

MODERN "BOTTLE BABIES" ARE CERTAINLY LUCKY!



Scientists of every land have been seeking and experimenting to find a milk for "bottle babies" that would give these precious future citizens as good a start in the world as falls to the lot of their cousins who breast-feed on mother's milk.

They have tried every kind of milk in every modification, endeavouring to find the closest possible match for the perfect digestibility of mother's milk. And now, at last, they say they have found a wonderful match—even the frailest premature babies thrive upon it.

Two Secrets of Perfect Digestibility

This remarkable milk is unsweetened evaporated milk, which, as you doubtless know, is simply pure whole milk with part of the natural water removed, and nothing added. It is sealed in airtight cans and sterilized so nothing can affect its purity.

Two things happen to this milk which, scientists say, explain the fact that it is so much easier to digest than cow's milk in any other form. First, there is the heat of sterilization, which alters the casein so that very fine soft curds are formed, almost identical with those formed by mother's milk, while ordinary milk forms tough, solid curds, very indigestible.

The second beneficial change in unsweetened evaporated milk comes from the process called "homogenization". This process breaks up each fat globule into a thousand infinitely tiny ones, as fine as those in mother's milk. This also helps the baby's delicate stomach to

digest its food more perfectly.

Contains Needed Vitamins

Unsweptened evaporated milk is fully equal, from every nutritional standpoint, to the best bottled milk. It contains all the vitamins that any milk is dependent on to supply. Even breast-fed babies nowadays are given orange juice and cod-liver oil—the only supplements needed with evaporated milk.

This milk is a splendid source of the minerals necessary to the building of sturdy bones and strong regular teeth. Safety is another advantage. Sterilization destroys all bacteria, and the baby simply can't acquire any of those milk-borne infections that upset so many bottle-fed babies.

Naturally, it is advisable to use the best evaporated milk that can be had. The most widely known brand is Carnation, the milk from "contented cows". The care with which this milk is guarded at every step, from dairy farm to final sealing and sterilizing, is a guaranty to the mother that her baby will have the purest and best of milk.

The Carnation Baby-Feeding Chart contains valuable information on this interesting subject. Please write for it, but remember that only your own physician should prescribe a formula for your baby.

I should also like to send a copy of my cook book, "My Hundred Favorite Recipes". Both publications are free, and you may obtain them by writing to Carnation Co., Limited, 134 Abbott Street, Vancouver, B.C.



Racing to Gloucester, Mass., with record cargo of mackerel, schooner Alice Mildred struck a ledge and sank off Pocahont, Cape Cod. Crew were saved.

ENGINEERS TO GATHER

Professional Body Will Hold Convention Here, Starting on Coming Saturday

Commencing on the coming Saturday and continuing to the following Monday and Tuesday, the Northern British Columbia branch of the Association of Professional Engineers of British Columbia will hold its annual convention in Prince Rupert with engineers from all parts of the district in attendance. An interesting program has been arranged for the occasion and one feature will be a gasboat trip for the visiting engineers to Falls River where the large power development of the Power Corporation of Canada will be inspected. Incidentally, the Power Corporation of Canada will be host at a luncheon for the visiting engineers.

In addition to the district engineers, there will be in attendance at the convention W. R. Bonnycastle and E. A. Wheatley, president and secretary respectively of the Association of Professional Engineers from Vancouver.

A committee including W. K. Gwyer, Dr. Joseph T. Mandy and J. J. Little is collaborating with H. A. McLean, local chairman, in connection with the making of arrangements for this important professional meeting.

With a good-sized list of passengers including a number of tourists C.N.R., steamer Prince Charles, Capt. McKay, arrived in port on time at 11.30 this morning from Vancouver and will sail this evening for Stewart, Anyox and Massett Inlet points.

Twenty Years Ago

In Prince Rupert

July 14, 1910

F. G. Dawson, chairman of the fair committee of the Board of Trade, reported to the board last night that preliminary arrangements had been made for the holding of the first exhibition in Prince Rupert. It is estimated that the cost of staging the fair will be \$5,000.

The postal department is considering giving mail contracts to the new Grand Trunk Pacific steamers, Prince George and Prince Rupert, M. M. Stephens, secretary of the Prince Rupert Board of Trade, is advised by the Postmaster General.

Auto Mechanics Now Organized

Officers Elected at Successful Picnic Saturday Afternoon at Salt Lake

The auto mechanics' picnic held Saturday afternoon at the Salt Lake was a great success, a fine time being enjoyed by all present. Transportation was provided by J. Armstrong and F. Rousell with their power boats. Games were played and refreshments were served.

A business session was held during the picnic and problems of importance to the members were discussed. A committee of three was appointed to meet the garage proprietors and discuss with them matters pertaining to working conditions, etc. The members are fairly conservative in their claims and expect to have the acquiescence of their employers as well as the public generally to assist them in carrying out of the provisions and rules of the new association.

F. Rousell, provincial treasurer of the association, was elected president of the local branch with William Hawes as secretary-treasurer. Meetings will be held on the first Tuesday of every month.

The association expressed gratitude for help given in organization by the newspapers of the city.

San Diego Yacht In Port Saturday From Trip North

After a two and a half weeks' cruise north of here as far as Skagway, the palatial San Diego power yacht Norab, with Baron Long, millionaire hotel man and summer resort owner, and party of friends on board, arrived in port at 3 o'clock Saturday afternoon and is leaving this afternoon to cruise to Stewart and the Portland Canal before returning south.

Mr. Long stated on Saturday afternoon that this was the first point in the course of the whole cruise that real summery weather had been encountered. The fine weather tempted the party to dally here even longer.

PLANE FROM NORTH

With a party of six passengers in addition to the pilot, the Alaska-Washington Airways seaplane "Skagway" arrived at 5 o'clock yesterday afternoon from Ketchikan and, after a stay of two hours, took off at 7 p.m. on its return north.

SUCCEED IN MUSIC TESTS

Many Local Pupils Won Honors in Toronto Conservatory Examinations

The following is a list of successful candidates in the recent examinations held by the Toronto Conservatory of Music in Prince Rupert. The names are arranged in order of merit.

PIANO

Junior

Honors—Maclean, Jean B.
Pass—Stiles, Marybelle.

Primary

Honors—Hamblin Eileen F., Wilkinson, Edith.
Pass—Brady, Kathleen; Bert, Lea B.; Moorehouse, Ethel (equal).

Primary School

Pass—Casey, Clare E.

Elementary

Honors—Duncan, Rosemary; Jacobson, Lorraine; Nishikaze, Chiea E. (equal).

Pass—Steagill, Phedyla; Cox, Rosey; Bush, Dorothy K.; Kenney, Marjorie A. (equal); Wood, Ruthana; Green, Helen; Manson, John R.; Elkins, Robert; Baker, Katharine E.

Elementary School

Pass—Green, Joy.

Introductory

Honors—Beveridge, Helen F.
Pass—Cameron, Russell; Connon, Yvonne; Luth, Bjorg; McKenzie, Hugh (equal); Inglis, Elizabeth.

Introductory School

Pass—Phillipson, Charlotte.
Prince Rupert, B.C.—St. Joseph's Academy.

PIANO

Junior

Honors—Balagno, Marie.

Primary School

Pass—Gillies, Edna.

Elementary

Honors—Moore, Mary E.
Pass—Blain, Antoinette; Gulick, Margaret S. (equal).

Introductory

Honors—Sherwood, Barbara; Beattie, Margaret; Macdonald, Mary (equal); Cameron, Maizie; Tamkin, Jean (equal); Hunt, Mildred; Gulick, Jim; Moore, Frances (equal); Letourneau, Andre; Mellich, Gladys (equal).

THEORY

Junior

Harmony, History
Honors—Palmer, Gwendolyn.

Harmony

Honors—O'Brien, Mary; Wesch, Rose.

Primary

First Class Honors—McDonald, Ruth; Desjardins, Cecilia; Hunter, Nina.

Honors—McCaffery, Helen.

Elementary

First Class Honors—Stiles, Marybelle; Wilkinson, Edith; Sturgeon, Elizabeth.

Honors—Nelson, Ruth; MacLean, Jean; Brady, Gwendolyn; Gulick, Margaret.
Pass—Balagno, Marie; Blain, Antoinette; Moore, Mary E.

C.N.R. steamer Prince George, Capt. Neil McLean, returned to port at 8.30 this morning from Skagway and other Alaska points and will sail at 4 o'clock this afternoon for Ocean Falls, Powell River and Vancouver.



Golden Voiced Dennis King in "A Glorious Musical Romance"

'The Vagabond King'

With Jeanette MacDonald

All Talking and Singing—All in Technicolor

Song Cartoons—"The Prisoner's Song" Paramount Sound News
Monday & Tuesday—Two Shows—7 & 9 p.m.—Admission, 20c & 65c

The Consolidated Mining and Smelting Company of Canada, Ltd.

Office, Smelting and Refining Department
TRAIL, BRITISH COLUMBIA

SMELTERS AND REFINERS

Purchasers of Gold, Silver, Copper, Lead and Zinc Ores
Producers of Gold, Silver, Copper, Pig Lead and Zinc
TADANAC, TRAIL

EVERYBODY SEES

the ravages of the Forest Fire, but not everybody realizes that seventy per cent. of our fires in 1929 were preventable; in other words, they were due simply to carelessness. Pressure of public opinion has gone far to eliminate carelessness in other directions, but carelessness with fire is still amazingly prevalent.

Prevent Forest Fires—You Can Help!

BRITISH COLUMBIA FOREST SERVICE

LUMBER!

KILN DRIED SPRUCE, CEDAR AND HEMLOCK FINISH, CEILING, RUSTIC, MOULDINGS, ETC.

Specialties

Edge Grain Boat Cedar, Kiln Dried Edge Grain Hemlock Flooring

Spruce and Cedar Shiplap, Boards, Dimensions and Timbers
Doors, Windows, Shingles, Etc.

Odd lots off-grade material at reduced prices.

BIG BAY LUMBER CO., LTD.

Lumber Manufacturers Prince Rupert, B.C.

LINDSAY'S Cartage and Storage

Phone 68
Cartage, Warehousing, and Distributing. Team or Motor Service
Coal, Sand and Gravel
We Specialize in Piano and Furniture Moving.

TELEPHONE 657

VALENTIN DAIRY FOR SKEENA BRAND
Creamery Butter & Cottage Cheese
FRESH PASTEURIZED MILK AND CREAM DAILY
Early Delivery Throughout the City

Dr Alexander

X-RAY SERVICE
PHONE 575
BESNER BLOCK

DENTIST

COAL

Buy the real Coal—our famous Edson and Cassidy-Wellington—in any quantities. Also Bulkley Valley Hay, Grain and Robin Hood Flour.

Prince Rupert Feed Co
PHONES 58 AND 558

Everybody Knows

THE QUALITY OF OUR GOODS IS THE BEST. WE OFFER THESE SPECIALS FOR YOUR BENEFIT.

- White Sugar—15 lbs. \$1
- Evaporated Milk—All brands 9 tins \$1
- Empress Red Currant Jam—4's, per tin 50c
- Singapore Pineapple—9 tins \$1
- Pitted Dates—Fresh stock 2 lbs. 25c
- King Oscar Sardines—per tin 15c
- Ashcroft Ketchup—per 26-oz. bottle 25c
- Stroh's Malt Syrup—Hop-Flavored, per tin 85c
- Gold Dust—Medium size 2 pkgs. 25c
- Del Monte Apricots—1 1/2's per tin 25c

Fresh Fruits and Vegetables Arriving every boat at reasonable prices.

Mussallem Grocery Co. Limited
417-423 5th Avenue East
PHONE 18 AND 84

and remember



Carnation Milk is the perfect milk for baby's bottle because it is unsweetened, evaporated milk of highest quality—pure, safe, nourishing, and more digestible than milk in any other form.

The Safeguarded Milk "from Contented Cows"



SETTLERS Guard your Slash Fires!

Wood is the settler's winter harvest. When his own land is cleared he may still obtain employment in the neighbouring forest. By care with fire, the wise settler protects his own living.

Issued by authority of Honourable Charles Stewart, Minister of the Interior.

