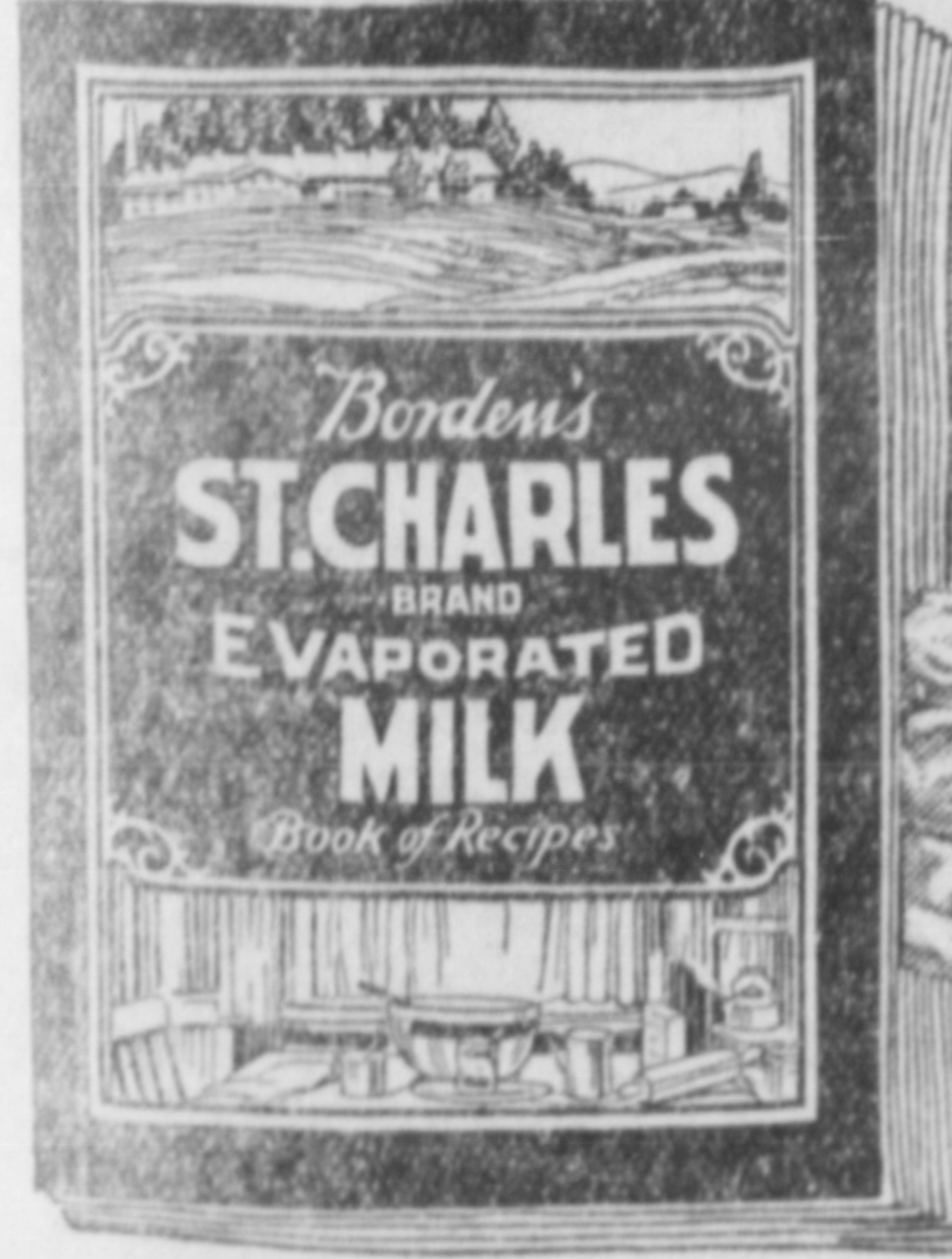


# Recipes!

## Free

Clip and try these tempting recipes to learn how much more appetizing and nourishing such foods are when made with doubly-rich and creamy St. Charles milk! Be sure to use St. Charles milk, though! Also mail the coupon and you will receive FREE beautifully illustrated book with 85 tested recipes.



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### POP-OVERS

3 eggs; 1 cup Borden's St. Charles Milk; 2 cups flour; 1/2 small tspn. salt; 1 cup water.  
Beat the eggs ten minutes and then add the milk. Gradually add the flour, sifted, and the salt. Beat until absolutely smooth. Turn into hissing-hot, well-oiled gem pans and bake quickly.

### LEMON MERINGUE PIE

3/4 cup Borden's St. Charles Milk; 3/4 cup hot water; 1 1/2 cups sugar; 4 1/2 tblspns. corn starch; 1 tspn. butter; 2 eggs; juice 2 lemons; grated rind 1 lemon; 1 egg; 1 cup pastry shell.

Combine the milk and water in a double boiler top, add the sugar and cornstarch, thoroughly mixed together, and cook fifteen minutes, stirring occasionally. Separate the eggs, beat the yolks light, combine them with a little of the hot milk, stir into the thickened mixture and cook five minutes longer, stirring occasionally. Then add the salt and when somewhat cooled stir in the lemon juice and rind, pour into the pastry shell, heap with a meringue made of two egg whites, and a third cup of powdered sugar, and cook in a slow oven for ten minutes until the meringue is firm and delicately browned.

**CREAM OF ASPARAGUS SOUP**  
1 bunch or can asparagus; 4 cups cold water; 2 slices onion; 1/2 tspn. sugar; blade of mace; 2 tblspns. butter; 2 tblspns. flour; 1 tspn. salt; 1-8 tspn. pepper; 2 cups Borden's St. Charles Milk; 1 egg yolk; dash of paprika.

If fresh asparagus used, remove tips and cook them in a little boiling salted water until tender; if canned, cut off tips and lay aside. Cut up stalks. Cover with cold water. Add onion, sugar, and mace. Cook until tender. Strain through sieve, pressing asparagus well to extract flavor. Melt butter in saucepan and stir in flour. Add salt, pepper, and asparagus puree. Continue stirring until thickened. Add one-and-a-half cups St. Charles Milk and the asparagus tips. Bring to boiling point, and simmer five minutes. Combine beaten egg yolk with the remaining milk and add to mixture. Let come to boil. Serve each portion with a dash of paprika over top.

**Borden's ST. CHARLES MILK**  
(Unsweetened)



This milk is entirely a British Columbia product  
CONDENSARY SOUTH SUMAS, B.C.

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## B.C. Butchers & Grocers, Ltd.

### SPECIALS FOR WEEK ENDING OCTOBER 6, 1928

- TOMATOES, ROYAL CITY, New choice pack, 2's, per tin **13c**
- PINEAPPLE, SINGAPORE, Sliced, 2's, 2 tins for **29c**
- GINGER SNAPS, fresh and crisp, per lb. **19c**
- CORN STARCH, per packet **11c**
- PEACHES, sliced or halves, 1's, per tin **20c**
- SPLIT PEAS, PEARL BARLEY, POT BARLEY, DRY GREEN PEAS, per lb. **8 1/2c**
- CAMPBELL'S SOUPS, 2 tins for **29c**
- MARMALADE (pure), per 4 lb. tin **59c**

### POULTRY FOR THIS WEEK

- LIGHT FOWL, per lb. **38c**
- BROILERS, per lb. **45c**

These are local and fresh killed.

APPLES—We have a large assortment of McIntosh Apples on display at attractive prices. Phone us for quotations. We reserve the right to limit the quantity purchased by any one customer.

All Preserving Fruits at most attractive prices. Everything in Green Vegetables fresh off each boat. Watch our windows, it pays.

## B.C. Butchers & Grocers, Ltd.

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## WESTERN ROUTE DEVELOPMENT

### Report on Export and Shipping Deals with Grain Shipments to World Ports.

The advent of the "Western Route" for the movement of Canada's grain crop to overseas markets was an event fraught with considerable economic significance and its expansion is certain to influence the carrying trade of the world and in doing so, to hasten the development of the commerce of the North Pacific as a whole, says the annual report of R. D. Williams of the Vancouver Merchants' Exchange.

The movement of grain from British Columbia is partly in chartered tramp vessels and partly in liners. The proportion varies each season according to the quantity available for movement and the amount of liner space left over for this commodity. Owing to the nature of the grain traffic and the competition of tramp vessels, the rate obtainable is comparatively lower than can be paid by other commodities such as canned goods, fruit and general cargo, and consequently grain is regarded by the liner companies as a "ballast" cargo to fill hold space not required for more remunerative freight. The constant availability on the Pacific Coast of grain to fill the holds has induced a very rapid development of the liner trade to Europe and a greater amount of liner space is thereby available year by year for the grain movement. Nevertheless tramps continue to carry a substantial proportion of the exports, varying in the past few years from 30 per cent to 60 per cent, according to conditions prevailing.

### Reason of Development

The reason of the development of this new route are as follows:  
1. The greater accessibility of European markets via the Panama Canal.

The shipment of grain in bulk from the Pacific Coast to Europe was entirely impracticable prior to the opening of the Panama Canal.

2. Increase in the production of grain in Alberta and Saskatchewan and the gradual migration westward of grain growing in Canada.

In the past twenty-five years the wheat production of Manitoba has remained stationary; Saskatchewan has grown from practically nil to 200 million bushels or more; Alberta from nil to 150 or 175 bushels each season.

3. The reduction of formerly prohibitive railway freight for the movement of grain for export from the Pacific Coast.

Until recently the cost per mile was greater westward than eastward, which constituted a handicap against the western route. By a series of reductions this differential has now been wiped out, in consequence, it is now economically advantageous to ship grain from all Alberta and the western half of Saskatchewan to the Pacific Coast.

4. The construction of efficient modern grain elevators and loading equipment at Pacific Coast ports.

Until 1924 there was only one elevator on the Pacific Coast, at Vancouver, having a capacity of 1,250,000 bushels. There are now seven elevators at Vancouver with a total capacity of eleven million bushels, and one each at Prince Rupert, New Westminster and Victoria, making a total capacity on the Coast of 14,000,000 bushels.

5. The development of a market in China and Japan for Canadian hard wheat.

In 8 years during which Canadian wheat has been shipped to the Orient the annual volume has grown from nil to an average of 14,000,000 bushels.

### Wheat Is Established

Canadian hard wheat is now well established in the Orient, and provided the market price is maintained at competitive rates, shipment to that market should increase year by year. This statement should, however, be qualified with the remark that with comparative price and the extent of native crops so great a factor, we shall probably see a considerable variation in the annual shipments to that market.

Shipments to Europe will be affected by ocean freight rates, but there is little reason to anticipate that freights will be at any time so high relatively as to wipe out the advantage of the westward route so far as Alberta crop is concerned.

Grain export is a trade new to Vancouver during the past few years, but already we are the third grain port on the continent. In the 1927-28 season the Pacific Coast ports of Canada, Vancouver and Prince Rupert, shipped 88 million bushels of Canadian grain, which was 28 per cent of the entire export movement of Canadian grain. The Atlantic Coast ports of Canada shipped 79 million bushels, or 24 per cent, and the Atlantic Coast ports of the U.S.A. 151 million bushels, or 48 per cent.

The new movement via the Pacific ports of Canada is a diversion of traffic in the Canadian-grown grain from United States ports to Canadian ports.

Vancouver now ranks well as a grain port in the matter of charges and despatch and has entirely dissipated the poor record of the earlier years of grain handling.

With the trend of wheat-growing ever westward, we can anticipate a constant improvement in our grain exports for many years to come.

### FISH ARRIVALS

Total of 52,500 Pounds of Halibut Sold at Exchange This Morning With Canadian Getting Highest Price

Halibut sales at the local Fish Exchange this morning were as follows:

- American**  
Grant, 19,500 pounds, Canadian Fish & Cold Storage Co., 13.2c and 7c.  
Impreuse, 20,000 pounds, Booth Fisheries, 13.6c and 7c.
- Canadian**  
Prosperity A., 11,000 pounds, Atlin Fisheries, 13.6c and 7c.  
Muirneag, 2,000 pounds, Royal Fish Co., 13c and 7c.

### SNOW FALLING TODAY AT DAWSON AND ATLIN

The first snow of the season is falling today both in the Yukon territory and at Atlin. Details of the report follows:

- Terrace—Cloudy, calm, temp. 42
- Rosswood—Clear, south wind, temp. 42.
- Alice Arm—Cloudy, calm, temp. 44.
- Hazelton—Cloudy, calm, temp. 42.
- Smithers—Part cloudy, calm, temp. 40.
- Burns Lake—Part cloudy, calm, temp. 40.
- Eighth Cabin—Snowing, north wind.
- Telegraph Creek—Clear, calm, temp. 41.
- Echo Lake—Raining, calm.
- Atlin—Light snow, north wind, temp. 33.
- Whitehorse—Clear, calm, temp. 32.
- Shesley—Cloudy, north wind, temp. 28.
- Dawson—Snowing, calm, temp. 20.

### AIMEE McPHERSON MUST PASS TESTS ON LANDING IN BRITAIN

LONDON, Oct. 4.—An official announcement was made here today that the home secretary will not prohibit Aimee Semple McPherson, Los Angeles evangelist from landing in England "on the ground merely that she may advocate religious beliefs and doctrines of a controversial nature."

Like most every other alien, however, it was stated that Aimee must satisfy the immigration officer at the port of arrival before she may properly be allowed to land within the terms of aliens.

Other representations had been made recently that she should be barred from entering the country because of what was described as her sensational evangelistic methods.

## SOAKING FOR UNG CHUNG ON DOPE CHARGES

### Chinaman Gets Five Years in Pen and \$1,000 Fine for Selling Narcotics

NORTH VANCOUVER, Oct. 4.—Ung Chung, convicted on charges of selling narcotics, was sentenced to five years in the penitentiary and fined \$1,000 on each count by Magistrate Sargent yesterday. The sentences are to run concurrently.

## STOLE BIG SUM POST OFFICE IN BEDFORD, QUEBEC

BEDFORD, Quebec, Oct. 4.—Over fourteen thousand dollars was stolen by a robber or robbers who made entry into the Bedford Post Office early today. The loss was discovered this morning.

### STOCK QUOTATIONS

(Courtesy of S. E. Johnson Co., Ltd.)

The following quotations were bid and asked.

- Argenti Rufus 26; 27.
  - Bayview 5 1/2; 5 3/4.
  - B. C. Silver 1.25; nil.
  - Big Missouri, 55 1/2; 56 1/2.
  - Cork Province 30; 30 1/2.
  - Cotton Belt 80; 85.
  - Dunwell 15; 20.
  - Duthie nil; 90.
  - George Copper 5.30; 5.65.
  - Georgia River 33; 34.
  - Glasiar 55; 65.
  - Golconda 75; 80.
  - Grandview 62 1/2; 63 1/2.
  - Independence 12 1/2; 13.
  - Indian 5 1/2; 6 1/2.
  - Kootenay Florence 15 1/2; 18.
  - L. & L. 9 1/2; 9 3/4.
  - Lakeview 1 1/2; nil.
  - Lucky Jim 25; nil.
  - Marmot Metals 9 1/2; 10.
  - Marmot River Gold 9; 9 1/4.
  - Mohawk 8; 8 1/2.
  - National Silver 13; 14 1/2.
  - Pend Oreille 12.90; 13.00.
  - Porter Idaho 66; 70.
  - Premier 2.26; 2.28.
  - Richmond nil; 4.
  - Ruth Hope 63; 65.
  - Silver Crest 9 1/2; nil.
  - Silversmith 11 1/4; 12.
  - Slocan King, nil; 5.
  - Snowflake 91; 94.
  - Terminus 16; 18 1/2.
  - Topley Richfield 59; 61.
  - Toric 2.50; 3.00.
  - Woodbine 11 1/2; 12.
- Oils**  
Dalhousie 1.70; 1.85.  
Fabyon 10; 11.  
Home nil; 2.30.

Stoker M. Harris, R.C.N.V.R. returned from the Royal Canadian Barracks, Esquimalt, yesterday morning. He has had five weeks training which included several trips on the mine sweepers, and the balance of the time was spent in barracks. The trips in the minesweepers and the instructions in the barracks were very interesting. Stoker Harris thoroughly enjoyed his trip and was sorry that he could not stay for a longer period.



**WRIGLEYS**  
Outdoors or indoors—whatever your task. Let WRIGLEYS refresh you—alleviate your thirst, aid appetite and digestion. Helps keep teeth clean. After Every Meal.

## COULD NOT WORK FOR MONTHS

Restored to Health by Lydia E. Pinkham's Vegetable Compound  
Port Elgin, N. B.—"For three months, I was nervous and weak with tired feelings and could not do my work. A friend advised me to take Lydia E. Pinkham's Vegetable Compound and I have got good results from it and recommend it to others."—LILA TAYLOR, Port Elgin, N. B.

## LARGEST TANKER WORLD HAS SEEN

LONDON, Oct. 3.—Workman Clark (1928), Limited, of Belfast, have booked an order for an oil tank vessel which will, it is stated, be the largest in the world. For the present the names of the owners are withheld. The length of the vessel is to exceed 600 feet and the tonnage is to be 18,000. Work on the preliminaries has already been started.



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Quickly relieved by rubbing on VICKS VAPORUB  
OVER 21 MILLION JARS USED YEARLY



during the past 80 years it has been on the market, and their child's life no doubt saved by its timely use.  
Price, 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

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*Grant's*  
**BEST PROCURABLE**  
*Scotch Whisky.*

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*William Grant & Sons Ltd.*  
PRODUCE OF SCOTLAND

THE ORIGINAL LABEL—look for it at the Vendor's and insist on GRANT'S "BEST PROCURABLE"

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