BARR & NDERSON LIMITED

ing and Heating tic Sprinkling and Coal Stokers

nd Ave. and 4th St. 389 P.O. Box 1294

-

MOONE'S EMERALD OIL PACKS AGAINST MUSCULAR ACHES-PAINS-SORENESS

If you want beneficial strength in a liniment-rub; if you're fed-up with weak products whose relief is halfway or imaginary, then try MOONE'S EMERALD OIL!

It represents our MAXIMUM counter-irritant relief for muscular aches, pains, chest colds and a warm ing rub to relieve tightness as well as muscular aches of back, limbs shoulders and neck, due to overexercise, overworks or exposure to

Once you try Moone's Emerald Oil we are confident you will say, "Now you're talking!" and that you will never be without it in your home On sale at all good drug stores.

ORMES LIMITED

MacKenzie Furniture Limited

"A GOOD PLACE TO BUY"

ly - Chiffoniers - Chest of drawers with four drawers, water-fall top, white wood; nely finished and ready for the color of ur choice.

ary Special, delivered—Priced

Phone 775

6th and Fulton

George Lum)

w Mein Chop Suey a.m. to 3 a.m.

Sunrise Grocery

HYDE TRANSFER Dry Slabwood, per cord \$10 | piece spoiled by a spot! Dry Poplar, per cord .. \$12.50 Sawdust, per sack 15c PHONE 580

KWONG SANG HING HOP KEE

HOUSE

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

All your patronage welcome

Open 5 p.m. to 2 a.m. Outside Orders from 2 p.m. to 2 a.m.

PHONE RED 247

can say this in words . . .





PHONES 116 - 117



ALBERT McCAFFERY

Is Vital Filling iptions!

any ingredient written your doctor is the skill ch a prescription is fill-

can bring your prescriptions here assured that they compounded accurately by a qualified registered ist—who uses only the highest quality drugs. You ctly what your doctor orders.



Open Daily from 9 a.m till 9 p.m. ays and Holidays from 12-2 p.m. and 7-9 p.m. EXALL STORE PHONES 81 and 82



PLENTY OF ACTION HERE ON 7TH ARMY FRONT - Gunners of Lieut.-Gen. Alexander Patch's 7th Army are blazing away from behind a haystack in the Bienwald forest, near Scheibenhardt, Germany. Reports from the front indicate that the Germans are counterattacking on the Seventh's sector now in an attempt, presumably, to take pressure off the von Rundstedt salient on the First Army front.

IMPROVE BOMBAY DOCKS million square feet of sheds. Zealand.

The agreement under which

PARAFFIN WEED KILLER BOMBAY, (P-Some of the not- the British Commonwealth Air Tests are now being made by able new improvements at Bom- Training Plan was established South Africa's Department of bay docks are, a new network of was reached on December 17, Agriculture and Forestry to erasix miles of railtrack, 20 acres 1939 between Canada, The Uni- dicate, by use of paraffin, one of of newly-paved area and over a ted Kingdom, Australia and New the Union's most harmful weeds, the prickly pear.

Dash of pepper

servings.

1 cup grated cheese

1 tablespoon chopped parsley

Cook potatoes in the boiling

salted water until tender. Rub

sieve; measure and add enough

the onion. Melt fat, add flour,

salt and pepper; gradually add

potato mixture, removing onion.

beat until smooth. Sprinkle pars-

ley on soup before serving. Six

potatoes and water through

St. Peter's Sale, April 26. Dance every Saturday night, Oddfeliows' Hall, 9 to 12.

Buy War Savings Stamps.

VANCOUVER, Feb. 16 (P) Dr.

Albert William Perry, son of C. C.

Perry, former commissioner of

Indian Affairs for British Col-

umbia, was awarded a bronze

medal for internal medicine and

two scholarships at Queen's Uni-

versity. Dr. Perry was born at

Prince Rupert where his father

Announcements

All advertisements in this column

will be charged for a full month

St. Valentine Dance, W.A. of

Machine Gun Regt., Armouries,

ruary 16.

February 22.

Church, March 10.

at 25c a word.

was formerly Indian Agent.

KEEPING HOUSE IN WARTIME

I imely I ips

Spotlight!

The smartest thing you can wear in the 1945 Easter Parade is a remake. After ripping and washing, but before cutting, hold the material up to the light. Ha! . . a weak spot here . . a stain that won't wash out in another place. Mark e'm with pins and lay the pattern accordingly. You can't afford to have your master-

Temperature . . . 68

Keep cool and save coal. But you can't call a temperature of 68 degrees cool-now can you? After all it's what the doctor orders as the healthiest indoor temperature. Tests have proved that for each degree over 68 you burn three percent more coal. So check the arithmetic!-if you keep the house at 68 degrees instead of 75 you'll save "one shovelful in five" and you should be healthier and wealthier. Sounds like sense, doesn't it?

Oh! Dry Those Tears

them in the first place. An onion place in a greased baking dish ist at Defence Headquarters here isn't worth a tear and won't and sprinkle with sugar (2 table- and her experience with girls in der cold water. When you want sugar and cream well together. housekeepers who are finding heavy desserts were cut down just a suspicion of onion for Add beaten egg and vanilla; beat the feminine members of the flavor don't nesitate to put in a well. Mix dry ingredients and family "picky" about their eatwhole onion. Peel it and pop into add alternately with the milk ing. will keep for days and days.

NEW MINE DETECTOR army is using a new "secret may be used in place of apples weapon" on the English south coast to locate mines buried in the sand. It is a high-pressure water gun which removes the shingle and sets off the mines.

It pays to use the Classified Ad columns in the Daily News.

LUNCH BOX RECIPES

A pudding that is different; a good substantial soup—just the thing for the lunch box thermos or a soup-and-salad "quickie"and a handy recipe for ice-box cookies (four dozen cookies from half a cup of sugar!) These re- milk to make 4 cups. Scald with cipes from the Consumer Section of the Dominion Department of Agriculture are ones every housekeeper will want to Cook 3 minutes. Add cheese and clip and use again and again.

Rolled Oats Batter Pudding

- 4 medium apples 2 tablespoons sugar
- 1-3 cup mild-flavored fat
- 1-3 cup brown sugar
- ½ teaspoon vanilla 1/2 cup rolled oats
- ½ cup sifted all-purpose flour
- 2 teaspoons baking powder 1/4 teaspoon cinnamon
- 1/4 teaspoon salt ½ cup milk

. . . Or better still don't shed Peel, core and slice apples; Women's Army Corps nutritioncause any if you peel them un- spoons). Cream fat, add brown uniform can provide pointers for a jar with a tight-fitting cover. Spread batter over apples and At refrigerator temperature it bake in a moderate oven, 350 degrees F., for 40 minutes. Six serv-

Note-21/2 cups sweetened fresh BRIGHTON, Eng., (P) - The fruit or drained canned fruit

RUSSIAN CHILDREN SUFFER FROM LACK OF CLOTHING-Nikolai, Nina and Taissia Obra-

ztzov were wounded by the Nazis who killed their mother and father in the village of Kalitzino.

Here they are as rescuers found them before they were taken to one of the Soviet Union's

hundreds of emergency orphanages. They are among the hundreds of thousands of boys and

Proudly displaying a Gestapo flag which he captured at Gestapo headquarters in Falaise.

France, is Pte. W. G. McIntosh (centre) of Montreal, Que. McIntosh, with two companions

also took three members of Himmler's Gestapo, who were trying to destroy private records

and make their getaway from Falaise with the remnants of the retreating army. The records

contained valuable information. With Pte. McIntosh in the above picture, taken aboard the

hospital ship, Lady Nelson, which docked at Halifax, N.S., Monday, are: Pte. J. Lecuyer of

Montreal left, and Pte. P. E. Chayer of Montreal.

girls the Canadian Aid to Russia Fund seeks to help through this winter clothing campaign.

Potato Cheese Soup

- 3 medium potatoes 2 cups boiling water
- 2 to 3 cups milk
- 1 teaspoon salt
- 1 slice onion 3 tablespoons fat 2 tablespoon flour

Ice-Box Cookies 11/2 cups sifted all-purpose flour OR

- 13/4 cups sifted pastry flour 1½ teaspoons baking powder 1/4 teaspoon salt
- ½ cup mild-flavored fat ½ cup brown sugar
- 1/4 teaspoon vanilla

Mix and sift flour, baking powder and salt. Cream fat and H.M.C.S. Naden. sugar, add vanilla and egg, beating well. Stir in dry ingredients. Shape into a roll about 2 inches the auspices of the Women's er and chill thoroughly. Cut in at the Armories, 6th Avenue. dozen cookies.

The Experts

By the Canadian Press

GIRLS' TASTES-Girls don't their food looks, says Capt. Phyllis Laird of Winnipeg, Canadian

ads, a variety of lighter desserts ance of meat was reduced. based on canned fruits and jelly powders, and little extras that racks here last Sunday the girls make a big difference in a mear's had consomme, baked Virginia appearance-like stuffed celery ham with creamed carrots and Laird said.

girls were working at desk jobs milk.

(Canadian Army Photo).

they soon complained of gaining unwanted weight

That was where the nutritionists took over. With the help of the regular weekly dinner meetthe Committee on Nutrition, a | ing of the Rotary Club at the group of civilian advisers and Commodore Cafe Thursday. representatives of the three ser- Guests at the meeting included like heavy, man-sized meals and vices which decides on any Frank Dockrill of Telkwa, R. change in service rations, they Reid of Vancouver, J. Hutchinstreamlined the girls 'meals.

was switched to the evening Pearson, Vancouver, and Sgt. while the men continued to have Anger, Lance Corporal Stebbins theirs at noon. Starch filleruppers like bread, potatoes and R. C. St. Clair was in the chair. and the glamor foods—fruits and vegetables — were stepped up. Ligher cereals were served at "More vegetable and fruit sal- breakfast and the daily allow-

At the C.W.A.C.'s Glebe Barand devilled eggs, are what the potatoes au gratin, pumpkin pie, service girls are asking for and bread and butter and tea, while that's what they're getting, Capt. at Camp Shilo Training Centre in Manitoba the men had roast When the services first recruit- pork with sage dressing and actors wore symbolic colors; old ed women they were prepared to brown gravy, wax beans, diced men, white; young men, purple; serve them much the same diet carrots, creamed poratoes, fresh parasites, gray; courtesans, yel- Late of Hudson's Bay, Vancouver as the men, but since most of the fruit salad, bread and butter and low.

At service centres it has been the practice to serve coffee at breakfast, milk at the noon meal and tea at night.

Spices keep the guests guessing when bacon fat is substituted for butter in order to stretch the ration, the Prices Board says. | The same subterfuge will work in any dish calling for spices and molasses. No one could detect a difference in the flavor

WHEAT GERM DROPS-Wheat germ, says the Nutrition Division is one of the best sources of important extra vitamin B1, and though it is most often used sprinkled over the morning cereal, here is another suggestion for its use in cookies:

Cream 1-3 cup of mild flavored fat. Gradually cream in 1/2 cup stigar. Add one egg, beaten add 1/2 teaspoon vanilla and blend well. Sift and measure 1/2 cup all-purpose flour, add 1/2 teaspoon baking powder, 1/4 teaspoon salt and 1/2 teaspoon cmnamon and sift again. Add to the creamed mixture alternately with 1/4 cup milk. Add 1/2 cup raisins, 1 cup oatmeal and 1/2 cup wheat germ. Drop from a teaspoon onto a greased cookie sheet and bake in a moderately hot oven, 375 degrees fahrenheit, for 15 to 20 minutes. This makes three dozen cookies.

Classified Ads in The Daily News get results.

| Prince Rupert, B.C. THE DAILY NEWS Friday, February 16, 1945

Famous for Flavour since 1892

Sons of Norway, Valentine Dance, Oddfellows Hall, Feb-

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

C.C.F. Bridge Drive every Sat-

Little Norway Tea, Lutheran Percy Jones returned to the Presbyterian Church Tea, couver.

March 14, Mrs. Berener's, Pacific J. H. Macey returned this Orange Ladies' Sale, March 28. morning from a trip to Van-

couver. Mr. and Mrs. Frank Gale, this morning on business. formerly of Queen Charlotte City, arrived in Prince Rupert this morning en route to Burns

Lake to visit the former's par-Dr. A. Hakstien, of the protravelling tuberculosis clinic, and Miss D. Bullock, be leaving tomorrow night for

sittings of the clinic here. Sub-Lieut. John Wilson, execu- couver. tive officer of the Prince Rupert corps of Sea Cadets and Sub-Lieut. John Christensen left last night for Esquimalt where they will take a two weeks' Sea Cadet

Officers' training course

A St. Valentine Dance, under centre yesterday. in diameter, wrap in waxed pap- Auxiliary, will be held tonight 1/8 inch slices, place on an un- Dancing 9:30 to 1:30. Refreshgreased baking sheet and bake ments will be served. Personnel in a hot oven, 400 degrees F., for of the Regt. who attend are reabout 8 minutes. Yield: 31/2 to 4 quired to wear their uniform. For the ladies, dress is op- a trip as far south as Los An-

Autobiographical talks by E. T. Applewhalte and F. H. Howarth constituted the program at son, J. Nicolls, W. J. Davies, The heaviest meal of the day Queen Charlotte City; Oscar and S. A. McPherson. President

Funeral Notice

Funeral services for little Lorraine and Ronald Hanburg will be held in Grenville Court Funeral Chapel at 2:30 p.m. on Saturday, February 17. Rev. M. Anderson will officiate. Interment at Fairview Cemetery.

KNOWN BY COLORS

In the ancient Roman theatre

▲ Sons of Norway Valentine | R. E. Gladding left last night Anglican Tea, Mrs. C. C. Mills, Dance, Oddfellows' Hall, tonight. on a trip to Vancouver.

PAGE THREE

J. E. Boddie returned to the city today from a trip to Van- city this morning from a trip to Vancouver and elsewhere in the south.

> J. A. Clarke, of Vancouver, superintendent of Nelson Brothers Fisheries, arrived in the city

> D. S. Pearson, district manager of Swift-Canadian Co., Vancouver, left last night to return south after a business visit to

the city. Victor Amadio, who has been home since last September, will clinic nurse, arrived in the city Los Angeles to resume his today from Ocean Falls to hold studies in practical arts. His father, Louis Amadio, will accompany him as far as Van-

> Allan M. Hurst, B.C. secretary of Y.M.C.A. war services and Major G. A. Umpleby, auxiliary services officer, Pacific Command, left last night to return to Vancouver after attending the opening of the new Y.M.C.A.

Sergeant Pilot Harvey Astoria, who recently won his wings in the Royal Canadian Air Force and has now been assigned to reserve, is expected home within a day or so after having been on

Brigadier Donald R. Sargent, who received word while here yesterday that he had been appoined general officer commanding, Pacific Command, in succession to Major General G. R. Pearkes, V.C., left last night on his return to Vancouver. Brigadier Sargent was to have taken part in the opening of the new YMCA here yesterday but was unable to do so.



**** NEW LOCATION: 1431 6th Avenue East

> Phone Green 370 Esther Stanyer

EXPERT PERMANENT WAVING AND HAIR STYLING-



IF YOU'RE LOOKING FOR ECONOMY ...

... here's the place to find it. For our prices are always right. Come in for your needs and browse around, for personal or household articles.

You'll enjoy shopping at the

THE VARIETY STORE

"Where Your Dimes Are Little Dollars"