



EVERY CUP OF  
**FRY'S**  
COCOA  
is a CUP OF FOOD

**THE DAILY NEWS**

PRINCE RUPERT, BRITISH COLUMBIA

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G. A. HUNTER, MANAGING EDITOR

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**Indian Tuberculosis Problem . . .**

Canadians generally have a lively interest in the problem of tuberculosis among the Indians. Most of them feel, properly, a peculiar responsibility for the havoc the disease causes, for it is something which our people unwittingly foisted on the Indian, an evil he never knew until our forefathers appeared.

Because of this the public as a whole is glad that a good bit has been done to check tuberculosis among the Indians and would endorse the expansion of the work. This as it should be for in spite of what has been done much more needs to be done.

It is the duty of the Canadian people to see to it that the facilities for treatment are available, both from the standpoint of protecting the Indians and of preventing the spread of infection to the white population.

The scattered nature of the Indian population presents a problem to the department. It has been found that the Indian will accept treatment perhaps as well as his white brethren. The question of how far from home a patient has to go has always been a factor in treatment of the disease. White patients have been loathe to go far, and the Indian is if anything more reluctant to go among strangers. For this reason the department wishes to give special attention to providing treatment near home, to the end that the Indian will not be required to go into exile to be cured.

**Schoolteachers' Salaries . . .**

The Financial Post discovers that there are 17,492 school teachers in Canada receiving salaries of less than \$537 a year.

The Post also finds that the average cost of keeping a prisoner in jail is \$536.55 a year.

So if we put all these 17,492 schools teachers in jail it would cost the country practically the same amount of money as to maintain them in their teaching jobs—except possibly the extra cost of enlarging the jails.

This is a situation that constitutes a national disgrace. How any school teacher can exist on such a small salary is a deep mystery. Why they should be compelled to even try, when they are admittedly performing one of the very most important public services, is something that no reasonable person can understand.

Education is a deterrent to crime. If we can pay \$536.55 to keep a man in jail, surely we can afford to pay teachers more than a like amount to help keep men out of jail.—Guelph Mercury.



**HER SCHOOL MARKS ARE BETTER with this BETTER BREAKFAST**

Keep young minds alert— young bodies well nourished with tasty Nabisco Shredded Wheat. It's made from natural 100% whole wheat with all the bran and wheat germ. It's a better breakfast because it provides what active youngsters need: proteins, carbohydrates, iron and phosphorus. Use the recipe found in every package.



THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

SERVE PLENTIFUL FOODS TO SAVE SCARCE FOODS

**ACTIVITIES OF Y.M.C.A. and Y.W.C.A.**  
(By DOROTHY GARBUTT)

Well, well, well! So us girls in the Service Wives' Club have gone and earned ourselves a leather medal! And are we proud of ourselves? Not 'alf, we ain't! It seems that the boys over at Chatham have awarded it to us, according to the current issue of their lively little news bulletin called "Chatham Chatter" which says—

"Leather Medal Award—This month we nominate for our own special leather medal award Mrs. Garbutt and her Service Wives' Club . . . The club was formed early after the outbreak of war by Mrs. Dorothy Garbutt genial—(oh, boys, modesty forbids the rest, but thanks just the same)—Y.W.C.A. hostess after her appointment to Prince Rupert.

"The wives of the Service men meet regularly in the 'Y' Hut and engage in sewing, mending and knitting for the men of the armed services. In appreciation of the interest shown in naval personnel the club members were guests of Commander Cree at a picture show in the Naval Drill Hall on February 3. So to you Mrs. Garbutt and fellow Service Wives members we award this medal for your untiring efforts and sacrifices in making the lot of the service men in this area—a happier one . . . Ed."

Well, boys and Mr. Editor, thank you very much indeed. We accept this medal gratefully and proudly and will try to keep on keeping up with the 3's and words that went with it.

And by the way, where are the boys from the patrol vessel who wanted us to make a sweater for their mascot "Teddy"? We've heard no more from them and I've found a grand pattern for a dog's knitted sweater and we're all set to start in if you're still in these parts or if Teddy hasn't jumped overboard and a-drowned of himself.

The Eleventh Avenue Regiment dance tonight. Cars will be at the Hut for the girls. Chaperones will be ladies representing the Canadian Legion, Women's Auxiliary.

**SPORTS**

Just three years ago this week Joe Louis successfully defended his world's heavyweight title for the 15th time, knocking out Abe Simon in the 13th round of a 15-round bout at the Olympia in Detroit. The giant Simon fought a sensational battle for 13 rounds but finally wilted under Louis' savage punching power.

Syl Apps, high-scoring Toronto Leaf forward, was chosen as the best rookie of the 1936-37 National Hockey League season seven years ago yesterday in a poll conducted by The Canadian Press. The Calder trophy, offered by the late president Frank Calder to the best newcomer each season, was awarded the Paris, Ont., playmaker, who is now in the Canadian Army.

World's Heavyweight Champion Jimmy Braddock turned down Max Schmeling's guarantee of \$350,000 for a heavyweight title fight in Berlin. It was seven years ago tonight that Braddock made that decision and instead elected to meet Joe Louis in Chicago. He lost his crown when knocked out in the eighth round of the bout with the Brown Bomber.

**GIFT OF ST. CATHARINES**

LONDON ☉ — Gift of St. Catharines, Ont., a mobile kitchen was presented to a Gloucestershire Rural District Council A.R.P. by Frederick Hudd of the Canadian High Commissioner's Office. District officials expressed gratitude for assistance given on many occasions by Canadian Army personnel during air raids.

**TO KEEP RACE PURE**

YARDLEY RIDGE, Eng. ☉ — Dr. Samuel Galbraith, medical health officer of this Kent district, made a hobby of racial studies. When he died he left a will requesting his three dark-haired, fair-skinned blue-eyed boys to "marry into good, healthy golden-haired, blue-eyed British stock."

**GARDEN 'NOTEBOOK**

**First Vegetables**

Both vegetables and flowers divide themselves into three main planting groups. In the first are the hardy things—those that one plants just as soon as the soil can be prepared, regardless of the weather ahead. These will stand lots of frost and, in fact, for best results they must make their first growth while the weather is still cool and wet.

In the vegetable line these very early things are garden peas, the first onions, carrots and beets, radish, spinach and lettuce. Experienced gardeners say that these can be planted just as soon as the soil has worked up nicely and is no longer muddy.

**Spread Out Sowings**

But they advise strongly against planting them all at once. They make a practice of sowing beets, radish, spinach, beets, etc., at least three times, about ten days apart. By spreading over the sowing in this way so is the harvest, and one has them coming on in successive crops of the tenderest vegetables imaginable.

One can spread out the season, till more by using an early, late and medium variety. This sort of spreading is particularly advisable with those vegetables which must be sown very early in the spring.

In the second group of vegetables the semi-hardy things which can stand a light frost but would prefer none would be early potatoes, the first beans, cabbage and, at the end of the line, the real tender plants that can stand no frost at all.

**Flower Groupings**

Flower groupings are similar. There are very hardy things that sometimes seed themselves, such as marigolds, cosmos, sweet peas, petunia seed, pansies, etc. One can plant them just as soon as the ground is ready. In the intermediate cate-

gory would be nasturtiums, bedding plants and, at the far end of the list lilies, dahlias, gladiolus, etc., semi-tropical plants that cannot stand frost at all. The degree of hardiness, of course, will be mentioned along with the variety in any good Canadian seed catalogue.

**Nursery Stock**

Nursery stock is the name that covers all the sort of thing one gets from a nursery, everything from perennial flowers and strawberry plants to ten foot ornamental trees. This year, due to the shortage of labor, gasoline and imported foundation stock from Europe, the Canadian supply is not plentiful, hence all the more reason for taking care of what one can buy.

All nursery stock should be planted just as soon as after purchasing as possible. With large plants and trees it is especially necessary to give roots plenty of room and press firm soil firmly about them. Cultivation for some time is advisable and also watering when first planting and if the weather is dry. It is essential, of course, to protect roots from wind and air generally in unpacking and planting.

Try a Want-Ad for Quick Results

**TONIGHT**

think how satisfying a cup of Neilson's rich, nourishing Chocolate Cocoa would be.

1 lb. 29c, 1/2 lb. 19c



**BEARS ARE HOT STUFF**

Three Polar Cubs on Way From Arctic to St. Louis Zoo.

WINNIPEG, March 23 — Hot stuff are three Polar bear cubs from Hudson Bay which arrived in Winnipeg yesterday by Canadian National Express from the north on their way to the Zoological Park in St. Louis, Missouri.

Two of them were captured 25 miles north west of Nelson by an Indian trapper after a fierce fight between the mother bear and the trapper's harnessed dogs. The Indian killed the

bear and his own lead dog with one shot, stopped the fight and took the cubs to the railway in sacks with their heads sticking out. They are about two feet high and weigh 25 pounds.

The third cub was captured on the coast of Hudson Bay between Nelson and Churchill when his mother was shot by another Indian trapper. He put up a fight before he was taken. A little more than two weeks old he stands 22 inches high and weighs 20 pounds.

The young bears were shipped in a specially built metal lined crate and the express men crated them with respect.

The Egyptians brewed beer from barley as early as 3000 B.C.

**American Win Basket**

In their final present basketball USED girls' trapeze Jeopettes 23-4 and Four group floor

**DISCOVER NEW**

CAPE TOWN minerals have been in investigations of gaseous ore at Cape Province. The partridge and regarded as of importance but at present of importance.

CLIP THIS ANNOUNCEMENT FOR FUTURE REFERENCE

**RATION BOOK 4**  
—WHEN AND WHERE YOU GET IT

Distributing Centres will not be open on all days of next week. Make sure you know exactly what days and hours the Distributing Centre, you intend to go to will be open. Help the volunteer workers by following instructions carefully.

RATION BOOKS WILL NOT BE MAILED OR DELIVERED — THEY MUST BE CALLED FOR

**HERE IS WHAT YOU DO TO GET YOUR NEW BOOK**

- 1 Fill in the application card—the first post-card in your Ration Book 3. Do this at home. The application card is printed in red and is numbered RB-99. DO NOT USE ANY OTHER CARD. Follow the method shown.
- 2 Be sure to PRINT clearly, accurately and completely all information required on the card. BECAUSE THERE ARE NO COUNTIES IN WESTERN CANADA, IN LINE 5 STATE THE MUNICIPALITY (URBAN OR RURAL) IN WHICH YOU ACTUALLY RESIDE, REGARDLESS OF YOUR POSTAL ADDRESS.
- 3 Sign at the bottom with your usual signature. Persons of 16 years or over must sign their own cards. Cards of persons under 16 years must be signed by parents or guardians.
- 4 Applicants must bring their Ration Books with them to the Distributing Centre. Children under 16 may not apply for Ration Books for themselves or for other members of the family.
- 5 Do not detach application card from your Ration Book. This must be done by an official at the Distributing Centre. If accidentally detached, bring the application card along with your Ration Book.
- 6 ARMED FORCES: All members of the Armed Forces, whether on permanent subsistence or not, will obtain their Ration Cards from their own Units.

RB-99 PRINT IN BLOCK LETTERS IN RED (ÉCRIRE A L'ENCRE EN LETTRES BLOTTES)

1. BALL  
(LAST NAME—NOM DE FAMILLE)

2. JOHN WILLIAM  
(FIRST NAME—PRÉNOM)

3. P.O. BOX 79  
(ADDRESS OR R.R. NO.—ADRESSE OU N. NO.)

4. REGINA  
(CITY, TOWN OR VILLAGE—VILLE OU VILLAGE)

5. SHERWOOD (MUN.) SASK.  
(COUNTY—COMTE) (PROVINCE—PROVINCE)

6. SERIAL NUMBER (NAME AS FRONT OF BOOK) (NUMÉRO DE SÉRIE (LES NOMS SUR LE FACE DU CARTE))

0A 207024

7. AGE, IF UNDER 16 (ÂGE SI MOINS DE 16 ANS)

8. I DECLARE I AM THE HOLDER OF THE RATION BOOK FROM WHICH THIS CARD HAS BEEN TAKEN, OR THAT I AM SIGNING IN GOOD FAITH ON BEHALF OF THE HOLDER, WHOSE NAME AND ADDRESS APPEAR ABOVE. (JE DÉCLARE ÊTRE LE DÉTENTEUR DU LIVRE DE RATIONNEMENT, OU QUE JE SIGNÉ EN BONNE FOI POUR LE DÉTENTEUR, DONT LES NOMS ET L'ADRESSE APPARAÎSSENT CI-DESSUS.)

9. SIGNATURE John W. Ball

On presentation at a Distributing Centre of your Ration Book 3, with properly completed application card, you will be issued your new Ration Book 4; and your Ration Book 3 will be returned to you.

**WARNING:** Be sure you get your new book while your Distributing Centre is open next week. Otherwise, you will not be able to obtain your new book until April 17th.

RATION BOOK 3 CONTAINS UNUSED COUPONS YOU WILL NEED. DON'T DESTROY IT

**LOCAL DISTRIBUTING CENTRES**

Addresses	Dates	Hours
Council Chamber, City Hall, Prince Rupert	March 28, 29, 30, 31	1-4:30 and 7-9 p.m.
Seal Cove Parish Hall, Prince Rupert	March 28, 29, 30, 31	1-4:30 and 7-9 p.m.

**RATION ADMINISTRATION**  
THE WARTIME PRICES AND TRADE BOARD

# SHEARDOWNS

FREE DELIVERY  
ON ORDERS

TWO PHONES: 585 and 586  
Specials Good March 24 to 31

Your 100% Local Merchant

Butter.	69c
Mon.	22c
Salmon.	2 tins 25c
<b>COFFEE</b>	
WELL HOUSE.	45c
COFFEE.	45c
<b>TEA</b>	
DA, Orange Pekoe.	45c
	25c
	45c
	31c
or Burns' Lard, lb. ....	10c
Pressing.	21c
onic Wheat Germ.	45c
	\$2.94
ies.	25c
ardines.	2 tins 25c
CHEESE, 1/2 lb. per customer	
Bleach.	19c
Bleach.	10c
al.	19c
ran Flakes.	10c
Vanilla or Lemon Extract.	35c
down Cake Flour, pkt. . .	25c
Chips.	3 pkts. 25c
pudding Powder.	5c
<b>BAYERS ASPIRIN</b>	
Tin	18c
Bottle	29c
Bottle	79c
akes.	19c

## ROBIN HOOD PRODUCTS

Flour.	49-lb. sack	\$1.55
Flour.	24-lb. sack	95c
Rolled Oats.	Packet	19c
49 lb. Vitamin B Flour.	At	\$1.50
Libby's Vegetable Soup.	3 tins	25c
Biscuit Mix.	Packet	25c
Pie Crust Mix.	At	29c
Chocolate Malted Milk.	Bottle	75c
Gold Medal Malt.	Plain	\$1.65
Writing Pads.	Regular 10c	2 for 15c
Dy-O-La Dyes.	2 pkts.	15c
Jello Pudding.	3 for	25c

Corn Meal.	6-lb. sack	39c
Wheatlets.	3-lb. sack	15c
Rolled Oats.	5-lb. sack	25c
Honey Graham Wafers.	At	22c
Handy Soda Biscuits.	Packet	35c
Soya Bean Nips.	Packet	5c
Mixed Peel.	Packet	19c
Horse Raddish.	8 oz.	33c
Chocolate Layer Cakes.	At	25c
Lipton's Soup Mix.	2 pkts.	25c
Kraft Dinner.	Packet	19c

Lifebuoy Soap.	4 bars	15c
Fels Naptha Soap.	4 bars	25c
Rinso.	At	21c

## WAX

LEISURE. No Rub.	20 oz.	35c
SHINOLA.	Tin	22c
GLO-COAT.	Quart	95c
Purex Tissue.	4 rolls	25c
Fancy Serviettes.	70's	12c
Heavy Wax Paper.	100-ft. roll	17c
Fire Chief Matches	3 large boxes	21c
Premium Bacon, Side.	1/2-lb. pkt.	25c
Premium Back Bacon.	1/2-lb. pkt.	30c
Premium Ham. Sliced	Per lb.	60c
Cottage Cheese.	Per lb.	20c
Prem.	Per lb.	29c
Swift's Sausage.	Per lb.	35c

PRUNES --- 2 lbs. per customer while they last

## Fruit, Vegetables - - Canned Goods

Large Lettuce.	Head	9c
Washed Parsnips.	3 lbs.	25c
Turnips.	6 lbs.	25c
Rhubarb.	Lb.	23c
Fresh Peas.	Lb.	25c
Cauliflower	Lb.	25c
No. 1 Netted Gems.	25-lb. sack	99c
Delicious Apples.	Box	\$3.35
Texas Grapefruit.	Size 54	2 for 29c
Oranges.	Size 200	39c
Giant Oranges.	Size 126	75c
Avocados.	Each	19c
Firm Red-Tomatoes.	Lb.	39c
Van Camps Dehydrated Beans.	2 pkts.	25c
Thread.	3 spools	25c
Horseradish with Mustard.	9-oz. bottle	25c
Rit Easter Egg Colour.	6 colours. Packet	15c
Sauerkraut.	28-oz. tin	17c
Fancy Aylmer Golden Bantam Corn.	20-oz. tin	18c
Manitoba Peas.	2 tins	23c
Choice Peas. Sieve. 3.	20 oz.	18c
Lynn Valley Peas.	Sieve 1. Tin	16c
Aylmer Whole Green Beans.	10 oz.	18c
Royal City Cut Green Beans.	Tin	15c
Golden Bantam Corn, Royal City.	16-oz. tin	14c
Fancy Spinach.	Tin	21c
Pumpkin.	2 1/2's, tin	10c
Libby's Baby Food.	2 tins	15c
Aylmer Pork and Beans.	20-oz. tin	15c
Heinz Spaghetti.	20-oz. tin	19c
Aylmer Peas.	Sieve 1, tin	20c
The Best Procurable.		
Rice Krispies.	2 for	25c
Good Playing Cards.	Per packet	50c
Salad Oil.	Per bottle	39c
Brthday Candles.	36 in packet	19c

## We Have Fresh FLOWERS AND PLANTS

DAFFODILS, dozen	50c
ROSE BUSHES, each	90c
POTTED FLOWERS	50c and 95c
We take orders for Shrubs and Plants	

Catelli's Spaghetti.	16-oz. tin	9c
Grade "A" Large Eggs.	Dozen	42c
Old Dutch Cleanser, tin		10c
Wild Rose Pastry Flour.	7-lb. sack	39c

## RATION GOODS

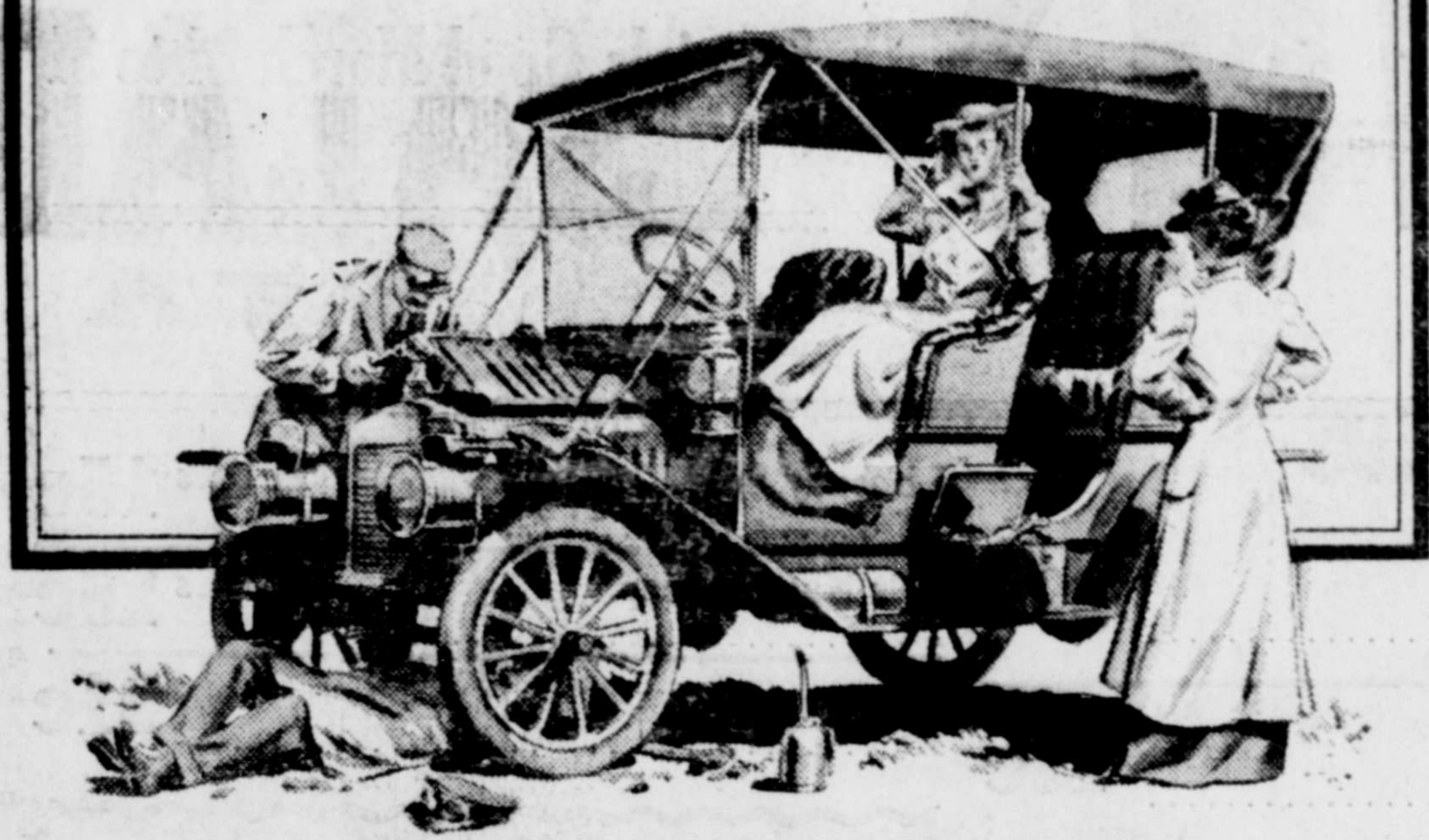
Aylmer Marmalade.	2-lb. jar	25c
Cherry Jam.	2-lb. jar	39c
Orchard City Peaches.	20 oz.	23c
Karo Syrup.	2-lb. tin	27c
Miracle Whip.	16 oz.	39c

CHECK THESE VALUES



SAVE YOURSELF MONEY

# PLEASURE DRIVING... 1905



WHEN YOU WENT MOTORING IN 1905, you carried a full kit of tools. You needed them. No one knew what would go wrong next.

Down through the years manufacturers competed with each other to give you a better car. Each strove to outdo the other to give you a smoother, more powerful engine, stronger brakes, a more luxurious body. And each year you got a better car for your money.

Under our free way of life business competes with business to give you new and better products, more efficient service. This is true of the company that builds your car, of The Royal Bank of Canada, of the little store on the corner.

What is PRIVATE ENTERPRISE?  
It is the natural desire to make your own way, as far as your ability will take you, an instinct that has brought to this continent the highest standard of life enjoyed by any people on earth. It is the spirit of democracy on the march.

## THE ROYAL BANK OF CANADA

**PLANES UNPOPULAR**  
There was so little demand for airplanes after the First Great War that a new plane, never uncrated, could be bought for about \$75.

**USED AS PRESERVATIVES**  
Spices still are used to preserve food in parts of China and North Africa.

**GOLD ANGEL**  
A gold coin weighing four pennyweights, used in the reign of King Henry VI of England, was called an angel.

**OARS HELPED ROGUES**  
Among the first to supplement sailing ships with oars were Mediterranean pirates, who overhauled becalmed victims.

**SLOW MOTION**  
Moth eggs hatch more slowly in winter than in summer, often taking as long as four weeks in cold weather instead of four to eight days.

**BUTTONS PROHIBITED**  
Buttons covered with cloth were prohibited in England in 1671.

### MEASURE IS INADEQUATE

Native Leader Says That Paying Fares of Venereal-Infected Natives to Prison.

KITWANGA, March 23—Harold Sinclair, president of the local branch of the Native Brotherhood of British Columbia, speaking at a community meeting here, said that while he was appreciative of the action of the Indian Department in assuming responsibility for paying the cost of transporting natives infected with venereal disease to the south, he believed that, at best, the action was only a half measure.

He said that simple, uneducated natives, coming to Prince Rupert, should have the active protection of the Indian Department and other authorities against the actions of certain elements of the white population, whom, he believed, were largely responsible for the high rate of venereal disease among the natives.

Furthermore, Mr. Sinclair declared, lacking such protection, the provincial government should share with the Indian Department the cost of transporting and curing infected natives.

Mr. Sinclair added that he had only good will for the white people, but he was convinced that a state of good health among the native people was a contribution to both the natives and white people alike and necessary for the welfare of future generations.

Commenting on a story which appeared in the Prince Rupert press concerning venereal disease among natives in the city, during the recent anti-venereal disease drive, Mr. Sinclair said that he was willing to meet the city council as head of a delegation to clear the matter up.

### C.N.R. Trains

For the East—  
Daily except Sunday 8 p.m.  
Daily except Monday 10:45 p.m.  
For Terrace—  
Sunday, Monday, Wednesday, Thursday and Friday 4 p.m.  
From Terrace—  
Monday, Tuesday, Thursday, Friday and Saturday 11 a.m.



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### CO-OP DEAL RESCINDED

Two weeks ago the city council decided to make a water connection to Waterfront Block A where the Prince Rupert Fishermen's Co-operative is erecting a new establishment, the city to pay the \$800 cost of the connection. The matter was reopened at this week's council meeting by Ald. Norah Arnold, who was not present at the meeting before, and after some discussion, the council reconsidered its decision and referred the matter to a special committee consisting of Ald. Arnold, Ald. James and Ald. Thomas Elliott for investigation and report. Reconsideration was moved by Ald. Arnold and Ald. Elliott and agreed to unanimously.

Ald. Arnold said that, after Valentin Dairy last year had been required to pay the entire \$1300 cost of a water connection, it did not look like justice to her that the co-operative should get off without paying. She was not singling out the co-operative for criticism but would say the same no matter who might be involved in inconsistent treatment.

Ald. Black agreed that "it doesn't look right to me." Was

there any difference between the two applicants?  
Ald. Rudderham said he had not been aware of what had been done last year. Possibly a mistake had been made in changing for a connection then.  
Ald. Alex Sinclair said he had not been aware of the case last year. However, there might be some difference in circumstances. It would be a great convenience to fishing boats to have this water connection on the waterfront. However, he was agreeable to reconsider the whole matter.

Ald. T. H. Sorensen felt that it might well be taken into consideration that this waterfront connection would be of much value for boats refilling. The water would be on meter and would have to be paid for by the co-operative according to what was used.

Ald. Black felt the co-operative should be responsible for at least a portion of the cost of the connection.

In the course of discussion, City Engineer G. S. Hanes expressed the opinion that it was usual to extend water connections to the property lines of companies which carried on from there.

After further discussion, the decision to refer the matter to a special committee was rescinded.

### Briefs From Britain

**HEMEL HEMPSTEAD, Eng. ☉**  
— This Hertfordshire borough council has an organized cookery course for men during the summer with the object that they share in home life.

**LONDON ☉**— Since Dun-kerque, the British post office has sent 20,000,000 parcels to British prisoners of war in Europe. The parcels go to Lisbon where the Portuguese post office arranges, free of charge, their forwarding to the prisoners.

**DITCHINGHAM, Eng. ☉**— The trunk of a 400-year-tree which crashed here provided a Suffolk sawmill with its biggest job. One section of the trunk was six feet in diameter.

**COLNE, Eng. ☉**— Here there is a man of 65 who has no fears of a short life. He applied to be admitted as an "apprentice" at the annual meeting of the Colne Oyster Fishery Board. Apprentices must serve for seven years as dredgers before becoming "freemen."

**LONDON ☉**— Since the renewal of air raids on London, 20 additional deep tube stations have been opened all night as shelters. This makes a total of 68 such stations available for shelters all the time and another nine opened during alerts.

**LONDON ☉**— They couldn't hear the music, but about 100 deaf and dumb young men and women attended a dance here recently and never missed a beat. They watched other people's legs to get the time and then relied on their own sense of rhythm.

## PERISHABLE FRUITS

### Handle with Care!

Fresh fruits are precious these days—fresh vegetables, too. There's a shortage of labor in the fields and orchards and there are transportation restrictions. Then, huge quantities of these vitamin-packed, health-promoting foods must go to the armed forces both here and overseas. What's left for civilian use must be carefully conserved. So when buying fruits don't pinch and bruise them, don't toss vegetables around. Handle with care, remembering that the ones you don't buy must be used by your neighbors.

### Food Fights for Freedom! Here are TEN FOOD-SAVING RULES For Wartime

- PLAN FOOD BUYING CAREFULLY**  
Buy only the foods you know your family will eat. Calculate quantities so that there are no left-overs.
- PLANT A VICTORY GARDEN**  
Help to increase Canada's food production by growing your own vegetables and fruits. Raise chickens and any other stock you can.
- AVOID WASTE IN PREPARING**  
Measure all ingredients. Wash vegetable and fruit peelings—peel them thin. Cook potatoes in skins.
- COOK FOODS PROPERLY**  
Follow your cook book carefully so as to avoid waste and retain maximum food values.
- SERVE SMALLER PORTIONS**  
Start a Clean Plate Club in your home! Don't urge second helpings—let them ask for more.
- SAVE LEFT-OVERS**  
When you do cook too much, save meat and vegetable remnants for stews, bones for soups, bread-crumbs for stuffings.
- SAVE SURPLUS FATS**  
Use what you need in your own cooking. What's left over turn in with your other salvage.
- DO NOT HOARD**  
Canada has a sufficiency of all the foods you need. Don't hoard or buy foods for the sake of saving up your ration coupons.
- ENCOURAGE OTHERS TO SAVE**  
Share with your friends any food saving tips you hear or read. Don't spread gossip about "short" rations or tips that may start runs on unrationed foods.
- REDUCE YOUR FOOD BILL**  
Choose economical foods—those with concentrated nutrition. Try to keep down and reduce your total food bill.

Contributed in Support of Canada's Nutrition and Food Conservation Programme by B. C. Sugar Refining Company Limited.

**FREE RECIPE BOOK**—Send your name and address to B. C. Sugar Refining Co. Ltd., Vancouver, B.C., for your copy of new Wartime Book of Golden Syrup Recipes.

It's the fleecy softness  
**PUREX**  
Super-Soft  
TISSUE

A Product of Quality  
Now creped and embossed.  
An added refinement  
for greater softness.

**PUREX**  
Tissue

The Seal of Quality  
British Columbia's  
Finest Salmon

**ROGERS' GOLDEN SYRUP**  
GOLDEN SYRUP

AVAILABLE IN 2-LB., 5-LB. AND 10-LB. TINS

**COFFEE**  
Buy the...  
Blue...  
COFFEE

**BLUE COFFEE**  
Product...

**REID'S**  
725 Third...  
THE CHERRY...  
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Sandwich Bar...  
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Hot Bedstead...  
etc. Chill...  
Special...  
Closes at...

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CHITRE...  
Flower...

**J. M. S.**  
D.C.  
CHITRE...  
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**DONT FORGET**  
THE...  
DAILY...  
SATURDAY...  
8-11...  
LORD...  
(Formerly...  
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Roy Press...  
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**KWONG**  
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612 7th...  
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All your...  
Open 3...  
Tuesday...  
Outside...  
Phone...

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VISIT OUR BASEMENT STORE  
For Fine China, Dinnerware, Glasses, Baggage and Novelties

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JEWELER DIAMOND MERCHANT



**IF HE  
Can Do It—  
WE Can  
Too!**

This Week Special — Free  
**Smiles - Free**

And we guarantee they'll be big ones, too. Smiles have not been rationed but they've been hard to get. We expect to offer these as a regular feature EVERY WEEK. Give us a chance—The Stores with a "Thank You" Smile.

At all 3 Stores . . .

**Rupert Peoples Store**  
**Rupert Men's & Boys' Store**  
**Cut Rate Shoe Store**

### Cold Wave Coming Soon!

We will be closed for one week while attending the demonstration for the new sensational COLD WAVE, a permanent without heat, pads, or machine. Watch for it!

## SUNRISE BEAUTY SALON

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Cor. 6th Ave. and Fulton St. Phone Blue 943

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**WALNUT STEEL BEDSTEAD—**  
Steel Cable Bed Spring with Felt Mattress.  
Sizes 4-6 and 4-0 Bed complete . . . . \$37.50

**UNIT STEEL BEDSTEAD—**  
Unit Steel Bedspring with wide Steel Ribbon. This is like pre-curtailment but sold as unit. Mattress extra. 4-6 size only . . . . \$29.75

Send in your Mail Orders, they will be shipped to you the day order received.  
Phone 775. 327 3rd Avenue

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"Where dollars have more cents"

We have a complete variety of available  
Groceries, Fresh Fruits and Vegetables  
Tobaccos and Confectionery

FREE DELIVERY throughout the City three times weekly  
(Tuesdays, Thursdays and Saturdays)  
Opposite Canadian Legion

### Step Into Spring With HARTT SHOES

We can think of no better way to spruce up for Spring than to order a Pair of Hartt's Handsome New Spring Shoes for Easter.

SOLE AGENTS . . .

## FAMILY SHOE STORE LTD.

"THE HOME OF GOOD SHOES"

## Classified Ads

**WANTED**

WANTED — Housekeeping room or rooms for couple; urgent. Apply Box 709 Daily News. (73)

WANTED — Service man and wife require room by April 1; urgent. Apply Box 716 Daily News. (73)

WANTED — Small furnished house, apartment or housekeeping rooms for officer's wife. Phone 361 after 5. Capt Campbell. (71)

**TIMBER WANTED**

WANTED—Cedar poles, piling, all sizes. Quote prices f.o.b. shipping point, earliest shipment. — Niedermeyer - Martin Co., Portland, Oregon. (71)

**FOR RENT**

FOR RENT—Room suitable for two men. Box 718 Daily News. (71)

**LOST**

LOST—Saturday evening between Plaza and Commercial Hotel, lady's Bulova wrist-watch. No bracelet attached. Finder please phone 676, M. A. McCarthy. Reward. (72)

LOST—Wire haired terrier with harness and collar. Reward. Anyone found harboring this dog will be prosecuted. Phone 123. (73)

**BUSINESS AND PROFESSIONAL**

**GEORGE L. RORIE**  
Public Accountant, Auditor, etc.  
Income Tax Returns Compiled  
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**Expert PERMANENTS**  
ESTHER STANER  
Late of Hudson's Bay, Vancouver  
Phone Black 934 mornings or call at 1345 Piggott Place  
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PAINTER AND DECORATOR  
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No Substituting of Material  
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"House of Better Cleaning"  
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"FLEXFORM" SERVICE  
Shapes Dresses Without  
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Waterproofing a Specialty.  
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We are open again for alterations on Ladies' and Men's Suits. Quick and efficient service. Reasonable prices.  
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**B. LAMB, TAILOR**  
Ladies' and Men's Made-to-Measure Clothes  
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BEAUTY SHOP**  
Permanent Waving  
Beauty Culture in all its branches  
206 4th Street Phone 655

**SMITH & ELKINS LTD.**  
Plumbing and Heating  
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Phone 174 P.O. Box 274

**INTERNATIONAL  
CORRESPONDENCE  
SCHOOLS**  
Canadian Limited  
B. F. Lovin, Representative  
Box 526 1315 Piggott Ave.  
Prince Rupert, B.C.

**FOR SALE**

FOR SALE — Baby buggy, in good condition. Apply 982 Hays Cove Avenue. (70)

FOR SALE—Latest model ice-box. Call Red 875. (71)

FOR SALE — Five room house, good condition with bath, basement, close to school, near air base and cold storage. \$2,000 terms. McClymont Agencies, 3087 Third Ave. (71)

FOR SALE — Chesterfield with two matching chairs, also one odd chest-of-drawers; carpet 9x12. Phone Red 976. (71)

FOR SALE OR RENT—Old Post Office building situate at corner of 2nd Avenue and 7th Street. Official Administrator, Court House, Prince Rupert, B.C. (70)

FOR SALE—Tenders will be received by the undersigned until noon of Saturday, March 25th, for the purchase of the Polberg and Dawson cabins situate across the harbor from the Drydock. Terms: cash. — Norman A. Watt, Official Administrator, Court House, Prince Rupert. (72)

**HELP WANTED**

WANTED — Janitor about two hours daily. Apply Box 720 Daily News. (71)

WANTED—Experienced miners for: Northern Gold Mine. Apply Selective Service A.M. 110.

WANTED — Competent stenographer for wholesale grocery house. Apply National Selective Service AF 117. (73)

WANTED — Men for underground work at northern gold mine. No experience necessary. Apply Selective Service A.M. 111. (88)

WANTED—Experienced stenographer, typing and shorthand, permanent position, good wages, with well known wholesale grocery firm. Apply Selective Service Comm. AF-118.

WANTED — Experienced book-keeper for well established firm. Male or female. One with some knowledge of fishing industry preferred, but not essential. Applications to be made in own handwriting, state experience and salary expected. Address to National Selective Service AF 115. (71)

### Canadian Girls In Training Are Organized Here

Fifteen very enthusiastic High School girls, ranging in age from twelve to fifteen years, were present at the Community Club House on Hays Cove Avenue to organize a Canadian Girls' In Training Group. Their leader, Mrs. Thornton Hay from Vancouver, opened the meeting and the election of officers resulted as follows:

President — Miss Myrna Marshall.  
Vice-President — Miss Joan Quant.  
Secretary — Miss Sally Welter.  
Treasurer — Miss Betty Wright.  
Entertainment Committee — Miss Louise Patrick and Miss Barbara Quant.  
Committee's will be appointed at the next regular meeting.

### KAY KYSER IS STARRED

Gay Musical Film This Weekend at Capitol Theatre.

A tuneful well-rounded film of Kay Kyser's newest screen effort called "Swing Fever" is coming this Friday and Saturday to the Capitol Theatre. Kay's band is given ample support from such performers as the blonde, torch-singing Marilyn Maxwell, glamorous Lena Horne, wise-cracking William Gargan, and comic Nat Pendleton.

The film revolves around the adventures of a mild-mannered musician who comes to New York to publish a symphonietta he has written. He is given the run-around by the group of prizefighter promoters he accidentally falls in love with when they learn that Kay possesses a hereditary evil eye which has the power to immobilize its victims.

They plan to get Kay to use his eye on the opponent of their fighter, in order to win the match. To do this they get him a job leading a night club band and set Marilyn Maxwell as the bait. Things boomerang when Marilyn falls in love with Kay, which is not according to plan. She feels him the plot but Kay still loves her and both are happy in the romantic finish.

Lovely Miss Maxwell, who was last seen as Wallace Beery's daughter in "Salute to the Marines," sings, dances and acts in "Swing Fever." Kay Kyser, long familiar to movie and radio audiences, turns in an able comic performance. As the crooked promoter, William Gargan stands out not only as a comedian but as a straight dramatic actor.

### CFPR 1240 Kilocycles SCHEDULE

**THURSDAY  
P.M.**

4:00—Sound Of  
4:15—G. I. Jive  
4:30—Kay Kyser  
5:00—Caravan  
5:30—Personal Album  
5:45—Melody Roundup  
6:00—CBC News  
6:05—Recorded Interlude  
6:15—People Enjoy Facts  
6:30—Albert Pratz  
7:00—Fred Waring  
7:15—Front Line Family  
7:30—Bing Crosby  
8:00—Major Bowes  
8:30—Bob Hope  
9:00—Front Line Theatre  
9:30—Classics for Today  
10:00—CBC News Rebroadcast  
10:05—Recorded Interlude  
10:15—Show Time  
10:30—Great Music  
10:45—Band Wagon  
11:00—Closing announcement

**FRIDAY  
A.M.**

7:30—Musical Clock  
7:45—CBC News  
7:50—Musical Clock  
8:30—Morning Devotions  
8:45—Novelty Tunes  
9:00—Recorded Interlude  
9:15—Music a la Carter  
9:30—CBC News  
9:35—Transcribed Varieties  
10:00—Henry King's Orchestra  
10:30—Hill Billy Music  
10:45—They Tell Me  
11:00—Scandinavian Melodies  
11:15—Broadcast of Messages  
11:17—Recorded Interlude  
11:45—Xavier Cugat

**P.M.**

12:00—Wayne King  
12:30—Spotlight Bands  
12:45—CBC News  
12:50—Recorded  
1:00—One Night Stand  
1:30—School Broadcast  
2:00—Silent

### DANCE! SING! IT'S JOYOUS!

The Professor himself—hop and pop! Lovely Marilyn Maxwell—verse and chorus! In a grand cast of fun-makers, musicians in a jamboree of joy and jive!



## KAY KYSER in M-G-M Swing Fever

MARILYN MAXWELL · WILLIAM GARGAN · NAT PENDLETON · LENA HORNE

and **KAY KYSER & His Orchestra**

**LAST TIMES TODAY**

Complete Shows  
Tonight 7:01, 9:08  
"First Comes Courage"  
(at 7:42, 9:49)

**TOMORROW  
Capitol**  
A FAMOUS PLAYERS THEATRE

Complete Shows at 1:00, 3:00, 5:00, 7:00, 9:00  
Feature at 1:38, 3:38, 5:38, 7:38, 9:38

*Also ON THE SAME PROGRAMME*

"Gun to Gun"  
"Speaking of Animals"  
Poppe in  
"Spinach for Britain"

**QUICK ON THE JOB**

ACCRA, Gold Coast — Within six months after the establishment of new potteries in West Africa, 8,000 water-coolers had been supplied for use of the West African Forces in canteens, hospitals, etc.

LONDON — Late workers in central London will soon have more street lighting to guide them around in the blackout. Gas lamps are being installed in a number of badly-blitzed streets.

### Marriage Service Along New Lines

Anglican Prelate Suggests Renewal of Vows by Long-Separated Couples.

YORK, England, March 23. — Dr. C. F. Garbett, Archbishop of York, writing in his diocesan leaflet, has suggested a new type of marriage ceremony—a rededication service with a renewal of marriage vows for married couples re-united after long-separation.

Such a service, Dr. Garbett has said, would help husband and wife make a fresh start.

"Where there has been unfaithfulness on one side or the other, the Christian must refuse to accept the position as hopeless," he said. "There must be readiness to forgive."

Clergymen of some other denominations were not quite in agreement with the archbishop.

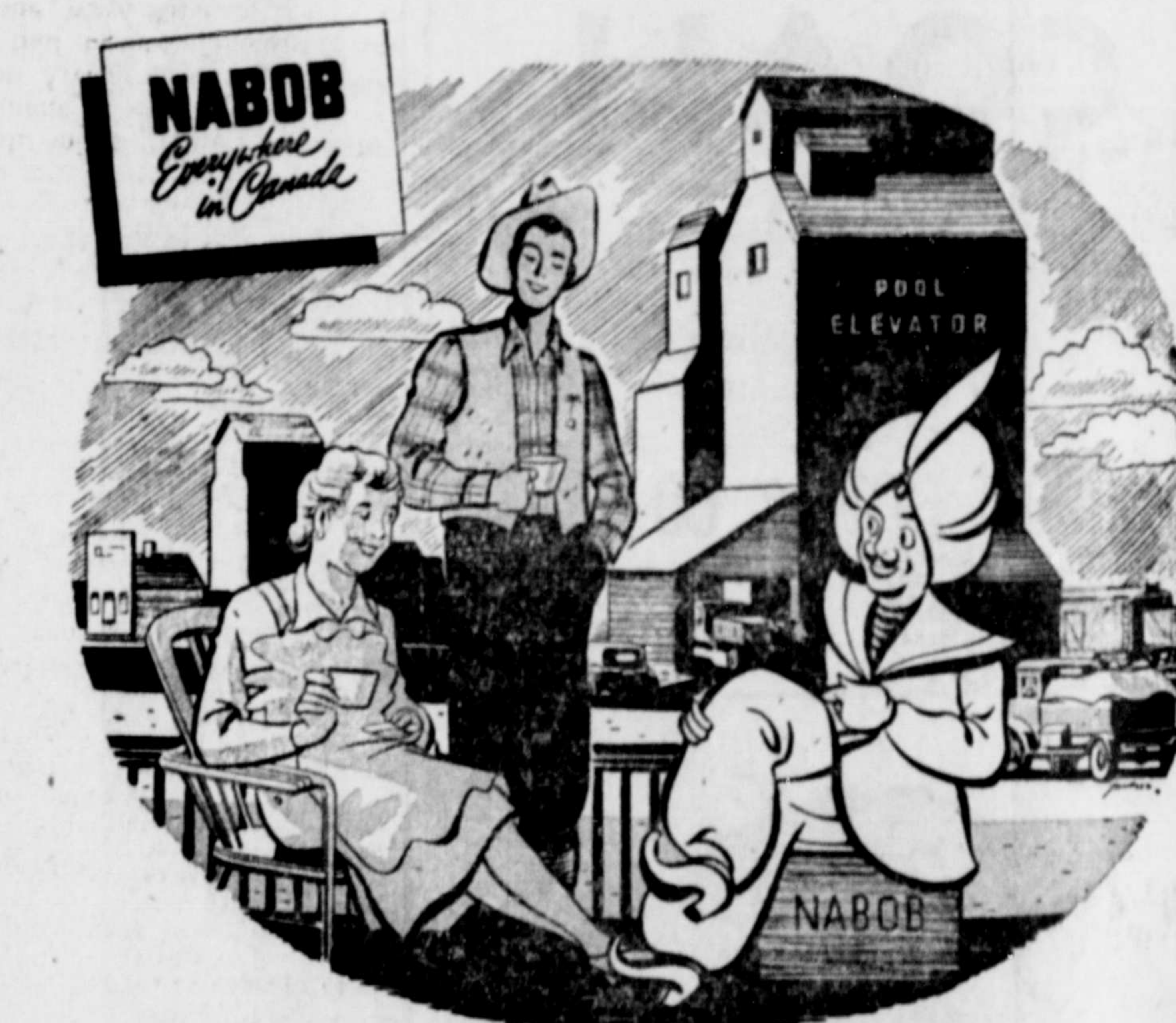
Dr. Scott Lidgett of the Methodist Church said: "I should be against such a service if it seemed to suggest that the church expected or condoned falling in affection or respect between married people. If the service was to be one of thanksgiving for reunion, I should heartily approve."

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A Home Away From Home  
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50 Rooms. Hot and Cold Water  
Prince Rupert, B.C.  
Phone 281 P.O. Box 196



Canadians on the home front, straining every nerve and sinew in this critical year before Victory, are grateful that wherever they may be their precious cup of Nabob Coffee is never far away. From Atlantic to Pacific, Nabob Coffee in its protective Pliofilm container comes roaster-fresh and flavorful to bring new vigor to the task in hand.

Tune to Harmony House, CBC Western Network,  
Mondays . . . 8:30 p.m. Pacific War Time.

## NABOB



**BUILDING GETS LIFT**

BATHURST, Gambia — It has been found that good bricks can be made from West African clay and the public works department of this territory anticipates considerable interest in building to result.