#### Whipped cream desserts at plain milk cost

- mary Blake:

rich and smooth and creamy. It has a double portion of cream, you know, Carnation Macaroon Dessert broken up into the finest particles so it stays distributed all through the milk. macaroons, crumbled, 134 cups Carnadies and ice creams, cream sauces and soups, puddings and cakes exceptionally fine-textured and delicate. And mixed with 1/4 cup Carnation. Scald when you think that this pure whole milk—evaporated for convenience and sterilized for safekeeping—costs only one-third as much as whipped cream, ed; cook in double boiler until mixture you will surely want to use it for all thickens slightly (about 3 minutes);

134 Abbott Street, Vancouver, B.C.

Carnation Chocolate Charlotte 11/8 thsp. gelatine, 2 thsp. cold water, more. Serves 5.

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 caps cool, then put them in the the cans cool, then put them in the for a couple of hours, gradually add refrigerator to get thoroughly chilled. | chocolate and gelatine mixture and stir Whenever you want a dessert with until it begins to thicken. When well whipped cream as a basis, simply open thickened pour carefully into mold a can of Carnation, pour the milk into which has been lined with lady fingers. a chilled bowl, add 1/4 teaspoon gelatine | Chill for hour or more. Turn out, (dissolved) to cup of milk-and whip! cover with whipped Carnation and Carnation makes wonderful desserts, garnish with maraschino cherries or

Its richness and fine texture make can- tion Milk, 2 egg yolks, slightly beaten, pour over gelatine and stir until dissol-Send for free Cook Book. Address ved. When cool, add vanilla. Whip 1 Carnation Milk Products Co., Limited, | 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

## Week-End Speciale

	Specials	
	Granulated Sugar— \$	1.35
	Quick Quaker Oats— pkg.	30c
	Kellogg's Bran Flakes— pkg.	15c
	Quaker Corn—2s.	15c
	Malkin's Tomatoes—2s 2 tins	25c
	Old Dutch Cleanser— tin	10c
	Sunlight Soap—  2 pkgs.	45c
	Del Monte Pilchards—in tomatoe sauce 2 large tins	35c
	Crown Norwegian Sardines 2 tins	25c
	Nabob Asparagus Tips— tin	20c
in a second	Campbell's Vegetable Soup—tin	15c
Street, or other Persons	Seedless Raisins— 2-lb. pkg	25c
-	Eggs—Fresh Extras	55c

Brookfield Butter-

Mazola Oil-Quart

Remo Turnips-

Remo Carrots—

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#### PRINCE RUPERT PARTY INTO PEACE DISTRICT (By H. F. Pullen)

EDMONTON. Aug 9.—The whole delegation has been thril'ed 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 Rolia in the B C. block seemed to us to be heavier than elsewhere. So enthused were the to us to be heavier than elsewhere. So enthused were the 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 coast outlet. Also they want reports from those who had visited branch line extensions, but the the more distant parts of the block coast outlet seems to be the one and all agree that it is a wonder- subject of conversation. They are ful country and demands immedi- hoping that the visit of the Canaate transportation facilities. The dian Chamber of Commerce will British Columbia section will forward their cause, and it certhresh a million bushels this year tainly will do that. Not a member and next year the residents say of the party but was visibly imthey will have three million, so pressed and enthused at the develrapid is the growth of population opment of this vast wheat growthere. Settlers are pushing on into ing empire.

the west and north and there seems. In conversation with a high railno limit to the distance they may way official yesterday, it was inti-70. Wheat lands are everywhere, mated that the railway would be This year grain will be hauled over built to Pouce Coupe next year. one hundred miles to rail head and and that, of course, will relieve the \$1.40 next year it will be worse. situation somewhat. There is al-Wherever one goes in the Peace, ready a railway grade so that the cost of extension will be small.

> Prosperity Everywhere Possibly the most outstanding feature of the whole Peace River country is the evidence of prosperity everywhere. Houses and barns are painted, every farmer has a car, usually of up-to-the-minute make; there is a ready sale for the latest in farm machinery. All this indicates wealth. Large wheat fields stretch in every direction. We saw a solid field of 300 acres that we were told would thresh forty bushels to the acre and grade not less than No. 2. That field is worth

at least \$12,000 as it stands. But there were also failures. Here and there we ran across fields that possibly would not yield more than ten or fifteen bushels to the acre. Some farms were not as good as others and some farmers did not cultivate as well as others. The result was evident in the crop. All the wheat had been cut and was swaths and then picked up by the in stook. Only a few farmers were same machine and threshed. This threshing. Some of the oats were particular machine had the precut, but others were standing in vious day cut with the swather 52 the field and many small acres acres in seven hours 52 minutes were quite green and were being and this will be threshed by the cut green for fodder. There was a same machine this week if the remarkable absence of hay lands weather is fine. condition described applies to both is said, 25 bushels to the acre. Alberta and British Columbia sec- Much of the land in the Peace is tions of the country. We saw more covered with light poplar or wil- CALL AT THE CASH & CARRY of Alberta and consequently know low, which is easily cleared. Everymore about it, but we drove for where we went there were large forty or fifty miles on the B. C. side fields of newly-cleared and broken of the provincial boundary and land, some of them 160 acres in ex- En conditions were very similar on tent. These will all be cropped next

each side. dents enthusiastic about the coun- said to be even greater than where try in which they lived. We did not we went. meet a knocker or even one who The whole route of the visitors was half-hearted. It was a happy was carefully planned. At Sexchange from Prince Rupert, where smith the party divided, some gothe stranger visiting the city always ing into B. C. and others remain- Da hears some disparaging remarks ing in Alberta, and giving more 3-lb. pkg. about the home town and home time to the experimental farm and

and other facilities and immigra- turned with her employer, Mr. the conditions right and the people regretted being unable to stop long will come."

Former Rupert People Everywhere we went we met for- Prairie for a meeting. mer Prince Rupert people. Right on the platform at Sexsmith, the Mr. Albright seemed a very ca- prefirst jumping off place on the pable man. He gave an address at route, was Miss Vandewater, for- the evening meeting in which he merly a stenographer in the for- showed that he had a clear grasp Fie estry department at Prince Rupert of Alberta conditions and the vastand a brother of Guy Vandewater, ness of the country and its possi- Sm for some time manager of the B. C. bilities.

100 miles.

is cut and laid on the ground in them so.

Intertainment

~~~~~~~~~~ WEDS. & THUR. Two Shows 7 and 9 p.m.

John Barrymore

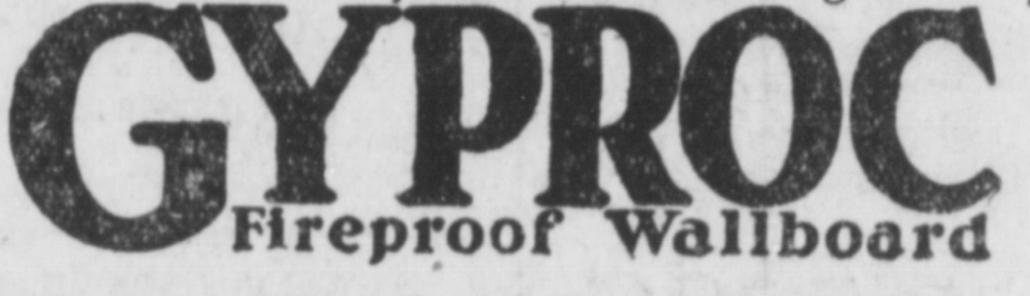
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and oats had to be used as a sub- Mr. Vandewater has a field of stitute. Later alfalfa and clover wheat that will thresh fifty bushels and timothy will probably be used to the acre. Other seasons he has a good deal, for we saw one or two had even more than that. The plots that were doing well. The whole Peace country will average, it

year. Farther away from the rail- Go Everywhere we found the resi- way, the amount of new land is

other features. We were at the ex-There is a spirit of expectancy perimental farm only a few minin the Peace. Every one is looking utes and there we were greeted by forward to greater things. They Miss Olga Kolosoff, formerly an object to efforts being made to in- employee of McRae Bros., in their duce immigration. They say: "What art department. She rode with us we need is improved transportation as far as Grande Prairie and retion will take care of itself. Make Albright, director of the farm. We at the farm, but evening was falling and we had to be in Grand

Land of Opportunity

Butchers. Mr. Vandewater took J. While still as confident as ever of Cob Corn-C. Brady, M.P., Ald. Collart and my- the future of Prince Rupert and of per doz. self in hand and we rode about 250 the opportunities that exist there, miles in his car, including visits to I also feel sure that anyone who ner lb Hythe, Pouce Coupe, Rolla, Beaver likes grain growing and can stand Lodge and Grand Prairie. Then he a cold winter would make no mis- Orangesdrove home that same evening take in going to the Peace River. from Grand Prairie, a distance of It is a land of opportunity. They have excellent roads, schools and Mr. Vandewater runs a lumber other facilities. Before long these yard at Rolla and his son, who was will improve. The Prince Rupert in Prince Rupert, is making a great delegation was more convinced success in the farm machinery bus- than ever before that the Peace iness as agent for Massey Harris. River country is one to which He had just set up a new "Com- Prince Rupert should link her forbine," which cuts and threshes at tunes. Our interests are identical one operation. Sometimes the grain and we took every occasion to tell

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| ates—                                    | 250 |

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| serving Prunes—<br>er crate  | \$1.00  |
| d Tomatoes—<br>er basket     | 45c     |
| all Pickling Cukes<br>er lb. | ALL U U |
|                              |         |

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