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For ALICE ARM, ANYOX, STEWART, Nass River, Port Simpson, Sunday, 8.00 p.m.

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Through tickets sold to Victoria and Seattle and baggage checked through to destination.

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To Vancouver, Victoria, Seattle—September 24, October 5, 15, 26.

Princess Mary—Ocean Falls, etc., Vancouver and Victoria, every Friday, 10 p.m.

Agents For All Steamship Lines

W. C. Orchard, General Agent, 3rd Ave., Prince Rupert, Phone 31.

Try a Daily News Want Ad.

Local Items

Glasses fitted by registered optometrist at Heilbroner's store.

Mrs. Ed. Unger, who has been on a trip to Vancouver and the prairies, returned to the city on the Prince George yesterday.

Presbyterian Tea and Sale of homecooking at Mrs. J. R. Mitchell's 209 9th Ave. East on Saturday afternoon, October 11 3 to 6. Come and bring a friend. 236

C.N.R. steamer Prince William, Capt. William Thomas, returned to port at 12.30 midnight last night from a regular voyage to the south of the Queen Charlotte Islands.

The school board decided last night to have L. C. Eby, at a cost of $32, build a cupboard for use in the new room that has been opened in connection with Borden Street School.

J. O. Williamson, secretary, reported to the school board last night that hyloplate desired for use in Miss E. A. Mercer's room at Booth School was on hand and that it would be installed in a frame by the janitor.

J. O. Williamson, secretary, reported to the school board last night that three new blinds required for the Booth School would cost $16.50. The board deferred the ordering of the blinds as they will be not much needed during the winter in any case.

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CANADIAN NATIONAL

W E S

Full information from R. F. McNAUGHTON Dist. Passenger Agt Prince Rupert, B.C.

W-130

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Diamond Dyes

Highest Quality for 50 Years

Whist League annual meeting tonight city hall 8 p.m. 236

Mrs. R. R. Duncan sr., who has been on a two week's trip to Vancouver, returned to the city on the Prince George yesterday.

ANNOUNCEMENTS

St. Peter's Church Bazaar October 9.

Oddfellows bridge, whist and dance, October 14.

Moose Bazaar, October 16, 17.

Badminton Dance, I.O.D.E. Hall October 17.

Moose Whist Drive and Dance October 24

Varden's Concert October 30.

Royal Purple Bridge and Whist Drive, next game October 20.

Hill 60 Bridge and Dance October 31.

Eagles' Smoker November 4.

Catholic Bazzar Nov. 5 and 6.

Leif Erickson Whist Drive and dance November 5.

Moose Whist Drive and Dance November 7.

Rupert East United Church Bazaar, November 13.

Gyro Hoedown November 14.

Presbyterian Bazaar Nov. 20.

Anglican W. A. Bazaar Dec. 2.

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Provincial Constable Olsen of the police boat P.M.L. 8, returned to the city on the Prince George yesterday from a brief trip to Vancouver.

Inspector William Spiller will sail on the Prince George tonight for Vancouver. He is going on leave of absence from his duties and will not be returning here.

The school budget for the month of September totalling $8,273.72 was passed for payment at last night's meeting of the school board. The expenditures include $873. 62 in accounts, $6,797.10 for teachers' salaries and $603 for janitors, secretary, etc.

TAXI — PHONE 32

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Royal City Brand—Packed in New Westminster Peas, Sieve 2, Fancy, per tin	22c
Golden Bantam Corn—Fancy pack, per tin	20c
Green Beans—Cut per tin	18c
Spinach—per tin	18c
Tomatoes—2's 2 tins	25c
Tomatoes—2½'s per tin	15c
Apricots—Choice per tin	24c
Pears—Choice per tin	23c
Peaches—Choice sliced per tin	25c
Peaches—Choice Halved per tin	25c
Pork and Beans—16 oz. per tin	10c
Riverside Peas—Sieve 5 per tin	10c
Squirrel Peanut Butter, Delicious spread, per tin	21c
Canada Corn Starch—per pkg.	11c
Canadian Sardines—4 tins	25c
Lobster Paste—per tin	18c

Watts' Grocery

Quality Right—Prices Right

PHONE 55 PHONE 56

SIXTEEN WAYS TO SERVE POTATOES

by Mary Blake

For a time we snubbed the potato rather rudely, in our zeal to banish excess weight. But now that strenuous dieting is no longer the fashion, potatoes are again firmly entrenched in our menus. Meals aren't meals, we find, without them.

To make up for past neglect, I suggest that you send potatoes to the table in a constantly varying dress. Sometimes you will want the simple, mealy goodness of steamed potatoes or the fluffy whiteness of mashed or riced potatoes. Other times, nothing will fit in the menu so well as bursting baked potatoes, golden with butter and glowing with paprika.

With sweetbreads or a tiny chop you may prefer the daintiness of creamed or parsley potatoes; with thick and juicy steaks, the heartiness of lyonnaise or O'Brien au gratin potatoes. Serve them scalloped, fried and broiled. For more elaborate dinners, have potatoes souffle, in the half shell or French fried. Cheese combines delectably with potatoes in various ways—potatoes au gratin, Chantilly and Delmonico all being favourites of mine.

It all depends upon the milk

In all of these recipes which call for milk or white sauce, I have found that the quality of the milk is most important. If you use the best of creamy *whole* milk, pure and sweet, you can count on a delicious sauce. You can be sure of such results, by always using 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, Carnation Milk makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into the minutest 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 want it for all cooking.

Try the recipe for Carnation Potatoes au Gratin, given below. Or better still, send for free Carnation Cook Book. Address Carnation Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Potatoes au Gratin—3 cups cooked potatoes, diced, 2 cups Carnation White Sauce, 1 tbsp. chopped parsley, ½ cup grated cheese, ½ cup bread crumbs, stirred in 2 tbsp. melted butter. Heat potatoes in Carnation White Sauce*, pour into buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Bake in hot (400°F) oven until crumbs are brown. Serves 5.

*Carnation White Sauce—3 tbsp. butter, 3 tbsp. flour, 1 tsp. salt, few grains pepper, 1 cup Carnation Milk, 1 cup water. Melt butter in top part of double boiler; add flour and seasonings and mix thoroughly. Add Carnation diluted with water and stir constantly until smooth and thick. Continue cooking over hot water for 10 minutes, stirring occasionally.

AND REMEMBER

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for the richest, smoothest, creamiest white sauces, you can count on Carnation Milk. It is pure *whole* milk in the most convenient and dependable form.

(See recipes above)

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