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We can think of no better way to spruce up for Spring than to order a Pair of Hartt's Handsome New Spring Shoes for Easter.

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Says Postmaster General

Ottawa,

To all Canadians:

In this global war, Canadians are serving in many parts of the world. Their greatest thrill of happiness comes with their mail from loved ones at home. No other single element plays such a great part in keeping up their morale.

Yet, through carelessness or oversight in the addressing of letters and preparation of parcels, more than 22,000 letters and 2,500 parcels every month require re-direction or repacking in the Base Post Office.

If parcels are not properly packed, damage or loss of contents is almost inevitable, as well as damage to other parcels, and delays in delivery to the addressee.

Please help your Post Office also in speeding the delivery of mail and parcels to your relatives and friends overseas by taking extra care to put the address clearly and correctly on each letter or parcel you send.

With the Post Office, in spite of man-power shortages, handling the greatest volume of mail in its history, your co-operation is vital and essential, and one of the most important things you can do is to make sure that your mail is correctly addressed and all parcels securely packed.

Yours faithfully,

Postmaster General.

DO THESE 3 SIMPLE THINGS

1. Make sure the address is clearly and correctly written.
2. Write a return address in the upper left hand corner of the envelope.
3. Affix the correct postage, and mail as early in the day as you can.

CANADA POST OFFICE

ISSUED BY AUTHORITY OF THE HON. WILLIAM P. MULOCK K.C. M.P. POSTMASTER GENERAL

Classified Ads

WANTED

WANTED — Light housekeeping rooms. Apply Mrs. Marie Brooks, General Delivery. (68)

WANTED — Washing machine. Good condition. 987 7th Ave. E Box 1144 Station B. (66)

WANTED — Single or double electric hotplate. Phone Blue 370.

$50.00 REWARD for information leading to rental of suitable furnished apartment by quiet young couple. Box 712 Daily News. (67)

WANTED — Housekeeping room or room with use of kitchen for soldier and wife. Phone Black 885. (69)

WANTED — Light housekeeping room for soldier's wife. Phone Blue 419, ask for Mrs. Cuff. (68)

FURNISHED house or suite. April 1st or May 1st. Would buy furnishings. No children. Apply Box 713 Daily News. (67)

LOST

LOST — Lady's black leather purse, Thursday in Royal Hotel. Finder please return to Daily News. (68)

FOR EXCHANGE

FOR EXCHANGE— Fully furnished modern house, 3 bedrooms, nursery and garage. Five minute walk from centre of town. Reasonable rent. Will only exchange the lease on this house for similar house or apartment in Vancouver. Preferably near Jericho Beach. Apply Box 714 Daily News. (68)

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FOR SALE

FOR SALE—Empire stove, wood and coal. $25. Blue 624. (67)

FOR SALE— Four room house with bath. $1100 terms. $400 cash. Balance $25 per month. Apply Box 715 Daily News. (tf)

FOR SALE—Man's C.C.M. Bicycle, generator and lamp. Must sell by 6 p.m. tonight. 1380 Overlook Street. (1t)

FOR SALE—General Electric 8 tube radio. 733 Thompson St. (68)

FOR SALE — Enterprise coal range, excellent condition $50. Suite 3 above Co-op. (72)

FOR SALE—Sealed tenders will be received by the undersigned until noon March 21 for purchase of gas boat Bella II, owned by Charley Miller, deceased, dimensions 28' x 8' x 3', 6 h.p. Easthope, equipped with trolling gurdy, chain and anchor, dingy, oil burner stove and poles. Highest or any tender not necessarily accepted. Terms cash. Boat moored Standard Oil Dock.—Norman A. Watt, Official Administrator. (68)

FOR SALE—Tenders will be received by the undersigned until noon of Saturday, March 25th, for the purchase of the Polberg and Dawson cabins situate across the harbor from the Drydock. Terms: cash. — Norman A. Watt, Official Administrator, Court House, Prince Rupert. (72)

FOR SALE OR RENT—Old Post Office building situate at corner of 2nd Avenue and 7th Street. Official Administrator, Court House, Prince Rupert, B.C. (70)

HELP WANTED

WANTED. — Men for underground work at northern gold mine. No experience necessary. Apply Selective Service A.M. 111. (88)

WANTED.—Experienced miners for Northern Gold Mine. Apply Selective Service A.M. 110

WANTED — Experienced bookkeeper for well established firm. Male or female. One with some knowledge of fishing industry preferred, but not essential. Applications to be made in own handwriting, state experience and salary expected. Address to National Selective Service AF 115. (71)

PERSONAL

FOR THE BEST in Painting, Paperhanging and Decorating, Phone Blue 378. "We can satisfy." (69)

WASHING done for men only. 1543 8th Ave. East. (68)

PHOTOGRAPHERS — We will purchase good quality photographic negatives, size 2¼x3¼ or larger of native scenic, game fishing, lumbering, boating, or other industrial activities in the Prince Rupert and Queen Charlotte Island Areas, black and white or Kodachrome. Please forward negatives to us for inspection and we will advise you of immediate acceptance or return same promptly. — Steffens-Colmer Limited, 560 Granville Street, Vancouver, B.C. (113)

TOO LATE TO CLASSIFY

LOST— Saturday evening between Plaza and Commercial Hotel, lady's Bulova wristwatch. No bracelet attached. Finder please phone 676, M. A. McCarthy. Reward. (72)

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SERVICES TO Vancouver, Victoria and Waypoints, Stewart and North Queen Charlotte Islands

Full Information, Tickets and Reservations
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PACIFIC IS GOOD MILK

One day recently we wrote about a letter from a friend who started cooking with Pacific Milk during the last war . . . and still uses it for everything.
You see, they live where no fresh milk is obtainable, so Pacific is still available under present regulations.

PACIFIC MILK
Irradiated and Vacuum Packed

CFPR 1240 Kilocycles SCHEDULE

MONDAY
P.M.
4:00—Sound Off
4:15—G. I. Jive
4:30—To be announced
5:00—Peter and the Pygmies
5:15—To be announced
5:30—Personal Album
5:45—Melody Round-up
6:00—CBC News
6:05—Recorded Interlude
6:15—Are You a Genius?
6:30—Serenade in Rhythm
6:45—Ann Watt
7:00—Fred Waring and His Pennsylvanians
7:15—Front Line Family
7:30—Music from the Pacific
8:00—Music from America
8:30—CBR Singers
9:00—Hit Parade
9:30—Waltz Time
10:00—CBC News
10:05—Recorded Interlude
10:15—Yarns for Yanks
10:30—Great Music
10:45—Band Wagon
11:00—Closing announcement

TUESDAY
A.M.
7:30—Musical Clock
7:45—CBC News
7:50—Musical Clock
8:30—Morning Devotions
8:45—Singing Strings
9:00—To be announced
9:15—Nelson Eddy
9:30—CBC News
9:35—Transcribed Varieties
10:00—Melody Time
10:30—Dick Todd
10:45—They Tell Me
11:00—Scandinavian Melodies
11:15—Broadcast of Messages
11:17—Recorded Interlude
11:45—Dick Leibert
P.M.
12:00—March Time
12:30—Spotlight Bands
12:45—CBC News
12:50—Recorded
1:00—One Night Stand
1:30—School Broadcast
2:00—Silent

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Complete Shows 1:00, 2:56, 5:02, 7:08, 9:14

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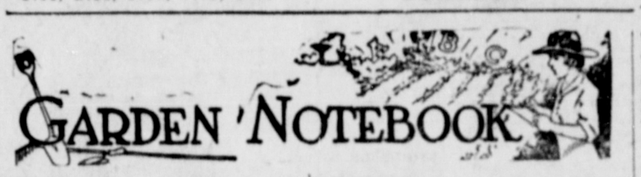
Mardi Gras
IN TECHNICOLOR
BETTY RHODES AND JOHNNY JOHNSTON

Feature at 1:22, 3:28, 5:34, 7:40, 9:



GARDEN NOTEBOOK

ENORMOUS YIELDS

Those unfamiliar with actual gardening are always amazed at the amount of vegetables a plot a few yards square can produce. Handled properly, a piece of ground 12 feet wide and 25 feet long should yield practically all the vegetables, except potatoes, a small family will require from early June until frost.

For ease in cultivation, rows should run across the width, not the length of the plot, and they can be as close together as 12 inches for little, narrow and early stuff like lettuce, radish and carrots, about 15 inches for beets and beans and 18 inches for corn and tomatoes. To save room and induce early and clean fruits, the latter should be staked with all side branches pinched off.

Space can be saved by alternating early vegetables like radish, spinach and lettuce with later maturing sorts like beets, carrots and onions. By the time the second group really require all the room the first will have been removed and eaten.

In these small, intensive vegetable gardens, as so many victory gardeners found last season, it is essential to prepare the ground in advance, to dig it well and get out all twitch grass and other weeds before the vegetables are planted. It is far more difficult to get out big weeds and grass roots after the vegetables are planted than before.

Another important point is thinning. Beets, carrots, lettuce, radish and all small seed vegetables should be thinned once so that those plants left can develop quickly and without crowding or checking. An inch apart will do for beets and carrots and seed onions, and then when more room is necessary one can take out every other plant and use for the table. Carrots and beets an inch in diameter make excellent eating.

Even where one has a whole farm at one's disposal it is a good plan to grow certain vegetables in small plots where they can be cultivated often and watered if necessary. This service especially applies to beets, lettuce, radish, onions, parsnips and such. Vegetables of this type thrive better in small plots than in long rows in the field. On the other beans, peas, potatoes, etc. to do better under field tions.

Peas, for instance, do in a tiny space, because 30 feet of row will be to produce a decent meal, and corn is almost same category, something dozen hills being necessary minimum results. One can vest beans from a row long every other day couple of weeks or however, they are subject disease, especially when they are best grown where they will not be when wet with rain or

As for the lawn, as soon frost goes out it is time up protecting stakes and as soon as one can the grass without mutilating time to plant seed. One hardly sow the seed too Lawns should be rolled ground is soft.

Try a Want-Ad for Results.

Church Favors Pre-Marriage Medical Exam

TORONTO, March 20 — A resolution urging Provincial Governments to amend the Marriage Act making it compulsory for both parties to undergo a complete medical examination at least ten days prior to obtaining a license has been passed by the Board of Evangelism and Social Service of the United Church of Canada at its nineteenth annual meeting held in Toronto.

Full results of the medical examination should be communicated to both parties as well as to the Provincial Department of Health and Public Welfare, the resolution said, and the issuing of a license or the publication of banns withheld until medical certificates of both parties indicated that neither the health of the contracting parties nor the health of the children of such a marriage would be jeopardized.

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Daily except Monday .. 10:45 p.m.
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From Terrace—
Monday, Tuesday, Thursday, Friday and Saturday .... 11 a.m.

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Super Coffee, Hamburgers and Onions,
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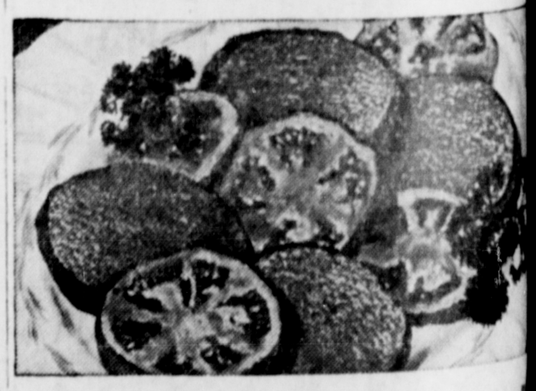
Specialists on Builtup Roofs
Repairs, Re-shingling
Free Estimates

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

Quick and Easy!



Swift's Liver Sausage is delicious as well as nutritious, and easy to serve

These busy war days, when every minute saved counts for extra Red Cross or volunteer work, housewives are on the alert for quick, easy-to-prepare dishes—ones that pack a lot of nutrition *AND* appetite appeal.

A really nutritious and tasty meal basis is Swift's Liver Sausage. Containing an abundant supply of the essential food needs, liver sausage is a treat. Served hot or cold it gives the family those body-building proteins in a most delicious form. Besides containing high quality proteins, liver sausage is rich in all components of the important Vitamin B. group, and a good source of Vitamin

LIVER SAUSAGE HITS APPETITE SPOT

Try Swift's sausage this way for an emergency hot meal. Slice one-half-inch thick, pan-fry slowly until delicately brown. Serve with pan-fried tomatoes or thinly-sliced onion, and a green salad.

We have still a few copies of Martha Logan's book of wartime cookery "Meat Complete." Send 10¢ to Swift Canadian Co. Ltd., Dept. NE 62, New Westminster

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