artha Logan, Swift's famed Home Econowhose weekly cooking column is a ular feature of this page. Look for these luable hints every Monday



Pot Roast, Plus



older the weather the your family will like spicy pot roast of beef

one int' for this week introduces the most useful tricks in the repertoire. That of the mari-"steeping sauce."

y of the less popular cuts of an be given unusual and attracavours by soaking them in

the marinade given in the panel por roast of beef . . . a 4 lb. mp or chuck . . . prepare the as directed and let stand, oresed, in cool place for 2 hours or Pour off liquid and save. Rub ith mustard and brown in hor fat. And the spiced mixture. Cover and cook slowly adding hot water ed for 3 to 31/2 hours. Vege-(onions, carrots, celery, etc.) e added just long enough

before serving to ensure tenderness.

of Martha Logan's "Meat Complete" to Swift Canadian Co. Limited, Dept-NE 52, New Westminster,

'MARINADE FOR BEEF'

1 tablespoon salt 1 teaspoon (each) grated nutmeg, ground cinnamon and cloves

3/2 cup brown sugar 1 cup vinegar

2 bay leaves

1 onion, sliced

1 clove garlic (optional) 1 cup apple or grape juice Boiling water as required

Wipe meat with damp cloth and place in bowl. Mix salt and spices and rub over top of meat. Add sliced onion, garlic (if used), bay leaves, brown sugar, vinegar and fruit juice.

SWIFT CANADIAN CO. LIMITED

a Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources

ELIO Has Just Received a Shipment of

SIMMONS BEDS

rest Spring Filled Mattresses, Deep Sleep. Slumber Mattresses, Folding Steel Cots with Mattress, everto Bed Lounges, Baby Cribs, Folding Carriages.

For Your Bed Requirements see

Elio's Windows

Third Avenue (Next to the Daily News)

MacKENZIE FURNITURE LTD.

"A Good Place to Buy"

CEDAR CHESTS

IN BEAUTIFUL WALNUT VENEERS

ney are beautiful to say the least. This shipment was ended for the Christmas season, but was too late coming.

327 3rd Avenue

Thristy Housewives

FEATURE . . .

A full line of Swift's Premium Meats at all times.

A complete and Fresh stock of Fruit and Vegetables.

You can get everything you want at this ommunity Shopping Centre-Prices Right.

SEVENTH AVE. MARKET

LOCAL NEWS NOTES

▲ C. W. L. bridge and whist K. O. C. hut, Tuesday Jan. 11.

▲ Waitresses' Union Meeting Tuesday, Jan. 11th, 9 p.m. Sharp. Make this your date. Important,

▲ Canadian Legion (B.E.S.L.) Executive Meeting tonight 8 o'clock.

Mrs. Dorothy Garbutt, local Y.W.C.A. War Services hostess, is leaving tonight for Vancouver ta attend a conference.

Mrs. Gordon Draeseke and night on a trip to Vancouver. nild, who have been visiting to their home in Vancouver.

Mrs. H. F. Wearmouth left Saturday night for Vancouver where she plans on spending the coming month or so.

"Build B.C. Products"

WELCOME PRESENT SUPPLIES



While certain requirements must be met, mothers here are glad for the restrictions. Now all worry and fear for the health of their babies has passed as Pacific Milk is available at all times. Authorities are most helpful and understanding in helping meet the needs of those who require this good food.

PACIFIC MILK

Irradiated and Vacuum Packed

IN THE MATTER OF THE "ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE OF GEORGE HENRY BRISTOL DECEASED

TAKE NOTICE that by Order

January, A. D. 1944. NORMAN A. WATT Official Administrator. Prince Rupert, B. C.

Mutual Benefit

jealth and Accident See JOHN L. WRIGHT Phone 741 Pioneer Rooms No. 6

J. L. Curry (Late of Yukon)

Chiropractor

Smith Block

OIL BURNERS CLEANED HANDYMAN

HOME SERVICE Black 735 224 Seventh Ave. West

KWONG SANG HING HOP KEE

CHOP SUEY HOUSE

Next to King Tai 612 7th AVE. WEST All your patronage welcome Open 5 p.m. to 12 p.m. Tuesday-10 p.m. to 12 p.m.

Outside Orders from 2 p.m. 12 p.m.

Phone Red 247

urday night for Vancouver.

Mrs. W. Slater is leaving to-

night on a trip to Vancouver.

Miss Florence A. Johnstone is both cars. leaving tonight for a trip to Vancouver and Victoria.

Gustave E. Parkvold left Friday night for Vancouver where he will join the Army.

Miss Joyce Arnes left Friday

George W. Johnstone is leaving New Year holiday season, left tonight for Victoria where he Saturday night on her return will spend several days visiting trip.

> was formerly Wartime Housing eer resident of Prince Rupert. community counsellor here.

night on a business trip to Van-

C. H. Bell left on Saturday

Two ears, one driven by J. B. Brigadier Alex Ross, Air Raid | McKay and the other by John Precautions head, who visited Snyder, collided at the Junction briefly in the city, left on Sat- of First, Second, and Third Avenue at noon Saturday, doing minor damage to fenders of

> Concerning rough sport at Borden Street School, the principal, S. A. Cheeseman, points cut that commando tactics or any rough sport have never been permitted at that school.

Mrs. Annette Woods left Saturday night for Vancouver ento Winnipeg. Toronto, Montreal and other eastern points on a five-weeks' buying

Mr. and Mrs. Arthur Tassie days ago for Victoria, being caland children left Friday night led there on account of the for Victoria where they expect serious illness of her sister, Mrs. to take up residence. Mr. Tassie F. B. Holland, a former pion-

James Nicoll and W. H. Lewis en Street School, Helen Hibbard, morrow, Tuesday, at 2:00 p.m. left Saturday night for Van- a pupil, sustained cuts which in Grenville Court Funeral couver where they will repre- necessitated sutures being ap- Chapel, with Rev. M. B. Anderlocal Boilermakers' plied at the office of Dr. R. G. son officiating. Interment at Union as delegates to a Cana- Large. The little girl was able Fairview Cemetery. dian Congress of Labor confer- to return to school the following morning.

Double-Action Way BRONCHITIS To Help Relieve BRONCHITIS

COUGHS - SORENESS - CONGESTION

Get right after painful bronchitis miseries ... help relieve the coughing, congestion, and soreness this time-tested Vicks way that is so successful!

Put a good spoonful of Vicks VapoRub into a bowl of boiling water. Then breathe in the steaming vapors for just a few minutes. With each breath

you take, the medication goes straight to inflamed bronchial tubes where it soothes irritation, quiets coughing and loosens tightness and congestion. At bedtime rub Vicks VapoRub on

throat, chest and back. Its poultice-vapor action works for hours to bring you added comfort while you sleep.

Something New In Town!

The Prince Rupert Fun Club

EAGLES' HALL, (Fifth and McBride)

Introducing a New Indoor Team Game

DART BASEBALL

Three Couples to a team Opens 7:30 p.m., Monday, January 10, and Every Evening after that. Come along and bring your old bowling team or just come yourselves and

try this new game.

Funeral Notice

Funeral services for Peter Carl, infant son of Mr. and Mrs. In a recent accident at Bord- Nels Antonsen, will be held to-

Announcements

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

A Drydock Employees Dance, January 14. Music by Ruperts new Orchestra "Rythmn Kings'.

C.C.F. Dance, Oddfellows' Hall January 14th., DeCarlos orches-

Burns' Tea at the home of Mrs. George Mitchell, January

CLASSIFIED ADS

Classified Advertisements are payable in advance at the Office-No telephone orders - Rate 2c per word per insertion.

FOR SALE

best down town location. For particulars apply H. G. Helgerson Ltd.

FOR SALE - Drop-side couch, complete, 4 foot mattress. 1034 7th Ave. East.

FOR SALE-Double bed, Slumber King, spring and springmattress. Good condition. \$35 Phone Green 989

FOR SALE-J. & J. Taylor safe in good condition, Phone 422.

FOR SALE-Eight cords of wood stove length and old lumber. Apply P. O. Box 431.

FOR SALE-One kitchen set, double bed, davenport. 409 6th Ave. East.

FOR SALE-Household furnishings. Apply 612 8th Ave. East or phone Blue 900. Mornings before 12 noon, evenings after

FOR SALE - 7-inch hot plate. Apply Staff House No. 6, Room

FOR SALE-Good oil burning heater. Reasonable. Apply 345 5th Ave. East.

FOR SALE-One complete bed and dresser. Like new. 1446 8th Ave. East.

HELP WANTED

STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge of commercial book-keeping, or those willing to learn, wil have preference. Written applications only. State experience, if any. Apply U. I. C

PERSONAL

RESPONSIBLE Canadian girl will mind children, eveninge and half-day Saturday. Apply Box 657 Daily News.

CHIP THE THE THE THE THE STREET LAND TO THE THE THE SHAPE SHAPE

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

WANTED

FOR SALE-Business Block in WANTED - Well heattd light housekeeping rooms for soldier's wife and year old boy. Sigmn. Fisher, L. C., Signal

> Barracks, City, WANTED - Fly-rod of good make; price no object. Reels or Wallace Block other accessories. Apply Box 653 Daily News.

WANTED-Clean furnished anartment or small house for responsible marine officer and wife. Prince Rupert Hotel, room 53.

FOR RENT

FOR RENT-Vacancy, close in. Gentleman only, sharing. Phone Blak 965.

ROOM FOR RENT-Gentlemen only. 343 7th Ave. West (8)

LOST

LOST-Girl's sterling identifi- 302 Third Ave. W. Black 787 cation bracelet with Navy crest. Finder please leave at

Daily News Office. LOST-One brown leather glove News. Finder would oblige by phoning 86 or Black 291.

lighter. Initialled. H. M. R | prices. with Airforce Crest. Reward. Finder please return to Dail" News office.

LOST-Small black dog at Metlakatla on Dec. 30. Answers to name "Dinks". Tag No. 30. Notify W. J. Robinson, Metlakatla. Reward.

LOST-Ladies rust purse corner of 6th and Ambrose or in front of Military P.O. Concard, Bank book, Finder please leave at Daily News Reward.

terrier. Answers to name "Burma." Reward 323 5th Ave. East. Anyone harboring will be prosecuted.

LOST-Ladies brown raincoat

Phone 841

FOUND FOUND-Knitting on 6th Ave.

East, the day after Christmas. Owner may have same by calling at the Daily News and paying for this advertisement.

BUSINESS AND PROFESSIONAL

GEORGE L. RORIE

Public Accountant, Auditor, etc. Income Tax Returns Compiled Phone 387

IDEAL CLEANERS

"House of Better Cleaning" Authorized "FLEXFORM" SERVICE Shapes Dresses Without

Guesses

Waterproofing a Specialty We Pick Up and Deliver PHONE 858 Mail Orders-Box 99

B. LAMB, TAILOR Ladies' & Men's Made-to-

Measure Clothes.

National Monuments between Post Office and Daily You can now mark the grave of your loved ones by buying a monument from National Monu-LOST-Lady's Ronson cigarette ments at the most reasonable

> Box 1425 Postal Station B Workshop 602 5th Ave. East, Prince Rupert

"Made in Prince Rupert"

HELEN'S BEAUTY SHOP

taining money, registration Beauty Culture in all its branches Phone 655 206 4th St.

Permanent Waving

LOST-Dark grey haired Cairn SMITH & ELKINS LTD. Plumbing and Heating Engineers.

> P.O. Box 274 Phone 174

> > International Correspondence Schools Canadian Limited

B. F. Lovin, Representative Box 526 1315 Piggot Ave. Prince Rupert, B.C.

Not Only a Word, But a Code

. . . Quality is no static thing; it has no unit of measure. Rather is it a decree of excellence.

. . . Judgment of the degree of excellence in any particular product must rest with the integrity of the judges.

. . . Such judgment was easier when things were made of "pure" substances-such as pure wool, pure silk, pure linen-or when an article was made from start to finish by hand.

... Proper judgment of products demands more knowledge and experience than ever before. Only a store that holds public confidence as its most precious trust can be counted upon to keep its standards of judgment unassailable.

. . . Quality is and will continue to be our code. We will endeavor to maintain in our goods a degree of excellence the word "Quality" connotes.

Watts & Nickerson

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)

JOIN THE NAVY LEAGUE

Opposite Canadian Legion

Prince Rupert is justiy proud of her

SEA CADETS Every Citizen should be a Member of

THE NAVY LEAGUE 1944 — ANNUAL MEMBERSHIP — \$1,00 A chance to win a \$15,000 Treasure Chest Prize

goes with it.

\$1.00 Membership Tickets For Sale at OMERae Bros. Ltd

Dibb Printing Company

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STATIONERY BIRTHDAY AND EVERYDAY CARDS WATERMAN'S FOUNTAIN PENS

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HELP THE SEAMEN HELP THE SEA CADETS

Phone 234

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