

Wise Babies Select Intelligent Mothers

by Mary Blake



I really marvel at the young mothers of today. Their wisdom is nothing short of astounding. No child of theirs is permitted, in spite of the most dotting of grandparents, to play the role of new toy for the diversion of the family. The rights of the modern baby are firmly respected, his routine sternly maintained. His baths and feedings and sleep follow each other in the most orderly precision. No wonder he is a calm, healthy, good-natured baby, easy to care for, steady in gains.

I admit that there are exceptions, because not every baby gets a perfect start. When there are feeding problems to be solved, the mother's responsibilities are heavy. But baby specialists today have such a broad knowledge that it usually takes but a little while to discover the right food for any infant.

The best milk for your baby

On one thing you will find that all doctors agree. For the baby just starting out in life, breast-feeding is a great advantage over artificial feeding. If your baby must be artificially fed, let your doctor be the one to advise you. With his wide experience with many babies, he can guide you to the right substitute for mother's milk. He may advise you to use Carnation Milk in the feeding of your baby. If he does, you can feel well satisfied with his choice. He has selected it for very definite reasons. The first is that it

is safe. Milk for the feeding of a tiny infant must be of the purest quality, produced under the most sanitary conditions. It must be whole milk, sufficiently rich in butter fats. Even if you can find such qualifications in bottled milk, the quality is almost sure to vary from day to day.

Carnation Milk is the purest of whole milk, produced from selected herds, under strict sanitary regulations. The quality is of controlled uniformity; the butter-fat content is never less than 7.8 per cent.

In addition to its purity and uniformly high quality, Carnation Milk offers another advantage. It is so carefully sterilized, so free from germs and bacteria, and sealed so perfectly against contamination that no further pasteurization is necessary. You merely add pure water to replace that removed in evaporation and you have pure milk.

A very important advantage which Carnation offers in the feeding of infants is its easy digestibility, due to the "homogenization" which breaks up the fat globules into extremely minute particles, very readily assimilable even by a baby with a weak digestion.

Of course the feeding of babies is but one of Carnation Milk's important uses. It is wonderful for all cooking, better in results, economical, convenient and dependable. Send for free Carnation Cook Book. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Safe For Babies



In the feeding of infants, Carnation Milk is a safe choice. It is whole milk of high quality—pure, sterilized, uniform—and available anywhere. Because it is "homogenized", it is particularly easy of digestion. Ask your doctor.

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

District News

TERRACE

C. F. A. Green left on Monday on a short business trip to Prince Rupert.

Mr. and Mrs. T. A. Lowry of Usk who have been on a trip to Prince Rupert returned to Terrace on Monday.

Rev. A. W. Robinson received word on Monday that his son, Theodore, who is a patient in the Prince Rupert hospital with a dislocated elbow has contracted septic poisoning and will be confined to the hospital for some time. Mrs. Robinson is remaining in Prince Rupert with him.

Mrs. Jas. Farquhar arrived on Monday to visit at the home of her parents, Canon and Mrs. T. J. Marsh.

Mrs. Henderson of Usk, was a visitor in Terrace on Monday prior to leaving with her family on Tuesday for the eastern states.

C. R. Gilbert left on Monday for interior points on a business trip.

S. Jabour of Prince Rupert was a visitor here at the beginning of the week.

E. E. Gregg, assistant district forester of Prince Rupert was in this district early in the week.

L. Bethuren of Usk was in town on Monday.

Jas. McConnell, who went as lay delegate from this district to the United Church conference in Vancouver arrived home on Monday.

Week-End Specials

- SWIFT'S PURE LARD—10-lb. pail\$2.00
 - MALKIN'S COFFEE—1-lb. tin60c
 - KELLOGG'S CORN FLAKES—Pkg.10c
 - OST'S BRAN FLAKES—Pkg.15c
 - HEINZ PORK AND BEANS—Small size, 2 tins25c
 - HEINZ PORK AND BEANS—Medium size, 2 tins35c
 - D. C. L. MALT EXTRACT—2 1/2-lb. tin60c
 - B. & K. PASTRY FLOUR—10-lb. sack55c
 - FINE GOLDEN CHURN BUTTER—3-lb. brick\$1.40
 - NABOB RED PLUM JAM—4s. Tin45c
 - NABOB MINCE CLAMS—1/2s. 2 tins35c
 - C. & B. SOCKEYE SALMON—1-lb. tin40c
 - EAGLE LOBSTER—1/2s. Tin 50c
 - COLUMBIA PEARS—2 1/2s. 2 tins55c
 - ROYAL CITY RED PLUMS—2 1/2s. 3 tins70c
 - PICKLED PIGS' FEET—Boneless. Jar35c
 - FRESH EGGS—Extras. 3 doz.\$1.10
 - SWEET ORANGES—Last chance for navels. 5 doz.\$1.00
 - FINE RIPE BANANAS—3 lbs.50c
- Fresh Green Vegetables Arriving Every Boat

Alberta Market

P. GAMULA, Proprietor
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MILK MILK

Fresh Pasteurized Milk and Cream Daily.
EARLY DELIVERY
Throughout the City.

VALENTIN DAIRY

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day, having motored through from Vancouver to Hazelton in a light delivery truck purchased while in the south.

M. Allard was in from Kalum Lake at the beginning of the week.

A. C. McConnell of Prince Rupert was a visitor here on Monday.

R. J. Cobb, C. E. Imeson and R. A. Meakin were Vancouver visitors in town during the first of the week.

Geo. Little left on Wednesday on a business trip to his lumber yards at Smithers and Vanderhoof.

ASSIZE OPENS ON WEDNESDAY

One Criminal Case and a Number of Civil Actions to Be Heard Next Week

With Mr. Justice Gregory expected to preside, the spring session of the Supreme Court Assizes will open here next Wednesday. There is one criminal case on the docket, two civil actions, two chamber applications and one divorce case.

In the criminal case, Jackson Tolison, Klenmu native, is charged with committing a statutory offence against a ten-year-old girl. A. M. Johnson, K.C., will arrive in the city on Saturday morning from Vancouver to act as crown prosecutor. On the same boat, Inspector William Spiller will be bringing the accused to the city. Patmore & Fulton are acting on behalf of the accused.

Civil actions will include the S. P. McMordie vs. Cliff Ford case in which a sum of some \$3000 is in dispute over repairs to the Westholme Theatre. E. F. Jones has the case for the plaintiff, while Milton Gonzales will act for the defendant.

An action—Billings vs. Canadian National Railways—is also expected to be heard at the Assize. Defendant, for whom Patmore & Fulton are acting, claims from the defendant \$2000 as damages when he was bitten by a horse while a passenger on a C. N. R. steamer. Williams, Manson & Gonzales will act for the defendant company.

One of the chamber applications will be certiorari proceedings of Katsu Osawa, Queen Charlotte City Japanese, against a conviction under the Government Liquor Act, Patmore & Fulton acting for the appellant. The other chamber application is under the Workmen's Compensation Act.

FUNERAL AT TERRACE OF PETER TORSTENSON

TERRACE, May 30:—The funeral of the late Pete Torstenson, who died on Sunday in the Prince Rupert General Hospital as the result of a broken neck received in a logging accident here, took place following the arrival of Tuesday's train. Rev. Wm. Allan conducting the burial service.

The pallbearers were G. Westman, Geo. Little, E. T. Kenney, S. Kirkaldy, R. Beecher and G. H. Dyson. The deceased man fought in the great war and recognition of this was made by the sounding of "The Last Post" by S. N. Kirkaldy.

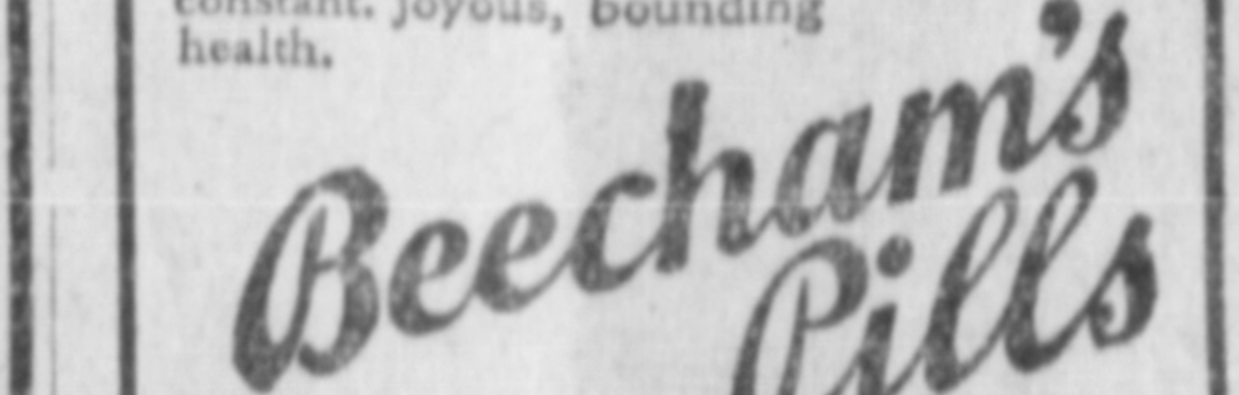


Those Languid Eyes

They quickly reflect your health and physical condition—restless eyes indicate the temperament of the stomach.

Watch the eyes . . . see that the whites are clear with a healthy bluish tinge. The minute a yellow tinge appears it betrays constipation, sluggish liver or biliousness, you need a laxative. Bring back your

Vigour, Vim, Vitality with Beecham's Pills—the sure way to constant, joyous, bounding health.



Try a regular daily course for a short period. Your eyes will tell the story. A Vegetable Product. Read about Character from the Eyes in future Beecham Advertisements. Sales Agents: Harold F. Ritchie & Co., Limited, Toronto.

LAST NIGHT OF AL JOLSON IN SINGING FOOL

World's Greatest Entertainer Will Be Seen Again Tonight at the Capitol Theatre

Al Jolson, the world's greatest entertainer, will be seen again tonight in his greatest triumph, "The Singing Fool."

One of the finest pictures ever shown here—a human, laughable, lovable story, combining joy, sorrow, triumph, failure, love and song.

Jolson sings his three great song hits, "It All Depends on You," "A Rainbow Around My Shoulders," and that never to be forgotten "Sonny Boy."

Have you heard Jolson sing these songs? Hear him tonight—you'll be delighted.

WEEK AT THEATRE

- Tuesday, Wednesday and Thursday
- "The Singing Fool," Comedy, Oswald, and Paramount
- Friday and Saturday
- "The Trail of '98," Comedy, Collegians, No. 4.

E. W. MARENTEITE IS ILL WITH PNEUMONIA

TERRACE, May 30:—E. W. Marenteite was taken suddenly ill on Monday with pneumonia, and is confined to his home here. Mrs. J. Johns of Prince Rupert arrived on Wednesday to act as nurse in attendance. Ernest Allistone of Prince Rupert is relieving temporarily in the bank until a relieving manager arrives from Vancouver.

We wish to introduce to the public

Our New Butcher

Mr. Tilbrook, of Vancouver, who we feel confident will come up to your expectations and give you satisfaction.

- VEAL STEW—Per lb.20c
- LOIN VEAL—Per lb.35c
- BRISKET BEEF—Per lb.14c
- HAMBURGER—Per lb.20c
- POT ROASTS—Per lb. 18c to 25c
- PRIME RIBS BEEF—Per lb. 30c
- PORK LEGS—Per lb.40c
- SHOULDER PORK—Per lb. 30c
- LAMB STEW—Per lb.20c
- LOIN CHOPS—Per lb.40c

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"The Singing Fool"
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No Advance in Prices—Admission, 15c and 50c

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We want to make friends and hold them. By courteous service we can win this. Let us take care of your gas, oil and greasing needs. Guaranteed work.

We make a specialty of pumping tires for ladies. Let us help you today.

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\$3.50 per
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