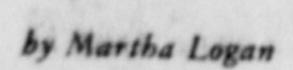
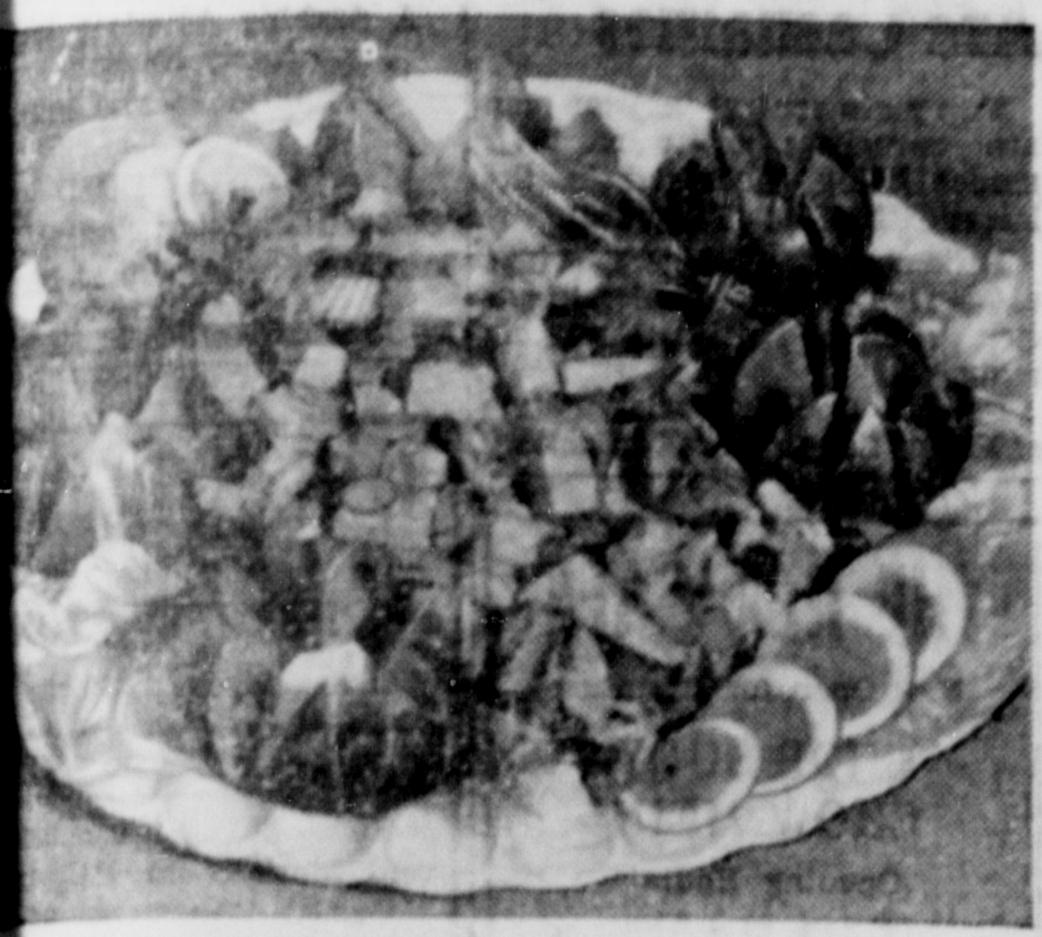
Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday





# Chicken Salad

ideal for warm-weather is and an economical way of using heavier birds

is the time of year to purse poultry, especially the ier fowl. And this is the time ear, too, when your family theer for chicken salad. So get self a plump six-pound bird, for Swift's 'Golden West' and simmer it—cut up—in d water, till it is tender. Cool chicken in the broth, then move it, wrap in waxed paper place in refrigerator. Keep proth for stock. Then, when want to serve the family or ors a meal that will have

them almost embarrassing in their praise, follow the recipe in the panel!

#### CHICKEN SALAD (to serve six)

2 cups cooked, cubed chicken 1 cup finely shredded Premium

1/2 cup diced celery 1 head lettuce shredded

1 thsp. chopped sweet pickle 1/2 cup salad dressing

Mix chicken, Bologna and celery with salad dressing and chill. Toss lightly with shredded lettuce and pickle. Garnish, if you wish, with hard cooked eggs, tomatoes and fresh green parsley, or cress.

ers of Premium Ham and Bacon; Silverleaf Lard; Shortening; Brookfield Butter, Eggs and Cheese

# Waterfront Whiffs

at Prince Rupert During Last Week as Area No. 2 Closes

Largest single catch of halibut to be brought into ce Rupert for unloading this season was hoisted he Gold Storage wharf by the Vancouver boat Sea er last Monday. She carried 85,000 pounds in her

ds were Canadian, and 95,- American boats passing up this American. It was brought port this year to land their 47 Canadian boats, and catches at Seattle in view of the American price ceiling difference May 21 a total of 5,980,- tial, the season may now be said ounds of halibut have been to be pretty much on the ebb as d at Prince Rupert. Cana- far as further landings here are boats have brought in 4,- concerned. The catches were of-

pounds, and American fered here today. The canned salmon pack for sing of Area No. 2 halibut the Skeena and Naas Rivers thin g waters after an excep- season totals 2,658 cases as by short season is, as usual, compared with 12,6411/2 cases at ed by the withdrawal from a corresponding date last year tions in this fishery of the and 26,808 cases in 1942. The smaller vessels of the sockeye pack in the area of these e Rupert fleet which are two rivers stood at 22,202 cases e to carry on in the more as against 9,9491/2 cases in 1943 te Areas No. 3. Some of the and 20,587 cases the year before will turn to other lines that.

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## LOCAL NEWS NOTES

shortly for a visit to his native city from a trip to Vancouver, province of Quebec.

All accounts against the Car-

Miss Kathleen Hills and Stew- Mr. and Mrs. D. G. Borland art Hills, children of Ald. and and daughter, Ann, left Satur-Mrs. George Hills, left last night day night for a holiday trip for Stewart on a holiday visit. | Vancouver.

▲ Moose Meeting tomorrow night at 8 o'clock in Eagles' Hall.

Edward Lipsett Sr., who ha een in the city for the last week on a business trip, left on Saturday night on his return to his home in Vancouver.

Mrs. Annette Woods left on Admission 50c. Saturday night on a business trip to Vancouver.

Mrs. L. W. Kergin, and her a.m. daughter, Miss Dorothy Kergin, left on Saturday night for brief trip to Vancouver.

Mr. and Mrs. C. S. McCarthy were among those leaving o Saturday night for Vancouver.

Mrs. T. Petroff left on Saturday night on a trip to Vancou-

Among those leaving on Saturnight for Vancouver was J. C. Higgins, who will spend holiday in the south.

Mrs. Olive W. Steen of Vancouver is visiting with Mr. and Mrs. Gordon Bryant. Mrs. Steen will return to Vancouver by way of Prince George.

## Martha Logan Leonard Ness Is Wounded In French Action

Private Leonard George Ness. 19-year old son of Mr. and Mrs. George Ness, Seventh avenue E ... was wounded in action July 8 in France, according to notification home here. He is in hospital but the nature of his wounds is no yet available. He joined up with the Canadian Scottish over two years ago and took part in the invasion of France after having been for some time in Britain.

George was born in Prince Rupert and lived here all his life.

#### TOO LATE TO CLASSIFY

Finder please leave at Daily

Daily News.

#### Birth Notice

Prince Rupert General Hos-July 14, a daughter.

### Card of Thanks

We wish to publicly express Loyal Orange Benevolent Association, the Women's Auxiliary the Canadian Legion and the the public generally, for their plendid co-operation and support throughout the Carnival

CIVIC CENTRE CARNIVAL COMMITTEE

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE

"ADMINISTRATION ACT" OF GEORGE CASPER, DECEASED

DATED at Prince Rupert, B.C., this 13th day of July, A.D. 1944. NORMAN A. WATT, Official Administrator. Prince Rupert, B.C.

Henri Letourneau is leaving J. G. Steen has returned to the having visited at Smithers on

nival should be rendered forth- A Nelson Bros. Fisheries Ltd with to the Secretary, Carnival Cannery at Port Edward has Committee, Box 130, Prince Rup- been repaired and is in operation (168) again from this date.

#### Announcements

will be charged for a full month at 25c a word.

Norwegian News Reels, Oddfellows' Hall, July 18, 8:15 p.m.

Valhalla Dance, Oddfellows' Hall, July 28, 9:30 p.m. to 2:30

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

"I've given up pills and harsh cathartics.

KELLOGG'S ALLhe cause, and,

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 Lon-

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# To This Canada we love...

"May we gain a higher degree of national consciousness, a greater pride in our nation and our country . . . a pride in keeping with the land that bore us. May we learn to cheer as our troops march by. May we have a greater appreciation of our achievements in this war and not be so hesitant in making them known to others, so that they in turn may have a greater respect for Canada and the Canadians, who populate it."

THIS, in words simple as may be chosen, is a sincere tribute to the people of Canada.

First, naturally, to our first citizens . . . the men and women of our Navy, our Army, our Air Force.

But no less to the people-all the people-of Canada. To those who cannot serve in uniform, though they would. To the workers who stand behind the men behind the guns. To those whose daily tasks carry neither the glamour of a uniform nor the proud badge of an essential war-worker.

Yes, to the Canadian people! The little people and the big people. The people who combine to make the never wholly drab, but never entirely brilliant pattern that is Canada. To the woman who gives a son to the Vimy or Jutland of this war. To the man who dies in business-harness, a war casualty even as the dead of Dieppe.

And to the millions on whom no spotlight falls. To those who pay, so willingly, the taxes to support a Canada at war. To the many who have dug so deep to buy Victory Bonds. To those who ever hear the Red Cross plea. To those who abide by our rationing regulations to the letter and the spirit of the law . . . gladly . . . anxious to do more . . . determined to do no less than their utmost.

To the beginner with his pocket-handkerchief Victory Garden. To the farmer who counts his wheat-acres in the hundreds. To the man on the street and to the woman in the home. To Canada . . . and to all Canadians, let us express a heartfelt wish, a hope.

May our pride within our borders, and the respect from other lands that is ours, give us confidence to plan for the future on a scale big enough and grand enough to be worthy of this Canada we love.



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