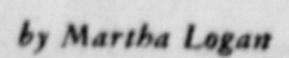


regular feature of this page. Look for e valuable hints each Monday





## Baked Casserole

the less expensive cuts beef for delicious stews and casseroles

get-wise housewives are vs on the lookout for new interesting ways of servthose economical cuts of which properly cooked, ust as delicious and nutris as the most expensive. week I am giving you one by favourite ways of dressup beef to make a casserole ahungry family really goes Serve with a leafy green cuble or a fresh spring salad meal fit for a king.

Martha Jogan

### ECONOMICAL BAKED CASSEROLE

1 lb. beef shoulder, diced

1 cup meat or vegetable stock 2 cups diced cooked potatoes 2 thsps. grated onion

or a little onion salt 1 tsp. minced parsley 1 tsp. Worcester sauce 1 tsp. salt

J's tsp. pepper

For four people order one pound of beef shoulder. Dice the meat, roll in well-seasoned flour and brown in hot fat, add 1 cup of stock, vegetable liquor or water and simmer gently for half an hour. Now combine with potatoes, onion (if available) parsley and seasonings. Pour into greased casserole and bake in a slow oven for one hour.

ters of Premium Quality Products; Brookfield Butter, Mrs. R. Murray and Mrs. Hugh sailed Saturday night for a busis and Cheese; Jewel Shortening and Silverleaf Lard.



## Music Lovers!

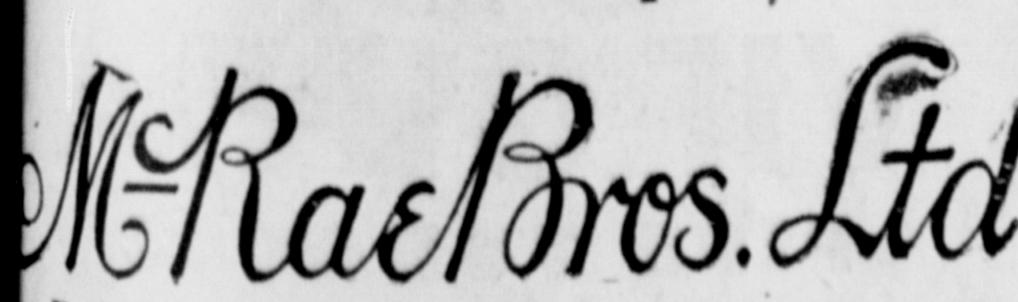
Come in and see our large assortment of

VICTOR AND BLUEBIRD RECORDS Prices

50c to \$1.35

CLASSICAL AND POPULAR ALBUMS

\$2.75 and up



Record Headquarters for Prince Rupert



Prime Minister Churchill stated the other day, "Victory may not be so far away, and will certainly not be denied us in the end, but the task is heavy, the toil is long, the trial will be severe."

You can hasten victory—you can lighten the task and the toil-by signing for more bonds this time than ever before.

# BUY VICTORY BONDS

Canadian Fish & Cold Storage PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

## Victory Hollow If Souls Given Up Says Padre

Slogan of the Sixth Victory Victory," was branded an "ex-|couver. travagant" saying for most of H.M.C.S. Chatham Sunday the Railway Act. morning.

it will be a hollow victory in- night at 8 o'clock. deed," Padre Douglas declared. 'Above all, our freedom and decency should be preserved."

The final victory over sin was gained by Christ on the cross at Calvary, the chaplain went on, and this victory is even now being consumated. He bore the burden of the sins of the whole world in order to gain victory, Padre Douglas added.

The congregation included officers, ratings, wrens and wives of navy men.

Music was provided by the Royal Canadian Navy Band of H.M.C.S. Chatham, under the direction of Petty Officer G. Noakes.

After inspecting the naval divisions prior to the divine service Commander C. M. Cree, R. C.N., naval officer-in-charge, Prince Rupert, announced that the base had oversubscribed its Victory Loan objective by more than 200 percent."

## Legion Women's Dance Success

On Friday evening at the district on official duties. Oddfellows' Hall the dance sponsored by the Women's Aux- Superintendent G. J. Gray of formerly Eagle's Hall, at 5th and iliary of the Canadian Legion the Royal Canadian Mounted McBride, under new managewas a huge success. The hall Police left on Saturday night ment. Each Wednesday and Sattwo hundred and fifty persons brief official visit to the city. who thoroughly enjoyed dancing to the popular strains of Mrs. A. J. Curzon left on Sat-De Carlo's orchestra.

sisting were Mesdames William south. Rothwell, Dan Parent, A. Wilson, C. Michaloff, F. Ellison, Rothwell presided at the door. | toria.

Raffle of a vanity set resulted Walter J. Morgan winning with ticket No. 1371.

Delicious refreshments were served at midnight.

J. Ritchie of Smithers passed through the city on Saturday night on his way to Vancouver.

Thomas Kelsey left on Saturday night on a trip to Vancouver.

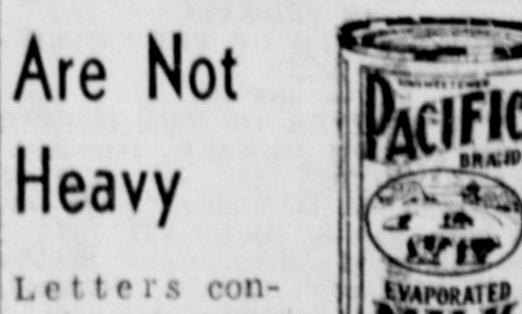
Ross Nicholson, who has been manager of B.C. Packers here, is leaving tonight for Vancouver to which city he has been transferred.

DEATH RATE JUMPS

Holland's general death-rate increased from 8.6 percent per 1,000 population in 1939 to 9.5 in

"Build B.C. Payrolls"

Restrictions Are Not



8444

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tinue to come to us concer-

ning rationing of Pacific Milk. Certain central areas, such as Vancouver, are restricted. but provision is made for infants and invalids or other

necessary uses. Most outside districts have no restrictions.

## PACIFIC MILK

Irradiated and Vacuum Packed

(BENEROUSE SERVICE SER

CHIMNEY SWEEPING OIL BURNERS CLEANED AND REPAIRED

New equipment and help assure you of a clean job.

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HOME SERVICE HANDYMAN

## LOCAL NEWS NOTES

and Gun Club in Legion Rooms, tary's office, Wednesday, at 7:30. Tuesday, May 9, at 8 p.m. (103)

Jack Dean left on Saturday Loan "Nothing matters now but night on a business trip to Van- education, after spending a few

people by Rev. G. L. Douglas, In police court this morning turn to Victoria. naval padre, Prince Rupert, dur- Lloyd Wells was fined \$20 or ing a sermon in the Drill Hall five days for an offence under Labor Progressive Branch

"If we have to give up our A Canadian Legion (B.E.S.L.) souls in order to achieve victory, No. 27. Executive meeting to-



MRS. A. S. CUSSON is now in perfect health She had stubborn indigestion, constipation and ess with bad breath. Fruit-a-tives stimulated her liver made her feel year younger. Buck up your liver with Fruit-a-tives Canada's Largest Selling Liver Tablets.

Mrs. Annette Woods is leaving tonight on a business trip East. to Vancouver.

B. Thorsteinsson, inspector of body welcome. schools, left Saturday night for Vancouver. Returning north, he will pay a visit to the Bella Coola | Munthe's.

was filled to capacity with some to return to Varcouver after a urday night. 75c a couple.

urday night for Vancouver, ac-Mrs. A. J. Croxford, president, companying the body of her was in general charge and Mrs. husband who died last week. R. Muirhead was convener. As- There will be cremation in the

E. T. Kenney, M. L. A. for Barker and Overend. Cloak room Skeena, arrived in the city Sat- Help Norway Tea, Lutheran was in charge of Mrs. F. Barber, urday morning from Terrace and Church, June 3. Killin. R. Muirhead and William ness trip to Vancouver and Vic-

▲ General meeting of the Rod | ▲ CARNIVAL MEETING, secre

Hon. H. G. Perry, minister of days here on private business, left Saturday night on his re-

Meeting Tonight, in Downtown Club Rooms, 8 p.m.

The reorganized Prince Rup-(tf) ert Girl Guides' Association has been granted permission by the school board to use the basement of the new Conrad Street School once a week for the activities of the new Brownie pack under Miss Lawrie.

> William V. Manson, well known local boy and officer of the Prince Rupert Machine Gun Regiment, left Saturday night for Vancouver to join the Royal Canadian Air Force. He was farewelled Friday night at the officers' mess of the Reserve by fellow officers, a presentation being made.

### Announcements

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

Presbyterian Tea, May 24th. Mrs. W. D. Lambie's, 330 4th Ave.

Valhalla bridge, May 3, 8:30 p.m. sharp. Valhalla Hall. Every-

Cambrai Tea, May 11, Mrs.

Dance Tonight I.O.D.E. Hall,

C.C.F. dance, Oddfellows' Hall May 12, De Carlo's Orchestra, 9:30 to 1:30 a.m.

Concert by Drydock Male Choir, May 15 and 16. Hospital Auxiliary Tea, May

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Shinola Wax

SAVE --- With these Pay-Roll Prices

Karo Syrup 2-lb. tin

EGGS

Grade "A" Large

Fresh from Smithers

Cream Style Corn or

ORANGES

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90¢

\$1.00

Whole Kernei,

2 tins for

Medium, 252's,

2 dozen .

Large, 200's,

2 dozen

Larger, 176's,

2 dozen

Magic Baking Powder 92 12-oz. tin ......

39c

SANDWICH SUGGESTIONS

POTATOES

Excellent Cookers

From Prince George

\$2.95

Red Sockeye Salmon. Individual size tin .. 18¢

Canada Packer'ss Kam, per tin

Kreme Whipt Dressing, 9-oz. jar

Shredded Wheat

Giant Chipso

3 pkts. for ...

P. & G. Soap

Per bar ...

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We have a complete variety of available

Groceries, Fresh Fruits and Vegetables Tobaccos and Confectionery

FREE DELIVERY throughout the City three times weekly (Tuesdays, Thursdays and Saturdays) Opposite Canadian Legion

"A GOOD PLACE TO BUY"

20 DOZEN WHITE TEA CUPS 35c AND SAUCERS The ideal gift for Mother's Day. Send in your mail orders,

BUY VICTORY BONDS

we forward C.O.D.

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### Atlas Boiler Works

Electric, Oxygen, Acetylene Welding, Blacksmith, General

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Cemetery Service

Those wishing plots tended to Phone Blue 615 and leave phone number for Care-

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SALES CONDUCTED TO SUIT YOUR CONVENIENCE FURNITURE AND HOUSE-EFFECTS PACKED AND SHIPPED

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- Folding Baby Carriages.
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Meet Me at . . JOHNNY'S

SNACK BAR

(Our Coffee is Tops)

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Special: Chinese Dishes Chop Suey Chow Mein

Hours 6:00 a.m. to 2:00 a.m.

Step Into Spring With

## HARTT SHOES

We can think of no better way to spruce up for Spring than to order a Pair of Hartt's Handsome New Spring Shoes

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