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The Experts Say - - -

A doze of sulphur and molasses used to be remedy for the loggy, tired, end of winter feeling that hits most of us these days, and grandmother's cure was sound from a nutritional point of view, says Ann Burns, assistant to chief nutritionist Grace Duggan of the Health Department's Nutrition Division.

"To increase one's pep the main thing is to increase one's intake of iron and vitamin B1—both found in molasses—but liver

is nutritionally tops here because it contains both in larger quantities," she told The Canadian Press.

Important vitamin B1 is found in meats, milk, green vegetables and whole grain cereals, while iron comes mainly in darker colored foods like egg yolks, red meat and especially liver, and also in whole grain cereals.

Molasses tops the sugar foods in nutritive value, contributing calories to the diet plus worthwhile amounts of calcium, iron and B-complex vitamins, but, says Dr. L. B. Pett, director of nutrition, present day molasses is neither so dark nor so nutritious as the old time black-strap.

A day's menu containing plenty of vigor-giving iron and B1 might include these foods: At breakfast a glass of orange juice, a bowl of whole grain cereal like cooked rolled oats, possibly with wheat germ sprinkled on top, a poached egg on toast made from Canada Approved bread, and coffee for the family's adult members, milk for the children.

Lunch or supper: cream of tomato soup, fresh fruit salad, Canada Approved bread and butter, gingerbread for dessert and milk.

Skin care pays dividends in the kitchen as well as in the boudoir and here are helpful tips on the subject from the Agriculture Department Consumer Section:

An old story, but worth retelling, is the one about not peeling fruits and vegetables except when absolutely necessary. The skins keep the food values where they belong—in the food.

Grate the skins of citrus fruits before peeling and keep the gratings in a covered jar in the ice box. They will add interesting flavor to the dressing for a fruit salad, sauce for ham and countless other dishes.

VEGETABLE RAREBIT: This cheese and vegetable rarebit will be a natural for tomorrow's supper when served with a salad, say the home economists of the Agriculture Department. A salad with apples in it seems to have a natural affinity for this combination.

For the rarebit heat three cups of tomato juice over hot water. When hot add 2½ cups of grated soft Cheddar cheese, stirring it

NURSE SHORTAGE HITS HOSPITALS

With the grim toll of war directing many graduate nurses into service with the armed forces, and with easier or more lucrative office jobs attracting many others from their profession, all hospitals throughout Canada are expressing an urgent need for trained nurses, National Selective Service reports.

To meet this need, steps have been taken to attract graduate nurses into hospital service.

In the United States, where heavy military casualties have caused a shortage of military nurses, creating a situation parallel to, and perhaps more serious than that existing in Canada, Congress has authorized a bill to conscript trained nurses. However, to meet the need in Canadian hospitals government officials are seeking a voluntary response.

"The idea is to get all graduate nurses not now engaged in their profession to return to the hospitals," E. V. Whiting, local Selective Service officer said. "Even if each nurse served only two months, it would likely keep up a continuous stream of trained nurses which would be adequate."

Nurses who return to hospital service during the emergency will be guaranteed reinstatement in the jobs they have left at the termination of their work in hospitals.

Hinging on a minimum period of two months hospital service are the following offers:

Return transportation to the place of employment plus 40 cents an hour travelling time.

Separation allowance if the graduate nurse is required to live apart from those who are dependent upon her.

Wage differential allowance not exceeding \$5 a month in cases where the hospital rate of pay is less than that of the rate paid in the previous occupation.

in slowly and continuing to stir until the cheese melts. Add three level teaspoons dry mustard, one teaspoon salt, ½ teaspoon pepper, two teaspoons Worcestershire sauce and one tablespoon butter. Meanwhile cook or re-heat three cups of mixed vegetables and make six slices of toast. Arrange the vegetables on the toast and top with the rarebit mixture.

Special Notice! For proper enjoyment it is important you see this feature its start!

Today **M.G.M.'s** **IF A GIRL WINKS—SHE KISSES!**
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Complete Shows
12:30 - 2:34 - 4:51 - 7:07 - 9:24
Feature
12:30 - 2:47 - 5:03 - 7:20 - 9:37

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DAILY NEWS

WANT ADS.

Classified Advertising is payable to the office at time of submitting copy for insertion.

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FOR SALE — One adjustable dress form. Phone Black 105 after 6 p.m. (50)

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WANTED — Housekeeper, live in. Good wages. Apply 722 5th Ave. West. (41)

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WANTED — Ward maids and housekeeper for Prince Rupert General Hospital. Apply either direct to hospital matron or to N.S.S. AF 155. (45)

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SLENDOR TABLETS are effective. 2 weeks' supply \$1; 12 weeks \$5, at all druggists. (47)

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FOR RENT — Single room, gentleman only. Red 976. 812 2nd Ave. West. (49)

TENDERS

SEALED TENDERS will be received addressed to P.O. Box 1323 up to noon Feb. 26, for purchase of trolling boat Norden, 28'x8'x3½', 5 tons, now moored at Fishermen's Floats. Highest or any tender not necessarily accepted. For further information apply 743 9th Ave. W., evenings. (47)



● Authorities say the difference between husky children and those who are poor eaters, underweight and nervous is often simply a matter of proper nourishment, especially an adequate supply of vitamins.

But vitamins alone are not enough. For authorities now agree that vitamins do not work alone. They work as a team with certain other food elements.

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PARENT-TEACHERS

(Continued from Page One)

may be leaving Prince Rupert during the summer.

In answer to a question regarding sanitary conditions in King Edward School, Principal Miss E. A. Mercer said that while they were still inadequate, there had been some improvements effected.

"To instal proper plumbing and sanitary facilities in King Edward School would be a costly job and I believe that while the school board is aware of the present condition it hesitates to spend a great deal of money on such an old building," Mrs. Mercer commented.

Mr. Scott reported that a petition asking for a sidewalk on Sixth Ave. E. beyond Hays Creek had been signed by 400 residents and had been presented to city council.

In discussion of the brief presented by the P.T.A. to the education finance committee which sat in Prince Rupert last week Mr. Scott suggested that the clause urging a higher government grant for school buildings be included as a resolution in the brief to be presented to the B. C. Parent-Teachers' Federation conference.

"If it is endorsed it will have the added weight of bearing the names of all the parent-teachers' associations in the province," he declared.

The meeting adopted a motion by J. S. Wilson that the executive be congratulated for the way it prepared and presented the brief to the education costs commission.

Following the business session the 30 members were entertained with two vocal solos by Mrs. Henry Lindseth. She sang Schubert's "Ave Maria" and an encore.

LOST AND FOUND

FOUND—Brown dog. Same may be had by calling at the Daily News and paying for this advertisement.

FOUND—Registration Card, by Dry Dock. Owner may have same by calling at the Daily News and paying for this advertisement.

LOST—Parker fountain pen; reward. Finder please return to Daily News. (45)

FOUND — Lady's or girl's wrist watch. Owner may have same by calling at the Daily News and paying for this advertisement.

FOUND—Navy man's wallet on 3rd Ave., a few days ago. Owner may have same by calling at the Daily News and paying for this advertisement.

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