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THE HOUSEWIFE

FISH—A FOOD OF HEALTH

From the days of the early Greeks and Romans fish has always been popular, and instinctively they knew what was good for them and the prowess of the early Romans as a sturdy nation is well known to students of history.

Throughout Europe fish is a daily dish. In Canada, however, more housewives should make a closer study of this wonderful food.



Fish contains vitamins, minerals in quantity and variety and is an excellent source of highly digestible proteins.

Fish contains proteins for the building of muscles and other body tissues. Fish fats have a high energy value, too, and are completely digested as fats from other foods.

Apart from the standpoint of better health, you will find a study of your local fish market will prove worthwhile and a tremendous help in this business of balancing both budget and menu. Ask your merchant about all the varieties he sells. Usually he can tell you whether each kind is dry or oily, free from small bones, where it is caught and how brought to market and give you suggestions for cooking it. Fish merchants take a pride in telling you what they know about it.

Fish is equally delicious whether it is baked, broiled or steamed. There are no end of tempting dishes also which can be prepared

from canned fish products. While there is an art in cooking fish, it is so simple that even a growing boy or girl can prepare it. The determination of that psychological is complete is one that must be left to individual judgment. Over or under-cooking really minimizes that essential delicacy of flavor which makes a properly prepared fish so enticing. So watch it closely!

As one demonstrator from overseas said recently, "We do not cook from the recipe in my country we cook from de heart." She who cooks fish will, likewise, not cook "from de recipe" but rather from "de heart." The fish itself will give the signal. She will watch for it. The one infallible sign when fish is cooked is that the moment a knife blade or a fork is slipped between the flesh of the fish is separates cleanly from the bones. At this moment fish is in its full perfection. It makes no difference what method of cooking you employ, this test may be used.

Try this delicious recipe for stuffed filets of sole. It is one that is simple to prepare, and one that every member of the family will enjoy. Choose six large filets of equal size, which will serve four to five people. Make a stuffing by moistening a cup and one-half of stale bread crumbs with a cup or more, depending on the staleness of the crumbs, of hot, sifted tomato juice, one-half teaspoonful of salt, a teaspoonful of minced parsley, and one half teaspoonful of pepper. A teaspoonful of mixed dried herbs may be added if desired. Spread this stuffing over three of the filets, place over these the left-over filets, fasten the sides with wooden toothpicks, lay on the grate of a baking pan with a thin slice of salt pork over each, pour into the pan a cup or more of fish stock, water, or water and tomato mixed and bake for half an hour until done.

isters' meeting by mistake, and was in attendance quite a while before he realized his error. He then beat a hasty retreat. When he was telling a comrade about his experience, the comrade asked: "How'd you feel surrounded by all them preachers?" "Scared," he replied. "I felt I like a single lion in a den of Daniels."

News paper work is often referred to as a pleasant occupation while in reality it is a serious disease which if it gets into one's system never leaves. — St. Thomas Times-Journal.

A newspaper once offered a prize for the best recipe for making the hands beautiful. There was a deluge of answers from which the following was chosen: "Soak the hands three times a day in dishwater while mother rests."

Quesnel Beauty Box

PERMANENT'S
FINGER WAVING
MARCELLING
HAIR CUTTING

AT CITY PRICES

Mrs. H. W. Jones
PROPRIETRESS.

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LEAVES VANCOUVER EVERY TUESDAY AFTERNOON

Information and Pickup Service or Write Fraser Valley Freight Lines, Vancouver.

WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas builds up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sick and the world looks pink.

A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes these good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

Attention! ALL EXPRESS

Delivered to
Stanley Wells Barkerville

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WELLS STAGE LINES
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Will be carried at the authorized rate of
One Cent Per Pound

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BARKERVILLE WELLS

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ETHYL GAS
CARS WASHED AND POLISHED
\$1.00

GREASING—5-POINT SYSTEM
GAS, OIL, FREE AIR

OIL CHANGED FREE
"Service Day or Night With a Smile."

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British Columbia Department of Mines

Notice to Free Miners

ATTENTION is directed to the fact that recently changes were made in a number of Mining Division boundaries, the said changes being effective as on and from 1st November, 1936. As this has necessitated the transfer of a number of mineral claim and placer lease records from one Mining Division to another, the recorded owners of claims and leases should enquire at the office of the Mining Recorder as to whether their properties have been effected by the boundary changes.

For authoritative information regarding the mining industry of this Province, apply to
Department of Mines
VICTORIA, B.C.

HEALTHFUL! tasty! ENERGIZING!

fish

• Vary your diet with the healthful, appetizing goodness of Canadian Fish and Shellfish. Serve Fish Foods more often during the week. Whatever form is most available to you... fresh, frozen, canned, smoked, pickled or dried... you will find it an easily digested food... rich in proteins, vitamins, minerals, iodine and other health-giving elements. You'll find its variety of flavour adaptable to countless simple and delicious recipes. And you'll find that Canadian Fish and Shellfish give you full value in sound nourishment for every cent spent.

DEPARTMENT OF FISHERIES
OTTAWA

SALT FISH DE LUXE

1 1-lb. package of boneless cod or other Canadian salt fish freshened. Butter
1/2 cup of hot water 2 hard-boiled eggs
1/2 tsp. of pepper 1 tsp. of dry mustard

Flake freshened fish into pieces. Turn three-quarter cup of hot water in which fish was freshened, over fish, which has been placed on platter or shallow dish. Sprinkle with teaspoon of dry mustard and half teaspoon of pepper. Chop hard-boiled eggs over fish and dot generously with butter. Serve with tomato sauce.

Write FOR FREE BOOKLET
Department of Fisheries
Ottawa
Please send me your free 32-page booklet, "Any Day a Fish Day", containing over 100 delightful Fish Recipes.

Name.....
Address.....
.....CW-2

819

ANY DAY A FISH DAY



The Office Dog

The Egg Trick

After Columbus came back from discovering America, a disgruntled person said to him at a banquet, "You didn't do so much. Any common sailor could have sailed across the ocean, and could have accomplished what you did."

Instead of becoming ruffled or entering into an argument, Columbus handed an egg to the man and asked him to make it stand on end. The man tried and tried but the egg merely rolled over on its side. Others around the table too, but with no better results. Finally all admitted that they could not do it, and the egg was given back to Columbus. He tapped it a bit on one end flattening it slightly. And the egg stood upright without any trouble.

"Impossible things are always easy to do—anyone can readily do them—after he has been shown how," said Columbus with a twinkle in his eyes.—Christian Science Monitor.

After a study of animals, I took two youngsters to the zoo. They identified the bear, zebra, lion and a few others but when they came to the elephant there was a heated argument as follows:

"That is an elephant," said Bobby. "No it isn't," replied Johnny. "That's a gop. I have seen his picture lots of times and it always says Gop on its side."

Bobby — Pa, what's a common stockholder?

Pa—A person who gets a dividend now and then when the company makes more money than can be absorbed by officers' salaries!

"Where did you learn to ride a horse?"

"Around his neck."

During the last 12 months the fire brigade has attended fires, causing damage to the extent of \$4,000—Local Paper.

"They're terrors when they get an axe in their hands.—Life, Australia.

A man was being charged at the police station, and was asked his name.

"Smith," he replied.

"I want your real name."

"Well, put me down as William Shakespeare."

"That's better," the officer told him. "You can't bluff me with that old Smith stuff."

When Joseph Choate visited London, he never tired of listening to the talk of the English cockney, being particularly amused at the manner in which he dropped his "h's."

One day, observing a box on the street marked "Drop Letter Box," he remarked, "My, my, it must be full of 'h's'."

Dad wrote to his son at college: "I'm sending you the \$10 in addition to your regular allowance as you requested in your last letter; but I must again draw your attention to your incorrect spelling: '10' is written with one nought, not two."

It so happened that a Legion district conference and a meeting of the Ministerial Alliance were being held on the same floor of a certain hotel. One of the tardy Legionnaires wandered into the min-

EATON'S

"The Home of Good Talks"

REX THEATRE

NEXT WEEK

"These Three"

SHOWS COMMENCE 8:15 P.M.

Special Sale

EXCEPTIONAL VALUES IN
USED CARS

COME AND SEE THEM
WE ALSO HAVE 1937 MODELS ON DISPLAY AND FOR DEMONSTRATION

BEAUTY, ECONOMY AND PERFORMANCE

Cariboo Sales and Service
HOUGHTALING & ANTHONY

Pacific Great Eastern Railway Co.

TRAIN SCHEDULE
Between Vancouver and Quesnel

NORTHBOUND		Mon. and Thurs.
Vancouver (Union Dock) Leave	12:00 noon	
Squamish	4:10 p.m.	
Pemberton	8:10 p.m.	
Bridge River	10:40 a.m.	
Lillooet	12:35 a.m.	
Clinton	4:15 a.m.	
Williams Lake	11:00 a.m.	
Quesnel	2:30 p.m.	
		Tues. and Fri.
SOUTHBOUND		Tues. and Fri.
Quesnel	5:50 p.m.	
Williams Lake	9:50 p.m.	
Clinton	3:40 a.m.	
Lillooet	7:40 a.m.	
Bridge River	8:40 a.m.	
Pemberton	11:35 a.m.	
Vancouver (Union Dock) Arrive	7:00 p.m.	
		Wed. and Sat.

Stage connects with train at Quesnel for passengers to and from Prince George and Barkerville.

Through tickets to Vancouver on sale at Houghtaling's Service Station, Prince George and at Barkerville Stage Lines' Office, Wells, B.C.

Time table and illustrated folder from Agents or City Ticket Office, 793 Granville Street, Vancouver, B.C.

Overwaita LIMITED

FEBRUARY SALE
for Week of February 22

BURNS' SAUSAGE— Per tin	25c
CORN STARCH— Pkt	10c
PEAS—Size 5 2 tins for	23c
RED PLUMS— Per tin	10c
STEEL WOOL— Pkt	5e
ICING SUGAR— 2 lbs. for	15c
COCONUT— Per lb.	15c
EMPRESS BAKING POWDER— 2 1/2 lbs. Per tin	49c
PURE PEACH JAM— 4-lb. tin	49c
PEANUT BUTTER—McCall's. Large tin	39c
MARMALADE—Grape Fruit, Lemon and Orange. 32-oz. jar	32c
AYLMER SOUPS SPECIAL AGAIN THIS WEEK	
7 tins for (Except Mushroom, Oyster, Chicken)	59c
MUSHROOM, OYSTER and CHICKEN— 2 tins for	19c

Any Poultry?

CRUDE COD LIVER OIL, per gallon 3.00
 IZAL, general disinfectant, per pkg.35
 WINDOW CLOTH, 36-in. wide, per yard50
 POULTRY SPECIFIC, a general tonic, per lb.40
NOTE:—Poultry Netting prices will be higher, so take advantage now.

Water Glass

Pint tins 35

Stone Crocks

1 gallon, (covered)75
 2 gallon, (covered) 1.65
 3 gallon, (covered) 2.00
 4 gallon, (covered) 2.50
 5 gallon, (covered) 3.00

Scales

Household spring, up to 25 lbs. 4.00

Radio Sales and Repairs

OUR "20% OFF" SALE IS STILL ON! ALL REPAIRS ARE R.M.S. STANDARDS.

Use General Batteries

SAYS PETROLEUM ENGINEER
 The girl with the most sex appeal in all America is "Miss Depression"—she's been felt by everybody.

Cowan Hardware Co.
 "Everything In Hardware"

ANDERSEN'S LUMBER YARD

Doors, Windows, Brick, Firebrick, Fireclay, Plaster and Lime. High grades of Finishing Lumber, Lath, Shingles and Mouldings. Fir and Cottonwood Veneer Panels.

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Canada Portland Cement
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BUILD UP---

After the Flu Take
 Wampole's Extract
 of Cod Liver Oil

Per bottle \$1.00

ALLISON DRUG & BOOK CO.
 NYAL WE DELIVER REXALL

Good Assortment of Knitting Yarns

Children's Ski Suits \$3.50
 Ladies' Winter Coats at cost price

Lambert's Ready-to-Wear
 CARSON AVENUE QUESNEL, B.C.

SPECIAL THIS WEEK

SYRUP—10's, any Brand 69c
 ASHROFT TOMATOES—2 1/2's 12 1/2c
 PINEAPPLE—Sliced, 1 1/2's 10c
 CORN BEEF—Hereford Brand, 1's 12c
 PEAS—No. 5, 2's 14c
 PILCHARDS—Snowcap Brand, 1/2's, 8c, 2 for 15c
 PRINCESS SOAP FLAKES—Pkt 17c
 APPLES—Any variety, box \$1.55
 On hand, 2 H.P. Fairbanks-Morse engine and pump slightly used. Good as new; snap price of \$100, fittings and belt included.

C. D. HOY & CO.

CHURCH NOTICES

PARISH OF ST. JOHN THE DIVINE
 QUESNEL, B.C.

(Anglican)

Regular Schedule of Services

FIRST SUNDAY IN MONTH—

8:00 a.m.—Holy Communion
 11:00 a.m.—Marguerite.
 2:30 p.m.—Kersley
 7:30 p.m.—Evensong and Sermon

SECOND SUNDAY IN MONTH—

8:30 a.m.—Holy Communion at Barkerville
 10:30 a.m.—Morning Prayer and Communion at Wells
 7:30 p.m.—Evensong and Sermon

THIRD SUNDAY IN MONTH—

9:00 a.m.—Holy Communion and Parochial breakfast in Vicarage
 11:00 a.m.—Dragon Lake
 2:30 p.m.—Canyon Creek
 7:30 p.m.—Evensong and Sermon

FOURTH SUNDAY IN MONTH—

8:00 a.m.—Holy Communion at Wingdam
 10:30 a.m.—Morning Prayer at Wingdam
 2:30 p.m.—S.x Mile and Bouchie Lake
 7:30 p.m. Evensong and Sermon.
 Services for the fifth Sunday and all other services will be announced regularly.

All services where place has not been named in above list are held at St. John's Church, Quesnel.

ST. ANDREW'S CHURCH

QUESNEL—

10:00 a.m. Sunday School.
 11:00 a.m. Morning Worship.
 7:30 p.m. Evening Worship.

Outside Points

FIRST AND THIRD SUNDAYS—
 2:00 p.m.—Australian.
 W. Evan Fullerton, Minister

REGULAR SERVICES AT STE-ANNE'S CATHOLIC CHURCH

The regular services will be held on the fourth Sunday of each month, and services will be as follows:
 Mass on Sunday at 9 a.m.; Benediction at 7:30 p.m.; Sunday School after Mass and at 2 p.m.

CHRISTIAN SCIENCE

A Christian Science service is held every Sunday morning at 11 o'clock at the home of Mrs. Grant Grinder, North Quesnel. All are cordially invited.

REMARKS

(Continued from Page 2)

tion of all the children of that district in the town of Quesnel, and again increased taxation. There is one constant fact in all these plans, and that is increased taxation, and the problem is to select the plan best suited to the needs of the children, and, and at the same time within the financial limits of the community. We have considered the matter of West Quesnel schooling from the viewpoint of the municipality, we ought also to consider their side of the problem and co-operate to provide the best conditions.

CANADA PRODUCED \$360,000,000 IN MINERALS IN 1936

Canadian gold production has again passed that of the United States, according to a survey of statistical data to hand. The mines of the Dominion added 3,720,500 ounces, in round figures, to the basic money wealth of the world, while the total for the mines of the United States was 3,713,187, exclusive of the Philippine Islands, according to a release from the Bureau of Mines at Washington. Figuring gold at \$35 an ounce, the Canadian gold output last year was worth \$130,300,000, while that of the United States was \$129,961,545.

Government statistics give the value of production from the mines of Canada during 1936 at approximately \$360,000,000, indicating that the gold output of the Dominion approximated 36% of the total, which is about the average of previous years.

QUARTZ PRODUCTION UP WHEN MILL IS CLEANED

At regular periods during the year certain parts of the crusher in the mill at the Cariboo Gold

Classified Ads

FOUND—On the Cariboo Highway, carton containing ladies' hats. Owner can recover same by proving ownership and paying for this advertisement.

FOR SALE—Set International Sleighs with brake. Good as new. Apply Observer Office.

WANTED TO RENT—By responsible party for a year or more, modern house preferably furnished. Apply Observer Office.

FOR SALE—Artificial flowers, crosses, wreaths, etc., suitable for funerals. Easter flowers. My prices are reasonable. Leave orders at West Quesnel Store. Mrs. R. V. Granzow, West Quesnel.

Quartz mine are taken apart and cleaned. This operation usually yields between \$15,000 and \$20,000. At the last clean-up of this mill the yield was \$40,000. The cause of this increase, states Mr. Solbakke, is the fact that the bulk of the ore handled recently comes from deeper workings and carries a larger percentage of free gold in larger particles.

The last clean-up of the crusher was about five months ago. Spreading this \$40,000 over that period an additional \$8,000 per month may be added to the output, which fits the average monthly production to approximately \$80,000.

Favorable reports have been received from the Cariboo Ledge Mines Ltd. in the Stanley district. A tunnel which is being driven to develop twelve veins has already cut four, which are extremely promising. These four fissures carry free gold which is clearly visible to the naked eye, and it is confidently expected that further development will bring even better results.

ISLAND MOUNTAIN RECOVERY UP FOR JANUARY

The latest reports from Island Mountain Mines Ltd. show an increased output for January. The production was \$50,520, being 1,444.17 ozs. of gold recovered from the treatment of 3,558 tons of ore. Millheads averaged \$14.19 per ton. Production for December amounted to \$45,775, the total for 1936 being \$630,472 from 46,646 tons of ore mined. Millheads averaged \$14.55.

It is reported that the Newmont Mining Corporation, of which the Island Mountain Mines Ltd. is a subsidiary company, is contemplating the purchase of the Rand group of six claims which adjoins the property at Wells. A report on the group made by the Geological

Survey of Canada states that the ore contains variable amounts of pyrite, tetrahedrite (gray copper) and galena, gold and silver, the minerals being associated.

MAROONS TAKE MAPLE LEAFS TO CAMP IN SECOND ICE BATTLE

One of the best games of the year took place on the rink Wednesday evening when the Maroons and Maple Leaf pulled off another of their Homeric struggles. All those who turned out were well rewarded for their enterprise.

The referee, Ernie Dawson, got them away sharp on time, and for the succeeding twenty minutes the spectators were treated to plenty of thrills. What these youngsters lack in skill they make up for in speed and enthusiasm. The managers saw to it that there were plenty of changes, and aided by fast ice these kids covered more ground in one period than the older players do in a game. The only score during this period came from Keene, captain of the Maroons.

The second period was dominated by the Maroons, goals coming from Keene (2), "Chicken-Red" Mitchell (one of the smallest and youngest players in the game) and Tommy Moffat. The Maple Leafs stuck doggedly to their work and were rewarded when Carl Ene-mark scored for them towards the end of the period.

Play was more even in the third period, with the Maple Leafs doing a lot of attacking but just failing to score. Tommy Moffat scored again for the Maroons,

making the score 6-1 in their favor.

It is hard to pick any of these youngsters out for special praise, but the team chosen to visit Williams Lake this week end is a fair idea of the pick of the crop. Some of those not chosen would get into most sides if the standard among the kiddies just now were not so high. If all these kiddies remain in Quesnel for the next few years it is safe to say that Quesnel will have the finest hockey aggregation in its history.

MAROONS—Winder, Roddis, Campbell, Keens (Capt.), Moffat, Moffat (B), Mitchell, Bird, Freeman.

MAPLE LEAFS—Nelson, Ene-mark, White, LeBourdais (Capt.), Hill, Malcolm, Lazzarin, Fleming, Salmon, McDonald.

CURLERS! SKATERS!

TOASTED SANDWICHES—

HOTDOGS—

WAFFLES—

SILEX COFFEE—

AT THE

Modern Cafe

Klondyke Nite

Rex Theatre

WED., MARCH 17

In Aid of Quesnel Athletic Club

Dancing, 9 to 2

Games Store

Admission (Including Supper) 75c

Kersley DANCE

Sat., Feb. 20

Refreshments Served

Gentlemen 75c
 Ladies 50c

AGE GOVERNMENT GUARANTEED

3 STAR RYE

A special quality old rye of fine flavor, thoroughly matured in oak.

now only \$1.00 13 OZ.
 \$1.80 25 OZ.
 \$2.75 40 OZ.

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You'll Save Money On These Used Cars

BE WISE—TAKE THE GAMBLE OUT OF USED CAR BUYING. WE HAVE VALUES GALORE, A REPRESENTATIVE SELECTION AT ROCK BOTTOM PRICES.

1929 FORDOR SEDAN	\$165.00
1931 CHEVROLET SPECIAL SEDAN	325.00
1929 FORD TRUCK	115.00
1931 FORD ROADSTER	145.00
NASH TOURING	75.00
1929 CHEVROLET SEDAN	195.00

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