

Rosy Cheeks for indoor days

Crisp cold air brings a touch of color to every one, but it soon passes unless good health keeps it there. Shredded Wheat is an ideal indoor-weather food. It contains the mineral salts that make healthy red blood and the bran that promotes regular habit even though exercise is restricted. Plenty of nourishment—and easily digested too. Eat Shredded Wheat every morning—a biscuit or two with hot milk for a delicious, vitalizing breakfast.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

Forceful Freddie—I mean to marry me? Our daughter, sir, and who's more proud Parent—Yes, as far as the I'm going to do it, Do you follow dear.

SIXTEEN WAYS TO SERVE POTATOES

For a time we snubbed the potato rather rudely, in our zeal to banish excess weight. But now that strenuous dieting is no longer the fashion, potatoes are again firmly entrenched in our menus. Meals aren't meals, we find, without them.



Mary Blake

To make up for past neglect, I suggest that you send potatoes to the table in a constantly varying dress. Sometimes you will want the simple, mealy goodness of steamed potatoes or the fluffy whiteness of mashed or sliced potatoes. Other times, nothing will fit the menu so well as bursting baked potatoes, golden with butter and glowing with paprika.

Being evaporated to double richness, Carnation Milk makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into the minutest particles—it gives a wonderfully fine, smooth texture. And this same rich creaminess and velvety smooth texture are found in every dish in which Carnation Milk is used. Because of its uniformity, dependability, convenience and real economy, you will want it for all cooking.

Try the recipe for Carnation Potatoes au Gratin given below. Or better still, send for the Carnation Cook Book. It is free. Address Carnation Co., Limited, Aylmer, Ont.

It all depends upon the milk
In all of these recipes which call for milk or white sauce, I have found that the quality of the milk is most important. If you use the best of creamy whole milk, pure and sweet, you can count on a delicious sauce. You can be sure of such results, by always using Carnation Milk. It is simply the best of whole milk from selected herds, with nothing added and nothing taken out except part of the water.

Carnation Potatoes au Gratin—3 cups cooked potatoes, diced, 2 cups Carnation White Sauce, 1 tsp. chopped parsley, 1 cup grated cheese, 1/2 cup bread crumbs, stirred in 2 tsp. melted butter. Heat potatoes in Carnation White Sauce, pour into buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Bake in hot (400°F) oven until crumbs are brown. Serves 5.
Carnation White Sauce—3 tbs. butter, 3 tbs. flour, 1 tsp. salt, few grains pepper, 1 cup Carnation Milk, 1 cup water. Melt butter in top part of double boiler; add flour and seasonings and mix thoroughly. Add Carnation diluted with water and stir constantly, until smooth and thick. Continue cooking over hot water for 10 minutes, stirring occasionally.

AND REMEMBER



for the richest, smoothest, creamiest white sauces, you can count on Carnation Milk. It is pure whole milk in the most convenient and dependable form.

(See recipes above)

The Safeguarded Milk "from Contented Cows"

The Green Cloak

(Continued)

We sprang forward to meet him. "He's there!" he gasped. "Wilkins, himself! He's up in the study! There's a light, and the blinds are down, but I saw his shadow on the blind."

As we drew nearer the gate, our pace slackened cautiously. Ashton was a little in advance of the rest of us, and was first to peer around the mass of shrubbery, which screened the house from the view of the street, except at the one point where the gate made an opening. I saw him stop and stiffen, and heard him catch his breath with a gasp.

"That's him," he whispered. "We've got him."

The next moment I saw it, too—the silhouette upon the blind of a figure in cap and ulster, bending studiously forward over the desk. In the chair in which Henry Morgan had sat when he met his death.

"Yes," I heard my chief say in a piercing whisper: "yes, we've got him—unless, in some way, he's counted on making us think we had him—when we hadn't."

"Why do you think that?" Ashton demanded under his breath. "It's a little too obvious," said the doctor in uneasy hesitation. "Why should he court discovery in that way? Why should he be sitting there with his shadow on the blind, when he knows that half the town has been roused by this fire?"

Ashton started forward impatiently. "This is no time for theories," he muttered.

But the doctor laid a detaining hand upon his arm. "No," he said, "that's a valid question. If there's no trick about it, the man can't get away. If there is a trick, it's success will depend upon our doing the very thing that you propose to do—rushing ahead without stopping to think."

"Listen a minute," said Ashton, still in a whisper, but speaking with fierce impatience. "He must have set fire to that other house himself. He cannot have thought of a better scheme for drawing my men off the job. Once Wilkins saw them out of the house, he knew he had nothing to fear. He could make his search at leisure. And now he's found the things he wants, has found that map that he's been dreaming about for years, he's not thinking about his shadow nor the blind it falls on."

To me it seems that the doctor's question has been fairly answered, and I moved forward, as Mallory and Ashton did. My chief hesitated an instant, then gave a nod of assent. Mallory pulled open the gate. We all followed through it. Then I glanced up once more at the lighted window blind.

"Look!" I cried. "He's gone!" One glance was all they needed. The silhouette of that figure had disappeared.

Ashton turned to Mallory and spoke so fast that the words trod on each other's heels.

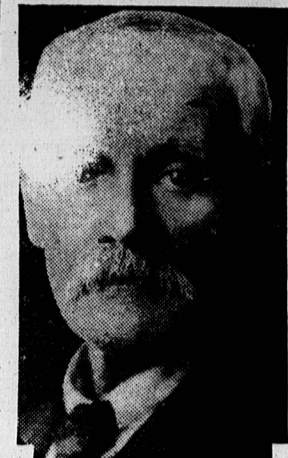
"You stay outside," he commanded. "He may try the windows if he's cornered. You're the best man we've got on a chase. Don't hesitate to shoot! Come along, the rest of you!"

Together we rushed up the path, Ashton ahead and chief and just behind him. But with all our haste, we ascended the steps and crossed the wooden veranda silently. The front door was not even latched. It swung back with a light push, and we were inside.

"I'll go the kitchen," Ashton said, and cover the back stairs, and work

Results Seem "Unbelievable"

"While doing some surveying work two years ago a rheumatic condition came on me that put me in bed for



ALBERT O. HANSON

seven months. I had pains all through my back and legs and after I got out of bed I'd be so weak and dizzy at times I could hardly walk. Then liver trouble, indigestion and constipation came on and I was badly run down every way. The improvement 6 bottles of Sargon gave me seems almost unbelievable. I get around and do my work as good as I ever did; I have a hearty appetite with fine digestion, I've gained 10 pounds and am stronger and more active than I've been in years. Sargon Pills are the finest laxative I ever used.—Albert O. Hanson, 3 Champlain St., Saint John.

Sargon may be obtained in Charlottetown from The Hughes Drug Co., Ltd., and H. J. Mabon in Montague.

up from there. You two, between you, see that he doesn't get down the front stairs, and search the rooms on each floor before you go any higher."

Both of us nodded comprehendingly and he darted away. I stayed in the hall, while the doctor searched the downstairs rooms which made up the front of the house.

In a minute or two my chief rejoined me in the hall. "He's not here," Ashton whispered. "Come, let's go upstairs. We'll draw this floor next, just as we did the other. You, Phelps, guard the head of the front stairs, I'll guard the back and the doctor can search the rooms."

Carefully as he searched, we drew blank again. "All right," Ashton whispered. "He's still in the study, then. It's queer we don't hear him, though."

"Do you think he can have got out by one of the windows?" I questioned. "Not with Mallory on the lookout outside. I told him to shoot, and he would. Come along! Follow me."

The study door was closed, but we could see the light shining out from under it. Ashton flung open the door. But from the silent room there never came a sound.

We waited a moment. Then, breathlessly and cautiously, we entered.

The room was empty. For a moment we stared blankly into each other's faces. Then a grim full-mouthed laugh from the doctor shattered the strained silence. He clutched Ashton's arm and pointed.

"Look! Look there!" On the floor, beside the swivel chair half under the desk, was a great caped-ulster and a hat, a bundle of bed clothes, a bolster and a small pillow.

"There!" cried the doctor: "there lies the shadow of our good friend Wilkins, but it looks as if his substance had escaped us."

"But the thing moved," I cried—"the shadow did, at any rate—moved and disappeared."

The doctor stopped and lifted up the empty sleeve of the big ulster. There was a string tied around the sleeve, a string that led up through an empty stove-pipe hole and out in the corridor. We went out to see what the other end of it was attached to, and found that it was made fast to a bell wire, in such a way as not, probably, to interfere with the ringing of the bell.

We gazed at the thing curiously and, for the moment, without comprehending. Then the doctor hit upon a solution, which we afterwards found to be the true one. It was simple. "Like all great ideas," said he, "the first thing Wilkins did was to make fast a string between the gate and the old-fashioned bell pull in the front doorway. In that way he assured himself of getting a warning when your detectives returned from the fire. It wouldn't allow him much leeway, but he undoubtedly calculated that it would be enough. When this house was in its prime this third floor room served, no doubt, as quarters for a servant, and it was natural that one of the bells should ring up here. The thought of the dummy had probably occurred to him in advance, and it was a good thought. His chance of escaping your two men, when they returned, would be vastly greater if they should rush into the house with

Monthly Meeting Summerside Town Council

SUMMERSIDE, Nov. 11.—The regular monthly meeting of the Summerside Town Council was held in the civic building on Tuesday. Mayor Lidstone presiding over a full council board. Minutes of previous meetings and special meetings read and approved. Paid bills amounting to \$4206.11 and unpaid bills of \$3826.66 electric light paid bills of \$489.13 and unpaid bills amounting to \$1281.49 were read and approved. Reports were read from various committees. Councillor Schurman in his report, stated that a wire thrown across the electric light wires at north end of town have cost the town in repairs \$60. This is the third time a wire has been found across the wires. Councillor Moore read the report for the Police Department and congratulated the Police Department on the order maintained in the town on Halloween night.

The police report was as follows: drunks 12; convictions 12; fighting and creating disturbance 7; convicted 7; for stealing cars and breaking traffic rules, 5; convicted 5; vagrancy and corner loafing 9; drunken drivers convicted 3; fines collected \$235; miscellaneous licenses \$25; total \$260.

Bills amounting to \$10 for assisting police in locating stolen cars passed. Councillor Moore congratulated Councillor Grady on the excellent condition of the park for Armistice Day. Mr. Moore also made the pleasing statement that the police department is \$900 under the estimate allotted for the year, and that the three policemen have only cost the Department \$500 for ten months, which includes three new overcoats and other necessary equipment. After much discussion on small matters council adjourned.—S

200 BUSHELS OF BAKED POTATOES

WINNIPEG, MAN., Nov. 12.—(By The Canadian Press)—Two hundred bushels of baked potatoes, and a useful farmer of West Kildonau contemplating his loss. Fearing frost, he had tried to save some of his crop of 70 acres by putting them in a rough casting in a trench. He lighted a heater at both ends and the potatoes smouldered away, baked to a turn.

In this city, potatoes sell at 35 cents a bushel delivered, or 30 cents in stores. Many potatoes this year were not harvested, because of the low price. Last year the average were over a dollar a bushel.

no other idea than that an intruder was sitting in Henry Morgan's study, leaning over Henry Morgan's desk. (To Be Continued)



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PURITY, flavor and healthful properties make Genuine Barbados **Extra Fancy** Molasses the best molasses you can buy.

Also, on account of its purity, it is the most economical Molasses you can buy. It is not diluted!

Children and adults love its delicious flavor! Insist upon Genuine Barbados **Extra Fancy** Molasses!

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Quickest of all Hot Breakfasts



FOOD ENERGY—not nervous energy—for lessons in school and at home



CHINA
In Every Package Marked "Chinaware"
A piece of attractively patterned genuine English chinaware. As pretty as you could buy. Beautifully colored... distinctively shaped and bordered.

Breakfast is an important factor in success, nutritionists warn. For, according to recent surveys, 70% of the day's entire work, in schools, homes, factories and offices, must be done in the 4 short morning hours.

For energy to conquer the morning, children and adults alike eat Quaker Oats, because of its nutritive qualities as well as its zestful, real oat flavor which no other oatmeal can imitate.

Quaker Oats are different... better... because Quaker selects only the plump, firm, full-flavored oats. Of all pre-cooking processes at the mill Quaker has found that roasting alone gives a zestful, nutlike taste.

Most important of all, the famous Quaker milling process retains every valuable part of the oat—Nature's best balanced cereal. Quaker Oats contains 16% protein—the "growth element"; 65% carbohydrates—the "energy" food. Besides abundant body-building minerals and the important vitamins.

Your grocer has both the Regular and the Quick Quaker that cooks in 2 1/2 minutes from the time the water boils. Please do not confuse Quick Quaker with ordinary quick oats. Large household packages and small 10c. size. Never in bulk. All Quaker packages contain coupons with which you can get valuable premiums.

QUICK QUAKER OATS

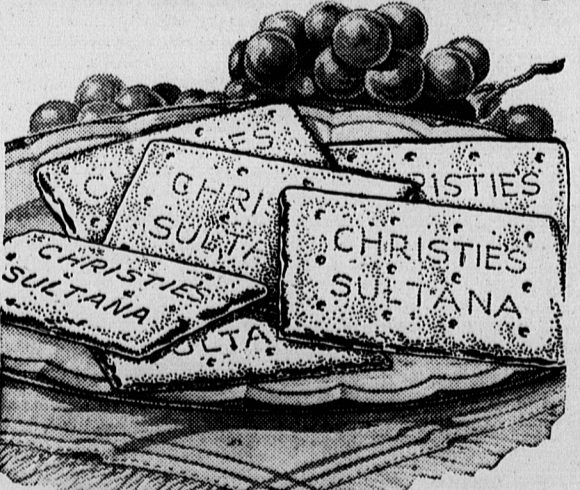
MAPEKING, SOUTH AFRICA, Nov. 12.—(By The Canadian Press)—The Athlete Hospital at Lobatsi was formally declared open by the Resident Commissioner of Bechuanaland, Col. C.F. Ray. The foundation stone of the Hospital was laid nearly a year ago by the Earl of Athlone, Governor-General of the Union of South Africa, after whom it is named. The Governor-General was unable to be present to open the hospital in person and sent his regrets through Colonel Ray. This is the first fully equipped Government hospital in the Protectorate of Bechuanaland.

Notice—Malpeque Road Closed

Malpeque Road from the cross road at the Waterworks to St. Dunstan's University will be closed until further notice.

By order, DEPARTMENT OF PUBLIC WORKS.

A most tempting, delicious Christie's Biscuit



Christie's Sultanas

It's the real fruit flavor that makes the difference. Packed full of plump, uncrushed Sultanas fresh from the sunny vineyards, Christie's Sultana Biscuits are flavorful, delicious, wholesome—fit for a king.

CUSTOMS SALE BY TENDER

TENDERS addressed to the undersigned will be received at this office at Charlottetown, until Monday, the 24th day of November, 1934, at noon, for the following property forfeited under the Customs laws, viz:— One Cabinair Aeroplane, No. 4254, Saginaw, Michigan. Anyone wishing to see this Aeroplane can arrange to do so by calling at the Customs and Excise Preventive Office, Charlottetown, Phone No. 465.

Disct. Chief Collector of National Revenue. Customs-Excise Preventive Service. Dated at Charlottetown, P. E. I., 8th day of November, 1934. 9098-11-12-1f.

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