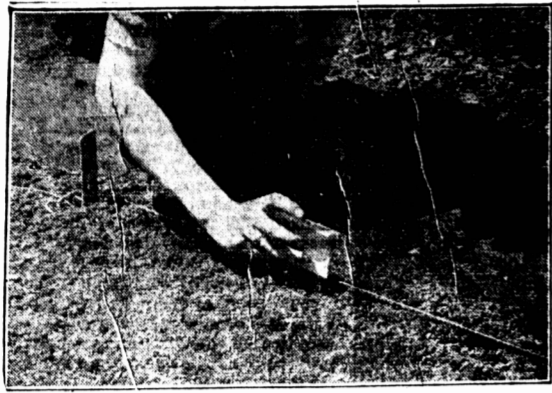


Skill in Sowing Prevents Waste of Precious Seed



Take Time and Great Care in Sowing Seeds to Avoid Waste. Most Victory Garden seeds must be sown by hand. Unless a row is more than 50 feet long it does not pay to use a mechanical sower...

This spreads the seeds out better. Large seeds, big enough to grasp between your fingers, should be placed individually, spaced so that each plant can develop without crowding.

IN MEMORIAM

MRS. MARGARET JENKINS

Word was received in Charlottetown over the week end that Mrs. Margaret MacPhail Jenkins, formerly of Orwell, P. E. I., had died Saturday at Vancouver. She was about 84 years old.

For Foot Ailments

CONSULT

H. J. A. BROWN, D.P. CHIROPODIST

143 Great George Street CHARLOTTETOWN, P.E.I.

BONSHAW W. M. S.

The members of the Bonshaw United W. M. S. were again entertained for their May meeting at the home of Mrs. Sophia MacPhail. The president presided and opened the meeting by singing the National Anthem.

Girl of the Turf

By Mary Douglas Stewart

CHAPTER XXIX

Cary's short-lived happiness was gone. He felt like a man whose dense fog, though she attached her slender thread of hope to Tony's words.

Royalty Visits Canadian Fliers

By LOUIS V. HUNTER

Canadian Press Staff Writer WITH THE R. C. A. F. SOMEWHERE IN ENGLAND, May 31—CP Cable—The King and Queen, concluding a two-day tour of Britain and America, arrived in Ottawa, Ontario, today.

WEDDING BELLS

A wedding of much interest took place at Charlottetown on Monday when Mary Florence, only daughter of Mr. and Mrs. P. J. Noye, Hunter River, was united in marriage to John Wesley eldest son of Mr. and Mrs. Benjamin Craswell of Fredericton, N.B.

Albert Mah, Canadian-born of Chinese parents, is a flyer and a good one.

But even being a good flyer in Canada doesn't satisfy his urge to get closer to the Japs who have held his mother and his sister in Occupied China for some years, so Albert Mah has departed. One day soon, he'll be flying over China.

10 WAYS TO MAKE MEAT GO FARTHER!



HERE are ten ways to make meat go as much as 40% farther. Ten ways to give it more rich flavor and goodness to meat dishes. Ten ways to use Quaker Oats...



COMBINATION LOAF

(Serves 8) 1 1/2 lbs. beef (ground) 1/2 cup onion (cut fine) 1 cup Quaker Oats, uncooked 2 1/2 teaspoons salt 1/2 teaspoon pepper

COMBINE all ingredients in order listed and mix well. Turn mixture into loaf pan (about 3 1/2 x 8 1/2 in.). Bake in moderate oven (375° F.) for 1 hour. Serve hot or cold.

MEAT OR FISH CROQUETTES

(Serves 6) 2 cups chopped cooked meat (or flaked cooked fish) 2 tablespoons finely chopped onion 1 cup Quaker Oats, uncooked 2 cups meat stock or water

STIR Quaker Oats into rapidly boiling stock or water; cook over low heat, stirring frequently, for 5 minutes. Add meat or fish and seasonings, and combine well. Cool. Shape as 12 croquettes. Chill. Dip in seasoned sifted fine dry crumbs, then in diluted slightly-beaten egg. Finally, coat completely with seasoned sifted crumbles, cut side up. Bake uncooked in a hot oven (400° F.), about 35 minutes.

QUAKER'S PORK LIVER LOAF

(Serves 8) 1 1/4 pounds pork liver 2 slices bacon, OR 2 tablespoons dripping 1 medium sized onion 1 egg (well beaten) 1 1/2 cups liquid 1/2 cup Quaker Oats, uncooked 1/2 cup ketchup

SLICE pork (or other) liver; cook in water to cover, for five minutes. Save liquid to use in loaf. Grind liver with the bacon and onion. Add all other ingredients except the ketchup; mix thoroughly. Pour ketchup into a greased loaf pan and add mixture. Bake in moderate oven (350° F.) for 1 hour. NOTE—If desired, half liver and half ground beef may be used.

QUAKER MEAT PATTIES

(Serves 6) 6 thin slices bacon 1 lb. pork (ground) 1 egg (beaten) 1/2 cup onion (chopped) 1 cup tomato sauce (condensed or fresh) 1 1/2 cups Quaker Oats, uncooked 1/2 cup water 1/2 cup Quaker Oats, uncooked 1/2 teaspoon salt

LIME 6 large mullin pans with bacon. Combine remaining ingredients and mix well. Turn into mullin pans. Bake in moderate oven (350° F.) for about 1 hour. This recipe can also be made using about 2 1/4 cups ground leftover cooked meat; add 1 1/2 tablespoons shortening to ingredients and bake 25-30 minutes, or until bacon is cooked.

STUFFED SPARERIBS

(Serves 6) 4 pounds pork spareribs 4 cups soft bread crumbs 1 cup Quaker Oats, uncooked 1 cup chopped apple 1/2 cup onion, chopped 1 1/2 teaspoons salt 1/2 cup water 1/2 cup Quaker Oats, uncooked 1/2 teaspoon salt

COMBINE all the ingredients except spareribs. Put out in a greased baking pan with the spareribs and sprinkle with salt, pepper and flour. Or spread stuffing on ribs, roll up and tie. Bake in a moderate oven (350° F.), about 2 hours, or until ribs are tender. Fine too, for other meats.

SAVOURY WIENER SCALLOP

(Serves 6) 2 1/2 cups canned tomatoes 1/2 cup chopped onion 1 1/2 cups salt 1/2 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked 1 1/2 cups salt 1/2 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked

COMBINE tomatoes, onion, sugar, salt, pepper, mustard and Quaker Oats. Place 3/4 cup in a shallow greased casserole, cover with 1/4 of the tomato mixture. Dot with butter. Repeat until all of the tomato and core is used. Split wieners in half lengthwise, brush with melted fat and place on top of casserole, cut side up. Bake uncooked in a hot oven (400° F.), about 35 minutes.

HOLLYWOOD MEAT CAKES

(Serves 6) 1 pound ground beef (leanest cut) 3/4 pound sausage meat, OR 3/4 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked 2 1/2 cups salt 1/2 cup tomato ketchup OR chili sauce

COMBINE all ingredients except crumbs. Mix thoroughly and let stand for 10 minutes. Shape as 12 to 18 flat round cakes. Coat all over with crumbs. Brown quickly in hot fat in frying pan, turning very carefully. Lower heat and cook until done through. Serve with a brown or tomato sauce, and colicow.

TASTY VEAL LOAF

(Serves 6 or 8) 1 lb. veal (ground) 1/2 lb. bacon (ground) OR use 1 1/2 lbs. veal around) and 3 whole spoon shortening 1 1/2 cups salt 1/2 cup Quaker Oats, uncooked 1 egg (well beaten) 1/2 cup boiling water 1/2 cup ketchup 1 cup Quaker Oats, uncooked

DISOLVE bouillon cube in water and allow to cool. Or use 1/2 cup stock. Combine with all other ingredients thoroughly. Turn into greased loaf or ring pan. Brush with melted fat. Bake in moderate oven (350° F.) 1 hour.

BAKED STUFFED HEART

(Serves 8 or more) Beef heart, about 4 lbs. 2 cups soft bread crumbs 1/2 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked 1 1/2 cups salt 1/2 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked

CLEAN and trim the heart. Wash thoroughly, and dry. Combine the remaining ingredients, and use for stuffing. Sew up the heart. Sewer or tie up to secure. Coat with seasoned flour and brown thoroughly in hot oil in frying pan. Place in baking dish; line frying pan with water, and pour over the heart. Bake in moderate oven (325° F.) until tender (about 3 or 4 hours). Season during baking.

STUFFED LAMB SHOULDER

(Serves 6 or 8) Boned shoulder of lamb (about 3 pounds) 1/2 cup Quaker Oats, uncooked 1/2 cup Quaker Oats, uncooked 1 1/2 cups salt 1/2 cup Quaker Oats, uncooked 1 cup Quaker Oats, uncooked

WIPSE meat with a damp cloth, and untie it. Combine remaining ingredients thoroughly, and let stand for five minutes. Use to stuff the meat or sewer to secure. Place on rack in roasting pan. Dot with soft dripping. Bake uncovered, in a rather slow oven (325° F.) about 2 hours. Baste often, and season during baking. Grand hot or cold.

ALL THIS... and DELICIOUS, HEALTHFUL, NOURISHING BREAKFASTS, TOO! Yes, a steaming bowl of delicious Quaker Oats is one of the best ways to start the day. And don't forget that the best ways to start the day, a major demand on your four morning hours make a major demand on your energy and stamina. Quaker Oats gives you Vitamin B1 and other elements so necessary for glowing health.

into her mind as she got into bed. Cary's spirits she waited rest from the devastatingly... done nearly every night since they would meet it as it came. Now she waited rest from the devastatingly... Cary watched the car lights from the street below play on the ceiling. Tomorrow was another day. She

Bringing Up Father comic strip. Panel 1: I SAW YOU! LOOK AT HER! Panel 2: THE BRUTE! THE IDEA OF HIM PERPETRATING THAT FILTHY MARRIAGE WITH ME? Panel 3: OH! YOU POOR CHILD! TO THINK I DROPPED IN AND CRYPED IN YOUR EYES OUT-HAS YOUR HUSBAND BEEN CRUEL? Panel 4: TELL ME, MRS. GIBBY, DID YOU EVER CRYP TO YOUR HUSBAND'S FLURTING? Panel 5: DID I MY GOODNESS, I CALLED THE BRUTE!

TIPPY AND "CAP" STUBBS comic strip. Panel 1: THAT WASN'T A VERY GOOD PICTURE WE SAW LAST NIGHT... WHY GEE IT WAS SWELL, GRANMA! Panel 2: DON'T CONTRADICT ME, CAP STUBBS! Panel 3: MAYBE YOU DON'T LIKE COUSIN MILIE MARY, BUT AFTER SHE IS YOUR FATHER'S OLDEST BROTHER'S DAUGHTER... GEE, MOM, DOES GRANMA REALLY GO VISIT COUSIN MILIE? Panel 4: YOU KNOW AS MUCH AS I DO, WHAT YOUR GRANDMOTHER WANTS TO DO.

DREAM LIFE! comic strip. Panel 1: GEE, HERE COMES MAC! I WISH I COULD MAKE MYSELF INVISIBLE. Panel 2: I WON'T TALK TO A MAN WITH A TEMPER LIKE YOURS. NO, WELL, YOUR TEMPER'S AS BAD AS MINE. Panel 3: I GUESS YOU'RE RIGHT, MAC. MY TEMPER CAN GET JUST AS HOT AS YOURS.