

Everything You Buy Here Provides
The Best in Quality at a Bottom Price
And Assures Economy

- R. OATS or OATMEAL
10 lbs. 35c
- SUGAR, 5 lbs. 27c
- RAISINS, 2 lbs. 25c
- DATES, 4 lbs. 25c
- SODA BISCUITS,
2 lbs. 25c
- 7 BARS SOAP 25c
- 7 ROLLS TOILET
PAPER 25c



EXTRA SPECIAL

- 1 TIN OF PEAS
 - 1 TIN OF CORN
 - 1 TIN OF TOMATOES
- for **29c**

AMAZING VALUES

- 2 1/2-lb. tin of Honey . 29c
- 1 lb. tin of Chicken . 30c
- 2 tins Lobster 35c
- 2 bottles Worcester
Sauce 25c
- 1 peck Apples 15c
- 2 lbs. Cheese 31c
- 2 tins Clams 21c

- ALL FOR
38c
- 1 Peas
 - 1 Pineapple
 - 1 Peaches
 - 40 oz. M'lade 29c
 - 40 oz. Plum Jam 29c
 - 3 lb. Prunes 25c
 - 3 pkg. Cornflakes 25c
 - 2 tins Pilchards 23c

- CHOICE DAIRY BUTTER, 2 lbs. . . . **35c**
- 3 PKGS. JELLY POWDER & 1 TUBE of
TOOTH PASTE FREE **25c**

We have installed an up-to-date Frigidaire Meat Counter in our meat department and invite your patronage of our meats. Fresh fish and poultry AT LOWEST PRICES

P. J. MacDONALD
GROCER

Phones 888 & 889. Free Delivery.

CAN. COOKERY

(Continued from Page 2)

a smoked ham bone, 1 sliced onion, 2 slices of lemon, 3 or 4 sprigs of celery leaves, 2 teaspoon salt, 1-4 teaspoon pepper, 2 quarts cold water. Soak the dried peas or beans in 2 cups of cold water overnight. Saute until tender the sliced onion in a few pieces of ham fat cut from the ham bone. Add the peas or beans, lemon, celery, salt pepper and cold water. Cover, bring to boiling point and then simmer gently for 3 hours. Before serving force through fine sieve and skim off surface fat. Re-heat and serve generous portions garnished with slices of lemon. Celery seed may be used in place of celery leaves. To vary this recipe for bean soup add 1-4 teaspoon powdered mustard and 4 whole cloves.

Corn and Pepper Chowder

Three quarters cup minced onion, 1-2 cup diced salt pork 1 medium sized can corn, 1-2 cup minced green pepper, 2 tablespoons flour, 7 cups milk 2 teaspoons salt 1-4 teaspoon pepper, butter. Saute the onions with the salt pork until onions are tender and pork is brown and crisp. Stir in the flour. Then add the corn and minced green peppers, and the milk while stirring constantly, and salt and pepper. Allow to simmer 15 minutes, and when serving place small lump butter on surface of each soup.

The above soup won such a round of applause at our dinner table every soup cook should try it.

Tomato Puree

(A thick potage with sliced onion and turn to pulp.)

Two cups canned tomatoes 1 finely sliced onion left in, 4 cups water, 2 tablespoons finely chopped parsley, 2 teaspoons sugar 1-4 teaspoon cloves, 1-2 tablespoon salt, 1-8 teaspoon pepper, 1-3 cup butter; 3-4 cup stale fine bread crumbs. Cook all the ingredients except the bread crumbs and butter together for 20 minutes then break up tomato pulp by beating with Dover beater. Add crumbs and butter, reheat and serve with crackers.

Cream of Tomato Soup

Rules to prevent milk in Tomato Soup from curdling: Add small amount of soda to tomato mixture before combining with milk; or have tomatoes and milk at same temperature when they are combined; or stir constantly while adding milk to tomatoes and serve immediately.

One-half can tomatoes, 2 teaspoons sugar, 1-4 teaspoon soda; 1 quart milk; 1 slice onion; 4 tablespoons flour; 1 teaspoon salt; 1-8 teaspoon pepper; 4 tablespoons butter. Scald milk with onion in top of double boiler, remove onion, and add milk to butter and flour which have been blended together, and cook over double boiler for ten minutes stirring frequently. Cook tomatoes with sugar for 10 minutes, add soda and rub through sieve; combine mixtures stirring constantly and add butter, salt and pepper. If mixture should curdle by standing too long whip with Dover beater.

The good old soup bone is coming to the rescue in many a household these days.

The butcher tells me more and more of them are ordered every day, until now, instead of selling just shin and knuckle bones when a soup bone is called for, ribs blades, chucks etc. are all cut up with a little extra meat left on, and sold to fill the demand, very cheaply of course.

Beef bones do make the base for a superior soup and a little of almost every available vegetable may be added. When main course soups are required the addition of rice barley or little curls of macaroni and spaghetti will add to the nutritive value, and satisfy eager appetites.

Fish chowder, onion soup, Italian Minestrone and several other recipes will have to go begging for room, because my Creole soup and Chili soup must be included. If you would like to have the others, write to me and they will be published for you in the enquiry column.

READ

OUR NEW SERIAL
STORY:

ASHES
of
ROSES

by
Joanna Cannan

Author of "Wild Berry Wine," etc.

BEGINNING IN THE
GUARDIAN
NEXT WEEK

Order your Copy To-Day

Creole Soup

One quarter cup rice, 1-3 cup chopped onion, 2 tablespoons bacon drippings, 2 cups tomatoes, 2 teaspoons salt, 1 teaspoon sugar, 1-8 teaspoon paprika, 1 tablespoon finely chopped parsley. Cook rice with three cups boiling water for 30 minutes. Cook onion in pan with drippings until tender but not brown—add tomatoes, boil 10 minutes. Rub through strainer and add to rice and add seasoning.

Spanish Chili Soup

One pound of hamburger steak, browned in skillet with 4 tablespoons butter. Add 1 can kidney beans, 1 cup stewed tomatoes and pour all into kettle with 1 quart boiling water and boil for 30 minutes with two chili peppers which are removed before serving. Season with salt and pepper. This soup is "hot" when chili peppers are used, and not appropriate for children. It makes an adequate main course.

Condensed Milk is More Than A Friend in Need

In the dusk of a lovely Saturday afternoon I was walking down the street behind a group of boy scout hikers who had been on a picnic. You needn't wonder how I know all this—they were all talking at the highest pitch of their eager voices. They stopped when they came to a cross street because some of them had to turn off in different directions, and the left over food had to be "divvied up." How there happened to be any left overs is still a puzzle to me. One laddie shouted: "Hey, listen fellows! I don't want anything else if you'll just give me this tin of condensed milk—it's swell on porridge!" And my private opinion is that as cream and sugar for camp fire coffee condensed milk is unexcelled.

The little recipe for making Chocolate Drops below, is a discovery we made and we hope you will like it.

I believe in quantity buying of staple foods. This incessant dashing to the telephone or store to have the grocer send a package of this or a pound of that is poor management if you can possibly manage your budget so as to lay in supplies ahead. When we have a fresh box of condensed milk, and another of evaporated milk I have a very "well-ordered" feeling.

In this household where unexpected guests seem to be the rule rather than the exception, that supply of canned milk has often solved a quick-meal problem.

How I enjoy recommending foods such as this, that are economical as well as "friends in need!"

Manufacturing Process of Condensed Milk

There are so many condensed milk recipes clamoring for space here that to the inexperienced brides and new housekeepers suffice it to say that in the manufacture of condensed milk about 40 per cent of cane sugar is added to fresh milk, then the mixture is heated until about one half of its water content is evaporated. Approximately three fifths of the resulting product is milk—two fifths sugar.

In the manufacture of commercial ice cream and candy, sweetened condensed milk has long been used, and housekeepers too, will find this perfectly blended sugar and milk convenient in cookery where both sugar and milk are necessary.

Chocolate Drops
This is short and "sweet" so in it goes first.
Melt one cake of sweet dipping

CENTRAL GUARDIAN

CITY TAXES.—Last day for discount on City Taxes, Wednesday, November 30th. 6740-11-25-31.

DON'T FAIL TO SEE THE famous black face comedian Wm. Colton and Jean Darrow, the beautiful singer of 39 Hillsboro Street, Friday evening. 6729-11-24-21

NEW LONDON GROUP Presbyterian Church in Canada. Services on Sunday, Nov. 27th, will be as follows: 11 a. m. Chilton, 2.30 p. m. Granville 7 p. m. Long River.

IMPORTANT—Don't forget the great big show in the Strand on Friday evening the 25th. Bigger and better than ever. For the unemployed of this city. 6729-11-24-21

WELCOME GIFT—The Free Dispensary acknowledges with thanks the gift of \$25 from the estate of the late J. H. McKenzie, Webster's Corner.

HAMPTON PASTORAL CHARGE—The services for Sunday, Nov. 27 are Victoria at 11 Bonshaw at 3 and Hampton at 7. Rev. Geo. Ayers, Minister.

CRAPAUD—St. John's Church. November 27, 1932. Sunday School 10.00; holy communion 11.00; hymns 617 (1), 588 (2). Springfield: St. Elizabeth's Church, November 27. Evening song 7.00.

CAVENDISH CHURCH SERVICE for Sunday, Nov. 27, 1932. 11 a. m. North Rustico, 7.30 p. m. Stanley Bridge.

CHURCH OF CHRIST—Services for the New Glasgow Church of Christ are as follows: Bible School 10 a. m. Worship service 11 a. m. Evening service in the Cavendish Baptist Church at 2.30 p. m. Wm. G. Quigley, Minister.

C. P. R. OFFICIALS HERE—Yesterday two of the C. P. R. officials from St. John were visiting the local representative, Col. H. M. Davison, v.z: Mr. P. G. Dewan, travelling passenger agent, and Mr. J. E. Tolan, travelling freight agent. They report that there is a growing optimism in St. John and the Maritimes generally, and this has been greatly strengthened by the re-employment by the C. P. R. of 8,000 men of the repair shops all over the system. This represents a direct benefit to 40,000 people, and an indirect benefit to ever so many more by the distribution of approximately a million dollars in wages. Travelling by sea and land is about up to the average of last year at this time, while freight is receiving a boost by the carriage of wheat to Maritime ports under the Imperial Preference treaties.

STRATHCONA INSTITUTE

The annual meeting of the Strathcona Women's Institute was held at the home of Mrs. John Mackinnon on Nov. 9 with an attendance of ten members and three visitors.

The meeting opened by repeating the creed in unison. Roll call was answered by payment of fees. The minutes of the last regular

chocolate in top of double boiler, and add one and one third cups sweetened condensed milk, and 1 teaspoon vanilla. Beat all well and drop from end of teaspoon on waxed paper and place in ice box to chill. For variety's sake these little drops may be varied by topping them while still soft with, a halved nut, a piece of candied fruit or a few flakes of coconut.

Frosting for cakes may be made in the twinkling of an eye with condensed milk. The addition of butter and confectioners' sugar to condensed milk makes a rich creamy frosting.

One of my favorite chocolate fillings for Chocolate Meringue Pie calls for Condensed Milk.

More fun to bring up a healthy child than a pampered one

Is it wise or kind to allow a child to choose its own food? Certainly not, because a child will choose those things that are made artificially "nice" and these are invariably "dead" foods. A child needs food that builds muscle, nerve, bone and blood. A child needs "natural foods" even more than one who has attained full growth.

Roman Meal is an ideal child's food. Why? Because Roman Meal is one of the three only alkali-forming grain foods known—Bekus Puddy and Lishus being the other two. Given Roman Meal daily, together with milk, fruits and fresh vegetables, a child's blood will maintain its normal alkali reserve—"Nature's first defence against disease". As you love your children, don't let them eat soft, denatured foods. Give them foods that build sturdy youth and rugged man-and-womanhood—and of such foods Roman Meal is the standard—the corner-stone of perfect health.



The above is from a photograph of Robt. G. Jackson, M.D., taken Feb. 25, 1932, in his 73th year. At 30 years of age, Dr. Jackson was a nervous and physical wreck. By natural habits of living and eating, Dr. Jackson is today as mentally and physically alert as a healthy man of 25. Dr. Jackson is the inventor of Roman Meal.

Disease does not simply "come to you". Wrong living invites disease; right living banishes it.

from Our Morning Mail—

Hamilton, Ont., May 4th, 1932.

"I am glad to say I feel a different man since I started your Roman Meal and I also have got all my family started on it, and I am sure anyone who uses it will speak as highly as I do of it."

(Name on request)

We receive scores of such letters daily.

Dr. Jackson Foods Limited

FREE Write for samples of Roman Meal, Bekus Puddy, Lishus or Dr. Jackson's alkaline beverage, Kofy-Sub, and Dr. Jackson's Free Booklet "HOW TO KEEP WELL", to—Robt. G. Jackson, M.D., 559 Vine Avenue, Toronto, Ontario.



Furs Wanted

REMEMBER the Ranchers that disposed of their Skins last year in the early part of the season received the HIGHEST PRICES. In all probability the same may happen this year. Bring your Furs to SAM ISAACS at Samuel Kennedy's, 134 Kent Street, who is prepared to pay you SPOT CASH. No offering too large.

SILVER FOX PELTS

are continuing in

UNPRECEDENTED DEMAND

MARKET THROUGH AN ORGANIZATION which, through its contacts with the LARGEST SALES HOUSES IN THE PRINCIPAL FUR CENTRES OF THE WORLD has proven its ability to secure the highest possible prices consistent with quality.

Our system of

Closely Supervised Protective Marketing

Has, in the past, resulted in our patrons securing highly satisfactory returns. This season with improved market conditions, we anticipate still more satisfactory results.

Each pelt marketed through this Organization is, regardless of its value, thoroughly inspected, cleaned and faults corrected where possible.

Our grading and appraising facilities are unsurpassed.

Two Plans are offered and are optional with the shipper:—

Our own exclusive

POOL PLAN

And the regular

CONSIGNMENT PLAN.

Cash Advances arranged under either Plan at any time. Full particulars, shipping tags, etc., furnished on request.

PRINCE EDWARD ISLAND
FUR POOL LIMITED

P. G. Clark, President & Managing Director,
Summerside, Prince Edward Island, Canada.

THROUGHOUT THE SEASON PELTS ARE BEING RECEIVED AT THE OFFICE OF J. A. WEBSTER & CO., 156 RICHMOND STREET, CHARLOTTETOWN.

PAL
BLADES
5/25
SOLD EVERYWHERE

SHIP YOUR SILVER FOX PELTS TO
ANNING & COBB,

15 Arthur Street,
LONDON, E. C. 4, ENGLAND

Auction Sales will be held by them in London on the following dates:—

- December 12th, 1932.
- January 23rd, 1933.
- March 6th, 1933.
- May 22nd, 1933.
- September 27th, 1933.

Bags for shipping can be obtained at the office of B. Roy Holman, 90 Queen Street, Charlotte-town

For Packing particulars, shipping, insurance, etc., apply to.

LEVIN FUR COMPANY LTD.

90 Queen Street,
Charlottetown, P. E. I.

B. ROY HOLMAN, Representative

6479-11-14-mwf-ff.

new griller for the kitchen, too.
Alice stared vacantly.

"Don't you know what a griller is? asked the other, sharply.

I should think I do, replied the maid significantly. It's a big hairy monkey the size of a man.

"We look backward too much; thus we lose the passing moment."

—William Lyon Phelps.

"I like England because it's so much like Virginia." —Lady Astor.

"But," protested the new arrival, as St. Peter handed him a golden trumpet, "I can't play this instrument; I never practised while on earth."

"Of course you didn't chuckled the saint. "That's why you are here." —Legion Weekly.

BROWN · HOLDER
Maritime **BROWN-HOLDER BISCUITS** Maid
BETTER-FAR-BETTER
BROWN · HOLDER BISCUITS LIMITED · MONCTON, N. B.