

MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor



You've Never Tasted Better Fudge Than This

I don't often boast as proudly as I do, but really, fudge made by my recipe has a different body, a finer, smoother texture, a smoothness that you won't find ordinarily. I myself have no credit for these results. I know the explanation of these outstanding qualities lies in three things: cooking the fudge just to the soft ball stage and no longer, vigorous beating, and use of Carnation Milk.

"But why," so many people ask, "should Carnation Milk give results different from those of ordinary milk?" There's a very definite reason for this superiority. Carnation Milk is "homogenized"—that is, its cream content is broken up into tiniest particles and distributed uniformly all through the milk. As Carnation Milk is evaporated to double-richness, this means that every drop of milk has a double share of enriching cream. Not only that, but the greater fineness of the particles gives a smoother, finer texture to all cookery in which Carnation Milk is used.

You'll Like Carnation Better for All Cooking

As in making candies, so in all cookery—Carnation gives a richness, a smooth creaminess, a fine, fragile texture that even the best of bottled milk cannot equal. Try this better milk. Evaporated to double creaminess, "homogenized," and sterilized for safekeeping, it places at your disposal an

exceptionally convenient supply of milk, and in the most dependable and economical form.

I have a whole Carnation Cook Book full of recipes, which I'd like to send you, that you may know this better way of cooking. Ask for "My Hundred Favorite Recipes." It's free. Address Carnation Milk Products Co., Limited, Aylmer, Ont.

Carnation Pralines

1 cup brown sugar, 2 cups white sugar, 3 tbsps. corn syrup, 1 1/2 cups nuts, 3/4 cup Carnation Milk diluted with 1/2 cup water, 1 tbsps. maple sugar or mapeine. Boil together all ingredients (except nuts and flavoring). When soft ball is formed in cold water, remove from fire, add flavoring, remove from cold water, without shaking, until hand can be held against bottom of pan without discomfort; add nuts; beat with slotted wooden spoon; when stiff drop from spoon on buttered sheet.

Carnation Fudge

2 tbsps. butter, 2 squares bitter chocolate, 3 cups sugar, 2 tbsps. corn syrup, 1/2 cup Carnation Milk, diluted with 1/2 cup water, 1 tsp. vanilla. Melt butter and shaved chocolate in sauce pan, add sugar, corn syrup and diluted Carnation. Cook until mixture forms a soft ball in cold water or reaches a temperature of 235° F., stirring occasionally to prevent sticking. Remove from fire and add vanilla. When cool beat until creamy and mold on buttered plate.

Central Guardian

TURNIPS! Car at Dump every day this week. Highest market prices paid. Newsome & McLeod, Boston. 2948-3-6-31.

ALL KIDDIES Winter Hats selling at half price. Prowse Bros. Ltd. 3006-3-8-31

NEW UNIVERSITY DICTIONARY to Guardian readers for 95 cents and one coupon. Every home should have one.

BALANCE of Ladies Winter Coats clearing at half price. Prowse Bros. Ltd. 3006-3-8-31

TO CLEAR AT COST PRICES.—The balance of our stock of horse Blankets, Fur Robes, Bells, Sheep-lined Coats, and wool, cooler Blankets. S. L. Hardy & Co. 2968-3-7-31

MAHOGANY FINISH SERVING TRAY, 12 x 18 inches, a wonderful bargain at \$1.75 at Holman's, Grafton Street. 2934-3-7-31

NEW DRESSES arriving daily for sport, afternoon and evening wear. Come in and see them. Prowse Bros. Ltd. 3006-3-8-31

MAHOGANY FINISH SERVING TRAY, 12 x 18 inches, a wonderful bargain at \$1.75 at Holman's, Grafton Street. 2934-3-6-31

SOME of our new spring coats are in. Come in and select yours now. Prowse Bros. Limited. 3006-3-8-31

NICKELLED SERVING TRAYS, 10 x 15 inches, with your choice of two beautiful patterns, only \$1.98 at Holman's, Grafton Street. 2934-3-6-31

BALANCE of the season's winter dresses in Jersey and Flannel clearing at discounted prices. Prowse Bros. Ltd. 3006-3-8-31

EVANGELISTIC SERVICES—The evangelistic services in the United Church at Princetown Road will commence every evening at 7:30 instead of 8 o'clock. Rev. H.N. MacLean, Ph. D., Evangelist; Miss Gladys L. MacKinnon Director of Song.

UNITED CHURCH—Cavendish Congregation. Rev. Peter Jackson, Minister. Stanley 11 a. m.; Cavendish 3 p. m.; Rustico 7 p. m.

BESCO COKE—Many householders are burning Coke. We can supply the best quality. A. Pickard & Co. Phone 240. 3004-3-8-21

CHURCH OF SCOTLAND.—Rev. Ewen MacDougall will preach Sabbath the 11th, at Cape Traverse at 11 a. m., if the travelling is favorable, at DeSable at 6:30 p. m. Also Monday 12th at Argyle Shore at 7:30 p. m. Broadcast CFCY Friday 9th, at 7 p. m.

LOBSTER FISHING.—As the report of the Royal Commission that is investigating the conditions and requirements of the fisheries of the Atlantic Coast, has not yet been submitted, and as preparations will be in progress for the approaching lobster fishing season, it has been decided that no changes in the regulations that will affect the seasons of the early part of this year will be made, says Wm. A. Found, Director of Fisheries in writing to Mr. S. T. Gallant, Inspector of Fisheries, here.

Tomorrow's Radio Program

FRIDAY, MARCH 9TH, 1928

CNRT (356.9 Metres), TORONTO, ONT.

7:00 P. M.

R. N. Cornfield and his Dalhousie City Dance Orchestra presented by Canadian National Electrical Railways.

9:00 P. M.

Erwin Haris, Hungarian Violinist.

9:30 P. M.

Literary Review.

9:45 P. M.

Toronto Live Stock Market Review from Dominion Live Stock Branch, Department of Agriculture.

10:00 P. M.

The Canadian Singers, a quartette of mixed voices in Scott-Gatti and other part-songs.

10:30 P. M.

Lionel H. Bilton, Cellist with Mary McKinnon at the piano.

CNRA (475.9 Metres), MONCTON, N. B.

8:45 P. M.

Farmer's Period.

9:00 P. M.

Travel Talk.

9:05 P. M.

Studio Instrumental Quartette.

9:58 P. M.

Atlantic Standard Time Signals and Weather Forecast.

10:00 P. M.

Studio Programme by the C. N. R. Entertainers: Mrs. Eva Taylor, Ida Bremner Malcolm, Charles Harding, in three short sketches, assisted by Miss Katherine Dickson, Soprano.

11:00 P. M.

Little Concert Orchestra.

WRVA, RICHMOND, VA. (254.1 Metres)—1000 Watts.

6:15 P. M.

News Leader Sports Talk.

6:30 P. M.

Hotel William Byrd Duo.

7:00 P. M.

J. Harold Lawrence's Orchestra.

8:00 P. M.

Road Report—Chemistry Talk.

8:15 P. M.

Country Fiddlers.

9:00 P. M.

Wrigley Hour.

10:00 P. M.

American Legion Show.

11:00 P. M.

Hotel Richmond Orchestra.

12:00 P. M.

Carry Me Back to Old Virginia.

Farmers' Week Bargains in Chesterfield Suites, LAMPS and SHADES

End Table FREE!

FREE WITH EACH CHESTERFIELD SET SOLD DURING THIS SALE

A genuine solid walnut End Table, just the thing for the smoker or lamp or books—given free with every Chesterfield Suite sold during Farmers' Week.

3 piece Chesterfield suite with Reverse Cushions

You are getting real value when you get this 3 PIECE CHESTERFIELD SUITE at \$169.00. There is a beauty to it, a style, a smartness, a rich and luxurious comfort that makes it one of the outstanding values of the year. The frame is of kiln-dried hardwood, thoroughly seasoned and doweled at all joints; the seats and backs are of deep spring construction, covered with tow, moss and cotton felt; in coverings you can have your choice of fine quality mohair in taupe or brown shades or Jacquard velours in a number of popular shades. The spring-filled cushions have reverse sides covered in fancy patterns of tapestries, Jacquard velours or Friezes, which give the cushions—which take most of the wear—double wearing quality. Each of the three pieces—Chesterfield, Arm Chair and Wing Chair—is large and roomy and built by expert craftsmen to give years of comfortable service. THREE PIECE CHESTERFIELD SUITE COMPLETE 169.00 (Easy terms if desired.)

OR the same Chesterfield Suite, upholstered in good grade Tapestry, with cushions, both sides covered in same material. 3 PIECE 122.00

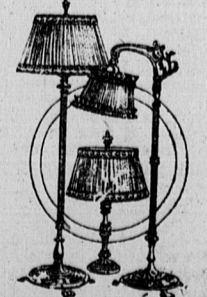
3 piece Chesterfield Suite Finished in Mohair

Here is another outstanding value in a Chesterfield Suite, at a price so low that only by buying in car-load lots could we make such a low price possible for you. The suite comprises Chesterfield, Wing Chair and Arm Chair, finished in the new 'W' weave mohair in taupe or walnut shades. The spring construction is especially strong and comfortable, the extra strong springs being fastened on extra wide web bottom and securely anchored to hardwood frames. The popular show-wood frames are in the kidney and serpentine designs. The cushions are reversible and finished in attractive patterns. A wonderful value, this Chesterfield, Wing Chair and Arm Chair at 219.00 (Easy terms if desired)

A Chesterfield Table in Solid Walnut

To set off the living room and that new Chesterfield Suite, you'll need a Chesterfield Table. There is a nice value here in a Solid Walnut Chesterfield Table, with an 18 x 46 inch top, that we are lucky in being able to offer you at 16.45

LAMPS---See these Beautiful Styles



Wonderfully beautiful, these Bridge Lamps and Junior Lamps, just arrived from the makers. They have walnut finished stands with silk shades in a number of new shapes and have an inside and outside cover of silk with Georgette overall, neat panel inserts on side and long silk fringe and trimming. A wonderful variety to choose from. Set of two lamps, Bridge and Junior 22.90

And then we have Bridge Lamps with metal stands and parchment shades in a wide selection of pleasing colors at 4.45

HOLMAN'S Home Furnishers Since 1857 Grafton Street

Smoother Candy



IF you want the richest, smoothest fudge or other candy, use Carnation Milk. All foods made with milk or cream are smoother and richer when Carnation is used—just pure, whole milk evaporated to double richness and sterilized. It keeps. It is always the same. It saves butter and cream. (See recipes above)



Produced in Canada

Carnation Milk "From Contented Cows"

A FLOUR you can trust

Because it has already met a rigid baking test



YOU are sure of the best results when using Quaker Flour. Its quality and baking excellence never vary. Your recipes turn out exactly the way you want them.

Flour bears the Quaker name only after it meets definite high standards. Among other tests we take a sample from each day's-milling and bake it in our own kitchens, under actual home conditions. It must bake right or it cannot bear the Quaker brand.

Quaker Flour is best for all household baking purposes—bread, cakes, pastry. It gives a lightness and evenness of texture such as no other flour gives.

Every bag sold under our money back guarantee that Quaker Flour will give you the utmost satisfaction.

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Quaker Flour Always the Same Always the Best

MILLED BY THE MILLERS OF QUAKER OATS