



COULD YOU SAY AS MUCH AT SEVENTEEN?

I had a letter the other day from Mildred A., which I must share with you. For any mother, I know, would be proud of such a daughter. She says: "I am only seventeen years old, but I have had to cook for five years, as my mother is an invalid and I am the only girl."

"I am taking a home economics course as I thought that would do me more good than anything else. I wish you would send my home economics teacher your cook book. I know she will be delighted to have it—as will the girls in my cooking class. I have used Carnation Milk for several years and I will never be without it if I can help."

Isn't that a wonderful endorsement from a girl so capable and so sensible? She has learned very early the cooking wisdom which women everywhere are discovering—that Carnation Milk gives cooking results that even the best of bottled milk cannot equal, and with a dependability, convenience and economy offered by milk in no other form.

Carnation Milk is simply pure whole milk protected at the source. It comes from clean herds, housed in clean barns,

milked by clean hands into clean utensils. This safeguarded milk is evaporated to double creaminess, sterilized for safekeeping and "homogenized" so that the cream particles are minutely fine and distributed through every drop. As a result, everything in which Carnation Milk is used is extraordinarily fine of texture and rich with creamy goodness.

Below is a Carnation recipe I want you to try. Send, too, for the free Carnation Cook Book and Baby Feeding Book to Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

Carnation Cherry Coconut Pudding
 1/4 cup cornstarch, 1/4 cup sugar, 1/2 tsp. salt, 1 cup water, 1 cup Carnation Milk, 1/2 tsp. vanilla, 2 tbsp. cherry juice, 1/4 cup sliced maraschino cherries, 2/3 cup coconut, 2 egg whites. Mix cornstarch, sugar and salt with 1/2 cup cold water. Dilute Carnation with 1/2 cup water and scald; add the cornstarch mixture slowly to the scalded milk. Cook in a double boiler for 20 minutes, stirring constantly until thickened. Add vanilla, cherry juice, cherries, coconut and stiffly beaten egg whites. Chill. Garnish with cherries. Serves 6.



For unusual richness, unique smoothness of texture and completely dependable results, use Carnation Milk in all your cookery. Doubly rich in cream, it is most economical. Carnation Milk is safeguarded at the source by clean housing of clean herds and clean handling of the milk. And this protection continues until it finally reaches you in the hermetically sealed container. (See recipe above.)

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To Handle Products Of Sea For Benefit Of Those Producing

(Continued from Page One)

sued in denominations of \$25 and no member could own less than one or more than fifty shares. The capital was to be an unlimited number of shares. Liability of the members was limited to the paying up of their shares.

Under the incorporation papers, the date for the holding of the annual meeting was set as the second Thursday in February. It was proposed to hold the first general meeting of the association about April, the expectation being that organization would have been completed by that time. Then the members would decide what the scope of the association's operations would be.

Speaking personally, Mr. Lord felt that the object of the association should not be for the purpose of piling up profits but to give the fishermen more for their product which was most surely needed. In closing, Mr. Lord explained proposed financing methods. It was compulsory that at least ten per cent of operating profits be placed in reserve. The directors might use their discretion in recommending dividends with the balance.

Introducing Directors

Mike Anderson announced the names of the provisional board of directors. Mr. Anderson intimated that amendment of the Co-operative Act would be sought and, if granted, it would then be possible to amend the constitution of the association to make it more desirable to the members.

As for the association's business prospects, Mr. Anderson stated that the committee had already surveyed the field for the marketing of salmon and, from information obtained, it seemed quite possible that not only salmon, but also halibut, could be successfully marketed. Co-operative salmon could certainly be marketed through co-operative stores in Canada. Whether the association would engage in canning salmon, mild curing it or merely shipping it fresh could be determined when a complete survey had been made of the whole field of production and marketing.

The association, to operate at all, would need considerable funds. These would have to come through sale of shares to members. It was, therefore, imperative that the shareholders should take out their lock receipts at once.

Mr. Anderson was of the opinion that the pool method would be the most advantageous one for the association. If this method was not followed, a huge amount of capital would be needed to buy the fish as it was laid down at the association plant. It would be better if the association "handled" rather than "bought" its members' fish. The members would, eventually, receive as much, if not more, for their fish. By means of contracts, the association would have guaranteed deliveries of fish. The fishermen would get control of the product of their labors. The tables would be turned and they would have the whip hand.

While the canners had the capital, Mr. Lord observed, the fishermen were really the backbone of the industry. If the backbone became weak, the structure would naturally fall. To combat such steps that might be taken by the canners as raising the price of fish to break the association, the fishermen would have to continue to act co-operatively.

The association could also be valuable in the way of reducing the price of gear and equipment which would be the same as raising the price of fish. The association could eliminate "unholy profits" on gear.

After J. F. Murray had been told that the provisional directors were already open to receive subscriptions on stock for which official receipts would be given pending the printing of stock certificates, several of the fishermen present came forward to put up cash for their stock.

Following the intermission during which these transactions were

Sleepless NERVES

The nerves themselves never sleep. The involuntary nerves must work all the time or the vital organs would cease to function. It is only when supplied with nerve force that the heart beats, the lungs breathe, and the other vital organs perform their natural functions.

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made, a resolution was unanimously passed approving the steps that had already been taken by the provisional directors. Mover was J. F. Murray and seconder, Sam Olsen.

General Discussion

A general discussion followed. Mike Anderson again spoke on the question of pooling. Despite the fact that general depression and manipulations had embarrassed the Wheat Pool, he, nevertheless, thought pooling was a success. At that, the situation with regard to wheat was much different than that of salmon. Once the co-operative got started, it did not need to care about the capitalistic market but could handle its own product. It would be better for the town, too, in that the fishermen would have more money to spend. It was high time that the fishermen were up and fighting for themselves. Now was the opportunity for them to do it by legitimate means.

Charles Lord referred to the success of the B. C. Fishermen's Co-operative Association during its brief span of life. Although it had started out on a shoe string, it had done remarkably well. It had packed salmon valued at \$834,000. It had paid \$78,000 for plants at Alberni and Vancouver and had already distributed \$235,000 among the fishermen. When it sold its remaining stock of canned salmon, there would be another \$95,000 available for distribution. Eventually, Mr. Lord suggested, the Prince Rupert Co-operative might merge with the B. C. Co-operative which had been unable to take over operations in the north for the present.

H. Hoffman pointed out that halibut fishermen could at least benefit, meantime, through this association, by being able to save on gear.

J. F. Murray thought the right place to start co-operative activities was actually on the banks. Little could be done now.

Capt. David Ritchie pointed out that the salmon fishermen, mostly one man to a boat, were on a different basis altogether to the halibut fishermen. The halibut boat owners could not sign up a contract or say what he could do without considering the Union men who were on his boat as fishermen.

It would be necessary to have every member of the crew sign a contract, Mr. Anderson replied.

A gill-netter asked what gill-nets would do with sockeye and humps if they signed up with the association.

Mr. Lord replied that, in all probability, the co-operative would have to operate a cannery. All plans had so far been based on this presumption.

After some further discussion, the meeting adjourned after a two-hour session.

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'Mind' Subject Yesterday For Science Church

The subject of the Lesson-Sermon in all Christian Science churches and societies on Sunday was "Mind."

Among the Bible texts included in the Lesson-Sermon was the following from Isaiah 45: 24: "Surely, shall one say, in the Lord have I righteousness and strength: even to him shall men come; and all that are incensed against him shall be ashamed."

The Lesson-Sermon also included the reading of citations from the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy, one passage being as follows: "The exterminator of error is the great truth that God, good, is the only Mind, and that the suppositious opposite of infinite Mind—Called devil or evil—is not Mind, is not Truth but error, without intelligence or reality. There can be but one Mind, because there is but one God; and if mortals claimed no other Mind and accepted no other, sin would be unknown." (page 469)

Sons of Norway Ladies' Aid Has Delightful Dance

The Sons of Norway Ladies' Aid entertained Saturday night in the Metropole Hall with a very enjoyable Cinderella dance. The affair was in progress from 9 p.m. until midnight and, before it broke up, delicious refreshments were served. Music for dancing was provided by Oscar Giske and Roy McTusson playing accordions.

The committee in charge consisted of Mrs. Anton Dybhavn, Mrs. O. Wick, Mrs. John Murvold, Mrs. Han. Underdahl, Mrs. Chris Sather, Miss A. Wick, Miss S. Anderson, Anton Dybhavn and Sig Anderson.

For his third offence on charge of drunkenness, Kenneth McIvor was sentenced to twenty days' imprisonment, without option of fine, by Magistrate McClymont in city police court this morning.

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- Fresh Ground Coffee— 3 lbs. \$1.25
- Rinsos—Medium 3 pkgs. 35c
- Gold Dust—Large 3 pkgs. 95c
- Malkin's Best Corn on Cob, 3 tins \$1.00
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- Malkin's Best Marmalade— 4's, per tin 55c

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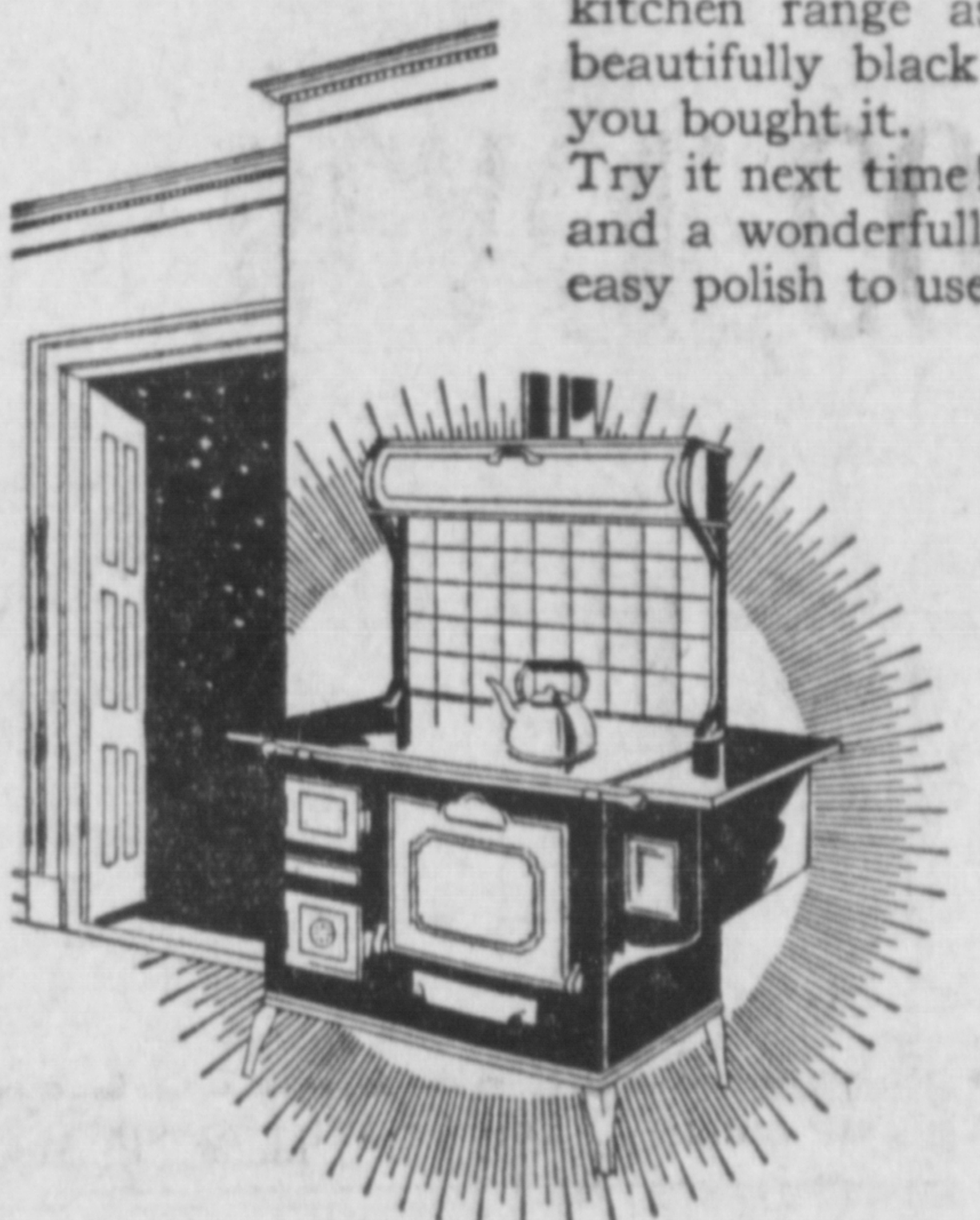
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