



We have given you our utmost in service and quality milk. Now we offer you CELLOPHANE PROTECTION on milk also.

Further particulars about our new health protection service in folder being distributed.

**VALENTIN DAIRY**  
Phone — 657

**Timely Recipes**

**STRING BEANS**  
String beans are now plentiful and come on the market fresh and crisp. They should, however, be properly cooked to retain full flavor and color and thus appeal to the appetite and give complete food value.

String beans of either green or wax varieties are a delight to the palate when well cooked. The method recommended by the fruit branch, Dominion Department of Agriculture is as follows:

Wash, remove strings and ends, and either leave whole or cut in one inch lengths. Allow a very small amount of salted water and cook beans in a closely covered saucepan for thirty minutes. Place over a low fire at first until some juice is extracted, then raise the temperature. All liquid should be absorbed when beans are cooked. The use of different sauces makes for variety.

**Beans With Tomato Sauce**

Three cups beans, 2 tablespoons butter, 1 cup tomato juice, 2 tablespoons flour, salt and pepper.  
Cook beans in a little water so that practically all liquid is absorbed when they are tender. Then add butter, and when melted and well mixed through the beans, sprinkle the flour over, and stir over the fire. Then slowly add tomato juice, stirring well. Cook five minutes.

J. A. Collins, Shanghai timberman, disembarked here from the steamer Princess Louise Saturday afternoon after having made the round trip to Skagway and will be here until this afternoon when he will proceed aboard the Prince Rupert to Vancouver.

**DOCTOR SAID SHE NEEDED "BULK" FOR HER CONSTIPATION**

Kellogg's ALL-BRAN Brings Relief to Mrs. Maneely

Read the following unsolicited letter:

"Up to five years ago, I knew no end of suffering caused by constipation. I used all kinds of laxatives but only found relief till I got used to them. My physician told me to get some Kellogg's ALL-BRAN, and instructed me how to use it.

"I did just as I was told by my doctor, and today I send my highest praise for what your ALL-BRAN has done for me." — Mrs. Jas. Maneely, Jr. Address upon request.

"Due to insufficient 'bulk' in meals.

ALL-BRAN provides gentle "bulk" to help overcome common constipation. It is also a good source of vitamin B and iron.

The "bulk" of ALL-BRAN is often more effective than the "bulk" in fruits and vegetables, as it does not break down within the body. Two tablespoonfuls daily are usually sufficient. If not corrected this way, see your doctor.

Isn't this food much pleasanter and safer than risking patent medicines? Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Keep on the Sunny Side of Life

**LOCAL NEWS**

Mrs. Reg Kelsey, and child sailed Saturday evening on the Prince George for a trip to Vancouver.

William Beynon of Port Simpson, after a brief visit to town, sailed by the Catala last evening on his return north.

Mrs. A. Dowther sailed on the Prince George Saturday night for a business trip to Vancouver and elsewhere in the south.

Inspector John A. Fraser, provincial police, returned to the city on Saturday afternoon's train from a trip to the interior as far as Prince George on official duties.

Carl Halverson returned to the city on the Prince George Saturday afternoon from Anyox where he has been in the employ of the Cranby Co.

P. R. Duncan, well known Vancouver lawyer, and Mrs. Duncan were passengers going north aboard the steamer Catala last evening. They are making the round trip.

Mrs. J. R. Elfert and her niece, Miss Betty Reid of Winnipeg, who is paying a visit here, returned to the city on the Prince Robert yesterday after making the round trip to Skagway.

F. H. Middlemiss, Post Office inspector, after a visit of two or three weeks here and in the district on official duties, sailed by the Prince George Saturday night on his return to Vancouver.

G. E. Gulick, local manager of the Swift-Canadian Co., returned to the city on the Prince George Saturday afternoon after making the round trip to Anyox and Stewart on company business.

Chief Justice Simmons, Mr. Justice Clark and Mr. Justice Tweedie of Calgary sailed on the Prince George Saturday evening for Vancouver, having arrived in the city by train the same afternoon from Lakelse Lake where they had been on an angling trip.

**Hotel Arrivals**

**Prince Rupert**  
Robert C. Gosse and J. G. Appleyard, Vancouver; R. Lees, Edmonton; Mrs. MacConnachie, Barbara MacConnachie, W. A. Gibbs and A. MacLean, Anyox; J. A. Collins, Shanghai; William A. Hesse, Ketchikan; H. E. Walton Smith, Victoria; R. A. Tennant, Ridgewood, New Jersey.

**Royal**  
S. Martinson, Naas River; Lillian Wilson, city; F. Winters, C.N.R.

**Savoy**  
Fred Mist, Terrace; Mike Tomkins, G. A. Smiley and Mrs. Shields, Anyox; W. Monks, Vancouver; Mr. and Mrs. Chester Leask and Mrs. Ed Ryan, Metlakatla; Mr. and Mrs. J. Wrathall, Telegraph Creek.

**'ROBERTA' IS SPECTACLE**

Colorful Picturization of Popular Musical Play Coming to Capitol For Special Engagement

Starring Irene Dunne, Fred Astaire and Ginger Rogers, the colorful picturization of "Roberta," a musical play which made theatrical history on the stage, comes to the screen of the Capitol Theatre here for a special three-day engagement during the first half of this week. It is part of a special Carnival Week program which will also include the film of "Les Miserables." Victor Hugo's famous novel, the latter half of the week also for three days. On Wednesday, Thursday, Friday and Saturday afternoons there will be special matinees.

Lavishly produced, the picture "Roberta" is said to retain all of the popular features of the stage play as well as presenting a number of specially brilliant entertainment highlights including a spectacular fashion show Miss Dunne's singing, dancing of Astaire and Miss Rogers and sparkling novelty episodes enliven the production.

The story presents an intriguing theme for romance in a Paris gown shop, the fashion show fitting logically into the action. Twelve beautiful girls are used as models for a gorgeous display of feminine finery.

Besides Miss Dunne, Miss Rogers and Astaire, the cast includes Randolph Scott, Helen Westley, Victor Varconi, Claire Dodd and Luis Alberni.

Ross Taylor, superintendent of the concentrator at Anyox, was a passenger aboard the Prince George Saturday evening bound for Vancouver.

**"Build B.C. Payrolls"**

**The Milk For a Child**



"I have used Pacific Milk for nearly 12 years and now use no other milk. I have raised four children on it and our new baby girl is having it too. My only boy is a fine child, having taken it from the time he was three days old and a finer boy I don't think anyone would wish to see."—Excerpt from a letter by Mrs. M.

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**VALENTIN DAIRY**  
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to greet you. We meet all trains. Picnic parties every Sunday, 75c. Fare, adults, \$3.50; each additional adult, \$1.50. Hotel, Hot Springs or anywhere on the lake.

It's Carnival Week! **CAPITOL** It's Big Show Week!

**THIS WEEK'S IMPORTANT EVENTS!**  
Monday, Tuesday, Wednesday—"ROBERTA" at the Capitol  
Wednesday, Thursday, Friday—Rupert's Silver Jubilee Carnival  
Thursday, Friday, Saturday—"LES MISERABLES" at the Capitol

Starts tonight for 3 nights with special Carnival Matinee Wednesday at 2:30



On Our Stage — Twice Nightly **LITTLE HERBIE WILLIAMSON**, Vancouver's Juvenile Accordionist featuring musical prologue to "ROBERTA"

Also Silly Symphony and News

Coming Thursday, Friday, Saturday **Fredric March, Charles Laughton** in "LES MISERABLES" Special Carnival Week Matinee on Thurs., Fri., Sat. at 2:30 p.m.

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Canning Racks, for 8 quart jars, each 50c  
**GORDON'S HARDWARE** McBride St. Phone 311

**UNION STEAMSHIPS LIMITED**  
Steamers leave Prince Rupert for Vancouver—  
**T.S.S. CATALA EVERY TUESDAY, 1:30 P.M.**  
Arriving Vancouver Thursday  
**T.S.S. CARDENA EVERY FRIDAY MIDNIGHT.**  
Arriving Vancouver Monday a.m.  
Weekly sailings to Port Simpson, Anyox, Stewart and Naas River points leave Prince Rupert Sunday, 8 p.m.  
Further information regarding all sailings and tickets at—  
**PRINCE RUPERT AGENCY, Third Avenue Phone 568**

**CANADIAN PACIFIC**  
To Vancouver via Ocean Falls and way ports—  
PRINCESS ADELAIDE, FRIDAYS, 10 P.M.  
To Vancouver Direct—  
PRINCESS LOUISE, Aug. 17th, 28th, Sept. 6th.  
PRINCESS ALICE, Aug. 10th, 24th.  
To Ketchikan, Wrangell, Juneau and Skagway—  
PRINCESS LOUISE, Aug. 12th, 23rd, Sept. 1st.  
PRINCESS ALICE, Aug. 19th.  
For information and reservations call or write  
**W. L. COATES, General Agent, Prince Rupert, B.C.**

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.

It's interesting to know when reading the Daily News that the people of the whole district are doing the same.

MEET YOUR FRIENDS AT **MUSSALLEM'S CONFECTIONERY & DELICATESSEN**  
Where You May Enjoy the Comfort Of a Private Booth

We specialize in fancy Ice Cream, Dishes: Sundaes, Sodas, Milk Shakes, Buttermilk and Cream. OUR DELICATESSEN Service offers light lunches, sandwiches, cakes, cookies, etc. We also carry a full assortment of choice fruit in season, English Toffees, Candies, Chocolates (boxed or loose) at reduced prices.

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THIRD AVENUE PRINCE RUPERT

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