MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor

Summer Foods of Frosty Coolness

What husband, coming home tired and hot from work, won't revive when he finds at his elbow a tinkling, frosty glass of lemonade or iced tea, particularly when it is followed by a supper of chill, crisp salad, thin, tempting slices of cold meat, and a fruity, refreshing ice.

On hot nights I use a luncheon set on the bare table—a tablecloth looks too warm. I get out all of my green glassware. I see that the lettuce is stiffly crisp, the tomatoes as chill as winter, the jellied consomme thoroughly cold, the cold meat cut in slices neither large nor thick, the bread wafer-thin. I want the food to be tempting but not overwhelming.

Frozen Salad and Iced Coffee

Two of my most popular hot weather foods are frozen salad and iced coffee. The salad, with its happy combination of fruit, mayonnaise and chillness, and the coffee, with its rich, smooth creaminess are guaranteed to convert any heat-frazzled temper into complete amiability. In both these delectable recipes I count Carnation Milk the most important ingredient.

The Dependable Milk for Hot Weather

I can always rely on Carnation Milk—it's sure to be pure and sweet no matter how hot the day. It doesn't vary either, as does ordinary milk, but is uniform in quality, with a double creaminess because it's evaporated to double richness. I know it is absolutely safe because it's sterilized.

Being completely dependable, Carnation is economical, saving the usual waste of "turned" milk and spoiled foods. And, as any domestic science expert will tell you, it gives cooking results that even the best of bottled milk cannot equal—a smooth creaminess, a fine texture that are unmistakable in ice creams, soups, sauces, puddings, cakes and custards.

This special quality of Carnation Milk is due to "homogenization," by which the cream globules are broken up into minute particles and distributed evenly throughout every drop of milk.

I've some wonderful recipes for hot-weather salads and ice creams in "My Hundred Favorite Recipes"—the Carnation Cook Book. Won't you send for this free booklet? Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Frozen Salad

¾ cup mayonnaise, 1 cup Carnation Milk, 1 cup whipping cream, ¾ cup chopped black walnuts, 1 cup chopped pineapple, 1 cup chopped cherries, 1 cup apricots or peaches, 1 orange, 1 grape-fruit. Combine Carnation and cream, chill and whip. Chop fruit; add to whipped cream mixed with mayonnaise, omitting fruit juice. Pack in baking powder tins or round molds; place in a 1 to 3 salt-ice mixture 3 hours. Serve in one-inch slices on lettuce.

The Milk for Hot Days

CARNATION is ideal for summer use. Keeps sweet without ice—no waste. Adds food value to light summer dishes. Gives extra smoothness and flavor to salad dressings, desserts, ices.

(See recipe above)

Produced in Canada

Carnation Milk

"From Contented Cows"

Arcadian Hose

A New Shipment just Arrived of this Popular Hose

Made expressly for ourselves, every pair guaranteed.

Made from the finest pure thread silk, reinforced art silk, mock fashioned double soles, toes and heels. Seamless, size 8½ to 10. In shades of Blush, Oak Buff, Sand, Grain, French Nude, Silver, Pearl Champagne, Black, Woodland Rose.

Pair **95c**

Fraser & Payne

Universal Trading Co.

Canadian National Steamships Co. Limited

Prince Rupert

DRYDOCK

AND

SHIPYARD

Operating G.T.P. 20,000 Ton Floating Dry Dock

Engineers, Machinists, Boilermakers, Blacksmiths, Pattern makers, Founders, Woodworkers, Etc.

ELECTRIC AND ACETYLENE WELDING.

Our plant is equipped to handle all kinds of

MARINE AND COMMERCIAL WORK.

PHONES 43 and 385

FLOWERS AND HOUSE PLANTS

LIST OF WINNERS IN EXCELLENT DISPLAY ANNOUNCED LAST NIGHT — MANY BEAUTIFUL EXHIBITS

The list of prize-winners among the house plant and cut flower exhibits, which constitute one of the outstanding displays at the Prince Rupert Exhibition this year, was announced last night. With much competition and many entries, the judging of this class proved difficult owing to the general excellence of the display. The city amply demonstrated its adaptability to the growing of garden flowers.

Following is the list of winners:

PLANTS

Six pots flowering plants—1, Mrs. W. H. Sherman Sr.; 2, Mrs. O. Guelpa.

Three pots, foliage plants—1, Mrs. E. Hellman; 2, W. H. Sherman Sr.

One pot tuberous begonia, deciduous—1, Mrs. E. Hellman.

One pot, foliage begonia, evergreen—1, Mrs. W. B. Cornish; 2, Bessie Derry.

One pot geranium—1, Mrs. O. Guelpa.

One window box—1, Mrs. O. Guelpa; 2, Mrs. W. B. Cornish.

Hanging basket—1, Mrs. W. H. Sherman Sr.; 2, Mrs. E. Hellman.

Asparagus plant, 1 pot—1, Mrs. Thos. Priest; 2, Mrs. E. E. Yager.

Fern, not asparagus—1, Mrs. B. Self.

Flowering plant—1, Mrs. O. Guelpa; 2, Edith Brewerton.

Foliage plant—1, Mrs. LePine; 2, Sisters of St. Joseph.

CUT FLOWERS

Calendula, or Scotch marigold, 9 stalks—1, Mrs. E. Hellman; 2, Mrs. W. O. Fulton.

Perennial phlox, 3 stalks—1, Mrs. E. Hellman.

Sweet peas, best collection, 6 varieties, 6 of each, 6 resceptables—1, Mrs. Thos. Priest; 2, Mrs. W. Thain.

Godetia, 12 stalks—1, S. Massey; 2, A. G. Macdonald.

Dahlias, 12 varieties of color or more—1, Zella Sherman; 2, Mrs. W. O. Fulton.

Cactus dahlias, 6, one color — 1, P. Cameron; 2, Mrs W. O. Fulton.

Cactus dahlias, variety of colors— 1, Zella Sherman; 2, H. Arney.

Dahlias, variety of colors—1, Zella Sherman.

Asters, 6 one species, any color—1, Mrs. J. L. Lee; 2, Mrs. W. L. Sandison.

Roses, 6, one variety of color or more—1, Mrs. Zadie Smith; 2, W. H. Sherman Sr.

Single rose, any variety of color—1, Eileen Patmore; 2, Mrs. W. O. Fulton.

Gladioli, 6 stalks—1, S. Massey; 2, Dorothy Stiles.

Everlastings—1, Mrs. Thos. Priest; 2, Mrs. E. Hellman.

Best collection garden flowers grown in Prince Rupert—1, Mrs. J. L. Lee; 2, Mrs. W. O. Fulton.

Pansies, 12 on show board—1, Mrs. W. L. Sandison; 2, Mrs. E. Hellman.

Chrysanthemums, 9 stalks—1, W. H. Sherman Sr.; 2, Mrs. O. Guelpa.

Shasta daisies, 9 stalks—1, Mrs. W. O. Fulton; 2, Sisters of St. Joseph.

Snap dragon (antirrhinum) 6 sprays—1, Mrs. E. Hellman; 2, Mrs. J. L. Lee.

SPECIALS

Greatest number firsts in class 5—1, Hamlin & Thomson.

Best bunch of mixed sweet peas—1, Syd. Hamblin.

Collection garden vegetables—1, Hamlin & Thomson; 2, Mrs. F. W. Bohler; 3, Mrs. E. Hellman.

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is the remedy you should use.

It is not an experiment, but a tried and proven preparation that has been used in Canada for the past eighty years for all bowel complaints.

Price, 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

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Phones 116 and 117

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BIG BAY LUMBER CO. AGAIN GIVEN AWARD

Had Best Industrial Booth at Exhibition—Albert & McCaffery Best Display Locally Manufactured Products

The Big Bay Lumber Co. again won the first prize at the Prince Rupert Exhibition for the best industrial booth, demonstrating finished products and products in process of manufacture.

The award for the best display of products manufactured in the district went to Albert & McCallery.

The Swift-Canadian Co. won first prize for the best commercial booth with Ormes Limited, second.

In the class of manuwactures, Taylor received the award for collection of wood joints, mortise and tenon, etc., while Dr. J. A. West recived the prize for example of fruniture.

One of the interesting exhibitions this year was the Farmers' Canning Co. showing jams and canned products.

PRINCE RUPERT TIDES

THURSDAY, SEPT. 13		
High	0.40 a.m.	21.2 ft.
	13.17 p.m.	20.6 "
Low	7.09 a.m.	2.7 "
	19.31 p.m.	4.8 "
FRIDAY, SEPT. 14		
High	1.23 a.m.	21.4 ft.
	13.50 p.m.	21.1 ft
Low	7.44 a.m.	2.7 "
	20.08 p.m.	4.0 "
SATURDAY, SEPT. 15		
High	2.03 a.m.	21.3 ft.
	14.22 p.m.	21.3 "
Low	8.17 a.m.	3.1 "
	20.44 p.m.	3.6 "

Meat Specials

For your convenience we will have Hot Pot Roasts for sale every evening this week at 4.30. Also cold meats of all kinds.

Boiling Chickens, per lb. 30¢
Fresh Killed Chickens, per lb. ..... 40¢
Fresh Pickled Pigs Feet, per lb. ..... 30¢

Corn on the Cob, 3 dozen for $1.00
Grapes, per lb. ..... 25¢
Prunes, per crate ... $1.00
Jelly Powders, per dozen 75¢
Heinz Pork and Beans, small size, 12 for $1.00

Mussallem Grocery
CO. LTD.
Real Money Savers
Phones 18 and 84

CULINARY AND DAIRY PRODUCTS

LARGE NUMBER OF ENTRIES AND QUALITY EXCELLENT IN THIS CLASS

The largest class in the exhibition this year is the culinary and dairy products. The entries were very numerous and the quality well above the average in most cases. Prizes were won as follows:

DAIRY AND CULINARY

Hen's Eggs, 1 dozen fresh, white—1 Mrs. O. Guelpa; 2 Hamlin & Thomson.

Hen's Eggs, 1 dozen fresh, brown—1 Mrs. Hellman; 2 Mrs. O. Guelpa.

Home-made Candy, 1 pound—1 Mrs. G. T. Hibbard; 2 Muriel Vance.

Home-made Bread, 1 loaf, white—1 Mrs. A. D. Gillies; 2 Mrs. W. P. Armour.

Home-made Bread, Graham or whole wheat—1 Mrs. M. Daly; 2 Mrs. J. E. Boddie.

Home-made Bread, 1 loaf Rye—1, Mrs. E. Hellman.

Home-made Buns, pan, 1 dozen—1 Mrs. E. Hellman; 2 Mrs. W. J. Fidler.

Home-made Fruit Cake, dark, 4 lbs.—1 Mrs. Geo Casey.

Home-made Fruit Cake, white, 4 lbs.—1 Mrs. J. D. Thurber; 2 Mrs. C. J. Norrington.

Dark Cake, iced—1 Mrs. J. Feasby; 2, Mrs. E. N. Valentine.

White Cake, iced—1Mrs. E. N. Valentine; 2 Annie E. Boddie.

Sponge Cake—1Mrs. Hellman; 2, Mrs. W. B. Cornish.

Gingerbread—1 Mrs. J. J. Gillies; 2 Mrs. J. Howe.

Shortbread—t dozen small cakes—1 Mrs. J. T. Lee; 2 Mrs. J. E. Boddie.

Lemon Pie—1 Mrs. E. Hellman; 2 Mrs. W. P. Armour.

Apple Pie—1 Mrs. W. L. Sandison; 2 Mrs. W. P. Armour.

Pumpkin Pie—1 Mrs. E. Hellman; 2 Mrs. J. D. Thurber.

White Cookies, 1 dozen—1 Mrs. E. Hellman; 2 Mrs. W. D. Moxley.

Ginger Cookies—1 Mrs A. D. Holden; 2 Mrs. J. Howe.

Drop Cakes, 1 dozen—1 Mrs. E. N. Valentine; 2 Mrs. J. Bremner.

Doughnuts, one-half dozen—1 Mrs. E. N. Valentine; 2, Mrs. W. D. Moxley.

Onions, Pickled, in glass jar—1 Mrs. Geo. Howe, 2 Mrs. J. Howe.

Cabbage, Pickled, in glass jar—1 Mrs. E. Hellman; 2 Mrs. J. D. Thurber.

Sweet Pickles, mixed—1 Mrs. W. D. Mcxley; 2, Mrs. J. Howe.

Green Tomato Pickles—1 Mrs. E. Hellman; 2 Mrs. J. D. Thurber.

Mustard Pickles—1 Mrs. J. D. Thurber; 2 Mrs. W. J. Fidler.

Raspberry Vinegar—1 Mrs. J. D. Thurber; 2 Mrs. F. W. Dalby.

Tomato Ketchup—1 Mrs. J. W. McKinley; 2 Mrs. W. D. Moxley.

Tomato Chutney, red—1 Mrs. J. L. Lee; 2 Mrs. W. P. Armour.

Chutney, any other kind—1 Mrs. E. Hellman; 2 Mrs. J. E. Lee.

Crab Apple Jelly—1 Mrs. W. D. Moxley; 2 Mrs. J. Howe.

Apricot Jam—1 Mrs. J. L. Lee; 2 Mrs. J. Howe.

Gooseberry Jam—1 Mrs. Thos. Priest; 2 Muriel Vance.

Strawberry Jam—1 Mrs. W. Ross Thomson; 2 Mrs. F. W. Bohler.

Raspberry Jam—1 Mrs. E. N. Valentine; 2 Mrs. W. L. Sandison.

Plum Jam—1 Mrs. Geo. Howe; 2 Mrs. J. Howe.

Red Currant Jelly—1 Mrs. W. Ross Thomson; 2 Mrs. F. W. Dalby.

Black Currant Jelly—1 Mrs. J. L. Lee; 2 Mriel Vance.

Orange Marmalade—1 Mrs. J. Howe; 2 Mrs. J. D. Thurber.

Raspberries Canned—1 Mrs. P. H. Linsey; 2 Mrs. J. E. Boddie.

Cherries Canned—1 Mrs. E. Hellman; 2 Mrs. F. W. Dalby.

Plums, Canned—1 Mrs. J. D. Thurber; 2 Mrs. Geo. Howe.

Pears, Canned—1 Mrs. W. D. Moxley; 2 Mrs. George Howe.

Peaches, Canned—1 Mrs. Moxley; 2 Mrs. E. H. Valentine.

Tomatoes, Canned—1 Mrs. E. Hellman; 2 Mrs. Geo. Howe.

Corn on cob, Canned—1 Mrs. J. Howe; 2 Mrs. J. D. Thurber.

Beets, Canned—1 Mrs. W. Ross Thomson; 2 Mrs. Geo. Howe.

Peas, Canned—1 Mrs. J. Howe; 2 Mrs. J. L. Lee.

Beans in the pod, Canned—1 Mrs. W. Ross Thomson; 2 Mrs. E. Hellman.

Collection canned fruit, 10 varieties—1 Mrs. E. Hellman; 2 Mrs. J. D. Thurber.

SPECIAL

Loaf Bread with Quaker Flour—1 Mrs. J. W. McKinley; 2 Mrs. J. D. Thurber.

Loaf of Bread with 5 Roses Flour—1 Mrs. P. Gamula; 2 Mrs. J. Howe.

Scones with Royal Household Flour—1 Mrs. J. Feasby.

Cake and Pan Biscuits with Magic Baking Powder—1 Mrs. E. N. Valentine; Mrs. Jas. Feasby.

Best Cake with St. Charles Milk—1 Mrs. E. N. Valentine; 2 Mrs. O. Guelpa; 3 Mrs. Jas. Feasby.

Greatest number of firsts in Class 2, 1Mrs. E. Hellman.

Best Baked Brown Beans—1 Mrs. N. Daly.

Best Cakes baked with Magic Baking Powder—1 Mrs. W. J. Fidler, 2 Mrs. O. Guelpa.

Best Cakes with 'Malkin's Best" Baking Powder—1 Mrs. E. N. Valentine 2 Mrs. J. D. Thurber.

Best Loaf of Bread made with Robin Hood Flour—1 Mrs. A. D. Gillies; 2 Mrs. J Howe; 3 Mrs. E. Hellman.

Charles Wilson of Lake Kathlyn is in the city for a couple of days to attend the fair, having arrived from the interior on yesterday afternoon's train.

9 o'Clock Friday Night

— is the —

Closing Hour of The News' Campaign

TO READERS

Look over the list of entrants. Settle on a favorite. Then take out a subscription, giving the votes to the candidate you wish to help. You can pay the subscription direct to the candidate or personally to The Daily News office. In the latter event make sure you SPECIFY to which candidate's credit you want the votes on your subscription to go. You must act quick, however, as the campaign ends forever promptly at 9 o'clock Friday night, September 14, 1928.

DISTRICT NO. 1

District No. 1 includes only those participants residing within the city limits of Prince Rupert. One of the prize cars and as many cash awards as there are active participants will be awarded to candidates living in this district.

The names of those entered in District No. 1 up to the present time, together with all votes cast for publication up until the end of the Third Period on last Friday night, are as follows:

Mrs. Wm. Bussey	6,236,120
Miss Laura Frizzell	6,231,200
Mrs. Cl. Collart	6,228,360
Miss Ermy Zarelli	6,204,200
Miss Alice McCrea	6,160,075
Mrs. F. Wermig	6,131,950
A. Dominato	5,514,345
Mrs. A. Macdonald	4,531,540
Miss Edna L. Gilker	4,382,750
Miss Jean Bailey	4,287,955
Miss Connie Morgan	3,894,725
Mrs. J. M. Collison	3,803,175
Mrs. Hugh M. Smith	2,213,140
John R. Stevens	905,210

DISTRICT No. 2

District No. 2 includes only those participants residing outside the city limits of the City of Prince Rupert. One of the prize cars and as many cash awards as there are active participants will be awarded to candidates living in this district.

The names of those entered in District No. 2, up to the present time, together with all votes cast for publication up until the end of the Third Period on last Friday night, are as follows:

Mrs. George Dover, Terrace	6,692,925
Miss Cherrie Campbell, Stewart	6,658,710
A. E. "Pete" Birnie, Smithers	6,602,240
G. Ciccone, Port Clements	6,573,675
J. E. Hilditch, Hazelton	6,484,375
B. E. Eyolfson, Osland	1,821,650

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