

Velvet Blend... USE Carnation

... you'll say "magic"

Creamy-smooth Carnation is wonderful for cooking. It velvets perfectly with other foods, in all milk-rich dishes. It whips... it freezes... it's flavorful... it's economical and convenient... it's easy to use... if the recipe calls for milk, use half Carnation and half water; if it calls for cream, use Carnation undiluted, as it pours from the can.

Remember that Carnation is just good, whole milk, evaporated to double-richness, heat-treated and homogenized for smoothness and safety, irradiated for extra vitamin D—400 units to every pint.

FOR BABY ask your doctor about a formula prepared with safe, nourishing, digestible Carnation Milk—universally approved for babies and children.

"From Contented Cows"



FLUORINE TESTED AS PREVENTATIVE FOR TOOTH DECAY

Chemical Which Turns Teeth Brown and Was Once Thought Health Hazard Now Used in Small Amounts

By HOWARD W. BLAKESLEE

NEW YORK — Dentists are testing a treatment to germ-proof children's teeth against future decay.

The germ-proofing is done with the chemical element fluorine. This is not a case of being certain of better teeth but of offering parents what looks like the best bet yet in dentistry. It is being tried by dentists in New York and elsewhere.

The germ-proofing treatment is the latest in a series of studies covering 10 years of fluorine and teeth. Up to 10 years ago fluorine was regarded as a health hazard. This chemical, found in the drinking water in at least 200 areas in the United States, was known to cause mottled teeth.

These green-brown spots disfigured teeth permanently, but this misfortune happened only to children who drank the water continuously for years. The damage was done only under the age of 12. After that teeth became immune to fluorine damage.

Just about 10 years ago a scientist poking around with some rat teeth experiments noticed that animals with teeth mottled from fluorine had less decay than usual. This suggested that perhaps a little bit of fluorine in drinking water or elsewhere might build better teeth instead of spotting them. The spotting came from too much fluorine.

It was found that a little of the fluorine entered the enamel of children's teeth. This fluorine apparently became a permanent part of the enamel. Then it was learned that decayed teeth contained less fluorine than sound teeth in virtually all cases.

FEWER GERMS

A further step came with findings that there were fewer tooth decay germs in the mouths of children with larger amounts of fluorine in their teeth. The germ is lactobacillus acidophilus. Although like most everything else in tooth decay, this germ's role in digging holes is not absolutely proven, the acidophilus has been accepted generally as at least one cause. Why his numbers dwindle with the presence of fluorine is not known.

As soon as scientists were reasonably sure that drinking fluorine-water made stronger teeth, it occurred to them to try rubbing fluorine on the teeth as a short-cut to years of drinking fluorine-water.

Apparently the short-cut works. It was tried at Tufts College, near Boston; then on children at Hibbing, Chisholm and Virginia, Minn., in Brockton, Mass., Cambridge, Mass., and Millville, Mass.

These experiments appear fool-proof, because only part of each child's teeth were treated with fluorine. Half the mouth was left as a control to show what would happen with no fluorine. In all these cases the drop in tooth decay in the fluorine tooth sector ranged from 25 per cent to 50 per cent.

Science thinks the ideal thing will be to add the right amount of fluorine to drinking water in all cities. A controlled 10-year experiment in which one city adds fluorine to its water while another uses fluorine-free water has been underway in New York State for three years.

All known fluorine benefits are limited to children under 12. Nothing of use to adults has been found.



HE'S PROUD PAPA AT SIXTY-NINE—Proudly displaying their 10-day old baby girl to cameramen for the first time, Mr. and Mrs. N. R. Husted, Sulton, Washington, beam with pride as they pose with the new addition to their family. Mrs. Husted is 21, and Mr. Husted—just a mere 69.

THE MARKETS—

Canned Vegetables		Oranges (Navel)	25 - 49
Dill Pickles, gal.	1.75	Dates, pitted, lb.	25
Cut Green Beans, fcy. each	20	Fresh Milk	
No. 3 Peas, fancy	20	Quart	20
Mixed Vegetables	19	Pint	11
Diced Beets, tin	15	Cream, 1/2 pint	18
Wax Beans, choice	21	Eggs	
Mixed Peas and Carrots	19	Grade A:	
Pumpkin	16	Large, cartoned, doz.	58
Corn, choice	24	Medium, doz.	55
Corn Niblets	24	Fish	
Baked Beans, 20-oz., per tin	21	Halibut, lb.	40
Baked Beans, 15-oz. per tin	17	Salmon, lb.	42
Fruit		Cod, fresh ling, lb.	25
Apples, cooking, 3 lb.	29	Black Cod, smoked, lb.	39
Fancy Apples, 3 lbs.	35	Smoked Kippers, lb.	22
Lemons, large doz.	38	Butter	
Grapefruit, Texas (white), 96's, 4 for	25	First Grade, lb.	72
"pink", 96's, 3 for	29	Milk	
		Evaporated Milk	
		16-oz. tins, 2 for	31
		Case	6.99

As soon as scientists were reasonably sure that drinking fluorine-water made stronger teeth, it occurred to them to try rubbing fluorine on the teeth as a short-cut to years of drinking fluorine-water.

Apparently the short-cut works. It was tried at Tufts College, near Boston; then on children at Hibbing, Chisholm and Virginia, Minn., in Brockton, Mass., Cambridge, Mass., and Millville, Mass.

These experiments appear fool-proof, because only part of each child's teeth were treated with fluorine. Half the mouth was left as a control to show what would happen with no fluorine. In all these cases the drop in tooth decay in the fluorine tooth sector ranged from 25 per cent to 50 per cent.

Science thinks the ideal thing will be to add the right amount of fluorine to drinking water in all cities. A controlled 10-year experiment in which one city adds fluorine to its water while another uses fluorine-free water has been underway in New York State for three years.

All known fluorine benefits are limited to children under 12. Nothing of use to adults has been found.



PREPARING ROYAL SILVER WEDDING CAKE—F. E. Schur cake decorator extraordinary, of the firm of Messrs. McVitie and Price, Ltd., who did a wonderful job on the wedding cake for Princess Elizabeth, is pictured preparing the exquisite royal Silver Wedding cake for Their Majesties, King George and Queen Elizabeth. The Silver Wedding cake has one-tier and eight panels showing the coat of arms of their majesties flanked by their monograms. It also has the coronation, victory 1945, the Duke of York's boys camp, tennis and royal lodge, Windsor, on it. Worked into the canopies and balconies which frame the plaques are the dates 1923-1948 and the words, "Canada," "Australia," and "South Africa," in commemoration of the visits paid by their majesties to these dominions. The base of the cake is encircled by a garland of roses and binding the initials G. and E. are roses and thistles entwined together.

SONJA LADIES ME DELEGATES

With an excellent attendance, the Ladies Auxiliary of Canadian Legion met last evening, Mrs. J. S. presiding. The sick and convalescent committee submitted reports from the Pioneer's Home, the Bay Hospital, and delegates were appointed and the convention in Nanaimo June.

Named were Mrs. J. S. Mrs. Rothwell and Mrs. Davis.

Plans for the fall were discussed, and play-acting and serving of refreshments concluded the evening.

NEED HOSPITALS

TRIAL. Local hospital accommodation for treatment of children, now is critical, Dr. John de Belle, superintendent of the Memorial Hospital, said. On one week-end 12 children needing hospitalization had to be turned away, Dr. de Belle.

Business and Professional

R. P. J. CHENEY
DENTIST
SUITE 5, SMITH BLOCK
765 P.O. Box 1401

TH & ELKINS LTD.
Plumbing and Heating Engineers
174 P.O. Box 274

HN F. L. HUGHES
Chiropractor
21-22 BESNER BLOCK
Box 894 Phone Blue 442

GEORGE L. RORIE
Accountant, Auditor, etc.
Tax Returns Compiled.
Baker Block — Phone 337

GEORGE McWHINNEY
PAINTING AND PAPER HANGING
P.O. Box 1426
Bacon St. Phone Green 394

EPHEN ERICKSON
PIANO TECHNICIAN
TUNING AND REPAIRS
195 411 West 7th Ave.

Train Schedule

the East—
Monday, Wednesday, Friday—
8:45 a.m.
8:45 p.m.

the East—
Tuesday, Thursday, Saturday—
8:45 a.m.
8:45 p.m.

ing the Fisheries Industry
Wells (P.R.) Ltd.
Storage, Labelling, Weighing
Box 780 BLUE 980

TRY Rex Cafe

FOR TASTY MEALS

Chop Suey — Chow Mein

OPEN 6 A.M. TO 2 A.M. CHINESE DISHES OUR SPECIALTY

SECOND AVENUE, OPPOSITE PRINCE RUPERT HOTEL

The Experts Say

By Kay Rex
Canadian Press Staff Writer

Stale menus are the cause of breakfast boredom in too many Canadian homes.

And wise is the housewife who occasionally changes that bacon and eggs routine for a dish that's equally nutritious, but a little more interesting.

A brief study of grandmother's cook-book, and she might come up with a good old-fashioned recipe for Johnny cake.

Ingredients: two cups butter-milk, one tablespoon shortening, one teaspoon soda, pinch of salt, two cups corn meal, two cups flour, one-half cup sugar, two eggs.

Mix and bake in a fairly large cake tin for half an hour in a moderate (350 degrees Fahrenheit) oven. This should be served hot with maple or corn syrup. For variation sprinkle bits of bacon on top of the batter before baking.

Ingredients: two cups flour, 3/4 teaspoon baking powder, two tablespoons sugar, three-

quarters teaspoon salt, one egg, one cup milk, 2 1/2 tablespoons melted shortening.

Sift the flour twice with the dry ingredients. Mix the melted shortening with the egg (beaten) and milk. Mix the liquid quickly into the dry ingredients and half-fill well-greased muffin tins with the batter. Bake in a hot oven (400 degrees Fahrenheit) for 25 minutes.

Even the most simple breakfasts may be brightened if the cook takes an interest in what she is cooking.

Orange juice mixed with grapefruit juice will give a new taste. A maraschino cherry in the centre of the grapefruit half brightens its appearance. And a sprig of parsley can put a new look on that plate of bacon and eggs.

Speaking of eggs, there are other ways of cooking them besides boiling or frying.

Try poaching them for a change. Served on toast, with a sprig of parsley at the side, they provide a welcome change.

Table-talk also does much to produce either good or poor appetites. Health experts say that bickering and nagging should be taboo at meal-time. In children it produces poor eating habits and repugnance for a period which should be the most satisfying and profitable of the day. Tranquillity should prevail at meals if the full value of the food is to be received.

CFPR Radio Dial
1240 Kilocycles
(Subject to change)

TUESDAY—P.M.

4:00—Al Harvey Show
4:15—Stock Quotations
4:30—Max Chamitov
4:45—Uncle Frank
5:00—The Looseleaf
5:30—Platter Parade
5:45—Martial Aids
6:00—Supper Serenade
6:15—Dinah Shore
6:30—H. Archibald Talk
6:45—Smoke Rings
7:00—CBC News
7:15—CBC News Roundup
7:30—Leicester Square to Broadway
8:00—Winnipeg Concert Hour
8:30—Record Album
9:00—Alberta Ranch House
9:30—Heritage of Music
10:00—CBC News
10:10—B. C. News
10:15—Points of View
10:30—Pacific Pianoforte
11:00—Fish Arrivals
11:05—Weather and Sign Off

WEDNESDAY—A.M.

7:30—Musical Clock
8:00—CBC News
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert
9:00—BBC News
9:15—Morning Devotions
9:30—Transcribed Melodies
9:45—Modern Musicians
9:59—Time Signal
10:00—Morning visit
10:15—Morning Melodies
10:30—Roundup Time
10:45—Scandinavian Melodies
11:00—Kindergarten of the Air
11:15—Reminiscences
11:30—Weather Forecast
11:31—Message Period
11:33—Recorded Interlude
11:45—Musical Program

P.M.

12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Recorded Int.
1:00—Symphony Hour
2:00—Feature Concert

HELEN'S BEAUTY SHOP
Permanent Waving
Beauty Culture in all its branches
204 4th Street Phone 655

HANDYMAN HOME SERVICE
GENERAL CONTRACTORS
Building and Repairs of all kinds
Roofs, Chimneys and Oil Burners
PHONES:
Green 486 — Red 894

QUALITY REPAIRS
For Downtrodden Heels and Worn Soles
MAC SHOE HOSPITAL
Box 774 Second Ave.

KAIEN CO-OP

LET US SOLVE YOUR ROOFING PROBLEMS

MINERAL ROOFING SHINGLES
TAR PAPERS SPECIAL SHEATHING
BUILDING PAPERS ROOFING PAPERS
ROOF CEMENT WATERPROOF GUM

JUST PHONE—WE DELIVER

Phone 179 • Box 1127 • 251 3rd West

IMPROVED KALSOMINE
75c Package

You can make any room in the home bright and cheery with DELUXE WALL TINT.

It is easy to do
And inexpensive too!

THOMPSON HARDWARE CO. LTD.
255 Third Ave. Phone 101

Van Camp's
New England Style
CANADIAN PEA BEANS

WITH CHOICE PORK, MOLLASSES AND TOMATO SAUCE

YOUR BEST EATING PLACE

FULL-COURSE MEALS 11 a.m. to 8 p.m.

BANQUET HALL FOR LUNCHEONS, DINNERS AND PARTIES

CHINESE DISHES

BROADWAY CAFE

608 3rd Ave. W. Phone 200

COTTAGE CHEESE
New Creamed — Fresh Made

VALENTIN DAIRY
Your Daily ALL-WEATHER SERVICE

"SALADA" TEA

Outstanding Quality

SONJA LADIES SALE ENJOYED

Ladies of Sonja Chapter were hostesses at an attractive Mothers' Day tea and sale in the Sons of Norway Hall, Fifth Avenue, Saturday afternoon. The hall was adorned with daffodils and other spring flowers for the occasion and the guests were received by Mrs. A. Henriksen, convener.

In charge of the tea room and kitchen were Mrs. Gunnar Selvig, Mrs. Reg Webber, Mrs. R. Sather, Mrs. John Pedersen, Mrs. Oscar Giske and Mrs. A. Henriksen.

Serviteurs were Mrs. Erling Wick, Mrs. Harold Helland, Mrs. W. Ballinger and Mrs. Bjorn Selvig.

Mrs. Hans Petterson, Mrs. K. Slatta and Mrs. Alf Jensen were in charge of the home cooking stall.

Winners of the raffles were L. Rehkonen, of Port Essington, who won a lace cloth and A. Ordahl, who won a sweater.

Business Women To Aid Museum

The Prince Rupert Business and Professional Women's Club which has donated \$50 toward the Museum of Northern British Columbia, is following up its generous act on Wednesday with a work party which will begin arranging the exhibits for the 1948 tourist season.

SOLDIERS SATISFIED

EDMONTON. — Soldiers serving in the north are satisfied and interested in their jobs, Capt. Craig Mooney, staff officer of personnel selection service at Army Headquarters, Ottawa, said here. He had just completed a tour of northern army installations.

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with wet, hot cloth over blackheads. They dissolve and disappear by this safe simple method.

A. MacKENZIE FURNITURE
Limited

OUR STORE WILL BE CLOSED FROM MAY 11 TO MAY 17 INCLUSIVE

Phone 775 327 3rd Ave.

NEW STYLINGS
in SINGLE and DOUBLE-BREADED

SUITS

Standard and Windsor Roll

SLACKS to size 40, in GAB, BARATHEA, COVERT AND WORSTED

at

ACME CLOTHING

Agents for Garbico and Commando Cord Topcoats

Moving, Packing, Crating, Shipping and General Cartage and Storage

For Complete, Reliable and Efficient Service, call

Lindsay's Cartage & Storage

Cor. 2nd and Park Avenues
Established 1910
Phones 60 and 68

Now Available!

LOOK FOR THE NEW RED AND WHITE GOLD SEAL LABEL



SPECIAL --- 59c

Decca All Star Records

By BING CROSBY
INK SPOTS
MILLS BROTHERS
GUY LOMBARO ORCH.
ANDREWS SISTERS
CARMEN CAVALLARO
DICK HAYMES
and many others.

LOWEST PRICED RECORDS IN CANADA

OUTSTANDING VALUE

McRae Bros. Ltd

Hollywood Cafe

PRINCE RUPERT'S NEWEST AND MOST UP-TO-DATE RESTAURANT

OPEN FROM 4:00 P.M. TO 3:30 A.M.

Special Dinner Every Sunday, 5 p.m. to 8 p.m.

CHINESE DISHES A SPECIALTY

CHOP SUEY For Outside Orders Phone 133 CHOW MEIN