

MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor



A Quart of Milk Each Day for Health

I was visiting a friend the other afternoon. She was greatly worried because the family doctor had said that both her small son, Billy, and her husband were underweight.

"What shall I do?" said she. "The doctor says that both of them aren't getting the quart of milk a day that health rules demand. Yet both of them tire so easily of milk."

Let Them Eat, Instead of Drink, the Milk

"A clever woman like you," I laughed, "should have no difficulty in getting them to take their milk. If they don't drink milk—and many people won't—let them eat it."

"A big dish of cream soup, for example—doesn't that contribute at least one glass of milk to their diet? And they won't protest against it, either. How about hot chocolate? They like that, don't they? Another glass. Creamed vegetables, milk puddings, custards, creamed eggs, cream sauces on fish or croquettes, milk toast—that's just the beginning of a whole list of dishes each of which adds its bit to the needed quart a day."

Quantity Isn't All—Be Sure of Quality

"Just as important as the matter of quantity is the question of quality. They need pure milk—rich milk—milk of uniformly high quality. That's why I urge so strongly the use of Carnation Milk for all cookery. Then you safeguard quality absolutely."

"You know that Carnation is the purest of whole milk, simply evaporated to double richness and sterilized for safekeeping. And you know that its quality is not only extremely high, but utterly dependable—that there is no variation—no waste."

"But that is only part of its unique value in cookery. Its richness is an economy—saves on butter and cream. Its reliability prevents food failures, and its 'homogenization'—by which the double cream content is broken up into minute particles and uniformly distributed through every drop of milk—gives cooking results which far surpass those of milk in any other form. This new smoothness and creaminess, fineness and delicacy of texture gives a deliciousness to all foods in which Carnation Milk is used that is nothing short of amazing."

A Delicious New Recipe for Carnation Cream of Tomato Soup

One tin of tomato soup, one tall tin of Carnation Milk. Heat milk and tomato soup in different pans. When both are piping hot, pour tomato into Carnation and serve immediately. Pouring the tomato into the milk is important. It prevents curdling. To further avoid curdling, do not leave mixture standing on stove.

I've found out many other fascinating things about Carnation Milk in cookery. They are in the Carnation Cook Book—"My Hundred Favorite Recipes"—full of new ideas I know you'll like. I'd like to send it to you. Address Carnation Milk Products Co., Limited, Aylmer, Ont.

Central Guardian

FRENCH BEADED EVENING GOWNS just received—Patons.

BRIGHTLY COLOURED Fancy Crepe-de-chene Handkerchiefs to complete your Easter costume. Price 55c. Prowse Bros Ltd.

SEE Eastern full fashioned HOSIERY DISPLAYED ON LIVING MODELS IN PATONS WINDOWS Thursday afternoon.

SEE OUR Richmond St. window for bargains in Ladies Hose. Worth up to \$1.50, clearing at 79c. Prowse Bros. Ltd.

BOYS SPRING TOP COATS for 3 to 6 years.—Patons.

NEW INSTITUTE ORGANIZED.—A meeting was held at Baldwin's Road in the schoolhouse on March 27th, 1928, for the purpose of organizing a Women's Institute. The Assistant Supervisor, Miss Saunders, conducted the meeting and the following officers were elected.—President, Mrs. Peter Carter; Vice-Pres., Mrs. Patrick McQuaid, Secy-Treas., Miss Mary McQuaid; Directors, Mrs. Lizzie Corcoran, Mrs. Joseph Cullen, Mrs. Patrick Goodwin, Auditors, Mrs. James Baldwin, Mrs. John Corcoran. The first regular meeting will be held on Tuesday, April 24th, in the schoolhouse. Meetings to be held the last Tuesday of every month. Roll call is to be answered by "Household Hints." The Hostesses are as follows: Mrs. Carter, Mrs. McQuaid, Mrs. Goodwin, Mrs. Corcoran, and Miss McQuaid.

AT ST. TERESA.—A meeting was held at St. Teresa in the schoolhouse on March 28th, 1928, for the purpose of organizing a Women's Institute. The Assistant Supervisor, Miss Saunders, conducted the meeting, and the following officers were elected.—President, Mrs. Urban Bradley, Vice-Pres, Mrs. Charles Bradley; Secy-Treas, Miss Nellie McCarthy; Directors, Mrs. Smith, Mrs. P. McAree, Mrs. Celeste Gorm-Bradley, Miss Mary McAree. Fourteen members were present. The first regular meeting will be held on Tuesday, April 10th, at the home of Mrs. Urban Bradley, when Roll Call is to be answered by "Recipes." The meetings are to be held the second Tuesday of every month. The Entertainment Committees are as follows: Mrs. Agnes Bowser, Miss Lucy McAree and Miss Kathleen Kinny.

NEW GLASGOW.—The school is progressing favorably under the skilful management of Miss Margaret Ling.—The young people of Cavendish presented their play "Mrs. Briggs of the Poultry Yards" in New Glasgow Hall Tuesday evening, March 20th and was appreciated by a large audience.—The Fox men of the community are looking forward with great expectation. Mr. Alder Dickieson reports the first litter of the season.—Mr. Fred Taylor, Gorville, was a recent visitor to New Glasgow.—We are glad to welcome Miss Martha Smith to her home after spending a few weeks at the Capital.—Mrs. George A. Dickieson has returned after spending some time at her home in Sea View.—The funeral of the late James Bullman was largely attended on Saturday, March 24th which goes to show the high esteem in which he was held.—Mr. Richard Dickieson was a recent visitor to Cavendish.—Mr. Preston Campbell is contemplating on installing a lighting system which will be a great benefit to the surrounding country.—Miss Ruth Dickieson was a recent visitor to Charlottetown.—The many friends of Mr. James Moffett are glad to see him out again after his very painful accident.

PORTAGE NOTES.—While smelts were not plentiful by any means, yet, owing to the splendid prices, the smelt season in this vicinity was considered good, and quite satisfactory to the fishermen.—James McDonald who spent the past twenty-five years, off and on, in the Maine lumber woods is home this winter, but expects to return to Maine again pretty soon.—The postmaster-ship at Portage has recently changed hands. Mrs. McDonald is the new postmistress and now occupies the late postmaster's building. The business of this post office is increasing rapidly. Soon there will be a second rural mail route.—Mr. E. E. Sharbell's new cedar fox-dens he is manufacturing is becoming very popular on account of their vermin-proof properties.—Mr. George A. Bran, who owns most of the land around Portage, some 700 acres, had Surveyor McDonald of Hermanville engaged running lines most of the week.—Mr. Henry Bryan contemplates retiring from farming and going to Kensington to reside and to take it easy. He has been one of the highly successful farmers of this place and feels that he can now retire from active work though yet only in middle age.—The well known Percheron Stallion, Domino, owned by Mr. George Bryan, is in fine fettle this Spring, and expects to be on the road early on an Eastern route.—Not many farmers here are taking advantage of the excellent prices now being paid for potatoes for the reason that the low lands here are more adopted to cattle raising than for potatoes. Besides, so much oyster mud, so near and conveniently at hand in the rivers round about, has been applied to the lands that grain and hay are the most suitable crops.

It takes a saw log half a century to grow. Better protect the trees we have until mature, than start new trees from seedlings after the present remaining forests have been destroyed.

Mitard's Liment. Invaluable in stable.

The Glory of Spring Reflected by Fashion

For Easter—the season of all seasons to be smartly attired. Fashion this year has established new records in smartness.

Your new Easter Hat, Coat and Suit can be selected from our broad range of the season's smartest styles and colours. For Children's, Juniors, Misses and Women. Our line embraces every new fabric and style tendency, with all the season's leading shades.

- Coats \$8.50 to \$52.00
- Ensembles \$36.00 up
- Suits \$20.00 up
- Dresses \$9.50 to \$45.00

Gloves, Scarfs, Hand Bags, Hosiery and other accessories to complete your costume.



Lovely New Frocks

That will add charm and distinction to the wearer—for Sport, Street and Afternoon wear. Light weight woolsens and wool Jerseys vie in popularity with Printed Crepes and Flat Crepes. You really must see them to appreciate their exceptional worth.

Beautiful New Goods in Our Dress Goods Department

Kasha Suiting—The season's leading and most fashionable material in colours Natural, Rose, Pineapple and Grey. Price \$2.25 Yard

Heavier weight Coating Kashas. Price . . . \$2.35 Yard
Fancy Tweed—Another popular material for sports wear. Very pretty patterns. 54 in. Prices \$2.00 to \$3.25

Special line of Donegal Tweed, 54 inches 90c Yard
54 inch Navy Cheviot. Heavy quality . . . \$1.75 Yard
Full range of Satins, Rayons, Celenase, Voile,

Figured Georgette and Crepe de Chene, Fugi and Broadcloth at prices to suit all.



Printed and Plain Silks Combine Happily

Dress up for Easter in One of Our New Suits and Topcoats

For Men and Young Men. This Spring our values are even better. Truly there will not be the slightest difficulty in fitting you and satisfying you on styles, fabrics and colors and the prices we know are right.

- Men's Suits \$10.00 to \$38.00
- Young Men's Topcoats \$15.00 to \$28.00

Men's Soft Hats

The old slogan still holds good. Look at your Hat everybody else does. See our wonderful display of new Spring styles and colors.
Prices \$2.50 to \$6.00.

Men's and Boy's Caps for Spring

Are here in an endless variety of patterns. All the latest styles.

- Boy's Caps 50c to \$1.50
- Men's Caps 75c to \$2.50

DON'T FAIL TO SEE OUR WONDERFUL SHOWING OF BOY'S CLOTHING



PROWSE BROS LIMITED

Eat More Milk



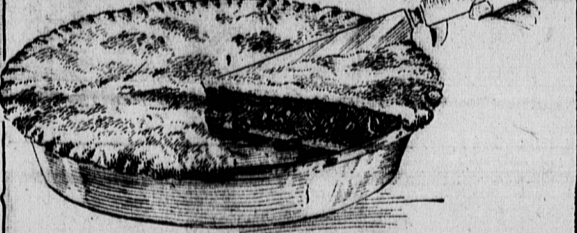
IF children or grown-ups dislike to drink milk, let them eat lots of it in cream soups, sauces, puddings. All cooking achieves new heights of smoothness and richness when made with Carnation Milk—pure, whole milk evaporated to double richness. Saves on butter and cream and it keeps.



Carnation Milk

"From Contented Cows"

Results count in baking



Quaker Flour is tested by results

YOU want a flour that always acts the same way. Then pastry, cakes and bread will be just right, with an even texture, delicate and light.

Quaker Flour can be depended upon for such results every time. It is milled from selected wheat. We bake it every day in our own kitchens, under actual home conditions—to be sure that it will be dependable when it leaves the mills. Thousands of housewives use no other flour.

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

Quaker Flour

MILLED BY THE MILLERS OF QUAKER OATS