

### Whipped cream desserts at plain milk cost

by *Mary Blake*



Isn't that interesting news! Just think of all the delicious fluffy bavarians and charlottes and creams that you can have, without a bit of expensive whipping cream!

This is what you do. Buy a few cans of Carnation Milk. Take off the labels, put the cans in a pan of water and boil the water five minutes. Let the cans cool, then put them in the refrigerator to get thoroughly chilled. Whenever you want a dessert with whipped cream as a basis, simply open a can of Carnation, pour the milk into a chilled bowl, add 1/4 teaspoon gelatine (dissolved) to cup of milk—and whip!

Carnation makes wonderful desserts, rich and smooth and creamy. It has a double portion of cream, you know, broken up into the finest particles so it stays distributed all through the milk. Its richness and fine texture make candies and ice creams, cream sauces and soups, puddings and cakes exceptionally fine-textured and delicate. And when you think that this pure whole milk—evaporated for convenience and sterilized for safekeeping—costs only one-third as much as whipped cream, you will surely want to use it for all your cooking.

Send for free Cook Book. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

#### Carnation Chocolate Charlotte

1 1/4 tbs. gelatine, 2 tbs. cold water,

1/2 cup sugar, 1 1/2 cups Carnation Milk, 1/2 cup water, 1 square bitter chocolate, 1/2 tsp. vanilla, 1/2 dozen lady fingers. Soak granulated gelatine in 2 tbs. cold water 5 minutes. Melt shaved chocolate in double boiler, add sugar, 1/2 cup water and 1/2 cup Carnation. Let cook 5 minutes or until smooth; pour over gelatine and stir until dissolved. When cool, add vanilla. Whip cup Carnation which has been chilled for a couple of hours, gradually add chocolate and gelatine mixture and stir until it begins to thicken. When well thickened pour carefully into mold which has been lined with lady fingers. Chill for hour or more. Turn out, cover with whipped Carnation and garnish with maraschino cherries or nuts.

#### Carnation Macaroon Dessert

1 1/4 tbs. gelatine, 1/2 cup water, 9 macaroons, crumbled, 1 1/2 cups Carnation Milk, 2 egg yolks, slightly beaten, 1/2 cup sugar, 1 tsp. vanilla. Soak gelatine 5 minutes in 1/2 cup water mixed with 1/4 cup Carnation. Scald 1/2 cup Carnation diluted with 1/2 cup water; pour over slightly beaten egg yolks to which the sugar has been added; cook in double boiler until mixture thickens slightly (about 3 minutes); pour over gelatine and stir until dissolved. When cool, add vanilla. Whip 1 cup Carnation which has been chilled for a couple of hours, gradually add gelatine mixture and stir until it begins to thicken. Add crumbled macaroons and pour into mold. Chill for hour or more. Serves 5.

## Rich for Desserts



Carnation Milk is doubly rich in cream. It makes the most delicious desserts. It is dependable, too. Pure, whole milk, sterilized for safekeeping. You'll find it more convenient, more economical than milk in any other form.

(See recipes above)

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- Remo Turnips—8 lbs. **25c**
- Remo Carrots—8 lbs. **25c**
- Preserving Peaches—crate **\$1.60**

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## PRINCE RUPERT PARTY THRILLED WITH VISIT INTO PEACE DISTRICT

(By H. F. Pullen)

EDMONTON, Aug 9.—The whole delegation has been thrilled by the visit to the Peace River country, and especially by their little dip into the British Columbia section of that huge district. There were fairly good crops everywhere, but the crops around Rolla in the B. C. block seemed to us to be heavier than elsewhere. So enthused were the seven men of our party that it has proved difficult to keep some of them away from the land recorder's office.

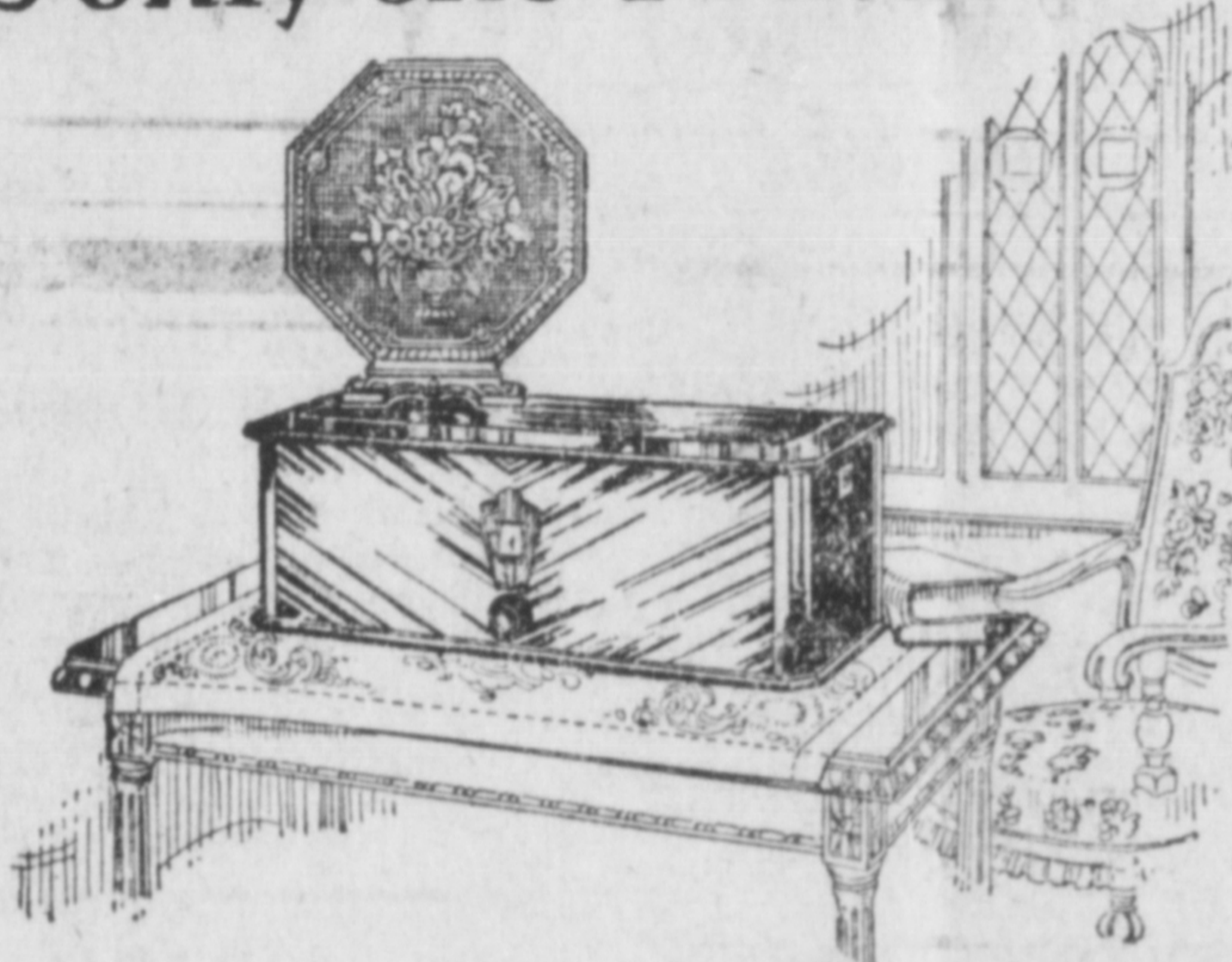
So far as we were able to see, the British Columbia block is the choicest part of the Peace River district. Also we got reports from those who had visited the more distant parts of the block and all agree that it is a wonderful country and demands immediate transportation facilities. The British Columbia section will thresh a million bushels this year and next year the residents say they will have three million, so rapid is the growth of population there. Settlers are pushing on into the west and north and there seems no limit to the distance they may go. Wheat lands are everywhere. This year grain will be hauled over one hundred miles to rail head and next year it will be worse.

Wherever one goes in the Peace, whether it be in Alberta or British Columbia, the demand is for a

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swaths and then picked up by the same machine and threshed. This particular machine had the previous day cut with the swather 52 acres in seven hours 52 minutes and this will be threshed by the same machine this week if the weather is fine.

Mr. Vandewater has a field of wheat that will thresh fifty bushels to the acre. Other seasons he has had even more than that. The whole Peace country will average, it is said, 25 bushels to the acre. Much of the land in the Peace is covered with light poplar or willow, which is easily cleared. Everywhere we went there were large fields of newly-cleared and broken land, some of them 160 acres in extent. These will all be cropped next year. Farther away from the railway, the amount of new land is said to be even greater than where we went.

The whole route of the visitors was carefully planned. At Sexsmith the party divided, some going into B. C. and others remaining in Alberta, and giving more time to the experimental farm and other features. We were at the experimental farm only a few minutes and there we were greeted by Miss Olga Kolosoff, formerly an employee of McRae Bros., in their art department. She rode with us as far as Grande Prairie and returned with her employer, Mr. Albright, director of the farm. We regretted being unable to stop long at the farm, but evening was falling and we had to be in Grand Prairie for a meeting.

Land of Opportunity  
Mr. Albright seemed a very capable man. He gave an address at the evening meeting in which he showed that he had a clear grasp of Alberta conditions and the vastness of the country and its possibilities.

While still as confident as ever of the future of Prince Rupert and of the opportunities that exist there, I also feel sure that anyone who likes grain growing and can stand a cold winter would make no mistake in going to the Peace River. It is a land of opportunity. They have excellent roads, schools and other facilities. Before long these will improve. The Prince Rupert delegation was more convinced than ever before that the Peace River country is one to which Prince Rupert should link her fortunes. Our interests are identical and we took every occasion to tell them so.

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