

**MY KITCHEN NOTEBOOK**

by *Mary Blake*

Domestic Science Counselor



**Some New Ideas in Salads**

Like most people, I object to rules. Yet there are two which every woman wants to keep in mind in planning her meals. *Save one of the vegetables raw each day. Serve at least one generous portion of fruit each day.*

Now don't picture those fruits and vegetables as unromantic, unadorned foods to be thrust upon a long-suffering family. Think of them in terms of salads—immediately one's imagination begins to function, and the most appetizing and delightful things suggest themselves.

Try these salads—cabbage and carrot salad, chicory and celery, grated carrot, cabbage and green pepper, cucumber stuffed with pimento cheese, tomato stuffed with diced celery and olives. Among the fruit salads, try apples and raisins, white cherries and dates, apricots, blue plums.

dependable, always available, always uniform in quality. And it is extremely economical—costs very little, saves the waste of spoiled milk, enables me to cook better with less butter and cream. Also it gives a smoothness of texture, a creaminess, no bottled milk can equal.

I want you to give Carnation Milk a real test. Let me send you free the Carnation Cook Book—"My Hundred Favorite Recipes." Address: Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

**Carnation Peach Salad**

12 large halves of canned peaches, 1 cup white cherries, 1/2 cup hazel nuts or almonds, Carnationmilk, crisp lettuce leaves, 12 ripe olives. Remove pits from cherries, insert nuts; place 3 or 4 nuts in hollow of each peach. Put two halves on bed of lettuce; garnish with 2 ripe olives. Serve with Carnationmilk.

**Carnationmilk**

4 tbs. flour, 1 tbs. sugar, 1 tbs. mustard, 1 tsp. salt, paprika. Mix these ingredients and add gradually 1/2 cup of salad oil, 1/4 cup cider vinegar and 3/4 cup water. Stir until smooth.

Cook over slow fire until thick, stirring constantly. Remove from fire and beat into mixture 1 egg (which has been slightly beaten), 3/4 cup Carnation Milk and 3/4 cup salad oil. Add milk and oil slowly and beat very smooth.

This makes 3 cups mayonnaise. It will keep indefinitely.

**INTERESTING WEDDING AT QUEEN CHARLOTTE**

Many Guests Attended Nuptials of Miss Edna Stevens and Fred Atkins

A very pretty wedding took place on July 11 at Skidegate, when Edna Grace, daughter of Mr. and Mrs. E. C. Stevens of Skidegate, became the bride of Fred Atkins of Medford, Ontario.

The bride was beautifully gowned in white crepe back satin with embroidered veil, and carried a lovely bouquet of cream roses. Miss Margaret Stevens, sister of the bride, wearing mauve organza and Miss Dorothy Barge of Queen Charlotte, wearing cream organza, were the attendants. Miss Kathleen McIntyre of Anyox made a very charming flower girl. The bridegroom was supported by J. Alexander, son of Magistrate Alexander of Vancouver, and Edmund Stevens brother of the bride.

To the strains of the Bridal March, from Lohengrin, the bride came forward upon the arm of her father and proceeded to a flower bedecked bower prepared for the occasion.

The marriage service was read by the Rev. R. C. Scott of Queen Charlotte United Church Marine Mission.

While the register was being signed Mrs. Gordon Jolliffe of Queen Charlotte sang "Oh Promise Me" to an organ accompaniment by Mrs. R. C. Scott of Queen Charlotte.

In connection with this event, it is interesting to note that the parents of the bride were the principals in the first wedding to take place on Moresby Island 21 years ago. They were united in marriage by the late Dr. J. C. Spencer of Bella Bella. Among the guests upon both occasions were Capt. Haan of Sandspit and George McRae of Queen Charlotte.

The popularity of the bride was evinced in the beautiful array of costly and useful presents received.

Immediately following the ceremony a buffet luncheon was served to about 90 guests among whom were the following: Sandspit—Capt. Wm. Oliver and Mrs. Oliver, Capt. Haan and Mrs. Haan, Miss Jean Haan, Mrs. G. Eburne, Mrs. Rudge (aunt of the bride), Mr. Rudge and family, Mr. and Mrs. J. Mathers, Miss Agnes Mathers, Miss Kathleen Mathers.

South Bay—Mr. and Mrs. M. English, Mr. and Mrs. C. McKenzie, Mr. and Mrs. A. McKenzie, Mrs. Brown, J. Steele, J. Alexander.

Skidegate—Rev. J. H. and Mrs. Mathers, Mrs. E. Gladstone, Mrs. W. H. Russ, Mr. and Mrs. Amos Russ, Mrs. A. Jones, Mrs. O. Thompson, Mrs. A. Collison, Miss M. J. Tulp, Mr. and Mrs. A. K. Gordon, Mr. and Mrs. R. Scharffe, Mr. and Mrs. Pitt Turner, Howard Young.

Mrs. R. G. Cameron of Dead Tree Point Radio Station; Mrs. C. M. McIntyre, Anyox; Rev. J. Gillett, Massett; Mrs. J. Gillett, Massett; Mrs. D. C. Schubert, Prince Rupert; Mrs. Wagner, Fort Clements, F. Richardson, Lawn Hill.

Queen Charlotte—Rev. R. C. Scott, Mrs. R. C. Scott, Mr. and Mrs. J. L. Barge, Miss Dorothy Barge, Mr. and Mrs. Jolliffe, Mr. and Mrs. G. Beattie, Chas. Miller, Mr. and Mrs. G. McKenzie, Mr. and Mrs. I. Martin, Mr. and Mrs. Beavan, Mr. and Mrs. A. Christiansen, Mr. and Mrs. B. Christiansen, Miss D. Christiansen, G. Newberry, Chas. McRae, Mr. and Mrs. E. Moore, Mr. and Mrs. A. Cooke, Mrs. Prov, Mr. and Mrs. J. McLennan, Mr. and Mrs. J. Renner, J. Dover, Miss L. Wilkie, Miss S. Helliwall.

**SKIDEGATE**

Humpback salmon are reported to be running in Tiell River.

Mrs. D. S. Schubert of Prince Rupert has been visiting here with Mrs. E. C. Stevens.

It is reported that large schools of pink salmon are running at the south end of Moresby Island.

The B. C. Packers cannery at South Bay is having a collecting scow stationed at Canoe Pass in Skidegate Inlet so that trollers in that vicinity can dispose of their catches direct.

**TRIANGLE TOUR PARTY COMING HERE SUNDAY**

Eighty-two Persons From South of Province Comprise Group Which Will Spent Day Here.

R. F. McNaughton, district passenger agent for the Canadian National Railways, left on this morning's train for Prince Rupert where he will meet and accompany to Prince Rupert the annual All-Expense Triangle Tour party of the Canadian National Railways. This group, consisting of eighty-two persons from Vancouver, Victoria, Seattle and the south of the province, will arrive here by special train at 7 o'clock Sunday evening and will sail for Vancouver on Monday afternoon at 4 o'clock by the steamer Prince George. The party, which is being accompanied by D. M. Dewar, travelling passenger agent, Vancouver, is making stops at various points of interest on the trip from Vancouver to Jasper Park, thence to Prince Rupert and south.

IN THE MATTER of an application for the issue of a Duplicate Certificate of Title for Lot nineteen hundred and eighty-three (1983), Range five (5), Coast District.

Satisfactory proof of the loss of the Certificate of Title covering the above lands having been produced to me, it is my intention to issue, after the expiration of one month from the first publication hereof, a Duplicate Certificate of Title to the above land in the name of Joel Pillsbury. The original Certificate of Title is dated the 7th September, 1910, and is numbered 309R, Land Registry Office, Prince Rupert, B. C., 23rd July, 1928.

H. F. MacLEOD, Registrar of Titles.

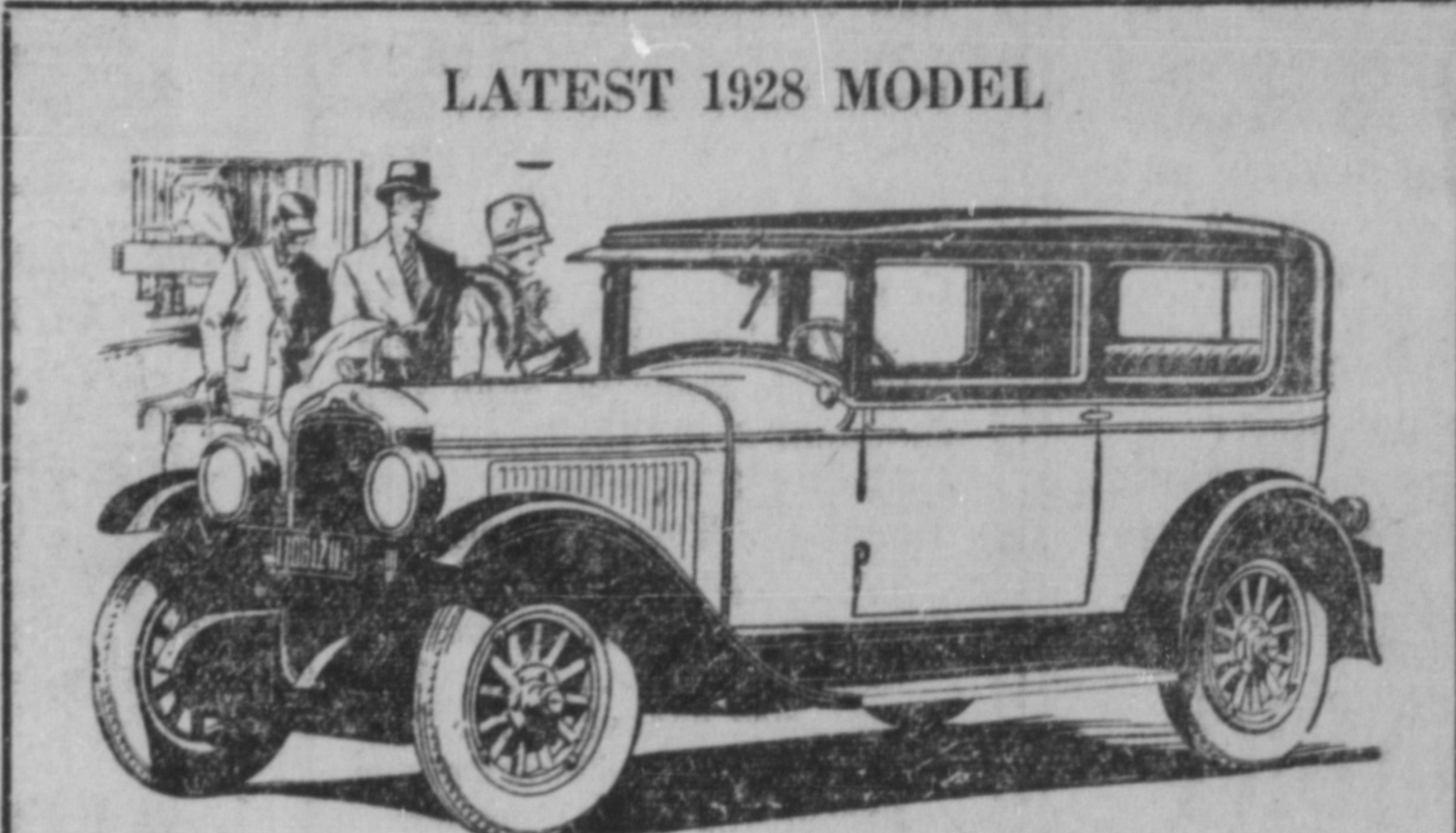
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**PROFIT SHARING DISTRIBUTION**

including  
**2 Big Motor Cars**  
and Hundreds of Dollars in Cash Prizes

**ALSO TO PARTICIPANTS RESIDING WITHIN PRINCE RUPERT CITY LIMITS**

**ONE \$100 CASH PRIZE**

Every active participant who does not receive one of the capital prizes is guaranteed a cash prize equal to 10 per cent (one tenth) of all money turned in by them for subscriptions.



**LATEST 1928 MODEL**

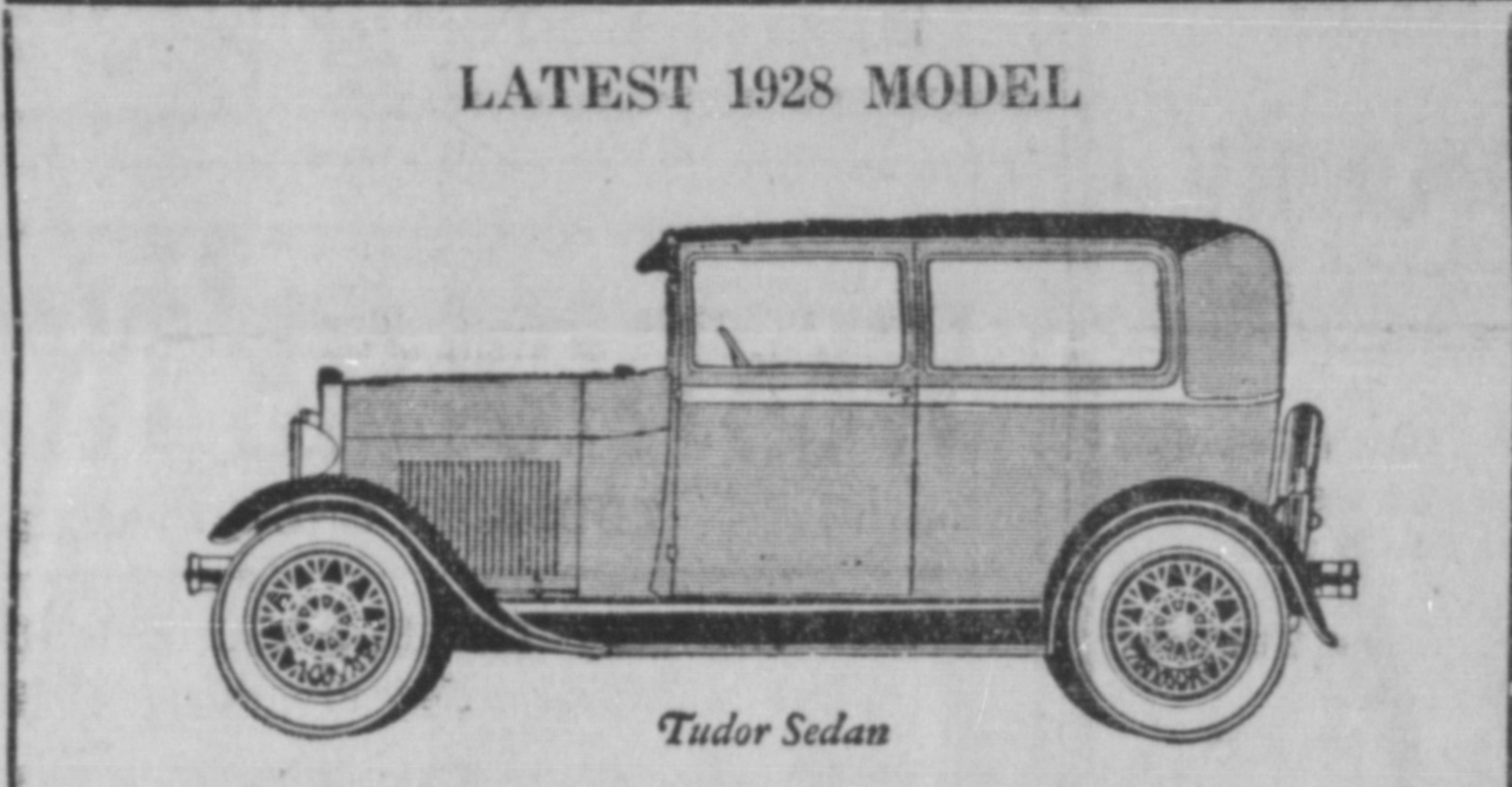
**Pontiac 2-Door Sedan**

Purchased from **WALKER & ROSS** Prince Rupert, B. C.  
Prince Rupert Retail Price **\$1,200**

**ALSO TO SOME PARTICIPANT RESIDING EITHER INSIDE OR OUTSIDE THE CITY LIMITS OF PRINCE RUPERT**

**ONE \$500 CASH PRIZE**

Every active participant who does not receive one of the capital prizes is guaranteed a cash prize equal to 10 per cent (one tenth) of all money turned in by them for subscriptions.



**LATEST 1928 MODEL**

**Ford Tudor Sedan**

Purchased from **S. E. PARKER LTD.** Prince Rupert, B. C.  
Prince Rupert Retail Price **\$860**

**ALSO TO PARTICIPANTS RESIDING OUTSIDE OF PRINCE RUPERT CITY LIMITS**

**ONE \$100 CASH PRIZE**

Every active participant who does not receive one of the capital prizes is guaranteed a cash prize equal to 10 per cent (one tenth) of all money turned in by them for subscriptions.

**EARLY START MEANS EASY FINISH**

The advantages of an early start are manifest. Not only do you have the full time in which to secure the winning votes, but now and up to and including Monday, August 20th, you will receive the maximum schedule of votes on subscriptions, while those who put off entering until a later date will have to take what is left.

Don't lose valuable time waiting to "see what the other fellow is going to do," but pitch right in and show the "other fellow" how to do it.

**CANDIDATES ARE NOT RESTRICTED TO THEIR RESPECTIVE DISTRICTS BUT MAY SECURE SUBSCRIPTIONS ANYWHERE**

Nomination Blank in The Prince Rupert Daily News "Everybody Wins" Campaign

**Good for 5,000 Votes**

I hereby enter and cast 5,000 votes for

Miss, Mr. and Mrs. ....

as a candidate in The Prince Rupert Daily News "Everybody Wins Prize Distribution.

Address ..... Phone .....

Note—Only one nomination blank will be credited to each candidate nominated.

For full and complete information call on, telephone or write **CAMPAIGN MANAGER, The Prince Rupert Daily News.**

Campaign Headquarters located on the second floor of **The Daily News Building, 243 Third Avenue, Prince Rupert,** are open each evening until 8 o'clock. **PHONE 534.**

**Delicious Salad Dressings**



THAT'S one of the places where Carnation Milk shines. It makes the smoothest, creamiest salad dressings—with less trouble—and at a real saving. You'll find Carnation better for all cooking and in coffee.

(See recipes above)



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For ANYOX and STEWART, MONDAYS, FRIDAYS, 4.00 p.m.

For MASSETT INLET, MONDAYS, 4.00 p.m.

For SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly.

For SKAGWAY, WEDNESDAYS, 4.00 p.m.

PASSENGER TRAINS LEAVE PRINCE RUPERT DAILY EXCEPT SUNDAY at 11.30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

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