

THE DAILY NEWS PRINCE RUPERT - BRITISH COLUMBIA

Published Every Afternoon, Except Sunday, by Prince Rupert Daily News, Limited, Third Avenue
H. F. PULLEN - Managing-Editor

TOM MOORE WELCOME

The most outstanding labor man in Canada today is undoubtedly Tom Moore, president of the Trades and Labor Congress of Canada, who is due to arrive here this afternoon and who will address a public meeting here tonight.

In the past we have suggested to Prince Rupert people that they should go out to hear and see such men as Premier Mackenzie King, Hon. R. B. Bennett, Dr. Tolmie, and others who have visited the city. So today we suggest it would be interesting to hear and meet an outstanding Canadian labor leader.

Labor has made a great showing politically in Great Britain. True, it is not "labor" as we usually understand the word. It includes those of very advanced views and members of the professional class, business men and landed aristocrats. As one of its members said to a Daily News representative recently: "We represent the post-war viewpoint, whereas the Liberals and Conservatives represent the pre-war viewpoint. We are as far apart as the poles."

Probably Tom Moore tonight will try to help us to get this post-war viewpoint, insofar as Canada is concerned.

TOM MOORE HERE

En route to Japan to attend a convention of the Institute of Pacific Relations, Tom Moore, president of the Trades and Labor Congress of Canada, arrived in the city on this afternoon's train from the east being met by S. D. Macdonald, president of the local Trades and Labor Council, and other officers of the council. Mr. Moore will sail tonight on the Prince Rupert for Vancouver but, before leaving, will address a public meeting here.

HIS FIRST OFFENCE

D. B. Finn, director of the Prince Rupert Fisheries Experimental Station, had his first experience as the defendant in a police court case this morning when he was haled before the court on a charge under the Motor-vehicle Act of failing to round a silent policeman with his car. He pleaded guilty and was assessed \$5 by Magistrate McClymont, then paid his fine and went on his way rejoicing.

Delectable Meals from My Emergency Shelf

by Mary Blake

No matter how generously filled your refrigerator is, there are always times when you find yourself called upon to concoct an unexpected meal for guests and find that the ice-box stores are inadequate for a really festive menu.

I take great delight in anticipating such emergencies by a special shelf filled with little extras that turn themselves into the most delightful meals whenever I have need. I never touch this store except for emergency use, and I see that it is refilled promptly. On this shelf are cans of soup and vegetables, olives and relishes and special preserves, shrimp and tuna fish for creaming or salad, sometimes nuts or hard candies for the afternoon table of bridge that materializes unexpectedly.

But the real basis of my emergency shelf is a row of Carnation Milk. I know of nothing that is so invaluable in the making of all sorts of "company" dishes. As long as my Carnation supply is generous I am prepared for any emergency. I can cream eggs or make a cream soup; stir together hot biscuits or date muffins, cream chipped beef or crabmeat from the emergency shelf, concoct a pudding or even serve waffles as a much-appreciated luncheon treat.

I buy Carnation Milk by the case and use it constantly, not only for its great convenience, economy and dependability, but because it really gives better cooking results than even the best of bottled milk. Carnation is simply pure, whole milk of uniform

high quality, evaporated to double richness, "homogenized" to break up the double portion of cream into minute particles and distribute them all through the milk—so that every drop is rich in cream—and sterilized for safe-keeping. If you ever make a real test of Carnation Milk, you'll use it for all cooking. I wish you would send for the Carnation Cook Book. It is free. Address Carnation Milk Products Co., 134 Abbott Street, Vancouver, B. C.

Carnation Shrimp Wiggle

2 1/4 tsp. butter, 2 1/4 tsp. flour, 1/4 tsp. salt, few grains pepper, paprika, 1/4 cup Carnation Milk, 1/4 cup water, 1 cup shrimps, 1 cup canned peas. Make a white sauce of the butter, flour, seasonings and Carnation diluted with water. Drain the shrimps, remove the dark vein; break shrimps into pieces and add to white sauce. Also add the drained peas. When mixture is thoroughly heated serve on toast points. Garnish with parsley or olives. Serves 6.

Carnation Cream Chipped Beef

1/2 lb. chipped beef, 2 tsp. butter, 2 1/4 tsp. flour, pepper, 1/4 tsp. salt, 1/4 cup Carnation Milk, 1/4 cup water. Shred the dried beef, cover with hot water, let stand 10 minutes, then drain. Make a white sauce of the butter, flour, seasonings and Carnation diluted with 1/4 cup water. Add the chipped beef and serve on toast points or with mashed or baked potatoes.

You can count on it



In emergencies, you can plan almost anything in the way of meals if you have a shelf of Carnation Milk. It is the basis of so many delectable dishes, and it makes them all better.

(See recipes above)

from
Contented Cows
on the label means EVAPORATED MILK of highest quality

Removal Sale at the Montreal Importers

The Montreal Importers are moving. They are going to open up with a big sale tomorrow morning at 9 o'clock in their new premises in the Meeker Block, opposite the Empress Hotel. The building at their present location requires extensive repairs and the workmen will be in on Monday. Rather than put up with the inconvenience and dislocation of business which such extensive alterations necessitate, the Montreal Importers Removal Sale starts with a bang tomorrow (Friday) at their new store.

Just pay a visit to the new store and see the variety and quality of the goods on sale. Everything is of the best procurable. And, remember, the Montreal Importers brought Montreal prices to Prince Rupert. They have done no harm to Prince Rupert, but right along have saved their customers a whole lot of money. On this count alone they deserve your continued support. It will pay you, too, for most people like to save money. Not everybody, but most people.

There will be a big ad in a day or two giving some of the bargain prices prevailing at this Removal Sale. If you can't get down town before that, watch for it, but don't wait for it unless you have to. Pay a visit to the new store and get your supplies while the range of sizes in

everything is still complete. There is a great stock of everything for men's wear—overalls, underwear, shirts and everything else. And all of the best quality possible to buy. This sale starts tomorrow morning at 9 o'clock and everything is not only at Montreal prices, but at Montreal Sale Prices.—Advt.

BROKE HIS LEG

Mrs. R. D. Christy of Terrace, arrived in the city by freight train last night from the interior with her son, who sustained a broken leg and will receive hospital treatment here.

In the Bay of Fundy, tides often exceed 60 feet.

NERVES GONE CAN'T SLEEP?

"Fruit-a-tives" restores good health

Are you tired? Downcast most of the time? Worried at trifles? Can't sleep? Mr. J. O. Ringheim, Wyndmel, B.C., writes: "My nerves were completely gone. I owe my present good health to 'Fruit-a-tives'."

"Fruit-a-tives" is a combination of intensified fresh fruit juices and the most scientific medicinal ingredients. In a natural, gentle way it stirs lazy liver, bowels and kidneys, into normal, healthy action, soothes the digestive tract, and calms the troubled nerves. 25c or 50c boxes at all druggists.

MAYOR GOING SOUTH

Mayor S. P. McMordie sails tonight on the Prince Rupert for Harrison Hot Springs where he will attend the conventions of the Union of British Columbia Municipalities and the Good Roads League of British Columbia. His Worship expects to return to the city in about 10 days' time and, during his absence, Ald. Theo Collart will be acting mayor.

PRINCE CHARLES IN

With a good sized passenger list consisting to a large extent of Queen Charlotte Island cannery employees on their way south, C.M.R. steamer Prince Charles, Capt. E. Mabbs, arrived in port at 1 o'clock this morning from Vancouver via all Queen Charlotte Island points and will sail at 10 p.m. Saturday on her return south over the same route.

PREMIER ON RADIO

Local radio fans are looking forward with considerable interest to hearing Rt. Hon. Ramsay MacDonald, British premier, on the radio this evening. Mr. MacDonald will speak on a continental hook-up of the National Broadcasting Co. from New York. To hear the speech locally one will tune in on KOMO, Seattle at 6 p.m. Pacific Time, or any other station of the national network.

From Youth To Old Age

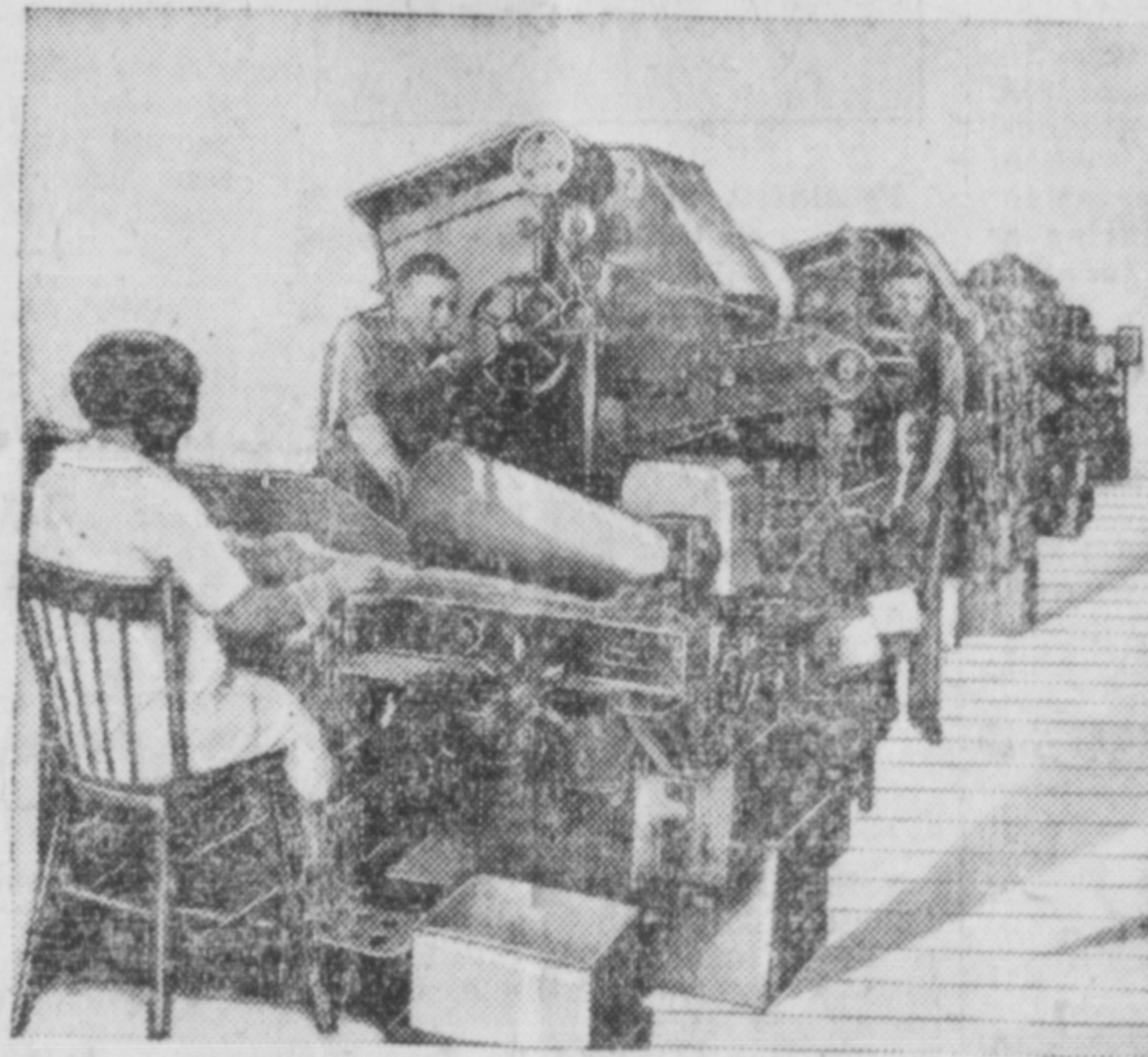
THERE are three trying periods in a woman's life: when the girl matures to womanhood; when a woman gives birth to her first child; when a woman reaches middle age. At these critical times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor. Countless thousands testify to its worth.



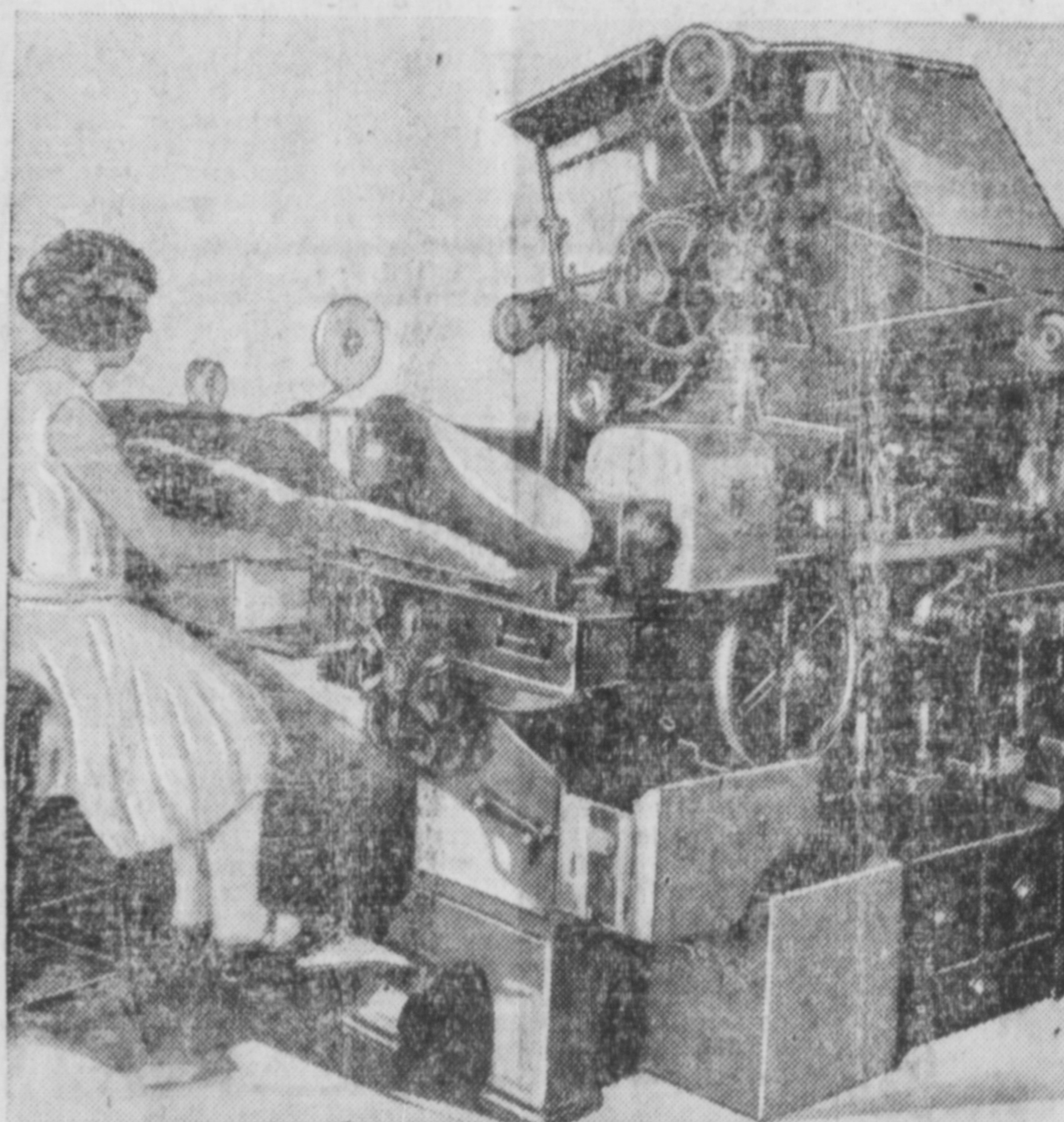
Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., Lynn, Mass., U. S. A.
and Cobourg, Ontario, Canada

Buckingham CIGARETTES



A battery of cigarette making machines manufacturing "Buckingham" at the plant of Tuckett Limited.



A close up view of one of the cigarette making machines in operation under actual working conditions.

"throat-easy"

CAUTION TO SMOKERS:

Next time you buy BUCKINGHAM Cigarettes examine closely the sealed pouch package and each individual cigarette—see how uniform they are in size and weight, and how well the package is protected insuring the fresh, mild, "Throat-Easy" Cigarettes. Now you know why we claim for BUCKINGHAM Cigarettes—"No Coupons—All Quality"—we spend every dollar in giving you quality first and always.

THE "NO COUPON - ALL QUALITY" - THROAT-EASY CIGARETTES ARE - MANUFACTURED BY THE - MOST UP-TO-DATE - MACHINERY OF ITS KIND IN THE WORLD. -

THE most modern machinery known to the Tobacco Industry is employed in the manufacture of Buckingham Cigarettes. Tuckett Limited of Hamilton, have spared no expense in securing the very latest type of cigarette-making machines for turning out Buckingham Cigarettes in enormous quantities to satisfy the tremendous daily demand from all over Canada.

These machines are a marvel of ingenuity and accuracy. They transform the carefully blended tobacco into well packed Buckingham Cigarettes of uniform weight and size, all ready for packaging in the Buckingham Sealed Pouch Packages.

Buckingham Cigarettes are minutely inspected at every stage of manufacture in their progress through the machines to positively ensure uniform quality. Examine the twenty cigarettes in a full package of Buckinghams and see how perfectly and consistently uniform they are made.

Buckingham Cigarettes are delivered fresh to tobacconists throughout Canada in sealed pouch packages, which preserve the fine Buckingham quality for the enjoyment of the smoker.

If you have never smoked Buckingham Cigarettes, try a package today. Then you will know yourself why Buckingham Cigarettes are "All Quality—No Coupons." We spend every dollar in giving you a quality smoke—first and always.

B 200



20 for 25c

NO COUPONS - ALL QUALITY