

From One Cook to Another

by *Mary Blake*
Carnation Home Service Director

MORE ENJOYMENT FROM SUMMER MEALS

Does your family lose interest in meals during hot weather? Do you find it hard to be inspired about summer meals? If so—what a lot you're missing! Summer offers opportunity for some of the most exciting meals of the year. Think of the lovely fresh berries... and sunny-flavored vegetables... that just beg to put freshness and color in your meals. Think of the delicious dishes that can be almost entirely prepared in the cool of the morning—needing only last-minute touches. A little planning can help you take fuller advantage of summer's fresh foods. Here's a favorite stunt of mine. Make

SHORTCAKE MIX

5 cups sifted flour
2 tbsps. double-acting baking powder (or 3½ tbsps. single-acting baking powder)
1 tsp. salt
1 cup shortening

Measure flour into sifter, 3 cups at a time, adding half of baking powder and half of salt; sift into large bowl. Cut in shortening finely. Place in jar, cover; store in refrigerator or other cool place.

FOR BERRY SHORTCAKE:

Put 2 cups Rich Biscuit Mix in bowl. Lightly mix in about ¼ cup undiluted Carnation... to make a rich, soft dough. Roll ½ inch thick... inch cutter. Put rounds together in pairs with soft butter between. Bake at 425° F. about 15 minutes. Split, fill and cover with sweetened berries. Top with Whipped Carnation Topping.

FOR MAIN-COURSE SHORTCAKES:

Mix and bake as above. Fill and cover with diced cooked meat, or flaked cooked or canned fish in a medium-thick cream sauce—made with Carnation, of course. Serve with a green salad, or sliced tomatoes and cucumbers.

Whipped Carnation Topping:

Chill ½ cup undiluted Carnation Milk in freezing tray of refrigerator until small crystals form. Or chill several hours on crushed ice. Whip until starting to thicken. Add 1 tsp. lemon juice and whip stiff. Sweeten to taste. (For whipped Carnation for recipe use, omit lemon juice and sugar unless otherwise directed).

LISTEN to the delightful Saturday radio show, "Stars Over Hollywood". A complete half-hour play every week... specially written for this entertaining programme. See your newspaper for time and stations.

NOTE: Carnation's "Velvet Blend Book" is a new and old. Write to Carnation Company Limited, Toronto or Vancouver.

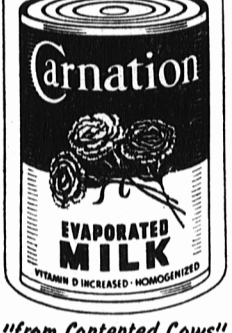
THE OUT-OF-DOORS CALL!

Somehow food tastes better out of doors. Maybe it's the change to the fresh air. Maybe it's just the change from the familiar dining room. So, on warm days—even working days—why not plan a picnic supper... or one that can be eaten on the porch or in the garden? Salad with "travel" freshly in a wide-mouthed thermos, or in a lettuce-lined bowl. Stuffed eggs are favorites for such meals—use undiluted Carnation to moisten the yolks. Fruit, and a cake frosted right in its pan, make a delightful dessert. For the coffee, whether it's hot or iced, take along a can of Carnation. Couldn't be handier—and oh! what it does for the smoothness and flavor of coffee, at half the price of cream!

Berries are wonderful served with undiluted Carnation... crisp cereal is cool and delicious with undiluted Carnation. Try berries with cereal—with Carnation, for hot days when nothing appeals—yes, even at lunch or supper time!

MORE SATISFYING—SUMMER AND WINTER

For tempting color and delicious flavor—in cooking, in baking, in coffee—you should be enjoying the creamier consistency and richer taste you get with Carnation Evaporated Milk. No other milk—bottled or evaporated—gives such wonderful results in the kitchen. Carnation is absolutely uniform—every drop in every can the same, and unconditionally guaranteed. And here's something that I think will particularly interest you, if you're camping or cottaging this year: I conducted a series of actual home tests, and discovered that after it is opened Carnation keeps sweet and fresh longer than any other brand tested... and we tested lots! Do try Carnation. I know you'll be delighted.



"from Contented Cows"

East Baltic and Vicinity

—Mrs. Violet Brown and son Bobby, Boston, Mass., are spending a vacation at her old home at North Lake with relatives.

Mr. Linus Holland accompanied by Miss Annie MacKinnon, Nova Scotia, spent the holiday of July 1 at Mr. Holland's home at North Lake.

The East Baltic Women's Institute put on a sale of ice cream in the East Baltic School on July 4th and a large sum of money was realized in aid of school purposes.

Mr. Stanley Dingwell accompanied by Mr. Earle McLaren, North Lake, motored to Charlottetown on business.

Miss Ella Beaton, East Point, is improving steadily after having two bones broken in her ankle a short time ago.

Mr. John McKie, Howe Bay, is convalescing at his home following his long illness.

Miss Carol Walker, Georgetown, is visiting at the home of Mr. and Mrs. Kenneth Fraser, North Lake.

Mr. and Mrs. Fred Dolron and family, Nova Scotia, are spending a well earned holiday at their homes in Red Point and East Baltic.

Mr. and Mrs. Charles Ching and Miss Elara and Mr. Elwood Ching were recent visitors to the home of Mr. and Mrs. Wesley Fraser, North Lake.

Mr. and Mrs. John Irving, Murray River, visited North Lake on July 6th.

Mr. Lloyd Cairns, Charlottetown, is visiting at the home of Mr. and Mrs. William Fraser, North Lake.

Mrs. Margaret McPhee, Boston, Mass., is spending the Summer months at her home in North Lake.

Mr. Laurie Sutherland, Black Point, is at present a patient in the Souris Hospital.

Mrs. Walter McDonald, Chesham, is ill in the Souris Hospital.

Mr. Francis Gillis, employee of the Dragger Marjorie and Mary Belle, spent the past week-end at North Lake, with his wife.

Mrs. Rena Profit, Boston, Mass., is visiting her mother, Mrs. Harding Fraser and son Ernest Morrow Elmira, and sister Mrs. Marjorie Campbell, Kingsboro.

Mrs. Julia McInnis, Red Point, left recently for Charlottetown where she will be employed.

Miss Birdie Kidson, Red Point, spent a few days recently visiting in Howe Bay.

Mrs. Charles McPhee, Little Harbour, is spending some time at North Lake. She is accompanied by her two daughters Pauline and Florence.

Mr. Wallace Rose, East Baltic, spent July 5 on a business trip to North Lake.

Dr. A. H. McDonald accompanied by Mrs. McDonald have arrived from Boston Mass., at their home in Souris. It is pleasing to know that Mrs. McDonald is much improved in health.

On July 1 friends and neighbors gathered at the home of Mr. and Mrs. James McDonald where a

school to decide on the color of paint for the exterior of the school building.

Correspondence was read and discussed and arrangements were made regarding the Institute convention to be held in Central Bedouque Hall on July 9. Next meeting will be at the home of Mrs. Edward Gardiner with the following committees: Lunch committee: Mrs. Connelley, Mrs. Howatt and Mrs. Arnold Henderson. Program committee, Mrs. Jewell and Mrs. Toombs.

Meeting closed with the National Anthem and lunch was served by the hostess and committee in charge.

OUT OUR WAY

By J. R. Williams



Barbara Brent's BUYS AND WHYS

MONTREAL, July 10th—There's a wealth of flavor for you, come the winter months, in the jams and jellies you do down now. Especially if you use CERTO FRUIT PECTIN! With Certo, more of the true flavor of the fruit is retained—because you boil only one minute. And think of this—you get up to 50% more jam or jelly from the same amount of fruit! I find I save 1/3 the time of the former long-boil method by jamming and jellifying the Certo way. And results are always so sure... I simply follow the recipes in the booklet, under the label of each bottle of Certo. So now that summer fruits are in lush abundance, plan on doing down lots and lots of your favorites, the quick Certo way.

Cool and Delicious

—after a fast game of tennis or a warm game of golf—or just plain "lazing" in the sun... here are my favourite "Twin Coolers"... both made with tangy, easy-to-squeeze SUNKIST LEMONS. LEMONADE... Make a frosty-fresh pitcher of tangy Sunkist lemonade each morning. Keep it in the refrigerator and help yourself when you're hot and thirsty. ICED TEA with Sunkist Lemons. Be sure to cut the lemons in thick, juicy wedges. Then put them on the side of every glass of tea.

Good Morning, Merry Sunshine!

... Isn't it fun to see baby so bright and bouncy—and so much of the credit goes to HEINZ BABY FOODS. Babies thrive on them. M-m-m-m... four delicious Baby

Cereals and a scrumptious variety of strained meat food products, soups, vegetables and desserts—all pre-cooked in Heinz gleaming kitchens. All you do, mother, is warm them up and serve. Then watch baby gobble them up! HEINZ JUNIOR FOODS make second-helping dishes, too. Good things like Junior Creamed Green Vegetables and Junior Vegetables with Bacon. Ask your doctor when you can begin giving them to baby—and ask your dealer tomorrow for Heinz Baby Cereals and Strained Baby Foods!

One Of These Hot Days

your husband will be grateful to you—for remembering to leave a jar of SAL HEPATICA in the medicine cabinet for him. Yes, before you go to the country for the summer—think of your husband in the hot city. There'll be many a time when a refreshing, sparkling glass of Sal Hepatica before breakfast will make him feel like a new man. Sal Hepatica effervescent salts are so pleasant to take—so gentle and mild—yet they banish that sluggish, headachy feeling in a jiffy. Use them merely as a refresher in the morning—or at night—when your system feels the need of a good cleansing. Sal Hepatica has been a faithful family laxative for over 60 years.

Feet Hurt?

It's no fun to suffer the agonies of painful corns, is it? Well—here's good news for you! Phenylum, the new "miracle" ingredient found only in BLUE-JAY Corn Plasters and Callus Plasters, does wonders for hurting feet. Yes, Phenylum gives quick, lasting relief from corns and calluses—it's truly a discovery for folks with sore feet! It took ten years of scientific research by Blue-Jay to develop Phenylum. And now they've perfected it to the point where it works 33% faster and is effective in 95% of the cases tested. I can personally vouch for its effectiveness. But don't just take my word for it—try Blue-Jay Corn Plasters with Phenylum... for happy feet—always.

reception was held in honor of Mr. and Mrs. Joseph McDonald who were recently married in St. Peter's. They received lovely gifts and a large sum of money. Previous to the marriage a shower was held at the home of Mr. and Mrs. Bernard Massey Bothwell.

Mr. Wallace Rose, East Baltic, spent July 5 on a business trip to North Lake.

Here's Great, BIG, Wonderful Value for you!

Richard Hudnut Egg Creme Shampoo plus Creme Rinse both for only \$1.25

For the price of the shampoo alone... get a regular 1.25 bottle of Richard Hudnut Egg Creme Shampoo plus a special-size bottle of Creme Rinse! This pair works wonders when it comes to keeping your hair healthy and beautiful!



THE JENKINS PHARMACY THE Rexall STORE DISPENSING CHEMISTS PHONE 219 COR. ST. GEORGE & KENT STS. CHARLOTTETOWN, P.E.I.

FRESH ORANGE JUICE gives you ALL THE FLAVOUR ALL THE GOODNESS

Remember—only the BEST California oranges are shipped fresh!

Sunkist

CALIFORNIA ORANGES Only the Best of the Best are stamped Sunkist

Miss Anna Stevenson; Missionary and Lunch, Mrs. W. J. MacLeod; Prayer, Mrs. Edwin Stevenson and Mrs. Stewart Parkman.

WE'RE HAVING A PICNIC SAVING MONEY HERE!

LARGE 20 OZ. TINS RED BOY—CREAM STYLE CORN 2 for 29c

CARNATION MILK TALL TINS 6 Tins For 89c

QUICK COOKING OATS ROBIN HOOD 5 Lb. Bags 42c

The picnic's "on the house" when you do all your food buying here because our low prices mean lower food bills... bigger savings... extra cash for the pleasures that add to the joy of living... savings that will pay for the picnic you're planning. So shop here this week—and every week—and see what a picnic it is to save your money when you fill your food lists at Co-OP SUPER MARKET where every item is low-priced every day.

Maple Leaf PURE LARD 2 Lbs. For 27c

For Better Baking FLUFFO Shortening Lb. 28c

Arriving Hourly Lowest Market Prices

For Preserving CERTO btle. 29c

Orange Pekoe Co-op Tea, lb. ... 83c
Graves—20 oz. Apple Sauce, 2 for ... 33c
Eddy's Quality Matches, 3 for ... 25c
What A Treat, Shredded Wheat, 2 for ... 29c
Try It Iced—Cupswell Coffee, lb. ... 95c

Boneless—Smoked PICNIC SHOULDERS, lb. 63c
D. & F. Style PORK SAUSAGE, lb. 43c
Sweet Pickled PICNIC SHOULDERS, lb. 49c

YUM! YUM! YOUNG AND TENDER—DELICIOUS SPRING CHICKEN, lb. 45c

BIG BARGAIN! 6-Piece Plastic "STOWAWAY" BEVERAGE SET

STURDY COLORFUL PLASTIC, PERFECT FOR LUNCH PARTIES, SUMMER COTTAGES, HOME TABLE SERVICE

SWELL FOR PICNICS 'N TRIPS

SPILL-PROOF YELLOW LID

GROUP OF 4 RED AND YELLOW TUMBLERS, 5 OZ.

Another bargain—for more punch 'til lunch—Kellogg's Corn Flakes. Crisp, tender and so nutritious. About 2½ oz. per bowl for an average 1 oz. serving.

only 50¢ AND TOPS FROM ANY 2 BOXES OF Kellogg's CORN FLAKES HURRY! HURRY! WHILE SUPPLY LASTS!

GET THIS BIG BARGAIN OFFER TODAY!

Kellogg's Beverage Set, Box 1500, Toronto, Ontario. Please send me... (specify number) 6-Piece "Stowaway" Beverage Set(s). I enclose 50¢ in coin and tops from any 2 boxes of Kellogg's Corn Flakes for each set.

NAME.....
ADDRESS.....
TOWN..... PROVINCE.....
Offer limited to residents of Canada.

BEDEQUE W.I.

The monthly meeting of the Bedouque W.I. was held on Wednesday evening, June 25 at the home of Mrs. Davis Jewell. President, Mrs. Walter Bowness in the chair. Meeting opened with singing the "Ode" and repeating the "Creed"

FRUIT DEPT.

Local Iceberg LETTUCE, 2 for .. 29c
Firm Rippe TOMATOES, ctn. 33c
New Crop—Fresh PEACHES, lb. ... 25c
Golden Ripe BANANAS, lb. .. 23c

SPECIAL FOR THIS WEEK-END

For You To Make Your Own STRAWBERRY SHORTCAKE
Delicious Plain CAKES, each ... 25c

Just Caught MACKEREL 2 Fish 29c A REAL TREAT

SHOP CO-OP Super Market

FREE DELIVERY PHONE 2807-2808 "THE ONE STOP MARKET"