Vary your dinners with fish and eggs

- mary Blake =

planning is to get warlety 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 to get away from the 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 vita-nation Milk, 1 cup water, salt and pepmins. There are any number of de-lectable ways in which these combina-tions may be made—omelets of all butter until tender (about 10 minutes), tuna, shrimp or lobster, scalloped oys- and pepper and blend flour with butter; ters, salmon souffle. add Carnation diluted with water and

You must have a purest of high grade milk from selected Lobster or shrimp may be used in place herds. I know that it is rich in cream of tuna. -doubly so-for it is evaporated to double thickness. I know that I will always find it sweet and good, no mat-

ary bottled milk, but that it is partic- (325°F.) oven until eggs are firm. Garularly economical.

new field of cooking success awaits you in the use of Carnation Milk, send for

a la King

sorts, creamed eggs, souffles, creamed keeping covered. Remove mushrooms cook until mixture is thickened, stirring constantly. Place flaked tuna fish. dependable milk supply
In any cooking that calls for milk, I double boiler; add sauce; cook over hot never take chances. I use nothing but water 10 minutes. Serve in patty Carnation Milk. I know that it is the shells or on toast points. Serves 6.

Baked Eggs a la Carnation

11/2 tbsp. butter, 11/2 tbsp. flour, 1/4 ter how large the quantity I have on hand, for it is sterilized for safe-keep- tion Milk, 1/2 cup water, 4 to 6 eggs, buttered bread crumbs. Make white I can count on Carnation always for sauce of butter, flour, seasonings and notably delicious results extra cream- Carnation diluted with water. Pour ness, velvety smoothness of texture, into shallow baking dish. Cover sauce fragile delicacy of flavor. The best in- with eggs, being careful not to break formed domestic scientists agree that it | yolks. Sprinkle buttered bread crumbs is not only better in results than ordin- over top and bake in moderately slow nish with parsley.





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)

from Contented Cows

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croze Eurythmics, etc. Well-Equipped Residence for Young Women Students EXAMINATIONS-Held locally throughout Canada in May, June and July. SCHOLARSHIPS-For full information see Year Book and Syllabus which will be mailed on request. ADDRESS-Corner University Avenue and College Street, Toronto 2.

NEWS OF NORTHERN B.C.

REMO

Dan Mason, government foreman, and his crew have finished the towers for the tail cable for week. the ferry.

A. Y. Wilson is away on short trip to Prince Rupert.

E. T. Kenney of Terrace was among the guests attending the dance at Remo Saturday evening.

Mrs. Walker and children of Prince Rupert who have been holidaying at Remo have returned home.

VANDERHOOF

Mrs. Wilson, sister of Mrs. T. Alice Arm. P. Calhoun, and her son, of Saskatoon, arrived here last Sunday Mrs. Calhoun.

Miss Jean McGeachy has received a telegram informing her en at Chilliwack High School.

known Australian Ranch on the business trip to Prince Rupert. since the prorogation of parlia-Cariboo road, is spending a few days in this district.

The wedding of Miss Adelia south. Fasten and Mr. John Meier was solemnized at the home of the bride's father, in the Hulatt District, on Saturday evening, July

E. A. Mitchell has sold the Nechako Drug Store, to Robert J. Steen of Victoria.

Mr. and Mrs. Harry V. Taylor are spending the summer vacation at Stuart Lake.

STEWART

chell and W. C. Scott went south on the Prince Charles Tuesday latest reports. morning.

cently appointed matron of the of Anyox Mine, arrived in town

Jack and Mrs. Boyd, of the SEES ADVANTAGE TO PRINCE Cariboo country, who have been visiting Mr. Boyd's sister, Mrs. R. T. Crosby, left for their home last Saturday.

R. F. Hill M. E., former manager of the Lakeview in the Gla- France and Great Britain comcier Creek section, arrived from bined must pass through only three Vancouver Saturday and has Pacific ports of Canada and that

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bar Klondyke Soap, 3s.

2 Reckitt's Blue 3 bars Fels-Naptha Soap 1 pkg. Pearline

2 Lifebuoy Soap can Snap can Whiz Soap

2 pkg. Lux 1 can Lye 5. 6 rolls T. Paper 1 can Stove Polish

1 can Shoe Polish 1 can Chloride of Lime, 2 65c most. cans Old Dutch Cleansen 65c Mr.

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of the Independence.

Saturday after a stay of several the social. months in the south.

the Prince Charles Tuesday, for work with games and sports in

ANYOX

Dr. G. S. Macdonald was a southbound passenger on Friday.

Mr. and Mrs. Hindmoor and Billy Atkinson among the boys. family are spending holidays at

night, and are visiting Mr. and ily arrived home on Tuesday after a short holiday spent in the south.

Mr. and Mrs. L. H. MacKay that she was successful in her were south-bound passengers on Grade Twelve examinations, tak- board the Prince Charles on Tuesday.

Mr. and Mrs. Stretton and house, Hon. Mr. Euler, minister daughter left on Tuesday for the

ALICE ARM

returned home on Monday from ernment's policy of authorizing a visit to Prince Rupert.

geologist, moved camp from the are arriving daily at Ottawa beach during the week. He is urging the government to stop the now located at the Bellevue mine, practice. Among those who are 14 miles up the Illiance River. He of this opinion are many friends expects to spend the next ten days there.

seriously ill at the Anyox Gen- hardly have any doubt now of the G. C. McFarlane, F. H. Mit- eral Hospital, is now slowly im- strength of opinion in the country proving in health, according to on this question.

Mr. and Mrs. N. Olsen and Mrs. Mathieson, who was re- family, and Mr. and Mrs. Helman Stewart hospital, arrived from on Tuesday and are speding Cartage and Storage Vancouver Monday night.

> RUPERT FROM DEVELOP-MENT OF THE PORT OF STEWART

(Continued from page one)

Stewart and Prince Rupert are even more strategically situated to progress during the next fifty SUITS! be extremely hopeful as to the outlook. "Such companies as Canadian

Pacific Railway and Power Corporation of Canada are fine allies These organizations, with all their financial and industrial ramifications, are now directly inter- SUITS STEAM CLEANED ANI ested in the development of northern British Columbia. It is only logical to expect that what they have done for other parts of Can- We Deliver to Any Part of the ada will be done for our north country in the west. They are working in a territory of unparalleled richness, much more promising, for instance, than the new country being opened in 4 bars P. & G. Naptha Soap northern Manitoba, northern On-1 pkg. (4 bars) Sunlight 650 tario and northern Quebec, for the Soap, 2 pkg. Lux..... north in the three farthest west provinces has more varied resources and can support a larger activities.

Sees Great Future "Western Canada will need all 65C the Pacific coast port accomodation it can develop. I believe that the next ten years will see Prince Rupert and Stewart, in general 65c with their great hinterland, making greater progress than in all their previous years of existence. Good, effective publicity in the rest of North America is what northern British Columbia needs

Mr. Mitchell will spend the remainder of the week in and around Stewart, gathering material for a special number of his paper featuring resources of that district.

WHERE HE SHONE

Parent-My son has many original ideas, has he not? Teacher - Yes, especially in Catherines Stan-

REMO, July 30.-The Remo gone up to make an examination Farmers' Association's strawberry social and dance was very successful and in spite of the rain Louis C. Rhodes of Vancouver was well attended, a number of redecking the bridges at Remo representing the Sullivan Mach- people coming from Terrace and and are now engaged building inery Co., visited Stewart this other places. Mr. McLaren's orchestra supplied the music until the early hours of the morning. George A. Cameron returned Covers were laid for 56 guests at

Mrs. Fagan and Miss Wilkinson had charge of the children's Twenty-two horses arrived on entertainment and did splendid the Crawford Transfer Company, the afternoon and a fancy dress carnival in the early evening, Messrs. Kenny, Couture and Mc-Laren being the judges, and the prizes were won by Doris Atkinson among the big girls and Ruby Franks among the small girls and

Mr. and Mrs. Roberts and fam- LIQUOR EXPORT IS DISCUSSED

(Winnipeg Free Press) In two important respects the situation in regard to granting Lea ances on liquor exports to the United States has changed, as far J. M. Yorston, of the well Mrs. Eld left on Tuesday for a as the government is concerned, ment. During a discussion in the of national revenue, expressed doubt about the strength of public opinion in favor of discontinluing the issuance of clearances. Since then, he has had increasing evidence from all parts of the Mrs. A. Beaudin and son Bobby country of disapproval of the govthe export of liquor to the United States. At the present time, hun-Dr. Geo. Hanson, government dreds of letters and telegrams of the government, and news papers like the Toronto Star, the Ottawa Citizen and others, that are generally in sympathy with it. Geo. Beaudin, who has been Mr. Euler and P emier King can

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