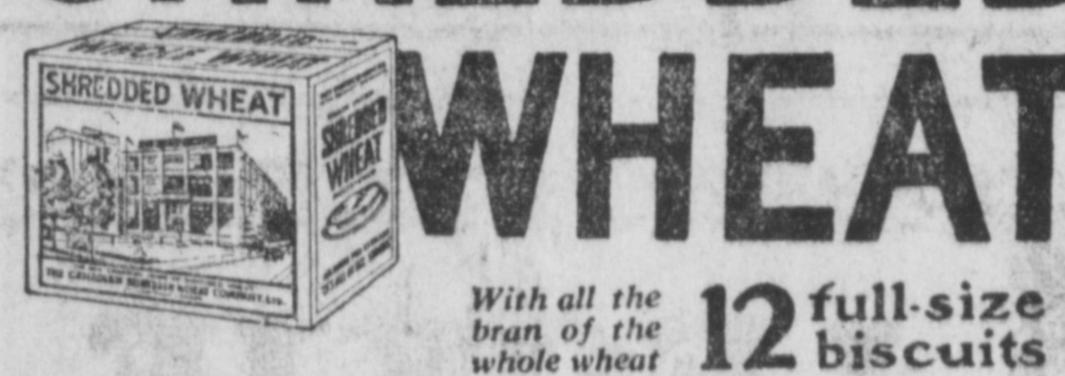
Here's Energy for the Spring days

SHREDDED



Eat it for any meal with milk or cream-delicious with fruits—all the food elements you need, in a digestible form. save the paper inserts in each package—lots of fun for the children.

Why don't you eat your way to slimness?

-mary Blake =

Include It In Your Diet

Are you one of those over your French pastry and hot chocolate. sigh for a sylphlike figure?

Overweight usually comes from overeating. Yet a radically restricted diet is dangerous, and difficult to maintain. because of our natural craving for a variety of foods.

The way to reduce is not by eliminating anything from the diet, but by cutting down the quantity of everything, making the sharpest cuts in concentrated foods, which are particularly fattening—sugar, cakes and candy, ly through every drop of milk. Because fats, cream, pie and such slenderness- every drop has its double share of wrecking delicacies. Eat lean meats. Use mineral oil in salad dressings

Your meals should consist largely of cream. vegetables, fruits and milk. They sup- Another way to elude your whipped ply important food values and no cream tastes is the use of whipped Cardiet is safe which ignores this necessity | nation Milk as the foundation in bavar--but they are not fattening. Of these | ian creams, charlottes and such dishes. milk is the most important, because it In coffee, too, it gives you the creamisupplies as no other single food does, ness without the extra calories. everything needed for bodily health, Actually Carnation gives more deligrowth and activity. You can include cious results in cooking than eyen the it in your diet in various ways. A best of bottled milk-smoother, creamcream soup gives you a comfortable ier soups and sauces, more velvety ice feeling of having lunched well, supply- creams, more delicate, finer-textured ing essential food values without im- puddings and custards. More than periling your weight. Milk should be that, it is convenient; completely deused in the preparation of simple des- pendable, never varying in quality, serts to replace rich pie and cake. and extremely economical. Custards, blanc manges and other milk Send for free Cook Book. Address puddings are nourishing, and do not Carnation Milk Products Co., Limited, threaten increased poundage. 134 Abbott Street, Vancouver, B.C.

Outwit your weakness for cream with this rich milk

For all these milk dishes, I suggest Carnation Milk, because by using it you can have the flavor of richness in your food without the lavish use butter and cream. Let me explai It is simply the purest of whole mill evaporated to double richness and sterilized for safekeeping. It is also homogenized, which means that the cream content is broken up into minute particles which distribute themselves evenenriching cream, everything cooked Mineral oil, not being assimilated, adds flavor that you ordinarily get only no calories to the diet.

with Carracter you ordinarily get only with the generous use of butter and with Carnation has the creamy, rich

Carnation Milk-pure

whole milk evaporated

to double richness-sup-

plies the nourishment

imperative to health,

and by its uniformly dis-

tributed double cream

content makes unneces-

AIRMEN WHO WERE FOUND WHILE SEARCHERS WERE LOST



Captain Kingsford Smithe (upper right) and Lieut. Ulm (lower left) with their plane the Southern Cross, which was recovered after being lost in the wilds of Australia.

GRADUATION EXERCISES OF

mas and Pins at Impressive Ceremony Last Night

LARGE NUMBER PRESENT

J.O.D.E. Hall When Congratulations Were Showered

Impressive exercises in connec- appreciated by the congregation, last Sunday evening.

and, altogether, had a very were unable to be present. charming appearance. Enthusiasm was shown by the congrewation with its applause.

others on the platform were Miss Jean Harrison R. N., lady superintendent, James H. Thompson, VANDERHOOF chairman of the board of direcpastor of First Presbyterian will be the construction of a new

earnest address to the graduating class. It was all very new to him, The village commissioners are he said, but still it was a great endeavoring to have the Canadian pleasure and he felt highly hon- National Railways put in a more ored in being called upon to ad- adequate waiting room in the dress the nurses. He spoke of the local station. ideals of service which he applied to the nursing profession, extol- Dr. Morrison, dentist, is a visiling a calling whose prime factor tor in this district on profeswas the aid of mankind. He con- sional business. trasted the high place of the nursing profession today to its Local citizens were disappoinstatus a century ago. Since the ted at the failure of Hon. W. A. time of Florence Nightingale, the McKenzie and Hon. R. W. Bruhn personality of those engaged in to stay over during the recent the profession, he held, had been trip through the central interior. largely responsible for its high standing at this time. Perquisites The United Church Ladies' Aid for the vocation were patience, met yesterday afternoon at the compassion and hope and he ur- home of Mrs. John Goldie. ged the new graduates to ever

which, he said, had much in winter in the Manson Creek dis-

At the conclusion of Mr. Jones' country during the summer. address, James H. Thompson, president of the hospital board, A campaign of painting and invested them with their class "clean up week" here. Four Young Ladies Given Diplo- pins. There was much applause as each young lady came for- Miss Taylor has taken a posi-

A pleasing feature of the cere- parlor here. monies were selections by a male quartet consisting of John E. R. K. Finlaison of Finmoore Davey, J. A. Teng, M. H. Blott has been spending a few days Reception and Dance Follows in and A. Clapperton. They sang here as the guest of Mr. and three numbers: "I Passed by Mrs. Robert Reid. Your Window," "Drink to me Only With Thine Eyes" and Lay readers conducted "Good Night" which were greatly Church of England service here

tion with the graduation of Miss Ushers were L. F. Smith, E. J. Jean McMurphy, Miss Jeanette Smith, William Fisher and S. J. Mr. and Mrs. Paul Boor are

Miss Rose O'Neill from the At the conclusion of the church district after spending the win-Prince Rupert General Hospital service, which was in progress ter months in North Dakota. training school for nurses were about an hour, about 150 persons conducted last evening in First repaired to the I.O.D.E. Hall for Presbyterian Church and were the reception where congratulafollowed by a reception in the I. tions were offered to the grad- The forestry boat Lillian D. O. D. E. Hall in honor of the four uates. Dancing was in progress has been a recent visitor here popular members of the 1929 until 1 a.m. with music by from Prince Rupert, having on graduating class. Both affairs Charles P. Balagno, Robert board Ranger J. B. Scott. were attended by many friends Greenfield, K. A. Rood and J. of the new graduates. Currie. Delicious refreshments The Crawford Transfer Co. has

uate and undergraduate staff, all Among those present at the its newly erected premises here. in uniform, the 1929 graduates ceremonies were Mr. and Mrs. D. marched into the auditorium of L. McIntominey of Anyox, par- Harry Brentzen has 700 pounds the church after the congrega- ents of Miss Morley, and Mr. of provisions at Bowser Lake in tion was seated. John E. Davey and Mrs. George McMurphy of anticipation of a prospecting trip presided at the organ for the New Westminster, parents of this season into the Iskut counprocessional march. The grad- Miss McMurphy. Relatives of try via Bowser Lake. uates carried beautiful bouquets Miss Olofson and Miss O'Neill

George G. Bushby presided and DISTRICT NEWS

Hospital, Rev. T. Ivon Jones, projects in the district this year House last night. Church, and Rev. Alfred Wilson, road from Vanderhoof to Fort The International Electric Co. pastor of First United Church. Fraser, following the railway shareholders, at a general meet-Rev. Mr. Wilson led in prayer line. There will be a saving of ing here on Tuesday, ratified the and a few appropriate remarks ten miles in distance as compared sale of the property and assets were made by Mr. Bushby. with the present route via Stony of the company to Vancouver

keep these in mind. The speaker Mr. and Mrs. O. J. Crites have closed by mentioning the relation returned to their home in the of medical science and religion United States after spending the

common. trict. They expect to make an-Diplomas and Pins other trip into the Omineca

LOCAL NURSES presented their diplomas to the cleaning up is now in progress graduates and Miss Jean Har- in Vanderhoof, particularly in rison R. N., lady superintendent, the business section. This is

ward. tion in T. P. Calhoun's ice cream

Morley, Miss Hilda Olafson and Hunter. back on their farm in the Ellisby

STEWART

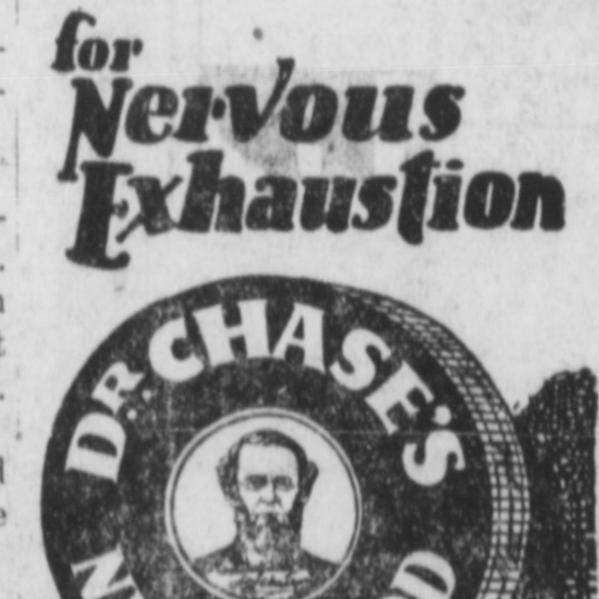
Led by members of the grad- were served. just opened up for business in

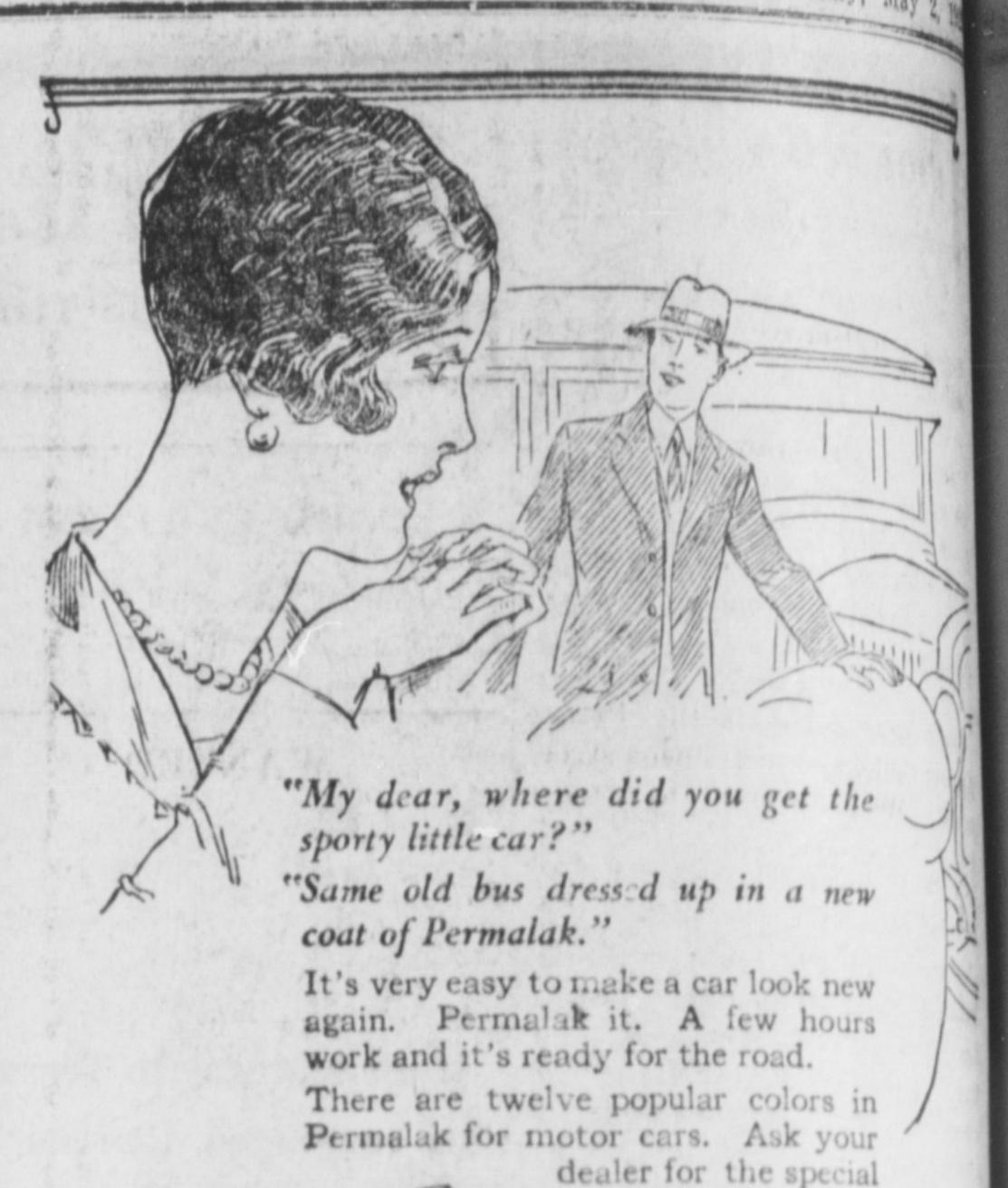
F. E. Gigot and Walter C. Blanton, who recently formed a partnership, have opened up a stock brokerage and life insurance business here.

The Women's Auxiliary to the Stewart General Hospital held a successful card party and tors of the Prince Rupert General One of the major public works dance in the Stewart Opera

Rev. Mr. Jones delivered an Creek Indian village. Holdings Ltd. for the sum of

Men's fancy silk hose 2 prs. for 95c. Wallace's.







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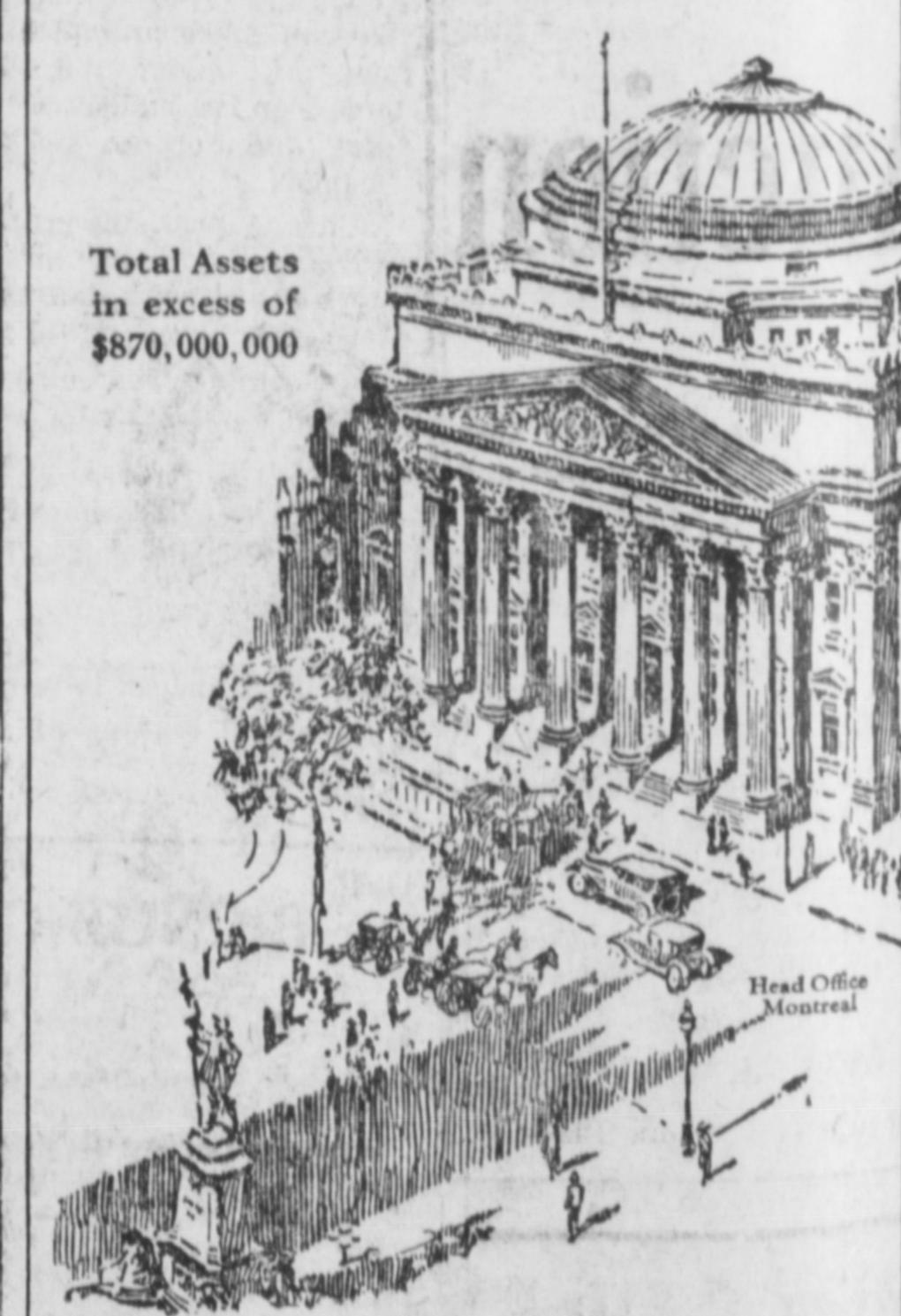
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Established 1817



FORCE OF HABIT

BORN, NOT MADE

Boarding-House Keeper-I did not put anything in the plate at church.

Boarder-Force of suppose ?---Strand.

Mistress-I'm Cornish by I always thought they caused by tight boots. Opinion.

rom on the label means EVAPORATED MILK of highest quality

sary the lavish use of cream and butter. Use it for all cooking. Contented Cows

More Bread & Belter Bread. A real flour for home cooking BRACKMAN-KER MILLING CO.LTD. DISTRIBUTORS