

# THE DAILY NEWS

PRINCE RUPERT, BRITISH COLUMBIA

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G. A. HUNTER, MANAGING EDITOR

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## We Must Learn to Eat . . .

Many may be surprised to learn that the Canadian national diet is short some essential items, that while Canadians may still be buying large quantities of foodstuffs they are undernourished. Specifically they lack calcium the bone former. Calcium C which among other things increases resistance to disease, and riboflavin, or vitamin B2, which promotes growth and is part of the important oxidation-reduction system in living cells. Calcium is found mainly in milk and the dairy products and in lesser amounts in cereals and meats; vitamin C is found in all the citrus fruits, in potatoes and green leafy vegetables; riboflavin is in milk, dairy products, leafy vegetables, egg yolks and cereals. Large quantities of all these foods have been going into the channels of civilian consumption, but not enough. More of the vital foodstuffs must be supplied for home use if optimal needs are to be met.

A warning that the Canadian diet is below par is issued from Ottawa by Dr. L. B. Pett, chief of the Pensions Department's Nutrition Service. His findings are based on a study of food supplies made available for civilian consumption in Canada in 1943, as reported by the Dominion Bureau of Statistics. Food containing the essential items "may not have been available to all the people," he says, "or, they may not have been able to afford them, or buying habits have been such as to neglect them."

Dr. Pett makes no recommendation. That is not his affair. He merely reports the shortage. But what he says is something so serious and with so many ramifications that it should not pass unnoticed. The rejection figures for the Canadian fighting forces in the past four years show a lower standard of fitness than we had a right to expect in so rich a land as this. Medical records of the increases in the incidence of many diseases, heart conditions, cancer, diabetes, Bright's disease and others suggest that the national health is far from the level needed for peace or war. Health is in the blood for it is blood that nourishes and feeds all tissues. And blood is made out of foods we eat and digest. If our food is lacking then our blood is lacking and our whole physical and mental setup is inefficient.

It is not a matter of wealth or ability to buy certain foods. Poor nutrition is found in families of wealth as well as in the homes of the poor. The great empire of the world had wealth in abundance yet deterioration of their people set in and they went down before poorer but better fed races which ate foods richer in the life-giving elements. Plans have been drawn in Ottawa for large-scale health schemes for use after the war. At the core of any such plan there should be a department of diet. Without the proper diet—which we now lack—we cannot, and never shall build strong bodies, nerves and brains, a fact well understood by medical men and dieticians but not unfortunately by the majority of laymen.

# PRINCE RUPERT HONOR ROLL

List of Local Men and Women on Active Service

Are YOU responsible for someone's name not being in this list? (See entry form elsewhere.)

## NAVY

- Peter D. Allen.
- Charles Anderson.
- Harold Anderson.
- Stanley Anderson.
- John Armstrong Jr.
- Robert Armstrong.
- Don Arney.
- W. G. Barker.
- Emile Blain.
- John Bowman.
- William Bremner.
- Bernard Bridden.
- George J. Brown.
- Harold Bunn.
- John Bunn.
- Hugh Burbank.
- Tony Bussanich.
- Russell Cameron.
- William Gordon Calderwood.
- Robert H. Capstick.
- Donald Christison.
- Sydney Croxford.
- Vincent Dodd.
- John Dohi.
- Robert Duggan.
- Donald Eastman.
- Elmer Eburne.
- Melvin Eburne.
- Robert L. Eby.
- William Earl Eby.
- Robert Elkins.
- Wilken P. Elkins.
- Martin Eriksen.
- Lavinia (Winnie) Exley.
- Bernard Fortune.
- Terry Fortune.
- Gordon Fraser.
- Mitchell Gay.
- Efner R. Green.
- James Greer.
- Lester Grimble.
- Terry Grimble.
- Ian Grimsson.
- John Grimsson.
- Hazen Hankinson.
- Raymond Horgan.
- Bill Hunter.
- Foster Husoy.
- Peter Husoy.
- Tom Johnstone.
- Percy Knutson.
- James G. Laurie.
- Jack R. Laurie.
- Richard Leighton.
- Jantoff Leland.
- Fred Lewis.
- Tilly R. Lloyd.
- Bruce Love.
- Ted Mills.
- Harry Monkley.
- William Murray.
- William H. Murray.
- Daniel McDonald.
- Jack Macfie.
- Robert McKay.
- Robert McLean.
- Norman McLeod.
- David McMeekin.
- David McNab.
- Robert McNab.
- John D. McRae.
- Charles Ormiston.
- Gordon Parkin.
- Douglas Payne.
- Albert M. Phillipson.
- Clement J. Phillipson.
- Bud Ponder.
- Magne Rabben.
- David Ritchie.
- Jack Ritchie.
- Robert Ritchie.
- Harry Robb.
- Jeffrey H. Robinson.
- Robert Roy.
- Arthur Saunders.
- Bud Skattebol.
- Stanley Scherk.
- J. D. Schubert.
- Anton Simundson.
- Bruce Simundson.
- Melvin Skalmerud.
- John Skog.

## ARMY

- John Armstrong Sr.
- Louis Astoria.
- Jack Balfour.
- Eric Barton.
- Beatrice Berner.
- William (Sonny) Beynon.
- Louise Bird.
- Walter Bird.
- Norman Blackhall.
- Donald Blake.
- Raymond Bracewell.
- Ronald Bracewell.
- William Brass.
- J. W. Bridden.
- Earl Brochu.
- Alfred Calderone.
- Jack Campbell.
- Donald Clark.
- Edward Clark.
- Jim Colussi.
- Mike Colussi.
- Frank Comadina.
- Grant Coverdale.
- Walter Cross.
- Bert Cross.
- Charles Dennis.
- Thomas Dennis.
- Paul Dvornek.
- R. C. H. Durnford.
- George Dybhavn.
- Malcolm Elder.
- Whitfield Elder.
- Frank Elliott.
- William Garlick.
- James Garlick.
- John Gates.
- Ralph Gillies.
- Andrew Glover.
- William Gomez.
- Darrow Gomez.
- Earl Gordon.
- Edward Gosnell.
- Thomas W. Graham.
- Burton Green.
- Spiro Gurvich.
- James Hadden.
- Phyllis Hamblin.
- G. P. Lyons.
- R. H. A. Haynes.
- K. C. W. Haynes.
- E. D. Head.
- David Henderson.
- Howard Hibbard.
- Frank E. Hodgkinson.
- Harold Hodgson.
- David Houston.
- Robert Houston.
- Percy Hudson.
- William Hutson.
- Robert Johnson.
- Walter Johnson.
- S. D. Johnston.
- T. D. Johnston.
- Nick Kustlok.
- Matilda Larsen.
- Everett L. Leek.
- Pierre LeRoss.
- Clarence Lovin.
- G. P. Lyons.
- Danny Magnet.
- George Marchildon.
- Muriel Mathews.
- Steve Menterko.
- Michael P. McCaffery.

- Kenneth McCrimmon.
- John C. McCubbin.
- Norman McGlashan.
- Arthur Alistair MacDonald.
- Ian Macdonald.
- Jack McEvoy.
- Alex McFarlane.
- Victor Miller.
- Robert Montgomery.
- Michael D. Montesano.
- Ford Moran.
- Jack Moran.
- James Moran.
- John K. Murray.
- Edith Metrie.
- Joseph Naylor.
- Leonard Ness.
- Donald Norton.
- David W. Oland.
- Walter Perkins.
- Enil Perlstrom.
- Peter Peterson.
- Arthur Phillips.
- William A. Pilfold Jr.
- L. C. R. Raabe.
- Ernest Ratchford.
- Robert Rudderham.
- Olav Rysstad.
- William Scherk.
- Thomas Scully.
- Bob Shrubbsall.
- Thomas Sibley.
- Glenn Smith.
- W. D. Smith.
- Hugh J. Smith.
- James Smith.
- Douglas Stalker.
- Albert Stiles.
- James Suden.
- Irene Sully.
- Jane Taper.
- L. V. Tattersal.
- James Taylor.
- Arnold Tweed.
- Jack Unwin.
- Rodney Valpy.
- Allan (Bill) Vance.
- Martin van Cooten.
- Clarence Vaughan.
- Stanley Vickerman.
- Robert Vuckovich.
- Clifford Wanamaker.

- Jack Wearmouth.
- William White.
- T. J. Williams.
- James Wood.
- Harry R. Wrathall.
- Kenneth E. Wrathall.

## AIR FORCE

- Ronald Allen.
- Harry Astoria.
- Alex Baillie.
- Howard Beale.
- Marcel Blain.
- J. F. Bouzek.
- J. J. Bouzek.
- J. V. Bouzek.
- Peter Brass.
- Alan Burbank.
- Denis William Burnip.
- Jean R. Cameron.
- Peter Cartwright.
- Elmer Clausen.
- Iris Corbould.
- Jack Corbould.
- Eddie Crosby.
- Ray Crosby.
- Lillian Croxford.
- James Currie.
- Arthur Davey.
- John W. Davey.
- Pat Deane.
- Victor Dell.
- Jack Eastwood.
- Donald Eby.
- Victor Field.
- Clarence Finley.
- Albert Flaten.
- Hugh L. Forrest.
- Thomas Forrest.
- Louis Orlin Gray.
- William Hadden (missing).
- Harry Hamilton.
- Elmore Hankinson.
- Lawrence Hansen.
- Arvid Hansen.
- Harold Helgerson.
- Robert Helgerson.
- Hege Holkestad.
- Mike Hudena.
- John P. Johnson.

- Sam Jurmain.
- Robert Kelsey.
- Francois W. Leask.
- Kam Y. Lee.
- Aian Leighton (missing).
- Harold Leverett.
- Donald Lewellyn.
- John Lindsay.
- Albert Mah.
- Cedric Mah.
- George R. Mayer.
- Henry Mayer.
- Hector W. Macdonald.
- Isobel Mackenzie.
- Molly Mackenzie.
- Don McCavour.
- Richard Mills.
- Herbert Morgan.
- Ralph Moran.
- Kay Nickerson.
- Edward M. Ormheim.
- Paul Postolu.
- Ernest Santurbane.
- Ken Schubert.
- William Shrubbsall.
- Robert Silversides.
- Eddie Smith.
- Robert Taper.
- James Joseph Thomas.
- John A. Walker.
- William H. Wilson.
- Henry Worsfold.

## U.S. ARMY

- Chester B. Gimp.
- George A. Gray.
- Richard Moore.
- Mary McCaffery.
- Thomas W. Pierce.

## U.S. NAVY

- Howard Frizzell.
- \*Made supreme sacrifice.



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of oil in the right places will prevent excessive wear. There are many different makes and types of appliances that move — washing machines,

mixers, fans, sewing machines, vacuum cleaners, ironers,

pumps, etc. The manufacturer of each provides instructions with every appliance.

Follow these instructions carefully.

### REDDY SAYS:

"A little oil goes a long way, but it takes a lot of dollars to win a war . . . Put all your spare quarters into War Savings Stamps!"



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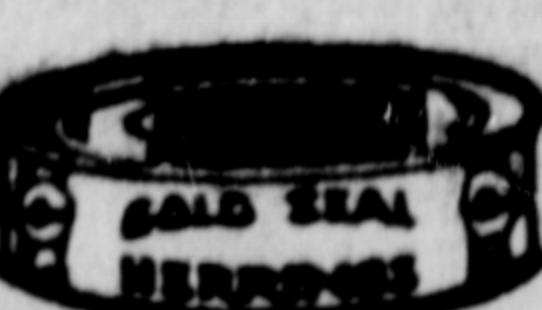
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Third Ave. Phone 568

### GOLD SEAL

Fancy Red

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Salmon



Herring in Tomato Sauce

are both on active service but will be back on your grocer's shelf soon as conditions permit.

# 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.

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