

The Eastern Guardian

It pays to buy in this Province.

MR. HAROLD P. GORDON is the Georgetown Guardian representative.

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A Cheap Cake

No butter, eggs, or milk are required for the making of this cake. Put in to a saucepan a cupful of raisins, a cupful of sugar, half a cupful of lard, one cupful and a half of water, two teaspoonfuls of cinnamon, a quarter of a teaspoonful of cloves and nutmeg, and a pinch of salt. Boil these for five minutes, and when cool add one teaspoonful of soda dissolved in a little warm water, then add two cupfuls of well sifted flour with one teaspoonful baking powder. Bake in a shallow greased pan for half an hour in moderate oven.

TWO CENTS PER WORD each insertion for advertising in this column. Cash must accompany order. Minimum charge twenty-five cents.

SERVING CANNED SALMON

In considering food values we must not forget our excellent supply of canned fish, notably salmon. This is a food, particularly high in protein of great value. The fact that it is canned without waste makes it sometimes more economical to use than fresh fish, with their waste of bones and skin.

OPEN CANS LONG BEFORE USING Salmon is packed in two types of cans, the tall and the flat. The latter is the more expensive, because it is generally a solid piece of meat, cut from the centre of the steak of the salmon. On the other hand, the tall can is generally filled with pieces and is consequently less expensive.

Salmon should be chosen from its color, which should be deep red or rosy pink, never whitish or flesh colored, which indicates inferiority. The best plan is to try several brands of them and then select and stick to the one which seems to give the best value for the price. Remember the name of the packer and do not ask for "a can," but instead John Smith's salmon, or whatever brand you have found reliable.

Always open the can long in advance of use to freshen and air it, placing in the refrigerator or a cool place. Try and take the contents out without breaking and carefully pick away the bones and skin.

FAVORITE SALMON DISHES Salmon can be used raw as a salad, in which case it should be combined with a good mayonnaise, lettuce and boiled eggs. Or it can be made into a delicious summer aspic is molded in gelatine. For colder weather dishes it may be combined into a "loaf" which can be steamed or baked or into a creamed soup.

Salmon croquettes are also economical when made with bread, rice or a thick white sauce. Scalloped salmon goes a long way when combined with crumbs and egg into an attractive luncheon dish.

As it is hearty and rich, it should be eaten with some contrasting food to absorb the oil, such as potatoes, bread or lettuce. Never use too much butter or oil in preparing it. If for a salad serve very cold. If any of the made dishes, be sure that the pulp is well blended.

SUMMERSIDE MARKETS

| | |
|-----------------------|----------------|
| Buckwheat, bus. | 75 to 1.00 |
| Barley, bus. | 80 to 90 |
| Butter, (dairy) lb. | 40 to 42 |
| Butter (creamy) lb. | 45 to 46 |
| Calfskins, lb. | 22 |
| Eggs, doz. | 40 |
| Fowl, lb. | 16 to 20 |
| Chickens lb. | 20 to 28 |
| Hay (loose) ton | 210 to 12 |
| Hay (pressed) ton | 111 to 12 |
| Hides, lb. | 15 to 16 |
| Lamb pelts, each | 40 to 80 |
| Oats, (white) bus. | 82 |
| Oats, (black) bu. | 75 |
| Potatoes, bus. | 18 to 19 1/2 |
| Pork, organs att. lb. | \$6. to 6.50 |
| Straw, ton, (loose) | 20 |
| Turnips, bus. | \$1.75 to 2.25 |
| Wheat, bus. | 71 |
| Wool, washed, lb. | 61 |
| Wool, unwashed, lb. | 61 |

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.

Home Defense

JOHNSON'S ANODYNE Liniment

For over 100 years thousands of homes have been safely defended against evil effects from Coughs, Colds, Sore Throat, Grippe, Chills, etc., by this wonderfully soothing, healing, pain destroying anodyne. From a physician's prescription, and for internal as well as external use.

Shadow Test

Have your eyes tested by it. Always satisfactory. Delightful results. Only accurate child's Test. Works wonders in difficult cases. The harder the case the better. Eliminates guesswork. Succeeds where others fail. Try it today.

H. J. Mabon

Druggist and Optician
Next Door Bank of Commerce
Montague P. E. Island



400,000

400,000 fighting men have offered their lives for Canada.

400,000 Victory Bond buyers should stand behind them.

There should be a bond buyer behind every soldier.

Have you taken your place in the ranks? If not

"Fall In!"

Only TWO Days More

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

"Victory Bonds"

Pave the Way to Berlin

A. B. C. D. and E.

Widths in

some of our new lines of women's Shoes. We are showing two new lines of Black Kid high lace'd boots, these have the latest high and medium heels.

We carry them in the different widths and can fit you correctly.

LET US FIT YOU

Walking boots black and brown made with Neolin soles, high tops at popular prices.

Alley & Co.

FAMILY GROUPS

The holiday reunion offers an opportunity for having that group picture made.

We are equipped to produce the best in groups or individual portraits.

We offer a variety of styles and sizes.

The Cooks' Studio

New DesBrisay Block

Pictures of Home Folk

Carry warmth and comfort to the heart of the soldier. Make your appointment today at

The Bayer Studio

A. E. LYON, Studio

Photos for Xmas. Lovely new mounts. Moderate prices. Make an early appointment, 107 Queen St. HH early appointment.

107 Queen St. Phone 68-J.

Expert Eye Testing

Our experience in vision testing coupled with the best optical parlor in Kings County, enables us to correct your eye troubles with scientific accuracy.

Eye strain is the direct cause of many ills. At first signs of eye strain the eyes should be examined and if glasses are needed, they should at once be worn.

We use the same methods and instruments as the leading eye specialists in larger Cities. You will find in our parlor such instruments as the Electric Operated Ophthalmometer, Ski-Optometer and the Retinoscope.

Come in and be convinced that we can give you the best service obtainable, and at moderate prices.

E.E. Parkman

Montague