

**This sauce deserves its fame**

by *Mary Blake*

I have given my recipe for white sauce to many women. They always tell me it's the best sauce they have ever tasted, so I don't feel that I am boasting unduly when I praise it to you. I claim no credit myself for its deliciousness. I know quite well that its smooth, rich creaminess is due largely to the milk used.

Unless the milk used in a white sauce is pure and sweet and rich in cream, you'll get an indifferent result. But if you have creamy whole milk of the highest quality, pure and sweet, you can count on a delicious sauce. And that is exactly what you have in Carnation Milk. It is simply the best of whole milk from selected herds, with nothing added and nothing taken out except part of the water.

Being evaporated to double richness, it makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into minute particles—it gives a wonderfully fine, smooth texture. And this same rich creaminess and velvety-smooth texture are found in every dish in which Carnation Milk is used.

Because of its uniformity, dependability, convenience and real economy, you will prefer it for all cooking. Send for free Carnation Cook Book. Address: Carnation Milk Products Co., Ltd., 134 Abbott Street, Vancouver, B.C.

**Carnation Cream Sauce**  
(for vegetables)

1 1/2 tsp. butter, 1 1/2 tsp. flour, 1/2 tsp. salt, few grains pepper, 1/2 cup Carnation Milk, 1/2 cup water. Melt butter in top portion of double boiler; add flour and seasonings; mix thoroughly. Add Carnation diluted with water; stir constantly until smooth and thick; place over hot water and continue cooking 10 minutes, stirring occasionally.

**Carnation Cheese Sauce**  
(for vegetables or fish)

Add 1/2 cup grated cheese to 1 cup Carnation Cream Sauce and stir until melted. Serve hot.

**Carnation Egg Sauce**  
(for vegetables or fish)

Add 1 chopped hard cooked egg, 1 tsp. chopped parsley, and 1/2 tsp. celery salt to 1 cup Carnation Cream Sauce. Serve hot.

**Carnation Spinach au Gratin**

3 tsp. butter, 3 tsp. flour, 1/2 tsp. salt, 1/4 tsp. pepper, 1/2 cup Carnation Milk, 1 can spinach (No. 2), 1/2 cup spinach liquid, 1/2 cup grated cheese, 1/2 cup dried bread crumbs stirred in 2 tsp. melted butter. Melt the 3 tsp. butter, add flour and seasonings and mix thoroughly; add Carnation and liquid drained from can of spinach. Stir constantly until smooth and thick. Add grated cheese; when melted add spinach. Put mixture into casserole, cover with buttered bread crumbs; brown in oven 10 minutes. Serves 5.

**Smoother, Creamier Sauces**



Even the best of bottled milk cannot equal Carnation Milk in cooking results. Velvety smoothness, rich creaminess, fragile texture, delicacy—these are some of the qualities which Carnation Milk gives to foods. Try it!  
(See recipes above)

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

Mrs. Harriet Pullen, proprietress of the well known Skagway hostelry, the Pullen House, and one of the colorful pioneer residents of that Alaskan port, was a passenger aboard the Princess Norah this morning going south for a vacation trip to the United States.

Rev. T. A. Westgate of Winnipeg, field secretary of Church of England Missionary Society, was a passenger aboard the Princess Norah this morning going east after having made a month's trip into the Yukon Territory.

**MUSIC CLUB PAPER READ**

Miss Way Demonstrates on Piano Work of Masters in Symphony and Prelude

The Ladies' Music Club held a most interesting and instructive meeting yesterday afternoon at the new home of Miss Way, Fourth Ave. when the hostess for the day read a well thought out and carefully constructed paper on the Symphony and Prelude illustrated on the piano by herself and by Miss Swanna Olafson and Mrs. E. Lancaster Smith. There was a large attendance of members and tea was served for Miss Way by Miss Olson, Mrs. Blott and Mrs. Heilbroner, the hostess being handicapped by an injured foot.

In her paper, Miss Way explained the various kinds of preludes, some being of very light texture mainly of harmonies in broken chords and some represented the development of figures and phrases of melody and are typical in character. An introductory organ voluntary is often termed a prelude. It differs from introduction in that it is complete in itself and ends with a full close. The Bach style of preludes were illustrated by Miss Olafson.

Mrs. Smith illustrated Chopin's preludes, the lovely Prelude in B Minor being the selection chosen. Miss Way also illustrated the flight

of Chopin fancy in the D. Flat Prelude.

**The Symphony**

Turning then to the symphony, Miss Way spoke of Hadyn who is known as the "father of symphony," and demonstrated a minute by this composer. She also told how Mozart and Beethoven carried the work along, the latter bringing it to its highest degree of perfection. Schuman's work was also described with special emphasis on the Symphony in C. It was this master who brought to light some of the greatest works of Schubert. The Unfinished Symphony which was found by Schuman after Schubert's death, whose instrumental and orchestral work is receiving great attention today, a creator of the most sublime in the realms of music.

touched upon the symphony work of other masters of the art and closed with a brief mention of the work of Frederick Delius, the blind and paralyzed musician, whose instrumental and orchestral work is receiving great attention today, a creator of the most sublime in the realms of music.

B. A. Twiss, well known Vancouver insurance man, was a passenger aboard the Princess Norah this morning returning south after a trip to Ketchikan and Alaska points.

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