SWIFT'S WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday

by Martha Logan

Borjupaprikas

Veal paprika, Hungarian style, is a good way to get an extra meal from a Veal Roast

If your husband is prejudiced against 'left-overs,' one way to keep him happy and still have a odd ration coupon left for something special is to serve your left-overs *first!*

What do I mean? Just this. When you buy a roast, trim off enough chops, fillets or steaks for one meal before you roast the meat. Wrap your trimmings loosely and store in the coldest part of the frig. Then surprise your husband with a meal of boiled or braised un-left-over meat a day or two later. This week's recipe suggests a splendid way of playing this trick next time you have a veal roast.

For more ways of getting the most out of meat send 10¢ for your copy of Martha Logan's famous book of meat cookery, "Meat Complete," to Swift Canadian Co. Limited, Dept. NE51 New Westminster.

BORJUPAPRIKAS

- 1 lb. veal slices
- 2 small onions
- 3 tbsps. fat
- 1 tbsp. paprika
- 1 tsp. salt
- ½ cup sour cream

Cut veal into small squares. Chop onion and fry in hot fat till golden brown. Sprinkle with paprika and mix well. Add meat and a little water and simmer till veal is tender, about 1 hour. Add salt and sour cream. Heat, and serve with noodles.

MEAT is material of war

SWIFT CANADIAN CO. LIMITED
Makers of Premium Quality Products: Brookfield Butter, Eggs and Cheese; Jewel Shortening and Silverleaf Lard

LOCAL NEWS NOTES

Mrs. C. M. Irving is leaving tomorrow night on a trip to Vancouver.

▲ Universal Week of Prayer. Meeting tonight 8 p.m. St. Pauls Lutheran Church. Speaker: Rev. E. W. Scott.

A. E. Evans left on Saturday night on a trip to Vancouver.

Customs and excise collections in December, 1944, amounted to $58,066.17 in comparison with $54,410.22 in the same month of 1942.

Rev. and Mrs. Peter Kelly returned to Ocean Falls the latter part of last week after a trip to Vancouver. Mr. Kelly is missionary skipper of the well known United Church mission boat Thomas Crosby.

Kosta Killas left Saturday night on his return to Vancouver after spending the Christmas season here with his parents, Mr. and Mrs. James Killas.

William Bond, after spending the Christmas and New Year season visiting here with his parents, left Saturday night on his return to his studies at the University of British Columbia in Vancouver.

Rev. B. Shearman, Anglican missionary of Metlakatla, recently picked up from the water a diner menu Cord of the steamer Prince George dated December 17, 1493.

▲ The public is cordially invited to attend the Sea Cadet Display at the Naval Drill Hall, Tuesday, January 4 at 7:15 p.m. See the Cadets at Divisions and in classes. Presentation of prizes and trophies followed by Dance.

Edward Dawes, after spending the Christmas and New Year holiday season here with his parents, Mr. and Mrs. George Dawes, will leave tonight on his return to his studies at Vancouver.

Ted Arney, after a brief visit at his home here over the week end on leave, has returned to his naval duties at Vancouver. His brother, Don Arney, also with the Navy, has been home from abroad for some time on furlough and will soon be returning to his duties.

David Baillie is returning to his studies at Victoria after spending the Christmas and New Year holidays here with his parents, Mr. and Mrs. W. Baillie, Seal Cove.

Miss May Skinner leaves tonight to resume her studies at Provincial Normal School in Vancouver after spending the Christmas and New Year season with her parents, Mr. and Mrs. W. B. Skinner at Seal Cove.

Mr. and Mrs. P. C. Miller are leaving tonight for Victoria where they plan on taking up future residence. After having lived in Prince Rupert for many years, they have been receiving farewell best wishes of many friends.

Miss Gladys Gammon is leaving this week on her return to Vancouver after spending the Christmas and New Year season visiting here with her parents, Inspector and Mrs. Ernest Gammon, Bungalow Court, McBride Street.

Wren Frances Thompson, who has been spending the Christmas and New Year holiday season at her home here, is leaving tomorrow night on her return to Ottawa.

Fresh Local Raw and Pasteurized MILK
VALENTIN DAIRY
PHONE 657

For Income Tax
RETURNS SEE
R. E. MORTIMER
Phone 88 324 2nd Ave.

GOLDBLOOM
is back Buying Furs. Will pay 30% more than anyone else. Don't be foolish and sell your furs at the waterfront. Bring them up to the Old Reliable
W. Goldbloom

KWONG SANG HING
HOP KEE
CHOP SUEY HOUSE
Next to King Tai
612 7th AVE. WEST
All your patronage welcome
Open 5 p.m. to 12 p.m.
Tuesday—10 p.m. to 12 p.m.
Outside Orders from 2 p.m. 12 p.m.
Phone Red 247

NATIVES URGE GOVT. ACTION

Kitwanga Brotherhood Would Have Natives in Administrative Positions.

KITWANGA, Jan. 3 — The Canadian Government, urged on by the Native Brotherhood of British Columbia, is taking active steps to bring to reality the promises it made the Indian people in the early days, W. B. Morgan, returned delegate from the Brotherhood convention at Cape Mudge told the guests at a banquet given in his honor here recently. He added that it was up to the Brotherhood to continue impressing the government the importance of honoring its ancient written pledges concerning the welfare of the native people.

Mr. Morgan, principal speaker at the banquet, outlined the activities of the Cape Mudge convention and expressed satisfaction at the way the coast natives are advancing toward appreciation of the civilized way of life. He urged that young native men and women who are educated to the requirements of the job be allowed, and even encouraged, to work in offices of the Indian Bureau. Many of these young people who have been educated in residential schools have as high an education as white students and it would be a great thing if they were to work up to responsible positions in the administration of Indian affairs.

Criticism was levelled by the banquet guests at a copy of a Vancouver paper containing a derogatory report on the native character, attributed to an Indian agent. It was felt that the story was unjustified and should never have been published.

Attending as the guests of honor were Honorary President, Mr. Bright, of Kitwanga. Chairman George Moore and W. J. Sinclair.

Hockey Scores

Friday
Toronto 4, New York 0.
Saturday
Toronto 5, Boston 2.
Montreal 4, Chicago 0.
Sunday
Montreal 5, Detroit 2.
Boston 13, New York 3.

"Build B.C. Products"

INFANTS NEED PACIFIC MILK

Children who have been fed Pacific Milk, and found new strength, can always obtain this vital food through a physician, public health nurse or other health authority. Mothers will be glad to know this.

PACIFIC MILK
Irradiated and Vacuum Packed

Meet Me At JOHNNY'S
Johnny's
SNACK BAR
(Our Coffee is Tops)

Announcements

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

Burns' Tea at the home of Mrs. George Mitchell, January 26th.

C.C.F. Dance, Oddfellows' Hall, January 14th., DeCarlos orchestra. (11)

Moose Ladies Dance, Wednesday, 5th, at the Oddfellows' Hall from 10 till 2. Jean DeCarlos Orchestra and refreshments.

3 Good Reasons Why

Most Young Mothers Use this Way to Relieve Miseries of Children's

COLDS

Thanks to its effective *penetrating-stimulating* action (as illustrated), time-tested Vicks VapoRub promptly helps relieve coughing spasms, muscular soreness or tightness, congestion and irritation in the bronchial tubes!

The very moment you rub soothing, vaporizing VapoRub on throat, chest and back at bedtime, it starts to work—and keeps on working for hours as it invites restful sleep. Often by morning most of the misery of the cold is gone!

Try it. And you'll understand why the time-proved home remedy for relieving miseries of children's colds is dependable.... **VICKS VAPORUB**

MUSSALLEM'S ECONOMY STORE
"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

CLASSIFIED ADS

Classified Advertisements are payable in advance at the Office—No telephone orders — Rate 2c per word per insertion.

WANTED

WANTED—Portable Typewriter. Box 651 Daily News. (5)

WANTED—Two room furnished apartment within walking distance of town. Reward $35 for information and securing of apartment. Phone Signal Corps, Extension 406, M. J. Edwards. (306)

WANTED—Furnished or unfurnished house or apartment. Call Burnett, Marine Repair Shop, A.T.S. (307)

ROOM AND BOARD for 2 girls. Box 647 Daily News. (307)

YOUNG married woman wants housework; wages 50c per hour. Phone Blue 801. (1)

QUIET Airforce officer and wife desire room and board or room with kitchen privileges. Box 648 Daily News. (4)

WANTED—Housekeeping room, furnished. Phone Red 284. (5)

RESPECTABLE Canadian girl wants room. Box 652 Daily News. (2)

LOST

LOST — Upper plate of false teeth on Graham Ave. Finder please leave at Daily News. (4)

LOST—Medal; owner's name on back. Finder please return to Daily News. (1)

LOST—Girl's sterling identification bracelet with Navy crest. Finder please leave at Daily News Office. (tf)

LOST—Brown leather key case containing keys, and registration card. Please leave at Daily News. (2)

FOR SALE

FOR SALE — Small kitchen range and bed. Apply 1415 Pigott Avenue. (1)

FOR SALE—Central Hotel Dining Room. Reasonable. Apply within. (306)

FOR SALE—12 foot round bottom rowboat. Apply 1136 6th Ave. East. (6)

FOR RENT

FOR RENT—Vacancy, close in. Gentleman only, sharing. Phone Blak 965. (tf)

HELP WANTED

HOUSEKEEPER WANTED by small family. Will accept reliable service couple. Room, board and good wages. Phone Red 879. (tf)

WANTED — Services of hand Masseur. Apply Box 651 Daily News. (5)

STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge of commercial book-keeping, or those willing to learn, will have preference. Written applications only. State experience, if any. Apply U. I. C. AM 96. (tf)

Olof Hanson, M. P. for Skeena will arrive in the city on Wednesday morning of this week from Vancouver where he has been spending the Christmas and New Year holiday season.

NEW ROYAL HOTEL
A Home Away From Home
Rates 75c up
50 Rooms, Hot and Cold Water
Prince Rupert, B.C.
Phone 281 P.O. Box 196

SHRIMP
Fresh Every Day
Boat "W.S.L." First Float West of Imperial Oil Co.
Daily after 4 p.m.

THE REX CAFE
Now Open for Business
CHOP SUEY
CHOW MEIN
Opening Hours:
3 p.m. to 2 a.m.
2nd Avenue (Across from Prince Rupert Hotel)
Phone 173

BUSINESS AND PROFESSIONAL

GEORGE L. RORIE
Public Accountant, Auditor, etc.
Income Tax Returns Compiled
Wallace Block Phone 387

IDEAL CLEANERS
"House of Better Cleaning"
Authorized
"FLEXFORM" SERVICE
Shapes Dresses Without Guesses
Waterproofing a Specialty
We Pick Up and Deliver
PHONE 858
Mail Orders—Box 99

B. LAMB, TAILOR
Ladies' & Men's Made-to-Measure Clothes.
302 Third Ave. W. Black 787

National Monuments
You can now mark the grave of your loved ones by buying a monument from National Monuments at the most reasonable prices.
Box 1425 Postal Station B
Workshop 602 5th Ave. East,
Prince Rupert
"Made in Prince Rupert"

HELEN'S BEAUTY SHOP
Permanent Waving
Beauty Culture in all its branches
206 4th St. Phone 655

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

International Correspondence Schools
Canadian Limited
B. F. Lovin, Representative
Box 526 1315 Piggot Ave.
Prince Rupert, B.C.

For 1944 - Begin Right
— with —
STANDARD DIARIES, DAILY REMINDERS AND APPOINTMENT BOOKS
For Home and Office Use
IDEAL CALENDAR PADS AND STANDS
* * *
1944 TIDE TABLES—now ready
Prince Rupert Harbor 10c
Pacific Coast of Canada 25c
McRae Bros. Ltd

Dibb Printing Company
OFFICE SUPPLIES
PRINTING
BOOKBINDING
STATIONERY
BIRTHDAY AND EVERYDAY CARDS
WATERMAN'S FOUNTAIN PENS
Besner Block, 3rd Street Phone 234

RUPERT BRAND
SMOKED
BLACK COD
Smoked Daily
Canadian Fish & Cold Storage Co. Ltd.
PRINCE RUPERT BRITISH COLUMBIA

It Pays to Advertise in The Daily News

Wood Fuel
Please let us have your order for wood fuel at once. We have plenty of wood on hand.
Phone your order for wood to your regular fuel dealer.
ALBERT & McCAFFERY LTD.
PHONE 116 and 117

FOR . . .
Thrifty Housewives
WE FEATURE . . .
A full line of Swift's Premium Meats at all times.
A complete and Fresh stock of Fruit and Vegetables.
You can get everything you want at this Community Shopping Centre—Prices Right.
SEVENTH AVE. MARKET

J. L. Curry
(Late of Yukon)
Chiropractor
Smith Block

OIL BURNERS CLEANED
HANDYMAN HOME SERVICE
Black 735
224 Seventh Ave. West