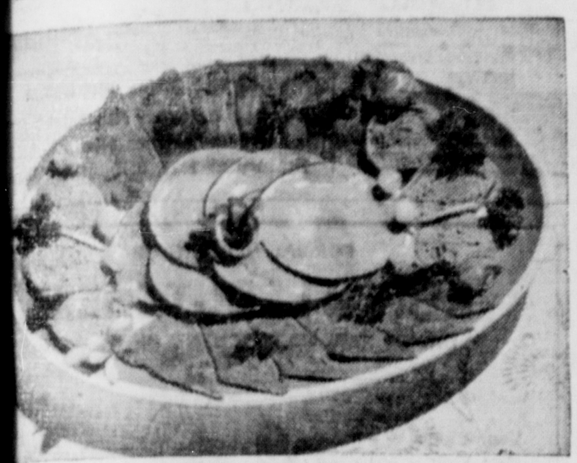
SWIFT'S WEEKLY FOOD HINTS

Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday

by Martha Logan



Too Hot to Cook?

hen delight the family with this delectable platter of PREMIUM Table-Ready Meats

r sausage, meat loaf and salami, efully decorated with pearl ons, radishes, pickles and parsley—d you have a tempting and nutri- s main dish for a hungry family.

Serve it with a crisp green salad, for extra vitamins, and either a hot soup to start the meal or a hot drink to round it off.

Martha Logan

SWIFT'S PREMIUM MEATS

You'll find a wide selection of Swift's famous Premium quality meats in better stores across Canada. Use your ingenuity in selecting platters with contrasting colours and consistencies. Here are some universal favourites to choose from next time you shop:—

Look for these Delicious Cooked Meats

Premium Bologna — Premium Frankfurts
Premium Luncheon Meat — Lakewood Specialty
Premium Cooked Ham — Meat and Chicken Loaf

SWIFT CANADIAN CO. LIMITED
Makers of Premium Ham and Bacon; Silverleaf Lard; Shortening; Brookfield Butter, Eggs and Cheese

Dress and Work Clothes

MONEY SAVERS — BUY NOW!

Men's DRESS PANTS. Big variety, well finished. All Wool Tweeds and Worsteds. All sizes. Prices $4.95 to $6.75

Men's COTTON SHORTS for summer wear. Size 30. Now, per pair 50c

Men's DRESS OXFORDS. Black and brown. All sizes, good fitting. Special $4.50 to $7.00

Men's DRESS BRACES. Now 55c

Men's DRESS SOX. Cotton. Now 30c

Men's WORK PANTS. Stripe. Now $2.50

Men's DRESS SHIRTS, all sizes, assorted colors. Prices $1.75 to $2.45

Men's Fine All Wool Blue SERGE SUITS. Also Pin Stripes, high grade quality. Well tailored, all sizes. Reduced prices. $30 to $37.50

Men's WORK SHIRTS. Big assortment. Wool and Cottons. Well made. All sizes. Prices from $1.10 to $2.95

Men's COVERALLS. Full cut. Big pockets. Special, suit $3.75

Children's SHOES for Dress. Straps and lace styles. All leather. Sizes 10 to 2. Clearing at $1.95 to $2.95

Men's WORK BOOTS. Real buy. All sizes. $4.25 to $6.25

Men's RAIN COATS. All sizes. Fawn and Green Tweed Tops. Special at $6.95

Boys' LONG PANTS. Cotton and Blue Cheviot for assortment. Special prices. $1.95 to $2.75

Men's fine DRESS CAPS. Now at $1.25

Men's WORK GLOVES. Heavy leather 55c

Men's BEDROOM SLIPPERS. All leather, well made. Black and Brown. All sizes. Special, per pair $2.75

Men's Gabardine RAINCOATS. Made in England. Will stand lots of wear. All sizes. Special $24

B.C. CLOTHIERS LTD.
Third Avenue — Established 1930

J. L. CURRY
CHIROPRACTOR
If pain—Chiropractic!
If nerves—doubly so!
th Block — Green 995

Atlas Boiler Works
Electric, Oxygen, Acetylene Welding, Blacksmith, General Repair.
Phone Red 884

Place an Ad in The Daily News—It Pays

Local News Items . . .

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

George B. Casey left Saturday night for a visit to Vancouver.

Mrs. T. Fortune was among those leaving Saturday night for Vancouver.

C. A. Brind went south to Ocean Falls Saturday night on a business trip.

Mrs. W. F. Robertson left Saturday night on a holiday visit to Vancouver.

Mrs. S. Elkins left Saturday night to holiday at Vancouver.

Mrs. George Rorie left Saturday night to visit at Vancouver.

E. E. Gregg, with the B. C. Forest Service at Victoria, is here today after assisting forestry men with fires in the Fort George forest district. Mr. Gregg will leave tomorrow for Vancouver.

A. Sheardown left Saturday night for Vancouver on a holiday trip during which he will proceed to his former home at Armstrong, B.C., where Mrs. Sheardown is now visiting.

Miss May Hartin who has been on the teaching staff of the city schools for the last 20 years has resigned, and has taken a teaching position in Vancouver.

▲ The Tuesday afternoon Immunization and Baby Clinic at the Wartime Housing Club House, Hays Cove Ave., have been discontinued until September 5.—Prince Rupert Health Unit. (185)

THE MARKETS

Vegetables	
Cooking Onions, No. 1 Cal., 3 lbs. for	.25
Spinach, local, 2 lbs.	.25
Vegetable Marrow, lb.	.10
Parsley, bunch	.10
Beets, local, lb.	.08
Parsnips, local, 3 lbs.	.25
Turnips, yellow, lb.	.05
Turnips, white, local, lb.	.05
Potatoes, new, 8 lbs.	.25
Local Carrots, lb.	.08
Tomatoes, Hothouse, lb.	.31
Tomatoes, outdoor, lb.	.19
Cauliflower, each	.15 to .40
Lettuce, each	.10
Celery, lb.	.15
Cucumbers, each	.20
Green Peas, lb.	.15
Garlic, lb.	.70
Asparagus, lb.	.20
Radishes, bunch	.05
Green Onions, bunch	.05
Rhubarb, 3 lbs.	.25
New Cabbage, lb.	.08
Fruit	
Grapefruit, Calif.	.09 to .15
Lemons, doz.	.44
Oranges, Navel, doz.	.35 to .67
Transparent Apples, lb.	.10
Honeydew Melons, each	.45
Casalia Melon, lb.	.12
Cal. Seedless Grapes, lb.	.41
Cal. Peaches, doz.	.60
Cherries, lb.	.32
Canteloups	.20
Watermelon, lb.	.10
Raspberries, basket	.25
Red Currants, basket	.25
Red Plums, lb.	.27
Apricots, lb.	.16
Gooseberries, lb.	.25
Nuts in Shell	
Peanuts, lb.	.27
Walnuts, lb.	.57
Sugar	
White, lb.	.09
Golden Yellow, lb.	.09
Eggs	
Grade A:	
Large, cartoned, doz.	.45
Grade A, medium, doz.	.43
Flour	
Pastry Flour 7 lbs.	.44
Flour, 49's, No. 1 hard wheat	1.85
Second Patent	1.80
Flour, 24's	.95
Milk	
Evaporated Milk, 16-oz. tin	.10½
Butter	
First Grade	.43
Meat	
Shank (hind quarter)	.26 and .23
Round Steak or Roast	.46 and .42
Round Steak or Roast (boneless)	.44 and .40
Minced Round Steak	.46 and .42
Rump Roast	.45 and .40
Sirloin Tip (boneless)	.47 and .44
Cubed Sirloin Tip (boneless	.53 and .50
Sirloin Steaks, Roasts	.49 and .45
Sirloin Butts (boneless)	.48 and .46
Flank Steak	.33 and .33
Flank, trimmed	.17 and .15
Porterhouse Steak or Roast	.55 and .48
T-Bone Steak or Roast	.55 and .48
Wing Steak or Roast	.51 and .46
Strip Loin (boneless)	.60 and .56
Rib Roast, seven rib bones, whole	.34 and .30
Prime Rib Roast, five rib bones, whole	.36 and .32
Prime Rib Roast, five rib bones (boneless)	.48 and .43
Rib Roast, outside roll (boneless)	.35 and .31
Short Ribs	.16 and .17
Plate Brisket	.15 and .15
Plate Brisket, rolled (boneless)	.21 and .20
Rolled Shoulder (boneless)	.25 and .25
Round Bone Shoulder Roast	.26 and .26
Short Rib Roast	.31 and .29
Blade Roast	.27 and .26
Chuch Roast	.25 and .25
Chuck Roast (boneless)	.29 and .29
Neck (boneless)	.24 and .23
Shank, front quarter	.13 and .13
Shank, knuckle end	.10 and .09
Shank, centre cut	.20 and .19
Shank (boneless)	.24 and .23
Stewing Meat (boneless)	.24 and .23
Hamburger	.25 and .23
Tenderloin	.75 and .75
Fish	
Halibut, lb.	.33
Salmon, lb.	.35
Cod, lb.	.25
Black Cod, smoked, lb.	.35
Smoked Kippers, lb.	.22

Mr. and Mrs. J. H. Macey left Saturday night on a three week holiday trip to Vancouver.

Mr. and Mrs. Sam Currie sr. left Saturday night for Vancouver on a holiday trip.

Misses Evelyn and Dorothy Macdonald left for Vancouver Saturday night on a holiday trip.

Mr. and Mrs. Alfred Simundsen were among those going to Vancouver Saturday night on a vacation trip.

Mrs. C. G. Ham is leaving tomorrow for the south on account of the illness of her father, William Campbell of Vancouver.

Misses Chrissie and Ina Montgomery left Saturday night for Victoria where they will act as bridesmaids at the wedding of their sister.

Mayor H. M. Daggett returned on Saturday night from Terrace where he went on Friday to confer with the Terrace Highway committee.

Mrs. Barry O'Connor and Miss Nell Hood of Toronto, have arrived in Prince Rupert to spend a few weeks with their mother, Mrs. Edward Hood, 1453 Piggott Place.

Donald Ormiston, 508 Green st., left Saturday night for Vancouver and Tacoma, Wash., where he will spend a three week's visit with friends.

S. P. Jones, superintendent of the Digby Island wireless station, and family, left last week for Vancouver where Mr. Jones has been transferred.

Dr. R. G. Knipe, medical health officer, left today on a tour of the villages along the Skeena mouth. He will return tomorrow night.

Pte. Charles Love, son of Mr. and Mrs. A. B. Love, is home on leave from Calgary where he has been training as a transport mechanic. He will leave Saturday to return to duty.

Nine Chinese appeared before Magistrate W. D. Vance in city police court this morning and were each fined $10, or seven days for being found in a gaming house. Wong Took Chong, charged with being the keeper of the house, was fined $200 or three months. A quantity of paraphernelia was confiscated.

Announcements

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

C.W.L. bridge, whist and cribbage, K. of C. Hut, September 1, 8:00 p.m.

L.O.L. Dance. I.O.O.F. Hall, Aug. 5.

Pioneer Home Benefit Dance, Sept. 1. Oddfellows' Hall, 10 to 2. De Carlo's Orchestra.

Orange Ladies' Dance, Oddfellows' Hall, Aug. 10, DeCarlo's Orchestra, 9:30 to 1:30.

"Build B.C. Payrolls"

"My Children Thrived"

The mother of three healthy children says all of them were "Pacific Milk Babies." She says they still like it to drink and she uses it for cooking as well.

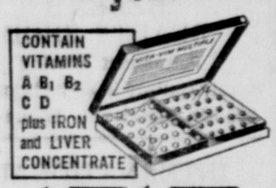
PACIFIC MILK
Irradiated and Vacuum Packed
G.S. Canada is Calling. Go!

Cutting Off Sub. Arrears

Due to newsprint rationing and the requirements of our circulation audit, together with greatly increased demand, it has become necessary for the Daily News to eliminate from its delivery lists subscribers who have fallen into arrears on their subscription accounts. We must be in a position to insure uninterrupted delivery of those who keep their accounts paid up to date and, to do this we cannot continue deliveries to those who do not keep paid up. Check your subscription to see that it in good standing and avoid being cut off.

Attractive and alluring, this lissome blonde is a Canadian Wren preparing to back flip into the salty waters at a Halifax acquatic club during her off-duty afternoon. She is Wren Coder Joan Stanley, H.M.C.S. Stadacona, Halifax, daughter of Mr. and Mrs. Norman Stanley, 177 Cottingham st., Toronto, Ontario.

Get ALL the Vitamins you need



Vita-Vim
MULTIPLE CAPSULES

Don't be confused as to which Vitamins to buy. When you take just 2 VITA-VIM Multiple Capsules (one of the golden and one of the black) each day, you supplement the Vitamins in your diet needed for normal health. Twenty-five day supply for $1.75 or a fifty day supply—$3.00.

VITA-VIM Multiple is a Nyal Quality Product, sold only at Nyal Drug Stores.

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PRINCE RUPERT
ROOFING CO.
Box 725
Specialists on Builtup Roofs
Repairs, Re-shingling
Free Estimates

Barr & Anderson
LIMITED
Plumbing and Heating
Automatic Sprinkling and Coal Stokers
Corner 2nd Ave. and 4th St.
Phone Red 389 P.O. Box 1294

CANFISCO
The Seal of Quality
British Columbia's
Finest Salmon

Rupert Girl Is Wed in Edmonton

A wedding of interest in Prince Rupert was solemnized in McDougall United Church, Edmonton, July 29, when Gloria Elizabeth Swanson, daughter of Mrs. Rosa Swanson, Dyer Apartments, became the bride of Stanley Verdun Richard Livingstone, son of Mr. and Mrs. Thomas Livingstone, Edmonton. Rev. A. K. McMinn officiated.

Matron of honor was Mrs. Thora White of Edmonton, and groomsman was Ivar Livingstone, brother of the bridegroom.

The bride, who was born and brought up in Prince Rupert, went to Edmonton at the beginning of the year. She will have the best wishes of her many friends in the city.

Five months' supply of aviation gasoline is required as a working stock for every one of the 11,000 aircraft that are backing up the Allied ground forces during the invasion.

Dr. J. F. Maguire
will resume his practice on
MONDAY, AUG. 7
at 9:00 a.m.

Income Tax
Returns Prepared—See
R. E. MORTIMER
324 2nd Ave. — Phone 88

BURN WOOD
For Summer
Dry Slabwood, cord $10.00
Dry Jackpine, cord $12.50
HYDE TRANSFER
Phone 580

DANCE
WEDNESDAY, AUG. 9
Bobby Reid's Orchestra
ODDFELLOWS' HALL

Meet Me at . .
JOHNNY'S
JOHNNY'S SNACK BAR
(Our Coffee is Tops)

Old English SCRATCH COVER POLISH
Hides Nicks and Scratches in Furniture
Use it on woodwork and any wood surface to hide ugly blemishes. Can easily be rubbed to a polish. 25¢
Sold at
MUSSALLEM'S ECONOMY STORE

GEO. J. DAWES
AUCTIONEER — and — VALUATOR
SALES CONDUCTED TO SUIT YOUR CONVENIENCE
FURNITURE AND HOUSEHOLD EFFECTS PACKED AND SHIPPED
Estimates Free — Phone for Appointment
146 4th Ave. E. — RED 127

Elio's FURNITURE STORE
Third Avenue, Prince Rupert

PACIFIC CAFE
Special:
Chinese Dishes
Chop Suey
Chow Mein
Hours 6:00 a.m. to 2:00 a.m.

MID-SEASON
CLEARANCE
MEN'S SPORT JACKETS

Smartly Cut Tweeds in Two and Three-Button Models. Shades of Grey, Blue and Fawn. Sizes 35 to 42. Regular to $14.50 $9.95

JUST ARRIVED

MacGregor "HAPPYFOOT" Double Sole Ankle Socks. All Wool. Shades Beige, Teal, Brown and White. Sizes 10½ to 11½. Pair 75c

MacGregor Regular Type Ankle Socks. All Wool. Pair 75c to $1.25

Watts & Nickerson
MEN'S and BOYS' CLOTHING
PHONE 345 — FIVE-THREE-TWO THIRD AVENUE

HOW LONG SINCE YOU'VE WRITTEN THAT SOLDIER?

He NEEDS those cheerful letters from home! And we make it easy for you to send them by having a complete selection of all the cards, paper, envelopes and other writing aids you need.

Send That Letter Today!

The Variety Store

POULSEN'S LUNCH
IS NOW OPEN
6th Ave. E., Beside P.O. Station B.
"Select Lunches and Select Service"

Our stock fresh and complete, prices right

POULSEN'S GROCERY
Courtesy and Service — Free Delivery — Red 441

For Satisfaction and Performance
Try a

Watermans Fountain Pen
Moderately Priced
From $3.57 up
Choose the Pen to your liking at
McRae Bros. Ltd

It Pays to Advertise in The Daily News