



Try this when it's *Not* her birthday

Want a welcome to remember? Then bring her flowers when it's NOT her birthday or anniversary. Brother, when some extra sweetness and light could be used, or romance begins to lag . . . a gift of flowers—unexpected flowers—works wonders. The idea is well worth trying.



ALLIED FLORISTS AND GROWERS OF CANADA, INC.

NEW TEXTILES DEFIES MUSSING AND MILDEW

ROCHELLE, N. J., Dec. 4 —(CP)—A new washable fibre made from nylon which will resist musing, moths, fungi, mildew and alkali should reach the market next year, a textile specialist told the Ameri-

can Association of Textile Chemists and Colorists here recently. Specialist Dr. L. L. Larsen said the new fibre should have a "fundamental influence" on the textile industry. Now produced experimentally, the fibre combines dimensional stability with durability, and is both light and warm.

"Are You Living On The Fats Of The Land?"

When the expression "living on the fat of the land" is used, it generally refers to an abundance of choice foods and a high standard of living. However, in this instance it is used in rather a different sense, since "fats" are a matter of particular concern to every Canadian homemaker at the present time.

The fats used in the various countries naturally differ. In Italy with olive trees growing on all the sunny hillsides, olive oil has become a staple and inexpensive fat. England, the beef-eating nation, has in the course of the centuries developed many ways of using suet. Several European countries, primarily Agricultural, found themselves with more cream than could possibly be kept sweet and fresh. Therefore, what was more natural than for the cooks to discover uses for sour cream?

Food habits are built by food abundances. It is also equally true that as a nation eats in its youth, so will it continue to eat in its maturity. However, circumstances have altered our former eating habits and food whims. To obtain any kind of fat to-day is a triumph, and to make the most of available supplies, the home-maker must be "fat-wise". The Consumer Section, Dominion Department of Agriculture has a few suggestions to help you.

Grandmother highly prized her stock of pure lard and attributed to it the success of many tender delicacies that graced her table. Modern processing and refrigeration prevents rancidity and the development of off-flavours during storage. To-day the homemaker may use lard with the assurance of achieving excellent results in pastry, baking powder biscuits, cookies, muffins and for pan-frying. Lard is used as an ingredient of all blended shortenings.

"Pork squares" or jowls are an excellent source of additional fat. This meat has been cured and smoked. It may be sliced thinly and cooked like bacon, or baked in the place at a low temperature. It costs less and requires fewer coupons than bacon. This fat may be used as the shortening in muffins, spice and molasses cakes and cookies, as well as in white sauces, soups and for pan-frying.

The present scarcity of fats has eliminated from Canadian menus those foods fried in deep fat. Such rich foods as pastry, croquettes and other sauteed foods should not be served too frequently. When pie is the dessert let it be of the single crust variety. It will still be a family treat, yet conserve supplies of fat. Cake pans should be heated slightly before greasing, this will reduce the fat required for this purpose. Lard and non-rendered fats as well as blended shortenings will require more salt than that used in recipes calling for butter.

When adding fresh dripping to old fat, be sure the old fat has not become rancid. The oftener fat is heated the lower the temperature becomes at which it smokes.

Jack Horner Pudding

- 1-20 oz. can red plums
 - 1-2 cup water
 - 1-1-2 cups all-purpose flour OR
 - 1-2-3 cups pastry flour
 - 1-4 cup sugar
 - 1-2 teaspoon salt
 - 2 teaspoons baking powder
 - 3 tablespoons lard or other mild-flavoured fat
 - 1 egg
 - 1-2 cup milk
- Put the plums, halve, add juice and water. Place in a shallow, covered saucepan and bring to boiling point. Sift together the flour, sugar, salt and baking powder. Cut in the lard, until mixture has a fine crumb. Combine well-beaten egg with milk and add to dry ingredients. Mix lightly. Drop by spoonfuls over plums. Bake in a moderate oven 350 degrees Fahrenheit for 15-20 minutes. Yield—2 cold. Six servings.

Oatmeal Cookies

- 2 tablespoons flour
 - 1-2 teaspoon salt
 - 1 teaspoon baking powder
 - 1-3 cup sugar
 - 1-2 teaspoon cinnamon
 - 1-4 teaspoon cloves
 - 1-4 teaspoon allspice
 - 1-2 cup raisins
 - 1-4 cup melted fat (chopped)
 - 1-4 cups oatmeal
 - 1 egg
 - 1-4 cup milk
 - 2 tablespoons mild-flavoured fat (melted)
- Sift together the flour, salt, baking powder, sugar, cinnamon, cloves and allspice. Add raisins, chopped peel and oatmeal. Mix well. Combine well-beaten egg with milk, add melted fat. Add to dry ingredients and mix lightly until well-blended. Drop by spoonfuls onto a greased cookie sheet and bake in a moderate oven 350 degrees Fahrenheit for 15-20 minutes. Yield—2 1-3 dozen cookies.

SINNOTT ROAD SCHOOL

Report for November:
Grade VIII—Laura Boylan, Rita Sinnott, Bertha McCarthy.
Grade V—Annette McCarthy, Gerard Sinnott, Gerard McCarthy.
Grade IV—Patricia McCarthy, Rita McCarthy.
Grade I—Leo Malone.

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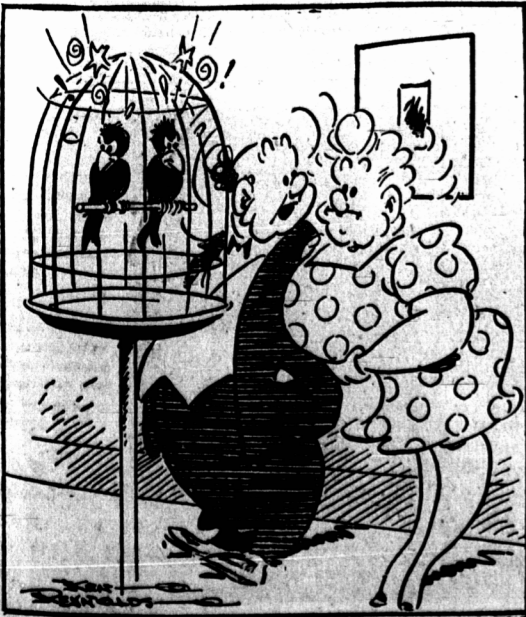
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QUICKIES By Ken Reynolds



"I thought the Guardian Want Sad said they were Love Birds!"

Chest Colds
To Relieve Mucous
Rub on Tasted
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COVEHEAD ROAD SCHOOL

Covehead Road School for the month of November:
Grade X—Audrey Marshall, Grade IX—1. Eva MacDonald; 2. Elsie MacDonald; 3. Shirley Birt; 4. Martin Birt.
Grade VI—1. Doreen Birt; 2. Joyce Birt.
Grade V—1. Clayton MacDonald; 2. Bertha MacDonald; 3. Ronnie MacDonald.
Grade IV—1. Glenda Brown; 2. Shirley O'Brien; 3. Everett Birt.
Grade III—1. Jean Birt; 2. Sterling Brown; 3. Shirley Warren.
Grade I—Grace MacDonald.
Grade I—No tests.
Perfect attendance: Shirley Birt, Joyce Birt, Bertha MacDonald, Thelma MacDonald, Glenda Brown, Jean Birt, Grace MacDonald, Sterling Brown, Phyllis MacDonald, Raymond Birt, Freddie Brown, Lillian Warren, Floyd Warren, Ray MacDonald, Bobby O'Brien.
Jeanette MacV. Marshall, teacher.

WATER CLEARS ODOR

A pall of water in a freshly painted room will help clear the odor.

PROPOSE GREYHOUND RESEARCH STATION

LONDON, Dec. 4 —(CP)—A greyhound research station at which health problems of dogs in general will be studied is to be set up by the Veterinary Education Trust. The Duke of Norfolk, president of the Trust, said they were actively engaged in laying plans for early establishment of the station. The modern veterinarian, he said, was equated to the modern doctor both in scientific attainment and skill though "the fact does not yet appear to be appreciated by all."

Rodney To Undergo Refitting Program

(By The Canadian Press)

SAINT JOHN, N. B., Dec. 4.—The Canadian National Steamship liner Lady Rodney arrived here today from Halifax to enter dry dock for refitting and conversion from war service dress to the luxury of her pre-war West Indies cruise days. The Lady Rodney had been at Halifax since Nov. 14 after her last run from Southampton with repatriated Canadian troops and dependents of Canadian service personnel. During most of the war she carried troops between Halifax and Newfoundland, and also made some trips to the United Kingdom as a troopship. A sister ship, the Lady Nelson, used as a hospital ship, is at Halifax and it is understood will be refitted and converted there. Both reconversion jobs probably will take several months. In the spring, the vessels will resume their pre-war runs from Canadian ports to the British West Indies. "Other 'Lady' boats, the Drake, Hawkins and Somers, were lost during the war.

Helicopter Service Is Being Considered

(CP Cable)

PORT OF SPAIN, Trinidad, Dec. 3.—A plan to experiment with helicopters for connecting Dominica and St. Vincent, two islands of the Windward group 81 miles apart, has been under active consideration by the British Secretary of State for Colonies. Sir Arthur Grimble, Windward Islands Governor, disclosed here today. The plan would include connecting the two islands to one of the terminals of the British West Indies Airways. Discussing the problems of transportation in the islands which he governs, Sir Arthur said their topography presented great difficulties in constructing airfields of normal size. While some runways could be constructed, those of normal size would be enormously expensive. A solution to this difficulty, he said, would lie in the development of a helicopter service. If the plan for the use of this type of aircraft proved practicable, it would be necessary to consider certain capital expenditure on hangars, but such an outlay would be considerably less than building runways of normal size even under the best conditions, he added.

MOBASA MAY BECOME BRITISH NAVAL BASE

(Reuters)

MOMBASA, Kenya, Dec. 4.—(Reuters)—Mombasa, small island off the Kenya coast and likely to become a British naval base, already faces the most critical housing shortage in its history. Scarcity of building materials, high price of land and increase in civilian population are responsible. At a meeting of the Mombasa European Civilian Residents' Association a heavier tax on undeveloped land was advocated to encourage building. W. Cunningham Wilson, managing director of the only European construction company on the coast, said that given the material he could erect 100 houses and sell them immediately. Residential sites were being sold for up to 500 pounds (\$2,000) an acre compared with 130 pounds pre-war.



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