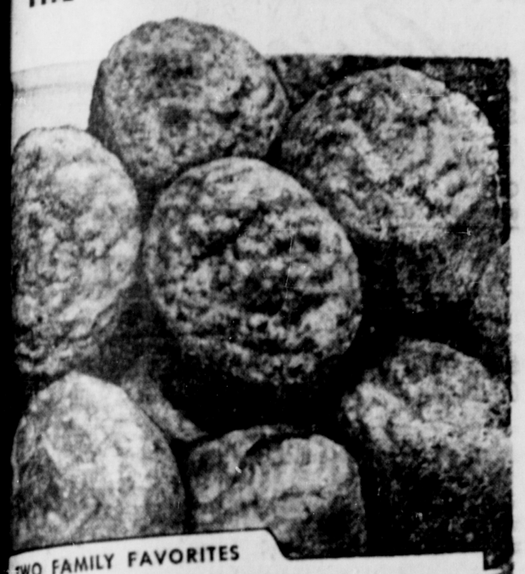
EAT MUFFINS EVERY DAY
THE ALL-BRAN WAY



TWO FAMILY FAVORITES

ALL-BRAN MUFFINS

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup Kellogg's All-Bran
¾ cup milk
1 cup sifted flour
½ teaspoon salt
2½ teaspoons baking powder

Cream shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk — let soak until most of moisture is taken up. Sift flour with salt and baking powder. Add to first mixture and stir only until flour disappears. Fill greased muffin pans ⅔ full — bake in moderate oven (400°F.) about 30 min. Makes 8 large muffins.

ALL-BRAN COOKIES

½ cup shortening
½ cup sugar
1 egg
½ cup molasses (honey)
1½ cups Kellogg's All-Bran
1 cup sour milk (or buttermilk)
2½ cups sifted flour
1½ teaspoons soda
½ teaspoon salt
1 teaspoon ginger
½ teaspoon cinnamon

Cream shortening, sugar thoroughly. Add egg, and beat until light and fluffy. Stir in honey, All-Bran, milk—let stand while sifting dry ingredients. Sift flour, soda, spices together—add to first mixture. Drop by teaspoonfuls onto greased baking sheet—a few inches apart. Bake in moderate oven (400°F.) about 15 min. Makes 2½ dozen 3-inch cookies.

delicious Aid to Regularity

you treat your family to ages containing ALL-BRAN ding them a TRIPLE favor. L-BRAN is a gentle lax-ative cereal, and helps correct diets lacking in "bulk". This assists in maintaining regularity. *Second:* it's mighty delicious food. *Third:* it's very good food, too—it is a superior source of whole grain protein, minerals and other protective food elements. ALL-BRAN is especially good for folks right now—with Spring appetites and need for Spring digestive regulation. Get it at grocers'—2 handy sizes.

Kellogg's ALL-BRAN for Constipation due to Insufficient Bulk in Modern Diets

Helps you keep "REGULAR" Naturally

Made by Kellogg's in London, Canada



ATTENTION...

Astoria Hotel, Jasper, newly decorated and renovated, now under new management. First class Dining Room and Lunch Counter. Meals served at all hours. 30 rooms, 15 with bath. Reasonable rates.

GEORGE ANDREW, Prop.



MAKE YOUR GREATEST
WAR EFFORT --- NOW!

Our fighting forces now face the great sacrifices demanded by invasion. So we at home must pray, help in every way and practice self-denial as never before! Everyone must buy Victory Bonds who can—and each must buy all he can.

PUT VICTORY FIRST — BUY VICTORY BONDS

PHILPOTT EVITT & CO. LTD.

PHONE 651 PHONE 652



SIGN UP FOR VICTORY

Prime Minister Churchill stated the other day, "Victory may not be so far away, and will certainly not be denied us in the end, but the task is heavy, the toil is long, the trial will be severe."

You can hasten victory—you can lighten the task and the toil—by signing for more bonds this time than ever before.

Put Victory First
BUY VICTORY BONDS

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


# LOCAL NEWS NOTES

Mrs. J. A. Hinton is leaving tonight for Comox, Vancouver Island, where she will pay an extended visit.

Mrs. Jack Durran and family, who are moving to Vancouver to take up residence, will leave for the south Saturday night.

The Misses Delphine and Charlotte Balagno, Nora McCaffery and Charlotte Dodimead returned home at the first of the week from a holiday trip to Vancouver and Seattle.

Mrs. C. W. Breukelman and family, who have been living in Trinidad, arrived in the city this morning from the south to pay a visit with Mrs. Breukelman's parents, Bishop and Mrs. G. A. Rix, Fourth Avenue West.

Returning to the city of his birth after an absence of 25 years, Captain Nicholas Mussallem arrived in Prince Rupert on Wednesday from Vancouver. Captain Mussallem is the son of Mr. and Mrs. Soloman Mussallem of Haney, who were old timers in Prince Rupert. Before enlisting in the Canadian Army, Captain Mussallem practiced law in Vancouver. Jack Mussallem, local store proprietor, is a cousin.

Mrs. J. S. Black returned to the city yesterday from Vancouver where she attended a C. C. F. conference.

Mrs. D. C. Stuart returned to the city yesterday from Vancouver where she attended an Imperial Order, Daughters of the Empire, provincial conference.

Listen in tonight at 6:05 to Harold Ponder, speaking over station CFPR in the interests of the Sixth Victory Loan.

Dr. C. H. Hankinson returned to the city yesterday from Vancouver where he has been for the past few weeks following the funeral of Mrs. Hankinson. Members of the family have entered school in the south.

At yesterday afternoon's luncheon of the Gyro Club when the theme was the Sixth Victory Loan campaign guests were Geoffrey Wootten and Johnny David, the latter of the Royal Canadian Air Force. The winner of the weekly war savings certificate raffle was Dr. J. J. Gibson.

## *Engagement*

Mr. and Mrs. Hugo Kraupner announce the engagement of their only daughter, Ilse Margarete Anna, to First Class Stoker W. H. Fudger, R. C. N. V. R., H.M.C.S. Chatham, son of Mr. and Mrs. R. A. Fudger of Oshawa, Ontario, the wedding to be announced at a future date

## *Card of Thanks*

Miss Evie Rivett, Mrs. N. E. Arnold, Mr. A. Rivett Sr. and A. M. Rivett Jr. wish to express their grateful thanks to their many friends for expressions of sympathy, and many kind and thoughtful acts, also to Dr. John MacDonald for his constant attention and kindly consideration and to the Canadian Legion and the South African War Veterans for their courtesy to a comrade.

## Announcements

Dry Dock Employees Dances at the Staff Dining Hall are cancelled until further notice.

L. O. B. A. Dance, Oddfellows' Hall, April 27, De Carlo's Orchestra.

L. P. P. Dance, Eagles' Hall, April 27.

Eastern Star Dance, April 28.

Valhalla Dance, April 28, Oddfellows' Hall.

Machinist's Dance, April 29, Oddfellows' Hall.

May Day Celebration meeting, speakers and music. Booth Memorial School, May 2, 8 p.m.

Nurses' Spring Dance, May 2, Oddfellows' Hall.

Presbyterian Missionary Tea, Mrs. A. Flaten's, May 3.

Women of the Moose, Dance, Wednesday, May 3. Dancing 10-2 De Carlo's Orchestra. Refreshments.

United Church Spring Sale, May 4th.

Sonja's Tea and Sale of Home Cooking, Lutheran Church, May 4.

Women's Auxiliary Canadian Legion Dance, May 5, Oddfellows' Hall. Jean De Carlo's Orchestra. Refreshments.

Cambrai Tea, May 11, Mrs. Munthe's.

C.C.F. dance, Oddfellows' Hall, May 12, De Carlo's Orchestra, 9:30 to 1:30 a.m.

Concert by Drydock Male Choir, May 15 and 16.

Hospital Auxiliary Tea, May 18.


SAVOY HOTEL
Carl Zarelli, Prop.
Phone 37 P.O. Box 54.
FRASER STREET
Prince Rupert


# Committee Will Receive Names

Members of the Women's Canadian Club met briefly in the council chamber in the city hall on Tuesday afternoon to elect a nomination committee which will receive nominations for officers of the club at forthcoming elections. The elections will be held on May 3. Elected to the committee were Mrs. J. A. Rutherford, Mrs. C. P. Balagno and Mrs. J. D. Fraser.

FIREFIGHTERS FOR EUROPE

LONDON, (CP)—A special contingent of the National Fire Service which fought blitz fires in London will be available for fire fighting service on the continent in support of the Army Fire Service should it be needed. This was announced by the Home Office.

TOO LATE TO CLASSIFY

FOR SALE — Four-burner Hot Point, white enamel electric range, automatic oven. Phone Blue 446. (101)

# Local Principal At Convention

VICTORIA, April 27 — Three hundred and fifty delegates attended the convention banquet of the British Columbia Parent-Teacher Federation at the Hudson's Bay Company Georgian Room recently. It was the twenty second annual convention. The theme "Meeting the Challenge on the Home Front" was admirably adhered to with many eminent speakers helping to meet the "challenge" at the four-day convention.

Dr. W. E. Blatz, M.B. Ph. D. of St. George's School of Child Study, gave the keynote address.

Many delegates from British Columbia points included W. W. C. O'Neill, Prince Rupert.

## TIMELY RECIPES

STUFFED TOMATO CUPS

Tomatoes—Select six medium-sized tomatoes—dip in boiling water in order to remove skins easily; cut off tops and hollow out. Fill with following mixture, sprinkle with paprika and put in refrigerator to chill thoroughly.

Stuffing — ½ pound cream cheese, ½ cup milk, ½ cup chopped stuffed olives, ½ cup chopped nuts, ½ cup rolled oats.

Blend cheese and milk. Combine with rolled oats, olives and nuts.

BELTS OF 1,000 STITCHES

Japanese soldiers wear sennin-bari-belts of a thousand stitches, each sewn by a different person, which supposedly makes them invulnerable.


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


ACTIVITIES OF Y.M.C.A. and Y.W.C.A.
(By DOROTHY GARBUTT)

They're sanding the floors today. The sander, perhaps I should call him the sand-man, because he nearly puts you to sleep, a long sleep, with the noise he makes, runs up and down the room pushing a two-hundred weight machine which sounds like all the rivetters on all the shipyards in all the world. And Mr. Moore is having more fun moving furniture from one spot to the other in order to clear the floor.

Yesterday when I was trying to find someone to do away with our kittens I phoned the Quartermaster at the Navy, remembering that they had put the other kitten away last October. But they absolutely refused to do it. "What?" he roared. "Do away with 'Salty' and 'Peppy' those nice kittens, I should say not—give 'em to us, we'll fix them up in the galley as nice and cosy and they'll be O.K." So they were as good as their word and "Salty" and "Peppy" rode off in style in the Navy truck which called for them. I just handed them over to the sailors and ran. I'm sure they'll have the best of care and it was ever so kind of the Navy boys to take them but I do miss them. Only—Prince Rupert people, don't give me any more kittens. It would be a mistaken kindness just now.

Mrs. Brass tells me that the Coast Battery Women's Auxiliary have received many interesting and grateful letters from local boys who have received cigarettes through their auxiliary. These ladies for the past four and a half years have consistently sent cigarettes overseas and what a job it has been as there is only an average attendance of seven women at their meetings! They have used all their ingenuity in devising schemes for raising money for this special fund—dances, basketball games and raffles. So the next time one of these ladies says "buy a ticket mister," you just dig down deep in your jeans.

## *C.N.R. Trains*

For the East—
Daily except Sunday 8 p.m
From the East—
Daily except Monday 10:45 p.m
For Terrace—
Sunday, Monday, Wednesday, Thursday and Friday 4 p.m.
From Terrace—
Monday, Tuesday, Thursday, Friday and Saturday 11 a.m.

Men of the woods, engaged upon their essential war-time tasks of making available our great forest resources, must have the very best of foods and beverages to maintain stamina, to promote enjoyment and relaxation during precious leisure hours. From British Columbia's coastal forests to the vast northern expanses of Ontario and Quebec, Canada's men of brawn and skill enjoy to the full their cup of fine-flavored, irradiated Nabob Coffee — Pliofilm-packed for extra freshness.

Tune to Harmony House, CBC Western Network, Mondays . . . 8.30 p.m. . . . Pacific War Time.

NABOB

NU-16



BUY BONDS PUT VICTORY FIRST

"SALADA" TEA

PUT VICTORY FIRST
BUY VICTORY BONDS



Quality... Marks These Style Right TOPCOATS

IN SMART TWEEDS FROM SCOTLAND and the ISLE OF MAN

$27.50 to $40.00

FINE WOOL NAVY GABARDINES, Beautifully Tailored ..... $41.00

Watts & Nickerson
MEN'S and BOYS' CLOTHING
PHONE 345 —— FIVE-THREE-TWO THIRD AVENUE



PARENTS...

Local Health Officer advises diet of Rupert children deficient in vitamins and minerals. The following is an extract from the Vancouver Daily Province of April 20:

"CHILDREN'S DIET SHORT OF MINERALS, VITAMINS

Deficiencies in vitamins and minerals were discovered in the diet of 95 per cent of the children in Prince Rupert, Dr. R. G. Knipe, health officer of the city reported to the meeting of the Metropolitan Health Committee today."

Here is a solution:

Vigor 8 per tin ..... 49c

Contains 5 vitamins, 3 minerals. Just what the children need. Makes a delicious chocolate-flavored beverage.

FOR SALE AT

Overwaitea



ELIO Furniture Store
THIRD AVENUE

- Folding Baby Carriages.
- Baby High Chairs.
- Baby Cribs.
- Boys' Wagons.

PUT VICTORY FIRST—BUY VICTORY BONDS



SHOP AT THE
SEVENTH AVE. MARKET
"The Friendly Store"

We handle HIGHEST QUALITY MEATS and VAN'S BREAD

Also Fresh Fruit and Vegetables

Our Prices Are Right