SOMETHING GOOD FOR SUPPER WHEN EVERYONE'S HUNGRY

by Mary Blake

What sudden and overwhelming appetites families develop—when you least expect it! You know the signs—everyone wonders when dinner will be ready, and displays exceptional interest in whether or not there is to be "something good". What they mean is something hearty and warm and satisfying. And sometimes it is a little difficult to think up a dish that fills these requirements and yet is a variation on the usual.

I suggest that on such occasions you try the recipes here. They are quite simple to prepare, most deliciously appetizing and have the "filling" quality that is just what you require to satisfy keenly-whetted appetites.

The Added Richness and Nourishment of Good Milk

One of the best features of these recipes is that they combine with other foods the rich, wholesome nourishment of pure whole milk. For, as you will note, both call for Carnation Milk.

● Perhaps you didn't know that Carnation Milk is twice as rich in cream as ordinary milk because it has been reduced by evaporation to half its original bulk—in order that it may go into convenient sized cans. Because of the extra richness you can effect many economies in your cookery.

In one other respect Carnation Milk differs from ordinary milk. The cream particles are broken up to keep them distributed all through the milk. The finer particles give foods the most marvelously smooth texture—a fine velvety quality that you couldn't get by using ordinary milk. Carnation Milk is simply the best of pure, sweet, *whole*, milk. It has nothing added to it, and nothing taken out except about half the water. It comes from dairies where the highest sanitary standards prevail, and is sterilized so that it keeps safe and pure until it comes on your table in the form of rich, creamy soups and sauces, smooth, velvety ice creams, delicate, fine-textured custards, light, fluffy cakes, and fragile delectable desserts. Their extra deliciousness is proof of the extra-goodness of this uniform and convenient milk.

Send for free Carnation Cook Book. Address Carnation Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Ham, Country Style—2 slices of ham (medium size), 2 tbsp. brown sugar, ¼ cup carnation Milk. Pan fry ham until well browned; sprinkle both sides with brown sugar; continue cooking until sugar is melted. Remove ham from pan; add Carnation to syrup in pan. Cook until slightly thickened, stirring carefully to prevent scorching. Pour browned cream gravy over ham. Serves 6.

Carnation Veal Fricassee—1½ lbs. veal steak, 3 tbsp. flour, salt and pepper, 2 tbsp. butter, 1 cup water, 1 cup Carnation Milk. Cut veal in 2 inch squares; dip in flour well seasoned with salt and pepper. Brown in butter and add water. Cook slowly until tender (about 30 minutes), add Carnation and continue cooking until milk has thickened. Serves 5.

and remember

Not only food value but flavour is added to your meals when you cook with Carnation. Twice as rich as bottled milk, always pure, always dependable, it makes the best of dishes. And how it saves on cream and butter!

(See recipes above)

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Twenty Years Ago

In Prince Rupert

April 3, 1910

Attorney General W. J. Bowser is declining to issue cannery licences this year until the cannerymen agree to limit the number of boats they will fish.

Thomas Deasy, resident of British Columbia for 30 years and former fire chief in Victoria and Nelson, has been recommended by the Liberal executive for the position of Indian Agent at Massett.

H. F. McRae, James McRae, M. Bondeaux and B. R. Harrison have been elected members of the Prince Rupert Board of Trade.

Week-End Specials

Sunnybrook Creamery Butter—3-lb. brick	$1.20
Burford Peas—No. 5 2 tins	25c
Faultless Corn—2's 3 tins	50c
Nabob Fancy Sliced Peaches—2's, 3 tins	70c
Dutch Maid Sandwich Spread—Per jar	25c
Holland Herrings—Milkers, per keg	$1.35
Faultless Sockeye Salmon—1-lb. tin	40c
Nabob Strawberries or Raspberries—8-oz. tin	15c
Nabob Apricots or Peaches 8-oz., 2 tins	25c
Otter String Broom—Each	40c
Dry Prunes—60-70 2 lbs.	25c
Beekist Honey—5-lb. tin	85c
Thompson Seedless Rainsins 4 lbs.	45c
Fresh Extra Large Eggs 3 doz.	$1.25
Map of Italy Olive Oil—quart tin	$1.10
Fry's Cocoa—½-lb. tin	25c
Peels Naptha Soap—per pkg.	80c

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Flour—Five Roses or Purity, 49's, per sack	$2.45
White Sugar—10 lbs.	63c
Shredded Wheat—2 pkgs.	25c
Sunnybrook Butter—3-lb. brick	$1.20
H. P. Sauce—per bottle	29c
St. Lawrence Marmalade—16-oz. jars, each	25c
Fresh Eggs—per dozen	30c
Fresh Ayrshire Bacon—per lb.	35c
Sunlight Soap—per pkg.	20c
Rinso—per pkg.	10c
Old Dutch Cleanser—per tin	10c
Ivory Soap Flakes—Similar to Lux, per pkg.	9c

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PRESS MEN WILL MEET IN ENGLAND

Plans For Imperial Press Conference Include Many Important Events

LONDON, April 3:—Plans for the entertainment of the delegates to the Imperial Press Conference which is to be held in London beginning June 3, attended by prominent newspaper men from Canada and other parts of the British Empire, as the program was outlined by the president of the Empire Press Union, Major Hon. John Astor, M.P., chairman of the Times publishing company at the recent annual meeting of the union, include a week in London, a week in England outside the metropolis, and a week in Scotland. The party will attend a reception of the King and Queen at Buckingham Palace.

During the week in London the visitors will be entertained at the Houses of Parliament, and at the Royal Academy. There will be a government reception at Hampton Court Palace, and visits will be paid by the delegates to several industrial centres and places of historic interest.

The London program will include a banquet at Guildhall over which the Lord Mayor, Sir William Alfred Waterlow, will preside; a luncheon given by the Empire Parliamentary Association, in Westminster Hall, with the Speaker of the House of Commons in the chair; a dinner by the Royal Empire Society to bring the delegates in touch with ex-Governor Generals, Viceroys and High Commissioners; dinner by the Empire Press Union, and other dinners and luncheons. There will be visits to the Derby, to Ascot, to the Aldershot Tatoo, and to naval, military and Air Force displays. There will be a government reception at Hampton Court, at which the Premier, J. Ramsay Macdonald, will receive the delegates and there will be private week-end parties which will take the visitors into the country from June 14 to 16.

To Liverpool

In the second week the delegates will be taken to Liverpool and the industrial districts around Bradford and Doncaster to see something of the conditions in the textile and coal mining worlds. They will visit Warwick Castle and will spend a morning at Stratford-on-Avon.

During the third week the party will go to Scotland, stopping on the way for a few hours at Coventry where they will be shown something of mass production. The Lord Provost of Edinburgh has expressed a wish to help in every way he can to make the visit in Scotland a memorable one for the visiting press men.

In connection with the Conference sessions in London the delegates will be enabled to see something of the leading statesmen and to hear their views on important questions. With this subject two sessions will be devoted to the government and one session to each of the opposition parties. Prime Minister Macdonald has promised, if possible to address the opening session on Tuesday, June 3. Lloyd George, former prime minister, will give an address on June 6, and former Prime Minister Stanley Baldwin will speak on June 25. There will be four other sessions, at which the delegates will discuss communications, cables, wireless, the air mails and other matters, such as newspaper production and advertising.

Hans Hanson has purchased the two-storey house and two lots on Fifth Avenue East near Bowser Street which was formerly owned by A. Berner and was occupied for some years by Jarvis McLeod.

Make dresses bright as new!

DIAMOND DYES are easy to use; go on smoothly and evenly; make dresses, drapes, lingerie look NEW. Never a trace of that re-dyed look when Diamond Dyes are used. Just true, even, new colors that hold their own through the hardest wear and washing.

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Eagles Whist and Dance Is Success

Large Crowd in Attendance at Enjoyable Affair Last Evening

The Eagles held a whist drive and dance last night in the new Eagles' Hall. There were 20 tables of whist and a good crowd came in for the dance which followed.

Prize winners were:

Ladies' first, Mrs. J. Viereck; second, Mrs. Lindseth; consolation, Mrs. O. M. Baggen; men's first, P. Reitchard; second, J. Roma; third, J. C. Scherck.

After cards, dainty refreshments were served and dancing followed. Premier orchestra supplied peppy music.

W. H. Sherman jr., assisted by G. Hebb, J. Scherck, Wm. Reid, Lee Dell and other members, had charge of refreshments. R. G. Ford was at the door and T. Clough acted as master of ceremonies.

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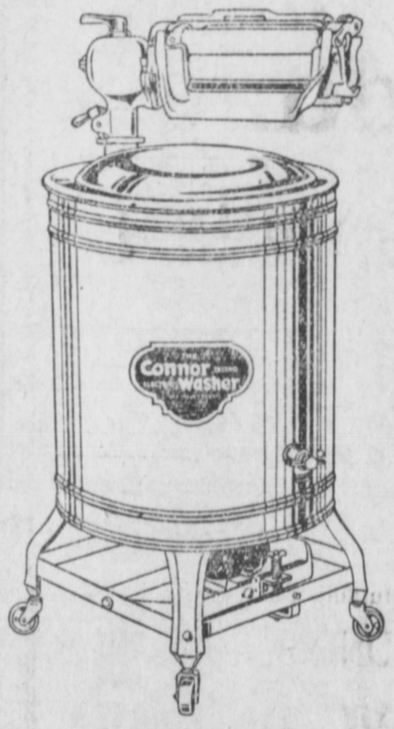

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