#### MY KITCHEN NOTEBOOK by mary Blake

Domestic Science Counselor



Tve Never Tasted Better Fudge Than This don't often boast as proudly as

he fudge just to the soft ball stage no longer, vigorous beating, and

are of enriching cream. Not only sheet. at but the greater fineness of the ream particles gives a smoother, finer exture to all cookery in which Carna-

ou'll Like Carnation Better for All Cooking

as in making candies, so in all cook--Carnation gives a richness, a booth creaminess, a fine, fragile texkeeping, it places at your disposal an | tered plate.

exceptionally convenient supply of milk, and in the most dependable and economical form,

I have a whole Carnation Cook Book but really, fudge made by my pe has a different body, a finer, mier texture, a smoothness that way of cooking. Ask for "Mr. Handson" way of cooking. Ask for "My Hundry won't find ordinarily. L myself won't find ordinarily. L know Carnation Milk Products Co., Limited 134 Abbott Street, Vancouver, B.C.

Carnation Pralines

1 cup brown sugar, 2 cups white sugar, 3 tbsp. corn syrup, 11/2 cups "But why," so many people ask, hould Carnation Milk give results ferent from those of ordinary milk?"

nuts, 3/4 cup Carnation Milk diluted with 1/2 cup water, 1 tbsp. maple sugar or mapeline. Boil together all ingrethere's a very definite reason for this | dients (except nuts and flavoring). able superiority. Carnation Milk is When soft ball is formed in cold water, mogenized"—that is, its cream con- remove from fire, add flavoring, t is broken up into tiniest particles | place pan in cold water, without shakdistributed uniformly all through | ing, until hand can be held against milk As Carnation Milk is evap- | bottom of pan without discomfort; add ted to double-richness, this means | nuts; beat with slotted wooden spoon; at every drop of milk has a double when stiff drop from spoon on buttered

Carnation Fudge

2 tbsp. butter, 2 squares bitter chocolate, 3 cups sugar, 2 tbsp. corn syrup, 1/2 cup Carnation Milk, diluted with 2 cup water, I tsp. vanilla.

Melt butter and shaved chocolate in sauce pan, add sugar, corn syrup and diluted Carnation. Cook until mixture forms a soft ball in cold water or reaches re that even the best of bottled milk | a temperature of 235° F., stirring occaannot equal. Try this better milk, sionally to prevent sticking, Remove aporated to double creaminess, "ho- from fire and add vanilla. When cool genized," and sterilized for safe- beat until creamy and mold on but-



IF you want the richest, smoothest fudge or other candy, use Carnation Milk. All foods made with milk or cream are smoother and richer when Carnation is used -- just pure, whole milk evaporated to double richness and sterilized. It keeps. It is always the same. It saves butter and cream. (See recipes above)

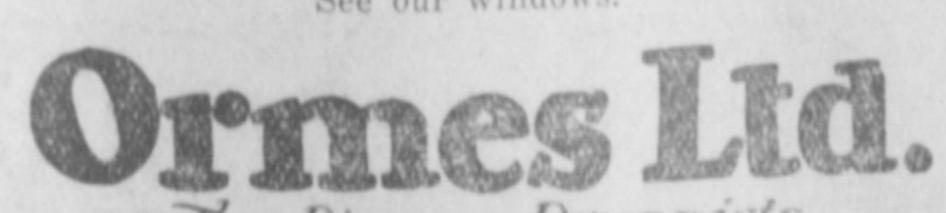


## Carnation Milk.

"From Contented Cows"

Regular. Sale	Price
Baby Sets \$3.75	\$1.50
Baby Sets	\$3.35
Pearl Ivory Jewel Boxes \$3.25	\$2.50
Pearl Ivory Clocks \$4.25	\$3,25
Howard Pens \$3.75	\$1.00
Playing Cards, in Leather Cases \$1.00	75c
Bridge Pencils \$1.00	65c
Manicure Sets \$10.00	\$6.50
Pocket Flasks 85c	55c
Blades for Gillette Razors 50c	25c
Ivory Nail Files, Buttonhooks and Cuticle Knives	. 25c
French Powder Boxes and Puffs	. 50c

This is just a small list of some of the Specials. See our windows.



The Pioneer Druggists THIRD AVE. & SIXTH ST. --- TELEPHONES 82 & 200

# Blanket Sale

100 Pair Super Quality Pure Wool Point Blankets .... In Red, Green, Fawn and White? TANDIT VIII

10 lbs. weight. Regular \$16.50 pair, for ...... \$13.95 12 lbs. weight. Regular \$19.50 pair, for ...... \$16.95

Universal Trading Co.

Read the Louvre's advertisement.

Dentist. Dr. J. R. Gosse. Phone 686.

Skating daily, 2 to 4 and 8 to 10. tf

Sale on Thursday, Apirl 5.

St. Andrew's Society monthly meeting Jack Frew. Friday, March 9, at 8 p.m.

Norman A. Watt, government agent,

This afternoon's \*train, due from the East at 3:30, was reported this morning to be on time.

Delightful Comedy "Aunt Susan's Visit" tonight at the United Church at 8 p.m. Admission 50c.

Mr. and Mrs. J. Fred Ritchie are booked to sail tomorrow morning by the Prince Rupert on a trip to Vancouver and Victoria.

Harry Smith, for drunkenness, was fined \$25, with the option of thirty days' imprisonment, in city police court his morning.

Mr. and Mrs. E. Lipsett, who have just returned from a motor trip to southern California, spent the week-end at Grouse Mountain Chalet .- Vancouver

N. L. Lando, formerly in business here and now engaged in fur buying out of Vancouver, is a business visitor here, having arrived yesterday from the

W. J. Rennie, Port Clements transfer man, who has been a patient in the Prince Rupert General Hospital for the cast two weeks, was discharged from the institution yesterday and will return to the Islands on the Prince John Saturday night.

S. E. Parker Ltd. cordially invite the public to view an interesting and educational program of moving pictures depicting the manufacturing of the Ford car and other subjects. The entertainment will be held at the Moose Today the militia numbers about 300,-Hail on Thursday, March 8, at 3.30 p.m. 000 active legionaries organized in coand at 7.30 p.m.. Admission free.

Much interest in Vancouver society circles has centred in the announcement of the engagement recently of Miss Katherine Hay Farris, daughter of Hon. and Mrs. J. W. deB. Farris, to Charles which are permanently concerned with Young Robson, son of Mrs. M. Robson of Kerrisdale. The groom-elect is a rephew of D. McD. Hunter of this city | ier service and forestry. and some years ago was a member of the crew of Canadian National Coast Steamships plying here.

S. V. Ware of Vancouver, representative of the Scripture Union of Canada and the Children's Special Service Mission, arrived in the city on this afternoch's train from Edmonton, at which the attacking force of the army. point and Calgary he has been conducting campaigns recently, to open a and next Wednesday.

## ANNOUNCEMENTS

"Aunt Susan's Visit" at United Church, March 8 and 9.

Mooseheart Ladles' St. Patrick's Whist

Drive and Dance, March 16. Anglican Cathedral Tea March 17.

St. Patrick's concert, Monday, March

19. Westholme Theatre. United Church Easter Sale of Work.

April 3. Anglican Church Easter Sale April 10.

Catholic Women's League spring sale of work April 12.

Elks Cabaret April 20.

Drive and Dance, April 23.

## Dyspepsia Troubled Him for Many Years

Mr. J. Savoy, Loggieville, N.B., pow."-T. M. Schlabach. writes:- "I have suffered for many years from dyspepsia and could not seem to get any relief. "One day I told my wife I thought

I would try a bottle of

and when I had half of it taken I felt a lot better, so I continued until I had taken two bottles, and now have no pains and no coated tongue, and Co., Limited, Toronto, Ont.

Cwing to Pioneer's Banquet, Valhalla will meet March 23.

Get the Big 4 habit! When thinking of a Taxi, phone 4.

We are Headquarters for shoe repairing. Send them to us for value, service and satisfaction. MacArthur's Shoe Store.

Games in the St. Andrew's carpet Presbyterian Women's Auxiliary Easter bowling tournament tonight will be between the following rinks: George Scott vs. Bert Cameron; Neil McDonald vs.

## OF FASCISTS

MUSSOLINI ADDRESSES THEM IN FIGHTING MOOD ON THEIR DUTIES TO THE NATION

ROME, March 8 .- The fifth anniversary of the Fascist Militia was celebrated in Rome. In the course of his speech on the occasion Signor Mussolini

The voluntary milita with all its legions will fight side by side with the great mobilized forces of the army. I am certain that the legions will deserve this great honor and will prepare themselves from this moment as shock troops. which will uphold the fighting traditions of the Arditi and the Squadristi. daggers between the teeth, bombs in the hands, and a sublime disdain of danger in the heart.

The speech is variously commented on in the Italian press. The "Impero" writes: "Today Machiavelli smiles. This is the Italy of his dreams, of his prophecies, and of his creation." The Tribune asserts that the militia expresses the essential spirit of Fascism, which is a "voluntary hierarchy," and the Corriere della Sera says:

It would be a great pity not to make use of the militia as a legitimate means for the military training of the country. Mussolini has made clear the two great tasks of the militia, which are the preparation of youth in the use of arms and service as a fighting force in time

DUTIES OF BODY

The Fascist militia has undergone considerable change since its foundation by royal decree in February, 1923. horts and centuries. There are four cohorts to every legion and one cohort is permanently on duty at the barracks. while the other three meet on an average once a week (usually a Sunday) for field practice. The figure quoted above does not include those legions the running of the railways, postal service, supervision of harbor traffic, front

Apart from a large increase in numbers, the militia has undergone changes both in its constitution and in its functions. Its training has become increasingly military. During the past year several legions have been specializing in anti-aircraft warfare, and this year the militia has been designated as

BALILLA AND AVANGUARDIA The average pay of a militiaman is week's special mission for children and 15 lire a day, including a food allowyoung people of Prince Rupert under ance. All who are inscribed as memthe auspices of the local ministerial as- bers of the Fascist party are, under a sociation. Meetings will be conducted law of 1927, liable for service in the in the various Protestant churches each militia unless certified medically unfit. afternoon and evening between now But membership of the Fascist party is not compulsory; on the contrary, in the course of last year it was made in-

to it. The idea was to clear the party of unstable enthusiasts and furnish with fresh material from the Avantween the ages of fourteen and eighteen who are themselves recruited entirely Scouts, when these reach the age of

Ladles' Auxiliary St. Andrew's Society the way in reforms of that kind. The tomer. Easter Sale and whist drive, April 20. bill passed its third reading only after One dozen Tom Boy Skirts will also one of the stormiest passages, much op- be offered during these two hours toposition developing to the measure.

### Royal Society of St. George Whist MAN IS SURPRISED-EATS ANYTHING--NO GAS

"As scon as I ate I was in misery. ried Adlerika, and to my surprise i ended the gas entirely. I cat anything

Adlerika relieves stomach gas and sourness in TEN minutes. Acting on BOTH upper and lower bowels, it removes old waste matter you never thought was in your system. Let Adlerika give your stomach and bowels a REAL cleansing and see how much better you feel. It will surprise you!-Ormes Limited, Druggists.

#### PROTECTING BEARS IN PROVINCE OF ALBERTA

EDMONTON, March 7.-Establishment of a closed season for bears from June 15 to September 1, and the prohibition of shooting any bear with a cub or cubs or any cub at any time and the provision of an additional license fee of feel that I am completely rid of my \$2.50 for resident big game hunters for every head of big game killed, are among Manufactured only by The T. Milburn | the amendments to the Game Act now | before the legislature.

# in these beautiful,

Satisfaction Guaranteed Before you purchase GOLD SEAL floor-covering - look GUARANTEE for the Gold Seal on SATISFACTION GUARANT'LLD the surface-it is your

HRIFTY housewives will be quick to recognize the unprecedented values now offered in Congoleum Gold Seal Rugs at the new, lower-than-ever prices . . . prices that offer tremendous savings.

Patterns...the new 1928 range now at your dealer's is the most beautiful you have ever seen . . . new French rug patterns . . . Ceramic Tile effects and gorgeous Oriental Motifs are well represented in these easy-to-clean rugs.

Improved Quality

The new, Multicote surface is the greatest improvement in years . . . longer wear is built right into, and throughout, the thick long - wearing surface...of course, Congoleum Gold Seal Rugs are all Guaranteed by the Gold Seal on the surface. Just glance at the savings these lower prices

9 x 12 feet size Formerly \$15.50 Now \$13.95 9 x 6 " " 7.75 " 7.60 9 x 416 " " 5.75 " 5.20 Other sizes are reduced in proportion.

ONGOLEUM

best value your money can buy. Send me, without cost or obligation, a copy of your latest booklet entitled "Charming Colour Schemes That Cost So Little." Name......

only positive assur-

ance of genuine Con-

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for our Guarantee of

Satisfaction and the

1270 St. Patrick Street, Montreal. | Congoleum Canada Limited,

RICHMOND'S LOUVRE PUAS NEW IDEA INTO FORCE WITH TWO HOURS SPECIAL PRICES AND ONLY ONE TO A CUSTOMER.

OR YOUR MONEY BACK

BEMINE MAL WITH

CONGOLEUM CANADA LIMITED

MONTREAL

BARGAINS FOR LADIES

DRESSES, SKIRTS AND LINGERIE OFFERED AT PRICES TO BRING SALES ON FRIDAY MORNING.

Tomorrow, Friday, from 9 to 11 in the creasingly difficult to gain admittance morning, there will be a Clock Sale at the Louvre, Third Avenue, and for these two hours there will be some really wonderful offerings. This is something guardisti, the Fascist Boy Scouts be- New at the Lauvre and the prices at which goods are offered ought to bring crowds down to Third Avenue tomorfrom the children of the Balilla (junior row morning. There are silk pyjamas, full fashioned silk hose, silk combinations and silk vests all being offered at 95c each. This is the greatest value that has been offered in ladies' wear. Butthere is one stipulation—and that is that only one shall be sold to each cus-

There is also one dozen silk dresses, the ordinary prices of which range up o \$12.00. These twelve dresses are being offered at \$1.95 each and to get one EDMONTON, March 8 .- By the passing you will have to be among the first of the law making it possible to sexually twelve customers. And only one of sterilize the feebleminded Alberta leads these dresses will be sold to each cus-

morrow morning. These are in serge and kasha and the regular price is \$6.50. Tomorrow between 9 and 11, the Clock Sale price will be \$1.95, each, and only one will be sold to each customer.

The Louvre has already made a reputation for the quality, style and workmanship of their goods and their prices have always been reasonable. Tomorrow's Clock Sale is a continuation of! our policy of selling the greatest quantity of goods in the shortest possible time and at the lowest possible price. This Clock Sale affords a real opportunity to the thrifty buyer to secure absolute bargains. Remember, tomorrow, Friday, morning from 9 to 11 .- Advt.

W. H. Tobey, C.N.R. divisional superintendent, returned to the city on this afternoon's train following a trip over the line on official duties.



## Special :: Offering

— for — LADIES, MISSES AND CHILDREN

COATS FOR CHILDREN Regular value up to \$18.00. Special price ...... \$8.75 COATS FOR LADIES AND MISSES Regular value up to \$25.00. Special price ..... \$12.75

Have your choice of these splendid garments while they

B. C. Fur Company

last, for they will not last long at these prices.

Third . Avenue

DEMAND

"Rupert Brand" Mopers

"THE DAINTIEST BREAKFAST FOOD."

Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd. Prince Rupert, B.C.



Canadian Pacific Railway B. C. Coast Services Sailings from Prince Rupert

To Ketchikan, Wrangell, Juneau, and Skagway-March 11, 21, 31.

To Vancouver, Victoria and Scattle- March 15, 25, April 4. PRINCESS BEATRICE. For Butedale, East Bella Bella. Ocean Falls, Namu. Alert Bay Campbell River, and Vancouver every Saturday, 11 a.m. Agency for all Steamship Lines.

Full information from-W. C. ORCHARD, General Agent. Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C. Phone 31