

Canada's Favourite -

# FRY'S COCOA

Every Cup is A Cup of Food

## Local Boy Is Promoted In Rank as M.O.

Lieut. C. H. Weder, son of Mr. and Mrs. G. Weder of this city, has been promoted to the rank of captain in the Royal Canadian Army Medical Corps. He is a medical officer on the staff of the military hospital at Dundurn, Saskatchewan.

The Falls of the Iguassu River in Brazil are 62 feet higher than Niagara. War he was five years overseas with the Fifty-Fourth Battalion.

## LOCAL NEWS NOTES

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

Miss Flora Tumilson left for Whitehorse Tuesday evening to work with the United States Engineering Department.

Lieut. John D. McRae, who until recently was located at Halifax and spent a few weeks at Washington, D.C. before coming west to Vancouver, arrived in the city yesterday for a visit with his parents, Mr. and Mrs. D. C. McRae.

B. Thorsteinasen, inspector of schools, was the speaker today at the regular weekly luncheon of the Prince Rupert Rotary Club. He discussed the social survey which is being undertaken in the city under his leadership. President A. S. Nickerson was in the chair and there was a good attendance of members with a few guests.

## BRONCHITIS COLDS

Relieve Misery With VICKS VAPORUB

Gordon Parkin, whose father, A. T. Parkin, is ill in the Prince Rupert General Hospital, arrived in the city yesterday from his naval duties at Victoria.

Rev. W. W. Silverthorn, of Portage La Prairie, Manitoba, is expected to arrive in the city this week to fill the pastorate of the First Baptist Church formerly held by the Rev. C. A. Wright who has moved to Vancouver. Since the Rev. Mr. Wright's departure the Rev. A. Tipton Williams has been relieving the vacancy. Mr. Williams returned to Vancouver on Monday.

Samuel Allan, referred to in the raiding of the Terminal Club this week, was not Samuel K. Allan, a member of the Boilermakers' Union executive. Nor was a Wilfrid John Plint, also named, Jack Plint, well known local war veteran and member of the lighthouse tender service.

## FOUR YEARS AGO IN THIS WAR

(By The Canadian Press) March 30, 1940 - Winston Churchill declared in a radio broadcast that Great Britain will "follow this war wherever it leads but we have no wish to broaden the area of conflict." German News Agency DNB, in a summary, claimed that 357 British and French planes were destroyed since the start of the war.

## Birth Notice

Born to Lieut. R. G. Hoyt, Great Falls, Montana and Mrs. Hoyt, (nee Gwendolyn Palmer of Prince Rupert) on March 28, a daughter, Elizabeth Ann.

## GREAT EXPANSION

The great wartime expansion of the Canadian Army has taken place around the pre-war nucleus of 4,500 permanent force men. Its present strength numbers 465,000.

## Notice to Subscribers

Subscribers of the Daily News are requested, if at all possible, to pay their subscriptions direct to the office:

Of course, in the event of it being impossible to do this, payments may be made to the boys.

When paying, please bring your last receipt.

## C.N.R. Trains

For the East - Daily except Sunday 8 p.m.  
From the East - Daily except Monday 10:45 p.m.  
For Terrace - Sunday, Monday, Wednesday, Thursday and Friday 4 p.m.  
From Terrace - Monday, Tuesday, Thursday, Friday and Saturday 11 a.m.

## THE MARKETS

<b>Sugar</b>	White, lb.	.09
	Golden Yellow, lb.	.09
<b>Meats</b>	Lamb Shoulder, lb.	.27 to .35
	Bacon, side, best grade, sliced, package, 54, slab	.45
	Ham, first grade, lb.	.42
	Cottage Roll, lb.	.44
	Pork, dry salt, lb.	.38
	Veal, loin, lb.	.38
	Veal Chops, lb.	.35 and .40
	Beef, pot roast, lb.	.35
	Beef Steak, lb.	.40 and .45
	Lamb, leg, lb.	.42
	Lamb Chops, lb.	.35 to .40
<b>Eggs</b>	Grade A:	
	Large, carton, doz.	.47
	Grade A, medium, doz.	.45
<b>Nuts in Shell</b>	Almonds, lb.	.67
	Peanuts, lb.	.27
	Walnuts, lb.	.27
<b>Milk</b>	Evaporated Milk, 6-oz. tin	.10 1/2
<b>Fruit</b>	Grapefruit, Calif.	.10
	and 4 for	.50
	Lemons, doz.	.35 and .67
	Oranges, Navel, doz.	.35 to .67
	Apples, lb.	.10
	Cooking Apples, lb.	.08
<b>Vegetables</b>	Cooking Onions, No. 1	.25
	Okanagan, 4 lbs.	.20
	Spinach	.20
	Beets, local, 3 lbs.	.25
	Parsnips, local, 3 lbs.	.25
	Turnips, yellow, lb.	.05
	Turnips, white, local, lb.	.05
	Potatoes, 5 lbs.	.22
	Calif. Carrots, 2 lbs.	.25
	Tomatoes, Hothouse, lb.	.30
	Sweet Potatoes, lb.	.30
	Cauliflower, each	.15 to .40
	Calif. Cabbage, lb.	.09
	Lettuce, each	.18
	Celery, lb.	.16
<b>Butter</b>	First Grade	.43
<b>Lard</b>	Pure, lb.	.19
<b>Flour</b>	Pastry Flour 7 lbs.	.44
	Flour, 49's, No. 1 hard wheat	1.85
	Second Patent	1.80
	Flour, 24's	.95

# COAL!

Good stocks of Foothills, Alberta, and Bulkley Valley Coals now on hand. Three days notice before delivery is expected will be appreciated.

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## INCOME TAX

1943 Income Returns to be filed on or before APRIL 30, 1944

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R. E. MORTIMER

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George Washington was the owner of the first Pennsylvania oil well.

In the Supreme Court of British Columbia in Probate in the Matter of the Administration Act and In the Matter of the Estate of John Warne, Deceased

TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 24th day of March, A.D. 1944, I was appointed Administrator (with the will annexed) of the Estate of John Warne, deceased, and all parties having claims against the said estate are hereby required to furnish same properly verified, to me on or about the 25th day of April, A.D. 1944, and all parties indebted to the Estate are required to pay the amount of their indebtedness to me forthwith. DATED at Prince Rupert, B. C. this 25th day of March, A.D. 1944. NORMAN A. WATT Official Administrator Prince Rupert, B.C.

MINERAL ACT (Form F) Certificate of Improvements. NOTICE

Last Chance No. 1, Canary No. 2, Canary No. 3, Canary No. 4, and Eagle Mineral Claims, situate in the Portland Canal Mining Division of Cassiar District on the west side of American Creek and about 17 miles from Stewart. Take notice that I, W. H. Forrest, acting as agent for Wm. H. Tolin Free Miners Certificate No. 2092-E, intend, sixty days from the date hereof to apply to the Mining Recorder for Certificates of Improvements for the purpose of obtaining Crown Grants to the above claims and further take notice that action, under Section 85, must be commenced before the issuance of such Certificates of Improvements. Dated this 27th day of July, 1943.

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Mutual Benefit FOR Health and Accident See JOHN L. WRIGHT Phone 741 Pioneer Rooms, No. 6

REID'S CAFE 725 Third Ave. West THE CHOICEST FOODS very carefully prepared Sandwich Bar Now Open from 11 a.m. daily to serve Soups, Hot Beefsteak Pies, Eggs, Omelets, Chili, Salads, and regular Sandwich list. Pies, Cakes, Ice Cream Special Dinner Menu from 5 to 7 p.m. Closes at 12:45 a.m.

CHIMNEY SWEEPING OIL BURNERS CLEANED AND REPAIRED New equipment and help assure you of a clean job. Phone Black 735 HOME SERVICE HANDYMAN

## Announcements

- St. Peter's Sale, March 30.
- Dry Dock Employees' Dance, Friday night, March 31. Provver'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.

EARLY CULTURE Early culture of the Indians living in Mexico dates back to around 200 B.C.

## "I said good-bye to Constipation!"

"I've given up pills and harsh cathartics. I found my constipation was due to lack of 'bulk' in my diet—and I discovered that KELLOGG'S ALL-BRAN is a perfectly grand way to get at the cause, and help correct it!"



If this is your trouble, stop "dosing" with harsh purgatives—with their lack of lasting relief! Try eating a serving of ALL-BRAN daily, with milk, or sprinkled over other cereals. Or, eat several ALL-BRAN muffins daily! Drink plenty of water. Get KELLOGG'S ALL-BRAN at your grocer's today—in either of 2 convenient sizes. Made by Kellogg's in London, Canada.

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BEAN CHOWDER Steaming Bowls of Chowder for a nutritious luncheon dish to your own taste—ready in only 30 minutes.

4 slices bacon  
1/2 cup finely-chopped onion  
6 cups boiling water or soup stock  
1/2 cup finely-diced celery  
2 teaspoons salt

1/2 teaspoon pepper  
1/2 to 1 teaspoon dry mustard  
Few grains cayenne  
1 tablespoon brown or white sugar  
2 tablespoons cold water

METHOD: Cut bacon into 1/2" bits, add onion and boiling water, and onions are golden brown. Add salt, pepper, mustard, cayenne and sugar to first mixture. Cover and simmer with occasional stirring, 30 minutes.

## APPETIZING HOME-BAKED BEAN DISHES IN JUST 30 MINUTES!...

With Van Camp's Quick-Serve Beans you can have home-baked beans and soups in no time! Easy recipes with every package. Not a substitute for canned pork and beans. Your grocer has Quick-Serve Beans now!



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