Good Companions!
NABISCO SHREDDED WHEAT with Fresh Strawberries

Serve this delightful breakfast treat to your family often. It's good—and it's good for them! Nabisco Shredded Wheat is made from 100% Canadian whole wheat—contains energy-building carbohydrates, proteins, and the minerals, iron and phosphorus. Ready-cooked, ready to eat. Try the tested, practical recipes found in every package.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

644EX

SERVE PLENTIFUL FOODS TO SAVE SCARCE FOODS

TIMELY RECIPES

MOLASSES SQUARES

½ cup molasses
½ cup sugar
1 pkg. (5½ oz.) oven popped rice

Cook molasses and sugar together over direct heat to temperature of 240 degrees fahrenheit (soft ball in cold water). Put oven popped rice in a buttered bowl; pour on syrup, stirring slowly. While hot, form into balls or press into shallow pan and when cool cut into bars.

Yield:
25 balls 1¾ inches in diameter.
32 bars 1⅛x2¼ inches
1 pan 10x10 inches

A Classified-Ad in the Daily News will bring Quick Results.

MUTUAL BENEFIT HEALTH AND ACCIDENT ASSOCIATION

Not Affiliated With Any Local Insurance Societies

1. Mutual Benefit Health and Accident Association, with head office for Canada at Toronto, wants its policyholders and the general public to clearly understand the following facts:

2. There is absolutely no connection between the Mutual Benefit Health and Accident Association and any other insurance organization of any kind in the Province of British Columbia or elsewhere in Canada, or with any insurance society recently brought to the attention of the Attorney-General in the Provincial Legislature by C. C. Leader Mr. Harold Winch.

3. Mutual Benefit Health and Accident Association is licensed under the Insurance Act of British Columbia and not under the Societies Act, and under the Insurance Act of every other province in Canada, and all agents representing the Mutual Benefit Health and Accident Association in British Columbia are licensed by the Insurance Department of British Columbia.

3. Mutual Benefit Health and Accident Association operates on a full legal reserve basis and is licensed by the Dominion Insurance Department at Ottawa, where it has on deposit securities to the amount of $1,325,000 for the protection of our policyholders in Canada.

4. Mutual Benefit Health and Accident Association has paid to policyholders and their beneficiaries since its inception, an amount in excess of $120,000,000.

5. Mutual Benefit Health and Accident Association has assets as of December 31, 1943, of $29,956,488.00 with a further reserve of $2,500,000 for emergencies.

6. Mutual Benefit Health and Accident Association has been in business for 35 years, is the largest exclusive sickness and accident company in the world, and should not be confused with any other organization having a name in part similar to ours.

E. E. Scobee,
Provincial General Agent,
604 Lumbermen's Building,
Vancouver, B. C.

Max Rogers, Manager,
Mutual Insurance Agency,
510 Hastings Street West,
Vancouver, B. C.

MUSSALLEM'S ECONOMY STORE
"Where dollars have more cents"
We have a complete variety of available
Groceries, Fresh Fruits and Vegetables
Tobaccos and Confectionery
FREE DELIVERY throughout the City three times weekly
(Tuesdays, Thursdays and Saturdays)
Opposite Canadian Legion

B.C. Clothiers
THIRD AVENUE PHONE BLACK 324

Large stock of Men's Dress and Work Clothes.
It will pay you to look over our stock

Men's Strong Work Pants— All sizes	$2.50
Men's All Wool Heavy Pants— From up	$4.95
Men's Leather Gloves— Durable and strong	55c
Men's Dress Pants— From up	$5.50
Men's Raincoats— Good value	$6.95
Men's Leather Jackets— All colors	$14.45
Men's Work Boots— Solid leather. From up	$4.95
Boys' Pants— Large stock. From	$1.95 to $3.95

LOCAL NEWS NOTES

Owing to the Victoria Day holiday there was no luncheon of the Prince Rupert Gyro Club yesterday.

Col. D. B. Martyn, area commandant here, returned to the city yesterday after an absence of several weeks in the south.

Mrs. George Howe, who has been in Vancouver attending sessions of the Ladies' Orange Benevolent Association Grand Lodge, returned to the city yesterday from the south.

Mrs. A. Ivarson, who has been on a trip to Vancouver, returned to the city yesterday from the south.

Leading Aircraftsman Archibald, C. C. F. candidate for Skeena in the federal election, returned to the city yesterday from a trip to Ocean Falls.

William G. MacKenzie, president of the British Columbia Bridge and Dredging Co., arrived in the city yesterday from Vancouver for a business visit.

Mrs. Dido Gurvich returned to the city yesterday from a trip to Vancouver.

Herbert Gargrace, C.C.F. member of the legislature for MacKenzie, arrived at Ocean Falls on Tuesday night from Vancouver.

D. C. McRae returned to the city yesterday from a trip to Vancouver. Mrs. McRae, who had also been south, came north from Vancouver to Ocean Falls and is paying a visit there with her daughter, Mrs. O. E. Kvale, before returning here.

William Jarmson, local Overwaitea manager, returned to the city at the first of the week from a business trip to Vancouver.

W. J. Davies, manager of Canadian National Telegraphs, returned to the city at the first of the week after spending three weeks on vacation at his ranch in the Nadina River district.

Hugh MacKenzie, son of Mr. and Mrs. Alex MacKenzie, arrived home yesterday from his studies at the University of British Columbia to spend the summer vacation here.

Mrs. C. E. Dodimead returned to the city at the first of the week from the south. She visited for a time at Trail and later was in Victoria for six weeks receiving surgical treatment.

BEMBRIDGE, Isle of Wight (AP)—Lady de Robeck collapsed and died in the street here. Aged 66, she was the widow of Admiral of the Fleet John de Robeck.

Announcements

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

Valhalla Dance, May 26, Oddfellows' Hall. Old Time Music.

Anglican Tea, Mrs. R. M. Winslow, June 1.

Cambrai Dance, I.O.O.F. Hall, June 2.

Help Norway Tea, Lutheran Church, June 3.

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

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

Liquid Stockings For Summer Legs

NEW YORK, May 25 (AP)— If you went bare-legged last summer you probably experimented with a number of different leg make-ups. The bottled chiffon, a survey reveals, was used by 93 percent of women, cake leg make-ups by five percent and the stick or cream pastes by two percent.

This year there is a make-up mitt which is moistened in cold running water. It can be applied smoothly to legs in long, sweeping upward strokes and the mitt can be wet as often as necessary to obtain good coverage. After drying on legs, it should be run-proof and water resistant.

For those who still prefer the liquid hose for a natural sun-burned appearance, it is important to select a lotion that is water-repellant and non-irritating. The legs should always be thoroughly dry before applying make-up, to prevent streaking.

Usually liquid make-up can be applied in about six minutes. Just pour a small quantity into the palm of your hand, cup both palms, pouring the liquid from the right to left hand, until you have an equal amount in each hand. Apply from toes upward, using long upward strokes with palms, not fingertips.

Even Evenson, formerly in the cleaning and pressing business business here and for the past year residing in Vancouver, arrived in the city yesterday morning and will return north tomorrow night. Many friends will be glad to hear that Mrs. Evenson is now completely recovered from a severe fracture which she sustained in a fall shortly before leaving here about a year ago.

ACTIVITIES OF Y.M.C.A. and Y.W.C.A.
(By Dorothy Garbutt)

The Eleventh Avenue camp is holding its regular fortnightly dance tonight. Cars will be at the Y to pick up the hostesses. Y.W.C.A. chaperones representing the Ladies of the Moose will be in attendance.

Today and Friday there is a modern art exhibit in the Moose Hall Y and any members of the public who are interested are welcome to come in and view it.

LONDON (AP)—Sir Gavin Simonds, 60, recently appointed a lord of appeal in ordinary, has been granted a life barony and will take the style and title of Baron Simonds of Sprasholt in the County of Southampton.

FALSE TEETH HELD FIRMLY BY Comfort Cushion

NOW WEAR YOUR PLATES EVERY DAY HELD COMFORTABLY SNUG THIS WAY

It's so easy to wear your plates all day when held firmly in place by this "comfort-cushion"—a dentist's formula.

1. Dr. Wernet's Powder lets you enjoy solid foods—avoid embarrassment of loose plates. Helps prevent sore gums.
2. Economical; small amount lasts longer.
3. Pure, harmless, pleasant tasting.

All druggists—30¢. Money back if not delighted

Dr. Wernet's Powder
LARGEST SELLING PLATE POWDER IN THE WORLD

IN THE SUPREME COURT OF BRITISH COLUMBIA
IN PROBATE
IN THE MATTER OF THE "ADMINISTRATION ACT"
— and —
IN THE MATTER OF THE ESTATE OF WILLIAM COOEY, Deceased.

TAKE NOTICE that by Order of His Honour Judge Fisher, local Judge of the Supreme Court of British Columbia, I was on the 9th day of May A.D. 1944, appointed Administrator with the Will annexed of the Estate of William Cooey, who died at Ocean Falls, B.C., on or about December 17th A.D. 1943. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 15th day of June A.D. 1944, failing which distribution will be made having regard only to such claims of which I shall have been notified.

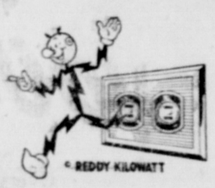
DATED at Prince Rupert, B.C., this 18th day of May A.D. 1944.

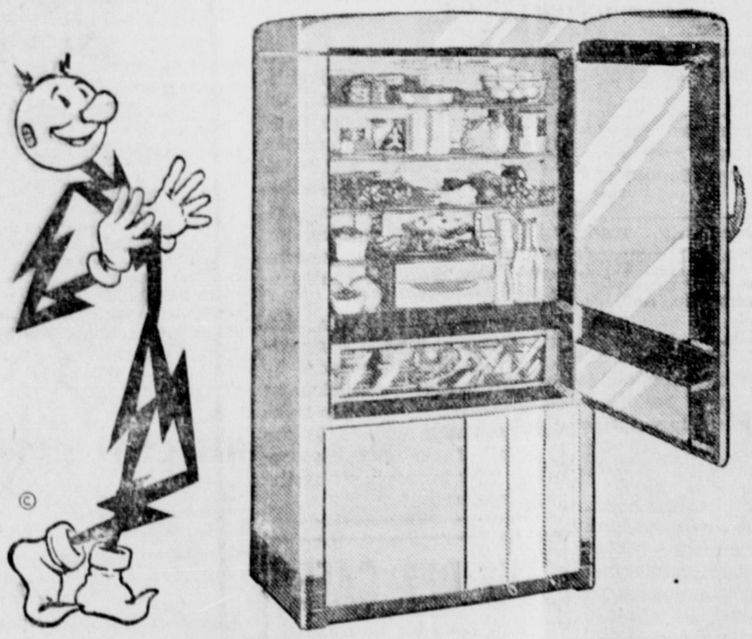
NORMAN A. WATT,
Official Administrator,
Prince Rupert, B.C.

DANCE
ODDFELLOWS' HALL
Wednesday, May 31

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

"Just look at me!
I'm here to see
Your food keeps cool all year.
But please make sure
I can endure
Hot weather without fear.
Call in your nearest service man
And have him check me over —
Then through the heat
I'll keep food sweet
And fresh as new-grown clover."





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REDDY SAYS: "Don't let lazy summer days keep you from buying War Savings Stamps regularly."

The Seal of Quality
British Columbia's
Finest Salmon

You'll enjoy our Orange Pekoe Blend
"SALADA" TEA

Attention Please...

Men's Work Shirt Special

Light weight cotton work shirts in good quality. Regular Prices $1.25 to $1.75.
SPECIAL, Each 95c

Wincey wool flannel shirts in khaki. Regular Price $3.75.
SPECIAL, Each $2.95

MEN'S ZIPPER SPORT JACKETS — Gabardines, Greenlore Cloths and Sharkskins. Assorted colors.

ONLY A FEW LEFT AT THESE SPECIAL PRICES
$3.95 - $4.95 - $5.95

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MEN'S and BOYS' CLOTHING
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DIESEL ENGINE MANUAL	2.50
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