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Westholme Theatre

THURSDAY, 7 & 9 P.M.

"HOLD 'EM YALE"

A SMASHING COLLEGE STORY WITH ROD LA ROQUE AND JEANETTE LOFF.

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To Vancouver, Victoria and Seattle—February 13, 27; March 13, 24.

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HOLD 'EM YALE AT WESTHOLME

"Hold 'Em Yale" at the Westholme last night breathes the spirit of undergraduate life—football, boxing, student activities of every kind and it has color and charm. The story deals with a young chap reared in Argentine and his romantic love for the daughter of a university professor.

The picture moves like a whirlwind from fadejn to fadeout. There are hair-raising chase between the college man and the "goof" detective—rapid-fire boxing bouts between the classes—football practice and the thrilling scenes during the Big Game in which Rod makes good and scores a victory for Yale!

In strong contrast to the scenes at Yale are the sequences in the Argentine where Rod is a young and wealthy son of the pampas. During his vacation, he learns broken field running by practicing with a herd of steers for opponents.

Picture the unusual possibilities of this debonair young Argentine cast on the Yale campus. Imagine his impressions as a freshman compelled to abide by Yale's old traditions. His cockiness knocked out by a punch on the jaw, he decided to do something worth while—your interest is immediately aroused. When Rod is in the hospital, the whistle blows that starts the Big Game. And he is Yale's greatest star and highest hope!

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Get a bottle of "Buckley's"—that's the pleasant, sure way of *immediately* relieving any kind of Cough and preventing that "mere cold" from developing into a serious illness. The very first sip of Buckley's Mixture reveals its remarkable power.

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If you want to keep the family budget down, you can not afford to overlook these prices.

Granulated Sugar—15 lbs. .$1.00
4 Pkgs. Kellogs Corn, 2 Pkgs. Kellogs Pep—For 70c
Dina-Mite Breakfast Cereal—Pkg. 25c
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Crisco—3-lb. tin 85c
New Zealand Butter—3-lb. brick $1.40
Swift's Picnic Ham—lb. 23c
Chateau Cream Cheese—1-lb. Pkg. 45c
Quaker Pork & Beans—6 large Tins 70c
Fresh Pullet Eggs—Extras, 3 Doz. $1.10
Jap Rice—No. 1, 6 lbs 45c
Swifts Pure Lard—5-lb. tin $1.00
Five Roses Flour—7-lb. sack 40c
Ghiradellis Chocolate—3-lb. tin $1.40
Fresh Kippered Herrings—lb. 15c
Shrimps—Fresh every second day per lb. 20c
Navel Oranges—Medium size, 5 Doz. 95c
Lemons—Full of juice, 2 doz. 45c

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PACIFIC MILLS PLANT CLOSED

Water Shortage Causes Cessation of Operations Except For the Machine at Ocean Falls

On account of water shortage which has been accentuated by recent cold weather conditions, the Pacific Mills pulp and paper mill at Ocean Falls has been closed down except for one machine. Only milder weather with rain will start the plant in full operation again and, meantime, the company is formulating plans to ensure a better water supply in the future. It is reported that a new dam may be built further back in the mountains.

During the closedown, the most of the 1100 men employed at Ocean Falls are being given work overhauling equipment.

OCEAN FALLS LIBERALS ELECT

J. O. Latham Again President and Bert Phillips Secretary

The Ocean Falls Liberal Association at its annual general meeting re-elected J. O. Latham president and chose Bert Phillips secretary for a third period. The complete list of officers follows:

Hon. President, Dr. J. D. McLean.
Hon. Vice-president, T. D. Pattullo.
President, J. O. Latham.
Vice-president, W. H. Wright.
Sec.-treas., Bert T. Phillips.
Executive, C. Wright, Paddy Burke, F. Balmer and W. J. Heath.

It is proposed to hold a few socials and dances in the near future jointly with the Ladies' Liberal organization and a committee was appointed to confer with them with that end in view.

COMMITTEES FOR HOSPITAL NAMED

G. P. Tinker, Ald. W. M. Brown, G. V. Wilkinson and R. W. Cameron are Chairmen

Standing committees of the Prince Rupert General Hospital for the year 1929 have been named as follows by J. H. Thompson, chairman of the board:

Finance committee—G. P. Tinker, (chairman), R. W. Cameron, Alex McRae and Norman Watt.

House committee—Ald. W. M. Brown, (chairman), L. W. Waugh, Ald. S. D. Macdonald, Dr. J. P. Cade, Mrs. H. F Glassey.

Grounds committee—George V. Wilkinson, (chairman), Alex McRae, L. W. Waugh, Ald. S. D. Macdonald.

Executive committee—R. W. Cameron, (chairman), G. P. Tinker, Ald. W. M. Brown, George V. Wilkinson.

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2 lbs. Corned Beef, 2 lbs. Cabbage for $1.00
2 lbs. Oxford Sausage, 3 lbs. Pickled Pork for $1.00
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Gainers Hams (half) per lb. 38c
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SPRING SERVICE STARTING SOON

Canadian National Coast Steamships will go on spring, double weekly service the last week in March. The steamers Prince George and Prince Rupert will arrive here from the south at 10:30 Wednesday and Saturday mornings respectively, and will sail at 4 p.m. the same days, both making the trip to Anyox and Stewart, returning here at 7:30 p.m. Thursdays and Sundays, and sailing for the south at 10 p.m. the same days.

This schedule will be effective until June 9 when the summer service will be inaugurated.

Next week, the steamer Prince Rupert, which has been carrying out the once-a-week service all winter, will be withdrawn at Vancouver for overnaul and will be replaced by the Prince George, which has been tied up at Vancouver since last fall. Capt. Harry Nedden and all the regular officers of the Prince George will come out with the vessel while the officers of the Prince Rupert remain with their ship at Vancouver.

The service to the Queen Charlotte Islands will remain as at present until June, it is understood.

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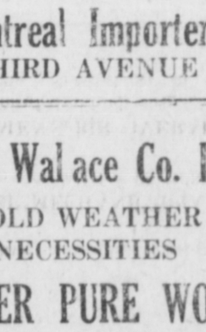

BAD EYES

Are your eyes peculiar—a little different? Harder to test than many?

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WEDNESDAY AND THURSDAY, 7 AND 9 P. M.

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A CHARLIE CHAPLIN COMEDY "THE VAGABOND"

Two Shows, 7 and 9 p.m. 35c and 5c.

Vary your dinners with fish and eggs

by Mary Blake

Women often tell me that their greatest difficulty in meal planning is to get variety into the main dish. It is easy enough to build a dinner, once you have selected the meat, but it takes thought to get away from the obvious round of steaks and chops and roasts.

Why not now and then substitute fish or eggs? By combining either one with milk, you have a dish rich in food values—proteins, minerals and vitamins. There are any number of delectable ways in which these combinations may be made—omelets of all sorts, creamed eggs, souffles, creamed tuna, shrimp or lobster, scalloped oysters, salmon souffle.

You must have a dependable milk supply

In any cooking that calls for milk, I never take chances. I use nothing but Carnation Milk. I know that it is the purest of high grade milk from selected herds. I know that it is rich in cream—doubly so—for it is evaporated to double thickness. I know that I will always find it sweet and good, no matter how large the quantity I have on hand, for it is sterilized for safe-keeping.

I can count on Carnation always for notably delicious results—extra creaminess, velvety smoothness of texture, fragile delicacy of flavor. The best informed domestic scientists agree that it is not only better in results than ordinary bottled milk, but that it is particularly economical.

If you want to know what a great new field of cooking success awaits you in the use of Carnation Milk, send for free Cook Book. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Tuna Fish a la King

2 tbsp. butter, ½ green pepper shredded, 1 hard-cooked egg, ½ cup chopped mushrooms, 3 tbsp. flour, 1 cup Carnation Milk, 1 cup water, salt and pepper, 1½ cups tuna fish, ½ cup peas. Saute green pepper and mushrooms in butter until tender (about 10 minutes), keeping covered. Remove mushrooms and pepper and blend flour with butter; add Carnation diluted with water and cook until mixture is thickened, stirring constantly. Place flaked tuna fish, peas, egg, mushrooms and pepper in double boiler; add sauce; cook over hot water 10 minutes. Serve in patty shells or on toast points. Serves 6. Lobster or shrimp may be used in place of tuna.

Baked Eggs a la Carnation

1½ tbsp. butter, 1½ tbsp. flour, ½ tsp. salt, ¼ tsp. pepper, ½ cup Carnation Milk, ½ cup water, 4 to 6 eggs, buttered bread crumbs. Make white sauce of butter, flour, seasonings and Carnation diluted with water. Pour into shallow baking dish. Cover sauce with eggs, being careful not to break yolks. Sprinkle buttered bread crumbs over top and bake in moderately slow (325°F.) oven until eggs are firm. Garnish with parsley.

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Carnation Milk is simply pure, sweet *whole* milk, evaporated to double creaminess. Nothing is added; nothing removed but about half the water. Try this dependable, convenient, economical milk.

(See recipes above)

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