The Experts Say - - -

CREAM SOUPS — Delicious and nourishing, are capable of many variations to make them a year-round stand-by. Laura Pepper, chief of the Agriculture Department Consumer Section, suggests a "pickle" cream soup: the base is four cups of well seasoned cream sauce to which is added one cup of mashed, pureed or finely chopped cooked vegetables, a single vegetable or a combination. Season to taste, add thoroughly and serve garnished with croutons, paprika, chopped parsley or chives. Suggested seasonings include a dash of nutmeg or mace with spinach or greens; chopped mint with green peas and a bit of bay leaf with tomatoes.

SALADS THAT look as if they are loved and lost not only their appeal but lack vitamins, says the Pensions Department Nutrition Services say. When salads are crisp and fresh it shows they have been well taken care of and it is also a sign their supply of vitamins is still intact.

CONTAINER VALUE often equals the price of food, the Nutrition Board warns. For instance, you generally pay more for foods in containers with quick openings and gadgets than for those in plain cartons and the cost does not affect the quality of the food. In the case of some heavy containers which may be used for other things when empty the increased price may be justified.

LUNCH BOXES are going to offices which rarely see them except when sunny spring weather tempts desk workers to eat their mid-day meal in a nearby park or cathedral grounds, and more lunch boxes mean more sandwiches. The Nutrition Board suggests nourishing sandwich fillings.

Meat and Celery: combine chopped cooked meat with chopped celery. Moisten with mayonnaise or salad dressing and season with Worcester sauce.

Dried Beef and Horse-Radish: moisten shredded dried beef with mayonnaise or salad dressing and season with prepared horse-radish.

Cheese and Watercress: Cream Canadian cheese by moistening with cream or top milk, and combine with watercress.

TURKISH TOWELS and towelling are scarce these days so it is more important than ever to save every old bath towel and wash cloth on hand. The Prices Board suggests these hints on towel conservation:

Darn the smallest hole as soon as it appears; reinforce thin places with machine stitching; cut very large bath towels in half to make two smaller ones; make one usable towel out of two badly worn ones by quilting them together with diagonal lines of machine stitching; make new wash cloths out of the best parts of worn bath towels.

Daily News Advertising Brings

Announcements

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

Help Norway Tea, Lutheran Church, June 3.

Hill Sixty Tea, June 7, Mrs. R. J. D. Smith.

W.O.T.M. Dance, Wednesday, June 7, Oddfellows' Hall. Dancing 10-2, DeCarlo's Orchestra. Refreshments.

L.O.L. Invitation Dance, June 9, I.O.O.F. Hall, DeCarlo's Orchestra, Admission $1.00

St. Peter's Tea, Mrs. J. W. Moorehouse, June 15.

Norwegian news reels, Oddfellows' Hall, June 16, 8 p.m. Admission 50c.

C.W.L. Delicatessen Tea, 3-6. Whist. cribbage and bridge at 8 o'clock. K. of C. Hut, June 22.

W. A. Canadian Legion Dance, Oddfellows' Hall, June 29. De Carlo's Orchestra.

Coast Regiment Women's Auxiliary Dance, Armory, July 1.

Dominion Day Celebration, Port Essington, Saturday, July 1.

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

Fresh Local Raw and Pasteurized MILK
VALENTIN DAIRY
PHONE 657

DANCE
ODDFELLOWS' HALL
Tuesday, June 6

We are specializing in the newest
NESTLE'S COLD WAVE
Especially suitable for finer hair
ANNETTE POWELL'S BEAUTY SHOPPE
Fourth Street. Peggy Saunders

Mutual Benefit
Health and Accident Association
See JOHN L. WRIGHT
Special Representative
Phone 741 Pioneer Rooms

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

ACTIVITIES OF Y.M.C.A. and Y.W.C.A.

(By Dorothy Garbutt)

Big game hunter Peacock they call him because he's been meeting up with wild deer and wolves all over the place recently. He is supervisor at the island forts and last week, while walking from one fort to another just like Little Red Riding Hood, he looked up and saw a wolf. I don't know which of them got to Grandma's house first but Arthur says he wasted no time. Then coming across from the forts yesterday they saw a young deer swimming in the water and tried to lassoo it.

At long last I have a Y.W.C.A. visitor of my own here. Mrs. Miller is one of three travelling supervisors employed by the Y.W.C.A. War Services to visit the various hostess houses, stay some time and get a good working picture of what goes on. Mrs. Miller is in the western division and, after her Prince Rupert visit, will have been at all the Hostess Houses from Winnipeg west with the exception of Brandon. I am looking forward to enjoying her visit and getting a good deal of help and advice from it as well.

Harold Crowe of Terrace has just joined the Prince Rupert ranks of the Y.M.C.A. War Services here. He is to take Doug Badger's place at R.C.A.F. Group Headquarters while Douglas is being transferred to Pat Bay. Doug. will be missed around these parts. He was energetic, full of fun and anything but quiet. Good posting, Doug!

Elsie Dimko, one of the C.W.A.C. girls, was telling me about her trip up from Vancouver and the grand reception they had at Ocean Falls. She said there was a group of them, several C.W.A.C.'s and some American sailors. At Ocean Falls some people directed them to the recreation hall where they were entertained and fed and given a concert. They still had an hour or two left so they, in their turn, gave the people a concert. One sailor played and sang, another recited and so on. Elsie said it was a grand evening.

CLIFF FALL FATAL

LLANDUDNO, Wales (CP)—Bird-nesting with friends, Derick Latham, 15, slipped on the cliff face and fell nearly 300 feet into the sea. His body was washed onto the rocky beach below the cliffs.

- LOCALS -

▲ Cash for old gold, Bulger's.

Emil Blain is home from his naval duties at Victoria to spend leave here with his parents, Mr. and Mrs. J. L. Blain, Seaview Apartments.

▲ Labor - Progressive Public Meeting, Eagles' Hall, Sunday, 8 p.m. Speakers, Tom McEwen and Bruce Mickleburgh. (tf)

Charged with public drunkenness, Edward Maloney was fined $25, or seven days when he appeared before Magistrate W. D. Vance in city police court this morning.

Col. S. D. Johnston, after having been here for the past several weeks as area commandant during the absence of Col. D. B. Martyn, left at the first of the week for Regina on special military duties.

A case against three juveniles, charged with arson in connection with the burning of an army barracks hut on May 4, scheduled to come up in city police court this morning, was held over and will be heard at 4 o'clock this afternoon.

Routine business occupied a meeting of the Provincial Government Employees Association held in the Court House Wednesday evening. R. C. St. Clair president of the organization, occupied the chair and there was a fair turnout of members.

Job's Daughters Dance and Social

A social and dance followed the regular meeting of the local bethel of Job's Daughters last night, the young lady members and their friends enjoying a very happy evening. Games were played and the serving of delicious refreshments was another feature. Mr. and Mrs. Alex Mitchell were in charge.

Ocean Falls Flier Missing

Sgt. Thomas Harrison Morris, R.C.A.F., son of A. A. Morris, Ocean Falls, is listed as missing on active service after air operation in the latest R.C.A.F. casualty list released today.

CHURCH NOTICES

First United Church

636 Sixth Avenue West
Rev. J. A. Donnell, M.A., Minister
Mr. J. S. Wilson, Sr. Choir Leader
Mrs. W. C. Taylor, Jr. Choir Ldr.
Miss Swanna Olafson, A.T.C.M. Organist
Dr. R. G. Knipe, Superintendent of Sunday School.

11:00—Morning Service.
7:30—Evening Service.
Sunday School at 12:15.
Come and Worship.
Young People's Society Meeting in the Manse at close of evening service. All young people cordially invited.

First Baptist Church

Fifth Ave. and Young Street
Rev. W. W. Silverthorn, Minister
Phone Red 839

10:00 a.m.—Young People's Bible Class.
11:00 a.m.—Morning Worship. Subject: "Clouds Without Water."
12:15—Church School.
7:30 p.m.—Gospel Service. Topic: "A Son Among Hogs."
Following the regular Church Service we will observe the Ordinance of the Lord's Supper and extend to new members the Hand of Fellowship.
8:45 p.m.—Fireside Singing and Refreshments.
Wednesday, 8:00 p.m. — Prayer and Fellowship Service.
Friday, 8:00 p.m.—Young People's Union.
A special invitation is extended to Service girls and men and strangers in Prince Rupert to all Baptist Church Services.

St. Paul's Lutheran Church

5th and McBride
Rev. Magnus B. Anderson, Pastor

Morning Service at 11:00 a.m. Sermon: "Disciples of Nations."—Sgt. Robert Nedrud.
Evening Service at 7:30 p.m. Sermon: "God's Call."—Chaplain R. G. Freytag.
A cordial welcome to all.

First Presbyterian Church

Fourth Avenue East
Rev. A. F. MacSween, B.A., Minister
Mrs. E. J. Smith, Choir Leader

11:00 a.m.—Morning Worship. Rev. (Capt.) W. D. Rowlands.
12:15 p.m.—Sunday School.
7:30 p.m.—Evening Worship. Rev. G. L. Douglas, H.M.C.S. Chatham.
A cordial invitation to worship with this congregation is extended to all.

Anglican W.A. Tea Is Success

A very enjoyable Anglican tea was held at the beautiful home of Mrs. R. M. Winslow Thursday afternoon when many ladies called. It was a happy and successful affair. The garden overlooking the harbor, looked at its best in the bright sunlight with the spring flowers in abundance and the rooms reflecting the beauty of the garden.

Mrs. Winslow, as hostess was assisted by the president of St. Andrew's Cathedral Woman's Auxiliary, Miss N. L. Bird.

In the capable hands of Mrs. A. L. Holtby, convenor of the tea room, and her assistants everything went well. Serviteurs were Mrs. R. G. Birch, Mrs. Max Carson, Mrs. C. T. Currie, Mrs. C. V. Evitt, Mrs. I. Martin and Mrs. R. E. Mortimer.

Mrs. D. G. Borland, Mrs. C. E. Dodimead, and Mrs. C. C. Mills presided at the table.

Ladies in charge at the home cooking table were Mrs. W. Hall and Mrs. T. Langridge, assisted by Mrs. S. A. Kielback

Mrs. Greer was cashier.

OLD SEADOG STILL FIGHTS

LONDON, (CP)—Capt. Le Meur, a Breton, is 62, but that doesn't stop him fighting against the Germans. As a Fighting French Navy skipper he's hard at it and in the course of his career has earned 11 medals and 40 bullet wounds.

Try a Want-Ad for Quick Results.

13 TAXI
Now in operation Under New Management
SERVICE
8 a.m. to 4 a.m.

Clearance Sale
Men's Jackets for Work or Casual Wear

Pure Wool Tweed Surjackets with zipper. Regular price $9.95.
SPECIAL PRICE $6.95

Pure Wool Tweed Jackets, windbreaker style. Regular price $10.00.
SPECIAL PRICE $6.95

Windproof and Water Repellent Jackets. Regular Price $8.50.
SPECIAL PRICE $5.95

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

The Record Shows . . .

Folks like The Variety Store. They like the good values they receive here, the wide variety of useful items they need regularly.

Whether you want things for yourself, your house, or as gifts . . . come in and look around.

The Variety Store

BUY NOW AND SAVE!

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 RUBBERS. Size 6 only. Reg. $1.50. Now 50c

Men's Strong WORK SHIRTS. Now at 85c

Men's WINDBREAKERS for summer wear. Fawn shade, Showerproof. All sizes. Full zipper. Reg. price $6.75. Now $4.25

Men's DRESS SOX. Good and strong. Summer weight. Now 30c

MONEY BELTS. 2 zippers. All fine leather. Reg. $3.00. All sizes. Now $1.50

Men's COTTON DRESS PANTS. Good for summer wear. All sizes. Well made $3.50

Men's WORK PANTS. Good make. All sizes. Regular price. $3.00. Now $2.50

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

Men's ALL WOOL TOP COATS. Good sizes. Clearing out below cost. From $12.95

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

Boys' LONG PANTS. Good tailored. Sizes 24 to 34. Now $1.95

Boys' PULLOVER SWEATERS. Special price now 75c

Leather WINDBREAKERS. Well made and good styles. All sizes. Special $14.45

B.C. CLOTHIERS LTD.
Third Avenue Established 1930

SAVOY HOTEL
Carl Zarelli, Prop.
Phone 37 P.O. Box 54.
FRASER STREET
Prince Rupert

NEW ROYAL HOTEL
A Home Away From Home
Rates 75c up
50 Rooms, Hot and Cold Water
Prince Rupert, B.C.
Phone 281 P.O. Box 196

KING GEORGE CAFE
Special Chinese Dishes
Chop Suey
Chew Mein
Hours 10 a.m. to 10 p.m.
2nd Avenue and 8th Street

CANFISCO
The Seal of Quality
British Columbia's

Finest Salmon

DAILY NEWS
HONOR ROLL

Your Assistance Invited

The Daily News is compiling a Roll of Honor which it is hoped may contain the name of every man and woman of this city to serve with the armed forces at sea, on land and in the air. To make this list complete, it is essential to obtain the co-operation of the public as a whole in submitting the names.

It is impossible for the Daily News or any one person to compile the list complete so we are asking YOU to be responsible for the submission of the name of YOUR boy, YOUR girl or YOUR friend.

The following is the information we would like you to fill in and send to—

ROLL OF HONOR EDITOR
Daily News,
Prince Rupert

Name .....
Service (Army, Navy, Air Force) .....
Rank .....
Next of Kin .....
Relation .....
Address .....
Date of Enlistment .....
Date of Discharge .....
If Casualty, Nature and Date .....

Remember, if YOU do not submit a certain person's name, no one else may. You are responsible.

A. MacKENZIE FURNITURE LTD.
A GOOD PLACE TO BUY

STEEL CRIBS— Drop sides, with felt mattress $24.50

FELT MATTRESSES— All sizes, from, each $10.50

Phone 775 327 3rd Avenue

PRESCRIPTION HEADQUARTERS

Down through the years, almost since Prince Rupert first existed, we have served the people. The prescription laboratory we have always tried to keep modern, using skilled pharmacists, quality, drugs, the best of equipment.

As we start a new year, we are proud of our record, and grateful for the confidence you have shown in us. May we continue to serve you.

Ormes Ltd.
The Pioneer Druggists
THE REXALL STORE PHONES 81 and 82
Open Daily from 9 a.m. till 9 p.m.
Sundays and Holidays from 12-2 p.m. and 7-9 p.m.

TILLIE THE TOILER — A SURPRISE THAT DIDN'T HAPPEN — By Westover