

## ST. CHARLES is the standby of every experienced Housewife!



ALL over Canada you will find that countless thousands of housewives have discovered that St. Charles Milk is an indispensable kitchen friend. You too can economically improve the flavour of your cooking by its regular use because St. Charles is nothing more or less than pure fresh full cream country milk from which most of the moisture has been removed. Each tin is hermetically sealed and offers you a doubly rich concentrated full cream milk that is unsurpassed for soups, sauces, puddings, cereals, fruit and a hundred and one other things. Try a little St. Charles in your next cup of coffee—you'll be surprised how delicious it makes it.

We recently asked a number of authoritative chefs and dieticians to compile an entirely new cook book for St. Charles users. Send us your name and address and we will send you a copy of the "Good Provider's Cook Book" by return.

### Fish Chowder

1/4 pound fat salt pork, cut in small pieces  
2 onions, sliced  
3 pounds white-fleshed fish, cut in small pieces (cod, haddock or halibut)  
2 cups uncooked potato cubes  
4 cups boiling water  
1/2 cup St. Charles Milk  
1 tablespoon salt  
1/2 teaspoon pepper  
1 tablespoon minced parsley  
1 tablespoon flour  
1 tablespoon butter

Fry salt pork in a deep kettle until crisp. Cook onion in fat five minutes. Add fish and potatoes. Cover with the boiling water and simmer slowly until potatoes are soft. Pour in the milk slowly. Cook five minutes longer. Add seasonings and thicken with the flour and butter blended. Pour over pilot biscuit.

The Borden Co. Limited

The Borden Co., Limited, 115 George St., Toronto.

Gentlemen:

Please send me a copy of the "Good Provider's Cook Book."

Name.....

Address.....

Borden's  
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UNSWEETENED  
EVAPORATED MILK

The Fish which made Prince Rupert Famous

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When you are buying coal look on the economical side of life. If you buy wet coal, you are losing 10%. So start today and burn dry coal and see what 10% means to you.

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Because it doesn't pay to advertise poor products, It does pay to buy those advertised.

## McGILL IN MONTREAL

Smithers Lawyer Tells People of East that Bulkley Valley is Still Virtual Wilderness

The wilderness of the Bulkley Valley district in the interior of British Columbia, about 200 miles inland from Prince Rupert on the Grand Trunk Pacific Line of the Canadian National Railways, was described recently in an illustrated lecture by L. S. McGill, secretary and manager of the British Columbia Chamber of Mines, Omineca branch, Smithers, B.C., delivered at the weekly luncheon of the Kiwanis Club in the Windsor Hotel, says the Montreal Gazette. In the whole of the district, about the same size as England, there were barely 4,000 people, who lived under pioneer conditions like those in the East 100 years ago, Mr. McGill said.

The area was being opened up rapidly, he continued. Premier Tolmie of British Columbia, who recently completed a tour of the district, looked for great developments there in the near future, the speaker said, and it is expected that if the proposed highway through central British Columbia to Alaska is built, the opening up of the country will be considerably expedited. There was much undeveloped wealth in the district, Mr. McGill claimed, which only needed outside capital to be successfully exploited.

Numerous slides were shown by the speaker, revealing the wild beauty of the Bulkley Valley, known as "The Land of the Golden Twilight," a land of rolling hills and great valleys, of lakes and rivers, abounding in game and one of the most beautiful spots in the world, the speaker said.

Mr. McGill's Montreal address is also reported in French in the newspaper "La Presse."

## Rosemary Winslow Formerly of This City, Is Honored

Miss Rosemary Winslow has been appointed editor of the University of British Columbia "Students' Handbook" for 1931, the student Publications Board announces. Going to the university from Prince Rupert in 1930, Miss Winslow served as a reporter on the "Ubyssy," student newspaper, and was appointed associate editor on the staff of the "Totem," U.B.C. year book.

## Coast Mission Work Subject of Article

Activities of Rev. W. B. Jennings Described in Vancouver Sunday Province

An article of much local interest which appears in the magazine section of a late Vancouver Sunday Province is one entitled "North by South, With the Coast-line Sky Pilot," the author being "Ye Sea Scribe." The article describes the mission work which has been carried out by Rev. W. B. Jennings with the Anglican mission boat Northern Cross. In addition to good descriptive matter, there are some photographs of interest illustrating the article.

A number requested by a Smithers family was played last night by radio broadcast station KJR of Seattle.

## Buy & Save

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**Mussallem's Economy Cash & Carry Stores**

A careful inspection of our prices will surely convince you that there is a material saving by taking advantage of our new Low Cash Prices:

RED ARROW CRACKERS 18c  
reg. 25c per pkg.  
CLARKE'S CORNED BEEF 20c  
1's, per tin  
QUICK QUAKER OATS 20c  
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40-jars, at  
ROYAL CROWN SOAP 23c  
6-cake carton, per carton  
CAMPBELL'S PORK & BEANS 10c  
18-oz. per tin  
ROGER'S SYRUP 40c  
5-lb tin  
PUMPKIN, ROYAL CITY 25c  
2's, 2 tins for  
REFUGEE BEANS 25c  
2's, 2 tins for  
QUAKER CORN 25c  
2's, 2 tins for  
LIBBY SAUER KRAUT 15c  
large tin at  
HALIBUT STEAK 25c  
1-2's, 4 tins for  
FINEST SOCKEYE SALMON 34c  
talls, per tin

FINEST SOCKEYE SALMON 35c  
1-2 fls., 2 tins for  
MALKIN'S BEST WHOLE CLAMS 15c  
1's, per tin  
MALKIN'S BEST BARTLETT PEARS 24c  
2's, per tin  
MARKET DAY SEEDLESS RAISINS 45c  
4-lb bags, at  
EAGLE BRAND LOBSTER \$1  
1-2's, per tin 35c, 3 for  
**THE ABOVE SPECIALS AT BOTH STORES**

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Limited  
417-423 FIFTH AVENUE EAST  
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Phone—18 and 84

## DIRECTORS OF LEAGUE

Anox Community Club Names Those Who Will be in Charge This Year

ANYOX, March 12—Out of a list of thirteen candidates, the following were recently elected directors of the Anox Community for the year, the votes they received being also given:

T. W. Cavers ..... 167  
R. Macdougall ..... 142  
R. Gale ..... 126  
F. Dresser ..... 111  
Ed. Johnson ..... 108  
A. H. Kirby ..... 105  
R. J. A. Manning ..... 105  
Don Cleal ..... 104

Those elected to serve on the Mine Branch of the Community League are D. Babich, Ed. Blundell, J. D. Ferguson, K. Montgomery and S. McIntosh.

## QUEEN CHARLOTTE AGRICULTURE NOW IS UNDER SURVEY

Professor E. M. Straight of the Dominion Experimental Station at Sidney, Vancouver Island, is at present on the Queen Charlotte Islands where he is making a survey of agricultural conditions.

## FIRST RIDE IN SLEIGH

Mrs. Pat Partridge, Formerly Miss May Thompson, Gets Great Thrill Out of It.

Mrs. Pat Partridge, better known here by her maiden name of May Thompson, had her first cutter ride recently at Milton Junction, Wisconsin, where she now resides. The former popular local basketball player and member of the Girls' Drill Team evidently was thrilled. Here is what the Milton paper has to say about it:

Pat Partridge took his wife for a cutter ride last Sunday. They had dinner with Mr. and Mrs. Clifford Green and continued their ride in the afternoon.

Mrs. Partridge (May Thompson) is a native of Canada. Her home was only fifty miles from the Alaskan border but snow is sort of a novelty there. She is accustomed to rain and fog in winter. When snow did fall there, everyone (old and young) would take some kind of a sled and go sliding. But this was Mrs. Partridge's first cutter ride and she enjoyed it immensely.

"Cutter and sleigh rides are becoming so scarce in this section of Wisconsin that no doubt many of us would consider one a treat. Especially with bells. Oh! For the good old days!"

## Twenty Years Ago

In Prince Rupert

March 3, 1931

After an address by Duncan Ross, Liberals of Victoria recently passed a resolution expressing themselves as being unanimously in favor of reciprocity with the United States. Reciprocity would tend to greatly reduce the cost of living, it is felt.

The formal opening of the new Prince Rupert General Hospital took place very informally. Miss Kate McTavish, the matron, and members of the nursing staff conducted many visitors through the building.

The steamer Skogstad, Capt. Rhyning, has arrived in port from Sydney, N.S., with 4700 tons of steel rails to be used in the construction of the Grand Trunk Pacific Railway.

## Week-End Specials

SWIFT'S PURE LARD— 60c  
3 lb tin  
MALKIN'S BEST TEA \$1.35  
3 lb tin  
B. & K. PASTRY FLOUR 50c  
10 lb sack  
B. & K. WHOLE WHEAT FLOUR 45c  
10 lb sack

MALKIN'S BEST SEEDLESS RAISINS 25c  
2 pkgs.

DAMOLCO HIGH GRADE MOLASSES 45c  
3 lb tin

SHELLED WALNUTS 40c  
Halves, light meat, lb

CLARK'S MINCE MEAT 40c  
32 oz. jar

MALKIN'S BEST ASPARAGUS TIPS 25c  
1's, tin

NABOB LARGE SIZE PRUNES 25c  
2 lb. pkg.

JAP RICE 25c  
Best quality, 4 lbs

SUNNYBROOK CREAMERY BUTTER \$1.15  
3 lb bricks

EGGS \$1.00  
Fresh Extras, 3 doz

EMPRESS MARMALADE 35c  
Made from Australian Oranges, jar

SWEET NAVEL ORANGES 90c  
5 dozen

GOLD DUST SCOURING POWDER 25c  
3 tins

**Alberta Market**

P. GAMULA, Proprietor  
Fifth Street. Phone 208



Wednesday & Thursday  
TWO SHOWS — 7 & 9 P.M.

JOAN CRAWFORD &  
Robert Montgomery in

"Our Blushing Brides"

The Picture With Everything  
Romance, Gorgeous Clothes,  
Thrills. Three Modern Maidens try different paths to Happiness

Comedy — "THE BLUFFER"  
FOX NEWS

ADMISSION — 20c & 45c  
Feature Starts at 7:25 & 9:25  
THURSDAY MATINEE at 2:30  
15c & 40c Feature Starts 2:30

Friday and Saturday

AMOS & ANDY in  
"CHECK & DOUBLE CHECK"

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Puts Strength Into Soups & Gravies

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## Prince Rupert DRYDOCK AND SHIPYARD

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK  
Engineers, Machinists, Boilermakers, Blacksmiths, Pattern Makers, Founders, Woodworkers, Etc.  
ELECTRIC AND ACETYLENE WELDING

Our Plant Is Equipped to Handle All Kinds of MARINE AND COMMERCIAL WORK  
PHONES 43 AND 385

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A comfortable chair... something interesting to read... and soft, well diffused light. What more could you desire! Be sure to choose Edison Mazda Lamps for they are frosted on the inside and protect the eyes from harmful glare. Buy them by the carton and always have a home supply.

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