

**SALADA has the finest flavour in the world and it costs only one-third of a cent a cup**

# "SALADA" TEA

**'Fresh from the gardens'**

## BENNETT SPOKE AT TERRACE

Train Stopped Twenty Minutes While Conservative Leader Gave Address

TERRACE, Aug. 15.—There was a good crowd at the station on Tuesday to hear Hon. R. B. Bennett, Conservative leader in the Dominion house, speak. Through the courtesy of the C. N. R., the train was held here for about twenty minutes to give the people of this district an opportunity to hear Mr. Bennett. He was introduced by James Nelson, president of the local Conservative Association. He made a good impression on his audience with a short talk on the clear-cut policy of his party on tariff issues. At the close of his talk he was presented with a bouquet of Terrace grown roses by little Miss Betty Dover.

Daily News "Want Ads" bring quick results.

## SOFTBALL ON WEDNESDAY EVE

Station Won From Drydock By the Odd Run

In the hardest fought and most exciting softball game of the season the station team squeezed the Drydock out by beating them by the odd run in the ninth inning, the score being 13 to 12. It was anybody's game right up to the last. The Drydock got away to a flying start by having 10 runs to the Station's five at the end of the fourth inning. The Station team played the most consistent game all the way through; they got runs every time to bat except the first inning. The Drydock got three in the first, six in the fourth, two in the fifth and one in the seventh. H. Skattebol, batting for Mair in the seventh, connected with a long hit to left field scoring two runs. This game ties the Station and Drydock for first place in the second half.

Station—Astoria, Stalker, Styco, S. Skattebol, Mair, Horton, Holtby, McIntosh, A. Skattebol.

Drydock—Gawthorne, Howe, Kelsey, Smith, McKeown, McKenzie, Hadden, Reid, Hedstrom.

### The right foods to help you gain weight

by *Mary Blake*



If you are actually too slim to be fashionable—and I can scarcely believe that such a degree of slenderness exists—you are luckier than most of us, for you can eat in sublime unconcern about the number of calories that are totalling themselves up into prodigious figures in the meal before you.

But this superb nonchalance isn't enough to put those desired pounds on you. Errors in diet may be the very thing responsible for your underweight.

While poor appetite may be caused by lack of exercise, worry, too much excitement, fatigue, it is often due to eating between meals, especially sweets; poor choice of foods, too many salads and sweets and not enough nourishing food; irregular meals. Eating between meals may not be a disadvantage, if you choose such things as fruit, cocoa and milk, and if your eating does not destroy your appetite for the next meal.

#### Some suggestions for your diet

Concentrated foods will help you put on weight. Sugar, fats, cream are all good weight builders. Cheese is also a highly concentrated food. Plenty of butter in the cooking will help you emerge from over-thinness; candy and cake are fattening, if you eat them at the end of the meal, instead of between meals. Cream soups are good for you, because they supply a generous quantity of milk and milk is one of the things you must build on.

Every individual needs a quart of milk a day, you particularly requiring the body-building elements which it supplies. Milk, you must remember, is the most nearly perfect food we have, containing everything needed for bodily health, growth and activity. If you don't want to drink all this milk, use it in cooked dishes—cream soups, creamed vegetables, milk puddings.

In increasing your milk allowance, I would suggest that you use Carnation Milk in your cooking. It has definite advantages that ordinary bottled milk does not offer. For example, it is of uniformly high quality, always dependable, always pure and sweet and wholesome. Evaporated to double creaminess, it enriches everything in which it is used. Not only that, but Carnation-made dishes are a real lure to appetite. They are richer, smoother, creamier, with a fine, velvety texture due to the "homogenization" of Carnation, by which the cream globules are broken up into minutest particles.

Because of its richness, Carnation saves on butter and cream. It also avoids the waste of spoilage. Not only is it economical, but you will find it extremely convenient.

Send for the free Carnation Cook Book, with its many recipes helpful in building your weight. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B. C.

## Rich and Creamy



Doubly rich in cream, Carnation Milk makes—and economically—delectable puddings and custards, velvety ice creams, smooth rich sauces and soups. Such tempting goodness no appetite can resist!

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

# RICHMOND'S LOUVRE

And Red Hot is the real description of this sale. At the prices we are offering our stock, we expect to be busier than we ever have been before. And we've had our busy days, too. Get your share of these lovely goods at fractional prices—you will be pleased. THESE ARE THE BIGGEST BARGAINS WE HAVE EVER OFFERED!

## Red Hot Sale

### STARTS FRIDAY MORNING at 9 o'Clock

### Ladies' Dresses

78 ONLY, LADIES' FLAT CREPE DRESSES—Sizes 14 to 38. Regular value \$19.50. Sale price

**\$5.95**

LADIES' DRESSES — 35 only. In black and brown satin. Sizes up to 44. Sale price

**\$9.75**



**Dresses**  
For all occasions

### Ladies' Dresses

LADIES' DRESSES — 50 only. All different styles and sizes. Regular values up to \$45.00. Sale price

**\$14.50**

### Ensembles

31 ENSEMBLES—Regular value \$39.50. Sale price

**\$10.75**



### Ladies' Gloves

50 PAIRS ONLY, LADIES' GLOVES—Regular value \$1.95. Sale price, 2 pairs for **95c**

### Ladies' Coats

12 ONLY, IMPORTED LADIES' VELOUR WINTER COATS—Long fur shawl collars. A real bargain. Sale price **\$19.50**

12 ONLY, LADIES' TWEED COATS in the latest styles with fur trimming. Sale price **\$18.50**



### Ladies Hats

51 ONLY, LADIES' HATS—Summer straws. Values running up to \$8. Sale price, each **50c**

33 ONLY, LADIES' FELT HATS—Sale price **\$1.95**

All other Goods in the store Reduced Below Cost at this Sale