



Perfect Smoothness

—HOW IT AIDS GOOD COOKING

"I have tried other brands but have never had such truly wonderful results from cooking as with Nestlé's Evaporated Milk. Why! The whole family have put their faith in it... and I am using it in all my cooking and baking. Nestlé's seems to improve my recipes and I can always depend on having excellent results when I use this inexpensive milk."

White Sauce (THIN)

- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 teaspoon salt
- Few grains pepper if desired
- 1 cup boiling water
- 1 cup Nestlé's Evaporated Milk

Melt butter. Blend in flour, salt and pepper, if desired, and, when smooth and bubbling, add the boiling water gradually. Stirring constantly, boil until mixture begins to thicken, then add Nestlé's Evaporated Milk and continue cooking over hot water for 5 minutes longer. Yield: 1 1/4 cups.

To make

MEDIUM WHITE SAUCE

Increase butter to 1 1/2 tablespoons and flour to 2 tablespoons.

Here is a little secret that you may not have discovered for yourself. When you are making up one of those "family favorites" of yours for cream soup or custard sauce — try using Nestlé's Evaporated Milk. You will be amazed at the added "smoothness"—the rich creaminess that this concentrated pure cows' milk gives to your soups, sauces and fillings.

You will notice, too, that they have a richer colouring when Nestlé's Evaporated Milk is used. And it is so economical! One reason for this is an interesting fact about Nestlé's Evaporated Milk which you may not know.

The butterfat particles in it are so finely divided that it gives to foods a rich flavour without the addition of cream or butter. And, by the way, this same breaking up of the fat globules causes them to become perfectly blended with the rest of the milk, which brings you that dependable smooth creaminess

that will make Nestlé's Evaporated Milk your fast friend.

Did it ever occur to you that a large part of the milk your family needs and should have every day can be eaten? This fact is of great nutritional importance—for milk drinking is sometimes not popular, especially with children—and in any case, quite often has its limits.

Solve this problem of required nutrition with delicious custards, rich creamy soups, and a variety of vegetable, fish and meat dishes served with cream sauce made with Nestlé's Evaporated Milk. This will give you double or more of the milk content otherwise included—and is a sure way of getting milk into food, and getting your family to eat more milk.

Just try the recipe given across the page. Follow carefully the simple cooking directions and you will achieve perfect smoothness.

MAIL THIS COUPON

Nestlé's Milk Products (Canada) Ltd., Metropolitan Building, Toronto, Canada.

Please send me free recipe folders giving many ways to improve dishes by the use of Nestlé's Evaporated Milk.

Name _____

Address _____



NESTLÉ'S EVAPORATED MILK

NESTLÉ'S—World's Largest Producers and Sellers of Condensed and Evaporated Milk.

LADIES HEAR MRS. SPENCER

Expert in Fish Cooking Lectures to Gathering at I. O. D. E. Hall Yesterday

At a gathering of ladies yesterday afternoon in the I. O. D. E. Hall, with Mrs. D. C. Stuart presiding, Mrs. Evejens Spencer, lecturer and demonstrator under the Department of Fisheries, gave an interesting address on the preparation and cooking of fish. The address was a lengthy one but very interesting. It was anecdotal, the speaker re-

counting a number of her experiences in connection with her work.

In the course of her talk Mrs. Spencer stated: "From time immemorial men have liked to eat fish but women hated to cook it." To overcome this dislike was one of the aims and objects of the address. She strongly urged that fish should not be overcooked. Ten minutes in a hot oven was plenty for the ordinary filets, and she urged that wherever possible filets should be used because they were easier to handle.

Mrs. Spencer spoke incidentally of the value of cod liver oil and mentioned the work being done in connection with substitutes at the local fisheries experimental station. These had all the vitamins con-

tained in cod liver oil. She also told her audience how to make emulsion.

At the conclusion a great many ladies asked questions, particularly in regard to the use of cod liver oil and emulsion.

Mrs. Spencer was introduced by D. B. Finn, director of the fisheries experimental station, and at the close a vote of thanks was passed on motion of Mrs. Rochester seconded by Mrs. Norrington.



The Letter Box

REGARDING ANYOX STRIKE

Editor, Daily News: Before passing judgment on the strike at Anyox, the following irrefutable facts should be considered.

The last wage cut on July 1st left the high paid under-ground miner \$3.25 per day and the low paid surface man \$2.40 per day. Deductions for board \$1.10 per day. Doctor fee \$1.00 per month. House rent \$20.00, room for single men \$5.00, and a 50c. fee for Community League. The antiquated system of mining increases the risks of a most dangerous and hazardous occupation. Of late years many serious accidents have happened, and the men get practically no redress. The findings of the Company's picked jury invariably stated "deceased met his death by accident, and no blame can be attached to the Company or its officials." The protests of the mine inspector were continually overruled until they finally convinced the Provincial Government that he should be replaced.

The under-ground workers at Anyox comprise some twenty different nationalities, and as they gained experience they were promoted certified miners with blasting certificates. The policy of the Company during its 40 years operation in British Columbia was to have so many of each nationality that no one could play against the other, which proved successful until the present strike.

One year ago, a few of the active miners selected one in each group to be group leaders to put the Mine Workers' Industrial Union of Canada on the map. This organization is affiliated with the Workers' Unity League. Under the leadership of the Workers' Unity League, the miners decided to strike for themselves and their families.

Practically 100% of the wages paid are returned to the Company in the form of board, groceries, clothing, and other necessities, as everything must be purchased through the company's store. We have authentic information that there are actually families in the smelter town who are in debt to the company for the necessities of life at the end of every month.

Since the depression began, the company increased its supervision staff in the mine by three more superintendents, four foremen, and about 18 shift bosses—an unheard of procedure in a B. C. mine, and try to get the last ounce of energy out of the workers.

CHARLES CHAPMAN, Chairman, Pr. Rupert Branch, N.U.W.A.

Hymns Criticized By Clergyman

Sermons Also Would Not Disturb Anybody Declares New Zealand Bishop

AUCKLAND, N.Z., Feb. 3—Modern sermons and hymns were strongly criticized by the Most Reverend Churchill Julius, Primate of New Zealand, in an address at Auckland. "Some Hymns," he declared, "must have been written in a feather bed while the composer was asleep. They are so pale and insignificant that they would not rouse a flea. Modern sermons, too, would not disturb anybody. We use the church as a kind of opium den in which the wife forgets her husband's bad temper, and the husband forgets his wife's long tongue."

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COME AND SEE US

We will guarantee you goods at 35% less than anywhere else in town.

Miss Shearer Has Romantic Role in 'Smilin' Through'

Norma Shearer has turned her back on her screen past. In "Smilin' Through," her latest production which will be shown tonight and tomorrow at the Capitol Theatre, Miss Shearer has a role far removed from those which have taken her along the bypaths which lead away from convention.

Miss Shearer's role in "Smilin' Through" is frankly tinged with sentimental romance. It is completely devoid of that sophistication which marked her characterizations in "Strangers May Kiss," "A Free Soul" and "Strange Interlude."

The story abounds in pathos. Ever since Jan Cowl first presented it on the New York stage, it has served as the model by which sentimentality in drama is measured. "As sweet and poignant as 'Smilin' Through,'" has come to be a phrase by which critics point their comparisons.

In thus turning to wistful romance, Miss Shearer sheds the "women of the world" character for the first time since the peach blossom fragrance of "The Student Prince," in the old days of silent films.

In "Smilin' Through" she portrays two different girls whose romantic experiences affect the life of one man at an interval of fifty years. First, as Moonyeen Clare, in 1868, she is the betrothed of a young English aristocrat, played by Leslie Howard. Later, in 1914, she becomes Kathleen Sheridan, with Fredric March as her lover.

- The Daily News can be purchased at—
- Post Office News Stand, 325 Granville St., Vancouver.
- Karl Anderson, Prince George, B.C.
- R. W. Riley, Terrace, B.C.
- General Store, Anyox.
- Smithers Drug Store, Smithers, B.C.

FRIDAY & SATURDAY TWO SHOWS—7 & 9 p.m. Admission — 15c & 50c Feature Starts 7:25 & 9:25



SATURDAY MATINEE at 2:30 Feature Starts at 2:55 Admission — 15c & 50c

THIS BEAUTIFUL ROMANCE WILL NEVER DIE
NORMA SHEARER, FREDRIC MARCH, LESLIE HOWARD in
"SMILIN' THROUGH"
With O. P. Heggie, Ralph Forbes, Beryl Mercer. A Metro Picture Musical—BING CROSBY in "Dream House" METRO NEWS MONDAY and TUESDAY—"JACK'S THE BOY"

Insist on "GRANT'S BEST PROCURABLE"—The Original For Sale at Vendors or direct from "Mail Order Dept." Liquor Control Board, 147 Beatty St., Vancouver

GRANT'S
"BEST PROCURABLE"
PURE SCOTCH WHISKY
RICHEST IN FINEST HIGHLAND MALT

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I have an order for ten thousand raw skins of all kinds of furs which I am prepared to purchase for a big fur manufacturing house.

I am prepared to pay higher prices than anyone for the furs

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"TILLIE THE TOILER"

Not So Funny to Mac

—By Westover.

