

D. M. McKerracher, district manager for Shell Oil Co., returned to the city on the Prince George yesterday from Vancouver, accompanied by Mrs. McKerracher and two children. They will take up residence on Ambrose Avenue.

Barbara Buys and Whys

A WEEKLY INFORMATION SERVICE



MONTREAL, Jan. 5th — The great thing about saving, I've always found, is knowing how much I can afford to put away, and doing it. I try to plan my savings like a day's shopping, to make sure that I can do things comfortably, in easy stages — so I won't have to give up half way through. And this is the time of year I work out just how much I can afford to put regularly into my BANK OF MONTREAL Savings Account. For I'm one of more than a million who bank at the B of M. Canadians, you know, keep one billion dollars in savings in "My Bank" — more than any other bank in Canada.

Here's To Your Good Health! ... and here's one good way to help keep it that way! Drink the juice of one lemon in a glass of water first thing on arising... for this natural fruit drink helps you keep regular the healthful way! That's because lemon-water doesn't "tie you up in knots" as harsh laxatives do... just gently helps your system regulate itself! Lemons help get rid of colds, too. You just pour the juice of one lemon in a half glass of water. Then add... slowly... half teaspoon baking soda, and drink as fasting drinks. A glass every 2 or 3 hours helps a lot. Try hot lemonade, too, at bedtime! Always ask for SUNKIST CALIFORNIA LEMONS... the finest, juiciest of all.



Last Chance to send for this special SPECIAL offer! The folks at Heinz have invented some very handy plastic cap covers specially designed to fit over the tops of HEINZ BABY FOOD tins! When your baby doesn't eat a full tin of Heinz Baby Food at one mealtime, simply leave the balance in the tin, cover it with one of these plastic caps and store it in your refrigerator. Mothers who've used these caps tell me they're useful as can be — they save food, money, time and bother! Write to me — Barbara Brent, 1111 Crescent St., Montreal, P.Q. — enclosing 10c in coin or postage stamps and 3 labels from Heinz Baby Food tins and you'll receive THREE plastic cap covers and TWO plastic Baby Food Savers (for scooping out the last good morsels of Heinz Baby Food from every tin)! Be sure to tell me whether your baby is a boy or a girl so I'll know whether to send these five "food-n-money-savers" in pink or blue.

Simple Enough For Everyday... grand enough for company-best... here's a dessert to tempt the fancy of the whole family! So irresistible, so sparkling and gay, JELL-O's seven glorious "locked-in" flavors are popular anytime! Serve Jell-O often.

JELL-O BANANA BAVARIAN CREAM
1 package Lemon Jell-O
2 cups hot water
1/4 teaspoon salt
2 1/2 cup sugar
1/2 cup heavy cream
5 bananas

Dissolve Jell-O in hot water. Add salt and sugar. Chill. When slightly thickened, fold in cream, whipped only until thick and shiny, but not stiff. Crush bananas to pulp with silver fork and mould at once into Jell-O mixture. Chill until slightly thickened. Turn into mould. Chill until firm. Unmould. Serves 8.



For A New You This Happy New Year... here's something new in beauty! It's PENATEN — now found in the new WOODBURY DRY SKIN CREAM! Wonderful Penaten helps Woodbury Dry Skin Cream go deeper into pore openings... gives your skin an extra linol beauty-dividend! Just 10 minutes a day with this marvellous, new-formula cream can make even the driest of skins look velvet-soft! Yes, if you make a daily beauty habit of Woodbury Dry Skin Cream — beginning now... you'll look so much younger — so much lovelier in 1950!

'I Can't Remember When my family have been as enthusiastic about a breakfast food as they were when I served 'Cream of Wheat!' writes a reader. "They all said at once, 'THIS is good! Let's have this every morning!'". Yes, 5 Minute "CREAM OF WHEAT" is truly a family "favourite"... a delicious way to wake up early-morning sleepyheads! Cooks to stain-smooth digestibility in just 5 minutes of boiling! It's so good — and so good for you... for 5 Minute "Cream of Wheat" provides Iron, Calcium and Phosphorus for diets deficient in these elements — and for less than 1c a bowl! Particularly good, I find, topped with brown sugar, raisins and cream!

Mens' Bowling League Schedule

Jan. 23—Ambassadors vs W.I. Stages, Oddfellows vs Grand Cafe, Blain's vs C.P.A., Stones vs D & S, Manson's vs Thom Sheet Metal, Crescents vs Rupert Motors, Scotians vs Brownwoods, Philpott Evitt vs Triple C's, Mallets vs Cold Storage, Undesirables vs Can. Legion, J.C.'s No. 1 vs Commercial, J.C.'s No. 2 vs Home Oil.

Jan. 30—Scotians vs Cold Storage, Undesirables vs Ambassadors, J.C.'s No. 1 vs Can. Legion, J.C.'s No. 2 vs Commercial, Crescents vs Home Oil, Thom Sheet Metal vs Brownwoods, Manson's vs D & S, Philpott Evitt vs Rupert Motors, Mallets vs Triple C's, Oddfellows vs W.I. Stages, Blain's vs Grand Cafe, Stones vs C.P.A.

Feb. 6—Blain's vs W.I. Stages, Stones vs Grand Cafe, D & S vs C.P.A., Mallets vs Rupert Motors.

Prince Rupert Florists

Flower for All Occasions
300 3rd Ave. Box 516 Tel 77



VANCOUVER—VICTORIA SEATTLE
Sunday, 9 p.m., Chilcotin
Tuesday, 1:30 p.m., Coquitlam
ALICE ARM, STEWART AND PORT SIMPSON
Sunday, 11 p.m.
FOR SOUTH QUEEN CHARLOTTE ISLANDS
ss. Chilcotin, January 13 & 27 10 p.m.
FOR NORTH QUEEN CHARLOTTE ISLANDS
ss. Chilcotin January 6 & 20 10 p.m.
FRANK J. SKINNER
Prince Rupert Agent
Third Avenue Phone 568



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THOM SHEET METAL LTD.

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Frame Type Mounts
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"Better Than Ever"
Best Food and Service in City
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NOW AVAILABLE
A shipment of Julia Arthur Shoes all widths for that special Evening.
\$11.95
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Scotians vs Triple C's, Thom Sheet Metal vs Cold Storage, J.C.'s No. 1 vs Ambassadors, J.C.'s No. 2 vs Can. Legion, Crescents vs Commercial, Philpott Evitt vs Manson's, Undesirables vs Oddfellows.

Feb. 13—J.C.'s No. 1 vs Oddfellows, J.C.'s No. 2 vs Ambassadors, Crescents vs Can. Legion, Philpott Evitt vs Commercial, Mallets vs Home Oil, Brownwoods vs Cold Storage, D & S vs Grand Cafe, Manson's vs C.P.A., Scotians vs Rupert Motors, Thom Sheet Metal vs Triple C's, Undesirables vs Blaine's, Stones vs W.I. Stages.

Feb. 20—D & S vs W.I. Stages, C.P.A. vs Grand Cafe, Manson's vs Cold Storage, Thom Sheet Metal vs Rupert Motors, Undesirables vs Stones, J.C.'s No. 1 vs Blain's, Mallets vs Commercial Scotians vs Home Oil, Brownwoods vs Triple C's, J.C.'s No. 1 vs Oddfellows, Crescents vs Ambassadors, Philpott Evitt vs Can. Legion.

Feb. 27—Crescents vs Oddfellows, Philpott Evitt vs Ambassadors, Mallets vs Can. Legion, Scotians vs Commercial, Thom Sheet Metal vs Home Oil, Cold Storage vs Triple C's, J.C.'s No. 2 vs Blain's, C.P.A. vs W.I. Stages, Manson's vs Grand Cafe, Brownwoods vs Rupert Motors, Undesirables vs D & S, J.C.'s No. 1 vs Stones.

March 6—Grand Cafe vs W.I. Stages, Manson's vs Triple C's, Undesirables vs C.P.A., J.C.'s No. 1 vs D & S, J.C.'s No. 2 vs Stones, Crescents vs Blain's, Cold Storage vs Rupert Motors, Philpott Evitt vs Oddfellows, Mallets vs Ambassadors, Scotians vs Can. Legion, Thom Sheet Metal vs Commercial, Brownwoods vs Home Oil.

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A Home Away From Home
50 Rooms—Hot and Cold water
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STORE HOURS—WEEK DAYS, 9 A.M. TO 9 P.M.
SUNDAYS AND HOLIDAYS—12 NOON TO 2 P.M.
7 P.M. TO 9 P.M.
Daily car delivery service from 9 a.m. till 6 p.m.
Emergency bicycle delivery from 7 p.m. till 9 p.m. and Sunday

Steamship Movements

For Vancouver
Sunday—ss. Chilcotin, 9 p.m.
Tuesday—ss. Coquitlam, 1:30 p.m.
Thursday—ss. Prince George, 11:15 p.m.
Jan. 21—ss. Princess Norah, p.m.

From Vancouver
Sunday—ss. Coquitlam, p.m.
Wednesday—ss. Prince George, Friday—ss. Chilcotin, 2 p.m.
Jan. 16 and 30—ss. Princess Norah, a.m.

For Alice Arm and Stewart
Sunday—ss. Coquitlam, 11 p.m.
From Alice Arm and Stewart
Tuesday—ss. Coquitlam, a.m.

For Ocean Falls
Thursday—ss. Prince George, 1:15 p.m.
Jan. 21—ss. Princess Norah, p.m.

From Ocean Falls
Wednesday—ss. Prince George, Jan. 16 and 30—ss. Princess Norah, p.m.
From Alaska
Thursday—ss. Prince George, 8 p.m.
Jan. 21—ss. Princess Norah, p.m.
For Alaska

AIR PASSENGERS

From Vancouver (Wednesday)
—Miss P. Smith, W. Froese, A. V. Olsen, K. Summer, W. K. Thompson, G. E. Wise, G. Toop, E. S. Brodie, B. Watson, W. Priest.

From Sandspit (Wednesday)—
Mr. and Mrs. C. G. Ham, A. Lacroix, Mr. and Mrs. Christensen, Master Marshall.

To Vancouver (Today)—Vance Johnson, Steve Djos, F. S. Brodie.

Mr. and Mrs. Max Heilbronner, who moved away from Prince Rupert last summer, are spending the winter in Phoenix, Arizona, just across the border from Southern California. In a letter to friends, they say they are enjoying the abundant sunshine and mild climate.

Wednesday—ss. Prince George, p.m.
Jan. 16 and 30—ss. Princess Norah, a.m.

For Queen Charlotte Islands
Friday—ss. Chilcotin, 10 p.m.
From Queen Charlotte Is.
Sunday—ss. Coquitlam, p.m.

Advertise in the Daily News!

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G.E. Dual Control Blankets	\$49.50
Trilite Torchere	\$14.10
Trilite Floor Lamp	\$16.15
With Silk Shade	
Electric Toasters	\$7.50 to \$32.50
Electric Irons	\$4.20 to \$23.50
Electric Razors	\$19.95 to \$26.75
Sunbeam — Schick — Remington	

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NORTHERN B. C. POWER CO. LTD.
Besner Block Phone 210
PRINCE RUPERT, B.C. STEWART, B.C.

ORMES DRUGS
PRESCRIPTION CHEMISTS
STORE HOURS—WEEK DAYS, 9 A.M. TO 9 P.M.
SUNDAYS AND HOLIDAYS—12 NOON TO 2 P.M.
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Daily car delivery service from 9 a.m. till 6 p.m.
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