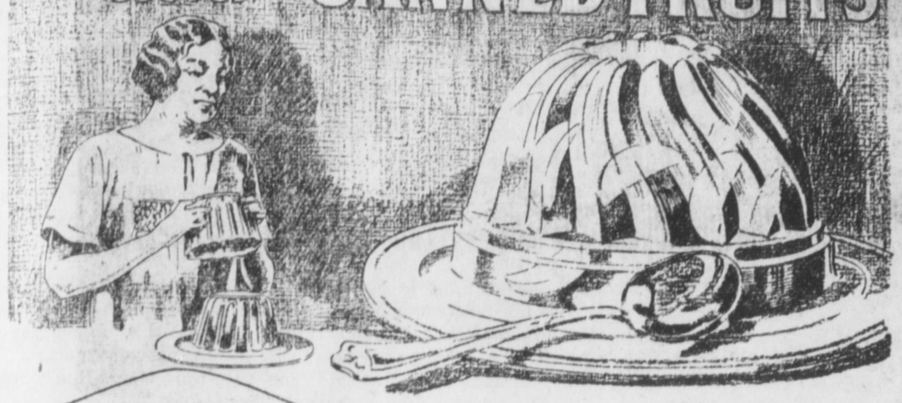
MALKINS BEST FOOD PRODUCTS
JELLY POWDERS and CANNED FRUITS



LENA MAWDSLEY
Thirty years student of dietetics and food values, winner of four gold medals, countless first prizes and diplomas for competitive events in all branches of domestic science including first class technical honors for general cooking — Liverpool, England, Technical School. First prize for bread baking, Pure Foods Exhibition, Liverpool, Eng. Oldest exhibitor in the domestic science section of the Vancouver Exhibition, having exhibited in all classes of cooking annually for eighteen years.

QUESTION BUREAU
Lena Mawdsley will answer all questions having to do with any phase of domestic science. Ask her to solve your cooking problems. Write to her c/o the W. H. Malkin Company, Limited.

What my kitchen test revealed—

I OPENED 10 cans of Malkin's Best Fruits—every one different—Peaches, Pears, Apricots, Plums, Greengages, Cherries, Raspberries, Strawberries, Loganberries, Pineapple and Grapefruit. The entire contents of every can I turned out into individual dishes. There was a very noticeable consistency of quality and a distinctly high grade of packing. To me this was not unusual, indeed, I have been a regular purchaser of Malkin's Best canned fruits for many years.

Proving the quality and firmness of some of the canned fruits I made three fruit jellies from Malkin's Best Jelly Powders, each of which turned out 100 per cent. The excellent individual flavors of Malkin's Best Jellies are second only to their sparkling clarity.

I'd like you to try this recipe.
It makes a delicious dessert

Pineapple Cup

2 cups Malkin's Best shredded pineapple
Juice of two oranges
A few Malkin's Best cherries
1 pkg. Malkin's Best red currant jelly

Make a pint package of jelly in the usual way, add the rest of the ingredients. Allow to set and serve on lettuce leaves with whipped cream.

MALKIN'S BEST

There is a difference in brands

THE W. H. MALKIN COMPANY LIMITED
VICTORIA VANCOUVER NANAIMO

The true purpose of a Budget

EVERY year you spend a large proportion of the money you get. So much for clothing. So much for shoes. So much for things to eat—for house furnishings, books and what not.

Here is the way to get the most for your money.

Keep a budget. Decide what you can afford to spend for each item, and hold yourself within this amount.

Then—to get the most for your budget money read advertisements carefully. The advertisements you read tell you what is newest and best. They give you the latest ideas and improvements. They help you to get more from each dollar you have apportioned in your budget—and so live better and dress better with the same income.

The true purpose of a budget is to enable you to spend wisely—and only by careful reading of advertising can you hope to accomplish this result.

Read advertising regularly. It points the way to better living.

Waterfront Whiffs

Visit of H. M. S. Colombo Big Event for Coming week; Halibut Landings Holding Up; Angling Season Commences

The boys on the waterfront will have to shine up their buttons and put on their best clothes next week, for the navy is coming and there will be many visitors along the "front." The outstanding event of the week will be the visit to port, commencing at 4 o'clock Monday afternoon and ending on Tuesday of the week following, of the speedy British light cruiser Colombo, Capt. C. C. Dobson, V.C., D.S.O., attached to the North American and West Indies squadron.

This is the second visit of H. M. S. Colombo to this port and to the coast. She was here last in August 1927. Other ships of the same squadron that have been here are the Curlew and Capetown.

The Colombo was built at Fairfield yards, Govan, Scotland, in 1918 and was commissioned a year later. She is 4,190 tons displacement and has a speed of 30 knots with 40,000 horsepower engines. Her length is 425 feet, beam 43 feet, six inches, and draught 4 feet, one inch. Her armament consists of five 6inch guns, two 3-inch anti-aircraft guns, four 3-pounders, and eight torpedo tubes.

The compliment of the cruiser is 432 and her officers are as follows:

Captain—C. C. Dobson, V. C., D. S. O.

Lieut.-Commander—G H. Warner, D, S. O.; (N) E. M. G. L. Boyle; G. F. N. Bradford; C. D. Arbuthnot.

Lieutenant—(G) E. I. R. Leighton J. P. Ingpen.

Engineer Commander—H. W. Smith.

Lieutenant (E)—J. M. Goodman.

Captain, R.M.—R. J. Gumm.

Paymaster Commander—M. M. F. Conde-Williams, O. B. E.

Surgeon Lieut.-Commander W. E. Heath.

Surgeon Lieutenant—F. G. V. Scovell, M.R.C.S., L.R.C.P.

Sub.-Lieut.—T. P. Coode.

Com. Gunner—H. F. Downing, (T) A.E.A. Goldfinch.

Com.- Engineer—R. Bath.

Gunner—W. Marjot.

Warrant Shipwright—E. A. Cunningham.

Warrant Engineer—E. J. R. Kirton-Vaughan.

Schoolmaster—T. P. O'Donnell.

Paymaster Midshipman — J Finlay.

Canadian halibut landings at the port of Prince Rupert during the week ending Friday were heavier than average totalling 278,400 pounds while it was about the lightest week of the year in volume of American landings which aggregated but 368,700 pounds. The week's total of 647,100 pounds brought the grand aggregate for the season to date up to 9,572,450 pounds as compared with last year's 9,150,050 pounds at a similar date. The grand total of Canadian fares amounted to 2,664,050 as against last year's 2,543,600 pounds while American landings were up to 6,908,400 pounds from 6,607,200 pounds. There were only five market days during the week, there being no session of the exchange yesterday, Victoria Day. Heavy landings, particularly of American halibut, are anticipated during the coming week.

Prices during the week averaged higher than for a few weeks previous, the high price for Canadian fish being 15.8c and 7c which the Ternen was paid for 7,500 pounds while the top bid for American halibut was 16.6c and 9c offered the Viola for 7,000 pounds. Low prices of the week were 12.3c and 6c paid the Canadian Bayview for 3,500 pounds and 31c and 6c received by the Columbia for 35,000 pounds.

One of the big scows of the Coastwise Steamship & Barge Co. is in the dry dock for overhaul and repair work of a rather extensive nature. A good deal of carpenter work is being done on the craft which was brought here about ten days ago by one of the company's steamers.

Y. Suehiro, Japanese boatbuilder in Cow Bay, is building a general utility boat for Charles Clay of Anyox. The vessel is to be ready in a few weeks time for the owner who usually quits his mechanical work at the smelter town, in the summer, to go prospecting.

Angling Season Opens

The Victoria Day holiday has been as usual the signal for the commencement of the local angling season and some half a dozen or so boats left the Yacht Club floats Thursday night and Friday morning for various popular haunts in the neighborhood. Some of the fishermen are making a good week-end of it by taking today off as well in which case they will not be back before Sunday night or Monday morning. Then a bumper crop of fish stories should commence because the trout this year are believed to be bigger and better than ever before and much more gullible. Among the parties going forth were those with P. W. and Sid Anderson on the Zenobia, Doug Stork on the Sunbeam II, Harry Ward on the Bonanza and George Bryant on the Harla. All cleared for the high seas and will reveal their destinations on returning Monday—providing the fishing is not too good where they went.

Jack Lindsay expects to turn over the newly installed 100 h.p. Sterling engine in his power cruiser Irene L., tomorrow. Meantime, Jack and his party have been cheated of the first week-end's angling of the season but they promise they will make up for that by the time the rest of the boys get done talking about what they did on their maiden voyage.

Dr. R. G. Large made a flying visit to port on Thursday in his power cruiser Sunbeam III to pick up Dr. Wilson, a young graduate from Toronto, who arrived that afternoon by train and will be identified with the medical staff of the Port Simpson General Hospital during the coming summer. The Sunbeam III is functioning well again following a recent change of engines.

District canneries are fast whipping into preparedness for the commencement of the season's operations and crews are now complete at practically every plant which will be in operation this year. Canning will not start generally until the opening of sockeye fishing on June 10, though a few plants may start on springs in advance of that date.

Kippers Saved King

Kippers, it is reported, were an important factor in the recovery of the King from his recent illness. On the suggestion of one of His Majesty's physicians they were made a big item in the King's diet and contributed in a remarkable degree to his return to good health. So says an article in a recent number of the "Fishing News" of Great Britain.

Interviewed recently a doctor gave some interesting particulars of the action by which kippers produced such a beneficial effect.

He stated that the King was suffering from an abscess of the pleura, known as emphymema. In cases of internal abscess the body endeavors to isolate the suppurated part by building around it a wall. The calcium contained in the blood is taken to build up this wall, thus leaving the body in a weakened condition.

It followed, therefore, from the nature of his illness, that the King was unnaturally deficient of the necessary calcium.

Calcium cannot in itself be absorbed into the blood. Kippers, however, contain the vitamin D, and when this combines with calcium it is readily assimilated by the body. Calcium was, therefore, directly injected into the body, and kippers formed a large part of the diet.

The result was that the deficiency in calcium was made good, and the King was gradually restored to health.

KING AND VATICAN STATE

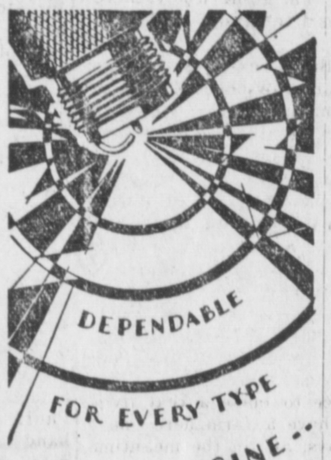
"Great Mussolini, please give me also a bit of Italian soil to sign over."
—From Simplicissimus, Munich.

What a Joy Is Good Health

MOTHER and baby are healthy and happy. But they were not always so. There were many months of run-down health, of sleepless nights, excited nerves, worry and discouragement. Baby reflected mother's weakness and was cross and fretful.

But a friend recommended Dr. Chase's Nerve Food, and by the regular use of this great restorative treatment the richness of the blood was restored, nervous vigor was increased, sleep came naturally, digestion improved, and mother was herself again. This is just what is happening in many thousands of homes.

DR. CHASE'S NERVE FOOD
The Greatest of Nerve Restoratives



EVERY engine, regardless of type, gives better results with Champion Spark Plugs. There is a type specifically designed to give better results for every operating condition.
Consult your dealer

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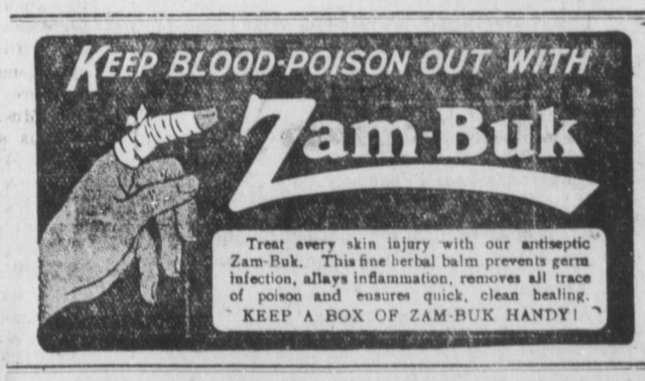
SPARK PLUGS
Windsor, Ontario

A CANADIAN-MADE PRODUCT



Furniture for sale. Watch the classified columns.