



FROM MOTHER TO DAUGHTER THIS COOKING SECRET IS HANDED ON

So often I get letters like this one from Saskatchewan: "I am very fond of cooking... I have been using Carnation Milk ever since I began to keep house. And my mother always used it."

So that's how it begins. Some mothers take no chances—as for example, Mrs. H—, also of Saskatchewan. She writes for a cook book for her daughter. "She is a young housekeeper just starting out to keep house this spring."

Carnation Milk gives better results than even the best of bottled milk—making more buttery soups and sauces, richer creamed vegetables, creamier puddings, smoother, finer-textured ice creams and candies and custards.

These results it gives because it is evaporated to double creaminess and because the cream content is broken

up into finest particles, making a finer-bodied milk.

Carnation Milk is simply the purest of rich whole milk, protected at the source. It comes from clean herds, handled in clean barns, milked by clean hands into clean utensils. This safeguarded milk is so uniform in quality that results are certain, so dependable that spoiled dishes that result from an uncertain milk supply never occur, so rich it continually saves butter and cream, so convenient that once you use it, you will use it always.

Port Chops and Potatoes a la Carnation—6 potatoes, 1 1/2 tsp. salt, few grains pepper, 1 tsp. butter, 3/4 cup Carnation Milk, 1 1/2 cups water, 2 tbsp. flour, 6 pork chops, 1 egg, bread crumbs, scald Carnation and water in a double boiler. Pare and slice potatoes in 3/4 inch slices. Place a layer in a buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with bits of butter. Repeat and add the scalded milk until it can be seen through the top layer. Dip pork chops in egg and roll in bread crumbs. Place on top of potatoes and bake in a moderate (375° F.) oven until the potatoes are soft. Serves 6.

For The Cook

BUTTERSCOTCH CANDY

Two cups of brown sugar, one cup water, two tablespoons vinegar. Put all into a saucepan and cook for fifteen minutes; then add two tablespoons butter and boil until a drop hardens in cold water. Pour into a buttered pie-plate, and as it cools mark into squares.

Gardening

FIRST VEGETABLES

The first vegetables to go in are usually those grown for their leaves like Spinach, Cress, Mustard and Lettuce. We can sow the first of these just as soon as the ground is ready, and we can continue sowing them at intervals of a week for about a month. This will give us a much longer season and a succession of very necessary vitamins at a time when we are just getting over the effects of a long diet of starchy, stored foods or insipid, imported southern stuff.

ROLO BAY AND VICINITY
Miss Louise Peters Notre Dame Academy, Ch'Town spent her Easter holidays with her parents Mr. and Mrs. P. D. Peters, Rollo Bay East.
The many friends of Mr. Joseph MacRae Rollo Bay West, will be glad to learn that he is around again after being confined to his home with a severe attack of asthma.

A REMOVABLE GARDEN

If we are one of those fortunate persons who have a long holiday at some summer cottage in prospect there is no reason why we cannot prepare our garden now and take it with us. This plan might also be adopted by the plutocrat with a string of summer cottages or roadside cabins to rent. Most people, even the tenant of a week or twenty-four hours, will appreciate surroundings all the more if they include flowers and possibly a few Onions and Lettuce so that fresh salads are possible. Practically all our annual flowers and vegetables can be started in flats indoors, later hardened by transplanting into cold frames or shallow boxes, after which they are ready to be moved to the permanent garden whether that be a few yards or a hundred miles away.

ROCK GARDEN

Rock gardening offers the solution for handling any steeply rising pieces

of ground and in addition to beautifying such a spot forms one of the most fascinating bits of work a person may tackle. In this sort of gardening the underlying principle is to create an environment for Alpine plants. We turn our actual slope, or an artificial one, into a miniature section of the Alps or the Rocky Mountains. We have our peaks, our upper gravelly valleys and our lower Alpine meadows. It is advisable to use irregular stones, arranging these carefully so as to get the mountain effect but also so that they are securely anchored in the soil with the earth between connected up with the core of the slope so that the roots can penetrate to fairly permanent moisture. Where an elaborate garden is planned, one should provide himself with special literature as in creating a difficult replica of this kind there is great danger in over-doing the thing. It is usually necessary to bury the stones about two-thirds their depth in the soil and the site must be well drained. In a later article lists of suitable plants for the rock garden will be given.

Blouse Sweaters

One of the newest sports costume is a pleated skirt and dainty woolen sweater, the latter a blouse-like affair of gossamer wool in lacy designs and the daintiest of flower colors. These sweaters are worn either with skirts of a matching or contrasting color, and form an exceptionally attractive outfit. Narrow belts in unusual patterns are an interesting accessory to such an outfit.

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The Misses Hazel P. Wood, Mildred Coffin and Mr. Ernest Reid students at P. W. C. and Miss Ina B. Coffin, C. B. C. spent their Easter holidays at their respective homes in Rollo Bay.

Mr. Hugh Sheehan, Bear River South, was in Rollo Bay recently on a business trip.

Mr. and Mrs. Bruce Robinson, Moosehead Minnesota, who are visiting Mrs. Robinson's parents Mr. and Mrs. Alex MacDonald, Bear River North were visitors to Rollo Bay West recently guests of Mr. and Mrs. John MacRae.

Mr. Frank MacCarthy, St. Dunstan's University spent Easter holidays with her parents Mr. and Mrs. Patrick MacCarthy, Souris West.

Miss Georgina Deagle, Bear River, who has been visiting in Gloucester Mass, the guest of her cousin Mrs. A. Bradley and Mr. Bradley arrived home recently.

Miss Lauretta MacRae, Notre Dame Academy, Ch'Town has resumed her studies after spending the holidays with her parents Mr. and Mrs. John MacRae.

Miss Helen Donahoe, teacher at Rollo Bay West, attended the teachers convention.

Congratulations are extended to Mr. and Mrs. R. Dixon Coffin Rollo Bay West on the birth of a baby girl on Friday 3rd.

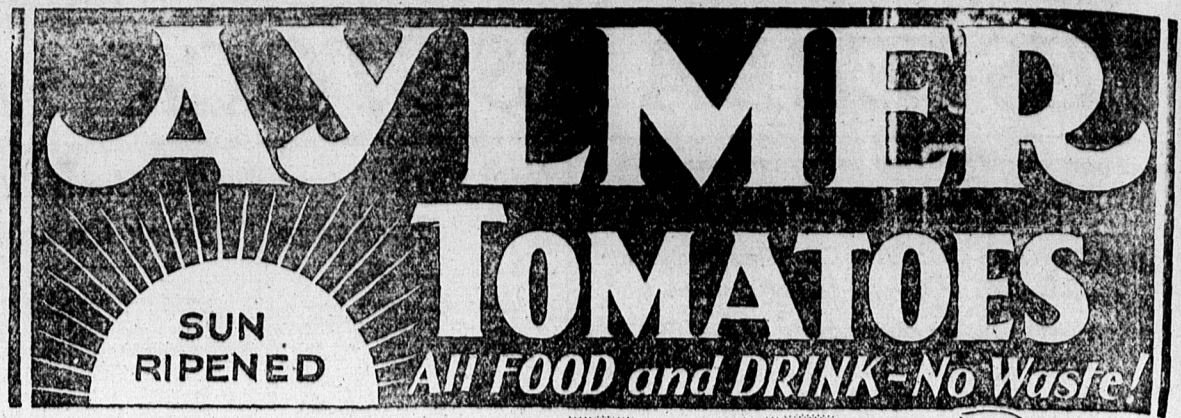
Mr. John A. MacKenzie, Gasparaux new representative for the A. T. Rawleigh Co. Ltd. was in Rollo Bay Friday in the interest of his firm.

Miss Catherine MacEachern, Charlottetown, is spending her Easter holidays in Bear River South the guest of her uncle Mr. John MacDonald.

Miss Margaret Chaisson, Bear River South, was a recent visitor too Monticello.

HEADACHES

Needless pains like headaches are quickly relieved by Aspirin tablets as millions of people know. And no matter how suddenly a headache may come upon you, you can always be prepared. Carry the pocket tin of Aspirin tablets with you. Keep the larger size at home. Read the proven directions for pain, headaches, neuralgia, etc.



Save Your AYLMER Tomato Labels and get this New Strainer FREE!

TEAR out this advertisement as a reminder to save the labels from AYLMEYER fine-flavored Tomatoes... Send it in, with 12 AYLMEYER Tomato Labels, to Canadian Canners, Limited, Hamilton, Ontario, Department "S", and you'll receive, FREE and post-paid, a handy AYLMEYER Strainer... Or, if you prefer, send 3 Labels and 10 cents.

AYLMER Tomatoes are all FOOD and DRINK... No waste... The AYLMEYER Strainer makes it but a matter of seconds to separate the JUICE from the SOLIDS... Pure, tonic Tomato Juice of guaranteed quality for Baby, for table service or for a refreshing "pick-me-up"... Healthful "tomato dishes" of countless variety... And the Strainer has numerous other uses.

There's Health in Every Can

The AYLMEYER process of canning retains all the healthful virtues of fine-flavored Canadian Tomatoes... AYLMEYER Tomatoes are sun-ripened to perfection of FLAVOR and HEALTHFULNESS... They're truly "garden fresh"... They're endorsed for Health by the highest medical authorities and for their food value by experts in dietetics.

Canadian Canners, Limited

with over 80 factories packing Fruits and Vegetables from the Gardens of Ontario, Quebec and British Columbia.



Tomato Juice— A Vigorous Vitamin Tonic

Notably potent in the essential Vitamins... So declare leading Doctors and Specialists of Tomato Juice... Good for everybody in the household... Infants, Children, Adults... For your health's sake, eat more AYLMEYER Tomatoes... and drink more.

A Healthful FOOD and a Tonic DRINK

Miss Mary A. MacAulay teacher at Souris West was a visitor to Bear River South recently.

Mr. John J. Barbe, New Acadia, was a visitor to Rollo Bay on Friday last.

Miss Annie MacDonald, Little Pond, who has been visiting in Souris River for the past week the guest of Miss Mary MacGillivray R. N. returned to her home on Friday last.

Miss Stella MacDonald, St. Mary's Convent Souris, spent her holidays with her parents Mr. and Mrs. Angus D. MacDonald Little Pond.

His many friends will regret to learn that Mr. John Black of Fortune has entered the P. E. I. Hospital where he will undergo an operation for appendicitis.

An item in notes of April 3rd should have read Mr. Peter Conway received the sad news recently of the death at Tanton, Mass. of his brother John, not his nephew as was stated.

Mr. and Mrs. Frederick Sinnott, Morell, were visitors to Rollo Bay recently guest of Rev. A. L. Sinnott P. P.

Mrs. Thomas MacGough has returned to her home in Bear River North after spending several months in Boston where she was the guest of her daughter Mrs. Eugene Morgan. She was accompanied by her sister-in-law Mrs. Annie Feehan a former resident of St. Margaret's who will now reside with her brother Mr. Frank MacGough Souris.

Mr. and Mrs. William Burke, Fortune were visitors to Bear River South on Easter Sunday.

Mr. Howard MacDonald, St. Dunstan's University spent Sunday in Bear River the guest of Mr. Joseph D. Deagle.

Mr. John W. MacDonald, Little Pond was a visitor to Rollo Bay West recently.—R.

MONTREAL ABANDONS IDENTITY CARD PLAN

MONTREAL, April 8.—(By The Canadian Press)—The failure of the public to take out identity cards for the issuance of which the city established six offices, and the withdrawal of the Montreal bill, at Quebec, which would have limited the right to vote at municipal elections to holders of these cards, has led to the virtual abandonment of the plan, it was announced lately.

Last fall an office opened in Notre Dame de Grace was closed because no one applied for cards, and it was announced recently that three of the five remaining offices have also been closed. Cards taken out to date number about 9,000. Of that number one-quarter were issued to persons who were not electors, but desiring cards for general identification purposes.

CABBAGES NOW FERTILIZER

FOND DU LAC, Wis., April 2.—Cabbage raised in the vicinity of West Rosendale, and Ripon last year which formerly brought \$30 to \$50 a ton on the market, is being hauled into the fields for fertilizer and used as stock feed.

for PIMPLES
Add an equal amount of cream, or sweet oil, to Minard's, and apply the mixture once daily. A simple treatment which will clear up your skin!



ALASKA

1000 miles of SCENIC WONDERS

Here is a vacation different from all others! The delights of a sea voyage combined with magnificent scenery every mile of the way—giant glaciers, mountain guarded fjords, snow-crowned peaks. Finally, Alaska itself... land of the midnight sun... of "sourdough" and huskie... and giant flowers that bloom with fierce magnificence in a brief summer.

Reduced rail fares all summer. Stop-over at Jasper National Park—Canada's gorgeous mountain playground, and at Minaki in the Lake of the Woods region of Northwestern Ontario. Ask about personally conducted tours.

Full details from
W. K. Rogers, City Ticket Agent
L. P. Ritchie, Ticket Agent, Station
P. W. Clarkin, Dist. Passenger Agent

CANADIAN NATIONAL

USE THE Safeguarded milk

The best of milk, safeguarded at the source by clean housing of clean herds, and by milking with clean hands into clean utensils, and evaporated to double richness and conveniently packaged in hermetically sealed cans to protect its purity until it reaches you—that's Carnation Milk. Moreover it gives cooling results unequalled by milk in any other form. (See recipe above.)

Milk from Canadian cows, packed in Canada in Canadian cans and cases.

PRODUCED IN CANADA

"FROM CONTENTED COWS"

DELICIOUS!

Shortbread fresh from the Christie Ovens

Never before have you tasted a morsel quite as delicious as fresh, crumbly, crunchy Lorna Doone—a Bonnie rich shortbread of exactly the right richness, which really does "melt in the mouth". Sold by the pound and in small packages for the children.

Christie's LORNA DOONE

A BONNIE RICH
SHORTBREAD