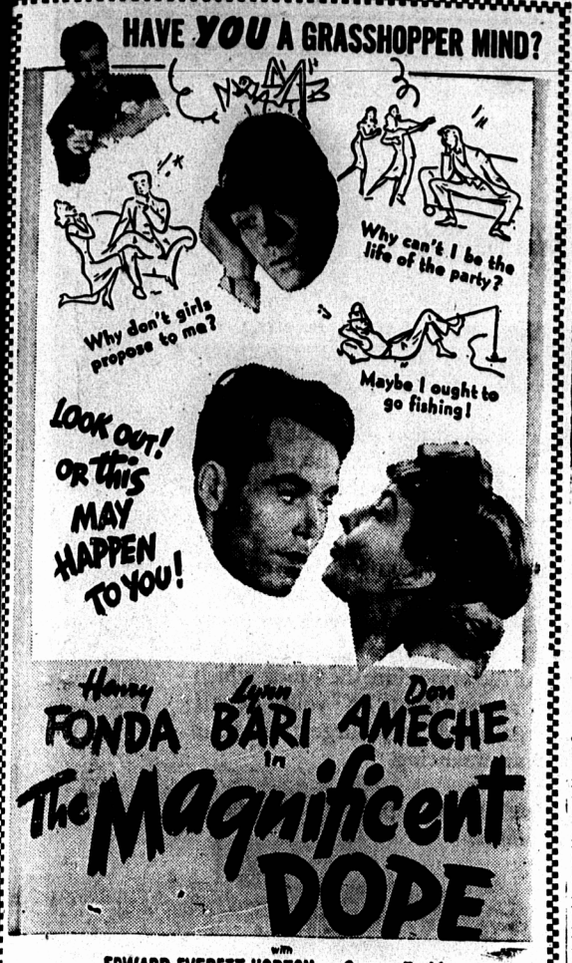


with EDWARD EVERETT HORTON • George Barbier

ALSO — Modern Mexico City — Our Gang Comedy — People of Russia.

PRINCE EDWARD -:- TO-DAY—THUR.

MATINEE 3.15 — EVE. SHOWS 7 and 9

TODAY ONLY — A Laugh For Every Chill
Lew Ayers — Loraine DAY

FINGERS AT THE WINDOW

ADDED SHORTS — SHOWS 3.15 — 7 and 8.45

CAPITOL

COMING—THUR.—FRI.—SAT.

LITTLE JOE, THE WRANGLER

with Fuzzy KNIGHT

Jennifer HOLT William FARNUM and THE JIMMY WAKELY TRIO

EXTRA Chapt. 4 "SECRET CODE AND COMEDY

-:- EMPIRE -:-

THUR.—FRI.—SAT.

CHAPTER 4 — RIDERS OF DEATH VALLEY—

Variety Views — Cartoon

"Magnificent Dope" Gay Comedy Hit

"The Magnificent Dope," 20th Century-Fox's sparkling satire on the foible fringe of American high-pressure "success schools," opens to-day at the Prince Edward Theatre.

Henry Fonda, Don Ameche and lissome Lynn Bari play the fun-fertile travesty to the hilt, with the result that, from first guffaw to last, the zany pace never slackens.

The plot, briefly, concerns the misadventures of Hank Fonda, a lazy bumpkin addicted to the bucolic life, who runs afoul of Don Ameche fast-talking operator of a big city "Success School."

Hank is shy. He is unimpressed by the glitter of the metropolis He, plainly, has no love for the bustle of the commercial world. Yet, Dwight Dawson — that's Ameche — to save his own skin, would convert him into the executive type (in eight easy lessons) for all the world to see. And Lynn loves him — which adds to the confusion.

The whole affair is a riotous, tongue-in-cheek debate on the relative merits of the rural and urban ways of life. Which means that "The Magnificent Dope" is magnificent film fare and a definitely superior sophisticated farce.

Edward Everett Horton tops a supporting cast which includes George Barbier. Director Walter Lang rates a nod for the rapid tempo of the proceedings, as does George Seaton who wrote the screenplay from an original story by Joseph Schrank. The film was produced by William Perlberg.

CASH

We pay "Spot Cash" for Carpenter and Mechanics' Tools, such as Saws, Planes, and Wrenches of all descriptions.

If you have a Kit or Chest of Tools not in use, please get in touch with us. We will pay highest prices possible.

Exchange Store

108 Richmond Street, Phone 869

1-26-3i

In Memoriam

MR. FRANK L. McKAY

Many friends were indeed saddened when it became known that Mr. Frank L. McKay of Darnley, had passed suddenly away after a short illness of flu, which developed later into meningetis. The late Mr. MacKay was only 59 years of age just in the prime of manhood but in spite of medical skill the spirit was called home on the evening of January seventh.

The deceased was born in Sea View and was the son of the late William and Mrs. McKay and after his marriage to Miss Lucy Abbott of Malpeque he moved to Darnley where he since resided and proved himself a kind and obliging neighbour at all times, but his loss will be most keenly felt at home where he leaves besides his sorrowing widow, five daughters and tow sons, Mrs. Ray Crozier (Muriel) at Danley, Jean, Louise and Elton residing at present in Summerside; Keir at Sea View, Joyce and Esther at home. The funeral service was held on Saturday afternoon from his late residence and was most largely attended by many old friends and neighbours coming to pay their last tribute of respect. The service was conducted by Rev. C. J. Crowdis. The message throughout was one of comfort to the bereaved taken from John chp. fourteen. Hymns being favorite of the deceased, The Lords Is My Shepherd, Son of My Soul, The Sands of Time are Sinking At the close of the service the remains were taken to cemetery at Malpeque church where the deceased was a faithful attendant and tenderly laid to rest in the family plot there The pal bearers were six nephews of the deceased, Robert S. Cousins, Ansel Bernard, William C. Donald, Elmer Paynter, Leigh Paynter, Edison Champion. The following sisters which are left to mourn are: Mrs. William Cousins, Darnley Mrs H. L. Donald, Sea View, Mrs. William J. Paynter, Long River, Mrs. Johnson Bernard, Baltic, Mrs. Harry Ramsay Boston, Mass. The sympathy of a wide circle of friends is extended to all in their sad bereavement. Some day some time we'll meet our dear ones gone. V.

MR. JOHN ALEX. MacPHERSON

Valleyfield suffered a severe loss recently in the sudden death of one of its respected citizens — John Alex. MacPherson. Mr. MacPherson had not been enjoying the best of health for some time, and went to the P.E.I. Hospital for a series of X-rays. These revealed the advisibility of an operation, which was performed with promising success. For a week his condition showed steady progress and there was every reason to hope that his former health would be restored. It was, therefore, a great shock when word came that he had passed away very unexpectedly.

Mr. MacPherson is survived by his wife; two sons, Mylus with the Canadian Army Overseas, and Kenneth at home; and two daughters, Katherine, nurse-in-training at the P.E.I. Hospital, and Alice at home. There are also two sisters, Mrs. Sam Nicholson at Albion Cross and Mrs. Dan MacKay, Mt. Hope, who were present at the funeral and two brothers in B. C., Angus M. and John L.

The funeral service was conducted by Rev. Milton Fraser and was from the home and the Valleyfield Church with burial at the Valleyfield cemetery. The Church was well filled with the very large number of friends who gathered from the surrounding communities. The floral tributes included a pollow from the family, a crescent from M. D. Martins, sprays from May and Walter Burns, Catherine and Art Burns, Charlottetown, classmates of Katherine at P. E. I. Hospital, John and Helena MacPherson, Valleyfield and cut flowers from Mr. and Mrs. L. M. MacPherson, Saint John.

Pallbearers were Wm. MacLeod, Alex. F. MacLeod, John M. MacPherson, John A. MacDonald, M. D. Martin and Munro Bruce.

Mr. MacPherson was 63 years of age and had been a life long resident of Valleyfield where he was a successful farmer. He was well known throughout the country and had many friends. He was a faithful member of the Valleyfield United Church where he will be greatly missed — a man of sterling qualities, a good neighbor and a kind friend. Widespread sympathy is felt for the family at home and the son overseas. The family too, are deeply appreciative of the many tokens of kindness shown them by their friends and neighbors, and also of the care and attention of the doctors and nurses given Mr. MacPherson while he was a patient at the P.E.I. Hospital.

In Memoriam

T. WILFRED INMAN

"In the midst of life we are in Death." These were the words in the minds of everyone when the word was sent around that Wilfred Inman of Westview Lodge had passed away.

He was about all day as usual apparently in good health and less than twenty minutes before conversed and joked with some of his friends. Getting in his car he drove home expiring almost immediately and his sudden death casts a deep gloom mingled with sorrow over the entire community where as a neighbor and friend he is spoken of in highest terms. The late Mr. Inman who was a very progressive farmer was born in North Tryon 62 years ago, the son of the late Mr. and Mrs. Major Inman. In 1906 he was united in marriage with Gertrude Callbeck of Summerside and has resided ever since in North Tryon. He leaves to cherish his memory his sorrowing wife and two sons, Major of Summerside and Lloyd E. of Borden, one son Herman predeceased him fifteen years ago, also one brother Ernest of Tryon. On Thursday, December 17th the funeral took place at 2 o'clock at the home being conducted by Rev. O. G. Wright of the Tryon Baptist Church, assisted by J. W. Murray, London, Ont., divinity student and a very personal friend of the family who also sang The Old Rugged Cross a favorite hymn of the deceased. The funeral cortege then proceeded to St. John's Anglican Church, Crapaud where the funeral service was to have been conducted by the rector Rev. Mr. Hartman but who was unfortunately ill. A brief service followed conducted by Rev. Mr. Wright and interment took place in the family plot beside his mother, father and son in the cemetery adjoining the church. The heartfelt sympathy of the entire community goes out to the sorrowing family but the hand that chastens is also able to sustain and uphold them in this their hour of loneliness and grief. The pall bearers were Messrs. Albert Callbeck, Max Lefurgey, Arthur Dawson, Frank Robblee, Russel Thomson and Fred Leard all neighbors of the deceased.

Many floral tributes and telegrams bore silent tribute of a loved one gone before.

Pillow—The Family.

Wreaths—Mr. and Mrs Wm. J. Buchanan, Summerside, Jerry and Eldred, Moncton, N. B, Mr. and Mrs. Thomas W. Johnston, Summerside. Mr. and Mrs. Frank Johnston, Charlottetown.

Sprays—Mrs. Olga Williams, Everett, Eva and Family, Mr. and Mrs. Howard Weeks and Family, Fredericton, Mrs. George Callbeck, Albert and Bertha, North Tryon.

CENTRAL GUARDIAN

This column is reserved for news of local interest, but advertising of a newsy nature may be inserted at five cents a word, strictly payable in advance.

COOKS for Photographs.

CONFEDERATION LIFE INSURANCE. tf.

ANNOUNCEMENT. — The engagement is announced of Aileen, second youngest daughter of Mr. and Mrs. James Arch Campbell of Graham's Road, to Reginald Harold only son of Mr. and Mrs. Clarence Landry, of Joggins, Nova Scotia. Marriage to take place in Amherst, N. S. 1-27-1.

RETURNS FROM MONCTON—Mr. Wallace L. Higgins returned to the city Monday night from Moncton where he attended a meeting of the Maritime Advisory Board of the Dominion Employment Committee. While on the mainland Mr. Higgins also visited his daughter, Mrs. W.D. Lea and Mr. Lea of Saint John.

LEAVE FOR ALBERTA SATURDAY—Mr. and Mrs. A.F. Darnell and two young daughters leave for Edmonton, Alberta on Saturday, where Mr. Darnell will take over his new duties as Senior Poultry Products Inspector for the Province of Alberta.

DIPHTHERIA CASES CONVALESCENT—The cases of diphtheria reported earlier this month are convalescent now, Dr. B.C. Keeping, Deputy Minister of Public Health stated yesterday. There were 10 cases reported in the province during the month. These occurred at Charlottetown, Souris, Bedeque and Bloomfield. Only one fatality occurred, that of a child at Souris. The first two cases in Charlottetown are now out of quarantine.

FUNERAL SERVICES—The funeral of Mr. Seymour Young Earnscliffe was held from Cherry Valley Anglican Church Sunday January 24th and was largely attended. Service was conducted by Mr. Burleigh Taylor. Pall bearers were as follows: Messrs Bernard Doyle, Luke Praught, Roy Mutch, John MacKinnon, Howard Tweedy and George Irving. Interment was in the adjoining Cemetery.

WEEK-END VISITOR. — Mr. R. G. Taylor, prominent jeweler of Charlottetown, spent the week-end in Moncton visiting his two sons who are serving in the Royal Canadian Air Force. LAC. Earl Taylor of No. 5 Equipment Depot here and LAC Jack Taylor of No. 4 Repair Depot Scoudouc. He plans to return to the Island Capital today. — Moncton Times.

IS TRANSFERRED. — Nursing Sister Gladys Aitken, of the R. C. A. F. nursing service who has been stationed at No. 31 R. A. F. hospital here for some time, has been transferred to another hospital in No 3 Air Training Command and left yesterday to assume her new duties. Sister Aitken, a popular member of the nursing staff here, made many friends during her stay in Moncton who will follow her career in the R. C. A. F. nursing service with interest and wish her continued success at her new location. A native of Fortune, P. E. I., she returned last week from her home where she spent a leave prior to proceeding to her new post.—Moncton Times.

MILK TICKET SYSTEM —Charlottetown householders must purchase their milk and cream supplies on a cash ticket system and the practice of extending wholesale prices to consumers buying four quarts or more will be discontinued on Feb. 15, it was decided at a recent meeting of the P.E.I. Milk Board. The Board ruled also that anyone using milk bottles for any other purpose than as a container for milk are liable to be prosecuted; vendors or distributors using marked milk bottles belonging to another vendor or distributor will also be prosecuted. Notice of the commencement of the cash ticket system will be published by the Board in the press. Mr. Fraser T. Morrow, the temporary chairman, presided in the absence of chairman W. L. Brenton, who is ill. Mr. Claude Smith, representing the producer, and Dr. W. R. Carson, representing the consumer were the other members present.

Mr. and Mrs Angus Matheson, Glen William, have received a cable from their son Sergeant Alexander C. Matheson announcing his safe arrival overseas.

EASTERN GUARDIAN

A LOYAL FAMILY — Mrs. Daniel McKenzie, Montague, has had as her guests her sons Mr. Daniel McKenzie who has been south with his corvette for the last six month and Eugene who is with the Signallers in Vancouver. They left Monday to resume their duties. Another son Wilfred is attached to a tank battalion in England. — (Patriot Please Copy).

8th CHARLOTTETOWN GUIDE COMPANY NOTICE

Guides of this Company are reminded that our next meeting will be held on Saturday, Jan. 30, at 6.15 in the Holy Name Hall.

Every member of this Company is asked to be present.

1943 War Plans

(Continued from page 1)

Baudry, who was killed by a machine-gun bullet when the plane in which he was riding with other correspondents en route to the meeting was lost over Spanish Morocco and was fired upon by Spanish ground defences.

The President then went into the background of the meeting, saying that it became clear when the North African campaign was launched that a meeting between himself and the Prime Minister would be necessary.

He said Stalin had been kept advised on all details worked out at the meeting, and in the words of the communique added that Stalin had been "cordially invited to meet the President and Prime Minister, in which case the meeting would have been held very much farther to the east." Stalin, however, was "unable to leave Russia at this time on account of the great offensive which he himself as commander-in-chief is directing."

"Complete Agreement"

While the Prime Minister nodded assent, the President said the conference had reached "complete agreement" on war plans for 1943 to bring about the "unconditional surrender" of the Axis nations.

The President and Prime Minister both said the Allies are determined to maintain the battle initiative in every part of the world, and said that theatre by theare every campaign had been discussed.

Prime Miniser Churchill was accompanied by Admiral Sir Dudley Pound, First Sea Lord and Chief of Britain's Naval Staff; Gen. Sir Alan Brooke, Chief of the Imperial Staff; Air Marshal Sir Charles Portal, Chief of the Air Staff; Vice-Admiral Lord Louis Mountbatten, Chief of Combined Operations, and Field Marshal Sir John Dill.

Also participating in the conferences were three leading figures in the British drive against Field Marshal Erwin Rommel in the Middle East — Gen. Sir Harold Alexander, commander-in-chief of the Middle East; Gen. Sir Bernard Montgomery, commander of the victorious 8th Army, and Air Chief Marshal Sir Arthur Tedder, vice-chief of British Air Forces.

Other top-flight United States military leaders in the conferences were Lt.-Gen. Dwight D. Eisenhower, commander-in-chief of Allied Forces in North Africa, and Maj.-Gen. Carl Spattz, commander of Allied Air Operations in the same theatre.

Russia and China

One of the main decisions of the conference is to lend all material aid to the Russians, who are draining German manpower and war materials, the President said, and he added that China is to get a full measure of help to end forever the Japanese attempt to dominate the Far East.

The President said "unconditional surrender" of Germany, Italy and Japan did not mean destruction of the populations but destruction of the philosophy of these countries based on conquest and reigns of terror.

All resources of the United Nations have been pooled and will be administered according to one central plan decided upon at the conference, the President said, but he gave no hint of when or where the military strength of the United Nations will smash against the Axis.

The President and Prime Minister stressed the strength of their friendship and Mr. Churchill said nothing had ever come between him and the President.

North African Campaign

In speaking of the Allied landings in North Africa, the Prime Minister, after the President had finished the first part of the conference, said this great enterprise had altered the whole strategy of the war and given the Allies an initiative which they would never lose.

In discussing the fighting in the Middle East, Mr. Churchill described Marshal Erwin Rommel as a fugitive from Egypt who now would like to pose as the deliverer of Tunisia, but said the 8th Army would never let go of him.

That the 10-day conference had developed the long-discussed Allied master battle plan for the war was clear in both the Presidents' and Prime Minister's statements.

Mr. Churchill, waving his cigar, declared that despite the fact that there may be some delay at times, there is a design and purpose and unconquerable will to enforce "unconditional surrender" upon the criminals who plunged the world into war.

Mr. Churchill, wearing an American Distinguished Service Order given him by Gen. John J. Pershing in the First Great War, declared the present conference had surpassed anything in his long experience.

The President and Prime Minister repeated the words of the communique describing the Giraud-De Gaulle meeting; saying they felt the moment "made it opportune to invite General Giraud to confer with the combined chiefs of staff and to arrange a meeting between him and General De Gaulle."

Praised French Valor

President Roosevelt praised the valor of French fighting men, pointing out they lie side by side with American forces in North Africa, but now stand united in common cause.

A brief announcement near the end of the day describing the meeting between De Gaull and Giraud said:—

"At the conclusion of their first conversations in North Africa, General De Gaulle and General Giraud make the following joint statement:—

"'We have met. We have talked. We have registered entire agreement on the end to be achieved, which is the liberation of France and the triumph of human liberties by the total defeat of the enemy.

"'This end will be attained by the union in war of all Free French fighting side by side with all the Allies'."

The President toward the end of the press conference said of his visit to the field troops that he was the first President to go to the eastern hemisphere since the visit of President Woodrow Wilson in 1919.

"I have seen the bulk of several divisions," the President said, permitting himself to be directly quoted. "I have eaten lunch in the field and it was a darn good lunch, too."

The President said American troops are equipped with the best weapons in the world, weapons superior to anything the enemy has developed.

"They had a band at one place I visited which played for lunch", he said. "It was a good band but I had to move upwind so I could hear it."

He said he had visited Port Lyautey, where some of the heaviest fighting took place, and placed wreaths on the graves of American soldiers.

The President praised the French for bravery in battle and said with the coming peace they now are helping the Allies to carry out the common objective.

In conclusion he said the United States is determined to help the French civilians in North Africa with food and clothing until such time as they can recover from the stripping done by the Axis.

He said he had given a dinner for the Sultan of Morocco and his son and had got on extremely well with both of them.

At the moment he was fingering what is probably the rarest autograph book in the world. It is bound in leather and contains the signature of all those dignitaries attending the conference.

The book will go to the Government Museum at Hyde Park, the President said.

In flying to the meeting President Roosevelt was in a plane for the first time since 1932, when he flew to the National Democratic Convention in Chicago upon receiving Presidential nomination.

Elmsdale and Vicinity

A host of friends and relatives invaded the home of Mr. and Mrs. Roach O'Brien, St. Lawrence, on Friday evening, to tender their daughter Miss Rosella O'Brien, who is to be a partner in an interesting event in the near future, a miscellaneaus shower with the best wishes of all present. The gifts were opened by Mrs. Myra Callaghan, and the accompanying verses were read by Miss Doris McLellan The gifts were many and costly consisting of china, linen, cutlery, "green backs", etc., testifiying to the popularity of the bride to be. She was then bounced, and the remainder of the evening was pleasantly spent in music and dancing. Refreshments were served to all present by the hostess assisted by the ladies.

Flt. Sergeant Raymond Mokler of the R. C. A. F. spent a pleasant furlough with his parents, Mr. and Mrs. Richard Mokler, Ebbsfleet.

Mrs. Roy Clohossey and little daughter, Tignish, were recent visitors in Elmsdale the guests of Mr. and Mrs. A. D. O'Brien.

Miss Harriet Gavin has returned to Tignish after spending a pleasant visit with her cousin, Miss Audrey O'Brien.

Mrs. Everett Brennan and Mrs. Michael Cummisky of the U. S. A. are at present in Elmsdale, having been called to the bedside of their father, Mr. T. A. Matthews, who is seriously ill.

A large number of fans attended the hockey game in Alberton on Monday, between the Elmsdale and Alberton teams. The game was fast and interesting and the result was 4—3 in favor of Elmsdale.—E.

War—25 Years Ago Today

(By The Canadian Press)

Jan. 27 1918 —Cunard Liner Andania torpedoed off northern Irish coast, sank while being towed to port. Turkish-owned German battle cruiser Goeben refloated in the Dardanelles.

A pawnbroker's ship is always a place of interest.

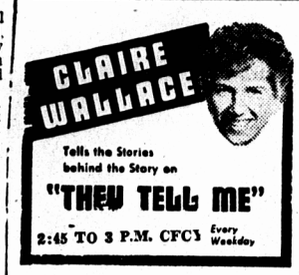
FUNERAL NOTICE

Members of Charlottetown Council No. 824 Knights of Columbus are requested to meet at 91 Edward Street Wednesday morning at 9.30 to attend the funeral of our late brother Emmanuel J. Gallant.

Canadian Legion Monthly Meeting

Regular meeting—Charlottetown Branch will be held WEDNESDAY evening January 27 at 8 p.m. Provincial President and Executive are paying official visit—There will be musical entertainment and refreshments.

IRA M. BROWN,
Branch Secretary



Weekly Comments And Review

Egg production in all parts of Canada is gaining momentum and with the exception of the Maritimes all provinces have some surplus over their requirements for domestic business. This surplus is, of course, going to the Special Products Board for drying for export to Great Britain. Sales to the Board were somewhat later in starting this year than a year ago but the deficit has been made up rapidly and total offerings to the Board at this date are ahead of this time in 1942.

Stocks of poultry in storage on the first of January were released during the week by the Dominion Bureau of Statistics and reflect the heavy retail sales during the fall months of 1942. Thus in spite of a considerable increase in the total crop of chickens in 1942 as compared to 1941, total stocks of this kind of poultry in storage on the first of the present month were only 6,421,804 pounds as compared to 8,820,090 pounds a year ago.

Total holdings of poultry in storage on January 1st, 1943, were 14,108,892 pounds. This is considerably under the January 1st, 1942 figure of 20,427,395 pounds but still above the 1941 figure of 12,321,308 pounds. The most pronounced drop in holdings as compared to previous years occurs, as was expected, in turkeys. On the first of the present month there were 3,384,978 pounds of turkeys in storage compared to 7,224,024 pounds a year ago and 4,083,244 pounds two years ago. It appears quite definite now that the discrepancy between the amount of turkey marketed in 1942 and the figure of numbers of turkeys on farms on the first of June was due to some very severe mortality losses late in the season. The June first population figures had indicated a marked increase in turkeys in 1942 and marketings proved to be decidedly disappointing. Except for some delayed deliveries there were, for the most part, sufficient turkeys for the holiday trade. Stocks in storage for the coming year are however, as indicated in the figures quoted above, well below normal.

The short poultry stocks are leading to a very firm market for poultry at the present time and this, unfortunately, is resulting in a few instances of some marketing of laying fowl. It is highly desirable that all fowl in laying condition and for which there is adequate housing accommodation should be retained for egg production purposes.

B. I. S. DANCE

IN

The Holy Name Hall
Wednesday Jan. 27th.
Old Time and
Modern Dancing
Admission 25 cents
Dancing 9-12

1-26-2i

THE POSTPONED

Annual Meeting

of

TRINITY UNITED CHURCH

WEDNESDAY, at 7.30

(Note change of day)
Social hour following

14 Killed In Airliner Crash

LIMA, Peru, Jan. 25 —(AP) — Fourteen passengers and crewmen were killed in the crash of a Pan American-Grace Airliner last Friday, the National Telegraph said tonight.

The sole survivor found in the wrecked transport ship near Chanarra, about 350 miles south of here, was a 26-year-old British diplomat, John Alfred Howard. He was injured, the report said. The others had burned to death.

Card of Thanks

Mr. M. W. Wood and Family wish to express their sincere thanks to their kind neighbors and friends for the many acts of kindness shown them in their recent sad and sudden bereavement Especially those who sent floral tributes, telegrams and messages of sympathy; also the Provincial Government for opening the road for motor vehicles.

In Memoriam

In loving memory of Mrs. Alphonso Mellett, who entered into rest January 27, 1942.

Away on the beautiful hills of God,
By the Valley of Rest so fair,
Some day, some time when our task is done
We shall meet our loved one there.

Inserted by Husband and Family.

The consumption of liver in Canada is still not what it should be if Canada's official food rules were universally observed. These rules advise the use of liver, heart or kidney at least one a week. All these are excellent sources of protein, iron and the B vitamins. Of the three, however, liver is the most valuable because of its high vitamin A content. Beef and pork liver both have a higher nutritive value than calves' liver, though the latter remains the most expensive.

A moderate to small portion — less than 3 1-2 ounces —of beef liver provides, in addition to its readily assimilated protein the following amounts of minerals and vitamins.

Vitamin A —more than a day's needs.

Thiamin or Vitamin B —about 1-5 of a day's needs.

Riboflavin or Vitamin B2 —approximately a day's needs.

Iron —at least 1-2 of a day's needs.

Vitamin A gives protection against night blindness and increases resistance to infection; thiamin is necessary for carbohydrate metabolism and adequate morale; too little riboflavin leads to sores at the corners of the mouth and inflamation of the cornes of the eyes; and too little iron leads to the very prevalent anaemia from which a large proportion of Canadian women suffer.

Liver may be on the expensive side but looked at from the money's worth point of view it is a good investment.

If you can take your liver straight, here are two appetizing recipes:

Liver in Casserole

Pour boiling water over liver, let it stand for 5 minutes. Remove skin and any membranes Dip liver in seasoned flour, and brown in hot greased frying pan. Add a little water and simmer for 10 minutes. Put alternate layers of liver and sliced onion in a greased casserole, add liquid from the meat and cover and bake for 40 minutes in a moderate oven.

Braised Liver

Have liver sliced 1-2 inch thick. Melt fat in frying pan, when hot put in liver, and brown on both sides. Add a small quantity of water, cover, cook below boiling point for 20 minutes. Season with salt and pepper. If onions are desired, slice thinly and cook with liver, thicken any remaining liquid to make gravy

If your familly has to have it disguised, try this method:

Liver Loaf

1 lb. beef or pork liver
2 c. bread crumbs
1 medium onion
1-4 c. tomato juice or vegetable juice
1 tsp. salt

Put liver through the meat grinder. Add bread crumbs, onion tomato and salt. Put in greased baking dish and place in pan containing warm water. Bake slowly 30 to 40 minutes.

Write to the Health League of Canada, 111 Avenue Road, Toronto Ontario, for your free Vitamin Chart.

Give Child With Infectious Cold-

Relief From Miseries This Improved Vicks Way

Whenever your child catches a mean, contagious cold—don't delay a minute. Relieve miseries the improved Vicks way. This treatment takes only 3 minutes . . . and makes reliable VapoRub EVEN MORE EFFECTIVE!

BETTER RESULTS THAN EVER BEFORE!

ACTS 2 WAYS AT ONCE to bring relief . . . PENETRATES to upper bronchial tubes with soothing medicinal vapors . . . STIMULATES chest and back surfaces like a warming poultice . . . AND WORKS FOR HOURS to relieve coughing, loosen phlegm, ease muscular soreness or tightness.

To get relief this improved Vicks way—just massage VapoRub for 3 minutes on the BACK as well as on throat and chest. Then spread a thick layer on chest and cover with warm cloth. Try it!

For Better Results VICKS VAPORUB The Improved Way