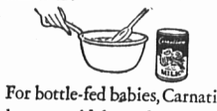
Love in a Casserole

by Mary Blake

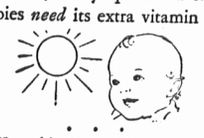
A "vegetable casserole" doesn't sound very romantic. But a vegetable casserole made my way (using the rich smoothness of Carnation Milk) is something to make any hungry man's eyes brighten. (Read the recipe below).

One of the wonderful things about Carnation Milk is how it "dresses up" everyday dishes. It makes them so much *smoother, richer,* finer in flavour. And Carnation Milk *costs so little to use.*

Carnation is *just whole milk,* with part of the natural water taken out; sterilized so it keeps on the pantry shelf indefinitely; homogenized to give every drop equal creamy smoothness; *irradiated* for *extra* "sunshine" vitamin D.



For bottle-fed babies, Carnation is the most widely used evaporated milk. It is very digestible, always the same, always pure and safe. Babies *need* its extra vitamin D.



"Vegetable Casserole" is one of the recipes in the beautifully illustrated Carnation Cook Book. A host of ideas and recipes for 15¢ (postpaid). Carnation Company Limited, Toronto.

RADIO—listen to the "Contented Hour" every Monday night. See your local newspaper for stations and time.

VEGETABLE CASSEROLE

5 cups cooked mixed vegetables; 3 tablespoons flour; 3 tablespoons butter; 1 cup Carnation Milk diluted with ½ cup water; seasonings to taste. If canned vegetables are used, they need only be heated. Make a white sauce of butter, flour and milk. Add seasonings. Combine with vegetables and turn into buttered casserole. Bake in a slow oven (300°) ½ hour.

IRRADIATED

Carnation Milk

A CANADIAN PRODUCT
"from Contented Cows"

Today's Short Wave Radio Program

(All Time is Eastern Standard)

THURSDAY, AUGUST 24

NEW YORK
7:00 a.m.—Musical Interlude. W3XL, 17.78 meg., 16.8 m.

BERLIN
5:30 p.m.—Dances and Songs from South America. DJD, 11.77 meg., 25.4 m.

PRAGUE
6:55 p.m.—Musical Program. OLR4A, 15.23 meg., 19.7 m.

BUDAPEST
7:00 p.m.—"Hungarian Songs." HAT4, 9.12 meg., 32.8 m.

LONDON
7:00 p.m.—"Forty Years of Song." GSF, 15.14 meg., 19.8 m.; GSD, 11.75 meg., 25.5 m.; GSB, 9.51 meg., 31.5 m.

ROME
7:30 p.m.—Opera Selections: "The Comedian in Grand Opera" Topical Talk. 2RO, 11.81 meg., 25.4 m.; IRF, 9.83 meg., 30.5 m.

CARACAS
7:30 p.m.—Popular Orchestra. YV5RC, 5.9 meg., 51.7 m.

SCHENECTADY
8:05 p.m.—Torontoo Promenade Symphony Orchestra. W2XAF, 9.53 meg., 31.4 m.

TOKYO
8:15 p.m.—A Talk in English by Dr. Tetsugoro Wakimizu. JZL, 17.78 meg., 16.8 m.

PITTSBURG
8:15 p.m.—Serenade. W8XK, 11.87 meg., 25.2 m.

PARIS
8:30 p.m. — Chamber Music. TPB11, 11.88 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

HEREDIA, COSTA RICA
9:00 p.m.—Broadcast in English. "Voice of Costa Rica." TI4NRH, 9.69 meg., 30.9 m.

PHILADELPHIA
9:00 p.m.—Columbia Workshop Festival. W3XAU, 9.59 meg., 31.2 m.

BERLIN
9:15 p.m.— Soldiers — Comrades. DJD, 11.77 meg., 25.4 m.

CINCINNATI
10:30 p.m.—American Parade. W8XAL, 6.06 meg., 49.5 m.

LONDON
11:15 p.m.—Leslie Hutchinson ("Hutch"), in Songs at the Piano. GSI, 15.26 meg., 19.6 m.; GSD, 11.75 meg., 25.5 m.; GSB, 9.51 meg., 31.5 m.

TOKYO
12:45 a.m.—Talkie Music by Shochikue Symphony Orchestra. JZK, 15.16 meg., 19.7 m.

A tool containing four narrow, sharp blades has been invented to be attached to kitchen knives for slicing vegetables.

HAND-MADE PAPER HIGHLY DESIRABLE

CALCUTTA, Aug. 22 —(CP)— The hand-made paper industry is being revived in India. Information is being gathered by the Indian Museum, Calcutta, about methods used in India hundreds of years ago. There is in the Museum a sample of hand-made paper from Nepal said to last for 1,000 years or more.

The Kashmir paper industry has remained unchanged since its introduction in the reign of Zain-ul-Abdin (1420-1470) who imported papermakers from Samarkand. Methods, appliances and the product have been preserved unaltered because of the excellence and ingenuity of the original invention.

The main raw material for this cottage industry is Sann hemp, which grows wild or is cultivated in many parts of India.

RACING DRIVER

By ALEXANDER CAMPBELL

Author of Daughter of Exile, etc.

"How about a stroll around the deck?" he suggested.

"Thank you, Mr. Carter."

"Come, come in!" he reproved. "Let us drop this old world custom. Call me Frank. With your permission, I'll call you Dorothy."

"Certainly, Frank," she assured him.

They strolled for a while on the upper deck. Presently she said: "I must go and look for Father. I haven't seen him since lunch. I want him to have a good time on this trip, and if I don't rout him out he'll start on his new book and we shan't see him until he docks at Capetown."

Frank laughed. "I wouldn't worry. The last time I saw him, he was playing shuffle board and winning hands down."

"With whom?"

"My aunt," he said. "Ah, here they are!"

They had descended while they talked to the lower deck. A couple were energetically playing shuffle board, whooping excitedly when a counter steered for the jack. Dorothy recognzied her father and, a trim figure in a jersey and dark skirt, Frank's aunt.

"Father seems to be enjoying himself," she commented.

"So does Christine," by jove!" said Frank. He frowned. "Why, I wouldn't be surprised——"

"What?"

"Nothing," he said. "I—I was just thinking."

He was remembering his aunt's pretty face when he had first mentioned Professor Ellington to her and she had recalled their first meeting.

Dorothy had not yet had a proper opportunity of talking to Frank's aunt. She seized it when it came that evening after dinner.

Professor Ellington had started a very heated controversy on whether the world was making progress or sinking back into barbarism, and he was pointing out that the Stone Age was comparatively recent in contrast with these earlier eras of human life to which his investigations were leading him.

"Very interesting!" commented Christine briskly.

"However, now that the strong silent men of the twentieth century have got their teeth into the Stone Age, I think it's time that we women left them to it. . . . Miss Ellington, let's go before they pick up their clubs!"

On deck, Christine leaned her pretty elbows on the rail and gazed over the sea. It was a lovely night. Stars had rushed to fill the sky, and the air was soft and warm. There was no sound save the faint creaking of wood and ropes.

"Three days," mused Christine. "Time does fly on board ship, doesn't it? Are you enjoying the trip?"

"Very much," said Dorothy. "And so is father. I wanted him to have this holiday very much."

"So he told me," said Christine. She was silent for a moment. "He's a very clever man in some ways, Miss Ellington."

"And in others?"

Christine laughed. "That's just it. In others—well, he's like most men. A perfect baby!

"Tell me, don't you get a bit bored, having skulls for breakfast, neanderthal man for lunch, and your father's great enemy Jackson for dinner?"

For the first time in two years, Dorothy was amazed to find herself speaking the absolutely candid truth.

"There are times," she said, "when the word "skull" makes me want to scream! But you mustn't misjudge father. He has very wide interests, really.'

"And your fiance?" asked Christine casually.

"Rupert," said Dorothy, firmly, "is of course, very interested in his work."

"IS IT VERY DANGEROUS?"

"Not to the exclusion of all else, I hope," said Christine.

"No more," Dorothy assured her, "than your nephew is in motor racing."

"Well, that's saying a great deal," admitted Christine.

"Is it very dangerous?" asked Dorothy, after a pause. "Racing, I mean?"

"Not so bad as it's sometimes painted," said Christine. "But bad enough."

Dorothy felt a queer thrill of disquiet. Yet of all the men she had ever met, Frank Carter seemed the one best able to take care of himself.

She stole a look at Christine. I rather like her, thought Dorothy. She's such a straightforward little person. So, of course, was he.

She thought of Frank Carter, with his frank smile and strong, capable hands.

"The dance!" exclaimed Christine. "We'll be wallflowers if we don't hurry; and in that direction I have no ambition at all."

The ballroom was one of the ship's finest features. The floor was a delight, and cool air entered through the many open windows.

Professor Ellington rose to greet them.

"I thought you'd got lost. Christine, you promised me first dance."

"Did I?" said Christine thoughtfully. "It must have been the champagne we had for dinner. Never mind. I always keep my word."

They drifted away from the table, and Dorothy rubbed her eyes. Professor Ellington was dancing with a grace she had not given him credit for. Christine was gazing up at him and talking animatedly.

"May I?"

It was the South African, John Forester. Dorothy rose. He danced exceptionally well, and she complimented him. He smiled.

"We're not all savages in South Africa, you know! Wait until you get to Jo'burg—if you do happen to pass that way. We can show London a few things!

"Only we are rather modest, you see. We prefer to hide our light under a bushel. But the stories they tell about us!

"On this last trip home I was asked if we had to keep fires burning outside our houses to scare the lions away. And one person I met who proposed coming out for a holiday said he supposed he wouldn't need more than a couple of sun helmets and a mosquito net and plenty of quinine; but what really worried him was should he bring his own bedding or would he be laughed at for not wanting to rough it!"

"My fiance is out there," Dorothy told him. "He is doing some research work for father in the Drakensburg Mountains."

"Na tal,' nodded Forester. "The Mountains of the Dragon! That's what it means, you know. A lovely spot.."

They turned to the table; and Christine and the professor joined them there presently. Professor Ellington was beaming.

"Well, how did I do?" he asked his partner.

"I have know many worse," said Christine judicially. "You will undoubtedly improve with practice."

She looked round. "Ah! Here's Frank."

Frank was indeed approaching; and on his arm was a vision of loveliness—the vivacious Florence Shaw.

Frank introduced her.

Dorothy found herself smiling to the girl. Florence smiled back. "Pleased to meet you, Miss Ellington."

Frank appraised them swiftly. They stood together, the dark haired, grey-eyed girl, and the blonde, blue-eyed one. It was difficult to say which was the lovelier.

The band struck up again. And a young man hurried across the floor space and extended the hand to Florence.

"Florence! You promised this one to me!"

There was reproach in his tones.

"Of course, Bertie!" said Florence brightly. But she managed to convey other sentiments in the swift look she cast Frank.

Dorothy found herself dancing with Frank.

"Conspirators," she said. "But what's the secret?"

(To be Continued)

Entertain on Outings With Clever Fortunes

Consult the Mystic Circle!

A problem to keep friends entertained? Not if you remember that everyone loves to have his fortune told! And a never failing fun starter is the Mystic Circle fortune played with dice.

Simply chalk a ring on a board—or cut out a round piece of cardboard—and into this "fateful" circle have the fortune-seeker toss three dice. Then add the numbers on the tops of the dice.

A throw of seven? An ancient rhyme tells the fortune, "Seven, adventure that leads afar . . ." And on it goes, giving the meaning for every number thrown:

"Eleven, a knave with deceitful heart,
Twelve, a letter; 'twill joy impart—"

Or how would you like to tell card fortunes? Easy to learn the meanings of the cards. Here are a few to start with. The Four of Spades promises business success, the Six of Diamonds, a gift. The Three of Hearts hints of love problems.

How to shuffle, deal the cards for fortunes? Find full instructions and meanings of each card in our 32-page booklet. Has the complete rhyme for "Mystic Circle," tells how to read fortunes in dominoes, tea leaves, horoscopes, gives fortune games for parties.

Send 20c in coins for your copy of Fun With Fortune-Telling to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

WOULD IMPROVE STATUS

CAPE TOWN—(CP) — Domestic servants in South Africa are working towards a change in special conditions. A great number of mistresses still have the old spirit of slave-owning, an employment bureau head declared.

The Central Guardian

This column is reserved for news of local interest but advertising of a newsy nature may be inserted at 5 cents a word strictly payable in advance.

CRASWELL for Photographs.

CONFEDERATION LIFE INSURANCE. L-9789-7-21-31.

BOARD OF TRADE postponed quarterly meeting Frday, 8 P. M. L-297-8-24-2.

AGAREX the mineral oil with Agar $1.00 at Taylor Drug Co., Kensington.

ATTENTION ADVERTISERS—Advertisements for insertion the following day must be in this office not later than 11 a. m.

CONGRATULATIONS —Dr. and Mrs. Russel Palmer, Vancouver, B. C., are receiving congratulations on the birth of a daughter. Dr. Palmer is a son of R. H. Palmer formerly of Victoria, P. E. I.

CHURCH OF SCOTLAND.—Services Sabbath August 27th. Milo 11 A. M. Coleman 2.30 P. M. Summerside 7 P. M. Mr. Donald MacDonald will conduct the services. L-296-8-24-11.

CHURCH NOTICE. — Winsloe Pastoral Charge. Services Sunday, August 27th are as follows: Winsloe South 11 A.M. Princetown Road 3 P. M. Winsloe North 7.30 P. M. Rev. J. R. Skinner, Minister. L-288-8-24-1i.

TOURING THE ISLAND — Miss Lillian Hart left on Friday for a three day tour of Prince Edward Island. She was accompanied by Mrs. H. F. Pickard, Mrs. Edgar Dixon, Sr., Mrs. J W. Young and Mrs. W. A Black. They will also visit Miss Hart's sister, Mrs. Thomas Moyse, and Mr. Moyse at Bedeque.— (Sackville Post.)

PRESBYTERIAN CHURCH IN CANADA.—Brookfield Charge. Services next Lord's Day. Hartsville Sunday School 10 A. M. Worship 11 A. M. Glasgow Road 3 P. M. Hunter River Sunday School 10 A. M. Worship 7.30 P. M. Brookfield Sunday School 10.30 A. M. Service in the Bradalbane Presbyterian Church Wednesday 8 P. M. August 30th. L-282-8-24-11.

PERSONALS

Miss Mildred McCarthy of Sturgeon, spent two weeks visiting her sister Mrs. J. W. Boyle of this City.

Miss Grace Crosby, West Royalty, has returned to her home after visiting her friend Miss Georgie Willis, Kingston.

The Misses Dorothy and Florence Williams of Boston, motored to the Province and are visiting relatives in Freetown.

Miss Helen Melville, of Houlton, and Mrs. Sara Lawlor, East Florenceville, N. B., are spending a week motoring through Prince Edward Island.

M. C. T. Marshall, who has been visiting Dr. and Mrs. Leo Frank, Rosebank, left this morning on return to his home Oshawa, Ont.

Rev. and Mrs. Alfred Seaman, and their young daughter, of River John, N. S. left on Saturday for Prince Edward Island after spending the week here the guests of Mr. and Mrs. A. J. Colpitts.—(Sackville Post)

Miss Florence McLaughlin M. A. one of the teachers in Annapolis Royal High School, has returned to her home after spending a pleasant vacation in P. E. Island and Cape Breton. While on the Island Miss McLaughlin was the guest of a college friend, Mrs. Pomroy Murray, Bradalbane.

HAZELBROOK AND VICINITY

Mr. and Elwood McEachern, of West Somerville, Mass., were visiting in Hazelbrook last week the guests of Mr. and Mrs. W. T. Coady.

Quite a number of farmers are cutting their harvest and all report a very fair grain crop.

Mr. Ambrose McMillan, Pownal, had the misfortune to have his large flock of sheep and lambs killed and mangled by dogs.

Mr. Eric Pendergast is quite busy loading turnips. He has loaded several cars so far this season.

Mrs. Leo Coady has returned home after a pleasant visit with friends in Clearmont.

Master Earl Jones had the good luck to secure quite a few prizes at the Exhibition with his horses. Congratulations, keep coming.

A number of young men are taking the Forestry Course. At present they are cutting and trimming Mr. Willard Peppy's forest.

Mr. A. McMillan was a business visitor to Mt. Stewart on Saturday for the interest of the Mt. Herbert Buying Club.

Miss Helen McInnis, Earnscliffe, spent last week visiting friends in Hazelbrook.

Mr. Harold Lawton has been engaged for another year in Hazelbrook School. His friends all wish him the same success he had in the past year.

Mr. and Mrs. Fred Grump of Boston, were the guests of Mr. and Mrs. J. C. Wood and family.-C

MERCHANT MARINE FOR HUNGARY

(Canadian Press)

BUDAPEST, Aug. 22—Hungary, cut off from the sea since the Great War, is amazing her neighbors by becoming an international maritime power.

Freighters flying the Hungarian flag now ply from the doorstep of Budapest to every port in the Near East. As far as Egypt, they carry the products of Hungary's growing factories, bringing back cargoes of cotton and other raw materials.

Hungarians say it's a "commercial miracle". After the war, only the Danube River, winding for nearly 1,000 miles to the Black Sea was left as a waterway. It was too shallow for ocean freighters, and Danube riverboats had never been seaworthy enough to sail from the big stream's mouth.

But in 1935 Hungarian naval architects began experimenting with a new type of river-ocean craft. They built a tiny 500-ton freighter and tested it in the Mediterranean's worst storms. It conquered them all.

Now the merchant fleet comprises five such freighters, ranging up to 1,200 tons, with more under construction. Sometimes it's a tight squeeze getting around a bend in the river or negotiating a shallows barely five feet in depth. But clever piloting does it. If necessary, ballast tanks are hauled out, replaced later.

To capitalize on this maritime venture the government has established a free port at Budapest. Six million dollars have been invested in docks, storage houses and equipment.

No "Special" Steps Taken At Ottawa

OTTAWA, Aug. 22 — (CP) — While Prime Minister MacKenzie King and those of his ministers at present in Ottawa are intensely preoccupied with reports, both public and private, on the European situation, there has been no apparent interruption to the normal progress of government affairs.

Mr. MacKenzie King, at his summer home in nearby Kingsmere, is receiving all diplomatic communications promptly through the Department of External Affairs but has made no comment on the progress of events in Europe.

Defence Minister MacKenzie was at his desk, closely following reports. He said his department was pursuing a normal course and, while it was up to date with its defence program, was taking no special steps so far as a result of the news from Europe.

Militia training was carried on this summer on large scale and Royal Canadian Air Force training was an important phase of Canada's preparedness program. The minister said he believed the applications for enlistment in the Air Force, received in the last year or two, would total more than 25,000.

SPRINGFIELD W. I.

The monthly meeting of Springfield Institute met in the schoolhouse on July 20 with 6 members and 5 visitors present.

In the absence of the President the vice-president presided and opened the meeting by all repeating the Creed in unison. This was followed by reading and approval of minutes of last meeting. It was moved, seconded and carried that we hold our next meeting Aug. 24 instead of the 17th on account of the Exhibition.

Next roll call will be "Pickle Recipes."

The secretary gave a report of the Ice Cram Social and Play held.

Mrs. Tupper Taylor and Miss Emily Howard reported collecting for the Red Cross.

The following new committees were appointed for next meeting which will be held in the school.

Programme:, Miss Muriel Haslam, Mrs. Norris Sinclair, Mrs. Irving Haslam.

School:, Mrs. Hughes, Mrs. Taylor.

Meeting closed with National Anthem.

● At last! A daintily perfumed cream that cleanses and tones your skin in one simple operation. It's the new *double action Medicated* Noxzema Cold Cream. This unusual cream penetrates into the pores and helps remove impurities—leaves your skin *really* clean. Its *medication* helps stimulate renewed skin vitality—leaves your skin feeling refreshed and "wide-awake." *Try* this new way to a lovelier complexion. For a limited time you can get a special 25¢ value for only 15¢. Get a jar from your druggist today.

SAY ALLIANCE NOT BLOCKED

Russia Holds Pact With Germany Peace Step.

MOSCOW, Aug. 22—Official Soviet quarters tonight termed the proposed non-aggression pact with Germany an important step toward securing the peace of Europe and contended it in no way blocked the alliance now under discussion here among Great Britain, France and Russia.

The military staff talks among the three powers however, were interrupted as the Soviets prepared to receive Joachim Von Ribbentrop, the German Foreign Minister, tomorrow. His visit will be the first here by a high Nazi official.

The French and British missions conferred on the situation while awaiting instructions from home; which some diplomatic circles here predicted might be to pack and leave. These quarters held the view the British and French could not remain idle while Russia and Germany, hitherto ideological enemies, consummated a vast shake-up in the European balance of power. Soviet quarters, however, expected the military staff talks to continue, but the view was directly contrary to that held in some foreign circles. British and French quarters kept their plans secret.

THREE MAIN POINTS

ROME, Aug. 22—The proposed Soviet-German non-aggression pact will contain a provision permitting its denunciation in the event either party committed an act of aggression against a third country, a reliable informant said today. The pact, this informant said, would contain three main points.

1. A pledge to abstain from aggression against one another.
2. In case one party is the victim of an attack by a third party the other will remain neutral.
3. In case either committed an act of aggression the other may denounce the agreement.

Plan Big Future For Sixth Avenue

(Canadian Press)

NEW YORK, Aug. 22—A city to changes with the times and today Sixth Avenue, like something reborn, has come out into the sun light to vie for fame beside Fifth Avenue and Broadway.

For 60 years Sixth Avenue gathered dust in the shadow of the Elevated Railway. It was the "El" that "made" Sixth Avenue—made it a street of hustle and bustle from the 1870s to the 1930s. And it was the "El"—cumbersome and noisy—that brought the avenue's economic destruction.

But last year, when the "El" had a debt of $9,000,000 in bank taxes it went out of business. Since then it has been razed and the avenue, still a little unfamiliar to those who dwell in Gotham, has become the centre of interest for realtors.

Swank apartment buildings have been predicted for certain sections, fine shops for others and perhaps a music centre built up around a new Metropolitan Opera House for another part.

It is probable Sixth Avenue will be lined with trees. Since a few trees appeared on Fifth Avenue and were well received the Sixth Avenue Association immediately decided to lead a movement for the planting of trees along all the sidewalks of New York.

Plans call for the razing of the city's famous Hippodrome Theatre this fall. That act will likely be the signal for the complete regeneration of the avenue because many of its buildings like "The Hipp" that John (Bet-a-Million) Gates built, have outlived their usefulness.

The "El" has gone. "The Hipp" is going. And Sixth Avenue is coming into its own again.

AWNINGS COOLED BY WATER DURING HEAT

Terraces covered with canvas awnings, usually found on modern houses where the living-room has been placed at the rear overlooking a garden, may be kept relatively cool during the hot season under the summer sun if the canopies are kept wet. Water trickling over them from a pierced pipe at the upper fastening of the awning will do the trick.

The idea is that of the porous water jug, the contents of which are continually cooled by exaporation.

The amount of water used should be governed so that if just wets the entire awning. This idea has been successfully tried out in roof gardens in New York City.

BRINGING UP FATHER

By George McManus