

# TODAY'S BEST BUY

*Full value for your food budget*

**VARIETY**  
for every menu

**ECONOMY**  
for every purse

**CLOVER LEAF**  
Fancy Red Sockeys  
Fancy Red Cohos  
Fancy Pink Salmon



**CLOVER LEAF**  
FINEST QUALITY  
**SALMON**

**CLOVER LEAF... Canada's Largest Selling Seafoods**  
BRITISH COLUMBIA PACKERS LTD., VANCOUVER, B.C.

**Pickles And Relishes**

Now is the season for pickles and relishes so Mrs. Housewife should start to prepare her winter store. The home economists of the Consumer Section, Canada Department of Agriculture have released three new recipes for pickles and relishes.

**PICKLED ONIONS**

2 quarts small onions  
8 cups cold water  
1-2 cup salt  
4 cups white vinegar  
1 cup sugar  
1 stick cinnamon

Cover onions with boiling water, let stand 2 to 3 minutes, drain, cover with cold water and peel. Make a brine of the water and salt. Pour over onions and let stand overnight. Drain, rinse thoroughly with cold water and drain again. Pack into sealers. Heat vinegar, sugar and cinnamon to boiling point, boil 5 minutes and remove cinnamon. Fill sealers with boiling syrup and seal. Yield: 2 quarts

**NOTE:** If a more spicy flavor is desired, one chili pepper may be added to the above recipe, removing the pepper with the cinnamon. In place of the cinnamon and chili pepper, 2 tablespoons of mixed pickling spice may be used. Tie these loosely in a small fine cheesecloth bag, boil with vinegar and remove before pouring the syrup over the onion.

**RAW CUCUMBER RELISH**

8 cups chopped cucumbers (Six large)  
1-2 cup chopped onion (1 large)  
1 tablespoon salt  
1-4 cups white vineg.  
1-4 cup water  
2-3 cup sugar  
1-2 -3-4 teaspoon white pepper

Peel cucumbers, cut into quarters and remove seeds. Chop finely or put through coarse grinder. Add chopped onion and salt. Mix well, place in colander and allow to drain thoroughly. Bring vinegar, water and sugar to boil and stir until sugar is dissolved. Remove from heat, add pepper and drained vegetables. Blend well, pack into sterilized sealers and seal. Do not use for at least one month.

**BEEF RELISH**

This is an unusual and particularly good relish. If desired, the sweet pepper may be omitted.

Horse radish often goes unrecognized, which is a pity, as it can be used in small quantities, to great advantage in soups and sauces as well as with roast beef. After it is dug, washed and scraped and finely ground, it can be stored in a jar in the refrigerator for future use.

4 cups cooked finely chopped beets  
4 cups finely chopped cabbage  
1-2 cup grated horseradish  
1-2 sweet red pepper  
1 teaspoon salt  
1-16 teaspoon pepper  
2 cups sugar  
1 cup vinegar  
1 cup water

Combine beets, cabbage, sweet red pepper, horseradish, salt, pepper and sugar. Heat vinegar and water to boiling point. Add to first mixture and mix thoroughly. Pack into hot sterilized jars and seal. Yield: about eight cups.

**For Children's Stomach Upsets**

For quick, happy relief, give Children's Own Tablets—designed for youngsters from 3 to 15. Speedily help averten sour upset stomach, clean out bowels gently—yet thoroughly. Pleasantly easily swallowed. Get today. Only 30¢ at your drugstore or by the makers of Baby's Own Tablets—your guarantee of a reliable product.



**Barbara Brent's BUYS AND WHYS**  
A WEEKLY INFORMATION SERVICE



**MONTREAL, Aug. 30th** — Isn't DENTOCILLIN what you've been waiting for—to help save your children's teeth (and yours)? It's the new tooth powder that puts the power of penicillin to work... to reduce tooth decay more than has ever been possible before. In a 2-year test among hundreds of school children, Dentocillin reduced decay 85%—5 times that reported for ammoniated dentifrices using the basic formula of a famous university and publicized in Reader's Digest. And its effectiveness in no way depended on a change in toothbrushing habits. Don't wait another day to start your family using Dentocillin. You'll like its delightful taste... the way it cleans teeth shining bright. 75¢ for 3 months' supply.

**"Curiouser And Curiouser"** is the way Alice described her adventures in Wonderland. And I say "curiouser and curiouser" if you haven't yet discovered the wonderful time saver you have in JELL-O JELLY POWDERS. Nothing could be easier to prepare than a Jell-O dessert and nothing could bring more variety to your family table. Those seven exciting "locked-in" flavors give tangy, fruit fresh deliciousness to desserts and salads for any day of the week. Serve Jell-O often to your family and to your friends. Jell-O costs only about 2¢ a serving.

**It's True!**... a plate of delicious Aunt Jenima Pancakes, plus all the trimmings, costs only 5¢! No, it's not done with mirrors... but like this—

3 Aunt Jenima Pancakes—3¢  
Corn Syrup — 1¢  
Butter or Margarine — 1¢  
ALL FOR 5¢!

And Aunt Jenima's taste so good at breakfast, lunch or supper. That's why I consider AUNT JEMIMA PANCAKE FLOUR the "money-saver" item in my pantry! What's more, Aunt Jenima "Secret Recipe" Pancakes are easy as 1-2-3 to fix. Just add water or milk, stir and pop 'em on the griddle. M-m-m-m—off they come in a jiffy—golden-brown and delicious!

**Time Now To Think About Pickling** all those luscious summer fruits and vegetables. But before you begin, I'd like to tell you how to be truly thrifty when you're buying your pickling vinegar. Buy HEINZ WHITE VINEGAR in the big gallon jug instead of in smaller containers and save 25¢ on every cupful of pickling vinegar! Heinz Vinegar is the very best buy for full-bodied flavour and uniform strength, too. And no wonder—for Heinz White Vinegar is packed by the firm who made pickles famous... you know it's good because it's Heinz! Another pickling help is the grand FREE RECIPE BOOKLET—"Pickling Success". If the gallon jug you buy doesn't have it attached—simply write to me for it—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

**"Summertime... And The Living Isn't Easy!"** Pardon me if I make free with the Gershwin song, but with prices getting so high and mighty, things just aren't easy any more—even in summertime. Right about now is when I really appreciate the advantages of Personal Planning—the BANK OF MONTREAL way of making today's dollar go almost as far as the old-fashioned kind. Way back in January when my budget was showing signs of going into a tail-spin, I began Personal Planning. Now I'm better off financially than I've been for years—even if my income didn't shoot up with the cost-of-living index. There's money in my bank account... and I'm adding to it regularly. Why not try Personal Planning yourself? You'll be delighted with the results once you get down to it. Just ask for your free copy of the booklet "PERSONAL PLANNING" at your neighborhood B of M branch.

**Well-Spiced Dishes Singer's Favourites**

**TORONTO, Aug. 28** — (CP) — All sorts of spices have a place on the kitchen shelves of Maria d'Attili, for the pert black-haired concert singer is of Spanish background and has the typical Latin love of highly seasoned dishes.

Here for a singing engagement with an open-air operatic and musical comedy group, Maria said she collects recipes wherever she goes. But in her New York apartment or at her parents' home in San Juan, Puerto Rico, she specializes in the Latin dishes.

Such familiar spices as cloves, cinnamon, pepper and saffron are backed up by a variety of others, including oregano and rosemary and she makes good use of garlic, herbs, wine, olive oil and butter.

Maria, wife of concert pianist Glauco d'Attili, says one of her favorite dishes is chicken and rice. Another is "pasteles," a sort of Puerto Rican pie made from trop-

ical vegetables and meat and wrapped in banana leaves.

She also makes Spanish "pastelillos," small fried triangular pastries filled with chopped meats, herbs, onions, peppers, eggs and sometimes almonds, raisins or melted cheese.

When she cooks a turkey she rubs it inside and out with garlic, egg, salt and oregano, leaves it for 24 hours and then repeats the performance. Her favorite stuffings are chestnut or rice with a little pork meat and giblets chopped into it.

She prefers garlic with a tiny bit of sugar in her salads out says "I have to be very careful not to indulge in those before rehearsals with my leading man."

**UNUSUAL REQUEST**

**CHATHAM, England** — (CP) — Responding to an urgent call, a police patrol car hurried to a home here. The householder wanted to know what to do with a litter of kittens born behind the house to a stray cat.

**New British Cloth May Be Shaken Dry**

**BRADFORD, England** — (CP) — A shake is all that's needed to dry the latest thing here in show er-proof clothing.

Materials treated with a new process, developed by the Bradford Dyers' Association, should banish the old bugbear—a waterproof carried over the arm. Dresses can be processed for only a few shillings, and stand up to a cloudburst.

"The scientists turned a hosepipe on the dress I was wearing," said a girl tester. "They gave me a thorough drenching but after a few shakes, and a wriggle, there wasn't a damp spot or a crease anywhere."

It's handy too for the latest cocktail and evening dress. If someone spills a drink, it can be shaken off with a smile. And the proofing is not affected by dry-cleaning. Garments were tested six successive times.

Only limited supplies of the materials are reaching the market at present as processing depends on import of a short-supply chemical. Scientists, however, hope supplies will be adequate by spring.

**NEW WAGE AGREEMENT**

**CLEVELAND, Aug.** — (AP) — Goodyear Tire and Rubber Company and the United Rubber Workers (C.I.O.) today announced a wage agreement providing 13-cent hourly pay boosts to nearly 26,000 workers in Goodyear plants in 10 cities in the United States. The other three members of the rubber industry's big four—Goodrich, Firestone and U. S. Rubber—already had agreed to similar 13-cent pay boosts for U. F. W. members.

**LUCKY LIGHTNING**  
YEADON, England — (CP) — A lucky flash of lightning crashed into the floor a few feet from a printing machine at which Mark Fletcher was working. It restored the use of two of his fingers which had been paralyzed since the first world war.

**SCALDS • BURNS**  
Dab on a paste of Baking Soda and water and cover with a damp cloth.

**COW BRAND BAKING SODA**

**The Neighbors** By George Clark



"He sure is a great spender on a date. It keeps me broke paying my half."

**FOR PICKLING SUCCESS**

**USE KENT de luxe VINEGARS**

To bring out the fullest flavour of your pickled onions, beets, tomatoes, cucumbers, use only de luxe Vinegars. Best for salads, catsups, relishes, too. A century of experience guarantees its quality, flavour, strength and purity. Made right in your own region, to bring it to you at lowest cost.



Write for YOUR big new Free Recipe Book, to: **KENT VINEGARS CANNING, N.S.** ALSO IN BULK AND BOTTLES

**AUGUST FAST DRAWING**

Without a doubt this August Sale has been one of our most successful in years.

**THE REASON:**—At the beginning of August we promised great savings on a large variety of Coats, many, many far-sighted customers took advantage of this once a year opportunity and saved themselves from

**10 to 25%**  
This Means From \$25.00 to \$100.00

**THIS OPPORTUNITY IS STILL OPEN TO YOU!**  
IF YOU ACT NOW!!

10% down holds your purchase in  
Free Storage 'till Fall

**island furriers**

**FUR SALE TO A CLOSE!**

**PERSIAN LAMB (far left)**

Sizes from 12 to 42. On these beautiful Persians you can save \$100 during this sale. Priced from

**395.00 up**

**MUSKRAT (centre)**

The Muskrat Coats featured now are of exceptionally high quality — soft, luxurious creations of more than ordinary beauty. You can save \$50.00 during this sale. Priced from

**355.00 up**

**GREY KIDSKIN (right)**

We have only one quality in stock — the finest obtainable — In newest detailed style. During this sale save \$50.00. One price only

**295.00**

200 COATS TO CHOOSE FROM  
Sizes 9 to 46

PRICE RANGE \$135.00 to \$750.00

