Here's a Real Home Economy Tip!

USE QUICK-SERVE BEANS OFTEN



HOME-BAKED BEANS WITH TOMATO JUICE

Try this recipe for Old-Fashioned Home-Baked Beans, to your own taste . . . ready in only 30 minutes!

3 slices bacon or 2 tbsps. bacon dripping
½ cup chopped onion
1 tablespoon sugar
½ teaspoon pepper
1 teaspoon salt
½ to 1 tsp. dry mustard
1½ cups Van Camp's Tomato Juice
1¾ cups boiling water
1—12-oz. pkg. Van Camp's *Quick-Serve* Beans

METHOD: Cut bacon into pieces, fry. Remove bacon and cook onion in remaining fat, or in the 2 tablespoons bacon dripping. Mix sugar, salt, pepper, mustard and blend with a little of the tomato juice. Add to onion and fat in which it was cooked, along with the remaining juice and water. Bring to a full boil. Turn beans into a casserole, add boiling-hot mixture, stir, and sprinkle with cooked bacon. Cook, covered, in a slow oven 300°F., 25 minutes. Remove cover and cook an additional 5 minutes. (Remove lid earlier if you prefer beans with less sauce.)

NUTRITIOUS HOME-BAKED BEANS IN JUST 30 MINUTES . . .

Use Van Camp's *Quick-Serve* Beans and enjoy ruddy brown, appetizing, home-baked beans to your own taste! Your family will like them! Easy recipes with every package. Get *Quick-Serve* Beans at your grocer's tomorrow.

Economical

Made only by Van Camp's in Essex, Ont.

6 TO 8 DELICIOUS SERVINGS IN EVERY PACKAGE

5-Piece DUNCAN PHYFE DINETTE SUITE

$89.50

Built of Solid Walnut. Four neat-looking chairs to match, have padded seats. A suite that is practical and cheerful.

ELIO Furniture Store

Third Avenue (Next to the Daily News)

COAL!

Good stocks of Foothills, Alberta, and Bulkley Valley Coals now on hand

Three days notice before delivery is expected will be appreciated.

PHILPOTT EVITT & CO. LTD.

PHONE 651 PHONE 652



IT'S MUSIC TO OUR EARS . . .

To hear people praising the Variety Store. They like our tremendous selection of merchandise and our service. It makes us really proud to know that the people of Prince Rupert can buy with confidence and satisfaction here.

THE VARIETY STORE

ADVERTISE IN THE DAILY NEWS

- LOCALS-

▲ Housewives' League whist and social. East End Hall, Friday, March 24, 8:30 p.m. (71)

Mr. and Mrs. Kirscher of Prince Rupert are guests at Sylvia Court Hotel in Vancouver.

▲ Basketball, 17th Coast Regt. vs. Reserves. Armouries, March 25 at 7:30. (72)

▲ Make a date for the Waitresses' Dance, Tuesday, March 28, at the Eagle's Hall, Fifth and McBride. (74)

William Jones is in the city for a few weeks from Kelowna looking after his butcher shop while the manager, Harold Hampton, is in the south on vacation.

▲ Valhalla Dance, Friday, 24th Oddfellows' Hall. Modern and Scandinavian music by Chris Fossum's Orchestra. (71)

For being in possesion of liquor, contrary to the Indian Act, Frank Joseph, a native employed by Northern Construction Company, was fined $25, or 3 days, by Magistrate W. D. Vance in city police court yesterday morning.

Men, 30, 40, 50!

Want Normal Pep, Vim, Vigor?

Try Ostrex Tonic Tablets. Contains tonics, stimulants, iron, vitamin B1, calcium, phosphorus, aids to normal pep, vim, vigor, vitality after 30, 40, or 50. Introductory size only 35c. If not delighted with results of first package, maker refunds *low* price. At all druggists. Start taking Ostrex Tablets today.

LONDON (CP) — With $45,000 from Lord Nuffield to build a super greenhouse, a team of five scientists and a floating staff of gardeners will embark on the quest for the perfect potato. The present British potato is too susceptible to various diseases.

THE MARKETS

Sugar	
White, lb.	.09
Golden Yellow, lb.	.09
Meats	
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	.30
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
Eggs	
Grade A:	
Large, cartoned, doz.	.47
Grade A, medium, doz.	.45
Nuts in Shell	
Almonds, lb.	.67
Peanuts, lb.	.27
Walnuts, lb.	.67
Milk	
Evaporated Milk, 6-oz. tin	.10½
Fruit	
Grapefruit, Calif. and 4 for	.10 .25
Lemons, doz.	.35 and .50
Oranges, Navel, doz.	.35 to .67
Apples, lb.	.10
Cooking Apples, lb.	.08
Vegetables	
Cooking Onions, No. 1 Okanagan, 4 lbs.	.25
Spanish Onions, lb.	.10
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.	.20
Cauliflower, each	.15 to .40
Calif. Cabbage, lb.	.09
Lettuce, each	.15
Celery, lb.	.16
Butter	
First Grade	.43
Lard	
Pure, lb.	.19
Flour	
Pastry Flour 7 lbs.	.44
Flour, 49's, No. 1 hard wheat	1.85
Second Patent	1.80
Flour, 24's	.95

Fresh Local Raw and Pasteurized MILK

VALENTIN DAIRY

PHONE 657

FOR A TAXI

Telephone 65

Stand: Grotto Cigar Store

SHOP AT THE

SEVENTH AVE. MARKET

"The Friendly Store"

We handle HIGHEST QUALITY MEATS and VAN'S BREAD

Also Fresh Fruit and Vegetables

Our Prices Are Right

U.S.-Canadian Service Wedding

Private Jean Fraser, C.W.C.A. Becomes Bride of Noel Sant, of Idaho, U.S.A.

A wedding of international interest took place on Wednesday evening at 8 o'clock in the lounge room of the C.W.A.C. barracks when Private Jean Fraser, Canadian Women's Army Corps, became the bride of Noel Sant, Army Transport Service, of Idaho. Acting Senior Chaplain Rapson officiated.

Given in marriage by Master Gunner W. Pittendriegh, the bride wore dress uniform and was attended by Private Kay Bergen C.W.A.C.

Groomsman was H. G. Cowling, of Seattle, Washington.

The bride entered the lounge room, which was filled with guests, to the strains of the wedding march, played by Sgt. S. Meggie, C.W.A.C. and, at the completion of the vows, Sgt. Major Clive, C.W.A.C., sang "O Promise Me."

At a reception held in the barracks writing room following the ceremony, a massive decorated wedding cake was cut by the bride and bridegroom. There were toasts to the bride.

Immediately after the reception the happy couple left on a honeymoon trip to Alaska.

LONDON (CP)—The Daily Express, paying editorial tribute to the men who man the isolated searchlight posts which dovetail with London's ack-ack barrage said: "their war has been much boredom, little glory . . . They are the Gentlemen with the Lamps."

LONDON (CP)—Hospital authorities had warned the porter, but Wildred Smith, 29, couldn't resist taking doses of nitrous oxide (laughing gas) because it gave him such "agreeable sensations." A short time later he was found dead.



ALL THE *Extra* VITAMINS AND MINERALS . . . SHE NEEDS

Authorities say the difference between husky children and those who are poor eaters, underweight, and nervous is often simply a matter of proper nourishment, especially an adequate supply of vitamins and minerals.

But don't worry about vitamins and minerals! Children who eat 3 average-good meals including fruit juice, and drink 2 glasses of Ovaltine each day, are getting all the *extra* vitamins and minerals they need.

In addition to its well-balanced food values, Ovaltine adds significant amounts of Vitamins A, B_1, and D and the minerals Calcium, Phosphorus and Iron. So, if your child is not developing normally, remember this rule:

3 good meals plus 2 glasses of Ovaltine every day.

OVALTINE

THE PROTECTING FOOD-DRINK

113

THEY BOILED—LITERALLY

Boiling to death was made a capital punishment in England in 1531.

IN STRICT TRAINING

Candidates for athletic games in ancient Greece did not eat meat but lived on new cheese, dried figs, and boiled grain with warm water.



IF HEAD COLDS HANG ON..

DO THIS! To relieve discomforts, one of the best things you can do is put a good spoonful of home-tested Vicks VapoRub in a bowl of boiling water.

Then feel welcome relief come as you breathe in the steaming medicated vapors that penetrate to the cold-congested upper breathing passages! See how this soothes irritation, quiets coughing, and helps clear the head—bringing grand comfort.

FOR ADDED RELIEF. . . rub throat, chest **and back** with VapoRub at bedtime. Vicks VapoRub works for hours—**2 ways at once**—to bring relief from distress. Remember, it's Vicks VapoRub you want.

VICKS VAPORUB

Announcement

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

Dry Dock Employees' Dance, Friday night, March 24. Proverb's Orchestra.

Valhalla Dance, Oddfellows' Hall, March 24.

W.A. Canadian Legion Dance I.O.D.E. Hall, March 24.

Little Norway Tea, Lutheran Church, March 25.

St. Peter's Sale, March 30.

Presbyterian Spring Sale, April 6.

Queen Mary Easter Monday Tea, Mrs. Parkin's.

St. Andrew's Cathedral Spring Sale, April 13.

Navy Auxiliary Dance, Oddfellows' Hall, April 18.

Job's Daughters' Dance, Masonic Hall, April 21.

Eastern Star Dance, April 28.

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.

OOLACHANS

FOR SALE at Boat "Elsie" at Cow Bay Float.

SIMON CALDER.

Mark every grave while you have the opportunity. They deserve it. See

National Monuments

602 5th East
Box 1425 Station B
Prince Rupert, B.C.

SAVOY HOTEL

Carl Zarelli, Prop.

Phone 37 P.O. Box 54.

FRASER STREET

Prince Rupert

CHIMNEY SWEEPING
OIL BURNERS CLEANED AND REPAIRED

New equipment and help assure you of a clean job.

Phone Black 735

HOME SERVICE HANDYMAN

Constable Weds Here

A quiet wedding took place on Wednesday afternoon at 2 o'clock in First Presbyterian church when Miss Eileen Lang of Victoria became the bride of Constable Harold Johnston of the British Columbia police, formerly of Victoria. Rev. A. F. MacSween officiated.

Witnesses were Constable and Mrs. Fred Walker of the B.C. police.

Mr. and Mrs. Johnston will reside in Prince Rupert, where Mr. Johnston is a member of the city police detachment.

RATPROOFING AN ART

Ratproofing of ships has become such an effective art that those built to ratproofing specifications do not have to be fumigated to destroy rats.

People Enjoy Facts

Listen to

CFPR Thursday 6:15 p.m.

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.

DEPARTMENT OF PUBLIC WORKS

NOTICE TO CONTRACTORS
TERRACE POLICE BUILDINGS

SEALED TENDERS, endorsed "Tender for Police Buildings at Terrace, B.C." will be received by the Minister of Public Works for the erection and completion of a Constable's House and Addition to Lockup and Garage.

Plans, specifications, contract, and forms of tender may be seen on and after the 25th day of March, 1944, and further information obtained at the Department of Public Works, Parliament Buildings, and at the offices of Government Agents at Vancouver, Prince Rupert, Smithers, Prince George and Police Offices at Terrace and New Hazelton.

Copies of plans, specifications, etc., can be obtained from the Department on payment of a deposit of Twenty Dollars ($20.00) which will be refunded on return of the plans, etc., in good condition.

Each tender must be accompanied by an accepted bank cheque on a chartered bank of Canada, made payable to the Honourable the Minister of Public Works, for the sum of One Thousand Dollars ($1,000), which shall be forfeited if the party tendering decline to enter into contract when called upon to do so.

Tenders will not be considered unless made out on the forms supplied, signed with the actual signature of the tenderer, and enclosed in the envelope furnished.

Tenders must be in the hands of the Minister at or before 12 noon of Tuesday, the 11th day of April, 1944, and will be opened in public at 12 o'clock noon on that day in the Parliament Buildings.

The lowest or any tender not necessarily accepted.

A. DIXON,
Deputy Minister.
Department of Public Works,
Parliament Buildings,
Victoria, B.C.

THE REX CAFE

Now Open for Business

CHOP SUEY
CHOW MEIN

Opening Hours:
3 p.m. to 2 a.m.

2nd Avenue (Across from Prince Rupert Hotel)

Phone 173

PRINCE RUPERT

ROOFING CO.

Box 725

Specialists on Builtup Roofs

Repairs, Re-shingling

Free Estimates

Meet Me at . .
JOHNNY'S

JOHNNY'S SNACK BAR

(Our Coffee is Tops)

Famous for Flavour since 1892



"SALADA" TEA

Nazis Making Workers Slaves

LONDON, March 23 (CP)—The Germans, so the House of Commons was told, are using foreigners as slaves, whipping them to death on British territory—the Channel Islands.

Maj. Vyvyan (Cons. Leeds W.) read this extract from a Briton who escaped from the island: "Their general condition is terrible for words. They were landed in a practically starving condition, their clothing being only cement bags. It is nothing unusual for them to be whipped at their work until they drop dead. They are then picked up by the arms and legs and flung into a lorry."

Daily News Advertising Brings Results.

"I've found I can give up dosing!

"I've found a far better way to correct constipation! One that gives me the kind of lasting relief I've always wanted, and never got, from harsh pills and purgatives. I've tried everysomany, but it's KELLOGG'S ALL-BRAN regularly for me from now on." Such a happy experience is just one of thousands among people who have tr KELLOGG'S ALL-BRAN for consti tion due to lack of "bulk" in the di ALL-BRAN *corrects* the cause of st trouble, by supplying "bulk-formir material needed for easy, natural eli ination! If this kind of constipati has plagued you, try eating KELLOG ALL-BRAN regularly, or several A BRAN muffins every day. Drink ple of water. See if you don't pra its welcome relief! Get ALL-BR at your grocer's! 2 convenient siz Made by Kellogg's in London, C



Coal Orders

We can now deliver your coal orders. Please give us three days warning before delivery expected.

ALBERT & McCAFFERY LTD.

PHONE 116 and 117

Sewing!

Ladies:

You can now get made to order Buttons and Buckles of your own material and design.

Place your orders with . . .

McRae Bros. Ltd

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.