

How to work wonders with

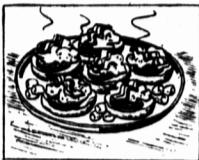
LENTEN DISHES



These recipes show how, with a little imagination, you can build nourishing, appetizing meals around Todd's Salmon to vary Lenten menus. To get the most from your salmon dishes, always use Todd's... selected and fresh-packed at the peak of perfection.

SALMONBURGERS

Preheat broiler. Drain 1/2 lb. can Todd's Salmon, flake fish and mash bones. Split 3 hamburger buns spread with mixture of plain cream cheese mixed with a little finely-chopped green pepper. Top buns with thick large tomato slice, sprinkle with salt and pepper. Top with scoop of Salmon then a thin strip of bacon. Place on baking sheet and broil slowly until heated through and bacon cooked. Serves 3.



CURRIED SALMON CASSEROLE

Preheat oven to 375°. Grease casserole. Turn into mixing bowl two 1/2 lb. cans Todd's Salmon, flake fish and mash bones. Boil 1 cup ready-cut macaroni in salted water until tender... drain, rinse with hot water and drain again. Heat 3 tbsps. butter, add 2 tsp. chopped onion and fry until tender and golden... remove from heat and blend in 3 tbsps. flour and 1 1/2 tps. curry powder, gradually stir in 2 cups milk. Cook sauce, stirring until thickened and comes to boil... stir in 1/4 tsp. salt and 1/8 tsp. pepper. Combine salmon, cooked macaroni and curry sauce and turn half into prepared casserole. Cover with 3 quartered hard-cooked eggs... add remaining salmon mixture... top with bread crumbs, dot with butter. Bake until golden—about 30 min. Garnish with parsley. Serves 6.



SINCE 1881—'The Pick of the Pacific'

Inverness And Vicinity

—Mr. Jimmie Costain arrived home to Portage from McAdam N. B. on March 16, to spend some time with his father, Mr. George Costain, sister Valerie and grandmother, Mrs. John Costain.

Mr. and Mrs. Carl Forde, Mr. and Mrs. George Bell and Mr. Austin Campbell, Mount Pleasant, were visitors at the home of Mr. and Mrs. Alan MacDonald on March 16.

Mrs. John Costain, Portage was a business visitor to Summerside on March 17.

The many friends of Mr. Thomas MacKinnon will regret to learn he is not enjoying the best of health and was in Summerside March 17, for a medical check-up. His many friends wish him a speedy recovery to good health.

Mr. John MacLean was a business visitor to Summerside recently.

Mrs. Retta Reeves, Inverness, was a business visitor to Free-town on March 16.

The many friends of Mr. Eric MacNeil, West Devon, will regret to learn he is a patient in the hospital at Montreal, Que., and wish him a speedy recovery to good health.

Mr. and Mrs. Ben Coughlin and daughter, Judy, spent sometime in Summerside, recently at the home of Mr. and Mrs. J. B. Jenkins.

Mr. Robert Coughlin, Summerside, was visiting at the home of Mr. and Mrs. Charles MacDonald, Inverness, on March 16.

PRINCETOWN ROAD W. M. S.

Mrs. Charles Proude entertained the members of the W.M.S. at her home for the March meeting.

The Scripture was read by Mrs. Omer Neil; a prayer was offered by the president, Mrs. E. Kent, followed by the Lord's Prayer in unison.

The program taken from the Missionary Monthly was carried out. Christian Stewardship was read by Miss Alice Dollar. The devotional period was closed with a prayer from the Missionary Monthly.

There were two visitors present. Mrs. Dale Proude will be the leader for next meeting with Mrs. Vincent White conducting the study book. There were three letters read, one from Mrs. Hazen Howard; a letter of thanks from Mrs. Aletha Coles. There were 11 home calls, and two hospital calls. Mrs. C. Proude offered her home for the next meeting. Following are the lunch committee, Mrs.

CONFIDENTIALLY YOURS

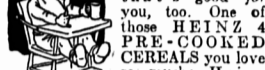
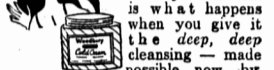


MONTREAL, March 25th—Must confess... I've been admiring myself a lot, in front of my mirror... trying on my Easter togethery! Made a flannel suit—and a coral silk dress... so flattering because they fit so smoothly. They fit like a dream and have that professional finish, for I've used LIGHTNING FASTENERS... and I find them oh-so-satisfactory! (Lightning have that dependable, automatic lock—locks where it stops, yet slides a touch.) Easy-to-follow-instructions with lots of pictures for sewing in Lightning zippers come with every fastener. Colours to match spring shades—styles to suit any fabrics... for instance, No. 803 for skirts... No. 702 for dresses.

Here's An Extra-Special Household Hint!... Feel I'm doing you a real service in telling you of O-CEDAR DRI-GLO furniture polish. Because it contains Silicone Dri-Glo dries to a mirror-like, brilliant shine—dry-hard... smear-free! You'll find finger-marks and sticky smears disappear with one wipe of a damp cloth, when you've used Dri-Glo—without dimming or spoiling the glowing lustre... In the same way you can wipe off spills—and no damage done! Dri-Glo is made by O-CEDAR of Canada Ltd. Experts in waxes and polishes for over forty years. Ask for the Special Offer—regular size O-CEDAR DRI-GLO with free velvety soft O-CEDAR Dust Cloth.

Do Try It Yourself... and know the joy of seeing your skin fresh, glowing—without looking! For this is what happens when you give it the deep, deep cleansing—made possible now, by an amazing new penetrating agent called Penaten... found exclusively in WOODBURY COLD CREAM. Now the rich, softening oils in this truly beautifying cream are carried, by Penaten, deeper into your openings. Penaten floats hidden dirt and stale make-up to the surface to be tissue away. You'll find that Woodbury Cold Cream, with Penaten, cleanses your skin cleaner than was ever before possible! And that's the secret of a lovely skin! Woodbury Cold Cream is at all cosmetic counters in 25c, 45c, 75c and \$1.15 sizes.

Look What Mother Has For You, Baby! It's a yummy surprise—something good to eat that's good for you, too. One of these HEINZ 4 PRE-COOKED CEREALS you love so much; Heinz's Rise Cereal, Bran Cereal, Oatmeal Cereal and Mixed Cereal Food. And Heinz has another surprise for you—a plastic baby tumbler to help you learn to drink—just like a grown-up—from a cup without spilling a drop! Mother, all you do is send 25c with this ad to any 5 tins of Heinz Baby Food or boxes of 3 Heinz Cereals, and I'll be glad to send you the tumbler. Enclose money in either coin or stamps when you write to... Confidentially Yours, P.O. Box 130, Toronto.



White, Mrs. E. Sentner, Mrs. D. Proude, Mrs. E. Kent. The roll call response for next meeting is the word "Pass Over." A daily lunch was then served by the hostess.

OCEAN LINK

CAPETOWN, (CP)—Direct radio-telephone service between South Africa and Argentina was inaugurated with a call from J.F. T. Naude, minister of posts and telegraphs, to Argentina's external affairs minister, Dr. J.J. Gonzalez Arigos, at Buenos Aires. The service will cost £1 a minute, with a minimum charge of £3.

LONG RIVER W. I.

The March meeting of Long River Women's Institute was held at the home of Mrs. Eustace Paynter on March 2.

Roll call was answered by twelve members with an Irish joke. The treasurer gave her report that she had purchased two card tables for the hall and a good balance on hand. It was decided to send five dollars to the March of Dimes. The different committees gave their reports and new ones appointed as follows:

School (re-appointed): Mrs. Arthur Johnstone, Mrs. William E. Johnstone, Mrs. Ralph Johnstone and Mrs. Andrew C. Johnstone; sick, Mrs. Arthur Johnstone, Miss Mae Found and Mrs. W.J. Pruitt; lunch, Mrs. May Brown, Mrs. Oscar Johnstone, Mrs. Ralph Johnstone and Mrs. William E. Johnstone; program, Mrs. Oliver Paynter and Mrs. Francis Paynter.

A letter from Red Cross was read and after some discussion it was decided on account of the condition of the roads to send donations to card party at hall Monday night, the eighth, instead of collection as in other years. A letter was read from Mrs. C. H. McGuigan, convener of citizenship and education of youths.

Program was a reading, "About Chickens" Mrs. Murdoch MacLeod invited the Institute for the April meeting, roll call to be answered by "say something about the person to your right."

ALBERTON W. I.

The March meeting of Alberton Women's Institute, held at the home of Mrs. Herbert Champion, was presided over by Mrs. Joseph Callaghan. Following the Ode and Creed, 16 members (including two new ones) answered the roll call with a maxim or proverb.

Reports were received from the treasurer and various committees. Twenty-nine hospital and 25 home calls were made by members during the month. Mrs. Arthur White and Mrs. Gerald Rooney were reappointed to the hall committee and Mrs. Earle Atkinson and Mrs. Thomas Phillips to the school committee.

Mr. Merritt Callaghan, supervisor of schools, was guest speaker for the evening. He was introduced to the meeting by Mrs. C. H. Weeks. In a brief but remarkably comprehensive address, Mr. Callaghan outlined the advancement being made in our education system for grades eleven and twelve. He also gave information about the generous grants available from the Department of Education to assist districts in establishing facilities for teaching these grades. As an outcome of the interest aroused by Mr. Callaghan's address and the discussion which followed, a committee of three (Mrs. Eric Corbett, Mrs. O. H. Phillips and Mrs. J. A. Noonan) was appointed to contact W. I. members, should an effort be made to secure the benefit of these higher grades for Alberton and the surrounding districts.

Correspondence included a letter from Mrs. McGuigan, Convener of Citizenship, who stressed the importance of adequate training to enable children of today to take their places as good citizens of tomorrow.

Another letter of importance was from Mr. H. B. Chandler, giving notice of a School Administration Short Course to be held in Alberton W. I. hall on March 31.

A program of conundrums and a spelling bee was enjoyed. The next meeting will be at the home of Mrs. Arthur Wilkie, with Mrs. C. H. Weeks and Mrs. Joseph Callaghan as assistant hostesses. Each member is asked to answer the roll call with the name of a vegetable and why she likes to serve it. Refreshments were served by the hostess, assisted by Mrs. J. A. Noonan and Mrs. O. H. Phillips.

CHICAGO, (AP)—Two firemen were killed and 18 were injured Tuesday when a one-story brick wall collapsed on them as they fought a garage blaze on the west side. The fire did \$30,000 damage.

Marven's CREAM RIPPLES
Flaky vanilla-cream biscuits with real coconut flavour
Look for Marven's Seal of Quality

A RARE TREAT in Taste and Thrift

Beef prices are down at CO-OP SUPER MARKET. And that's good news to all you who love the tempting tenderness... the juicy goodness... the finer flavor of top grade beef. Not one... not two—but ALL the popular cuts of fine beef are being featured at lower prices. Whatever your favorite—rib roast or pot roast—steak or stew—you're in for a rare treat in taste and thrift when you shop at CO-OP SUPER MARKET'S Meat Department this week.

BEST BUYS in BEEF

SPECIAL BUY WHILE THEY LAST
CHINA Floral Design
CUP & SAUCER GOOD QUALITY
BOTH FOR 25c

DELICIOUS!! VEAL

LEG O' VEAL lb. 49c
RUMP O' VEAL ... lb. 53c
SHOULDER O' VEAL, lb. 43c
BREAST O' VEAL .. lb. 29c
STEWING VEAL ... lb. 43c
VEAL CUTLETS lb. 73c
VEAL CHOPS lb. 65c

LOOK

Fresh Frozen
Scallops lb. 79c
Cod Fillets lb. 29c
Rib or Brisket
Boiling Beef lb. 29c
Shoulder Roasts of Beef lb. 35c
Rolled Ribs of Beef ... lb. 59c
6 to 7 Lb. Capons
Chickens lb. 53c
Young—3 lb.—Broil or Fry
Chickens lb. 47c
Swift's
Sausages 2 lbs. 49c

CARLOAD SPECIAL

RINSO or LUX
LARGE SIZE PKGS.
3 FOR 98c

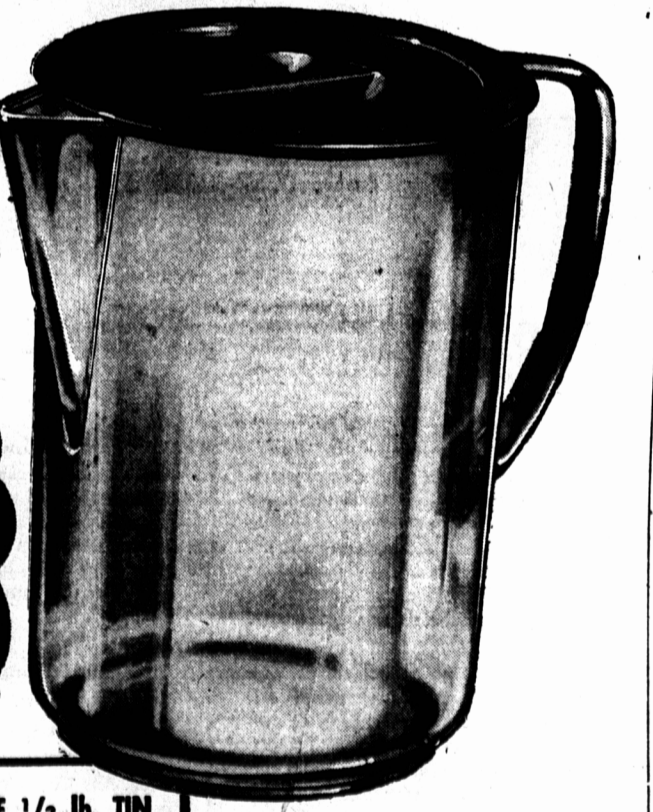
FIRST TO GUARANTEE BETTER FLAVOUR THAN WITH GROUND COFFEE

SPECIAL, LGE. SIZE \$2.19

BIG SPECIAL OFFER (LIMITED TIME ONLY)

Pint Plastic Pitcher WITH COLORED LID AND HANDLE

Value 39¢ FOR ONLY 19¢



PLUS REGULAR PRICE OF 1/2 lb. TIN CADBURY'S INSTANT CHOCOLATE



SO EASY TO GET! 1/2 lb. tin of Cadbury's Instant Chocolate is packed right inside the pitcher—on your grocer's shelf.

SO SMART LOOKING! Clear, durable plastic with colored lid and handle. (Your choice of red, yellow, green and blue).

SO MANY USES! In the kitchen—on your table. Especially ideal for serving Cadbury's "Instant"—the hot chocolate drink made in a wink!

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AT YOUR GROCER'S—GET YOURS TODAY! FRY-CADBURY LTD. MONTREAL, CANADA

Snacks taste better with Marven's SODAS

MARVEN'S DAINY SIZE SODA WAFERS

Look for Marven's Seal of Quality

SPECIAL OFFER!

PINT PITCHER WITH COLORED LID

BUY 1/2 LB. CADBURY'S INSTANT CHOCOLATE... 35c

And get a 39¢ value pitcher for only... 19c

SPECIAL YOU GET BOTH FOR 49c

Items in this ad also on sale at: Montague, Vernon River, Morell and Tracadie

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