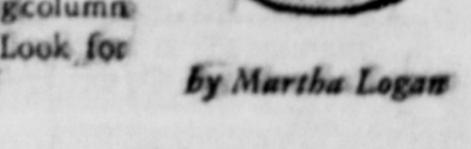
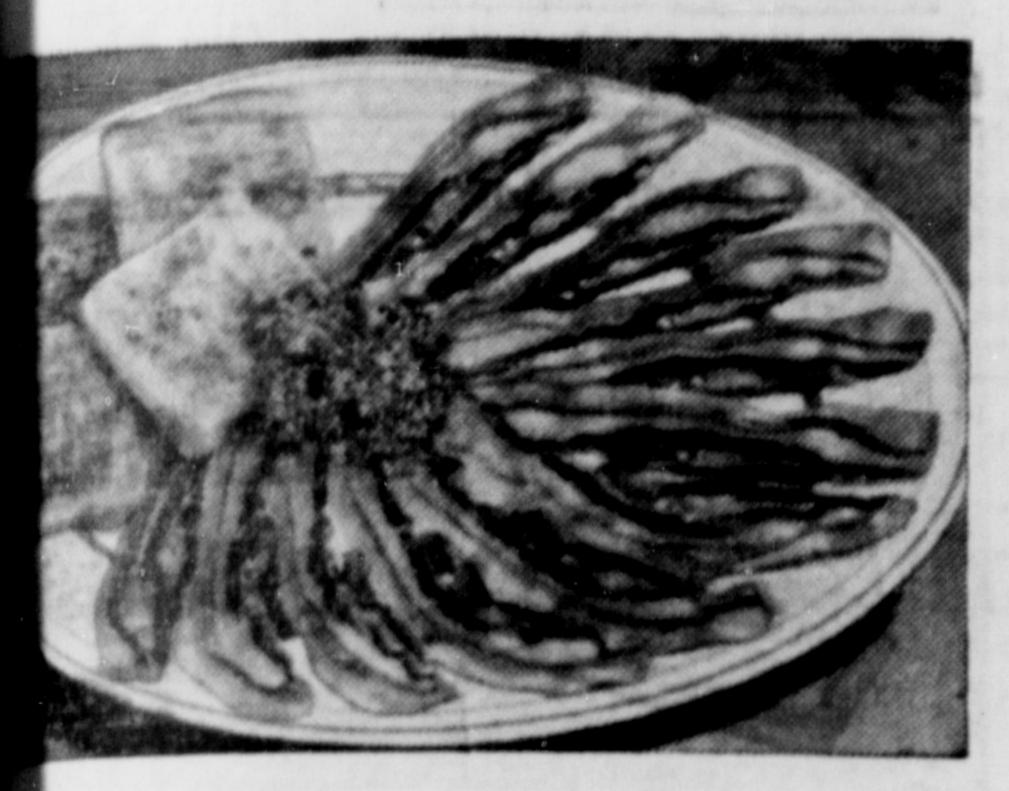


valuable hints each Monday





# con for Breakfast

ertime, breakfast is a orly important meal. re your family gets a that is both appetiznutritionally right!

er does things to peoples' but their nutritional ust as great. That's why and mothers lay special breakfast as the summer ong. And for all-round ralue and food energy, n't beat the old fashioned bacon. But eggs and d not always be served vay. In the panel I make estion which has been lar wherever it has been can think of others . . . .

he eggs sometimes . . .

or make an omelette . . . serve bacon with marmalade or jelly, on pancakes. But make the morning meal sustaining and attractive.

Martha Jogan

#### SWIFT'S PREMIUM PLATTER

12 slices Swift's Premium 2 Brookfield eggs 4 slices bread 1 cup milk

Serves 4 Place Swift's Premium Baconthe bacon with the sweet smoke taste-in cold frying pan, cook over moderate heat until lightly crisped: Keep hot. Beat the eggs slightly, add salt and milk. Dip bread slices in egg mixture and fry in bacon dripping till golden brown. Arrange on platter as illustrated and serve hot.

#### T CANADIAN CO. LIMITED

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

can say this in three words ---

# BUY COAL NOW!

# ALBERT & McCAFFERY, LTD.

116 —PHONES — 117

NEY SWEEPING RNERS CLEANED REPAIRED

uipment and help ou of a clean job one Black 735

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Hours 6:30 a.m. to 1:00 a.m.

Advertise in The Daily News

# Local News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

I.O.D.E. Tag Day

Queen Mary Chapter, 1.O.D.E.

Saturday, it was announced by

Pleasant weather assisted tag-

Mrs. Poulsen and Mrs. Connery

E. Evans were in charge of the

Peter Kerr Drowned

Card of Thanks

and neighbors for their kind

I wish to thank my friends

MRS. PETER ALMAR.

Birth Notice

A. F. MacSween, a daughter.

Peter Kerr, former builder and

gers by bringing many people out

Popular Attraction

Realizes \$356

on the streets.

▲ Machinists Dance, Oddfellows' Hall, Sat. Aug. 19.

Miss Mary Postuk was amon those leaving Saturday night for Vancouver.

Mrs. O. L. Hall was among those leaving on Saturday night fod Vancouver.

Mrs. W. Wrathall and Miss Mrs. W. Brass this morning. Audrey Wrathall were among those leaving Saturday night on a trip to Vancouver.

Miss D. Shearman lef Satur day night on a holiday trip to Orange Dance Proves

Vancouver. is paying a regular business visit the Orange Ladies' Dance last

to Prince Rupert.

▲ Moose meeting tomorrow night lo's Orchestra played for the at 8 o'clock in Eagles' Hall. Refreshments.

Capt. Andrew Johnson, of the were in charge of the door; Mrs. pilotage service, left for Vancouver Saturday night on a two month's vacation.

Mrs. J. Medill, of Edmonton, check room, and Mrs. Moller who has been visiting in Prince Mrs. Newton and Mrs. Branch-George and Prince Rupert, left flower supervised the serving of Saturday night for Vancouver, refreshments. after which she will return to Edmonton.

A YOUR BOYS RAINCOAT is our problem too and we have a carpenter of Prince Rupert, was complete selection. Sizes 2 recently drowned at Victoria. He through 18-RUPERT MEN & has a brother at Wistaria, cen- hall. BOYS' STORE, just around cor- tral B.C. ner from McCutcheon Drug.

Staff Sergeant G. A. Johnston n the city on Saturday from ness and sympathy and for their Victoria. He will take charge of beautiful floral offedings tend- civilian guests in the Navy the district office, according to ered during the sickness and an announcement from Victoria | death of my beloved husband.

#### Engagement

Mr. and Mrs. J. Armstrong announce the engagement of their youngest daughter, Amy, eral Hospital, to Rev. and Mrs. to 2nd Lieut. J. H. Jefferies, son of Mr. and Mrs. B. Jefferies of Prince George. The wedding will | take place in Vancouver on August 21, the Rev. A. C. Wright, of Kerrisdale Baptist Church officiating.

BOMBED RELIEVED

LONDON O - Hundreds of General Post Office telephonists rom dozens of towns in areas beyond present range of Hitler's flying bombs have volunteered to relieve opposition numbers in London so the latter can have a stretch of uninterrupted and safe rest, somewhere else

#### Announcements

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

Ladies' Aid Tea at Lutheran Church, Aug. 19, 2 to 6 p.m.

Valhalla Dance, August 25 Oddfellows' Hall, 9:30 to 1:30.

Canadian Legion W. A. Dance, Sept. 8. Oddfellows' Hall, De-Carlo's Orchestra.

Pioneer Home Benefit Dance, Sept. 1. Oddfellows' Hall, 10 to 2. De Carlo's Orchestra.

Orange Ladies' Dance, Oddfellows' Hall, Aug. 10, DeCarlo's Orchestra, 9:30 to 1:30.

"Build B.C. Payrolls"

#### You Should See This Camp



A mining man who plans a trip into the far North, later this month, is getting his supplies together. "Everything but the milk," he says. Pacific Milk and I'll wait till I get to the 'Arm,' where it's unrestricted."

# PACIFIC MILK

Irradiated and Vacuum Packed

#### Seek Co-operation Of All Advertisers

To permit adequate time for the composing of advertisements and assure the utmost satisfaction, merchants are asked to submit their advertising copy to The Daily News not later than 4 p.m. of the day prior to publication.

Co-operation along this line will be appreciated and will pay dividends to the adverrealized \$356 from their tag day

Ads for the classified columns are reuired not later than 10:30 a.m. on the day of publication.

#### Announce Plans Cyril D. Morgan, Vancouver. Convened by Mrs. Vic Menzies, For Reception of week at the Oddfellows' Hall Lieut.-Governor was well attended. Jean de Car- Lieut.-Governor was well attended. Jean de Car-

A public reception will be held on the Court House green Agnes Murray and Mrs. Sya ward when he visits the city anuated as tax assessor. They Cox operated the soft drinks August 31, according to tenta- were located at Hazelton betive plans laid for the obser- fore moving to Smithers. vance of his visit. Plans are Fred Boyt was appointed as subject to approval by Col. D. B. tax assessor to succeed Mr. Martyn, officer commanding Welch. Prince Rupert defence area.

> Court House at 2:30 p.m. In day at Nanaimo. the event of rain the reception After a short stay in Smithers

On his arrival at 2 o'clock, the lieutenant-governor will be met by a military guard of honor. At 7 o'clock a dinner will be held at headquarters mess, and at 9 o'clock a military ball with

#### DANCE

TUESDAY, AUG. 15 Born on Sunday morning, Aug-Bobby Reid's Orchestra ust 13, at the Prince Rupert Gen-ODDFELLOWS: HALL

Smithers-

#### Retired Assessor Moving to Island

SMITHERS, Aug. 14-Mr. and Mrs. H. F. Noel, who have made their home in Smithers for the past 17 years, left Smithers by car Saturday morning to drive to Nanaimo, where they have purchased a business and intend to make their future home.

Mr. Noel lost his store building and a large part of his stock in the fire last May.

He reopened in the Masonic Hall building but has disposed of this business to Mrs. Margaret Warner and Mrs. James Silver, and is leaving the north country permanently after some

Mr. and Mrs. Herb Welch will leave Smithers August 18 to make their home in West Van-

by Lieut. Governor W. C. Wood- | Mr. Welch was recently super-

Weather permitting, the re- Dr. C. H. Hankinson arrived ception will follow an inspec- in Smithers Friday night, motortion and review of the Prince ing from the South where he Rupert garrison before the has spent a three week's holi-

will be held in the Navy drill he will continue on to Prince Rupert over the new highway.

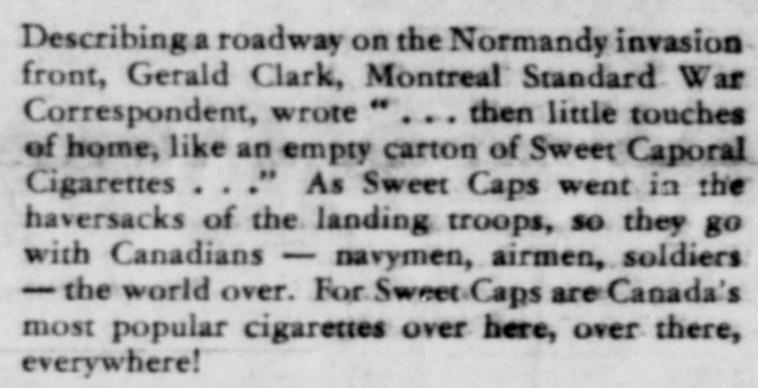
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#### 300 SWEET CAPORAL \$1.00 (For oversees only) GOVERNMENT REGULATIONS FOR OVERSEAS CIGARETTES promise or from "Sweet Caps" P.O. Box 6000, Mentreal, Que.

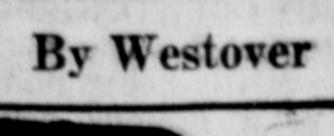
# RUPERT BRAND

SMOKED

Black Cod

Smoked Daily

Canadian Fish & Cold Storage PRINCE RUPERT CO. Ltd. BRITISH COLUMBIA



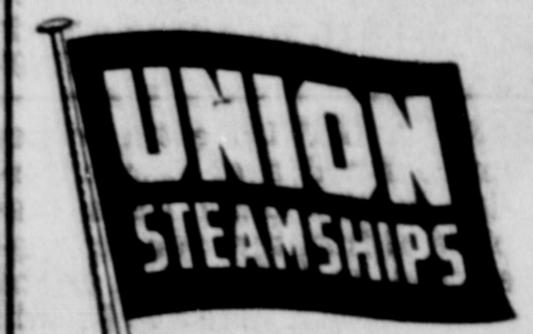


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"BEST MAN"

Medium Shade Brown

Calf Blucher Oxford

Sizes, 61/2 to 111/2 Widths, "B" to "E" Per Pair-

\$10.50

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He NEEDS those cheerful letters from home! And we make it easy for you to send them by having a complete selection of all the cards, paper, envelopes and other writing aids you need.

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Auction Sale Every Thursday

> 7 p.m. at the Auction Rooms of J. MAIR, Auctioneer

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(Next door to Commodore Cafe)

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If pain—Chiropractic!

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