

## MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor



### A Quart of Milk Each Day for Health

I was visiting a friend the other afternoon. She was greatly worried because the family doctor had said that both her small son, Billy, and her husband were underweight.

"What shall I do?" said she. "The doctor says that both of them aren't getting the quart of milk a day that health rules demand. Yet both of them tire so easily of milk."

### Let Them Eat, Instead of Drink, the Milk

"A clever woman like you," I laughed, "should have no difficulty in getting them to take their milk. If they don't drink milk—and many people won't—let them eat it."

"A big dish of cream soup, for example—doesn't that contribute at least one glass of milk to their diet? And they won't protest against it, either. How about hot chocolate? They like that, don't they? Another glass. Creamed vegetables, milk puddings, custards, creamed eggs, cream sauces on fish or croquettes, milk toast—that's just the beginning of a whole list of dishes each of which adds its bit to the needed 'quart a day'."

### Quantity Isn't All—Be Sure of Quality

"Just as important as the matter of quantity is the question of quality. They need pure milk—rich milk—milk of uniformly high quality. That's why I urge so strongly the use of Carnation Milk for all cookery. Then you safeguard quality absolutely."

"You know that Carnation is the purest of whole milk, simply evaporated to double richness and sterilized for safekeeping. And you know that its quality is not only extremely high, but utterly dependable—that there is no variation—no waste."

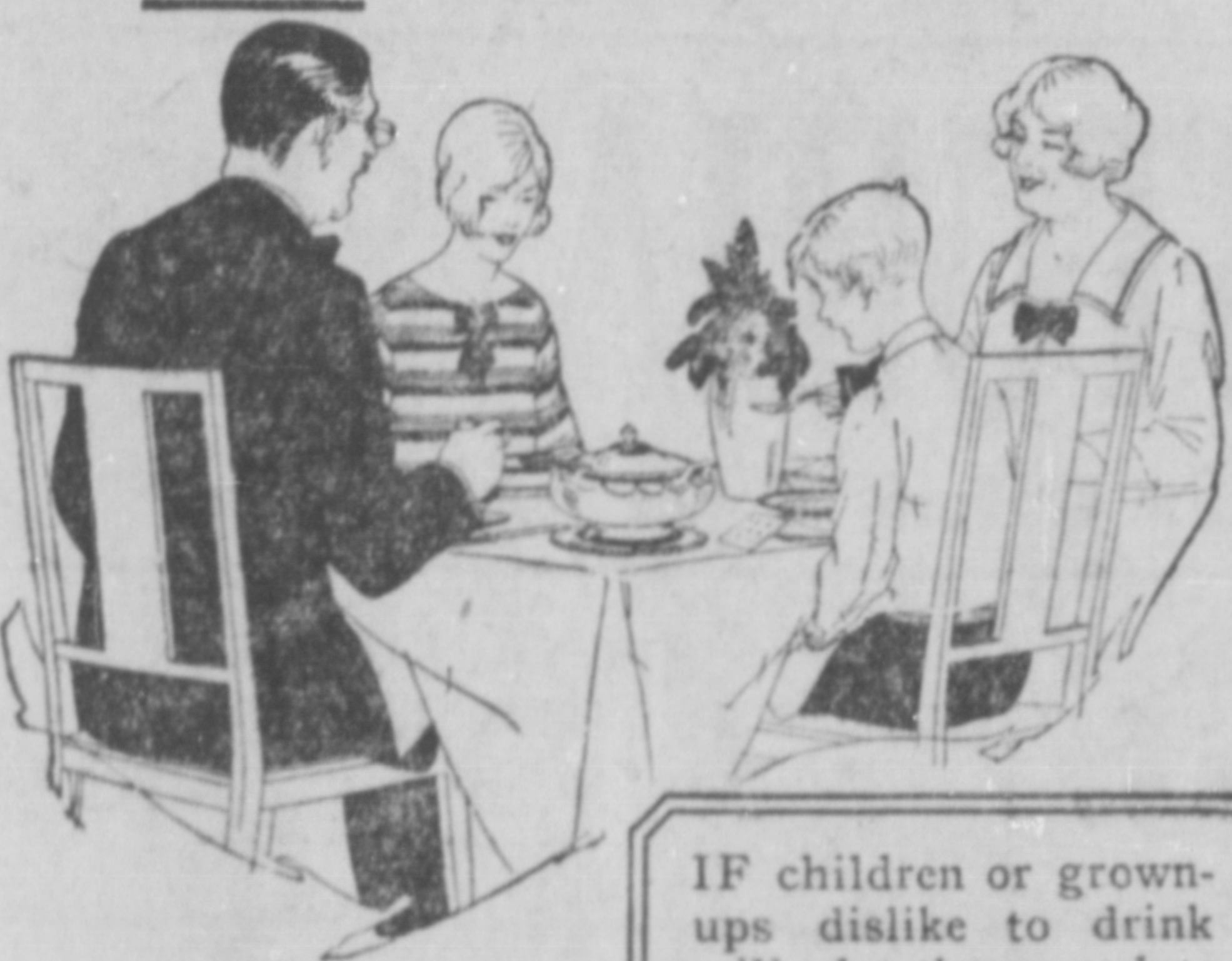
"But that is only part of its unique value in cookery. Its richness is an economy—saves on butter and cream. Its reliability prevents food failures, and its 'homogenization'—by which the double cream content is broken up into minute particles and uniformly distributed through every drop of milk—gives cooking results which far surpass those of milk in any other form. This new smoothness and creaminess, fineness and delicacy of texture gives a deliciousness to all foods in which Carnation Milk is used that is nothing short of amazing."

### A Delicious New Recipe for Carnation Cream of Tomato Soup

One tin of tomato soup, one tall tin of Carnation Milk. Heat milk and tomato soup in different pans. When both are piping hot, pour tomato into Carnation and serve immediately. Pouring the tomato into the milk is important. It prevents curdling. To further avoid curdling, do not leave mixture standing on stove.

I've found out many other fascinating things about Carnation Milk in cookery. They are in the Carnation Cook Book—"My Hundred Favorite Recipes"—full of new ideas I know you'll like. I'd like to send it to you. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver B.C.

## Eat More Milk



IF children or grown-ups dislike to drink milk, let them eat lots of it in cream soups, sauces, puddings. All cooking achieves new heights of smoothness and richness when made with Carnation Milk—pure, whole milk evaporated to double richness. Saves on butter and cream and it keeps.

(See recipe above)



Produced in Canada

## Carnation Milk

"From Contented Cows"

## DEMAND

# "Rupert Brand" Kippers

"THE DAINTIEST BREAKFAST FOOD."

Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

Prince Rupert, B.C.

## CANADIAN NATIONAL

The Largest Railway System in America

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Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE, and intermediate points, each THURSDAY and SUNDAY at 11 p.m. For KETCHIKAN and ANYON, each WEDNESDAY, 4 p.m. For STEWART each SATURDAY at 10 p.m.

For NORTH and SOUTH QUEEN CHARLOTTE ISLANDS, fortnightly. PASSENGER TRAINS LEAVE PRINCE RUPERT Each MONDAY, WEDNESDAY and SATURDAY at 11:30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

AGENCY ALL OCEAN STEAMSHIP LINES. Use Canadian National Express for Money Orders, Foreign Cheques, etc., also for your next shipment. CITY TICKET OFFICE, 222 THIRD AVE. PRINCE RUPERT. Phone 260

## FAMOUS MOTOR OIL ENDORSED BY FLIERS

MARVELUBE IS GIVEN RECOMMENDATION BY AEROPLANE MAKER

Manufacturers of the world's most famous aeroplane motor, the "Wright Whirlwind," which has Commander Byrd over the North Pole, and Lindbergh, Chamberlain and Byrd across the Atlantic, as well as establishing many other records for reliability and performance in all parts of the world, have unreservedly endorsed Marvelube, made by Imperial Oil, Limited, from Peruvian crude petroleum, for lubrication of their motor.

Marvelube is the only Canadian oil that has won such a recommendation and is one of only a few brands of oil endorsed by the Wright Aeronautical Corporation. All the oils recommended for this supreme motor are straight petroleum oils, having no vegetable or animal oil content to cause disintegration.

Approval of an oil by the makers of the Wright Whirlwind motor is regarded as the highest testimony to its superior quality.

### In The Letter Box

#### KISPIX WITCHCRAFT CASE

Editor, Daily News.

While I am in accord with the judgment of the court in regard to the sentence yesterday on Billy Williams, sentenced to 40 days for witchcraft, as tending to help stamp out that evil in this country, the convicted man no longer practices witchcraft or magic but a month ago renounced all his former superstition and became a Catholic. He was baptized into that faith on March 6 last. The incident for which he was convicted occurred three years ago.

In a recent number of your paper you reported the Kispiox Indian, as made hysterical by the witchcraft of this man. It is not Billy Williams who has stirred the Indians but other influences from outside.

On March 6, 1928, Billy Williams was a heathen and prior to that time may have practiced witchcraft as several are actually doing both in Kispiox, Hazelton and other places. Those who call the witchdoctor or medicine man to be cured by them are victims of superstition dishonorable to God and man. Such victims usually offer a spontaneous and generous reward to their would-be healers.

## Stop Coughs

By rubbing throat with Vicks; also swallow small pieces every few hours

**VICKS**  
21 VAPORUB  
OVER 17 MILLION JARS USED YEARLY

### MINERAL ACT

(Form F.)

#### CERTIFICATE OF IMPROVEMENTS NOTICE

Princess Pat, Lot 4366; Pilot, Lot 4367; R.A.F., Lot 4368; Observer, Lot 4369, Mineral Claims, situate in the Atlin Mining Division of Cassiar District, Where located: On Munro Mountain about four miles from the town of Atlin.

TAKE NOTICE that we, James Stokes and C. E. Fraser, Free Miner's Certificate No. 89980-90061, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action under section 84, must be commenced before the issue of such Certificate of Improvements.

Dated this 6th day of March, A.D. 1928.

H. McN. FRASER, Agent.

### NOTICE

IN THE MATTER of an application for the issue of a Provisional Certificate of Title for Lot sixteen (16), Block sixteen (16), Town of Stewart, Map 818A.

Satisfactory proof of the loss of the Certificate of Title covering the above land having been produced to me, it is my intention to issue, after the expiration of one month from the first publication hereof, a Provisional Certificate of Title to the above land in the name of W. H. VICKERS. The original Certificate of Title is dated the 28th October, 1910, and is numbered 2731.

Land Registry Office, Prince Rupert, B.C., 19th March, 1928.

H. F. MACLEOD, Registrar of Titles.

## "More Bread and Better Bread"

# PURITY FLOUR

"The quality is always the same"

## Constipation! Piles!

Are completely relieved by "Fruit-a-tives"



MR. JAS. PAGE

"I suffered from constipation for five years and from piles for about six months, but one box of 'Fruit-a-tives' gave me complete relief. I had remedies from Quebec, Montreal, New York, Kansas City and Michigan, but all without results. 'Fruit-a-tives' gives results as nothing else does, and I sincerely recommend them to every other sufferer," writes Mr. Jas. Page of Cabano, Que.

The bowels, stomach, liver and kidneys are cleansed and strengthened by the intensified juices of fresh ripe fruit and the health-building tonics of which 'Fruit-a-tives' is made. There is nothing else like it. Try it. 25c and 50c a box at all druggists.

One month ago Billy Williams humbly confessed that it was not in the realm of his attributes to deal life or death to man. Let me tell you a little of the history of events which led up to this conversion.

### CONVERSION OF WILLIAMS

In May, 1926, Louisa, daughter of Chief Williams married Johnson Alexander, heir to the crown of Chief Patsy of Hazelton. Johnson is a Catholic and Louisa then embraced the Catholic faith. They were married by the priest in the presence of the Burns Lake chief and his wife, Louisa, who has a fair education, wrote to her parents and informed them that she was a Catholic.

Chief Williams, who is now 78 years old is well acquainted with the work of the Catholic Church carried on right here at Hazelton, twelve miles from Kispiox since the year 1869. So when the news of his beloved daughter being a Catholic reached him he thought to quit his superstitious life and to become a Christian in the Catholic Church.

There was nothing done for over a year. The priest who had received Louisa into the Church had gone to fulfill a mission in Europe. It was Father Joseph Allard, O.M.I., the writer, On November 22, 1927, I was at Burns Lake, one of my missions, 160 miles from Kispiox. There I received the following telegram: "Come quick. Chief Williams and family want you. Son dying." The message was signed "John Alexander," New Hazelton, B.C.

I left Burns Lake at 2:30 a.m. and was at Hazelton at 8. At Paulkner's automobile, hired by the Williams family, was at the station waiting for me and it took me immediately to Kispiox, where I arrived at 9 a.m. Louisa told me that this hurried call was for the purpose of instructing in the Catholic faith and baptizing her brother, William, aged 22, who was in a dying condition.

I went to see the patient and found there a white lady who addressed me like this: "William is too far gone. Nobody can help him. I did not know that you had any Catholic in this town." To whom I replied: "Are you a minister or a matron?" She answered, "A matron connected with the Methodist church." Then I said: "May God reward you for the good you have done to his body. I am called here to help his soul and I am going to do it. Good bye." And she went. I instructed and baptized William's son on November 24 last and left the next morning.

### SON WAS BAPTIZED

On December 5 following the above date I received another wire: "William's son is dead. Come and bury him."

I went and buried the remains of William's son on December 6 last. A large number of Kispiox Indians attended the funeral with their brass band. The Methodist minister of Kispiox came to William's house and told me that he and his people were very sorry because the Catholic priest had come to Kispiox. I told him not to worry, that I would not interfere with his people but would only attend the Catholic people who had called me.

After the funeral, Chief Williams asked me to baptize him but I told him to wait awhile and to get instructed by his daughter Louisa and his brother-in-law Johnson.



## LOOK at YOUR CLOTHES

EVERYONE ELSE DOES

Our spring stock of High Grade Men's Wear is now here. Hundreds of Britain's finest woollens from which to choose "that spring suit"—tailored to your measure by Canada's foremost clothes builders—"Society Brand."

Obeys That Impulse—Do it Today

THOR JOHNSON

Charlotte Islands than he has Canadian boats.

Why does our so-called fisheries department allow this? What are our fishery patrol boats doing? Where are they and what are they for?

When one sees so many American boats fishing along our shores, it makes one wonder whether we are living in the land of Pussfoot Johnson or Canada—the home of the free fishing banks.

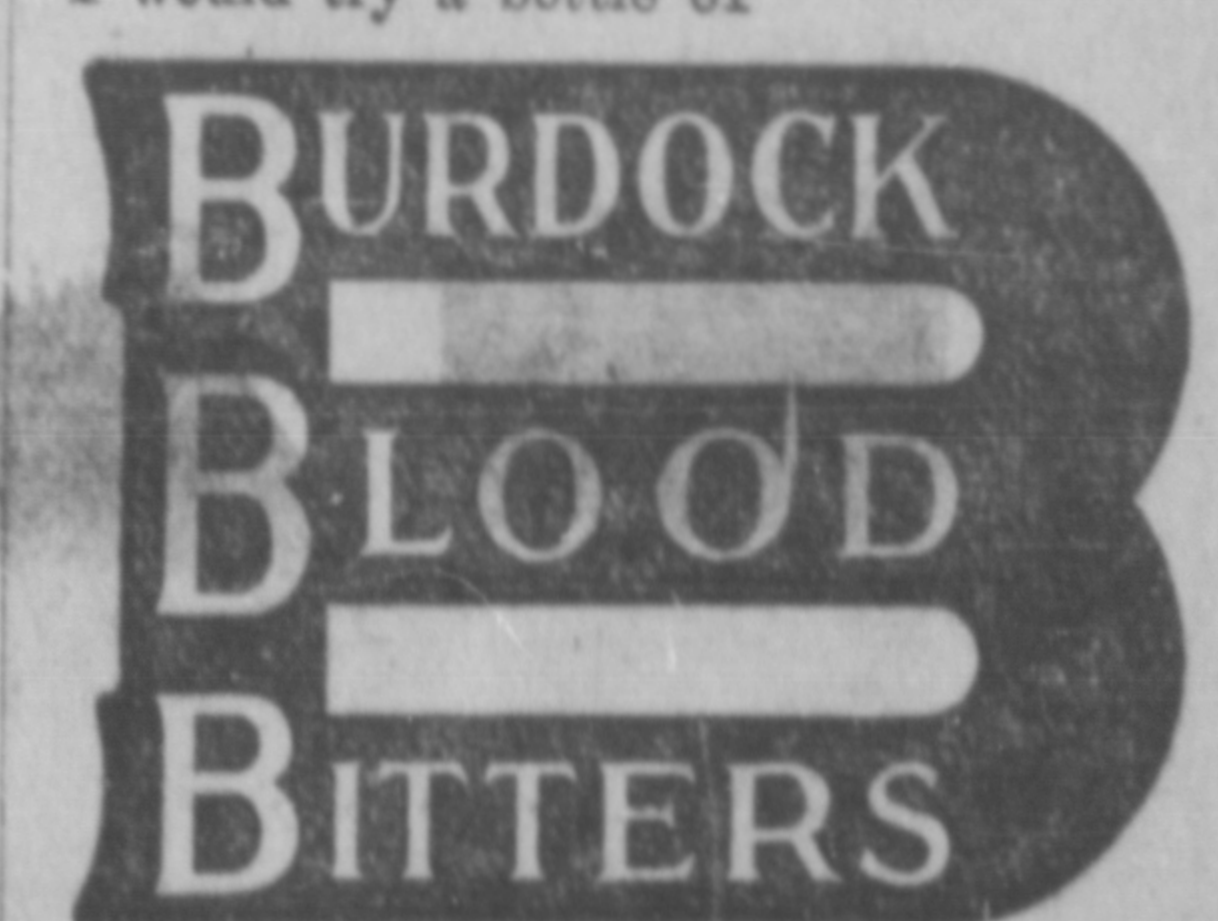
E. C. STEVENS.

Skidegate.

Subscribe for the Daily News.

## Dyspepsia Troubled Him for Many Years

Mr. J. Savoy, Loggieville, N.B., 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 feel that I am completely rid of my trouble."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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## Dr. Alexander

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