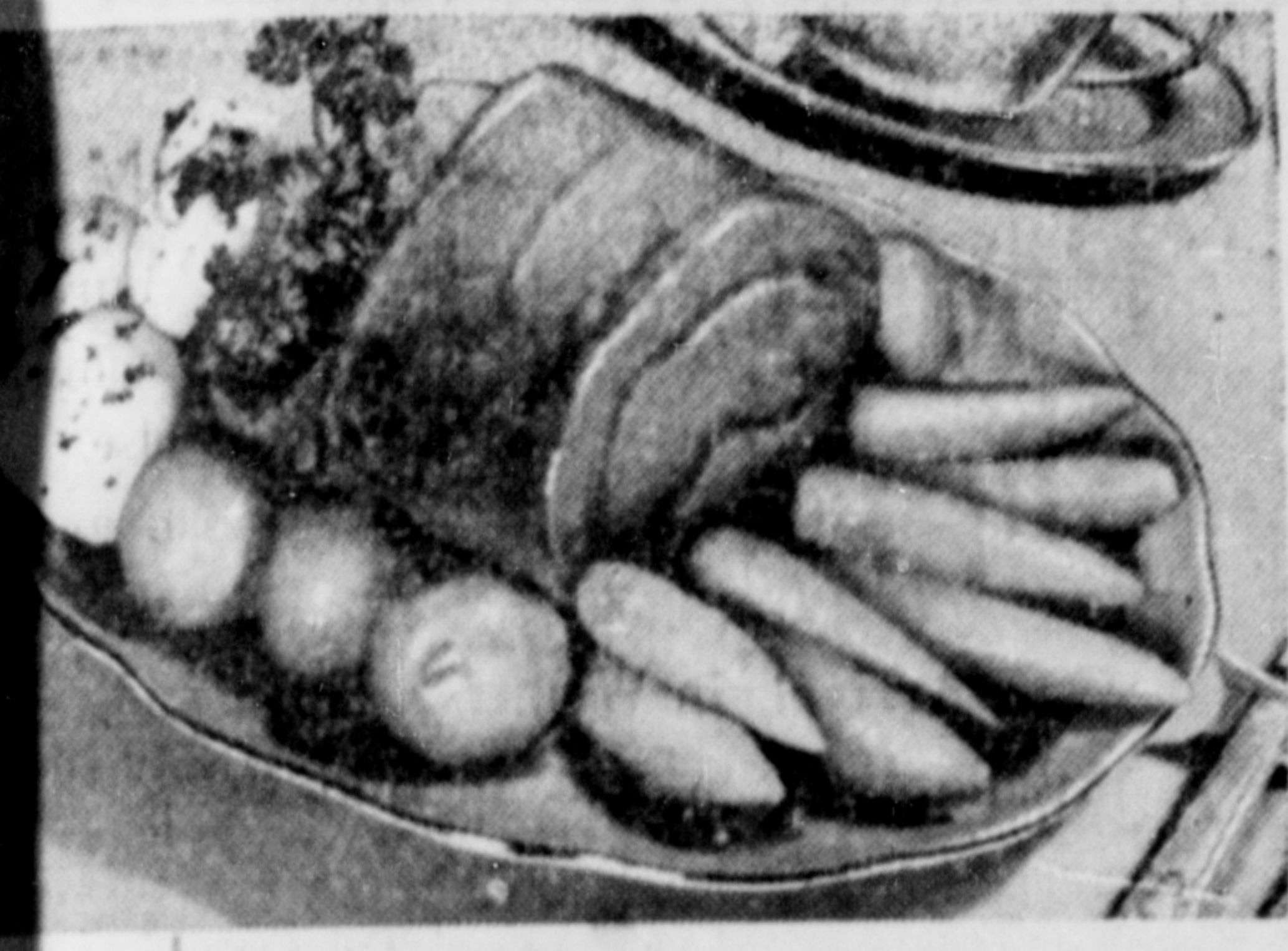


SWIFT'S WEEKLY WARTIME FOOD HINTS



Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday

Pot Roast, Plus



The colder the weather the more your family will like this spicy pot roast of beef... before serving to ensure tenderness... 'MARINADE FOR BEEF'... SWIFT CANADIAN CO. LIMITED

LOCAL NEWS NOTES

▲ Cash for old gold, Bulger's. ▲ 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 at 8 o'clock.

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.

'QUALITY' 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.

Watts & Nickerson... 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.



MOTHERS 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.

Double-Action Way To Help Relieve BRONCHITIS

COUGHS • SORENESS • CONGESTION Get right after painful bronchitis attacks... 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.

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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

JOIN THE NAVY LEAGUE Prince Rupert is justly 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

McRae Bros. Ltd.

Dibb Printing Company OFFICE SUPPLIES PRINTING BOOKBINDING STATIONERY BIRTHDAY AND EVERYDAY CARDS WATERMAN'S FOUNTAIN PENS Besner Block, 3rd Street Phone 234

HELP THE SEAMEN HELP THE SEA CADETS JOIN THE Navy League Canadian Fish & Cold Storage PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT" AND IN THE MATTER OF THE ESTATE OF GEORGE HENRY BRISTOL DECEASED TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 3rd day of January, A. D. 1944, I was appointed Administrator (with Will annexed) of the Estate of George Henry Bristol, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 4th day of February, A. D. 1944, and all parties indebted to the Estate are required to pay the amount of their indebtedness to me forthwith. Dated at Prince Rupert, B. C., this 3rd day of January, A. D. 1944. NORMAN A. WATT Official Administrator. Prince Rupert, B. C.

Mutual Benefit Health 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

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

ELIO Has Just Received a Shipment of SIMMONS BEDS Beautyrest Spring Filled Mattresses, Deep Sleep, Slumber King Mattresses, Folding Steel Cots with Mattress, Converto 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 They are beautiful to say the least. This shipment was intended for the Christmas season, but was too late coming. Phone 775 327 3rd Avenue

Thrifty Housewives THE 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 Community Shopping Centre—Prices Right.

SEVENTH AVE. MARKET