Don't Drown Vegetables Then Pour Away Flavor

By Ida Bailey Allen

"Of all the foods in America, vegetables are the most abused by poor cooking."

The Chef was on a rampage.

"I ask you, Madame," he said, "is it good sense to drown them by cooking in too much water, then pour the flavor down the sink? What is left? A little starch and cellulose! The soul, the flavor, the essence is lost!"

"The vitamins and minerals too, Chef," I replied.

"Surveys show that as a nation we are not cooking or eating nearly enough fresh foods for good nutrition, especially in winter. Yet all over the country fresh vegetables are available.

"If every homemaker will do her part by prompt home use or refrigeration of salads and vegetables and by nutrient-saving cooking, a real benefit should soon be perceptible in family and national good health. Fewer colds, better intestinal action, clearer complexions, are some of the many benefits."

FRESH VEGETABLE PLATTER DINNER

Oyster Stew Hot Biscuits
Vegetable Platter of Carrots, Cauliflower and Brussels Sprouts
Custard Pie
Coffee Tea Milk

SUNDAY DINNER

Grapefruit Sections
Chicken Cream Fricassee in Rice Ring
Carrots and Peas
Tossed Lettuce
Chocolate Velvet Cream
Coffee Tea Milk

Chicken Cream Fricassee: Plain-boil a ready-to-cook 3 to 4 lb. chicken. Cool. Cut the meat from the bones.

Make a cream gravy from the liquid. Add the chicken. Reheat.

Serve in a rice ring. Garnish of parsley.

Chicken Cream Gravy: Skim 3 tbsp. chicken fat from the broth.

Then, to 2 c. of the broth add 1 c. evaporated milk. Bring to boiling point.

Thicken with 3 tbsp. flour blended with the 3 tbsp. chicken fat. Cook-stir until boiling. Season with salt and pepper.

Chocolate Velvet Cream: To 3 c. milk in a double-boiler, add 2 squares cooking chocolate cut in small pieces. Cook-stir until it melts.

Combine 2-3 c. sugar, ½ c. cornstarch and ½ tsp. salt. Mix to a smooth paste with 1 c. cold milk.

Stir into the scalded milk. Cook-stir 5 min. or until thick.

When almost cool, combine and fold in the following ingredients: ½ c heavy cream whipped stiff. 1 egg white whipped stiff, ½ tsp. vanilla and ¼ c. sugar.

Chill in sherbet glasses. Top with whipped cream.

GREEN GOLD SALAD FROM THE CHEF

This is a good way to use oddments of chicken.

Tear 2 c. raw, crisp spinach and 2 c. lettuce into a large salad bowl.

Combine with 1 c. each diced celery and shredded or ground carrot and ½ c. cooked chicken slivers. Toss with ½ c. not-sweet French dressing.

Garnish of sliced hard-cooked egg.

Words Of The Wise

All things come to him who waits—providing he knows what he is waiting for.

—(Woodrow Wilson).

WOMEN

Page 8, The Guardian Thursday, Feb. 2, 1956

Coat Line For Winter

Newest of the coat lines this winter is the redingote. This one, designed in Paris by Jacques Griffe, is in bright red wooled fabric. It has insertions in the skirt with a split effect in stitching on ether side of the seam. (CP Photo)

Pretty German Princesses Are In London For Careers

LONDON (Reuters)—Three serious-minded young German princesses are fast becoming the toast of high society here although they prefer work to play.

The princesses are the nieces of the Duke of Edinburgh and descendants of Queen Victoria—Princess Margarita of Baden, whose home is in a German castle, Princess Beatrix of Hohenlohe-Landenburg and Princess Christina of Hesse.

All three are blonde, attractive and vivacious—and strictly informal in dress and manners. Wherever they go they cause a stir, but most of the time they are studying and staying at home.

SHARE APARTMENT

Princess Beatrix and Christina arrived two weeks ago to share a luxurious pink and green apartment chosen for them by their uncle Philip, and furnished with some of his own pieces from Windsor Castle.

The apartment is on the fifth floor of Dolphin Square, Europe's largest block of apartments.

"And all we want to do most nights is come home here and just relax," said Princess Christina, 23-year-old daughter of Princess Sophie, the duke's youngest sister.

Princess Christina, whose first newspaper picture in England—taken as she powdered her nose in a taxi at the station—endeared her to the public, is studying restoration of painting under Prof. Anthony Blunt, surveyor of the Queen's pictures.

"We both work eight hours a day and we just feel terribly tired in the evenings. We come home and heat up a few tins and then go straight to bed," said the princess, who came to the front door from the kitchen carrying mustard and a knife.

STUDIES DRESSMAKING

The slender princess, in drainpipe slacks, added: "But that is the way we both like it. I do not want anything to interfere with my work, although I like going out to the theatre and parties some times."

Princess Beatrix, a curly-haired blonde with bright brown eyes, is here to study dressmaking at the Royal College of Art. "If it goes successfully I may take it up professionally," she said.

The 20-year - old princess was taught dressmaking and cooking at a Windsor finishing school in 1954.

"I do not know whether I would like to set up here or at home. Everyone has been very kind to us here. We have been to some theatres and to a charity ball."

Asked about suitors, the princesses smiled rather shyly and said: "We have not any yet."

Then they said: "We must not say any more—Uncle Philip would not like it. He has been so kind to us, we would not like to offend him."

SOCIETY BEAUTY

The two princesses have so far seen little of Princess Margarita of Baden, who has been in England four years and is regarded as a society beauty.

"She is even busier than we are," Princess Christina said.

Princess Margarita, 22-year-old daughter of the Margrave and Margravine of Baden, lives here in a student nurses hostel.

A blonde with an urchin haircut, she is frequently seen at theatres and concerts although she works round-the-clock shifts at the busy outpatients department of St. Thomas' Hospital where she qualified last year.

Two years ago, "nurse" von Baden took time off to cruise around the isles of Greece with Europe's kings, queens, princes and princesses. During the trip, organized by King Paul and Queen Frederika of Greece and backed by the Greek government, she was voted "prettiest princess" on board.

CAC Gives Final Push For Standard Sized Garments

By CAROLYN WILLETT
Canadian Press Staff Writer

OTTAWA (CP) — One of these days, ladies, you may be able to slide a size 14 figure into size 14 clothes and forget about the hodgepodge of sizes now hanging in the wardrobe.

And if your youngster takes a size eight, you'll probably be able to order clothes by sizes from a catalogue or over the telephone without worrying whether they'll fit.

To women who have fumed for years over discrepancies in clothing sizes, both for themselves and their children, standard sizes sound like a wonderful dream.

A group of about 20 garment manufacturers, retailers, research and government experts is expected to meet in Ottawa next month in an effort to bring clothing size standards a bit closer to reality.

Tentative date for a meeting of the committee on standard garment sizes is Feb. 23. Three women, representing the Canadian Association of Consumers, are members of the group which was set up in 1952 by the Canadian government specifications board of the National Research Council.

The committee hopes to prepare the way for final standard sizes for children's clothes at this meeting, D. Wolochow, secretary of the standards board, said. A size system for women's clothing also will be discussed.

STYLE NOT FACTOR

The committee is working on standard sizes for women's and children's utility clothing, not on style features, J. A. Hanna, a member of the specifications board and secretary of the committee, said.

At present, there is "no meaning to size designations at all," said Mr. Hanna.

"We hope to enable people to buy garments and have some assurance of getting something that fits."

He said that over the years there has been growing consumer discontent with sizes. The Canadian Association of Consumers gave the final push to get something done about it.

Sizes have been guessed at by most manufacturers, Mr. Hanna added. One manufacturer more than 25 years ago spent three years measuring some 20 youngsters each year at a nearby dancing school to determine an "average" size.

COOK'S CORNER

HOT ROAST SANDWICHES

Heat thinly-sliced or cut-up roast meat (beef, lamb, pork, ham, turkey or chicken) in leftover gravy or a mushroom sauce.

Serve between buttered bread or toast slices and top with gravy.

Use applesauce, mint or cranberry, jelly as a garnish.

MORNING SMILE

Sign on private estate:
"No hunting or fishing. Survivors will be prosecuted."

HOUSEHOLD HINT

Try this if a fine white curtain develops a hole. Cover the hole with a piece of white paper, then run it back and forth under the sewing machine needle.

After the curtain is laundered, the paper will be soaked away and the darning will be hard to detect.

It's No Fun To Be A Fatty

By Ida Jean Kain

Teen-age overweights -- dust off a dream. You can have a honey of a figure. What's more, you can actually predict the date at which you can be down to healthy, normal weight. Visualize yourself with a shapely waist, then act to make your dream come true. Turn your food habits in the right direction and you can eat heartily and slim down naturally. It's fattening food habits that "grow" on you.

But wait, I want to make it clear that I am not talking to you teens who are just pleasingly plump, with five or six extra pounds of rounded curves. This column is strictly for you teenagers who are so overweight you are missing out on a lot of fun. Wake up -- you don't have to go on lugging around 25 or 50 excess pounds. The science of nutrition has taken all the guess work out of reducing. Interested? Here we go...

To reduce you must burn a little of the stored fat each day for part of your fuel or energy needs. The fuel value of food is measured in calories. Ordinarily, you teen-age girls require 2400 calories a day, which sets your reducing calories at around 1400 daily.

It isnt necessary to count calories -- just swing your food habits into the pattern that furnishes approximately 1400 calories a day and you can lose 2 pounds a week, shape up and come alive. Here's the way it figures: One pound of body fat yields 3500 calories. On 1400 calories, you call on stored fat for 1000 calories a day, or 7000 a week. There it is, two pounds off. (Overweight teen-age boys can reduce on 1600 to 1800 calories a day.)

But no daffy diets! Your daily fare must be built around the protective foods -- 3 glasses of milk or skim milk or buttermilk; citrus fruit or juice, plus two other fruits; vegetables, including one green leafy or yellow plus two others; eggs, one or two; lean meat, fish or fowl -- generous serving; whole grain cereal and 3 thin slices bread; butter, three teaspoons. Talk this over with your mother, she'll be a powerful ally. But you're the one who must do it.

Go at figure fixing with all your fresh, young enthusiasm, Make a game of it. Why not get yourself a slimming pal and keep up each other's morale? To banish the bulges, turn on a tune -- frolic through shaper-uppers, stretching, side-bending and leg swinging. It's fun and streamlining.

You lack will power? Look, teenagers, you will to do what you want to do. Desire is the key. When tempted, reason: "I can eat that chocolate sundae or candy bar at 400 calories if I want to, but it will just postpone the date at which I can be beautiful (normal weight." The choice is yours.

Here's the pattern. . .

BREAKFAST
Choice of: Fruit juice, sliced orange or half Grapefruit
Choice of: Cereal, hot or cold ¾ cup milk, ½ cup, 1 tsp. sugar
Or Eggs, 1 or 2 (Not fried) Thin slice toast, lightly buttered Skim milk or Whole milk, 1 glass.

LUNCH TO CARRY
1 Sandwich
Thinly sliced bread - 2 slices
Thick filling of cheese, chicken or lean meat
Mustard, no mayonnaise or butter
Relishes: Celery, carrot slivers or Tomato
Fresh fruit - 1 piece
Skim milk or whole milk

CAFETERIA LUNCH
Meat - No gravy
Vegetable
Fruit Jello or Fresh Fruit
Skim milk or whole milk

AFTER SCHOOL
Orangeade, Orange juice or glass of skim milk

DINNER
Serving of: Lean meat, fish or fowl (trim off fat - skip gravy)
Or, 1 serving of any protein dish
Potato, 1
Butter, ½ pat
Vegetable - no sauce
Leafy Green Salad low calorie dressing or Vinegar and seasoning
Choice of Dessert:
Fruit, angel cake 2 in.
or any 100 calorie dessert

APPROXIMATE CALORIES
1400 if skim milk is used
1640 if whole milk is used.

Happenings

Candlemas also Ground Hog Day —Feb. 2.

"If Candlemas Day be dry and fair,
The half o'winter's to come and mair;
If Candlemas Day be wet and foul,
The half o'winter's gone at yule."

The Rev. H. M. Buntain, Pictou, Moderator of the Presbyterian Church in the Maritims recently laid the cornerstone of St. Andrew's Church, Dartmouth, Nova Scotia. Assisting in the service were the Rev. J. J. Edmiston, Clerk of Presbytery, and the Rev. Frank Lawson, who gave the address. A receptacle containing a record of the congregation was deposited in the cornerstone. The Rev. Allister E. Morrison, Superintendent of Missions for the Maritimes, conducted the service. Mr. Chester Buntain of this city is a first cousin of the Moderator. The latter is married to an Island lady Miss Mildred MacKay, daughter of the late Mr. and Mrs. John D. MacKay, New London.

Mrs. W. E. Champion entertained a small group representing church organizations Tusdeay afternoon at her residence on Longworth Avenue. The guest of honour was Dr. L. B. Hanot whose recent lecture in Charlottetown was an interesting event.

Mrs. W. R. Aitken is entertaining this Thursday evening at her residnce, Longworth Avenue.

Mr. Francis Chaplin, violinist, was heard Monday night in an all Mozart program. Mr. Chaplin has played in Charlottetown and has many friends here, where he visits during the summer in Cavendish.

TRINITY W. A.

The monthly meeting of the Women's Association met in the Social Hall of the Trinity Church on Thursday Jan. 26 with the president in the chair. The Ashford group had charge of the worship period.

The meeting opened by singing hymn 570, Mrs. Frank McLean as pianist. Mrs. Don Smith and Mrs. Gosbee read the scripture and the lesson thoughts for the meeting followed by the Lord's prayer in unison.

The minutes of last month were read and approved the Secretary and treasurer both gave a splendid report, The Ashford group served lunch.

The following are the officers for the coming year: President, Mrs. A.W. Downe; Vice-Pres., Mrs. E. Whitlock; 2nd Vice-Pres., Mrs. Milton Pickard; Rec. Sec., Mrs. Victor Williams; Corresponding, Sec., Mrs. C.E. Stewart; Press Sec., Mrs. Edgar Gillespie; Treasurer, Mrs. Ralph Carr; Parsonage Committee, Mrs. John Sterns and Mrs. Cyrus Pickard; Buying, committee, Mrs. John Hambly. Mrs. S. C. Wright, Mrs. Fulton Robinson.

BALTIC W. I.

The January meeting of the Baltic W. I. met at the home of Mrs. Sutherland Cousins on Monday evening, Jan. 2. The meeting opened by singing "The Ode" and repeating the creed in unison. Roll call was answered by six members and two visitors were present one new member joined.

The minutes of the previous meeting were read and approved. A letter was read from the Red Cross. The treasurer gave her report and it was moved and seconded that the bills she submitted be paid.

Sick committee, reported no sick calls. School committee reported that toilet tissue was needed. Mrs. Gordon Cousins outlined the coming years program before putting same in book form.

It was decided to give a prize of $5.00 to the member raising the most fund for the Institute before Oct. 31st. 1956.

The program for the evening consisted of a "Car Contest" prepared by Mrs. Bruce Riley and a "Candy Contest" prepared by Mrs. Everett Wall. The meeting closed with the singing of the National Anthem. A delicious lunch was served by the hostess, assisted by Mrs. William Cousins.

RIVERDALE—CHURCHILL W. I.

The regular monthly meeting of Riverdale, Churchill W. I. was held at the home of Mrs. Robbie MacKinnon, with a good attendance of member's and visitors present. Roll call was answered by each member paying 10 cents.

Minutes of last meeting were read and approved. The secretary reported the sum of $27.50 made at the pantry sale. A motion was made to have all the bills paid. It was decided to make a quilt for a Family who had their home destroyed by fire recently. This quilt to be made at the home of Mrs. Robbie MacKinnon.

Correspondence was read by secretary. A program was put on by Mrs. Garfield MacFadyen, prizes being won by Mrs. Waldron MacKinnon and Mrs. Oliver MacLeod. Next meeting to be held at the home of Mrs. Waldron MacKinnon. Roll call, exchange of Valentines.

At the close of the meeting a dainty lunch was served by hostess, assisted by Mrs. Kenneth MacKinnon.

INDIAN RIVER — KENSINGTON C. W. L.

A meeting of the Indian River — Kensington C. W. L. Sub-Division was held in the Church of the Holy Family, Sunday, Jan. 22nd with a good attendance of members. The president, Mrs. Leslie Ramsay, presided, and the meeting opened with the League prayer recited in unison by the meeting. Mrs. Donald Gordon was appointed secretary pro tem. The minutes of the previous monthly meeting were read and approved.

The correspondence was read by the president which included a letter from Mrs. Anna McNeil, Rustico, Convener of National Scholarship. A thnk you note from Sister Irma McNeil, for gifts received from the League, and one from Dr. Murchison acknowledging gifts sent to two patients in the Hospital.

The treasurer Mrs. E. Brennan, presented the statement of receipts and disbursements since the previous meeting. It was voted that funds were about depleted. Report of visiting sick committee was given by Mrs. Condon and showed two calls made and each remembered with a treat.

Mrs. Austin Pendergast was appointed by motion, to organize a study group for the Holy Season of Lent. Mrs. Percy McCorville, convener of entertainment, reported a card party had been held in the Town Hall last week and that another would be held next Friday night. Mrs. Thibeau offered to donate prizes for this party and the committee gladly accepted.

As all members are listening to Bishop Sheen programs on Tuesday and Wednesday nights it was suggested that a letter of appreciation be sent to the two firms sponsoring these programs.

There being no further business before the meeting, it was adjourned, and closed with prayer by the Spiritual Director Rev. L. Callaghan.

HUNTER RIVER W.I.

Mrs. H.D. Spence was hostess to the Hunter River W.I. on Monday, January 9, 1956. The president, Mrs. Allan Smith presided. The meeting opened by singing "The Island Hymn" followed by repeating "Mary Stewart Collect" in unison. Ten members answered the Roll Call by marking her birthplace on a map. Roll call for February is to be answered by the name of a place in N.S. or N.B. with a color in it.

It was decided to study Canada for the following months. January, P.E.I., February, N.S. and N.B. It also was decided to start a travelling basket to raise funds.

The committees were heard from and the following were appointed: Visiting, Mrs. Burns and Miss Millar Program, Mrs. MacKay, Mrs. Spence and Mrs. Matheson School, Mrs. Reagh Bagnall; Lunch, Mrs. Boyle Mrs. Bolger, Mrs. Ford and Mrs. LePage

It was moved and seconded that Christmas treats for school children be paid. A very interesting porgram was carried out by the committee in charge. Refreshments were served by hostess and committee in charge.

Mrs. Moase invited the members to her home for the February meeting.

The meeting closed with the Queen.

CHURCHILL W. M. S.

The regular monthly meeting of the Churchill W. M. S. was held at the home of Mrs. Hugh MacDonald. Meeting opened with "Call to Worship" opening prayer repeated in unison. Our Scripture lesson was taken from Genesis, verses 1-3. Bible Expositon was read by Mrs. Duncin Gass followed with prayer by Mrs. Gass and repeating Lord's Prayer in unison. Hymn 599 was then sung, the offering was taken amounting to $3.00.

Correspondence was read by secretary including several thank you cards for gifts received at Christmas. Minutes of last regular meeting were read. Fourteen members answered roll call with a verse of Scripture containing the word "Beginning". A reading was given by Mrs. Stirling MacLeod.

Some discussion took place regarding the Annual World Day of Prayer. The secretary was asked to write to the different churches and invite them to meet with us on that day. Next meeting to be held at the home of Mrs. Lewis Darrah roll call to be answered with a verse of Scripture containing the word "Prayer."

Meeting closed by singing Hymn 666 "Sun of My Soul", prayer by the president and repeating Mizpah Benediction in unison. A dainty lunch was served by hostess.

TORONTO (CP) — The women's auxiliary of the new Mount Sinai hospital sponsored a fashion show featurng Paris Oriental style was part of the new look of the show.

Pie Champion

At one time Elizabeth Lawson was told she would never learn how to cook. Whoever said that has to eat the words now for Elizabeth is the cherry-pie baking champion of Ontario. She comes from Milton and is studying at the University of Toronto.

ANNE ADAMS PATTERNS

SUCCESS STYLE

Here's a stunning all-occasion dress, that spans the seasons just as prettily as it does the daylight hours! Notice its new waist-lines: rising high beneath the bosom, dipping low in lovely long-torso effect. Wonderfully easy to wear—flattering to all!

Pattern 4568: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 5 yards 39-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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DOWN GO FOOD PRICES!

Bologna	FRY OR MAKE SANDWICHES	lb. 29c
Spare Ribs . . .		lb. 39c
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Puddings	OATMEAL or BLOOD	lb. 35c
Bacon	PEAMEAL BACK	lb. 59c
Chicken	YOUNG TENDER GRADE "A"	lb. 49c

Yes Mam! Prices are down at ZAKEM'S this weekend and all through the week. You'll find low priced bargains in every department, on every shelf. So fill up your shopping basket with these fine buys and save many dollars. You will be pleased with the friendly, courteous service too. Shop at ZAKEM'S regularly.

APPLES Island Cooking 5 Lbs. 25c

Cello Bag Eating 5 Lbs. 39c

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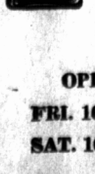
Island Grown CABBAGE, Lb. 5c



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MOLASSES	Fine Quality	qt. 31c
PREM	Tasty Luncheon Meat. 12 Oz.	tin 35c
TOMATO SOUP	Campbell's Choice	2 tins 25c
ORANGE JUICE	Tall 48 Oz. Tin	tin 39c
APPLE JUICE	Graves Tall 48 Oz.	tin 29c

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THE BEST SHOP TO SHOP BEST

CONFIDENTIALLY YOURS
—by Byrne Hope Sanders

MONTREAL, February 2nd — It's a real pleasure ...to use mild, mild VEL. For one thing it's very, *very* easy on your hands! ...For another it makes wonderful suds for dishwashing—cuts grease fast. Use it for fine lingerie and woolens that have to be handled carefully—then, turn around and use it to shampoo your dining-room rug! Or let the men-folk have it to wash the family car . . . Vel is becoming a very real household help right across the country — it's so effective to use, for so many purposes. Do get a package yourself this week!

As Mother to Mother . . . let me tell you how really effective PINEX cough syrup is! Use it at the *first signs* of a cough—*don't* let it get worse, for a cough can be *very* troublesome! Pinex brings fast relief . . . soothes away soreness and irritation. Best of it is—little ones make no fuss *at all* in taking it—as Pinex is so *pleasant tasting*. It's important that we mothers keep a bottle of cough syrup always on hand, in these treacherous mid-winter days—and thousands of families have found Pinex is the *most effective* syrup they can buy. *Very* economical, too. Buy Prepared Pinex—or Concentrated Pinex—at drug counters everywhere.

How Many Silent Prayers go up during this "indoor" weather for a playroom for the youngsters — anywhere but in the living room! Perhaps you've got space in your house somewhere . . . an attic, a cellar, an unfinished room . . . which could be turned into a convenient playroom. If you're short of ready cash for the job, see your BANK OF MONTREAL manager about a Home Improvement Loan—available for almost any worthwhile need at only 5¼ per cent interest per annum, and repayable in monthly instalments. For all those indoor improvements winter's the best time . . . when carpenters, electricians and plumbers are less occupied with building contracts.

You'll Be Amazed! . . . If you haven't tasted an Instant coffee lately . . . just buy a jar of Instant Chase & Sanborn Coffee . . . you'll find it hard to believe it can be so good! For here is a full-bodied, rich-flavored coffee that is completely different from the old scalded flavor we objected to. Reason? . . . The exclusive "Gentle Brewing" process ensures that none of the delicate coffee essence is spoiled . . . You can see the difference for yourself. Look through the "Window" in a jar of INSTANT CHASE & SANBORN COFFEE —and see the rich brown color. You can buy it at a special Introductory Offer for a short time.

Your Lovely Baby . . . needs a formula milk prepared especially for him. That's one of the many reasons why so many mothers are using FARMER'S WIFE . . . for you can get just the right type of formula to suit your *own* baby's needs. Ask your doctor's advice on which type to use—Partly Skimmed Milk (Blue Label) . . . was prepared at the request of baby doctors. It is a high protein, low-fat concentrated milk with Vitamin D added . . . or Whole Milk (Red Label) . . . or perhaps Skimmed Milk (Yellow Label). Packed in a golden lined tin—to protect the fresh, natural flavor and wholesome nourishment.

"Oh, Mother! You're Wonderful!" . . . isn't that thrilling approval? I won it last night, when the children came in *cold as cold*, from skating — and I had two great bowls of LIPTON'S Tomato Vegetable Soup ready for them! These *delicious* soups are ideal for a late supper on a cold night . . . We serve them to TV guests sometimes, with great success . . . and they're ideal for a quick lunch. Lipton's Soups are so *full flavored* — you'd think they'd been simmering on the back of the stove for *hours!* Yet all you do is add four cups of boiling water — and cook for ten minutes! Take some home today — Tomato Vegetable, Onion, Beef Noodle, or Chicken Noodle.

Hanging Out The Clothes . . . is a tough job when wintry winds are blowing—a job which can redden and chap pretty hands. So, be smart, keep a bottle of Campana's ITALIAN BALM—where you can reach it easily. After *every* exposure to work—weather—water—rub a drop thoroughly into your hands—and keep them pretty and soft. Watch the little ones, too. Give them the protection of Italian Balm when they come in from sleigh-riding or skating and save them from the pain of chapped hands. Get the household size, with the new dispenser, both for only 69c.

Those Teething Troubles . . . are often aggravated, or caused by irregularity. Do remember that CASTORIA is the *only* child's regulator that's clinically approved. Safeguarded by 141 tests—Castoria has *proven* to be mild, gentle, thorough . . . It *never* gripes or causes cramps, but gives natural-like satisfactory movements. It's easy to get youngsters to take Castoria—as they like the taste! Get the large size, 45c or the family economy size, 75c at drug counters *everywhere*.

My Daughter Smiled At Me . . . "I know!" she cried, "Put a little Mentholatum in each nostril—and sniff *well back!*" She was in bed with a threatening head cold—and knows the advice I hammer home to every one in the family for those bothersome cold symptoms. And it's *good* advice! Just try it yourself—and see how MENTHOLATUM overcomes clogging mucus and helps to clear your head, so that you can breathe more easily. Mentholatum has always been in my home—and from the way my children are benefiting from it—*they'll* always use it too! Write today for a FREE GENEROUS sample. Confidentially Yours, 1411 Crescent St., Montreal.