From One Cook to Another

by Mary Blake

Carnation Home Service Director

GLAMOROUS DESSERTS — NOURISHING DESSERTS

For most families, dessert is the highlight of the meal. I *know* you try to make dessert live up to your family's expectations. But do you make the most of the opportunities desserts offer, for improving menus from the standpoint of nourishment? Desserts can be at the same time outstandingly delicious *and* high in food values — if you make them with Carnation Evaporated Milk. Velvet-smooth, rich flavored Carnation makes even your simplest puddings taste very *special*. And with Carnation, nourishing milk desserts can be made more nourishing *still*, by using less than an equal amount of water with the Carnation. For instance, my Coconut Cream Pudding below, gives half *again* as much milk nourishment, as the same pudding made with bottled milk.

COCONUT CREAM PUDDING

1 pkge. vanilla flavored pudding powder
1½ cups Carnation Milk
¼ cup water
½ cup shredded coconut

Follow package directions for making pudding, substituting Carnation and water for the milk called for by the directions. Cool pudding slightly . . . add coconut . . . chill. A dessert to make a family of 5 very happy.

What's this Carnation "velvet-blend" we talk about? It's a special Carnation characteristic—a velvet-smoothness and rich flavor which are results of Carnation's methods of homogenization and heat refining. And it makes all your cooking more delicious.

DESSERT AND COFFEE — how *grandly* they finish off a meal! And what an *extra* thrill it is when the coffee is "creamed" with Carnation. First there's the wonderful, creamy color Carnation gives to coffee. Then there's the velvet-smooth *consistency* of coffee 'n' Carnation. Best of all, Carnation brings out *all* of coffee's delicious, stimulating flavor. And Carnation costs only *half* as much as cream.

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.

FREE: Carnation's "Velvet Blend Book" of tested recipes, new and old. Write to Carnation Company Limited, Toronto or Vancouver.

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WHEN YOU PLAN DESSERTS FOR GUESTS, does your mind fly to something made with whipped cream? And is your next thought — "O dear, whipping cream is so expensive"? Well, you can *serve* your whipped cream desserts — without straining your budget one bit. Make them with *whipped Carnation Evaporated Milk*. You simply won't *believe* how gorgeous a whipped-Carnation dessert can be — or how beautifully Carnation whips — until you've tried it. Here's a great favorite of mine, that will illustrate how grand and how economical Carnation is in whipped cream desserts.

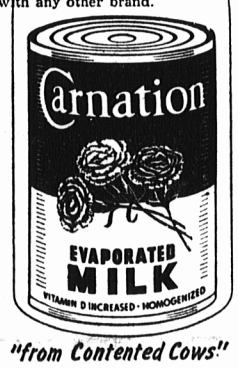
ANGEL WHIP DESSERT

½ cup sugar
1 tbsp. flour
1 egg
¾ cup water
½ cup undiluted Carnation Milk, chilled to ice-crystal stage
Juice and grated rind of ½ lemon and ½ orange
2 tsps. butter

Sift together sugar and flour. Beat egg; add with water, fruit juices, rinds and butter, to dry ingredients. Cook over low heat until thick, stirring constantly. Cool. Using a chilled bowl and beater, whip chilled Carnation until thick. Beat into cooled mixture. Pile in dessert glasses lined with split lady fingers. Chill. Makes 4 servings.

CHOICE OF MOST CANADIAN WOMEN

Did you know that *more* women in Canada use Carnation Evaporated Milk — for cooking, for coffee, and for baby feeding — *than all other brands of evaporated milk combined?* Well, they do — and isn't *that* a tribute to Carnation! The reason is important, too. It's because they find Carnation *dependable*. Every time they use Carnation Milk in a recipe — or in coffee, or for whipping — they get the same fine results. Strict quality control — and 53 years' experience in processing evaporated milk — insures the same consistency and flavor and food values in every can of Carnation. You *can't* be as sure with any other brand.



"from Contented Cows"

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, August 14th—In the cool, cool, cool of the morning, breakfast-treat your family to "CREAM OF WHEAT". I find, don't you? —that breakfast is the hungriest meal of the day when appetites are wide awake. And delicious, 5 Minute "Cream of Wheat" is a wonderful way to waken them! Quick and easy to prepare (it takes just 5 minutes of boiling to cook to smoo-oth deliciousness)—5 Minute "Cream of Wheat" is a *wholesome* way to begin the day. For it's not only good to taste—it's good *for* you, too. It gives you Iron for good red blood —and Calcium and Phosphorus for diets deficient in these elements. So get your family off to a wide-awake start for the day—make a breakfast habit of 5 Minute "Cream of Wheat".

"Little Pitchers" Have Big Eyes, as well as big ears! Yesterday Joan's little girl said, "Mother, why is grandma's wash *whiter* than yours?". Well it didn't take Joan long to find out from Grandma that it was Blue that did the trick! Just a swish or two of Blue in the final rinsing, for it's Blue that prevents clothes turning yellow. There's no pure white without blue in it. (I can remember that from school, can't you?). And, when you think that Blue costs just a few cents a month, it's certainly worth using, isn't it? Particularly since Blue is *absolutely* safe even for your finest fabrics . . . *and* it keeps them beautifully white.

Yes, for the whitest wash, it's RECKITT'S BLUE!

Hay Fever? You don't have to get it to appreciate the gentle softness of Face-Elle tissue handkerchiefs. But for those people who *are* hay fever victims, Face-Elle provides more nose comfort than any other tissue. The reason: It's made of the purest Canadian cellulose with no harsh filler to irritate tender skin. It's lint-free too and more absorbent . . . And Face-Elle's velvet-smooth caress gives luxurious comfort yet costs no more! And only FACE-ELLE offers 3-PLY strength in regular or big man-size tissues. So remember to ask for Face-Elle by name whether for hay-fever or ordinary use.

Wake Up Sleepy Summer Appetites with meals that are a wide-awake combination of piping-hot and ice-box cold . . . steamy, fragrant soup and crisp, chilled salad, for instance. And be sure the soup is one of HEINZ CONDENSED SOUPS — with the famous Heinz flavour that *guarantees* good appetites. You see, Heinz Soups are made by soup specialists with generations of Heinz experience to guide them. All Heinz Soup varieties are tantalizing "masterpieces" of goodness and flavour—seasoned to *perfection* by Heinz experts. So for dinner tonight, make a Heinz Soup the one hot dish in a cold meal. It's a menu your family will ask you to repeat!

Do You Ever Wish a "Fairy Godmother" would give you a couple of new feet in exchange for the old ones? Well I know something much more practical (and just as effective!). It's *Phenylium*, the wonder-working ingredient in BLUE-JAY corn Plasters and Callus Plasters. It's the ingredient that took ten years of scientific research for Blue-Jay to develop . . . and now they really "have something"! For scientific tests show that Phenylium works 33% faster to *end* corns and calluses in 95% of the cases tested. So if your feet are bothering you—make them *feel* like new feet—with Phenylium. Ask your druggist today for Blue-Jay Corn and Callus Plasters with Phenylium.

It's A Pleasure — when the thermometer soars—to make yourself a refreshing glass of INSTANT CHASE & SANBORN COFFEE —iced. So easy! Here's all you do:—

Place one rounded teaspoon of Instant Chase & Sanborn in a tall glass. Half fill with tap water and stir until dissolved. Then add ice. (For making in quantity—2 rounded tablespoons to a quart of water.)

M-mmm . . . just wait 'til you taste! Instant Chase & Sanborn Coffee is made by real coffee people . . . it's the happy result of almost 100 years of coffee experience. And you'll agree—the flavour's there—and the body—and the real lift. What's more, Instant Chase & Sanborn saves you up to 40c a pound compared with ground coffee!

Lovely Maureen O'Hara, star of U-I's *"Flame of Araby"*, is thrilled with "wonder-working" *Penaten* in WOODBURY COLD CREAM You see, *Penaten* allows all the rich cleansing oils in Woodbury Cold Cream to penetrate so much deeper, clean much more thoroughly. It removes *hidden dirt*—even stubborn studio make-up. Maureen agrees that *Penaten* helps Woodbury remove dirt so much more *easily*. And I know *you'll* agree, too. Try it! Woodbury Cold Cream with Penaten leaves skin softer, too — so wonderfully supple. You can feel right away how infinitely fresher and smoother your skin is after a Woodbury Cold Cream treatment. Ask for Woodbury Cold Cream with Penaten today . . . only 23c, 45c, 78c and $1.15.

All Ready For Your Vacation? I'll bet you are! . . . so am I. And *this* year I'm going to take ENERGINE CLEANING FLUID with me. Accidents have a habit of happening to a holiday wardrobe. And commercial dry-cleaners are not always available. But with *Fireproof* Energine tucked away in your suitcase, you haven't a worry in the world. Energine removes wet paint, tar, chewing gum, grease spots and motor oilstains in a jiffy. It won't harm the most delicate of summer fabrics (contains no acids nor caustics). What's more, it will remove deep-down stains on heavy car upholstery. So don't let a spot spoil your holiday fun! Take along a tin of "save-the-day" *Fireproof* Energine.

I Want A "Repeat Performance" of the wonderful vacation I had this year. So I'm planning my next year's vacation right now! The most important part of my plan is putting money in a "Sunshine Account" at the BANK OF MONTREAL. And I'm not doing it with just ordinary budgeting — there's too much squeezing into other people's ideas for me! I prefer the B of M's "do-it-your-way" *Personal Planning*. I think you'll agree with me when you try it that *Personal Planning* is a wonderful approach to money management. Helps you to look your expenses right in the eye without flinching . . . and helps you to save without penny-pinching. Would you like to find out how *Personal Planning* can help *you* to afford that wonderful holiday next year? Just ask at your nearest B of M branch for a free copy of the booklet called "Personal Planning". It will show you how to cope with your everyday expenses—and save money, too!

MARGATE W. M. S.

—The monthly meeting of the Margate W. M. S. met at the home of Mrs. Wilbur Dennis on Tuesday evening, August 5th, with sixteen members present.

Worship service was led by Mrs. Arthur Profitt. Roll was called and minutes of last meeting read and approved. Plans were made for the Baby Band meeting, also a pantry sale to be held at a later date.

Mrs. J. Johnson had charge of the programme, assisted by Mrs. Preston Woodside. Next meeting will be held at the Parsonage, roll call to be answered with a verse containing the word "command."

The meeting closed with a few moments of silent prayer for their missionary, and the Lord's Prayer by all. Lunch was served by Mrs. Dennis.

LONDON—(CP)—A trade body known as the professional hairdressing development group says permanent waves are becoming popular for men, due to longer and fuller haircuts now in fashion. Fewer curlers are necessary than for women's permanents.

Strange But True

By F. M. MacArthur

It is interesting to follow the designs given on the crests of regiments. All royal regiments, with a single exception, bear the royal crowns.

Light infantry regiments invariably display a horn, grenades form part of the devices worn by the grenadier guards, the Royal Artillery, and the Fusileer regiments.

Nearly all of the Irish units display the harp and the Welsh the dragon.

Britannia, one of the most cherished allegorical figures is seen on but a single crest: that of the Norfolks. It was awarded to this unit for bravery at Almanza back in 1707.

A striped rose forms part of a great many badges. It is a sign of the union after the war of the roses.

Animals are favorite emblems. The lion, the symbol of Britain naturally figures most often, but elephants, horses, stags and so on are numerous.

The origin of these designs may be traced back to the person or persons who had some part in raising the unit. For example, the cat encircled by the motto sans peur, which the soldiers of the 5th battalion of the Seaforth Highlanders wear on their caps. This animal has long ornamented the crest of the House of Southerland, and the Southerlands claim guardianship over this unit.

But the most appropriate badge of all is that worn by the Royal Medical Corps — a snake coiled about a rod. The snake as everyone knows was used by Moses in the wilderness to free the children of Israel from the ailments with which they were afflicted.

The sphinx indicates special services in India. No wonder then that such emblems are jealously preserved by the men who received them for military service.

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Perhaps the first guns used in this Island were the flintlock brought here by the early settlers from Europe. Specimens are still to be found here and there.

This type of weapon had a hammer which was provided with a "flint cock". When released, the flint and the steel come together in such a manner as to produce sparks which found their way into the powder chamber.

After the flint-lock came the muzzle-loader. The powder was ignited by means of a cap which fitted on a nipple. Underneath this weapon was a special nook for carrying the ramrod, without which one could not possibly load the gun.

Well do I recall the many times I used the good old muzzle-loader to blow a squirrel or rabbit into kingdom come. And believe it or not, dried beans usually took the place of shot — at least in my gun.

Sometimes the neighbor boys would come over for a spot of shooting, and the big deal was to see which of us could fire the heaviest charge. Down the old, long muzzle, we would pour fistfuls of dried beans and powder. Next followed a wad of bees nest, to be tamped into place by the ramrod.

All ready, the lucky fellow put the ancient weapon to his shoulder and fired at the nearest tree trunk.

If he survived the kick — and what a kick — he could go with the others and see daylight right through the tree. Those beans, with plenty of powder behind 'em, would go through a 3-inch hardwood plank. It was a dangerous pastime and when I look back to those days I often wonder how we ever escaped from getting broken shoulders or worse still, getting killed. The last time I fired the old muzzle-loader it went to pieces like the wonderful one hoss shay and so far as I know very few of the fragments were recovered. It gave me a big fright, but I never got even a scratch.

* * *

The bulk of sea water is relatively cold, for heat rays do not penetrate deeper than 250 fathoms, so that even in the tropics the upper stratum of warmish water is comparatively thin. If you would take up a handful of mud from the bottom of the ocean you would find it too cold to handle with comfort. This is caused by the Northerly creep of the cold waters of the Antarctic.

According to Sir John Murray, at the depth of 50 fathoms sea water temperature remains at 2°F throughout the year, while in the great depths, the temperature is at freezing point at all times.

A salmon is one of the few fish that can be equally comfortable in both salt and fresh water.

A second peculiarity of the salmon is their return to their natal waters. Proof of this is that every salmon stream has its distinctive type of fish.

Again, the different salmon streams contain fish of different sizes. On the Restigouche River, for example, the salmon average 7 to 10 pounds whereas those of the Frazer River in British Columbia average 18 lbs.

* * *

Where two streams converge into a river salmon will always choose the swiftest running water. Why? Because it contains more oxygen. Oxygen is the cue which leads salmon back to their native haunts during the spawning season, and not pure instinct as many believe. The streams where they spent their past and malt life contain the proper amount of oxygen necessary for their individual well-being, strange as it may seem.

Salmon do not spawn every four years and then die, even in the Pacific coast waters. A few salmon do spawn twice or oftener, but they are the exceptions. So you will always find the fishing of any species better at the head waters of a stream, that is where the stream runs more rapidly. Here the fish finds more oxygen which increases in vigor for the same reason you'd find the best fish in those ports that are fed by tributary brooks.

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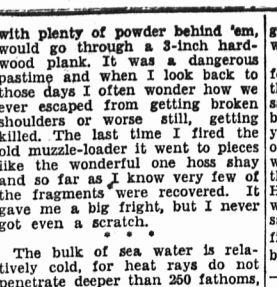

Butterscotch Choco-Bran Pie

New! Smooth butterscotch filling in crunchy chocolate-bran pie shell. No baking! Quick, easy, thrifty!

½ cup (3 oz.) semi-sweet chocolate bits
1 tbsp. vegetable shortening
1 cup Kellogg's ALL-BRAN, rolled to crumbs
½ cup chopped nutmeats
1 pkg. Butterscotch Pudding, made as directed on pkg.

Melt chocolate, shortening over hot water. Stir in ALL-BRAN crumbs, nutmeats. Reserve 2 tbsp. mixture for topping. Press rest evenly, firmly on bottom, sides of well-greased 8-in. pie plate. Let stand till firm. Spread *cooled* pudding in pie shell. Border with choco-bran crumbs. Chill till set. Remove from refrigerator 15 to 30 min. before serving. Yield: 8-in. pie.

For youthful regularity, bulk-balance your diet with ½ cup toasty ALL-BRAN every day.

CLOVER LEAF Salmon FOR COOL SUMMER SALADS

BRITISH COLUMBIA PACKERS LTD., VANCOUVER, CANADA

8-1-52

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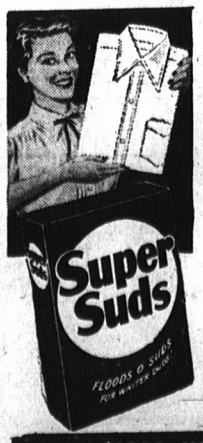

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As you iron you'll see new whiteness—a *super whiteness*. Yes, shirts your man will be pleased to wear. Your dealer has Super Suds with color brightener.

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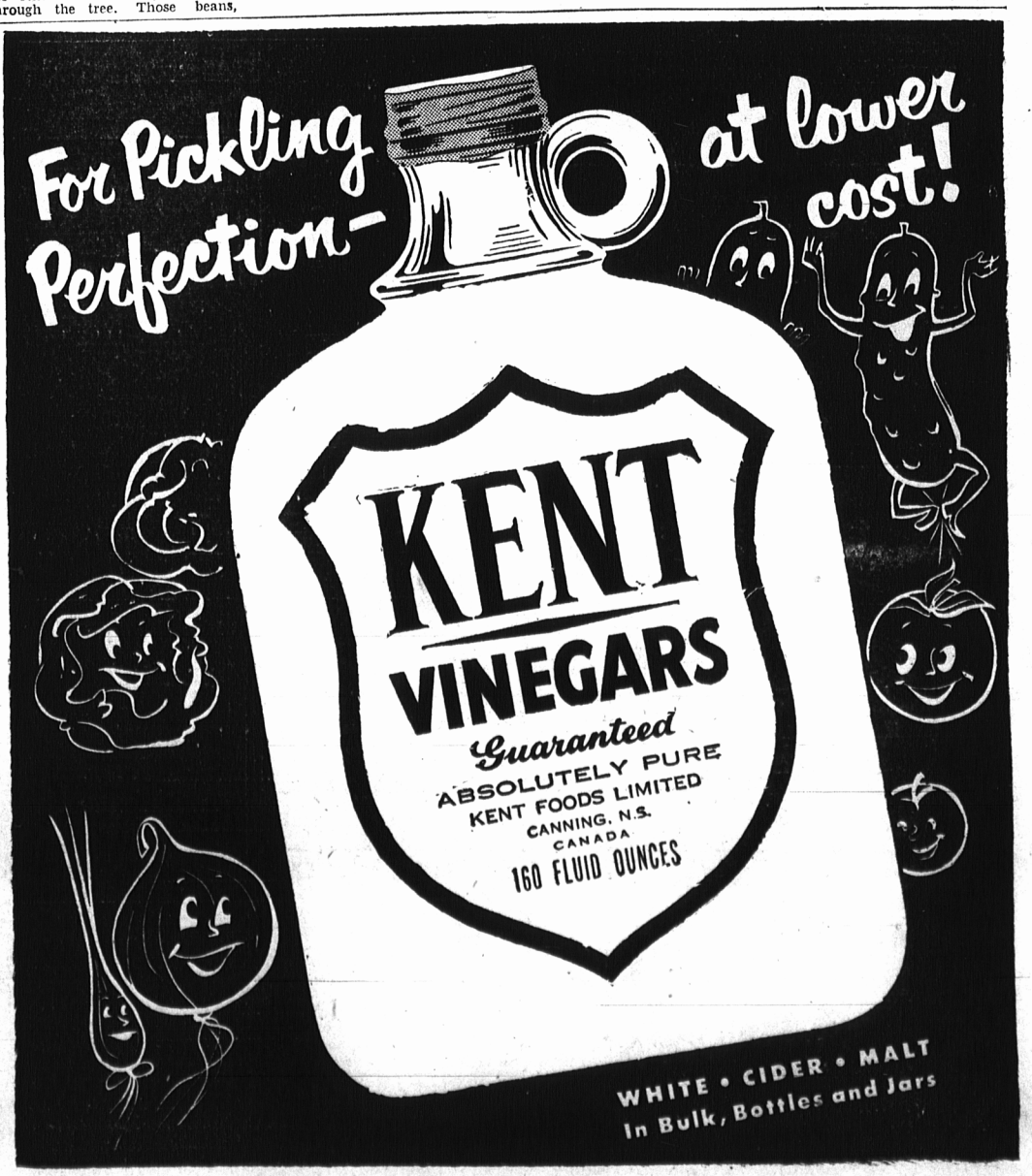

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