



EVEN THE "IN-LAWS" APPROVE HER COOKING

How would you like to be a young bride and make that proud boast? That is what Mrs. E. N. —, down in Nova Scotia, can do. And all because she has discovered one simple cooking secret!

Here is her letter: "I never knew milk could make such a difference in cooking. I really don't know how I can thank you enough for the wonderful little cook book. I haven't failed in one single recipe."

"You see, I haven't been housekeeping long and I didn't know much about cooking, and since I discovered Carnation Milk my husband thinks I am a wonderful cook, also 'my in-laws.' (And now comes the secret of her success.) I always keep a large supply of Carnation Milk, for I use it in most everything I cook."

Here is the reason Mrs. N. — gets such wonderful cooking results with Carnation Milk. It is, in the first place, the best of pure, whole milk, protected at the source. Carnation "field men" devote their time to teaching dairymen how to breed-up their herds to higher standards, and showing them what good business it is to have clean herds, housed in clean barns, milked by clean hands into clean utensils.

This safeguarded milk is evaporated to double creaminess, so that everything in which it is used is rich and creamy. It is "homogenized" — the

cream broken up minutely and distributed all through the milk — so that every drop is rich with cream and every dish takes on the fineness of texture resulting from the fine cream particles. Besides giving cooking results which even the best of bottled milk cannot equal, Carnation Milk offers a convenience, economy and dependability which can be had in no other form of milk.

Here is a recipe which will prove to you the extraordinary goodness of Carnation Milk. Write for free Carnation Cook Book and Baby Feeding Book. Address Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

Carnation Tuna Fish a la Newburg — 2 tbs. butter, 2 tbs. flour, $\frac{1}{2}$ tsp. salt, few grains pepper, $\frac{1}{4}$ cup Carnation Milk, $\frac{3}{4}$ cup water, 2 egg yolks, 2 cups white tuna fish, 3 tbs. pimiento, 1 tsp. chopped parsley, $\frac{1}{2}$ tsp. Worcestershire sauce. Make a white sauce of the butter, flour, seasonings, Carnation and water. Add the slightly beaten egg yolks and cook for 3 minutes. Add flaked tuna fish, diced pimiento and chopped parsley. Heat thoroughly and add Worcestershire sauce just before serving. 3 tbs. Sherry flavouring and a few gratings of nutmeg can be used instead of the Worcestershire sauce if desired. Serve in patty shells or on toast points. Garnish with stars cut from pimiento and parsley. Serves 5.

USE THE SAFEGUARDED MILK



PRODUCED IN CANADA

For velvety soups and sauces, rich ice creams and candies, fine-textured cakes and puddings and custards, always use Carnation Milk — convenient, economical, always dependable. Clean housing of clean herds and clean handling of the milk safeguards Carnation Milk at the source and protects its purity. And this protection continues until Carnation reaches you in its hermetically sealed containers.

(See recipe above.)

Milk from Canadian cows, packed in Canada in Canadian cans and cases.

"FROM CONTENTED COWS"

The Fish which made Prince Rupert Famous

"Rupert Brand" SMOKED BLACK COD

Prepared Daily By

Canadian Fish & Cold Storage Co., Ltd.
PRINCE RUPERT, B.C.

WE ARE OFFERING:

DISCOUNT ON COAL

For Cash at the Rate of 50c Per Ton

Alberta Lump, \$13.50, for cash, \$13.00

Alberta Egg, \$12.50, for cash, \$12.00

Pembina Egg, \$12.50, for cash, \$12.00

HYDE TRANSFER—PHONE 580

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WIN HONORS IN MUSIC

Number of Local Students Pass Toronto Conservatory Exams

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

PIANO

Intermediate
Honors—Elizabeth Sturgeon.
Pass—Ruth Nelson.

Junior

First Class Honors—Rhoda Lamb.
Honors—Eileen Hamblin, Betty Parlow, Mary H. Orme, Edith Wilkinson (equal).
Pass—Venetia Feero.

Primary

Pass—Katharine E. Baker, Lorraine Jabour, Phedelia Stengali (equal).

Elementary

First Class Honors—Russell Cameron, Hazel Mastin (equal).
Honors—Mary MacFie, Yvonne E. Connon.
Pass—Bjorg Luth, Charlotte A. Phillipson.

Introductory

First Class Honors—Alan Kergin.
Honors—Robert Gibson, Hazel Hill, Bessie Smith (equal), Victoria Stamford.

VIOLIN

Intermediate
Honors—Bert Cameron.

THEORY

Primary

First Class Honors—Elizabeth Sturgeon.
Honors—Marybelle Stiles.
Pass—Jean MacLean, Edith Wilkinson.

Elementary

First Class Honors—Eileen Hamblin, Betty Parlow (equal), Lea Bassot-Bert, Marcelle Jabour, Lorraine Jabour, Francis Lisney, Mary H. Orme.
Honors—Betty Inglis.

Searchlights On Ketchikan

KETCHIKAN, July 23:—The lights were turned on Ketchikan as never before when the U. S. cruiser Detroit flashed its searchlights, five of these being brought into play at one time.

The display is to be repeated tomorrow night.

HERE! HERE!

This is what you are looking for

BARGAINS

We have them

Your Opportunity to Save

| | |
|------------------------------------|--------|
| Alberta Rose Flour—49's | \$1.45 |
| per sack | |
| Royal Yeast Cakes— | 20c |
| 3 pkgs. | |
| Aylmer Brand Fancy Quality | 42c |
| Peas, No. 3's, 3 cans | |
| Aylmer Brand Golden Bantam | |
| Corn—Fancy, 2's | 50c |
| 3 cans | |
| Heinz Soups—Tomato, Pea | 10c |
| and Vegetable, per can | |
| Rowntree's Cocoa— $\frac{1}{2}$'s | 23c |
| per tin | |
| Dutch Maid Salad Dressing | 43c |
| per 23-oz. jar | |
| Dutch Maid Mayonnaise | 80c |
| per 32-oz. jar | |
| Malkin's Best Coffee— | 46c |
| per lb. | |
| Malkin's Best Tomatoes— | 40c |
| 2 1/2's, 3 tins | |
| Fresh Green Beans— | 25c |
| 2 lbs. | |
| Blue Goose Oranges— | 85c |
| 5 doz. | |

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PRESBYTERIAN GARDEN PARTY

Very Enjoyable Time Spent Last Evening by Many at Home of Mr. and Mrs. McClymont

Only once in a long time do Prince Rupert people get an opportunity to attend an affair so enjoyable and at the same time profitable as at the garden party held yesterday afternoon and evening by the Women's Auxiliary of the Presbyterian Church at the home of Mr. and Mrs. Thomas McClymont. There was a large attendance and all enjoyed the event to the full. While the coolness of the evening kept many from spending their time in the garden the hospitable home was open and there was plenty to do.

The home and tables were tastefully decorated with flowers from the garden of the host and hostess and candles and other lighting effects added to the beauty of the scene.

Mrs. McClymont, Mrs. Hollingworth and Mrs. D. C. Stewart received the guests in their usual genial manner.

Tea was served both afternoon and evening, Mrs. J. G. Steen being the convener in the afternoon and Mrs. J. W. McKinley in the evening. Helping Mrs. Steen were Mrs. J. L. Lee, Mrs. H. M. Foote, Mrs. J. Haddon, Mrs. Wilson Murray, Mrs. William Brown and Mrs. W. D. Vance. Mrs. D. McD. Hunter and Mrs. William Millar poured while the cashier was Mrs. T. McMeekin. The candy sale was in the hands of Miss Sheila Stuart and the treasure hunt of Mrs. J. Simpson. The lady with the 100 pockets was Mrs. J. Clark who was assisted by Miss Mary Bremner and Miss Rose Rice. Musical arrangements were in the hands of Mrs. H. C. Fraser, Mrs. Brocklesby and Mrs. William Millar.

In the evening Mrs. McKinley was assisted in the tea room and with the punch bowl by Mrs. T. Carlyle, Mrs. and J. Murray, while serving were Misses Christie, M. Vance, N. Brown, E. Kergin and B. McKinley. The cashier was Mrs. D. McD. Hunter.

The games were in charge of Thomas McClymont and R. Cameron.

An orchestra consisting of Mrs. Black, J. Bremner, E. Hudema, J. Saunders, W. Stewart and R. Reid entertained much of the time.

Winners of the hidden treasure were Mrs. Hibbard in the afternoon and George Geddes in the evening.

Before the evening crowd dispersed a hearty vote of thanks was passed to Mr. and Mrs. McClymont for the use of their home and to the orchestra and others for their assistance.

Girl Guides Are Enjoying Life at Lake Lakelse

LAKELSE LAKE, July 23:—On Friday, July 17, at 12:30 noon, a group of 20 Girl Guides from the First Prince Rupert Company, under the leadership of Captain Rogers, Brown Owl Motte, Lieutenant Brewerton and Miss K. Duncan, left for their camp at Lakelse.

At 4:10 the party arrived in Terrace where they spent the night in the G. W. V. A. Hall. The following day the girls and their luggage were transported to the lake in trucks where they were met by boats and taken across to their camp.

The camp consists of four sleeping tents and one kitchen pitched on a stretch of beautiful golden sand directly overlooking the lake. The lake itself is an ideal spot for swimming and boating and much pleasure is derived from that source.

Although the mosquitoes are somewhat prevalent and the heat at times a little uncomfortable, there has so far been no room for discontent on the part of any girl.



listen and taste!

You've never known such a cereal. Rice Krispies are so crisp you can hear them crackle in milk or cream.

Toasted rice bubbles. Golden crisp. Wonderful for breakfast or lunch. Fine for the children's supper. So easy to digest. Use Rice Krispies in macaroons, candies. On ice cream. At grocers. Oven-fresh. Made by Kellogg in London, Ontario.



Tour Party From Montreal Here On Princess Charlotte

Members of the University of Montreal party numbering over 80 persons, who were in the city yesterday on the Princess Charlotte, expressed themselves as delighted with the trip and also with the service on the steamer. They were made up mostly of students, professors and former students and their families. On the way out, they stopped off at Calgary for the stamped, visited Banff and Vancouver and returning will go to Lake Louise and other interesting points. While in the north they went as far as Atlin.

The party was in charge of Paul E. Gingras, district passenger agent for the C. P. R. at Montreal.

Week-End Specials

| | |
|---|-----|
| Fraser Valley Strawberry Jam, 4-lb. tin | 55c |
| Malkin's Best Sockeye Salmon, 1-lb. tin | 40c |
| Malkin's Best Peas—2's | 45c |
| 2 tins | |
| Malkin's Best Honey—per 4-lb. tin | 70c |
| Ensign Peas—Choice quality per tin | 10c |
| Witch Hazel Toilet Soap—6 cakes | 25c |
| Crosse & Blackwell Olive Oil, quart bottle | 50c |
| Spring's Lemon Cheese—per 12-oz. jar | 40c |
| Spring's Grape Fruit Butter per 12-oz. jar | 40c |
| Empress Indian Chutney—per 8-oz. jar | 25c |
| Empress India Relish—per 7-oz. jar | 20c |
| Adam Cheese—Baby size 1-lb. brick | 50c |
| Empress Raspberry Vinegar per quart bottle | 35c |
| Best Foods Mayonnaise—per 16-oz. jar | 45c |
| Genuine Swiss Cheese—with big hole, per lb. | 65c |
| Clark's Pork & Beans with Chili sauce, 2's, per tin | 20c |

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

MOVIE MAN IN RUPERT

Ross Wesley Making Some Pictures For C. N. R. For Advertising Purposes

Ross Beesley of Vancouver, moving picture operator, who has already made some films on this coast including Prince Rupert for the C. N. R., chief among them being "The Trail of the Sourdough," is here again making a three-reel picture which will include scenes on the Alaska tour, on the Triangle tour and also of Jasper Park.

On the way north Mr. Beesley shot a number of inside and outside pictures of the paper mill at Ocean Falls. He has been north as far as Skagway and now he is looking for suitable halibut fishing scenes here. He will likely be here for a few days or until he gets satisfactory pictures, which will be used for advertising purposes.

Lord Duncannon Leaves For East

JASPER, July 23:—After 11 days, punctuated with trail trips and fishing expeditions, Lord Duncannon, son of the Earl of Bessborough, left Jasper Park Lodge last night on the Canadian National "Continental Limited" bound for Winnipeg and thence to Ottawa. The young man was so much enamored of Jasper National Park that he lengthened his visit here by six days and he hopes to return to the lodge this fall with the intention of travelling outside the park limits to hunt big game.

Advertise in the Daily News.

PRESERVING TIME IS HERE!

| | | |
|--|--------|---------------------------|
| SAFETY SEALERS— | | |
| quart size, per doz. | \$1.60 | pint size \$1.45 per doz. |
| RUBBER RINGS— | | |
| 2 dozen for | | 15c |
| CERTO—For Jams and Jellies per bottle | | 32c |
| MEMBA—Make Jams and Jellies the new scientific way per package | | 13c |
| PARAWAX—per package | | 18c |
| SUGAR—per 20-lb. sack | | \$1.15 |
| JEFF SOAP FLAKES—per package | | 18c |
| FRASER VALLEY STRAWBERRY JAM—per 2 1/2-lb. jar | | 40c |
| DEL MONTE APRICOTS—per large tin | | 35c |
| ASSORTED SANDWICH BISCUITS—Cellophane pkgs., 1 lb. | 25c | 1/2 lb. 15c |
| HEALTH COOKIES—per dozen | | 10c |
| NUT BUDS—A new nut and toffee candy per lb. | | 25c |
| COOKET—A vegetable shortening for flaky pastry and crisp frying in bulk, per lb. | | 20c |

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ELECTRIC AND ACETYLENE WELDING

Our Plant Is Equipped to Handle All Kinds of MARINE AND COMMERCIAL WORK
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Use MEMBA the NEW SCIENTIFIC METHOD of MAKING JAMS and JELLY

THE OLD METHOD REQUIRED HOURS OF TEDIOUS BOILING. MEMBA SAVES TIME, FRUIT AND SUGAR. MAKES SUCCESSION IN JAM AND JELLY MAKING SURE AND EASY.

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