

THE PEOPLE OF PRINCE RUPERT HO SUFFER WITH THEIR FEET

you will be interested to know that there is a man in who has had a wide experience in the correction of arches, and can make Arch Supports that will rethat painful and tired feeling that only foot sufferers

Mr. Bill Terry, with many years of study of foot ailis is now in Hill's Shoe Store, and will be pleased to an impression of your feet and let you know what be done in your individual case.

Mr. Bill Terry is also in charge of the Shoe Repairing t where your repairs are executed neatly and promptly. around and see him for either reason.

REID'S CAFE

SUNDAY DINNER

4 to 8 p.m.



Special Tasty Lunch Every Noon Except Sunday and Monday.

SEVENTH AVENUE MARKET

We carry full lines of GROCERIES — CHOICE QUALITY FRESH AND CURED MEATS ESH FRUITS and VEGETABLES

Thursdays to 1 p.m. Courteous service 536 7th Ave E.

I have just received a wire which I can pay 20% more any other buyer. Don't be foolish to sell you furs waterfront . . . bring them .to Goldbloom! Soon as we receive a shipment we wire the money.

W. GOLDBLOOM

"THE OLD RELIABLE"

L. CURRY IROPRACTOR Green 995 pain-Chiropractic! nerves-doubly so!

INCOME TAX Returns Prepared—See

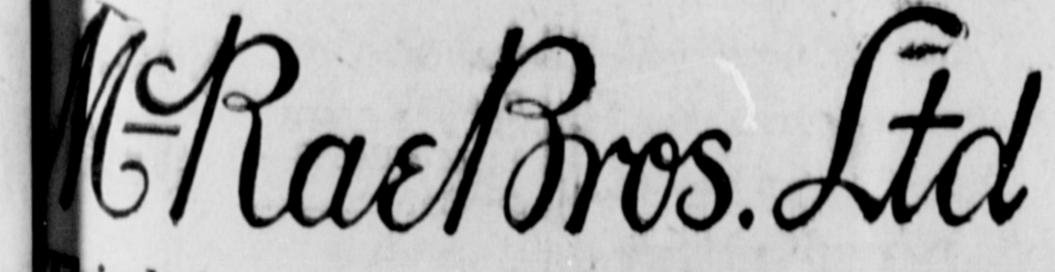
R. E. MORTIMER 324 2nd Ave. - Phone 88

tore Open, January 2nd

Third Avenue, Prince Rupert

VICEROY ELASTIC BANDS

This may be stretching a point but would like to inform you that rubber in all sizes are now on the market e again.



hird Ave.

Prince Rupert

Local News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

▲ Cash for old gold. Bulger's.

Angus MacPhee, secretary of the local Boilermakers' Union left on last night's train for Ot-National War Labor Board.

▲ St. Andrew's Cathedral annual congregational meeting Cathedral Hall, Monday, Jan. 15,

Mrs. Allen Morrow and two children of Queen Charlotte City arrived in the city Friday on the Camosun and left last night for Vancouver on the Cardena.

Members of H.M.C.S. Chatham band left last night for Toronto enroute to their homes in Ontario. The Acropolis Hill United States Army Band will fill the engagements of H.M.C.S. Chatham band during its absence.

Earl Pierce and Miss Clara 7:30 p.m. Pierce returned to the city on Sunday School at 12:15. Wednesday from Vancouver "The Friendly Hour" in the it is not in use. where they went to attend the funeral of their mother, the late ning service. Mrs. H. L. Pierce.

Regimental Sergeant Major E. R. Macdonald of the administration and training staff of the Prince Rupert Machine Gun Regiment, returned to the city i yesterday after a visit to his home at Ladysmith, Vancouver

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

Announcements l advertisements in this column will be charged for a full month

at 25c a word. C.C.F. Bridge Drive every Sat-

Presbyterian Burn's Banquet, January 25.

Dance every Saturday night. Oddfellows' Hall.



Dont Gasp for Breath Breatheas,

Sold on Money Back Guarantee!

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Water

IN THE SUPREME COURT OF BRITISH COLUMBIA

IN PROBATE
IN THE MATTER OF THE
"ADMINISTRATION ACT" IN THE MATTER OF THE ESTATE OF CHRISTOPHER WILLIAM

ANDREW NEVILE, DECEASED, situate with the ship is rarely granted.

Atlin, B.C.

Capt. Ralph Thistle, former area intelligence officer here and for some time located at Victoria in a similar capacity, artawa to attend a sitting of the rived in the city this week and will be here for the coming week on official business.

First United Church 636 Sixth Avenue West

Miss Florence Connor, Jr. Choir structed. Heavy furniture Mrs. Collin Carrell, A.T.C.M.,

Organist

Manse at the close of the eve-

First Baptist Church Young St. and Fifth Ave. East Rev. W. W. Silverthorn, Minister Phone Red 839

a.m.-Morning Worship. Subject: "The Sower." Beginning a series on the Parables of Jesus. 12:15 p.m.—Church School.

7:15 p.m.—Gospel Service. "The Metal Man Daniel." "The true reason why house, Germany, Italy and Japan could not possibly win this present war. Let us see what This is a continuation of our Dispensational Truth.

A. Group in charge.

and Bible Study. John I:9-"That was the True

First Presbyterian Church gloves. Fourth Avenue East

Rev. A. F. MacSween, B.A., Minister

Mrs. E. J. Smith, Choir Leader 11:00 a.m.—Morning Worship. Anthem: Junior Choir, "Onward and Fear Not."

12:15 p.m.—Church School. 7:30 p.m.—Evening Worship. Anthem: Senior Choir, "Fear Ye Not O Israel. Mrs. J. A. Teng.

The minister will preach both services.

St. Paul's Lutheran Church Cor. 5th Ave. and McBride St.

Rev. Magnus B. Anderson, Pastor 11 a.m.—"How Jesus Measures the yolk won't crumble.

12:15—Sunday School. 7:30-"Seeking Peace Without Confession." Felix and Drusilla, living in sin, call in Paul the preacher. Paul reasons of righteousness, temperance and judgement to come. Felix trembles but tells Paul to come back at a more convenient

A cordial invitation is extended to all.

St. Andrew's Cathedral Dean, Very Rev. J. B. Gibson Organist and Choirmaster,

P. Lien S.S. Supt., F. J. Skinner a.m.—Morning Prayer and sermon.

12:30-Sunday School.

meeting will be held on Mon- bags that have seen their better day, at 8:00 p.m.

Christian Science The Mother Church, The First children's snow suits. Church of Christ Scientist, Bos-

Sunday Service-11:00 a.m. Subject: "Sacrament." Meetings which include testomonies of healing are being it moist. held on the second Wednesday of each month, at 8 p.m.

The reading room, in the church building is open Sunday. Wednesday and Friday from Thursday evening from 7:30 to

Briefs From Britain

By the Canadian Press

LONDON, (P)-Air Commodore Frank Whittle has been elected an honorary member of the Inthat by Order of stitution of Mechanical Engin-A.D. 1945, I was eers for his pioneer work on jet towel and press gently after trator of the Es- propulsion. Honorary member-

all parties having LONDON, (P)-Wing Cmdr. C hereby required to furnish same, S. Wynne-Eyton, D.S.O., 56, who hereby required to find since the first same. From the first same of the first same ember. He made an unsuccess-GEORGE H. HALLETT. ful attempt to fly the Atlantic in 1930.

KEEPING HOUSE IN WARTIME

Conservation - Hints -

Cole Role

difying equipment full of water dish. means that you'll be more com- whether the cook's efforts sauce and water. Bring to boil-

radiator covers too.

you keep the damper closed when culture.

Vitamin Stealer vent. One hour in the sun, even in the oven or broiling oven milk in the shade and make sure steaks and chops. that you know what is shade by

For Mrs. Sew-and-Sew

After the paper doll fanciers Gentile Nations of the world." have finished with your scissors Used for tender chops and they're bound to be dull as a steaks. Sunday night Chart study on warmed over joke. Keep a piece of sandpaper in your sewing bas- terms both mean to cook in a 8:45 p.m.—Fireside Singspiration. ket to sharpen them. Cut small amount of hot fat in a fry-Tues., 8 p.m.—Young People's through the sandpaper several ing pan. times-and sew through it too Wed., 8 p.m.—Prayer, Fellowship if the needle on your machine deep kettle in enough hot fat to little fat, turning to brown on all cent of films shown in Britain in seems blunt.

United Church Valentine Tea. Light, which lighteth every man in the sewing catch-all for that cometh into the world." mending holes in the fingers of

Sew jersey seams with tissue paper backing to prevent puckering or stretching. Place the paper in position and seam on the machine-you can pull the paper away easily afterwards.

The Egg-On Never wash eggs except just before using them—there is a protective film on the shell that Soloists: Mrs. Williams Martin, helps keep it fresh. Wipe the eggs with a damp cloth if necessary. Wrap cracked eggs individually in wax paper, twist the ends together tightly so the egg can be cooked without the in-

> nards seeping outwards. In slicing hard cooked eggs dip your knife in cold water and

The Experts Say ...

By the Canadian Press

you know that white sugar braising and gives rich color and should be measured with a light flavor to both meat and gravy. touch, like flour, while brown tightly in the cup?

LEATHER PATCHES: Most of us have heard of using the best 7:30 p.m.—Evening Prayer and parts of old worn-out gloves for patches but it's a new wrinkle The annual congregational to use the leather from handdays. The heavier leather . : in larger pieces too, make fine This Society is a branch of reinforcement for the knees of

FRESH BREAD: To keep bread fresh and mould-free store it in the refrigerator . . . wrapped loosely in waxed paper to keep

MORE COLD SENSE: If you are having trouble with your 2 angora sweater or mitts shedto 4 p.m., and Monday and ding their fuzz tie them up in a paper bag and tuck them in the ice box when they're not in use. Angora threads stay in one piece when they're kept cold.

To speed drying roll them in a mittee. washing, to absorb moisture. Then unroll them and hang them up.

Buy War savings Stamps.

Understanding Of Meat Cookery Of General Interest Terms Necessary If Roast Done Right

½ teaspoon pepper

tomato sauce

½ cup water

Biscuit dough

1 can condensed tomato soup

Brown meat lightly in fat

Add salt, pepper, tomato soup or

Biscuit Dough

2 cups sifted all-purpose flour

tablespoons mild-flavored

Short Ribs in Barbecue Sauce

3 lbs. short ribs of beef

1 medium onion, chopped

2 tablespoon brown sugar

2 teaspoons dry mustard

2 tablespoons Worcestershire

make sauce and simmer 3 min-

utes. Meanwhile, brown meat in

Add remaining ingredients to winter months.

1 cup tomato ketchup

2 tablespoon vinegar

1 tablespoon fat

1 teaspoon salt

1 cup water

4 teaspoons baking powder

½ teaspoon salt

1 cup milk

teaspoon paprika

teaspoon celery salt

or 1 cup well seasoned

The finest meat on the butcher's block can be a disap-We're in the coldest month of pointment on the dinner table the year now and the lower the if it is mishandled in its preparathermometer the harder it is not tion but, conversely, in the hands to burn that one ton of coal of an experienced cook a piece we're asked to save. Watch these: of stewing meat can be the start-Humidity-Keeping the humi- ing point of a truly epicurean cook until crumbly but not hard.

fortable at a slightly lower tem- bring disappointment or delight ing point, place in baking dish depends to a large extent on her or casserole. Cover with biscuit Keep radiators clear - Hot understanding of the terms com- dough and bake in a hot oven Rev. J. A. Donnell, M.A., Minister water radiators give off maxi- monly used in meat cookery and 450 degrees F., for 20 minutes. Mr. J. S. Wilson, Sr. Choir Leader mum heat only if they are unob- on the application of the rule of Turn out on platter, meat side in slow cooking in moist heat to all up; garnish with parsley. To front of radiators prevents across less tender cuts. Check your ideas serve, cut in wedges. Six servings. the room radiation. Remove all of the meaning of these terms with the definitions given by Public Worship at 11 a.m. and | Close the damper-Your fire- the Consumer Section of the place is exit A for hot air unless Dominion Department of Agri-

> Broil or Grill-These terms are Cold weather keeps milk from interchangeable and indicate souring on porches or in apart- cooking under or over direct ment entryways but it's not just heat. Meat is placed on a lightly the souring that you wan to pre- greased rack and when cooked in winter, can destroy 40 percent pan is placed under the rack to over meat. of the riboflavin-thats one of catch fat which cooks out. Meat the B complex group of vitamins is turned during cooking. This Ask the milkman to leave your method is used only for tender

Pan Broil-Meat is placed in a the time he gets around to your hot, ungreased or very lightly greased, heavy pan and turned frequently during cooking. Fat is poured off as it accumulates.

Saute or Pan-Fry - These

Fry or Deep Fat-To cook in a a heavy pan or Dutch oven in a float the food. Used chiefly when sides. Add sauce, cover tightly 1943 were British made, Hugh Keep a clothes pin or a marble the meat is already cooked as in and cook in a slow oven, 300 de- Dalton, board of trade president, croquettes.

> by sauteing or searing then cook- | Six servings. ed slowly in a closely covered utensil either in the oven or on top of the stove with the addition of liquid. Meat is usually cut in individual portions before braising. The method is also excellent for pork or veal steaks and chops.

Pot Roast—Braising applied to a large piece of meat makes a pot roast. A pot roast may be cooked in the oven or on top of the stove. The amount of liquid added is always small, just enough to create steam and prevent burning. Used for less tender cuts.

Roast-To cook in the oven, uncovered, and without the addition of liquid. Used for tender

cuts of meat. Stew-Long, slow cooking in liquid to cover. Meat is cut into small pieces and may be seared first to darken the gravy and

improve flavor. Sear-To brown the surface of LUMPY SUGAR: When you meat quickly with high heat, start in to bake and find the either on top of the stove or in sugar is lumpy, you must sift the oven. Searing is usually a before you measure. And did first step in pot roasting and

Baste-Fat or juices from the sugar should be packed down pan are "spooned" over meat occasionally during roasting or pot roasting to keep meat moist. Par Boil-To partially cook in boiling water, some other method

> being used to complete the cook-Simmer—To cook in liquid just below the boiling point. Simmering temperature is 185 degrees F.

at sea level. Upside Down Meat Pie 1 lb. ground beef, lamb, veal or

1 teaspoon salt Past Mistress of Orange Is Honored

2 tablespoons fat

The Lacies Orange Benevolent Association was in regular session Thursday evening in the Oddfellows' Hall. Mrs. H. Smith was in the chair. Past Mistress Mrs. George Howe, Right Worshipful Grand Secretary of the RAYON STOCKINGS have to Grand Locge of British Columbe pampered these days. Since bia, was presented with a gift of they're weakest when wet, dry matching pendant and earring slowly and feel dry before they set from the members of the actually are, they must be hung lodge and also a lovely corsage carefully on a smooth rod and fro mthe past mistress. At the allowed at least 36 hours' dry- close of the meeting refreshing time for maximum wear. ments were served by the com-

NOTICE OF CANCELLATION OF RESERVE NOTICE is hereby given that the VEIL STARCHER: To restore Proved December 9th, 1943, notice of which was published in the British

Deputy Minister of Lands. Lands Department. Victoria, B.C., December 29th, 1944.

Rations for Boarders

Consumers, who plan to open boarding houses in 1945, should apply at a ration administration office for a permit with which they can buy a certain quantity of rationed food for the first quarter of the year. In March they will be authorized to buy rationed goods for the second quarter and so on. Boarders must surrender coupons at the end of every two weeks and the proprietor must send these, together with a report, to the ration administration at the end of every month.

Keep Price Check

In 1945 Canadian housewives should continue to check prices, contacting their regional or local office of the Prices Board when they are not sure of the price they should pay.

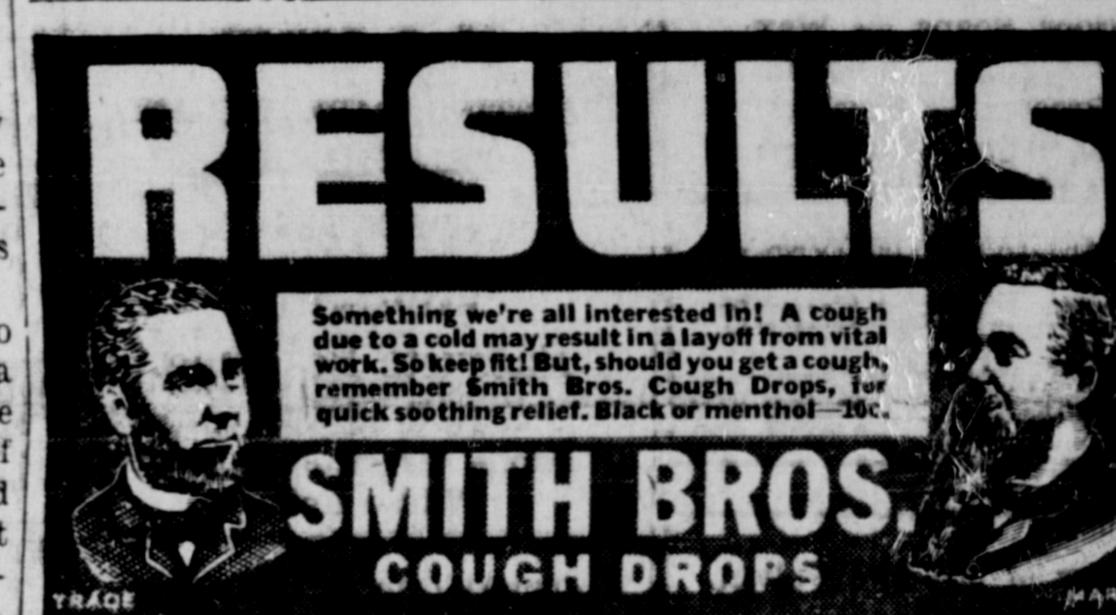
Just So Much Help

While government regulations no longer limit the number of cups of tea and coffee that may Mix dry ingredients, cut in fat, be served at any one meal, proadd milk. Mix quickly and spread prietors may find it necessary to limit the number of servings, particularly if they are short of help. In any event, no extra sugar and cream may be served, since sugar is still rationed and cream is in short supply.

Vitamin C Sources The quantity and quality of oranges available in Canada will not be affected by the removal of the orange subsidy. Apple and tomato as well as orange juice will provide vitamin C for the Melt fat, add onion and brown. Canadian public throughout the

BRITISH FILM SHORTAGE

LONDON, (P)-Only 20.13 pergrees F., about 2 hours or until told the House of Commons. This Braise-Meat is first browned tender. Baste every half hour. was the lowest percentage since the war began.



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Air Conditioning Sheetmetal work of all kinds Tanks - Sinks - Eavestrough & Furnace Work

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CLARK'S TOMATO JUICE, 20-oz. per tin

CLARK'S TOMATO KETCHUP, 12-oz. bottle

20-oz., per dozen 1.33 48-oz., per tin

FEATURING CLARK'S TOMATO PRODUCTS

CLARK'S TOMATO SOUP, 10-oz., 3 tins . These specials good all this week.

> EVENING SHOES...

"WHERE DOLLARS HAVE MORE CENTS"

WHITE, BLUE AND BLACK . . .

SATIN SANDALS

Silver and Gold Sandals

HIGH AND LOW HEELS

"THE HOME OF GOOD SHOES"

AN AD IN THE DAILY NEWS-CIRCULATION COUNTS