

Barbara Brent's BUYS WHY'S

MONTREAL, Oct. 6th — Ready now for you — a wonderful recipe folder prepared for your cooking delight — and your family's eating pleasure — by my friend Jane Ashley of Canada Starch's Home Service Department. Such mouth-watering recipes — it makes me hungry just to read them! — use again and again! All featuring BENSON'S CORN STARCH. Simply write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — for Jane Ashley's recipe folder!

Not Only Leaves Are Falling these days... temperatures are steadily dropping, too! Any day now you'll want a little heat to take the chill off the house. There's nothing quite like that cozy feeling as warmth starts circulating on a bleak Fall day! So don't be caught in a last-minute rush to the fuel dealer... go in your order now! If you haven't the cash in hand but can repay a loan in easy monthly instalments, have a word with your friendly BANK OF MONTREAL Manager. You can make sure of your fuel supply today — with a *Boj M Fuel Loan!*

Discovered A Wonderful Trick for all you mothers!... something to put a happy stop to tiny tot's mealtime dawdling! A mother I know plays a "Cream of Wheat" game she calls "Guess What!" with her youngest. She puts a spoonful of jelly, seedless raisins, stewed prunes or apricots in the bottom of her youngster's cereal bowl. Then she covers this completely with "CREAM OF WHEAT". The idea is to guess what's hidden underneath! And, of course, it's a well-known fact that all children love the smooth yumminess of "Cream of Wheat" — so good — and so good for them! You see, 5 Minute "Cream of Wheat" contains Iron, Calcium and Phosphorus for diets deficient in these elements. Cooks to complete digestibility in just 5 minutes of boiling. No wonder so many thousands of mothers make "Cream of Wheat" a family habit!

Here Are Bright New Ideas For Thanksgiving Entertaining! The food you serve — fruit cocktails to salads, cookies and candies — can be made twice as appetizing with the "magic" of SHIRRIFF'S FLAVOURING EXTRACTS AND FOOD COLOURS! A favourite trick of mine is this:—"dress up" a basic recipe for plain white or golden cake by making layers of "harmonizing" colours or combining coloured batter with chocolate or spice to make a marbled effect. There are five pure Shirriff's Food Colours to work my "colour magic" with! Then, to the icing of the cake, I add one of the delicious Shirriff's food flavours — Peppermint is delicious in chocolate icing! — Or try Rum, Lemon, Orange or True Vanilla — and complementing food colours in a butter cream icing for real flavour excitement!

Some Youngsters just won't drink all the milk they need for strong, sturdy bodies! Here's a wonderful way of getting more milk into the diets of these finicky eaters! Serve them JELLO PUDDINGS! They'll love the creamy smoothness, the rich deep-down flavour of all the Jell-O Pudding family, and you'll find Jell-O Puddings extremely economical to serve. Sumptuous-tasting Vanilla, Caramel, Butterscotch and Chocolate Jell-O Puddings — delicious Vanilla, Chocolate and Orange-Cocoa Jell-O Puddings. They're so easy to make — take just 5 minutes to prepare — and Jell-O Puddings turn out perfect every time.

It's The Perfect Dessert For Thanksgiving Dinner!... and so quick and easy to prepare no matter how many guests and family you have for dinner! That's why I'm going to serve SHIRRIFF'S FRUIT PUDDING this Thanksgiving! It's a pudding lavish with 18 ingredients, carefully cooked, for hours and spiced to perfection in Shirriff's spotless kitchens! Shirriff's Fruit Pudding is "old-fashioned" in deep-down richness of flavour... but wonderfully "new-fangled" to serve! Simply steam it in the tin and serve piping hot... for the "star" of your Thanksgiving meal!

It's Good News Worth Reporting when there's a "buy" as budget-wise as this at your favourite grocery store! Today, compared with ordinary milk, LIBBY'S EVAPORATED MILK is more economical than ever! And Libby's is so delicious — so ideal for whipping! You see, it's fine country-fresh milk with all the original cream left in as it goes to the evaporator where half the water is removed. AND it contains all the top quality nutrients which you expect from whole milk — plus added Vitamin D — the essential "sunshine vitamin"!

Shining, Lustrous Hair can be yours so easily!... and at "special offer" price! For here's a golden opportunity for you to get a 30c-bottle of wonderful K R E M L SHAMPOO... for just 10c! Yes, K R E M L Shampoo leaves even lifeless-looking locks radiant with natural sheen... and it has a natural oil base... and in addition contains the "magic" ingredient, "Folsan" — I! It cleanses your hair gently, yet thoroughly, and rinses away quickly! Since seeing is believing — why not take this opportunity to try K R E M L Shampoo now?... Simply write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — enclosing 10c... and I'll send your 30c-bottle of K R E M L Shampoo right away!

Keyed To Autumn Appetites... luscious HEINZ CREAM OF TOMATO SOUP! I'm willing to wager, it will be your favourite, favourite beginning to many an October meal... and a delicious "wonder-worker" when you cook it into stews, meat loaves, left-overs of all kinds. Ask your grocer for Heinz Tomato Soup now... he has the NEW PACK... fresh-packed "Aristocrat" tomatoes. Try this taste-treat tomorrow... discover how the "magic touch" of the famous Heinz Chef can give you tomato soup flavoured to perfection!

Here's My Favourite Recipe for using up sour milk... Orange Raisin Muffins... M-m-m-m! Delicious... extra-good because the recipe calls for FINE ROSEB FLOUR, that famous flour "for all purposes baking" — 1 egg, 1/2 cup orange juice, 1/2 cup grated orange rind, 1/2 cup sour milk, 1/2 cup sugar, 1/2 cup shortening, 1/2 cup raisins. Mix together flour, baking soda, salt and sugar; then add the raisins. Combine the well beaten egg, orange juice, rind and milk and mix thoroughly. Run wet ingredients into the dry ingredients. Mix only until shortening is dampened. Fill greased muffin tins 2/3 full. Bake in hot oven 225 deg. F. for 30 minutes. Make's 12 muffins.

In The Midst Of Fall Housecleaning? Well, if you have that "end-of-my-leather" feeling... let ENERGINE Cleaning Fluid come to your rescue! Don't worry about those stains on upholstery! Engerine removes grease stains from fabrics of all kinds — just like magic! When you follow the simple instructions, Engerine cleans effectively without leaving tell-tale rings. Engerine is wonderful, too, for porcelain surfaces such as refrigerators, bathtubs and wash basins. It really makes them sparkle! No wonder to many homemakers agree that Engerine is "priceless" — comes in handy for so many uses, too. You can get housecleaning time — and so economical — for as little as 25c. Engerine at your favourite drug or department store for as little as 25c.

N. Rustico Pupils Receive Red Cross Awards

Over two hundred (200) children assembled in the auditorium of Stella Maris School on Thursday afternoon, September 29th for a presentation of Red Cross Swimming and Water Safety awards. The chairman, Rev. Father Robin, introduced Mrs. Harry Cudmore who complimented the instructor, Mr. Patrick Gauthier and his assistant, Mr. Edward Gallant, and commended the residents of Rustico on the interest they showed in the summer's program of swimming and water safety. Mrs. Cudmore then announced the names of the candidates who were successful in the different tests and Miss Iphigene Arsenault, Red Cross Commissioner, presented the Certificates, pins and crests.

Miss Arsenault offered her congratulations and spoke to the assembly for a few minutes on the many Red Cross activities in which young people assume an important part. Rev. Father Robin thanked the Red Cross for their co-operation and urged that all the pupils participate in this course next year. He presented prizes to many contestants in the Sports Day held recently at North Rustico. The following girls and boys received:

Central Guardian

This column is reserved for news of local interest, but advertising of a new nature may be inserted at five cents a word, strictly payable in advance.

CRASWELL for Photographs. JIMMIE'S TAXI, Phone 528. CONFEDERATION LIFE INSURANCE. AT FOUR SERVICE — Arnsat Coal Company. Phone 2498.

MT. STEWART: Federation of Agriculture meeting, Mt. Stewart Hall, Friday night, 8.30. KENWOOD OVERCOATS, Canada's National Overcoat, \$35.00. Jack Cameron's new store.

COMMENCING October 1st this store will close on Monday, Tuesday, Thursday and Friday at 5.30 P. M. Wednesday at 12.30 P. M. and on Saturday at 9 P. M. Moore & MacLeod, Limited.

POST NUPITAL SHOWER — A post-nuptial shower and dance was held at the Nu Inn on Monday, Sept. 18th, for Mr. and Mrs. Dominic Doyle, Jr. The hostess was Mrs. Dominic Doyle, mother of the groom. Approximately 150 danced to the music of Vince MacKinnon and his Hay Shakers and Art Gallant and his Melody Mustangs. The happy couple received numerous valuable and beautiful gifts, including a cheque from the manager of Brighton Stores where the bride was employed. These were accepted by Mrs. Smith, aunt of the bride and Mary Connolly. The verses were read by Miss Lois Hennessey. After spending a most enjoyable evening, the guests left the newly weds with best wishes for many years of happiness.

STARTING EARLY — SWANSEA, Wales — (CP)—The service was read at St. Paul's Congregational Church by 10-year-old Conrad Atkin in the absence of his father, the minister of the church.

"Good-for-you" Salads are better with nutritious Canned Salmon. Work your salad magic around Canned Salmon and be sure of wonderful eating plus exceptional food value. Every pound of Canned Salmon you buy yields a full pound of nutritious food, rich in essential food elements. There is no waste in Canned Salmon—it's all edible and that makes Canned Salmon a real boon to your budget. For appetite glamour at low cost and assured nutritional value, use Canned Salmon in your salads. ASSOCIATED SALMON CANNERS OF BRITISH COLUMBIA

CORAL SALAD: 1 lb. can salmon, 2 cups chopped cabbage, 1 cup diced beets, 1/2 cup sweet pickle sliced, 1 tsp. salt, 2 cups boiled dressing, 3 hard cooked eggs, 1/6 tsp. paprika. Flake salmon, add other ingredients, reserving the eggs. Mix lightly and arrange on individual plates lined with small leaves of lettuce. Rice the egg yolks and sprinkle over the top. Chop the egg whites and place in a ring around the border. Sprinkle a little paprika over the egg yolks and garnish with a few hearts cut from beets.

NUTRITIOUS CANNED SALMON CONTAINS VITAMIN "A" — To guard against infection. PROTEIN — Canned Salmon contains more body building protein than almost any other commonly served food. CALCIUM and PHOSPHORUS — Builders of sound bones and teeth. VITAMIN "B" — Rich in the precious sunshine vitamin. Plus valuable amounts of iodine and Vitamin "G".

ROYAL SPORTSMEN FLAGIARIST Norman kings of England were the first to establish game preserves. The lyre bird, one of the world's greatest mimics, can imitate the song of any other bird it hears.