

# 3 symptoms all mothers dread



How Nature stores in Oatmeal the precious vitamin "B" to combat nervousness, constipation, poor appetite

IN VITAMIN B  
It's worth a word of oatmeal. 1 taken fresh from

Youngsters must have the vitamin B1. Yet 1c worth of delicious Quaker Oats contains more of it than 3 cakes of fresh yeast!

Moreover, milk itself builds growth better when eaten with oatmeal, than with most cereals!

IN a simple, healthful breakfast of oatmeal is stored the precious vitamin B that combats poor appetite, nervousness, constipation.

And the amount of this vital element in a single bowl of Oatmeal is equal to that contained in 3 cakes of fresh yeast.

Why milk builds better with oatmeal  
Milk contains the growth vitamin G which doctors say works best in combination with the vitamin B in oatmeal.

Therefore, in a delicious breakfast of Quaker Oats and milk, Nature combines, in the most perfect union, the two elements most vital to the healthy growth of active young bodies.

Quaker Oats contains not only all these vital elements, so essential to health—it is further enriched by irradiation with the Sunshine-vitamin D.

Hence Quaker Oats and milk is the perfect breakfast. In this delicious and nourishing combination Nature and Science join hands to produce a food unsurpassed in nutritive and growth-building value.

Order Quaker Oats from your grocer today.

EXTRA FEATURES  
Cooks while the coffee boils. Costs less than 1/2¢ a dish. Sold only in retail packages. Contains valuable coupon exchangeable for useful merchandise.



## WATERFRONT WHIFFS

### Cow Bay Question to Fore—Frozen Halibut Situation Not Very Satisfactory—More About Mystic Rites

The Cow Bay question appears to be much to the fore again, judging from gossip to be heard along the waterfront. It is said that the provincial government and the Canadian National Railways are again negotiating for an exchange of property and that, once this is completed, considerable improvements will be made to the roadway including removal of the bluff on the west side of the road near the mouth of the bay. Talk of the filling in of the bay, long a local bone of contention, is also heard once more. There are also rumors of some of the squatters there being given notice to vacate. There is considerable difficulty in getting anything in the way of official confirmation of the reports.

The frozen halibut situation this spring, according to official figures, is anything but satisfactory and this is said to be one of the reasons why fish buyers of the coast are showing considerable diffidence in meeting with the request of the halibut boat owners and fishermen that a minimum price be set for the year. Canadian frozen stocks at February 1 this year are placed at 2,429,779 pounds as compared with 1,046,780 pounds a year ago. American stocks show a corresponding increase this year. The dealers, as per agreement, are holding out for the following wholesale prices for frozen fish: chickens, 10c; 10 to 12 pounds, 12c; 20 to 40 pounds, 11c; 40 to 60 pounds, 10c; 60 to 80 pounds, 9 1/2c; whales, 9c.

After having taken fish in the harbor for ten days with considerable success, Capt. R. Gammon was prospecting for herring outside yesterday with the Zenardi. The fish had gone down too deep in the harbor yesterday afternoon to make it possible to seine with any degree of success. The Zenardi is taking the fish for the Tucks Inlet reduction plant and was seining again in the harbor last night and this morning.

The odd spring salmon is still being picked up in the harbor by trollers. As long as the herring are in, there will also be springs.

Mitchell & Currie expect to complete by next week the contract for re-decking and other improvements at the marine department's wharf at Digby Island.

Armour Salvage Co.'s service boat Daly made a trip to Port Simpson yesterday with Ralph Parsons, fur trade commissioner for the Hudson Bay Co., and R. H. G. Bonnycastle, western Arctic manager for the company, both from Winnipeg. The party left at 6 o'clock in the morning and returned about 4 o'clock in the afternoon. Messrs. Parsons and Bonnycastle sailed last night on the Princess Adelaide for Vancouver.

**Dr. Carter's Ordeal**  
Written as it might be described a thousand years or more hence, the following account of Dr. Neal Carter's recent initiation as a member of the Ancient and Mystic Order of Sea Serpent Worshipers before an improvised altar in the catacombs of the Pacific Biological Station with appropriate burning of incense in front of a shingle laid on the carpet representing the shingle strand of far-famed Henry Island, has been prepared:  
"After the complete destruction of the Usanian town of Prince Rupert by our aerial fleet in 2999 some curious relics of "serpentians" were discovered through the work of officials representing the Interna-

tional Society for the Prevention of Sea Serpents. Most of these have been explored statistically and it is not proposed to discuss them in this place.

"But the most curious, and possibly the most valuable of all these relics, has not been made public. I propose to remedy this oversight. The relic in question is a manuscript dealing with a subject partly religious and partly political. The latter aspect, however, is obscure and of little import.

"The Most Glorious Hyllo Ko, P. R. J. Q., etc., has shown in Chapter 32X of his monumental work on "The Significance of Serpent Worship in the Aboriginal North American Culture" that a tremendous impetus was given to this curious form of neo-paganism in the second decade of the 20th Century. Apparently the recrudescence of serpent worship was due largely to the energy of an obscure sect known as the Con-specific Stitological Batlion with headquarters at Manimo, or Nimeno, on the lost island of Vangouber. One of the high priests of this cult, to whom this amazing manuscript is ascribed, was known by various names. Some of those which have come down to us are Nail, or Neal, Karter or Carterdeo. It would seem that this Nail or Neal, during the period when serpent worship had reached the zenith of its popularity, performed the chief part, or at any rate assisted, in a remarkable ceremonial of serpent worship near the aboriginal village of Prince Rupert. Hyllo Ko (loc. cit) has demonstrated beyond any reasonable doubt that an actual animal, possibly a sea cow, or sea steer, was used in this ceremony which took place at night during the full moon near the sea's edge on a secluded strip of shingle. Following the ceremony, the details of which have not been recorded, parts of the dead animal were sent to all the followers of the serpent cult. No doubt this was analogous to that similar quaint custom of distributing fragments of cake following the wedding orgies of these aboriginals. But that, of course, is purely speculative. Apparently, these animal fragments were passed from hand to hand amongst the devout, who, no doubt, profited greatly. Finally the fragments were assembled at one of the main villages of Vangouber Island known as Britannica-in-exile. Philologists can, perhaps, throw light on this curious name. Here a rude presentation of the animal was constructed and, suitably illuminated, became the centre of curious midnight worship.

"This scene, under the star-powdered sky, although savage and revolting, must have had moments of impressive solemnity. I will not narrow my readers by a description of the orgiastic rites which took place but we can, at least, picture these wild creatures, and their women, swaying and staggering about the recumbent figure of their Serpent God as they are lashed to greater and greater frenzy by the abdominal retchings of the brazen saxaphones, the belching of tumtums and noises of equal harshness from still ruder instruments. Nor

must we forget the priest's part in the ceremony. He stands at the point of greatest illumination. His cadaverous face, like the white belly of a dead fish, shines dankly in the fire-light, while from his throat issue untutored howls and howlings.

"With this preliminary explanation we may now approach the deciphering of the manuscript with a sure hand. There can be no doubt that after one of these, probably annual, ceremonies the priest Nail, or Neal, felt moved to preserve in immortal verse his faith in, and kinship with, the revered serpent. While to our sophisticated minds the theme is naive, and the structure primitive, nevertheless the archaic flavor has its appeal and the curious will reflect that even in those remote times our sub-human progenitors had their moments of vision. They, too, reached for the stars. There has been heated discussion amongst the learned as to the proper classification of the medium used but with such nomenclatural subtleties we are not concerned. Suffice it to say that the consensus of opinion places it in the category of verse libre. This was a form of early poetry written by those who were unable to purchase a rhyming dictionary. Here, then, is a free translation of this ancient chant.

"Serpent of the Main  
"I worship thee.  
"Oh, you are green  
"And you are white  
"And you are black  
"As the spawn of night.  
"Serpent of the Deep  
"I hymn your praise.  
"Oh, Cadborosaurus  
"Oh Serpent dread,  
"When on the shingled strand  
"I fathered thee  
"For all posterity  
"To worship and acclaim  
"I, Neophyte and Scribe.  
"Fulfilled my priestly vow.  
"Serpent of the Depths,  
"In esoteric imagery  
"I worship thee.  
"Oh, Cadborosaurus  
"Oh Serpent King!  
"Along the corridors of time  
"Hand in hand,  
"Time defying,  
"Space deriding,  
"Hand in hand  
"We pass  
"Along the corridors of time.  
"Serpent dread,  
"Cadborosaurus,  
"I salute thee!  
"Oh, you are black  
"And you are white,  
"You glitter like the frost  
"At night!  
"In Ursine quest of fame  
"So hard to grasp, so ill to hold  
"Your form will rise  
"In glittering versimilitude  
"On silvered lawn  
"Where statesmen (save the mark),  
"Expectorate,  
"Serpent of the kelp  
"Forgive your Priest,  
"Your Scribe,  
"I worship thee.  
"This the Swan Song,  
"This the apotheosis  
"And the downfall dire  
"Of Caddy and Odogogo.  
"Oh, sing a song of sea-cows  
"Sporting in the chuck  
"Sing a song of anything  
"Carter's out of luck!"

**Lectures For Fishermen**  
Disinfection of boats, changes in hold arrangements and procedure for the handling of fresh fish are subjects being discussed by Dr. R. H. Bedford of the scientific staff of the Prince Rupert Fisheries Experimental Station in a specially arranged series of two lectures before halibut boat owners and fishermen and salmon trollers in the Deep Sea Fishermen's Union Hall here. There were about one hundred men present Thursday night

at the first meeting over which Ex-Mayor Cyril H. Orme presided. Speakers, besides Dr. Bedford, were Dr. Neal Carter, director of the Prince Rupert Fisheries Experimental Station, and Otto C. Young, refrigeration engineer attached to the station staff. The second meeting will be held next Thursday.

After making a speedy run north, Union steamer Venture, Capt. Ernest Georgeson, arrived in port at 5:15 yesterday afternoon from the south and sailed at 12 midnight on her return to Vancouver and waypoints. The Venture will be making one or two more trips on this run in place of the steamer Cardena which is relieving on the run of the Catala while the latter vessel takes her annual-overhaul in Vancouver.

## Timely Recipes

### SANDWICH FILLINGS

For home parties the hostess has to make her sandwiches hours ahead; and thousands of Canadian women pack lunch boxes every day and worry about ways of keeping sandwiches perfectly fresh. The new minute tapioca will work miracles for them. No need to get the bread limp by having the filling soak into it for hours while the sandwiches are rolled in paper of a damp cloth.

This tapioca holds the moisture in sandwich fillings and yet does not in any way interfere with the flavor of those clever appetizing combinations that everyone likes. The tapioca helps to make chicken, fish or cheese go a long way, too.

To prepare sandwich fillings, place liquid in top of double boiler and bring to a boil over direct heat. Combine minute tapioca and dry seasonings, add gradually to liquid and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook five minutes, stirring occasionally. Remove from boiling water. Combine remaining ingredients in order given; add to tapioca mixture and blend. Cool, mixture thickens as it cools.

**Chicken Salad Filling**  
One cup chicken stock; three tablespoons minute tapioca, one teaspoon salt, 1/2 teaspoon pepper,

## CAPITOL

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1/2 teaspoon paprika, one cup bread cooked chicken, 1/2 cup finely chopped, two tablespoons sweet pickles, chopped, one spoon pimento, finely chopped, 1/2 tablespoon vinegar, 1/2 cup mayonnaise.  
Makes two cups of filling.

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## GEMS FROM LIFE'S SCRAP-BOOK

### HUMILITY

I believe the first test of a truly great man is his humility.—Ruskin.  
The higher a man is in grace, the lower he will be in his own esteem.—Spurgeon.

Humility is the stepping-stone to a higher recognition of Deity.—Mary Baker Eddy.



### If You Eat Starches Meats, Sweets Read This

They're All Necessary Foods — But All Acid-Forming. Hence Most of Us Have "Acid Stomach" At Times. Easy Now to Relieve.

Doctors say that much of the so-called "indigestion," from which so many of us suffer, is really acid indigestion — brought about by too many acid-forming foods in our modern diet. And that there is now a way to relieve this... often in minutes!

Simply take Phillips' Milk of Magnesia after meals. Almost immediately this acts to neutralize the stomach acidity that brings on your trouble. You "forget you have a stomach!"

Try this just once! Take either the familiar liquid "PHILLIPS" or, now, the convenient new Phillips' Milk of Magnesia Tablets. But be sure you get Genuine "PHILLIPS".

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Phillips' Milk of Magnesia Tablets are now on sale at all drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips' Milk of Magnesia.



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