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than ever now you'll find bread important. it ay's most essential high-energy, low-cost foodd source of Vitamin B - a good stretcher for. foods! If you bake at home be sure your bread ade with Fleischmann's fresh Yeast-Canada's ite for over 70 years because it bakes bread just Ask your grocer for Fleischmann's fresh Yeastthe familiar yellow label-today.

SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

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for the

HADIAN RED CROSS

hursday, March 22

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DOW SHADES - All standard sizes in stock; colors and green; 36-inch window shade \$1.10

Bring or mail us any size window shade, any color that you require . . . they will be mailed or

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

Mrs. H. B. Rochester is leaving tonight for a trip to Vancouver.

Vancouver.

Drill Hall, Thursday March 22. Everybody welcome. Rt. Rev. G. A. Rix, Bishop of

Caledonia, is reported to be quite seriously ill at the Bishop's Lodge, Fourth Ave. W.

C.C.F. Public Meeting, Friday 8 p.m. Metropole Hall, Third Ave. Speaker, John McInnis, Prince

Flight Sergeant Kam Lee, who has been visiting at his home here on leave, will be leaving tonight for Vancouver.

▲ Correcting our advertisement, we wish to announce that we handle Velvet Ice Cream exclusively—SHEARDOWN'S (1t)

C. Colclough, manager of the Vancouver Casket Co., arrived in the city Wednesday on the Prince Rupert. He is here for a few days on business.

Sapper Nick Kurulok and Private Bruce Simundson, who re- train. cently were invalided home from service in Europe with the Canadian Army, are leaving tonight for Vancouver.

Rt. Rev. W. A. Geddes, Ang. ican Bishop of the Yukon, was visitor in the city today on the Princess Norah returning to his seat at Dawson City after spending several months in the

W. E. Baillie, superintendent engineer for Canadian National Steamships, who has been here in connection with the overhaul. of the steamer Prince George in the local dry dock, is leaving to- man, Ruth Turner. No going W.A. 1st Bn. Prince Rupert night on his return to Vancou-

furlough here with his mother, Mrs. G. A. Kelsey, Fifth Ave. E. He is an instructor at an R.C.A.F. training centre at Gimli, Manitoba. His wife is remaining here for a while longer.

Rev. and Mrs. Magnus Ander-Petersburg, Alaska, who stopped over the age of four months. over in the city after arriving Wednesday on the Prince Ru- and \$5.00 for bitches. They left today for home are returning from Chicago after March 31, 1945. where they attended the wedding of their daughter.

George L. Rorie is on a business

Mrs. A. Strachan and family A Vardens Concert, Anglican are leaving tonight for a trip to Church Hall, Friday, March 23, 8:15 p.m. Admission 50c. (70)

trip to various interior points.

A Naval Dance for Red Cross, James Parker arrived in the (69) from Vancouver to resume residence here. Mrs. Parker and family will be arriving later.

> ATTENTION PAINTERS—An open meeting will be held in the Carpenters' Hall, Fraser Street,

officer for the Pacific Coast, and Vancouver. Mrs. Hart, after a brief visit here, are leaving tonight on their return to Vancouver.

Dance, Friday, March 23, I.O.D. In bounds to all forces. Admis- Borden, Ontario, to take sion 50c. Everybody welcome.

W. M. Watts and A. S. Nickerson, who have been spending the week in Smithers in connecnew store, will be returning to



▲ Make Labor a partner in gov-jurday. ernment. Hear Labor veteran date Bruce Mickleburgh, Oddfel- 3:00 to 5:30 p.m. lows' Hall, Sunday, 8 p.m. Chairback to 1939.

At the Catholic Women's Flying Officer Robert Kelsey League St. Patrick's celebration left Tuesday on his return to in the Knights of Columbus Hall duty after spending two weeks Mrs. J. Murray was in charge of refreshments. Mrs. Murray was assisted by Mrs. Joe Garon, Mrs. . Bouzek and Mrs. F. Bilton.

City of Prince Rupert NOTICE

DOG TAX for the year 1945 son had as overnight guests Rev. is now due and payable by the and Mrs. Thomas Knutson, of owner or harbourer of any dog Annual Tax is \$2.00 for dogs

H. D. Thain,

Allan Armstrong, son of Mr. Shamrock Tea By and Mrs. W. L. Armstrong, is leaving tonight for Vancouver.

John McInnis, well known pioneer contractor and lumbe dealer of Prince George, arrived in the city yesterday from Vancouver and is spending a few days here before proceeding to his home in the interior.

her husband, Major Harry Ward, poured. Serviteurs were Mrs. residence in Prince Rupert.

Col. Hughes, who has been commanding officer of the mili- Ed. Saunders and Mrs. John G Thursday, 7:30 p.m. Organizer tary hospital at Terrace, and McLeod were in charge of the R. Stevenson in attendance. (69) other officers and members of the hospital staff will be here Capt. F. G. Hart, senior naval this evening going through to

Regimental Quartermaster W. G. Broadley and Sergeant T. E. E. Meehan of the Prince Rupert A Fish Workers' Whist Drive and | Machine Gun Regiment administrative staff will be leaving E. Hall. Whist 8-10, Dance 10-2. next Monday night for Camp

Mrs. Donald McAllister and little daughter Heather, who have been visiting here with Mrs. tion with the opening of their McAllister's parents, Mr. and Mrs. R. M. Winslow, are leaving the city on tomorrow night's tonight on their return to Vancouver. Mrs. Winslow is also go-

Announcement

Orange Ladies' Sale, March 28. Basket social, aid of Norway, March 29, Oddfellows' Hall. Queen Mary Daffodil Tea,

Easter Monday. Anglican Easter sale, April 5 C.C.F. Bridge Drive every Sat-

W.O.T.M. Sale and Tea in Odd-Tom McEwen and L. P. P. candi- fellows' Hall, Thursday April 5,

> Easter Dance, Friday, April 6 Regt. (MG).

Presbyterian Spring Sale, C. W. L. Bridge, Whist and

Cribbage, K. of C. Hut, April 18. Eastern Star Ball, April 20. St. Peter's Sale, April 26. Dance every Saturday night

Oddfellows Hall, 9 to 12. Swing Quintette Orchestra. United Spring Sale, May 3.

LONDON (- Charles Boot national president of the Federation of Master Builders, says built at prices prevailing be-Legal proceedings may be tak- fore the war. If private enteron the Princess Norah. They en if this tax remains unpaid prise was to play a full part in overcoming Britain's shortage, rents would have to go up and City Clerk. a subsidy would have to be paid. not turn to Ovaltine as thousands are

Junior Ladies' Aid

A very successful tea and sale of home cooking was held by the Junior Ladies Aid of First Presbyterian Church at the home of Mrs. C. A. Berner, Pacific Place. The guests were received by the hostess and Mrs. Neil MacDonald, president of the Junior Mrs. Harry Ward, the former Ladies' Aid. Mrs. John McLeod Miss Bessie Thompson, arrived was convener of the tea assisted the city at the first of the by Mrs. Rod Smith. Mrs. Cliff week from Vancouver to join Ham and Mrs. William Lambie now posted here, and resume Thomas McMeekin Jr., Mrs. Robert Parker, Mrs. Stan Saville and Miss Florence Parker, Mrs. Murdo MacArthur was cashier. Mrs. home cooking.

> NEWPORT, Monmouthshire, (P)-Sir Miles Thomas, vicechairman of the Nurfield organization, said in an address that Britain's newspapers "have played as potent a part as any other industry in helping to win the war by their profoundly steadying effect on public morale."



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.

For this reason, thousands are switching to Ovaltine. Unlike mere "vitamin carriers," Ovaltine food beverage contains not only extra vitamins but nearly all the precious food elements needed for health and top vitality. These include Vitamins A, B₁ and D, the important minerals calcium, phosphorus and iron, high quality proteins and quick energy fuel-food—a combination of food elements authorities agree are needed for best results.

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THE PROTECTING FOOD-DRINK



"You Always Hurt The One You Love" "There Goes That Song Again' Victor record 20-1606 Sammy Kaye

"Saturday Night" "I Don't Want to Love You" Victor record 20-1635

"When the Boys Come Home" "Evelina" Victor record 20-1621 Freddy Martin

Sammy Kaye

"Accentuate The Positive" "Jumpin' On the Merry-Go-Round" Victor record 20-1612 Artie Shaw

McRae Bros.

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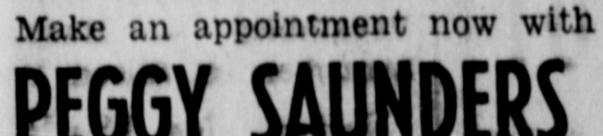
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