britons but Canaemergency, what are the facts dian officers' wives until reas to the claims for vitamin cently were given many of the pills, capsules and concentrates? comforts of home in a wing of The public should be interested a Canadian Military Hospita in a brief review of some facts set aside for maternity cases

Canadian mothers-to-be usually stay at a guest house near Vitamins - whether concen- the hospital for a short time trates or isolated from natural preceding birth. Emergency sources - are not food - nor transportation is a risky busieven substitutes for food. They ness in Britain right now. Your are catalytic or accelerating hospital room may not have agents which aid in assimilat- cut flowers after the event, ing foods into the human body. but you will probably be brought A vitamin is the spark which fresh plants and if you are sets off the powder, food. But lucky you may have a radio in

According to a young Canabe sent from Canada. There is Proper benefit from vitamins none of the thrills of "baby

"CARRYCOTS" POPULAR

Babies don't disturb the actitivities of British women, she Vitamins are not cure-alls says. They whip up formulas in nor do they provide energy, buses, waiting rooms, trains, al-

Well-run baby clinics provide expert medical advice for everyone and baby foods are supplied at a minimum charge. Good powdered milks, tinned orange Experts declare that the av- juice and ascorbic acid tablets

British mothers belong to the school of thought which believes in training babies early. Small living quarters, washing and drying difficulties added to the limited clothing coupon allowance given prospective mothers make early training most desir-

A baby is a great addition to an air raid shelter, the young Canadian mother said. "You just can't be nervous when you hear a soft coo or see a baby grin in the midst of tension. Bill, my the untutored not to dose them- baby, saw me through many a midnight scare."

SOUTH AFRICAN RECORD

CAPE TOWN (P-A South Af-2. For fear of upsetting the in Italy recently completed its delicate balance of the agencies 1,000th operational sortie since of the body which help assimi- it started operations in the Western Desert in 1941.

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Lamour Is Back With Her Sarong

of Press Agentry Dorothy Re-

By CLAYTON IRWIN

Associated Press Writer NEW YORK, June 2 0-One bright day in Hollywood a few months back Miss Dorothy Lamour, chic and expensively garbed in the manner of a great actress, daintily dropped a sarong on a blazing pile of Lamourin-sarong photographs.

"Thus," quoth the Lamour, reading from the script, "I renounce the sarong. In my subset of clothes like anybody else." | contest.

If you suspect more than a touch of press agentry in the in- trophy for five years since cident you're right, and the La- wresting it from Ocean Falls mour knows better now.

"It was the studio's idea," she says. "Why should I object to wearing a sarong? That sarong Brown, George Housty, Wesley was good to me-you might call wasted, likewise if the needed from England there are lots of in pictures. And as long as the Hall, Billy Gladstone, Dick Carit the shoestring I started with vitamin is absent, the particular little things missing when it people who buy tickets want to see it, they're going to."

> This is a switch on Dorothy's er. reaction to her first appearance a la sarong in 1936, in a B film called "Jungle Princess."

"I cried when they hung I on me," she says, "because always looked so bad in a bathhow and when to use them. Most of her baby washings were ing suit." (She must be kidding). "And I was so shy-it gave

> couldn't get rid of for months." Actually, the sarong legend is more fancy than fact. Since Dorothy went to Hollywood she has made some 35 pictures and has worn the tropical garb in

only half-dozen of 'em, but you

know what they've done for her. The sarong or no-sarong matter seems to be getting stabilized, however. In the latest Lamour effort, "And the Angels Sing," she doesn't wear one, but in a forthcoming picture she cavorts about in an Alaskan snowdrift, clad in sarong and ermine muff.

POOR RELATION

Bella Bella Is Cup Winner

Renunciation Was Only A Bit Defeated Royal Canadian Air Force to Win Cup on Victoria

> BELLA BELLA, June 2 - A cup football game in which Bella Bella defeated Royal Canadian Air Force by a score of 6 to 2 featured the Victoria Day celebration program at Bella Bella last week. There were also children's sports, a track meet and aquatic events in which there was keen competition for

The ball ground was crowded sequent pictures I shall be a with spectators for the football bona-fide actress, wearing a full game which was an exciting

> Bella Bella has held the All Stars in 1939.

> The home team consisted of: Leslie Humchitt, Charlie Humchitt, Vivian Wilson, Basil penter and David Campbell, the last-mentioned being goal keep-

> Campbell is well known as a football player in all the villages of Prince Rupert district. Kitkatla was his former home

Keen interest was taken in the various splendid events of the city and there were visitors from various villages to join in the celebration.

A dance in the Community Hall in the evening brought the proceedings to a happy close.

TIMELY RECIPES

MAYONNAISE

1 egg

1 teaspoon mustard

1 teaspoon salt 1/8 teaspoon pepper

teaspoon sugar

1 cup salad oil 3 tablespoons vinegar Beat egg well. Mix dry ingre-

dients and add to egg, beating well. Very gradually beat in 1/2 A cyclone generally travels at cup oil. Add I tablespoon vinethe rate of 20 miles or more an gar, then more oil, then alterhour, while its tropical cousin, nate until all oil and vinegar the hurricane, sometimes attains are used. Beat continuously the velocity of 100 miles per and have all ingredients very

DEPARTMENT OF THE SECRETARY OF STATE FOR CANADA OFFICE OF THE CUSTODIAN

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TEA

CITY OF PRINCE RUPERT

APPEAL TO CITIZENS

In view of the importance of a successful invasion the Western Front by the Allied Armies it has been agree to implore Divine aid for the undertaking by join together in a public service of prayer.

I, therefore, as Mayor of this City request that a places of business be closed between the hour of 11 a.m. and 12 noon on the day that the invasion occurs. if the news comes through after 10:00 a.m. or on a St day, then on the following day at the same hour.

I also request that all citizens will make a specia effort to be present at the Service which will be held i front of the Post Office, or, if raining, in the Capit Theatre.

The Service will be announced by the ringing of bell and the sounding of whistles at 11 a.m.

H. M. DAGGETT.

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