Famed as the Milk from "Contented Cows"

EVERY safeguard surrounds the production of Carnation Milk. Carnation's field organization guides dairymen to highest standards of cleanliness. Starting at the source, protection continues until Carnation reaches you in hermetically sealed containers. Carnation's evenly-distributed butter-fat makes foods *smoother* and richer. Use Carnation for creaming coffee, fruits and cereals. Uniform, nutritious, super-digestible, Carnation is approved by the medical profession for baby feeding. That's how good it is!

Write for free Cook Book and Baby Book

Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

Carnation "from Contented Cows" Milk

MILK FROM CANADIAN COWS, PACKED IN CANADA IN CANADIAN-MADE CANS AND CASES

GET READY FOR RACE

Local Whaler Crew Practising Preparatory to Meeting H. M. C. S. Skeena

In order to defend the Burns Cup Trophy, won last year and retained by the local R. C. N. V. R. Company, the whaler racing crew is turning out daily at 7 p.m. with a view to competing with H. M. C. S. Skeena for the possession of the cup this year. This annual event has provided a great deal of interest and competition in naval circles. To become the sole possessor of the cup for the year, H. M. C. S. Vancouver must be defeated. The race will take place at a later date.

H. M. C. S. Skeena proved itself a formidable competitor when it was defeated by barely three strokes last year. Judging from reports it is in even better shape this year.

The crew is perfectly graduated and in splendid condition. It consists of the following, Jack Macfie (Stroke), R. Pitcher (2nd Stroke), J. Westman (Third Oar), S. White (Fourth Oar), L. Murdoch (Bow).

C. P. O. Young will be coxswain.

Unless further word is received the date of the race has been set for Thursday, August 11.

The word "pianoforte" is a compound of two Italian words meaning soft and loud.

The Survival of the Sweetest

(By Barbara B. Brooks)

PEACH MACAROON PUDDING

One cup milk, one tablespoon corn starch, one-third cup sugar, three eggs (separated), one teaspoon vanilla extract, one-quarter teaspoon almond extract, one cup canned sliced peaches, three cups corn flake macaroon crumbs.

Scald the milk. Mix corn starch with sugar and moisten with a little cold water. Add the beaten egg yolks and stir into milk. Cook, stirring continually until custard is smooth and thick. Remove from fire, add flavorings and peaches. Fold in beaten egg whites. Place macaroon crumbs in a bowl or pudding dish and pour custard mixture over them. Allow to set in refrigerator over night. May be served garnished with fresh berries.

Yield: eight large servings.

Hotel Arrivals

CENTRAL

Mrs. Somerville and Ella M. R. Wilson, Vancouver; T. Anderson, C. N. R.; A. Moier, Vancouver.

The name "platinuf" is Spanish for "silvery."

Steamship Sailings

For Vancouver—
Monday—ss. Pr. George ....4 p.m.
Tuesday—ss. Catala .... 1:30 p.m.
Wed.—ss. Pr. Robert ..... 9 a.m.
Friday—ss. Prin. Adelaide 10 p.m.
Ss. Cardena ..... midnight
Saturday—ss. Pr. George .. 7 p.m.
Aug. 6—ss. Prin. Charlotte .... p.m.
Aug. 13—ss. Prin. Louise ..... p.m.
Aug. 20—ss. Prin. Alice ..... p.m.
Aug. 27—ss. Prin. Louise ..... p.m.

From Vancouver—
Sunday—ss. Catala ..... p.m.
Wed.—ss. Pr. Rupert 11:30 a.m.
Friday—ss. Pr. George 11:30 a.m.
Friday—ss. Cardena ..... p.m.
Ss. Princess Adelaide p.m.
Satur.—ss. Pr. Robert 11:30 a.m.
Aug. 15—ss. Prin. Alice ..... a.m.
Aug. 22—ss. Prin. Louise ..... a.m.
Aug. 29—ss. Prin. Alice. ..... a.m.

For Naas River and Port Simpson—
Sunday—ss. Catala .....8 p.m.

From Naas River & Port Simpson—
Tuesday—ss. Catala .... 11:30 a.m.

For Stewart and Anyox—
Friday—ss. Pr. George ..... 3 p.m.
Sunday—ss. Catala ..... 8 p.m.

From Stewart and Anyox—
Tuesday—ss. Catala .... 11:30 a.m.
Satur.—ss. Prin. George .... 6 p.m.

For Ocean Falls—
Monday—ss. Pr. George .... 4 p.m.
Friday—ss. Prin. Adelaide 10 p.m
Satur.—ss. Pr. George ..... 7 p.m.

From Ocean Falls—
Wed. —ss. Pr. Rupert ..11:30 a.m.
Friday—ss. Pr. George 11:30 a.m.
Friday—ss. Cardena ..... p.m.
Ss. Princess Adelaide p.m.
Satur.—ss. Pr. Robert 11:30 a.m.

For Queen Charlotte Islands—
Aug. 5 and 19—ss. P. John 10 p.m.

From Queen Charlotte Islands—
Aug. 3, 17 and 31—ss. P. John a.m.

For Alaska—
Wed.—ss. Pr. Rupert ..... 3 p.m.
Satur.—ss. Pr. Robert ..... 3 p.m
Aug. 3—ss. Prin. Louise ..... a.m.
Aug. 15—ss. Prin. Alice ..... a.m.
Aug. 22—ss. Prin. Louise ..... a.m.
Aug. 29—ss. Prin. Alice. ..... a.m.

From Alaska—
Monday—ss. Pr. Rupert .... 7 a.m.
Wed.—ss. Pr. Robert ..... 7 a.m.
Aug. 3—ss. Prin. Louise ..... p.m.
Aug. 6—ss. Prin. Charlotte .... p.m.
Aug. 13—ss. Prin. Louise ..... p.m.

Mail Schedule

For the East—
Monday Wednesday and Saturday. .....11:30 a.m.

From the East—
Sunday, Thursday and Friday, ... 11 p.m.
Monday, Wednesday and Saturday .....1:30 p.m.

For Vancouver—
Monday ..... 3 p.m.
Wednesday .....8 a.m.
Friday .....11 p.m.
Saturday ..... 6 p.m.
Aug. 3, 6, 13, 20 and 27 ..... p.m.

From Vancouver—
Sunday ..... p.m.
Wednesday .....11:30 a.m.
Friday ..... 11:30 a.m.
Saturday ..... 11:30 a.m.
Aug. 8, 15, 22 and 29 ..... a.m.

For Stewart and Anyox—
Sunday ..... 7 p.m
Friday ..... 2 p.m

From Stewart and Anyox—
Tuesday ..... 11:30 a.m.
Saturday ..... 6 p.m.

For Naas River and Port Simpson—
Sunday .....7 p.m.

From Naas River and Port Simpson
Tuesday, ...11:30 a.m.

For Queen Charlottes—
Aug. 5 and 19 .....9 p.m.

From Queen Charlottes—
Aug. 3, 17 and 31 ..... a.m.

For Alaska—
Aug. 8, 15, 22 and 29 ..... a.m.

The steamer Princess Louise will continue in service on the Alaska route through the month of September after which time she will be replaced for the winter by the Princess Norah, it is announced. A weekly service will be maintained to Alaska for August with a ten-day service in September.

CAPITOL THEATRE

Wednesday & Thursday
TWO SHOWS — 7 and 9 p.m.

A Romantic Drama of the Tropics

Beautiful Tallulah Bankhead in

"THUNDER BELOW"

With Charles Bickford, Paul Lukas, Eugene Pallette, Ralph Forbes

Misunderstood by Her Husband—She Turns to Another

A Paramount Picture

Comedy — "WILD BABIES"

Harry Lauder sings "NANNY"

Cartoon—"Village Specialist"
FOX NEWS
Feature Starts 7:50 & 9:50
ADMISSION — 15c & 50c
THURSDAY MATINEE at 2:30
Feature Starts 3:20—15c & 35c

FRIDAY and SATURDAY
"CARNIVAL BOAT"

DOWN GO PRICES!

AT THE MONTREAL IMPORTERS'

BIG FIRE SALE

THERE NEVER WERE SUCH OPPORTUNITIES AS YOU GET HERE TO STOCK UP WITH FIRST CLASS GOODS AT FAR BELOW ROCK BOTTOM PRICES. ON MANY LINES WE HAVE SLASHED THE ALREADY LOW PRICES TO MAKE A QUICK CLEARANCE

MEN'S RUBBER BOOTS
Knee High Fire Sale Price $2.95
Hip Length Fire Sale Price $3.45

GOODRICH HI-PRESS RUBBER BOOTS
Men's, ¾-length, best made in Canada; Fire Sale Price $4.25

MEN'S PANTS
In a great assortment of tweeds and worsted in various patterns and shades. Great West Garment make. Sizes 29 to 42. Regular values up to $5.00 Fire Sale Price $1.98

MEN'S HEAVY PURE WOOL WORK PANTS
Guaranteed to give your money's worth. Regular values up to $7.50 Fire Sale Price $3.49

MEN'S CORDUROY PANTS
Regular value up to $4.50 Fire Sale Price .....$1.95 and $2.95

MEN'S FLANNEL TROUSERS
In plain grays and stripes Fire Sale Price $2.49

MEN'S WOOL WORK SHIRTS
Assorted colors and in all sizes. Regular values to $3.00 Fire Sale Price $1.49

MEN'S WOOL WORK SHIRTS
All sizes and assorted colors. Regular values to $3.50 Fire Sale Price $1.95

MEN'S COTTON WORK SHIRTS
Chamoisette finish. Made by Great West Garment Co. and Western King. Fancy patterns. Regular values to $2.00 Fire Sale Price 98c

MEN'S KHAKI & GRAY FLANNEL SHIRTS
Regular values to $2.95 Fire Sale Price 98c

MEN'S DRESS SHIRTS
With collar attached. All sizes. White, tan, blue and green. Reg. $1.25 value Fire Sale Price 59c

RUNNING SHOES
Running Shoes in all sizes for men, women, boys and children. Prices have been marked down 50c on the dollar. Take advantage of these Fire Sale Prices!

BOYS' JUMBO KNIT SWEATER COATS
Regular value up to $3.50 Fire Sale Price $1.49

BOYS' PULLOVER SWEATERS
In assorted patterns. Regular value up to $1.25. Fire Sale Price 59c

BOYS. MERINO COMBINATIONS
Regular 95c value Fire Sale Price 49c

BOYS' PURE WOOL GOLF HOSE
With fancy tops. Regular 65c value Fire Sale Price 39c

BOYS' CHEVIOT SERGE PANTS
Regular $2.95 value Fire Sale Price $1.75

MEN'S ST. GEORGE'S COMBINATIONS
Heavy Ribbed 100% Wool Fire Sale Price, per suit $1.95

MEN'S ATLANTIC COMBINATIONS
Heavy Ribber 100% Wool Fire Sale Price, per suit $1.95

MEN'S HEAVY WOOL COMBINATIONS
Regular value to $3.50 Fire Sale Price $1.25

MEN'S MERINO COMBINATIONS
Regular values to $1.25 Fire Sale Price 79c

MEN'S HEAVY WOOL SHIRTS & DRAWERS
Regular values to $1.50 Fire Sale Price 75c

MEN'S BIB OVERALLS
Regular $2.00 value Fire Sale Price $1.25

MEN'S CANVAS GLOVES
Fire Sale Price 2 pairs for 25c

BATHING SUITS
A big assortment of Bathing Suits for men, women and children Fire Sale Price, up from 35c

LADIES' WOOL SWEATER COATS
Made in Scotland. In an assortment of shades and sizes. Regular val. up to $5.00. Fire Sale Price $2.49

MEN'S DRESS CAPS
With unbreakable peak. In assorted patterns, colors and sizes. Regular $2.00 value. Fire Sale Price 75c

LADIES' PULLOVER SWEATERS
Silk and Wool Fire Sale Price $1.39

CHILDREN'S PLAY SUITS
Sizes 2 to 4 only. Regular $1 value Fire Sale Price 49c
Regular $1.50 value. In all sizes Fire Sale Price 79c

MEN'S JUMBO KNIT SWEATER COATS
Assorted colors. All sizes. Regular values to $6.50 Fire Sale Price $2.95

MEN'S PURE WOOL SWEATER COATS
Jumbo knit with shawl collar. Regular values up to $4.50 Fire Sale Price $1.95

MEN'S FANCY DRESS SOCKS
Fancy patterns in assorted shades and colors, Regular 35c value Fire Sale Price 23c

MEN'S WOOL RIBBED HOSE
Regular 50c value Fire Sale Price 29c

MEN'S WOOL WORK SOCKS
2½ Pound Fire Sale Price, per pair 23c
3 Pound Fire Sale Price, per pair 29c
3½ Pound Fire Sale Price, per pair 35c

MEN'S GRAY WORK SOCKS
Fire Sale Price per pair 15c

SHOES
We haxe a great variety of Shoes for men, women and children suitable for all occasions and all have been marked down 50 cents on the dollar.

MEN'S WORKING BOOTS
Leckie's, regular $5.50 Fire Sale Price $3.25

These were made for the government camps but as the camp did not operate we bought them at $2.75 a pair.

MEN'S WORK BOOTS
Here is one lot of unbeatable value. Men's Work Boots of regular $3.95 value, Fire Sale Price $1.95

Montreal Importers, Meeker Block, 3rd Ave.

Remember the Address

Terms of Sale: Cash Only

Phone 953 Phone 953

De Jong's

Cash and Carry

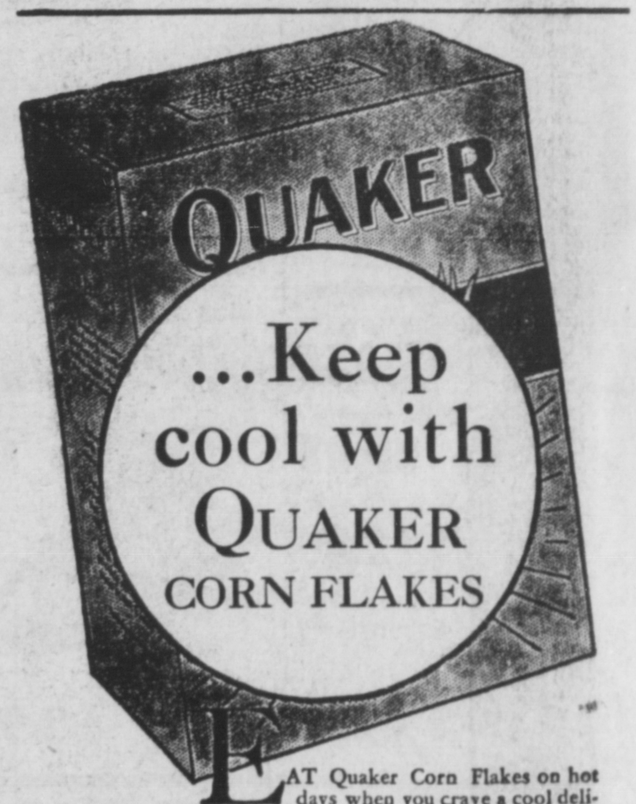
Friday & Saturday Specials

Mrs. Haines' Orange Marmalade, per 16-oz. jar 15c
Aylmer Grape Fruit—size 2's, 2 tins for 35c
Malkin's Best Pure Plum Jam, per 4-lb. pail 39c
Elk Brooms—5 string each 34c
Many Flowers Soap—4 cakes for 25c
Clark's Tomato Juice—3 tins for 20c

Malkin's Best TOMATOES Size 2½ 2 tins for 25c

PINK SALMON per 1-lb. tin 9c
Lynn Valley Plums—Size 2's per tin 11c
Fels Naptha Soap—5 bars for 37c
Perfect Seal Jars—Pints per dozen $1.19
Perfect Seal Jars—Quarts, per dozen $1.39

Malkin's Best SOCKEYE SALMON ½'s, 2 tins for 35c
Gold Medal STRAWBERRY JAM per 4-lb. pail 39c
California Oranges—Extra Special, 5 doz. for 79c
Transparent Apples—5 lbs. for 25c
Bunch Carrots—6 bunches for 25c
Celery—per head 13c
Cucumber—each 9c



EAT Quaker Corn Flakes on hot days when you crave a cool delicious food... crisp flakes of sun-ripened corn, an ideal hot weather dish with nourishing milk or cream. For breakfast, or any other time of day, cool, nourishing, refreshing.

Quaker Corn Flakes are made better by the addition of Vitamin D. No other Corn Flakes contain the precious sunshine vitamin.

We are confident you will like the flavour of Quaker Corn Flakes best of all. The ingredients in the flavour are the highest quality ever put into a corn flake. Special malt, pure CANE sugar and salt of crystal purity.

We made the flavour of Quaker Corn Flakes just to please your taste. Won't you try them? Economical, for they cost less than a cent a serving. MADE IN CANADA.

2158

QUAKER CORN FLAKES

The Fish which made Prince Rupert Famous

"Rupert Brand"

SMOKED

BLACK COD

Prepared Daily By

Canadian Fish & Cold Storage Co., Ltd.

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