

### From One Cook to Another

by Mary Blake  
Carnation Home Service Director

**EASY, WONDERFUL RECIPES. MIX HALF CARNATION, HALF WATER, TO EQUAL WHOLE MILK FOR ALL MILK PURPOSES. CARNATION VELVET-BLENDS WITH OTHER INGREDIENTS, FOR MORE DELICIOUS AND MORE UNIFORM RESULTS.**

**WONDERFUL WOMEN, WE MEET!**  
One of them is Mrs. U. Bisson of Ferdinand, Quebec. Mrs. Bisson is raising twins who are Carnation Evaporated Milk babies. But that's not the remarkable part! Yve and Yvette are the youngest of three sets of twins... ALL Carnation babies - more still - there are 8 other brothers and sisters. Every child - all 14 - was Carnation fed. And like babies the world over, they've all thrived on this digestible, nourishing, safe milk.

**WANT TO SEE YOUR WIDE-EYED YOUNGSTERS GROW MORE WIDE-EYED STILL WITH DELIGHT?** Serve this simple, but oh-so-smooth and delicious dessert:

Make up a package of vanilla-flavored packaged pudding powder - but use 1 1/2 cups undiluted Carnation Evaporated Milk and 1/2 cup water, instead of the 2 cups milk called for. (Tricky, eh? Because Carnation is doubly concentrated, partial diluting means an extra share of milk nourishment for each youngster - and extra deliciousness!) Cool. In tall glasses, alternate the pudding with small spoonfuls of strawberry jam, for a lovely "ribbon" effect. Whip 1/2 cup of Carnation remaining from 1 large can: Chill to ice-cream stage... stir in 2 tps. lemon juice... whip as for whipping cream. Sweeten to taste. Use to top desserts.

**HEINZ TOMATO PRODUCTS.**  
Heinz Cream of Tomato Soup - Heinz Ketchup - Heinz Chili Sauce - Heinz Tomato Juice... they're all heart-warmers with lots and lots of taste appeal. Made of rosy, vine-ripened Heinz "Aristocrat" tomatoes - then cooked and flavoured to perfection in Heinz spotless kitchens. Truly, they make a world of glowing difference to an "everyday" dinner. And they're so easy to serve. Takes just a jiffy to give your family a Heinz tomato feast!

**Calling All Mothers!**... here's the best news for anyone with a "sweet tooth" family! Now you can make the most delicious desserts - and even run competition to Soda Fountains with your sundae! For Wagstaffe is making something quite new for home use - WAGSTAFFE PURE STRAWBERRY PRESERVE. Made from luscious strawberries and pure sugar - it's richer than home-made preserves or canned strawberries, but has more syrup to it than a straight jam. You'll love Wagstaffe Pure Strawberry Preserve as a sundae sauce - as a filling for tarts - as a topping for Boston Cream pie, trifles or other delectable desserts - and as a spread for hot biscuits, muffins or toast. Comes in handy 12 fluid-oz. tins - a convenient size to tuck in overseas parcels. Ask your grocer today for this new treat - Wagstaffe Pure Strawberry Preserve.

**Here's An Open Letter** to every housewife who has had the disastrous experience of a party in the office - and a dejected-looking cake in the kitchen! Dear Lady: Make your next cake with SWANS DOWN CAKE FLOUR. That way, you can be sure of having a cake to be proud of - a dream of a queen of a cake. Swans Down is the perfect answer to cake bakers' doubts. It is sifted and re-sifted until 37 times as fine as ordinary flour... and insures lighter, fluffier, more moist cakes, every time. Yes, when friend husband asks for a special cake, when junior wants the crowd in for cake and milk, when you have the girls in for bridge... remember Swans Down, dear lady, for lighter than light cakes.

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**- a cup of Fry's fortifies!**

**- and look, a free cookbook!**

Use Fry's Cocoa in delicious cakes, cookies, pies, frostings, desserts! For Recipe Book, send name and address to Fry-Cadbury Ltd., Dept. M-3, Montreal.

**- the cocoa with the richer chocolate flavor**

### Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

**MONTREAL, Jan. 24th** - One of the prettiest brides of the year was Betty Savage. Her gown of pearl-pink satin was the perfect match for her own satiny, luminous complexion. And Betty has a beauty secret all of us can share - daily facials with WOODBURY SOAP. She loves its rich, fragrant lather. But more important, she knows her sensitive skin needs Woodbury care. You see, Woodbury is more than a cleanser. To every cake, skin scientists add a beauty cream ingredient - the same precious softening oil used in fine face creams. It's intended to help replace the natural oils you wash away. Try Woodbury yourself. See how bride-beautiful you can be! Woodbury also comes in a big beauty Bath Size... for all-over loveliness.

### Winter Colds Can Be Awfully Uncomfortable.

But perhaps you are putting up with more discomfort than is necessary. Take the matter of tissue handkerchiefs for example. What a difference they can make! What a difference when you use 3-ply Cushioned FACE-ELLE. The gentle caress of its downy softness is always kind to the nose. There's no harsh nose-irritating filler in this pure cellulose tissue. And that extra-ply thickness gives extra strength as well as cushioned softness. As for absorbency there just isn't any other tissue to equal Face-ELLE! These are the rewards for remembering to ask for Face-ELLE by name. Get 3-ply Face-ELLE in your pocket or dainty titled Face-ELLE En Pastels... or the big 3-ply, foot-square Face-ELLE for men!

### We All Have Days when we feel "out of sorts"

But I've seen folks (gloomy as can be) change to smiles in no time at all! Their cheer-up secret? Speedy HEPATICA that brings relief from irregularity - headaches - cold symptoms - liver upsets or constipation. It's almost a medicine chest in itself - it relieves so many ailments so well! Yes, a glass of fast-acting Sal Hepatica before breakfast or supper makes me feel like a new woman. With Sal Hepatica, there's no "Laxative Lag" - that feeling of discomfort that continues for hours "til slow-acting laxatives bring relief. That's why I wouldn't be without Sal Hepatica in my medicine-cabinet!

### It's A Cold, Cold World

when those January winds blow. But I know something that will warm it up in no time! A meal made merry with the rosy-red of HEINZ TOMATO PRODUCTS. Heinz Cream of Tomato Soup - Heinz Ketchup - Heinz Chili Sauce - Heinz Tomato Juice... they're all heart-warmers with lots and lots of taste appeal. Made of rosy, vine-ripened Heinz "Aristocrat" tomatoes - then cooked and flavoured to perfection in Heinz spotless kitchens. Truly, they make a world of glowing difference to an "everyday" dinner. And they're so easy to serve. Takes just a jiffy to give your family a Heinz tomato feast!

### Lemons On My Shopping List

... yes, they're on it regularly. For there's nothing like the zestful, tangy excitement of fresh lemons in your cooking. But you'll want the finest, juiciest lemons you can get... SUNKIST CALIFORNIA LEMONS. I make a point of insisting on them when I want to make pies, cakes, jellies or cookies with real, honest-to-goodness lemon flavour. And I like them for flavouring salads, vegetable juices and - of course, fish dishes, too. There's simply nothing like the fresh lemon flavouring of plump, juicy Sunkist Lemons. Ask your grocer for them tomorrow... all you want for your cooking!

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### The Neighbors

By George Clark

"My boy friend doesn't care for perfumes. He'd rather I'd smell like hamburger and onions."

### FIGHT Colds FAST

WITHOUT UNPLEASANT REACTIONS

TODAY - get a tin of this fast-acting proven prescription-type remedy that contains not ONE but FOUR cold-debilitating ingredients that make you feel better fast. For sore, prompt relief of colds you can rely on BUCKLEY'S CINNAMATED CAPSULES.

15 DOSES 35c

### BUCKLEY'S CINNAMATED CAPSULES

FOR COLD, GRIPPE AND PAINS

15 DOSES 35c

### Souris and Vicinity

The remainder of the potatoes at the wharf shed will be shipped out this week. When one looks at the harbour it is hard to imagine that it is mid-January. There is no sign of ice at all.

On Saturday night, January 19 the Souris Second team defeated the Forest Hill "Falcons" in a wide open hockey match in Souris Rink. The local team won by a score of 8-1.

On Wednesday night, January 16, the Souris Tigers defeated the Charlottetown Bombers by a score of 3-1 in an action packed hockey match in Souris Rink. McGee got the lone goal for the Bombers in the first period with McPhee scoring for Souris in the second period and MacCormack completed the scoring in the 3rd. 8 penalties were handed out by referee J. D. MacIntyre.

### Princetown Road W. M. S.

The Princetown Road Missionary Society met January 2nd at the home of Mrs. Charles Proude. The president, Miss Alice Dollar, opened the meeting with the devotional period, beginning with Hymn 571. The service for installation of officers was followed. Readings were given by Miss Dollar, Mrs. E. Kent and Mrs. V. White. Hymn 375 was sung and Mr. Skinner led in prayer.

The new officers then came before Mr. Skinner and gave their promises to fulfill the duties of their offices to the best of their abilities.

The consecration hymn, "Take My Life" was then sung and Mr. Skinner gave a short address depicting the necessity and advantage of a live Missionary Society in a community.

The president tendered the thanks of the Society to Mr. Skinner for his help with the service.

The business opened with the reading of the December minutes by Mrs. E. Clow. A report of the Christmas boxes was given and several thank-you notes were read. Mrs. Ernest Dollar and Mrs. Vincent White were appointed to attend the Presbyterian meeting.

Mrs. Russel Proud invited the members to meet at her home in February, word for roll being -

### The Souris Fire Department

was called out on Thursday, January 17 at 1:30 P.M. for a fire at the residence of Mr. Wallace Steele on Main Street. As there was no one in the house at the time, the fire had gained considerable headway before it was noticed. Two lines of hose were laid and in about an hour the fire was put out. It is thought the fire started from an over-heated stove. The house was badly damaged and also most of the contents. A collection has been taken up for Mr. Steele during the past few days and the public have responded generously.

### A special meeting of the Souris

Board of Trade was held in the Town Hall on Wednesday afternoon, January 16 and was largely attended. The President, Mr. W. A. Wright, opened the meeting and the minutes of the last meeting were read and approved. Considerable discussion regarding the mail service and electric light interruptions resulted in resolutions being passed. The mail service resolution has already been published. The following resolution was ordered sent to the Board of Public Utilities. "Whereas the service provided by the Maritime Electric Company has been very unsatisfactory and whereas this particular area has been deprived of electrical service for some 53 hours during the period of one week, be it resolved that we strongly urge that steps be taken to prevent a recurrence of breakdowns in the future." Patrons east of Souris were some 15 hours longer without power, thus making it quite a problem to procure water for their animals.

### Peakes and Vicinity

Friends of Mrs. Loretta Devine regret to hear of her illness due to the flu.

Mr. John Anstie of Peakes, was a visitor to Montague on January 21st.

Mr. Charles Rogerson spent the week-end of January 18th with his family at St. Patrick's Road.

Misses Doris Donnelly and Eileen Anstie were visitors to Mt. Stewart on Saturday, January 19th.

Miss Teresa Handrahan of Mt. Stewart spent the week-end of January 19th at St. Patrick's Road.

Mr. Alex Grant of St. Patrick's Road was a visitor to Charlottetown on January 21st, on business.

Mr. and Mrs. Ward Crane of Riverton were visitors in Peake's on January 16th.

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Quite a number of people in this community took pleasure in skating on January 13th, on the numerous strips of ice.

Many people in this community are employed in cutting pulp wood, and lumber for sawing purposes.

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## SAVE \$ \$ \$ ON ALL YOUR FOOD ITEMS

### When You BUY at PIERCE'S CASH & CARRY

#### FEATURED WEEK-END SPECIALS

White SUGAR 10 lbs. \$1.09	Brown SUGAR 5 lbs. 59c	Sweetened Orange and Grapefruit JUICE 20 oz. tin 2 for 25c	No. 1 Small ONIONS 4 lbs. 25c
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Phone 224 or 225 for Prompt and Efficient Delivery

New London OYSTERS 1/2 Pint 45c	Allen's Apple JUICE 20 oz. 2 for 25c	Island OATMEAL 3 lbs. 35c	Shelled WALNUTS 1/4 lb. 23c	Fresh BULK DATES 5 lbs. 89c
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Clark's - 20 oz. BEANS, 2 for 39c	Aylmer 20 oz. Tomato JUICE, 2 for 35c	Shinola Floor WAX, 1 lb. tin 39c	Large RINSO, 1 pkg. 39c	Mother's Own TEA, 1 lb. 89c	Island Cheddar CHEESE, 1 lb. 65c 9 Months Old	Machine Sliced BACON, 1 lb. 49c	Trimmed Boston BUTTS, lb. 53c	Oatmeal PUDDING, lb. 35c	Pork HOCKS, lb. 22c
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#### RAYNOR'S FORTIFIED EGGS

Happy Valley Brand Grade "A" Large 1 Doz. 45c

#### FISH FOR FRIDAY DINNER

Fresh Salmon, Fresh Had-dock Fillets, Fresh Fillets of Sole, Smoked Fillets, Corned Mackerel, Boneless Cod.

Juicy Florida ORANGES, 2 doz. 69c

Large White GRAPEFRUIT, 3 for 27c

Large Red Cooking APPLES, 3 lbs. 25c

Golden Russet APPLES, 1 doz. 39c

Fresh Rhubarb, Brussels Sprouts, Fresh Green Beans, Packaged Mushrooms.

Shoulder PORK CHOPS, lb. 57c

Blood PUDDING, lb. 35c

A demonstration of Minute Maid fresh frozen Orange Juice will be held on Friday starting at 2 o'clock. You are invited to come in and sample this delicious tasting pure Orange Juice. Best thing in the world for you, and your kiddies' health.

GREAT GEORGE STREET, CHARLOTTETOWN, P.E.I. PHONE - 224 or 225. **Pierce's CASH and CARRY** ONE STOP TO SHOP FOR ALL YOUR FOOD NEEDS DELIVERY SERVICE