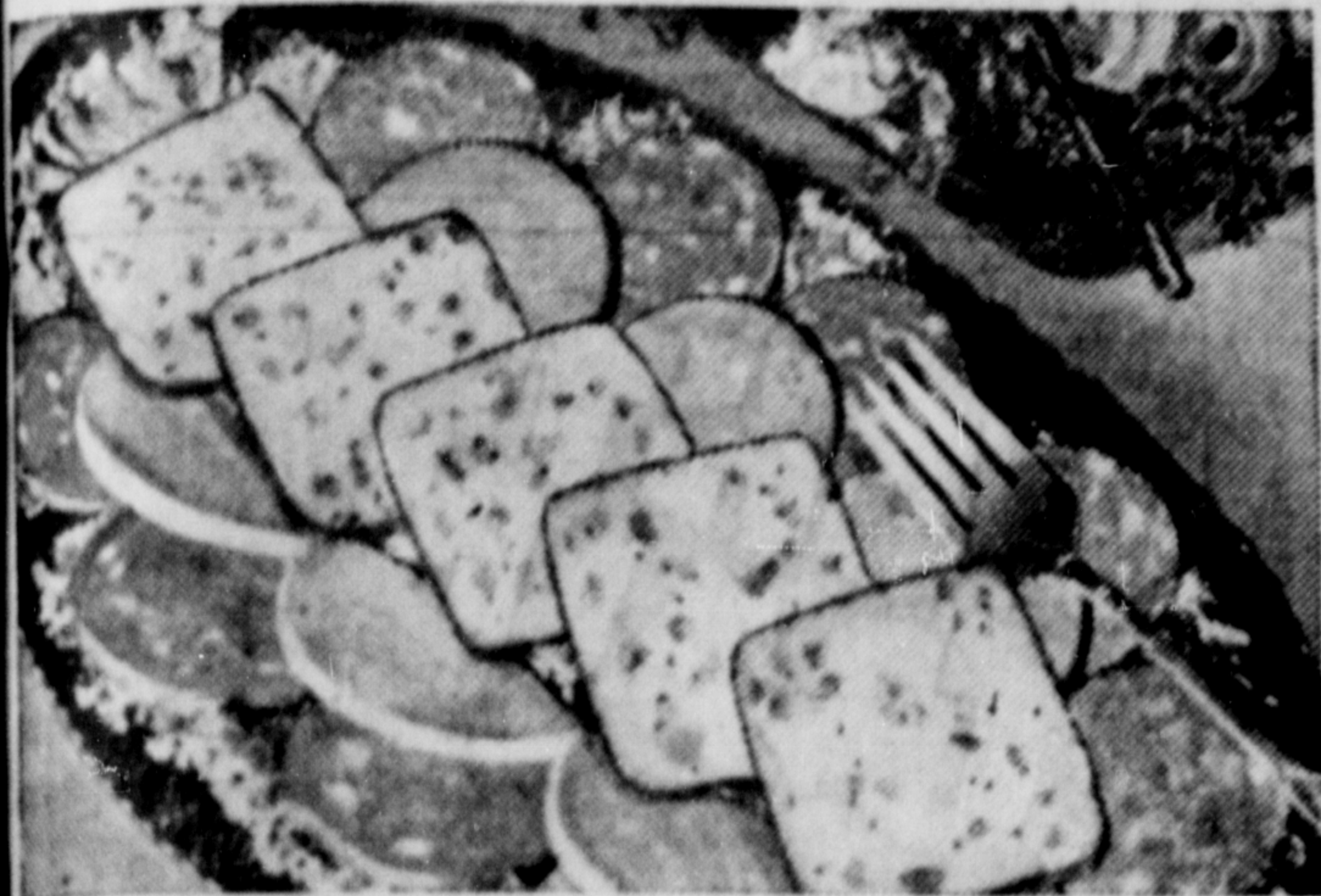


SWIFT'S WEEKLY FOOD HINTS



Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday

by Martha Logan



Premium Table-Ready Meats

Tasty, tempting, and so easy to prepare! Save time and work by serving Swift's Premium Table-Ready Meats frequently this summer.

Summer calls for planning meals that take little time and fuss in preparation. With work in your Victory Gardens, children soon coming home from school and all the ordinary wartime activities, meals should be streamlined. But, of course, still nutritious and satisfying. That's where Swift's Premium 'Table-Ready' meats come into their own! Here are some tips for making the most of these appetizing loaves and sausages:—when buying, select a variety for appetite appeal and to suit each member of the family. Get several slices

of three or four different kinds, with contrast in flavour, texture, colour and shape.

Leftover slices are excellent in sandwiches for next day's lunch. See your family get their vitamins by serving a good green salad (see recipe for dressing) with the meats. And start the meal with a bowl of soup.

Martha Logan

MARTHA LOGAN'S FRENCH DRESSING

1/2 tsp. salt
1 tsp. sugar
1/4 tsp. dry mustard
1/4 tsp. paprika
2 tbsps. vinegar
4 tbsps. salad oil

Dissolve condiments in vinegar. Add oil and beat or shake thoroughly.

SWIFT CANADIAN CO. LIMITED

Makers of Premium Ham and Bacon; Silverleaf Lard; Jewel Shortening; Brookfield Butter, Eggs and Cheese.



Now is the time for all good men to come to Philpott, Evitt & Co. and order their winter supply of Coal. Don't wait too long and be sorry for the rest of the winter. Order your Coal now.

FOOTHILLS LUMP, EGG and NUT.
BULKLEY VALLEY LUMP
PHILPOTT EVITT & CO. LTD.
PHONE 651 PHONE 652

RUPERT BRAND SMOKED Black Cod Smoked Daily

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

LOCAL NEWS NOTES

Mrs. B. Walker of King Edward School teaching staff left Saturday night for Vancouver to spend the summer vacation.

James Bremner returned to the city Saturday night after spending the past week at Terrace in connection with a stucco contract on the Canadian National Railway Station, the police station and theatre there.

A. G. Landels, manager of W. H. Malkin Co., and Martin Stewart, manager of Swift-Canadian Co., are leaving tonight for a business trip to Queen Charlotte Island points.

Miss Kay Meredith left Saturday night for Vancouver to spend the summer vacation. Miss Meredith is a member of Booth Memorial School teaching staff.

Funeral Notice

Canadian Legion, B.E.S.L.

Canadian Legion members are requested to attend the funeral of our late comrade and member, Harford M. Watson, ex-3rd Canadian Battalion World War I, also veteran World War II. Funeral services will be held from the B.C. Undertakers Chapel, Second Street, Tuesday, June 27, at 2:30 p.m. Rev. J. A. Donnell officiating. Fall in at Legion 2:15.

"Lest We Forget"

Announcements

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

Whist Drive, Oddfellows' Hall, June 26, 50c.

W. A. Canadian Legion Dance, Oddfellows' Hall, June 29. De Carlo's Orchestra.

Coast Regiment Women's Auxiliary Dance, Armory, July 1.

Dominion Day Celebration, Port Essington, Saturday, July 1.

W.O.T.M. Dance, Oddfellows' Hall, Wednesday, July 5. Dancing 10 to 2. DeCarlo's Orchestra. Refreshments.

Orange Ladies' Dance, July 7. Oddfellows' Hall; DeCarlo's Orchestra. Refreshments. Dancing 9:30-1:30 a.m.

Y.M.B.A. Organization Dance, Port Essington, July 8. Johnny's Orchestra.

Mr. and Mrs. P. De Jong left on Saturday night on a trip to Vancouver.

Among those leaving on Saturday night for Vancouver were Mrs. J. Killas and children.

G. W. Morgan left on Saturday night on a trip to Vancouver.

Miss F. Foster left on Saturday night on a trip to Vancouver.

A. L. Timmermeister left on Saturday night on trip to Vancouver.

R. B. Morgan left on Saturday night on a trip to Vancouver.

Mrs. George James and family left on Saturday night for Vancouver where they will spend a vacation.

Jack Lautens of the C.N.R. city ticket office returned on Saturday night from a business trip to Winnipeg.

Members of the teaching staff of local schools leaving on Saturday night to spend the summer in Vancouver and Victoria included Miss Eva Cavalier, Miss E. A. Mercer and Miss M. Hartin.

L. M. Felsenthal returned to the city on last night's train from a business trip as far east as Montreal. He was accompanied back by M. Math of Sherbrooke, Quebec.

Mrs. Jens Munthe returned to the city on Saturday night after spending the past week at Terrace with her mother, Mrs. Thorsen. Accompanying Mrs. Munthe were Miss Ruth Walton and Miss Joyce Watts, home after also spending a week on the farm at Terrace.

Further canvassers in the Pioneers' Home Fund drive include Mrs. Benson, Mrs. T. H. Elliott, Mrs. A. K. Henriksen, Mrs. R. J. Keron, Mrs. H. Lund, Mrs. Agnes Macdonald, Mrs. Norman Smith, Mrs. M. Viereck, Mrs. P. Weiter and D. A. MacPhee.

MAKINGS REQUESTED
BATH, Eng., ①—Wartime Restrictions have struck at clerical hospitality. The Archbishop of Bath, Ven. W. M. Selwyn and Mrs. Selwyn, issuing an invitation to their parishioners, stated: "Tea will be provided, but the guests are sadly asked to bring their own milk, sugar and 'eats'."

Catholic Women's Tea and Sale; Card Party In Evening

Last Thursday afternoon, the card room of the Knights of Columbus Hut was the scene of a successful tea and delicatessen sale held by the Catholic Women's League.

Mrs. J. J. Gillis, president of the League, was general convener. Mrs. J. Forman was in charge of the tea room. Mrs. Brass and Mrs. M. P. McCaffery presided at the tea table. Serviteurs were Mrs. J. L. Blain, Miss K. Murray and Miss Rita Turgeon.

Mrs. J. F. Ritchie was cashier. Assisting in the kitchen were Mrs. H. F. Glassey, Mrs. J. Garon, Mrs. Dominato and Mrs. J. L. MacLaren.

In the evening a card party was held in the hall. Bridge, whist and cribbage was enjoyed.

In bridge, Mrs. S. Craig won ladies' first prize and second prize was won by Miss Mary Astoria. Men's first prize was won by R. M. Nursey and S. Craig took second prize.

In whist, Mrs. C. Lesieur won ladies' first and Mrs. Lewis won second prize. J. Dobson won first prize for the men's and O. K. Olsen won second prize. In cribbage, H. Astoria won ladies' first prize and Bert Lewis took men's first.

The raffle on the fruit cake was won by Anita Rogerson and Helen Balagno won the ham.

Miss Margaret Morin of the Canadian National Railways general office staff left on Saturday night for Vancouver on her way to spend a holiday in Montreal. She will fly from Vancouver to Montreal via Trans-Canada Air Lines.

Fresh Local Raw and
Pasteurized MILK
VALENTIN DAIRY
PHONE 657

SAVOY HOTEL

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



British
Columbia's



Finest Salmon

The best buy in Monuments and Markers in B.C. is at National Monuments on 3rd Ave., first door West of Eaton's.
NATIONAL MONUMENT
P.O. Box 998. Prince Rupert

13 TAXI

Now in operation
Under New
Management

SERVICE

8 a.m. to 4 a.m.

Re-opening

of the

L.D. Cafe

CHOP SUEY and
CHOW MEIN

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

PAY LESS FOR
FINER COCOA!



WHY PAY MORE?

NEW ROYAL HOTEL

A Home Away From Home

Rates 75c up
50 Rooms, Hot and Cold
Water
Prince Rupert, B.C.
Phone 281 P.O. Box 196

GEO. J. DAWES

AUCTIONEER
— and —
VALUATOR

SALES CONDUCTED TO SUIT
YOUR CONVENIENCE
FURNITURE AND HOUSE-
HOLD EFFECTS PACKED
AND SHIPPED

Estimates Phone for
Free Appointment
146 4th Ave. E. RED 127

THE REX CAFE

Now Open for Business

CHOP SUEY
CHOW MEIN

Opening Hours:
3 p.m. to 2 a.m.
2nd Avenue (Across from
Prince Rupert Hotel)
Phone 173

DANCE

FRIDAY, JUNE 30
ODDFELLOWS' HALL

Atlas Boiler Works

Electric, Oxygen, Acetylene
Welding, Blacksmith, General
Repair.

Phone Red 884



We are specializing in
the newest

**NESTLE'S
COLD WAVE**

Especially suitable for finer hair

**ANNETTE POWELL'S
BEAUTY SHOPPE**

Fourth Street. Peggy Saunders

**Barr & Anderson
LIMITED**

Plumbing and Heating
Automatic Sprinkling and
Coal Stokers

Corner 2nd Ave. and 4th St.
Phone Red 389 P.O. Box 1294

Special Purchase on BLANKETS

All pure wool.
Whipped edges.
Size: 62" x 84".
Weight: 7 lbs. per pair.
Shade: White.

With Colored Border.

And they're Priced to Sell at

\$6.45 each

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

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

Have You Any Old Books?

The Salvation Army Needs Them
For Its Servicemen's Library

Can You Help? If So,
Leave them at

McRae Bros. Ltd.

A. MacKENZIE FURNITURE LTD.

A GOOD PLACE TO BUY

We are just reminding you of things that you know. . .
That we have a large stock of Household Furniture,
Bedding and Floor Covering on hand.

Send us your Mail Orders.

Phone 775

327 3rd Avenue

PRINCE RUPERT ROOFING CO.

Box 725
Specialists on Builtup
Roofs
Repairs, Re-shingling
Free Estimates

KING GEORGE CAFE

Special Chinese Dishes
Chop Suey
Chew Mein
Hours 10 a.m. to 10 p.m.
2nd Avenue and 8th Street

KWONG SANG HING HOP KEE CHOP SUEY HOUSE

612 7th AVE. WEST
(Next to King Tail)

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.
to 12 p.m.

Phone Red 247

J. L. CURRY

(Late of Yukon)
CHIROPRACTOR
Smith Block Green 996