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DINNER OF 30 COURSES

Visitor to China Tells of Adventure In Dining on a Very Mixed Diet

BOMBAY, June 24: (CP)—To persons acquainted with the eating customs of the East as exemplified in India, a 30-course meal in China seems to be an adventure. The Times of India recently published the following description of the experience of a visitor to a Chinese city.

"'Don't worry,' a friend, conversant with such things said on the way to an invitation affair. 'It's only a 30-course feast. Just nibble at the different dishes. Refuse the bowl of rice at the end, unless you feel able for it, for etiquette demands it be finished to the last grain, and hold everything you can in both hands. The meal will last two hours.'

"The room was bare, with an uncurtained window, four Chinese scrolls and an ugly pendulum clock on the walls, a round table, set with various dishes on green-patterned American cloth, and eight wooden stools.

"My friend refused the first and second stools offered and I did the same, registering the first item in the table of my mental 'don'ts.' Once seated, it was difficult to know what to do with our feet, which dangled as they had not done since nursery days. Those days were even more vividly recalled when the waiters brought in a steaming-hot towel and presented one to each of us. Imitating my fellow-guest, I took it in both hands and proceeded to wipe my face and hands. It was surprisingly refreshing, and amazing the quantity of street dust it was able to bring off.

"The table, too, laid out with 10 saucers of varied dainties, recalled the dolls' tea-parties of the nursery, when odds and ends were begged from the kitchen cupboard. In the 10 saucers I could see peanuts, sugar-candy, melon seeds, sliced bananas and apples, sweetened radishes, crystallized plums, slices of sponge cake and a salad mixture. For each guest was set a saucer containing some native relish, a bowl and a pair of chopsticks.

"We had arrived on the stroke of the second hour of the second half of the day, but it was not till the third hour that a Chinese woman teacher, two merchants and two students made our party complete. We had foregone our usual midday tiffin and were ready for our 30-course meal, so it was a little difficult to refrain from doing more than nibble when we drew our stools up to the table and the feast was opened.

"Memories of playing progressive games came fast as I seized, or rather failed to seize, a nut or plum with my chopsticks. You either popped the dainty straight into your mouth or ate it held precariously between the two straight sticks. After a short interval the main dishes arrived, one by one hot, deliciously tender, invariably in small balls or slices, save for one large fish specialty, but in no logical order. Fried chicken in balls would precede lotus seeds in syrup, sliced mushrooms would follow sea slugs in gravy. There were meat dumplings, apples dipped in sugar, sliced bacon, fish steaks in this gastronomic medley, so that there was a slight suggestion of nightmare in this fantastic disregard of the value of a balanced menu.

"There was nothing to drink, and our Western thirst became acute. When the feast was rounded off with delicious soup and a bowl of rice we accepted the one with zest and refused the other with genuine thankfulness.

"'You haven't eaten till you're stuffed,' our host said disappointedly, using the usual polite Chinese formula."

Nature Builds Your Body—

but you supply the materials.

Health suffers if you run short of iron.

Your food and drink are the only materials Nature gets to maintain bodily strength and well-being. But the tragedy of modern foods is their shortage of iron. Sooner or later this has an effect upon the health. It causes, at first, a run-down condition and simple anæmia; then develops into serious ailments, if not checked.

This was shown to be true in a group of forty-five people whose blood was examined by a competent authority. In forty cases the blood was thinner and paler than it should have been, due to the shortage of iron. The authority who conducted the tests recorded the exact amount of the shortage for each person, then put every one of them on a 30-day treatment. The preparation he gave them was Dr. Williams' Pink Pills (called pink because they have a pink sugar coating). In one month he examined their blood again and found that the red corpuscles and the iron had definitely increased in every case.

This test is a demonstration of what this fine old remedy can do for you, if . . . as is likely . . . you need iron.

Wouldn't you like to feel really strong and vigorous again? Wouldn't you like to eat well, sleep soundly, take a keen interest in life around you . . . ? Then put yourself on a 30-day treatment with Dr. Williams' Pink Pills. Directly you begin taking this reliable old preparation, the reconstructive process will start. The blood will grow richer . . . will carry more vitality . . . and your own feelings will react pleasantly. Old aches and off days will give way to new vigor and brighter outlook on life. You will know once again the joy of possessing that priceless treasure . . . health! Full size box 50c. 37H

Today's Weather

Terrace — Part cloudy, south wind, temperature. 52.

Anyox—Cloudy, calm, 54.

Stewart—Part cloudy, calm, 53.

Hazelton—Cloudy, calm, 54.

Smithers—Part cloudy, calm, warmer.

Burns Lake—Clear, calm, 50.

WHIFFLETS

From the Waterfront

Steamer J. R. Morgan came in Saturday from the Islands bringing William Murray who had been injured in connection with logging operations and Cyril Harrison who is ill and may have to go south. Mr. and Mrs. Palmer and C. P. Allison returned in the vessel which is a tugboat engaged in connection with the logging camp and was firmerly the Prince Albert.

Jim Bacon has received a copy of the London Express showing pictures of the Jubilee celebrations. In one of the pictures is his brother on horseback quite near the King. This brother has been for many years in charge of the Royal News at Buckingham Palace.

OMINECA SCENE OF ACTIVITY

Companies and Syndicates Operating in Northern Interior and Local Concern Interested

VANDERHOOF, June 24:—The Omineca country north of here is again the scene of extensive placer development this year with several companies and syndicates in the field.

Four hundred miles north of here the Two Brothers Mining Co. has some forty men at work on the development of a big valley preparatory to large scale development. Transportation of equipment and supplies in from Takla Lake is entirely by plane with Pilot Grant MacConachie in charge. Already one Universal Fokker plane is in use and later there will be another. I. H. Blackey of Calgary is superintending the company's operations.

On Slate Creek near its confluence with Manson Creek Consolidated Mining & Smelting Co., under management of Wm. Ogilvie, is continuing its operations with at least fifty men at work. The company, it is understood, plans to considerably enlarge its operating equipment. A Fairchild plane, piloted by Ken Dewar, is being used in transporting supplies from Stuart Lake at Fort St. James.

Germanson Placers, of which R. C. McCorkell is the moving spirit, is expected to discontinue hydraulicking on Germanson Creek and take in a dredging outfit with which work will be resumed next year.

There is also activity on Vital Creek by M. J. Brown of Burns Lake and Northern Ventures Limited of Prince Rupert.

Everybody reads the Daily News There's a reason.

War Picture Is Seen at Capitol

The Real Fighting Pictures Shown Under Canadian Legion Auspices With Matinee

Speaking of the war picture which is being shown today and tomorrow at the Capitol under Canadian Legion auspices the Ottawa Journal says editorially:

"Whatever may be said of the picture of this name now showing at the RKO Capitol Theatre, let no one say of it that it is propaganda for war. For not all the books that have been written against war, nor all the sermons that have been preached against it, tell as much of its stark, awful pity. This is not a picture to pander to the morbid or the sensational, nor is it compounded of that mere emphasis upon horror and beastliness which have marred cinema versions of so many war books. What is shown here is an actual and faithful photographic record of things that were done and endured by Canada's own flesh and blood in those four dread years in France— a mingling of human heroism and sacrifice with acts and scenes so terrible as to be almost beyond belief.

"Watching this procession pass by on the screen, there comes to one, two overpowering emotions: pride in the valor and fibre of the men who could live, endure or die amid such scenes; horror that a world, supposedly Christian and civilized, should permit such things to happen. Here before one's gaze passes the whole desolating story of the war: the brave marching away; the comradship of the men who fought; the all but incredible acts of carnage on land and sea and in the air; the battlefields strewn with remnants of men and of machines designed to kill them: the waves of human beings rolling over shell-torn earth, moving on to defeat or victory, deathless in their courage to face death. Other scenes there are—snatches of the gay courage and humor that nothing could kill, scenes of moving and solemn beauty—but it is the terror of it all, and the pity, the mud and slime and vileness of war, that stand out. That and that final field of endless crosses, fruit of it all, and eternal symbol and condemnation of what war means."

Rev. R. P. Graham, Anglican clergyman at Massett until recently, accompanied by Mrs Graham and six children, left this morning for Atlin aboard the steamer Princess Louise.

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'LEST WE FORGET'

— Presented By —

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Actual pictures of the Marne, Ypres, Vimy, Somme, Passchendaele, Cambrai, Dogger Bank, "Q" Ships, Submarine Warfare and British Naval Battles.

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(At 7:23 & 9:30)

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Starting the Ball Rolling

