MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor

The Art of Second-Day Serving

Why do women apologize for serving leftovers? I consider it rather an evidence of good management. Today's creamed potatoes placed in alternate layers with grated cheese in a baking dish, covered with crumbs and browned in the oven, will provide a delectable dish for tomorrow's luncheon. Mashed potatoes enveloped in a fluffy covering of equal quantities of Carnation Milk and heavy cream beaten together until stiff, into which is stirred grated cheese —and baked until the cheese is melted —makes a welcome change in the menu.

Cooking an extra quantity of peas, string beans or carrots for tomorrow's salad proves a great convenience. Rice, can be served first as a cereal, and later combined with cheese or made into croquettes.

To my way of thinking, however, there is nothing quite so delicious as the good old-fashioned rice pudding, cooked slowly for hours to bring out all the rich, creamy caramel flavor of the Carnation Milk in which it is baked. I'm giving the recipe for it, and I think you will agree that it is one of the most delightful recipes I've offered you.

The Smooth Richness of Carnation Dishes

It is indisputable that dishes made with Carnation Milk have a richness, a smooth creaminess, a fragile fineness of texture that even the best of bottled milk cannot equal. In the first place, Carnation is nothing but the finest of pure, fresh, *whole* milk, of uniformly high quality. It is evaporated to double richness, so that every drop has a double helping of enriching cream. Then it is sterilized for safekeeping, making it absolutely dependable, no matter what the weather.

Carnation Milk has another vital quality. It is "homogenized"—the cream globules broken up into minute particles and distributed throughout every drop of milk, imparting to foods an unusual smoothness and fineness of texture.

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Use Carnation Milk for all your cooking. You'll find in it new convenience and economy. "My Hundred Favorite Recipes"—the Carnation Cook Book—will give you many cooking suggestions. It is free. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Rice Pudding

2 cups Carnation Milk diluted with 2 cups water, grated rind of ½ lemon, ½ tsp. salt, ½ cup sugar, ⅓ cup rice. Combine washed rice with other ingredients; pour into buttered baking dish; place in pan of hot water; bake in 300° oven 3 hours, stirring several times during first hour to prevent settling.

Puddings of Greater Flavor

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IF you've never made puddings with Carnation Milk, *try one tomorrow.* Its flavor and smoothness will be a revelation to you. And it will have *extra* food value, for Carnation is pure, whole milk evaporated to double richness. It is economical and convenient because it keeps and it saves on butter and cream.

(See recipe above)

Carnation Milk

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Municipal Chapter Bridge in I.O.D.E. Hall this evening at 8 p.m. in aid of the Cenotaph Fund.

H. C. Fraser, inspector of schools, sailed yesterday afternoon on the Prince George for Anyox on official duties.

Election of officers at Native Sons of Canada meeting, Friday, April 20, in the Metropole Hall. Full attendance requested. 93

William McIvor, superintendent of the Alberta Wheat Pool's Prince Rupert Elevator, is confined to his home with a severe cold.

C.N.R. steamer Prince John, from Vancouver via the Queen Charlotte Islands, is reported to be due in port at 5 o'clock this afternoon.

Miss Catherine Newell arrived in the city yesterday from Everett, Washington, and is the guest of Mr. and Mrs. G. W. Nickerson, 520 Fifth Avenue West.

Oscar Smith of the customs staff is confined to his home at 309 Seventh Avenue East with a touch of influenza. He had to quit his duties and go home this morning.

Miss Helen Anderson, who has been the guest of Mr. and Mrs. W. E. Fisher, 636 Taylor Street, will sail on the Princess Royal tomorrow evening for Vancouver enroute to Ottawa.

R. F. McNaughton, district passenger agent, and Harold McEwen, division freight agent, are making the round trip to Ketchikan and Anyox today with the party of C.N.R. officials from Vancouver.

Mrs. D. D. McTavish and family, who have been visiting for the past couple of weeks with Mrs. McTavish's parents, Mr. and Mrs. Morte Craig, Waldron Apartments, will sail by the Prince George tonight on their return to Victoria.

Miss Gerry Mann and Master Roy Mann, children of Mr. and Mrs. E. A. Mann, will return to the city on the Prince George this evening from Ketchikan where they have been visiting for a couple of weeks with their grandmother.

H. W. M. Rolston, publisher of the Stewart News and broker of that town, addressed a combined luncheon of the mining bureau of the Vancouver Board of Trade, British Columbia Chamber of Mines and Canadian Institute of Mining and Metallurgy in Vancouver on Tuesday.

ANNOUNCEMENTS

Royal Society of St. George Whist Drive and Dance, April 23.

Prince Rupert Girls' Drill Team Dance April 27.

Boy Scout Entertainment and Campfire, April 27.

Ridley Home Annual Bazaar, Thursday, May 3, in Moose Hall.

Tennis Club Annual Ball, Friday, May 4, Moose Hall.

Gyro Hoedown, Moose Hall, Friday, May 11.

Women of Moosheart Legion Children's Masquerade, May 18.

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Tommy's Taxi. Phone 671. 113

Ladies' Hockey Match, Friday at 7:45. Admission 25c and 10c. 93

Ladies Auxiliary St. Andrew's Society Easter Sale and Whist Drive, April 20.

Professor Damifino will demonstrate his uncanny supernatural powers at the Elk's dance Friday night.

The moonbeams with the very latest in music will be playing at the Elk's dance in the Moose Hall, Friday.

The annual general meeting of the Football Association will be held on April 26 at 8 p.m. in the City Hall.

J. P. Forde of Victoria, Dominion Government public works engineer, was a guest of the Rotary Club today at luncheon.

The new halibut boat Covenant, Capt. Hans Underdahl, arrived in port this morning with a full load of some 30,000 pounds following her maiden trip to the grounds. The vessel will sell at the Fish Exchange tomorrow morning.

ROTHERMERE NEW SCHEME IS DENOUNCED

DIRECTOR OF EDUCATION EXPRESSES FEAR OF HUGE SYNDICATE IN NORTHERN ENGLAND

LONDON, England, April 19. — Dr. James Graham, director of education for the city of Leeds, has publicly voiced his apprehensions of the possible results of the invasion of Northern England by a great London newspaper syndicate, headed by Lord Rothmere. He was speaking at a gathering of a social character promoted by one of the old-established Leeds evening papers.

"This proposal to establish new evening newspapers in all the leading provincial cities fills me with anxiety and alarm," declared Dr. Graham. "These papers can succeed only at the cost of the life of some existing local newspapers. Suppose Lord Rothermere does succeed in setting up completely efficient papers that are the last word in modern evening journalism, what will be the price which the public in the provinces will have to pay?

"It means that instead of the organs that are locally controlled, that are really native to the city and the county, that understand and express our local provincial sentiment, there will be a ring of gramaphones that have their inspiration from a high and mighty potentate in London. And it is not in the public interest nor to the public benefit that this individuality shall be destroyed in a common mould. Automata operated from a London office are no satisfactory substitute, alternative, or exchange for a living individuality such as the local evening papers possess.

"Our local papers are our friends. The feelings of the people react on the paper, and the paper reacts on the people. The effect is to develop and bring about an improvement in the working conditions, in the purity of public life, and in a hundred and one ways to bring about the betterment of the city and country as a whole."

INQUEST OPENS INTO THE DEATH OF ESTHER KILLAS

(continued from page one)

sible be granted so that the police officers, who had been up all night and had been working right to the time of the inquest, might have the opportunity of continuing the investigation.

The evidence of Dr. J. A. West being ready today, adjournment was taken until this afternoon.

NO STATEMENT YET

After the inquest, Inspector Spiller stated that the police had no official statement to make yet. Apparently, the investigation had so far been rewarded with little success.

The police are known to have made enquiries as to whether a man with a cut right hand had left the city. The imprint of a bloody right had had apparently been left on the washbasin in the house of deceased where the assailant is believed to have washed his hands of blood after the gruesome deed. A close watch has been kept of all departing boats and trains and a number of officers have been detailed to take part in the investigation.

Women next door to the house of deceased are reported to have heard a commotion in the house early Tuesday morning. They had thought of calling the police but, as the noise stopped, this was not done. The same women state that they heard a man's steps leaving the house soon after the noise.

The woman's body was found stretched on a bed with the head leaning toward or on the floor. Her head was covered with bed clothing and it is believed that she was given no opportunity to scream as the lethal weapon severed her throat to the neck. She was partially disrobed.

It was Jack Joy, driver of the Pioneer Laundry, who, when delivering laundry, perceived the lights on in the house early Tuesday evening. Thinking this unusual, he informed the police and Sergeant J. P. M. Hannah found the body.

SORDID DETAILS

The revelation of further sordid details makes the circumstances of the killing even more revolting and ghastly. The partially dressed body was smattered with blood on various portions. The whole surroundings are reported to have been very gory and the murderer must have carried much blood away with him.

The unfortunate woman was quite well known and many people have spoken well of her. She was of a quiet manner and disposition. "She was the best woman on Comox Avenue," is a remark that has been made. Evidently, she was a victim of unfortunate circumstances.

There are many rumors circulating in the city with reference to the tragedy, but, up to this morning, the police had little information to reveal. Clues as to the perpetrator of the horrible crime were evidently rather faint.

The funeral of the unfortunate woman will take place tomorrow afternoon from the chapel of the B.C. Undertakers to Fairview Cemetery.

CAT TRAVELLED 100 MILES TO OLD HOME

LONDON, April 19—Six days after a cat had been missed from its home at Framlingham, Suffolk, it was found sitting on the doorstep of the residence of Dr. W. Dunn, of Uppingham to whom it had belonged until a few weeks earlier. The cat, a gift to Miss Walker, of Framlingham, had walked a distance of 100 miles from its new home in Suffolk to its old home in Rutland, and was no worse for its long tramp. How the cat found its way is a mystery. It had experienced bad weather on the route but it was not footsore or fatigued.

LEFT MUCH MONEY TO HIS EMPLOYEES

LONDON, Tpril 19.—The late Russell Allen of Davenham Hall, Northwich, Cheshire, a director of the Manchester Guardian and Evening News Limited, and formerly proprietor of the Manchester Evening News, who left £321,963, made extensive bequests to employes. He left £5,000 to Thomas William Evans, manager of the Manchester Evening News, and one week's pay to each other employe in that branch of the firm.

EXPENSIVE EDITION

LONDON, April 19.—A copy of the original six-leaved edition of Gray's Elegy was hold here at auction for £1,290. When first published, two centuries ago, it was sold at sixpence. The highest price yet paid for the Elegy was £1,500, at the MacGregor sale four years ago.

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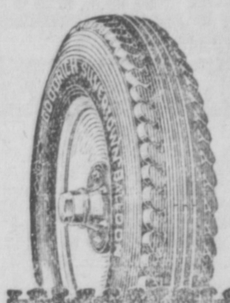

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