

NO COUPONS OR TICKETS FOR CHINA WARE DURING THIS SALE

# 3rd ANNIVERSARY SALE

STORE OPEN EVERY NIGHT DURING THIS SALE UNTIL 8 P.M.

FIVE DAYS ONLY--OCTOBER 31st, NOVEMBER 1st, 2nd, 3rd and 4th--FIVE DAYS ONLY

## Now that cool weather is here - We're All Hungry Again!



### SOME FAVORITE RECIPES

Published Through the Courtesy of CASH and CARRY STORES

#### RAGOUT OF RABBIT

One rabbit, 1 ounce flour, 1-2 lb. bacon, 1 shallot, 1 pint water or stock, 1 carrot, 1-2 turnip, 1 onion, salt and pepper.  
Wash, clean and joint rabbit. Cut bacon into neat slices and fry in a stewpan. Remove and keep hot. Slice vegetables. Put them together with jointed rabbit into the bacon fat. Fry together till brown. Add flour. Stir till brown. Add in pint water or stock. Season to taste with salt and pepper. Simmer 1 1-2 hours. Serve rabbit with sauce poured over, then bacon arranged round and vegetables heaped on top. If you like sweet corn add a tin and 1-2 cup stewed or tinned tomatoes, together with two medium-sized potatoes, thinly sliced to rabbit, 15 minutes before it is ready to serve, but in that case omit the flour. Enough for four or five persons.

#### PICKLED CARROTS

Large carrots  
1/2 lb. (1 cup) sugar  
1/2 pint vinegar (1 cup)  
6 cloves  
1 inch stick cinnamon  
Scrub and scrape the carrots. Cut into sixths. Boil in salted water until tender and drain. There should be two quarts.  
Simmer together the vinegar, sugar, water, cloves and cinnamon for ten minutes. Add the carrots and simmer 10 minutes longer. Seal.  
If baby carrots are used, omit the pre-boiling and add a scant teaspoon to the sugar and vinegar solution.

#### HAM WITH BORDELAISE SAUCE

2 slices ham 1 tablespoon sugar  
1/2 cup Bordelaise sauce 1 cup stock  
1 small onion and water 2 tablespoons 1 tablespoon of butter prepared mustard  
2 tablespoons tart pepper  
Sauté ham in butter and remove to casserole. Mince onion and cook in fat remaining in frying pan until yellow. Stir in flour, sugar and mustard, and when well blended add stock from can, and enough water to make one cup. Add Bordelaise sauce and stir until thick and smooth. Strain over ham and bake in hot oven (450 deg. F.) 15 minutes.

#### HAM LOAF

1/2 pound lean ham  
2 tablespoons flour  
2 cups milk  
1/2 pound grated cheese  
3 eggs  
Salt and pepper  
Cook the ham and chop it fine. Mix the flour with the milk and cook for a few minutes; then add the ham, cheese, the egg yolks slightly beaten, and the stiffly beaten egg whites. Season with salt and pepper, pour into a mould, set the mould in a pan of hot water and bake in a slow oven until firm. This may be served with or without a thin white sauce.

#### HAM LOAF

1 1/2 lbs. ham  
1/2 lb. veal, minced well together. Do this by putting through the food chopper twice

#### SPAGHETTI WITH BEEF BALLS

Season one pound ground beef and fry with one small chopped onion. Push to one side of pan and add one package spaghetti cooked with tomato paste. Heat thoroughly and heap on hot platter, placing meat balls around the edge. Serve with mustard pickles.

#### CHICKEN LOAF IN GELATIN

2 tablespoons granulated gelatin  
4 tablespoons cold water  
1 teaspoon salt  
2 cups boiling water or chicken stock  
1 cup finely chopped chicken  
2 tablespoons chopped pimiento  
2 tablespoons chopped green peppers  
Soak the gelatin in cold water for five minutes. Add the salt and boiling water and stir until the gelatin has dissolved. Cool. Add the rest of the ingredients and pour into a glass mold which has been rinsed out of cold water.  
Set in a cold place to stiffen. Unmold on a platter, surround with thin slices of lemon and parsley.

#### HAM CROQUETTES

2 cups mashed potatoes  
1 tablespoon butter or other fat  
3 egg yolks  
Cayenne  
1 cup cooked ham  
Egg  
Crumbs  
Mix potato, butter or other fat, yolks of 2 eggs and cayenne, beat until smooth, then set to cool. Chop ham, mix with the other yolk, set on the stove for a moment, then turn out to cool. When thoroughly cool, take a tablespoon potato mixture, make a hole in it, put a large teaspoon of the chopped ham inside, close the hole and shape in a ball. Dip in flour, then in egg, roll in crumbs, and fry in deep fat.

#### MEAT BALLS

1 pound finely chopped round steak  
1 egg  
1 tablespoon potato flour or cornstarch  
1 small onion, chopped  
1/2 cup milk  
Salt  
Nutmeg  
Black pepper, ginger  
Water  
Add egg, potato flour or cornstarch, chopped onion, milk and seasonings to finely chopped round steak. Mix well. Dip the hands in water, and form the mixture into balls the size of a large walnut. Fry a light brown in butter or beef fat, add 2 tablespoons water to the fat in the pan and pour over them.

#### NINE INDIVIDUAL PUMPKIN PIES

3 cups flour 3 tablespoons ginger  
2 teaspoons cinnamon 1 teaspoon salt  
1 cup lard 1/2 cup cold water  
Mix flour and salt. Cut in lard with knife. Mixing with knife, slowly add water. When stiff dough forms, shape it into ball. Break off nine bits of dough and roll out and fit into deep muffin pans. Add filling.  
FILLING  
3 cups pumpkin 1/2 teaspoon  
2 teaspoons ginger  
1 teaspoon salt  
1 teaspoon brown sugar  
1 cup dark cloves  
1 teaspoon 1 1/2 cups sugar  
nutmeg 3 eggs  
3 cups milk  
Mix ingredients and pour into pastry shells. Bake 10 minutes in moderately hot oven. Reduce heat and bake 20 minutes in moderately slow oven. Allow pies to cool in pans. The pies can be served plain or topped with whipped cream.

#### SQUASH SOUP

Mix together one cupful of boiled squash that has been mashed and put through a colander, two tablespoonfuls of minced celery, one teaspoonful of salt and sugar, one tablespoonful of onion juice, one-fourth teaspoonful of pepper and a pinch of mace. Prepare two tablespoonfuls of butter and four mixed together. Add a little of a quart of milk, stir until well blended, then add the remainder and heat slowly. Beat the squash until light and mix with the other ingredients. Heat very hot and serve at once.

#### HAM LOAF ESPAGNOLE

1 lb. uncooked ham (from shank end)  
2 lbs. lean pork  
1/2 cup milk  
1/2 green pepper, minced  
1/2 small onion, minced  
2 eggs  
1 teaspoon minced parsley  
1 small can tomatoes  
Grind meat. Add all ingredients but tomatoes. Mix thoroughly. Pack into greased baking dish. Pour over the tomatoes and make in a moderate oven (350 deg. F.) 1 1/2 hours. Unmold and serve on heated platter.

### The Whole Town's Flocking to Buy Our FINER FOODS!

Windsor High Quality SOAP  
Sold only by Cash and Carry Stores  
10 Bars ..... 41c

COOKING APPLES  
Peck ..... 15c

Choice White POTATOES  
Put up in stamped bags especially for Cash and Carry Stores  
Bag ..... 12c

COCOA  
Put up in 1-lb. Bags especially for Cash and Carry Stores.  
Bag ..... 11c

FRESH EGGS  
Fresh extras ..... 35c  
Fresh Firsts ..... 30c  
Fresh Seconds ..... 25c  
All Graded, Supervised by Government Inspector.

Creamery BUTTER  
2 lbs. .... 45c

Choice Fresh Dairy BUTTER  
Lb. .... 21c  
All new fresh stock.

BEANS (white)  
10 lbs. .... 34c

BEANS (yellow eye)  
10 lbs. .... 38c

CREAM of WHEAT  
10 lbs. .... 38c

Ideal Table SALT  
Per box ..... 10c

Seeded and Seedless RAISINS  
15 oz. pkg. .... 15c

GEM LYE ..... 11c

All Kinds FRUIT and VEGETABLES  
Specially priced for this Sale

Palmolive SOAP  
3 cakes ..... 19c  
1 pkg. Princess Soap Flakes FREE

BUTTER SALT  
Per bag ..... 9c

BUTTER SALT  
In bulk, 10 lbs. .... 19c

ONIONS, No. 2  
10 lbs. .... 17c

ONIONS, No. 1  
10 lbs. .... 27c

HAY  
Per 100 lbs. .... 60c

Good White OATS  
Per bushel ..... 40c

Colgate's Toilet SOAP  
3 cakes ..... 15c

PASTRY FLOUR  
7 lb. bag ..... 29c

Choice Cape Breton SALMON  
..... 23c

Golden Wax BEANS  
Tin ..... 9c

TOBACCO  
1/2 lb. .... 17c

Vegetable SOUP  
28 oz. tin ..... 19c

Clarkes Vegetable SOUP  
Per tin ..... 9c

### MEAT

THREE YEARS ago we were the first to lower the price of meat in Charlottetown. We have today a clean sanitary department for meat all glassed in away from the heated part of the store you will find our meats of highest quality. We are going to give you some real values in meats. These prices for this sale only.

Choice Round Steak  
2 lbs. .... 23c

Sirloin and T-Bone Steak, 2 lbs. .... 29c

Best Roasts, per lb. .... 15c

Fancy Rib Roasts per lb. .... 12c

Roasts, as low as per lb. .... 8c

Pork Chops per lb. .... 15c

Pork Hams per lb. .... 12c

Pork Roast per lb. .... 10c to 14c

Bacon (not sliced) per lb. .... 10c

Lamb per lb. .... 10c to 14c

Smoked Bacon (mashed chine sliced) lb. .... 19c

Sausages 2 lbs. .... 23c

Boneless Cod Per lb. .... 10c

Herring per doz. .... 40c

Mackerel 3 for ..... 19c

Boneless Digby 2 lbs. .... 23c

Smoked Fillets 2 lbs. .... 25c

CORNED BEEF 10c

MIXED BISCUITS all kinds. Reduced for this Sale.

Medium or fine White SUGAR  
10 lbs. .... 71c

Maxwell House COFFEE  
1 lb. tin ..... 44c

Pressed STRAW  
Per 100 lbs. .... 40c

Purity FLOUR  
98 lbs. .... 2.69

Alberta Rose FLOUR  
98 lbs. .... 2.38

Canada Cream (hard wheat) FLOUR  
98 lbs. .... 2.24

Purity FLOUR  
24 lbs. .... 73c

Alberta Rose FLOUR 67c

PICKLES  
In bulk, per lb. .... 19c  
All pickles in bottles reduced for this Sale.

Salada TEA  
1 lb. .... 37c

CATSUP per bottle ..... 9c

BROOMS 5 string ..... 31c

CRANBERRIES Per lb. .... 8c

Ideal Silver Cream POLISH ..... 21c

Eagle Brand MILK ..... 21c

We sincerely thank the Public for enabling us to have the largest and best equipped food store in Charlottetown. To show our appreciation we are putting on the most wonderful sale of everything you eat, ever put on by any food store on P.E.I. Every article in our store will be specially priced for this Sale only.

### SALE STARTS TODAY AT 9 A. M. SALE ENDS SATURDAY NIGHT 11 P. M.

Never did any store give the people of P.E.I. such a chance to stock up at practically wholesale prices. In many cases goods are below today's cost.

We cannot begin to advertise all our wonderful prices. You will be well repaid to visit our store. Every article will have a card showing you the special prices.

Extra clerks will be on hand to serve you. Out of town shoppers should stock up for the winter with these real food values.

We stock highest quality goods. When you buy at Cash and Carry stores you help our Island people. We buy from and recommend the local wholesale firms:

GROCERIES—R. E. Mutch & Co. Ltd.; N. Rattenbury Ltd.  
FRUIT—Paul Murray, Clarke & McDonald.  
ISLAND BEANS—J. D. Jenkins.  
FLOUR—Western Canada Flour Mills, F. J. Holman, Rep.  
VITANG DRINKS—Sterling McLean.

CURED MEATS—Harris Abattoir Co. Ltd.; Davis & Fraser's.  
CONFECTIONARY—Sidney T. Green; J. C. Montgomery.  
BREAD—Hornby's Bakery, Stewart's Bakery, McInnis' Bakery, Crown Bakery.  
Mrs. Kenny's Home Made Bread.

We also buy beef, pork, and lamb, butter, eggs, poultry, vegetables, from the farmers of P.E.I. every day of the year at highest market prices.

SHORTS 1.19

Canada Cream FLOUR 63c  
24 lbs. ....

BRAN 1.14

# CASH and CARRY STORES

## W. R. DENNIS, Prop.

PHONE 1115

"WE DELIVER"

187 GT. GEORGE STREET

SILVER TIP FOX CUBES  
50-lb. bags

\$2.70

THE Management specially requests all orders to be over \$1.00 if possible during these sale days.