

CARE AND ATTENTION

YOUR PRESCRIPTION

Is carefully compounded when dispensed at this Dispensary. We give the utmost care and attention. Only Druggists with years of experience do this work. All supplies are obtained from the most reliable sources. We dispense prescriptions written by any Doctor. Let us dispense yours and you will be assured of best results.

J. Ernest H. Worth
142 Prince Street Phone 82.

Over 30,000 Readers In The Prov.
Over 8,000 Readers In The City.
— Every Day —

Advertisers cannot afford to be without the Charlottetown Guardian to convey their message to customers and prospective customers. It pays to advertise in the Charlottetown Guardian. Readers owe it as a duty to patronize advertisers in the Charlottetown Guardian who make it possible for them to get their paper at less cost than any other morning newspaper in Canada.

The Charlottetown Guardian covers Prince Edward Island like the dew.

Advertising Rates—Payable in Advance

Central Guardian locals, 4c. per word; Western and Eastern locals, 2c. per word; Announcements and Coming Events, 2c. per word; Classified, 2c. per word; In Memoriam Notices, 70c. per inch; Lists of Floral and Spiritual Offerings, Cards, etc., 4c. per name; Letters of Condolence, 70c. per inch; Notices of Thanks and Appreciation, 70c. per inch or 4c. per word. Other rates on applications.

Boards Wanted

STUDENTS ACCOMMODATED. 219 Euston Street. 5358-8-25-31.

STUDENTS ACCOMMODATED AT 146 Hillsboro Street. 5130-8-20-61.

STUDENTS ACCOMMODATED AT 183 Euston Street. Prices very moderate. 5183-8-23-41.

STUDENTS ACCOMMODATED. 106 Dorchester Street. 5356-8-25-21.

TWO LADY STUDENTS CAN BE ACCOMMODATED AT 102 Upper Prince Street. Private family. 5331-8-24-21.

TWO LADY STUDENTS ACCOMMODATED AT 108 Fitzroy St. 5350-8-25-31.

WANTED — TWO GIRL STUDENTS. Apply 99 Upper Prince St. 5337-8-24-31.

STUDENTS ACCOMMODATED. Quiet rooms. Apply 23 Upper Prince Street. 5371-8-26-61.

For Sale

CARDBOARD SUITABLE FOR lining outhouses, etc., 1c. per sheet. Guardian office.

FOR SALE — OLD PAPERS, 5 cents bundle. Guardian Office. 2-4-11.

FOR SALE, TO LET, BOARD AND room signs on hand at Guardian Office.

FOR SALE — 10 ACRES OF potatoes 2 1/2 miles from St. Peter's Road. Apply Guardian. 5361-8-25-31.

Property for Sale

PROPERTY FOR SALE — HOUSE nineteen rooms, two apartments, one house outside city limits, fox ranch, 1/2 acre land. House, Elm Avenue, country property will exchange for city property, one house on Kent Street, one corner lot, one large house, good locality. Charlottetown Real Estate. 5330-8-24-61.

To Let

PROPERTY FOR RENT — ONE house, six rooms, outside city limits with fox ranch, three quarters acre land. Charlottetown Real Estate. 5330-8-24-61.

Miscellaneous

JOHN ALFRED McDONALD, Provincial Land Surveyor, Hermanville, (R. 3, Souris.)

ESCAPED FROM RANCH AUGUST twenty-third, old female silver fox. Please notify Fred Campbell, Graham's Road. 5333-8-25-21.

12 BOXES OF SWEET BISCUITS at 10c per lb. Friday and Saturday. Cash and Carry Meat Market, 187 Great George Street. 5373-8-26-21.

WE HAVE A NUMBER OF ENQUIRIES for houses. If you have a property to rent list it with us. Charlottetown Real Estate. 5330-8-24-61.

I HAVE YOUR WANTS IN AMERICAN rubber and leather brought both at half price. Material guaranteed. Clinton Morrison, Belt Dealer, Fredericton Station, P. E. I. 5327-8-24-61.

Wanted

WANTED — ANTIQUE PICTURES. Apply Guardian. 5364-8-25-31.

WANTED — ALE BOTTLES, P.T.S. and qts. Phone 1107 or write W. Michael. Charlottetown. 3758-8-7-41.

Female Help Wanted

SELL CHRISTMAS CARDS \$35-\$50 CAN BE EARNED and paid weekly in spare time selling well known line personal Christmas cards. Experience unnecessary. An early start and our co-operation assures success. Beautiful new portable sample free. Master Kraft Limited, Toronto. Representatives wanted small towns also. F. H. W.-12-15-17-19-22-24-26.

Male Help Wanted

WANTED — MAN TO WORK ON farm. Frederick Parkman, Charlottetown Royalty. 5355-8-25-21.

WANTED — OFFICE BOY, Department of Marine, Charlottetown. P. E. I. Salary \$35 per month, less 10% deduction for fiscal year beginning April 1, 1932. Age limit 16 to 18 years. Temporary appointment at present, but examination will qualify for permanent employment. Apply on forms obtainable at Post Office to Secretary, Civil Service Commission, Ottawa, not later than August 31, 1932. M. H. W. 26-11.

CENTRAL GUARDIAN

CHURCH SERVICES on Aug. 28th, will be conducted at Cross Roads at 11 a. m.; Alexandra at 3.30 p. m.; Hazelbrook at 7 p. m. Rev. E. J. Chisholm, Minister.

UIGG BAPTIST CHURCH — A church service will be conducted in the Uigg Baptist Church on Aug. 28th at 2 p. m. by Rev. E. J. Chisholm.

CHERRY VALLEY UNITED Church. The annual W. M. S. Song Service of the Cherry Valley United Church will be held Sunday, Aug. 28th at 7 o'clock. Choir will be assisted by outside talent.

MARSHFIELD BAPTIST Church. The Rev. C. R. Freeman, D.D., will preach at Marshfield Baptist Church, Sunday afternoon, August 28th, at 3 o'clock.

START BIBLE CLASS — A bible study class at Uigg will be started Sunday, August 28, at 2.30 to search for truth. All welcome, nonsectarian. Bruce Dawson.

CALEDONIA PRESBYTERIAN CHURCH — On August 28th the services will be as follows: Gaelic at 11 a. m., English at 7 p. m. All are cordially welcome. Rev. Allister Murray, minister.

DANCING at Palais De Danse, Prince St., Friday, Aug. 26th, 9 p. m. Admission, ladies 25c.; gents, 35c. Beginners' class, 8.15 till 9, 15c. 5384-8-26-11.

BROOKFIELD — The services in the Brookfield congregation on Sunday, August 28th will be as follows: Hartsville 11 a. m., Sunday School, 10 a. m. and Brookfield 7 p. m., Sunday School, 10.30 a. m.

PRESBYTERIAN CHURCH Tyne Valley. Rev. E. C. Robertson will preach Sunday, Aug. 28th, at Victoria West at 10.30; Tyne Valley, 2.30 and Lot 14 at 7 p. m. E. C. Robertson, Minister.

BRADALBANE PRESBYTERIAN Church. There will be preaching services at Bradalbane at 11 a. m. and at Rose Valley Hall at 3 p. m., Aug. 28th. Rev. J. Keir Thompson, Ph.D. will preach.

BRADALBANE — United Church of Canada. Services for the above charge for Sunday August 28, are as follows: Pleasant Valley, 11 a. m.; Rose Valley, 3 p. m., Sunday School at 2 p. m.; Bradalbane, 7 p. m.; Thos. Palethorpe, minister.

CHURCH SERVICES — Pownal Pastoral Charge of the United Church of Canada: Services for Sunday, August 28th are as follows: Millview, 2.30 p. m.; Pownal, 7.30 p. m. Rev. F. H. Littlejohns of St. John, N.B., will speak at the evening service at Pownal. Rev. G. A. D. Elliott, Minister.

FUNERAL YESTERDAY — The funeral of Mrs. Richard Mallett was held yesterday morning from the Undertaking Parlours of A. A. Hennessey to St. Dunstan's Basilica, where a Requiem High Mass was celebrated by Rev. P. McMahon, D. D. The pall bearers were Messrs. John Flynn, W. W. Coyle, Leo McDonald, Harry Murphy, Gordon Essory, and P. C. Brown. Service at the grave was conducted by Rev. Louis Dougan.

BIRTHS

McKENZIE — At Mill View, August 20, 1932, to Mr. and Mrs. C. J. McKenzie, a daughter, Bernadette Alfreda.

MARRIAGES

SAUNDERS — JUDSON — At the Parsonage, Hazelbrook, by Rev. E. J. Chisholm, on Aug. 24th, 1932, William H. Saunders, of Murray River, and Edith Pearl Judson, of Alexandra.

SMITH — PEAKE — At the Presbyterian Manse, Summerside, on Aug. 24, 1932, Mr. Colin Smith, Ellerslie, and Hilda Marjorie Peake, of Malpeque, P. E. I. were united in marriage by Rev. E. C. Robertson, assisted by Rev. St. Clair Jeans.

WEEK-END SPECIAL

Club Sandwich

Three Decks of it
LOBSTER, TOMATO, LETTUCE, MAYONNAISE
TEA OR COFFEE.

WHITE'S Tea Rooms
5363-8-25-31.

CLYDE RIVER — On Sunday Aug. 28th the service in the Presbyterian church, Clyde River will be at 3 p. m., Sunday School, 2 p. m.

HOLLAND COVE — Capt. Wittig will not be present at the service advertised for Holland Cove next Sunday afternoon.

PERSONALS

Master Bruce MacCannell, of Charlottetown, spent his holidays in New Dominion visiting his cousin, Master Lloyd MacPhee.

Mrs. J. G. Simons and little son Gregory, who have been visiting Mrs. Simons' mother, Mrs. Montgomery, 57 Euston St., left Saturday for her home in Manchester-by-the-Sea, Massachusetts, after a pleasant holiday.

Mr. and Mrs. Cecil M. Jenkins, Hillcrest Farm, Mt. Edward Road, have as their welcome guests Mrs. Jenkins' parents, Mr. and Mrs. Daniel Sabot of Pictou, N. S.

Rev. Anthony A. Francis arrived from Truro on a short visit to his home in this city. He was accompanied by Mr. Charles Mahoney also of Truro.

Mr. Terry Monaghan, manager of the Queen Hotel, Fredericton, N. B., accompanied by a party of friends motored to the city to attend the Provincial Exhibition.

Mr. Jerry Foley, son of W. G. Foley, Halifax, and Miss Gertrude McCarthy, daughter of Capt. J. C. McCarthy, Halifax, is visiting in Charlottetown, the guests of Conductor George Tanton, St. Avars.

Mr. and Mrs. Isaac Cudmore and daughter Ruth, accompanied by Miss Florence Strickland have arrived home after spending several weeks motoring through Boston, Detroit, and other American cities, also Toronto and Hamilton before returning home.

Health Services

Of Canadian Medical Association

THE APPLE

Experience and science unite to give the apple a high place as a food, even though they cannot support its claim as a preventive of ill health to the extent of endorsing "an apple a day keeps the doctor away."

It may surprise many people to learn that a very large percentage of what they consider solid food is water. Most fruits and vegetables are over ninety percent water, potatoes when boiled are three-quarters water, and meats run well over fifty percent, so it is not surprising to learn that a ripe apple contains more than 80 percent water. The apple, along with other fruits, has many virtues. It has a definite nutritive value. The young apple contains a large amount of starch which, as the apple ripens, is converted into sugars, so that by the time the apple is fully ripened there is little or no starch. The sugars are readily digested, and they give the fruit its nutritive value.

The unripe fruit may be irritating, but the ripe fruit acts as a mild laxative. The whole apple should be eaten, as the skin is of value in assisting elimination, and it is said that the best flavor of the apple is to be found right under the skin.

The apple, like most fruits, is alkaline or base-forming. The blood is alkaline, and this alkalinity must be maintained in order that the blood may perform its function of carrying waste carbon dioxide to the lungs, where it picks up oxygen in exchange. If alkalinity is reduced below a certain point, we have the condition known as "acidosis."

The actual eating of a ripe apple is not only a pleasure but good for the teeth. Biting into and chewing the firm flesh of the apple brings the teeth into use, cleanses the teeth and stimulates the gums. Too many of our foods do not give the teeth anything to do, and disuse means decay.

Fruits are an abundant source of vitamins and minerals. They are classed as protective foods because they supply those essential substances which are apt not to be provided in the diet. They have this great advantage—they can be eaten in their natural state and their vitamins are thus undamaged by heat. Then, too, there is no loss in potency after several months' storage.

The apple is a good fruit. It is nutritive, an abundant source of vitamins, acts as a mild laxative and is of value in maintaining the alkalinity of the blood. To these qualities is added an attractive flavour. No wonder the apple is popular.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

DEPTH OF PLOUGHING

(Experimental Farms Note)

The question of the best depth to plough for grain and subsequent crops has been asked by many interested in the question of improved methods in agriculture. An experiment was started in 1922 at the Dominion Experimental Farm, Nappan, Nova Scotia, to secure data that might answer this question in so far as a medium to heavy clay loam soil is concerned.

A five year rotation of swedes, oats seeded, clover, timothy, oats is followed. The timothy sod is ploughed at 5, 7 and 9 inch depths in the fall on three of the plots, while other plots are ploughed 5 and 7 inches deep in the spring. The nine year average yield of oats following the fall ploughed plots is 47.6 bushels, 45.6 bushels and 47.2 bushels per acre respectively for the depths given in this respect. Docking and castrating were also advocated as habits that brought dividends to the industry.

The meeting at Dundas was also well attended and conducted along similar lines. J. A. Gillies of the Live Stock Branch, was at this meeting in addition to Mr. Irvine, but confined his remarks to matters relating to marketing. He explained the Card System of listing live stock with the secretary, after which it was adopted by the meeting.

Mr. E. J. Redmond, secretary of the Cardigan Shipping Club, attended both meetings and was greatly encouraged at the prospect of getting a larger measure of support from these districts than has been the case on other occasions.

A hearty vote of thanks was tendered to the Department representatives on each occasion, after which adjournment took place.

Card of Thanks

The Brothers and Sisters of the late Thomas Cahill, Kingston, wish to thank all their friends and kind neighbors for their sympathy and assistance in their sad and sudden bereavement. 5373-8-26-11.

N. D. MacLean

UNDERTAKER
EMBLAMER
Charlottetown and North Wilshire
Phone 149

"Blue Book" Publication Not Considered

OTTAWA, Aug. 25 — (By The Canadian Press)—Publication of a "blue book" containing the names of those ex-soldiers who have been awarded pensions, has not been considered by the government, Hon. Murray MacLaren, Minister of Pensions, stated today. The Minister refused to comment on a letter from Major J. S. Roper, Halifax, Dominion President of the Canadian Legion, protesting against publication of such a volume.

"Major Roper has stated his views on such a proposal," Col. MacLaren said, "but he has not said that such a book has been published or that the government proposed to publish one. The matter has not been before the government," that was all the Minister would say regarding the matter.

The Dominion president of the Legion wrote strongly to the Minister, declaring that such a publication would undo "all the good work governments have done in regard to soldiers' legislation."

If the alleged purposes of such a publication were to show up instances in which fraud has been practiced in order to secure pensions, Major Roper declared that it would be a case of penalizing the many to reach a few. There were ample means at the hands of the authorities to deal with such frauds, he argued.

Haydn's Clock Tunes

One does not associate the august composer of "The Creation" with the tinkling frivolities of music boxes. Yet it seems that Haydn lent his genius to the little musical clocks that adorned the boudoirs of eighteenth century Germany as well as to symphonies. Egon H. Willfort, writing in the musical Times of London, comments on the musical value of these lilliputian and often charming compositions.

"Music depends very largely on its interpreter—unlike poetry which gives to any average reader direct intercourse with the poet. And the more remote the period of a composition, the greater the problem of interpretation. For this reason it is extremely interesting and instructive to possess some early music written for music boxes, clocks and other mechanical devices widely popular in the eighteenth and early nineteenth centuries. By their aid we are able to make contact with a composer far more directly than if we had to depend solely on the printed page, with its frequent ambiguities, or on the interpretation of performers whose idiosyncrasies often hinder rather than help. Like other composers of this period, the great masters Haydn, Mozart and Beethoven wrote compositions expressly for such mechanical instruments.

"At the Castle of Esterhazy, where Haydn spent a considerable part of his life as leader of the Prince's band, we find also the monk, Primitivus Nemez, in the position of librarian. This man, a very gifted musician, became a pupil and intimate friend of Haydn. As he was also an extremely clever mechanic and a specialist in the making of musical clocks, we may reasonably assume that his intimate relations with Haydn enabled him to obtain from the master contributions for his instruments. As a matter of fact, we are now able to date some thirty of such compositions. Many of these charming miniature pieces existed neither in manuscript nor in print and were consequently unknown.

"At Vienna there are known to be in existence three 'Flotenuhren' (flute clocks, that play Haydn pieces. The oldest dates from 1772 and was given by Haydn himself to his friend the leader of the Imperial Court Orchestra, Florian Leopold Gassman, at the baptism of the latter's daughter. The 'flute-clock' is a miniature organ with horizontal pipes, the bellows and cylinders of which are manipulated automatically. If connected with a clock, it plays its pieces at certain hours. The timbre of these small pipes is charming and delicate, the pieces are of delightful freshness and give us very valuable hints as to the musical style and taste of the period.

"The above mentioned oldest 'flute-clock' (clock) of 1772 plays fifteen pieces by means of a single cylinder. There are dances, short andantes, allegrettos and quick movements somewhat like finales. Some of these miniatures contain reminiscences of famous larger works very popular at the time. The closing piece of the series is an extremely charming three part fugue.

"The clock is at the present time in the possession of Frau Paula."

IRISH BUY FLAX SEED

Canada's flax crop for 1931 totalled 5,847 acres, and of this area 2,510 acres were sown to the variety known as J. W. S.

The area devoted to hemp totalled only 255 acres, of which 190 acres were grown in the province of Manitoba, and 50 acres near South March, Ontario, the balance being grown at Forest, Ont.

The entire 1931 crop of flax grown in Canada was sold at upholstery low prices for which ranged from \$35 to \$45 per ton f. o. b. shipping point.

There has been a good demand in Ireland for Canadian grown pedigree J. W. S. flax seed for sowing purposes. During the year four cars, running into 1200 bushels, a car of No. 1 J. W. S. seed had been exported at prices ranging all the way from \$2.50 to \$2.75 per bushel C. I. F. Belfast, Ireland.

Canadian flax seed is in greater demand in Ireland because of its quality, germination and purity; and also because of the fact that a certificate of inspection from the Canadian government accompanies each bag of seed that is exported for sale on the Irish market.

Progressive
Teacher—Give me the past, present and future tense of the verb lay.
Harold—Past lay, present and future hatch.
The child who gets a stepmother also gets a stepfather.
at once with paraffin wax. Make about 9 eight oz. jars.

ROYAL DRAWING ROOM

Marked By Simplicity

LONDON, Aug. 25 — The birthplace of the Duchess of York had caused increased comment recently on the grace of "The Little Duchess," who has captivated English hearts. The accord and happiness which she has caused to reign at 145 Piccadilly, has been particularly admired.

In this royal home, furnishings are adequate but not elaborate. A few Persian rugs cover the floor of the drawing room, a cretonne-covered settee faces the fireplace, and a few well chosen and artistic pieces complete its charm. It is one of the simplest drawing rooms in the west end.

The Duchess of York as Lady Elizabeth Bowes-Lyon was brought up to value education and the training of happiness, but to dispense easily with luxury. Her father's income heavily demanded in maintaining his estates, Lady Elizabeth Bowes-Lyon and her sister, Lady Elphinstone, were known often to prefer the less expensive seats in a theatre as more suited to their purse.

MAKING SMART

Conserves With Fresh Vegetables

Vegetables made into nicely moulded jellies and jams are a rare treat. Storing away in Winter foods, the luscious fruits and vegetables of this fine season is wisdom indeed. Mother Nature must have known about the recent depression for Canadian housewives have seldom seen such an abundance of perfect fruit and at such low prices.

To keep down Winter food costs and yet have more treats than ever before, clever homemakers are preparing hundreds of jars of fine conserves and jellies. To avoid the monotony of just plum and apple jam, fine recipes have been carefully worked out and tested to give a jam of unusual flavor as marrow and ginger.

Simply made and at low cost, ginger and marrow jam requires:

3 cups (1 1/2 lbs.) prepared marrow.
1/4 cup (2 oz.) water.
1 cup bottled fruit pectin.
7 1/2 cups (3 1/2 lbs.) sugar.
3 teaspoons powdered ginger.
Juice of 1 lemon.

Peel a large marrow, discarding skin, seeds and pithy portion round seeds. Cut 2 lbs. into small pieces, cover with water and let stand overnight. Pour off water and chop marrow very fine. Add 1/4 cup (2 oz.) water and simmer, covered, for 20 minutes. Measure sugar, 3 cups (1 1/2 lbs.) prepared marrow, lemon juice and powdered ginger into large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in one cup bottled fruit pectin. Let stand 5 minutes to cool slightly. Pour quickly. Seal jam at once with hot paraffin wax. This recipe makes about 10 eight ounce jars.

High in food value and of attractive color is carrot marmalade which requires:

4 cups (2 lbs.) prepared carrot and lemon and oranges.
6 1/2 cups (2 1/2 lbs.) sugar.
1/4 cup bottled fruit pectin.

Cook about 2 pounds carrots until tender, then grind or chop fine. Add grated rind of 2 oranges and 2 lemons. Peel oranges and dice, discarding hard centres and seeds. Add orange pulp and lemon juice to carrots. If desired, add 2 or 3 teaspoons of ginger or cinnamon.

Measure sugar and prepared ingredients, tightly packed into large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil 5 minutes. Remove from fire and stir in bottled fruit pectin. Pour quickly. Seal hot marmalade

IMPERIAL BISCUITS

ARE THE

Pillars of Success

IN THE RAISING OF

Highest-Class FOXES

Ensure being a Leader in the Fox Business by Feeding "Imperials" REGULARLY MANUFACTURED BY Imperial Biscuit Co. Ltd. CHARLOTTETOWN P. E. I.

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ROYAL DRAWING ROOM

Marked By Simplicity

LONDON, Aug. 25 — The birthplace of the Duchess of York had caused increased comment recently on the grace of "The Little Duchess," who has captivated English hearts. The accord and happiness which she has caused to reign at 145 Piccadilly, has been particularly admired.

In this royal home, furnishings are adequate but not elaborate. A few Persian rugs cover the floor of the drawing room, a cretonne-covered settee faces the fireplace, and a few well chosen and artistic pieces complete its charm. It is one of the simplest drawing rooms in the west end.

The Duchess of York as Lady Elizabeth Bowes-Lyon was brought up to value education and the training of happiness, but to dispense easily with luxury. Her father's income heavily demanded in maintaining his estates, Lady Elizabeth Bowes-Lyon and her sister, Lady Elphinstone, were known often to prefer the less expensive seats in a theatre as more suited to their purse.

MAKING SMART

Conserves With Fresh Vegetables

Vegetables made into nicely moulded jellies and jams are a rare treat. Storing away in Winter foods, the luscious fruits and vegetables of this fine season is wisdom indeed. Mother Nature must have known about the recent depression for Canadian housewives have seldom seen such an abundance of perfect fruit and at such low prices.

To keep down Winter food costs and yet have more treats than ever before, clever homemakers are preparing hundreds of jars of fine conserves and jellies. To avoid the monotony of just plum and apple jam, fine recipes have been carefully worked out and tested to give a jam of unusual flavor as marrow and ginger.

Simply made and at low cost, ginger and marrow jam requires:

3 cups (1 1/2 lbs.) prepared marrow.
1/4 cup (2 oz.) water.
1 cup bottled fruit pectin.
7 1/2 cups (3 1/2 lbs.) sugar.
3 teaspoons powdered ginger.
Juice of 1 lemon.

Peel a large marrow, discarding skin, seeds and pithy portion round seeds. Cut 2 lbs. into small pieces, cover with water and let stand overnight. Pour off water and chop marrow very fine. Add 1/4 cup (2 oz.) water and simmer, covered, for 20 minutes. Measure sugar, 3 cups (1 1/2 lbs.) prepared marrow, lemon juice and powdered ginger into large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 2 minutes. Remove from fire and stir in one cup bottled fruit pectin. Let stand 5 minutes to cool slightly. Pour quickly. Seal jam at once with hot paraffin wax. This recipe makes about 10 eight ounce jars.

High in food value and of attractive color is carrot marmalade which requires:

4 cups (2 lbs.) prepared carrot and lemon and oranges.
6 1/2 cups (2 1/2 lbs.) sugar.
1/4 cup bottled fruit pectin.

Cook about 2 pounds carrots until tender, then grind or chop fine. Add grated rind of 2 oranges and 2 lemons. Peel oranges and dice, discarding hard centres and seeds. Add orange pulp and lemon juice to carrots. If desired, add 2 or 3 teaspoons of ginger or cinnamon.

Measure sugar and prepared ingredients, tightly packed into large kettle. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil 5 minutes. Remove from fire and stir in bottled fruit pectin. Pour quickly. Seal hot marmalade

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