

WE ANOTHER SLICE!



SAID IT—tastes swell

to bake bread just right, use Fleischmann's FRESH Yeast

You'll turn to bread especially these days as an essential high-energy, low-cost food. It supplies Vitamin B, and it's a fine *stretch*er for other foods, too. If you bake bread at home—don't risk any failures. Use Fleischmann's fresh Yeast. It has been Canada's favorite for over 70 years because it gives such good bread every time. Ask for Fleischmann's fresh Yeast, with the familiar yellow label. At your grocer's.

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.

Accuracy, Dependability

are our watchwords in prescriptions! And while prescription isn't a matter of life or death, we fill it as though it were. We use only the purest and finest quality drugs—and compound with precision accuracy. Our reputation has been built on a record of expert reliable compounding.

Ormes Ltd.
The Pioneer Druggists

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

CENTRAL HOTEL ★
DINING ROOM

HOME COOKED MEALS
Open 7 a.m. - 8 p.m.
ALL WHITE HELP

You Can Depend On It . . .

When the weather keeps you at home, you can phone us at 18 or 19. Your orders will receive the same careful attention. Our FREE Delivery Service covers the entire city on Tuesdays, Wednesdays and Saturdays. Leave your order before 4 p.m. 1 day before delivery.

MUSSALLEM'S ECONOMY STORE

Be Your Loveliest this Spring . . .

one of our latest permanents or hair-dos will do it. Make an appointment now with

PEGGY SAUNDERS
(Annette Powell)
North Street (across from Post Office) Phone Blue 917

See our stock of household furniture and novelties.

J. H. MAIR
FURNITURE AND AUCTIONEER

Third Ave. — Prince Rupert — Blue 69

13 TAXI

24-HOUR SERVICE NOW EFFECTIVE
Next to Royal Lunch

EMPIRE CAFE
(Formerly L. D.)
Completely Renovated and Redecorated

FULL MEALS, LUNCHES
CHOW MEIN, CHOP SUEY

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

Local News Items . . .

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

▲ If you want Grade A Special Quality Red Brand Beef, we have it. Skeena Grocery. (76)

Mrs. J. A. Donnell returned Monday from the Princess Adelaide from a trip to Vancouver.

▲ C.C.F. meeting tonight, Metro-pole Hall, 8 p.m. Business important. (11)

I. Minaker of Massett was here on Sunday on his way back to the Queen Charlotte Islands after a trip to Vancouver.

▲ Your favorite stores open every Thursday till 1 o'clock—Peoples Store, Wallace's, Rupert Men's and Boys' Store. (75)

Leonard Chatwin, regional supervisor of the National Film Board, arrived in the city on Saturday night's train from Prince George and, after spending a couple of days here in connection with the organization of a local film service, left last night on his return to Prince George.

Bishop G. A. Wells, senior Royal Canadian Navy padre, and former Bishop of Cariboo, arrived in the city Monday on the Princess Adelaide. Met by Commander A. M. Wood and Padre Thomas Bailey, Bishop Wells spent part of the afternoon visiting Bishop G. A. Rix and, during the evening, looked over the new

Lieut. Robert Kent, R.C.N.V.R., and Mrs. Kent of Victoria arrived in the city Monday to spend a few days visiting the latter's parents, Staff Sergeant and Mrs. G. A. Johnson of the B.C. Police. Lieut. Kent is on furlough from duty on a Canadian warship doing Atlantic convoy work.

John Bene, president of Pacific Plywood Company, Vancouver, arrived in the city Monday accompanied by H. Lynum, forestry engineer for the company.

▲ Buy an apron and enjoy a cup of tea at the Orange Ladies' sale tomorrow afternoon in the Oddfellows' Hall from 2:30 to 5:30. Home cooking. (11)



The GARDEN

First Vegetables

The very first vegetables to be sown outside will be lettuce radish, spinach and garden peas. The first sowings of these can go in just as soon as the soil has dried sufficiently so that it will work up without turning to mud. Almost as soon as the kinds mentioned above will be the first carrots, beets and onions. Later will be the first potatoes and beans. Make at least three sowings of all vegetables two weeks apart and even more if season and location are favorable. Use early, medium and late varieties.

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with wet, hot cloth over blackheads. They dissolve and disappear by this safe simple method.

: Family Allowances :

Question: Will family allowance be paid for a child above the age of six not attending school?
Answer: Under the Family Allowance Act, the allowance is not payable in respect of a child who, being above the age of six years and physically fit to attend school, fails to attend school or receive the equivalent training.

Question: Are adopted children covered?
Answer: Yes, in fact there need not be any legal adoption, just confirmation that the parent or other relative or person is actually maintaining the child.

Question: Do children in institutions receive family allowances?
Answer: No. The purpose of the Act is to help parents provide for the health and welfare of their children, not to relieve institutions of their responsibilities. However, where a parent is supporting a child in an institution, the family allowance will be paid.

Question: Will family allowances be paid to people who are already receiving mothers' allowances, dependents allowances, war pensions, unemployment insurance and workmen's compensation?
Answer: Yes.

THANK OF IT—8 VEGETABLES IN THIS ONE CAN OF SOUP!

"Health authorities say we all need more vegetables in our diet. That's why wise mothers serve Aylmer Vegetable Soup—for it supplies plenty of vegetable benefits with its Peas, Carrots, Celery, Potatoes, Cabbage, Turnips, Tomatoes and Onions—plus other fine ingredients. Tastes just grand!"
Canadian Canners (Western) Ltd., Vancouver.

AYLMER
VEGETABLE SOUP
YOUR FAMILY DESERVES AYLMER QUALITY

J. L. CURRY
CHIROPRACTOR
If pain—Chiropractic!
If nerves—doubly so!
Smith Block Green 995

GREEN SPOT
TAXI 65 TAXI

A. MacKenzie Furniture Limited
"A GOOD PLACE TO BUY"

EASTER GIFTS FOR MOTHER

72x100 TABLE CLOTHS with 8 serviettes—very handsome, silk and cotton; colors ivory, green and gold. Per set \$27.50

20 KITCHEN STOOL STEP LADDER—Ideal for sitting when ironing \$3.25

Send us your mail orders.
Phone 775 327 3rd Avenue, Prince Rupert

HEALTH UNIT MOVIE HERE

Many residents of Prince Rupert and district will have the opportunity of seeing themselves as others see them when "A Test in Time" motion picture presented by the local Health Unit is shown at the Capitol Theatre Wednesday and Thursday.

Produced by Dr. R. G. Knipe, medical health officer, the film was directed by Bob Willett of the CBC who also does the narration. Photography is by W. T. Davis.

"A Test in Time" has an introductory sequence in natural color showing lumbering, canning, shipbuilding and other industries of this region. The audience is then taken on a visit to the Health Unit where various members of the staff are seen busily carrying out their many duties.

A Health Unit nurse goes to the hospital and also drops into a wartime house to supervise the bathing of a brand new baby. Several juvenile stars shine when the camera covers activities at one of the weekly baby clinics. The school nurse makes a classroom inspection at Conrad Street School. The sanitary inspector is shown at a city restaurant and a country dairy as well as at the chlorinating plant. More hospital scenes show laboratory work and x-ray testing for tuberculosis.

Many agencies which assist the health unit's work are also portrayed and Dr. Knipe gives an outline of future plans for the district and explains the activities of health units across Canada.

UNFAMILIAR LANGUAGE
SWANSEA, Wales, (U) — The Chamber of Trade here is disappointed that the British Broadcasting Corporation has declined to start a broadcast of Welsh news in English. The Chamber estimates 70 to 80 percent of Welsh people are unfamiliar with their own language.

LAC Peter Brass left today to return to Air Force duty on Vancouver Island after spending a brief leave with his parents, Mr. and Mrs. William Brass, Sixth Avenue West.

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

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 Saturday.

W.O.T.M. Dance, Oddfellows' Hall, April 4, 9:30 to 1:00.
W.O.T.M. Sale and Tea in Oddfellows' Hall, Thursday April 5, 3:00 to 5:30 p.m.

Easter Dance, Friday, April 6, W.A. 1st Bn. Prince Rupert Regt. (MG).

Commemoration program, April 9, Lutheran Church, 3:15.
Presbyterian Spring Sale, April 12.

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.

Quickly Relieves Distress of **Sneezy, Stuffy Head Colds**

You will like the way a few drops of Vatro-nol up each nostril promptly, effectively relieve distress of head colds. It soothes irritation, reduces swelling, helps clear cold-clogged nose and makes breathing easier. (NOTE: Also helps prevent many colds from developing if used in time!) Try it! Works just fine! Follow directions in folder.

SPECIAL DOUBLE-DUTY NOSE DROPS WORKS FAST RIGHT WHERE TROUBLE IS!

VICKS VA-TRO-NOL

"For Your Parties at Home"

Chow Mien :: Chop Suey
We'll Prepare It . . . You Call For It
PHONE BLACK 969

Half Moon Snack
George Lum, Proprietor
Corner of 6th and Fulton — Open 4 p.m. to 3 a.m.

NOTICE

J. H. MAIR has been appointed sole representative of NATIONAL MONUMENTS for this district. The business has been purchased from A. Welx by W. Yule.

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

CANFISCO
The Seal of Quality

BRITISH COLUMBIA'S

McRae Bros. LIMITED

FINEST SALMON
Buy War Savings Stamps

SMASH HITS
ON Victor Records

"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 Sammy Kaye

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

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

Help The Red Cross

"SALADA" TEA

INDUSTRIAL & MARINE REPAIR
WE REPAIR ANYTHING

General Repairs to all Automotive and Marine Equipment — Body Work and Painting

Agents for
Cummins Diesel Engines — Forest King Power Saw
Willard Batteries — Raybestos Products
Home Oil Products

ACETYLENE AND ARC WELDING — MACHINING
Phone 459 Box 1398 994 First Ave. West

BULKLEY VALLEY COLLIERIES LTD.

Beg to advise that having completed War Priority Contracts, are prepared to supply the DOMESTIC MARKET with high quality, long lasting

BULKLEY VALLEY COAL

★
Phone your dealer and save.

Extra Special

150 pairs of women's high grade shoes in oxford and pump styles.
THIS IS THE FINAL ROUND-UP OF OUR CLEARANCE SALE!

These shoes sold regularly from \$4.00 to \$9.00 per pair. Buy as many pairs as you wish. Many of our customers have bought some of our bargains to send to their friends who find it hard to get good shoes.

DON'T MISS THIS CHANCE!
We are offering these for sale for the small sum of

per pair . . . \$1.00

Family Shoe Store Limited
Third Avenue Opposite Commodore

Free Delivery Throughout the City

MONDAY — WEDNESDAY — FRIDAY
To East Section

TUESDAY — THURSDAY — SATURDAY
To West Section FROM 2 TO 5 P.M.

Kindly give us your order before 12 o'clock noon during your delivery day.

We serve Special Red Brand Beef. All choicest fresh and cooked meat—fresh vegetables and fruits—complete line of groceries.

TERMS CASH, ALL PRICED FOR ECONOMY

RUPERT BUTCHERS
PHONE 21 THIRD AVE. W.

Dibb Printing Company

OFFICE SUPPLIES
PRINTING
BOOKBINDING
STATIONERY

BIRTHDAY AND EVERYDAY CARDS
WATERMAN'S FOUNTAIN PENS

Besner Block, 3rd Street Phone 234