



You'll Treasure This Cook Book

THE new Carnation Cook Book is the most valued part of thousands of kitchen libraries. It contains over 100 tested recipes for all kinds of dishes and drinks—for salads and cakes and desserts as well as meat and vegetable dishes.

Beautiful illustrations, in colors, show tempting foods prepared with Carnation Milk.

This book will also show you the remarkable convenience and economy of Carnation Milk—how pure and safe it is.

Write for your copy of the Carnation Cook Book today. It is free and will be sent to anyone who writes. Try this Carnation recipe.

SCALLOPED POTATOES

1 tablespoonful salt, 4 medium sized potatoes, 1 1/8 cups water, 2/3 cup Carnation Milk, 1/2 tablespoonful butter. Wash, pare and cut potatoes in thin slices. Put a layer in buttered baking dish, sprinkle with salt and dredge with a small amount of flour. Add milk diluted with the water and butter and bake until potatoes are soft. This recipe serves six people.

CARNATION MILK PRODUCTS COMPANY, LIMITED, 219 JOHN STREET, AYLMER, ONT.

Carnation
"From Contented Cows"



Milk
The label is red and white

Made in Canada By
CARNATION MILK PRODUCTS COMPANY,
Limited,
AYLMER, ONT.
Condensed at Aylmer and Springfield, Ont.

Electricity as a Profession.

One of the most important periods in the life of every young man is the choosing of his future vocation. Fortunately indeed is the boy, whose parents realize their great responsibility at this time, who help him choose the profession which in their estimation, offers the greatest future for him, and who then give him the initial start.

From the days of the primitive dynamo up to its present stage of development, electricity has exercised an ever-increasing fascination over young men. They realize that as they opening out before them is infinite; that although electricity has developed more than any other science in the last few years, yet it is still comparatively in its infancy; and that once they obtain a theoretical and a practical knowledge of it that they will advance hand in hand with it.

A great number of boys as soon as they have finished school, enter an electrical company as apprentices, and believe that they can learn electricity in this way. They do obtain a fair practical knowledge of it in the special department in which they happen to be working, so that after four or five years they become known as "An Electrician," they can wire a house to perfection, in fact a great deal better than the average college graduate, but that is as far as they get, unless they either take a correspondence course, or go to some city where they can obtain technical training. They, therefore, work at the same job year after year, until they find themselves middle aged men, and are destined to struggle on and on, until eventually they become too old for the job, and are "laid off."

There are probably a number of young men in this city, in the Electric Light and Power Company, in the Electrical Contracting Firms, and in the Telephone Company as Electricians, or in the Cable and Telegraph Companies, as operators, who although drawing a fair salary at present, have practically no future ahead of them, unless they study in their spare time. Our aim is to add the Technical to their practical knowledge, thereby greatly increasing their efficiency and fitting them for positions higher up.

ELECTRICITY IN NEWFOUNDLAND.

Right here in Newfoundland electricity is increasing in its application month by month. Men with technical training are required for the installation and repair of Electric Light Plants in the outports as well as in this city. Electricians are in constant demand at Grand Falls, and at Bell Island. The contemplated Humber Project, which will use nothing but the electrical power developed from the mighty Humber River, will open up positions for a number of technical men, who if not available in Newfoundland, will be brought in from other countries.

NIGHT CLASSES.

Special night classes will also be given for electricians working during the day, and are ambitious, and who aspire for more lucrative positions requiring greater technical skill. We have received the following telegram from T. F. Judge, Electrical Superintendent, Grand Falls: "Mr. C. B. Archibald, Electrical Superintendent, Wabana, Bell Island:—Nfld. Electrical Training School, C.L.B. Armory, St. John's."

Kindly accept my heartfelt endorsement of Nfld. Electrical School, and depend upon my personal co-operation in every way possible.

(Sgd.) T. F. JUDGE,
Grand Falls.

British Electrical Engineering Institute, St. John's.

Heartily endorse establishment of Electrical School. Consider it will be of great benefit to electrical industries in Newfoundland.

(Sgd.) C. B. ARCHIBALD,
Wabana,
Bell Island.

Every Price on this List is as Low or Lower than you can Secure Elsewhere.

Men's Wool Singlets.
Sizes 36 and 38. These are the right weight for winter wear; all wool.
Special \$1.50 each.

Ladies' Short Sleeve Vests.
These are of good medium weight, comfortable and durable; sizes 36 and 38.
Special \$1.50.

SPECIALS in LADIES' SPORT HOSE.
Ladies' Brown and Grey Heather Mixture Hose. These are made of hard cotton that will wear well.
Special 35c. pair.

LADIES' and MISSES' HEAVY FLEECE BLOOMERS.
We have opened a new shipment of the above, to be had in all sizes. They come in Black, Cream, Grey, Brown and Navy.
LADIES' \$1.25 MISSES' \$1.15

Ladies' White and Cream Underwear.
Vests and Pants. These are heavier than the cheapest line and are good fitting; all sizes.
Special 70c. per gar.

Ladies' Flette Underskirts.
A special lot of Ladies' Striped Flette Underskirts. Don't fail to see these.
Special 98c. each.

Ladies' Plain Wool Cashmere Hose, English make. These come in Grey, Brown, Navy, Taupe, Fawn and Black.
Special 95c. pair.

Ladies' Wool Cashmere Hose, heavy make. These feature a special wide rib and come in Grey, Brown and Navy.
Special \$1.20 pair.

ALEX SCOTT, 18 New Gower St.

Grocers!

For your particular trade we can supply you with a few barrels of

Family Mess Pork,
small pieces, not expensive. Please 'Phone 1200.

HARVEY & CO., Limited.

Herrings at Middle Arm.

(Western Star, Feb. 8.)

Herring are showing up at Middle Arm. On Thursday Kennedy had 20 barrels out of 3 nets at Penguin Arm. There was one tub of herring to a net off Allan's place in Middle Arm on Saturday. The herring ran 230 to the tub.

Nets are now being set at different parts of Middle Arm, and a number of people of curling intend going out there as soon as they have finished getting firewood.

In Humber Arm nets have been set for several weeks at Cow Head and vicinity, but there is no sign of herring.

Parties from Middle Arm yesterday stated that there was good herring fishing out there on Monday. Parties from Melville who had nets set off Wheeler's Beach, had all the herring

their teams could haul and some did not free their nets. The hauling from Middle Arm over the Neck was fairly good last week, the road having been kept open with teams all the season. Teams hauling Boak's herring came around the Point. The ice is fairly smooth, but there is considerable water on it, due no doubt, to the large quantity of snow. The ice is said to be only about eight inches thick in some places.

For Sore Throat,
Cold in the Chest, Etc.



YARMOUTH, N.S.

COKE.

CHEAP FUEL FOR EVERYBODY.

Coke may be obtained at the Gas Works in sacks at seventy cents per sack throughout the Winter.

Sacks may be returned for refilling at sixty cents each.
ST. JOHN'S GAS LIGHT COMPANY.

—By Bud Fisher.

Fashions and Fads.

All over beaded models are usually sleeveless and have narrow tulle trains.

Scarlet coats of painted chiffon are worn over the more elaborate tea gowns.

The slashed and scalloped neck line

is shown on a chemise model of taffeta. The long, draped bodice is shown frequently on evening gowns of crepe.

Suits of cordine are introduced for spring. They use pin tucks as trimming.

A soft felt hat is smartly bound in grosgrain ribbon and trimmed with two quills.

Some tailored coats appear without

belts and are fringed with monkey fur.

The long bouffant skirt is finding considerable favor, especially for formal gowns.

Many new models have normal waist lines, though the low waist line is still in favor.

Straps of grosgrain ribbon simulate narrow panels on a crepe frock.

MUTT AND JEFF—

HAVE YOU A LITTLE DENTIST IN YOUR HOME?

