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BARGAINS

The reduced price sale of the past few days was successful, but there are a few pieces left, to which we have added "Seats for Bathtubs" reduced from \$1.65 to \$1.15.

Door Mats from 85c to 69c. There is also a piece of plated ware, which is discolored, at reduced price.

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Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

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...OF...

Interest to Women

DAINTIES FOR CONVALESCENTS

Wine Jelly and Cream or Baked Custard Are
Pleasing Gifts for the Sick

(By Edith M. Barber)

It's an old-fashioned custom, but I still think it is a pleasant one, to visit convalescent friends bearing gifts of simple delicacies which may tempt the appetite just because they were made some place else. The other day I wrote my sister that I had taken some wine jelly to a mutual friend, recovering from a bout with pneumonia. In response she wrote me that she would be willing to be sick, if I would take her some wine jelly.

She probably, remembered, as I did her first taste of wine jelly brought by a good neighbor to my mother and—I am not suggesting that you duplicate this service—molded in an orange shell and tied with blue ribbon. We were allowed to divide one of the filled halves as well as the blue ribbon. Naturally that is unforgettable.

At our house we specialized in cream custard as a gift for the sick. This custard, made with egg whites and rich milk or thin cream, is even more delicious than a baked custard for which both egg yolks and whites are used. Both however, are delicious when baked just to the right point and chilled before they are served. Although I like the additional of caramel when baked custards are used for dessert, it is perhaps better omitted for the convalescent.

Baked Custard

3 eggs
3 tablespoons sugar
Salt

3 cups milk
1 teaspoon vanilla
Nutmeg.

Beat eggs enough to mix the yolks and whites and add the other ingredients. Pour into custard cups and set in a pan of not water. Bake in a moderate oven, 375 F. 40 minutes, or 300 F. 60 minutes, until custard is set. This may be tested by trying with a knife, and if the mixture is jellied, it is ready to remove from the oven. Set the cups where they will cool quickly.

Custard Variations

Coffee—Use 1 cup strong coffee for 1 cup milk.

Chocolate—Melt 1 ounce chocolate or use 2 tablespoons cocoa and add to hot milk.

Caramel—Caramelize ¼ cup sugar and add 2 teaspoons to each custard cup before pouring in custard.

Maple—Substitute maple for white sugar or use ½ cup maple syrup.

Cocoanut—Use 3 tablespoons sugar and 1-3 cup cocoanut.

Nut—Flavor with almond and add 1-3 cup chopped nuts.

Cream Custard

4 egg whites
2 cups rich milk
Salt
4 tablespoons sugar
1 teaspoon vanilla

Beat egg whites slightly. Stir in milk, salt, sugar and vanilla and then strain into custard cups. Set in a pan of hot water and bake in moderate oven, 375 F. until set, about 30 minutes. When custard is firm, remove from oven and chill.

BAKED FISH FOR A QUICK MEAL

Use Fillets; Stuffing Has Plenty of Butter, Lemon Juice and Parsley; Try Spencer Method

(By Edith M. Barber)

Baked stuffed fish for a quick meal? Yes, indeed, it is possible, if you use fish fillets which may be rolled and fastened with toothpicks and the centres stuffed before baking. Stuffing seems to belong with fish as well as with poultry. While we usually associate it with a large fish, you will like it with fillets and with small pickerel or perch, which may be suitable for a small family.

For fish stuffing, I like to use plenty of butter, parsley and lemon juice besides the salt and pepper. I generally omit onion, although if you are a devotee of this particular flavor, you may use it discreetly. Chopped pickle is another good addition.

One of the easiest and best ways to prepare fish is by what is known as the Spencer method. For this the fish fillets are dipped in milk, then in fine crumbs or rolled cornflakes, and sprinkled with oil or melted butter before baking in a hot oven for ten minutes.

Of course fish may be broiled very quickly and nothing is better if it is dipped in well seasoned salad oil before it is put under the broiling flame. The oil will keep it moist and tender. While the flavor of pan-fried fish is delicious, fillets do not keep in shape so well as when they are baked or broiled, or fried in deep fat. A tartare sauce is often served

with broiled or fried fish, while a thinner sauce is generally chosen for baked fish. The latter is flavored often piquantly with lemon juice or made with a tomato base.

Baked Stuffed Fillets

2½ cup bread crumbs
1 teaspoon salt
Pepper
¼ cup melted butter
2 tablespoons lemon juice
1 tablespoon chopped parsley
2 pounds fish fillets

Mix bread crumbs with salt, pepper, butter, lemon juice and parsley. Shape fillets into rings, secure with toothpicks and arrange on a greased baking pan. Fill centres with stuffing, piling it high in centres. Brush fish with salad oil and bake in a hot oven 15 to 20 minutes until fish flakes when tested with a fork.

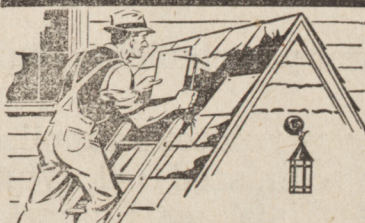
Baked Fish Spencer

Dip fish fillets in salted milk, using one tablespoon of salt for each cup of milk. Dip into fine dried bread crumbs. Arrange on well oiled baking sheet, and sprinkle liberally with oil. Bake in a very hot oven, 500 degrees F. for 10 minutes.

Quick Meal

Apricot juice
Stuffed fish fillets
Buttered spinach. Carrots with lemon butter
Cucumber salad
Hot gingerbread. Coffee

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From The Lobby Of Listening Inn

Phil Baber intends to write a new song while traveling to New York from Hollywood immediately after his March 27 broadcast.

Peter Van Steeden, nicknamed "Happy" by Fred Allen, actually got a fan letter addressed to Happy Van Steeden, care of Peter Allen.

Mary Margaret McBride has an uncanny memory for names and instantly recalls the name of a person she may have met just once years before.

Rush Hughes is an airplane enthusiast and builds his own models which he gives to intimate friends.

Arthur Godfrey has a recording of every program he has ever done on the air.

Fred Allen, the funniest man on his show, is the most serious of the "Town Hall Tonight" cast during rehearsals.

Kate Smith welcomes Robert Benchley back for the second time on her program within a few weeks on March 17.

Johnny the Call Boy and Jack Johnstone, new writer on "Johnny Presents," have already struck up a fine friendship.

Lum 'n' Abner fraternize with movie folk in Hollywood and one of their favorite friends is Oliver Hardy of the Laurel and Hardy team.

Don Voorhees has received pencils of all sizes and colors from fans since it was announced that he prefers them to batons.

Bob Ripley, the intrepid explorer of odd facts, says the only time he was really scared was when he faced the microphone for his first "Believe It or Not" program.

Jack Benny has promised Mary Livingstone to visit the Fifth Avenue; shops for her when he makes a special broadcast from New York March 27.

Frank Black is an avid reader and when not busy with music can usually be found immersed in a book.

Louise Fitch believes her recent marriage brought her luck because soon afterwards CBS announced intentions of airing her "Manhattan Mother" show coast to coast.

That attractive young girl who is a regular visitor to "We the People" is Gabriel Heatter's artist-daughter, Maide.



MILK SCORES ON ALL COUNTS

Taking It In Some Form Is Life Habit for Nearly Everybody; Should Be Pasteurized

(By Edith M. Barber)

The available food supplies of a country influence racial traits and physical development. These sometimes produce striking contrasts, even when in the same country. This is demonstrated in India where in the northern part are to be found some of the finest specimens of man, and in other parts, where diet is limited and where religious customs prevent the use of certain kinds of foods, stature is small and physical condition is poor.

While it is difficult to secure foods exactly, perhaps we can say truly that no other food scores so high on all counts as does milk. This is taken for granted in the case of infants, who generally thrive well on natural breast milk and on cow's milk that has been modified to correspond as closely as possible with the natural food. Sometimes, goat's milk is substituted in special cases. Milk from any animal should be pasteurized so that we may count upon its safety.

The use of milk, however, should not be discarded after other foods have become part of the diet. Its use should continue throughout life, although after growth has been attained, the amount may be decreased.

We may take our milk in soups, custards, and other cooked dishes and of course in cheese, which is actually a concentrated form of milk, and which retains most of the original food value.

Vanilla Ice Cream

1 cup condensed milk
¾ cup water
1½ teaspoon vanilla
1 cup cream.
Salt.
Mix milk with water, add vanilla and fold in whipped cream and salt. Turn into freezing trays of automatic refrigerator and freeze three to four hours.

Cream of Vegetable Soup

½ cup finely chopped turnip
½ cup finely chopped carrots
¼ cup finely chopped onion
¼ cup finely chopped celery
4 tablespoons flour
2 tablespoons sugar
3 cups milk
1 teaspoon salt. Paprika.
Cook the finely chopped vegetables in the fat for ten minutes with constant stirring; add the flour and stir until well blended. Add milk slowly to the vegetable mixture, stirring constantly, add seasoning and cook for five minutes.

Be Extra Careful about

STUBBORN COLDS

Relieve Their Misery
this PROVED Way

TOO often, the cold that "hangs on" is a result of neglect... and neglect is always risky. Be extra careful of a stubborn cold, of course. But the safest course is to be careful of all colds. Don't experiment. Relieve their misery this doubly proved way.

Here's What To Do: It's best to stay in bed and get lots of rest. Eat lightly, drink plenty of water, and keep elimination regular. And use Vicks VapoRub without delay.

VapoRub has been proved by everyday use in more homes than any other medication of its kind—further proved by the latest clinical tests ever made on colds. (Full details in every VapoRub package.) Only Vicks give you proof like this.

No Long Waiting for Relief to Begin...

VapoRub is direct external treatment. No "dosing"—no stomach upsets. Just massage it on throat, chest, and back. Then—to make its long-continued double

action last even longer—spread a thick layer on the chest and cover with a warm cloth.

Relief starts almost at once. You begin to feel warm and comfortable as VapoRub goes to work direct through the skin like a poultice. At the same time its medicated vapors, released by body warmth, are carried direct to the irritated air-passages with every breath.

This double action loosens phlegm, eases irritation and coughing, helps break local congestion. And long after restful sleep comes, VapoRub keeps right on working.

NOTE: If there is much irritation and coughing, or the air-passages feel clogged with heavy mucus or phlegm, even stronger vapor action is helpful. Pour boiling water in a bowl, melt a teaspoonful of VapoRub in it, and inhale the steam—ing vapors for several minutes.

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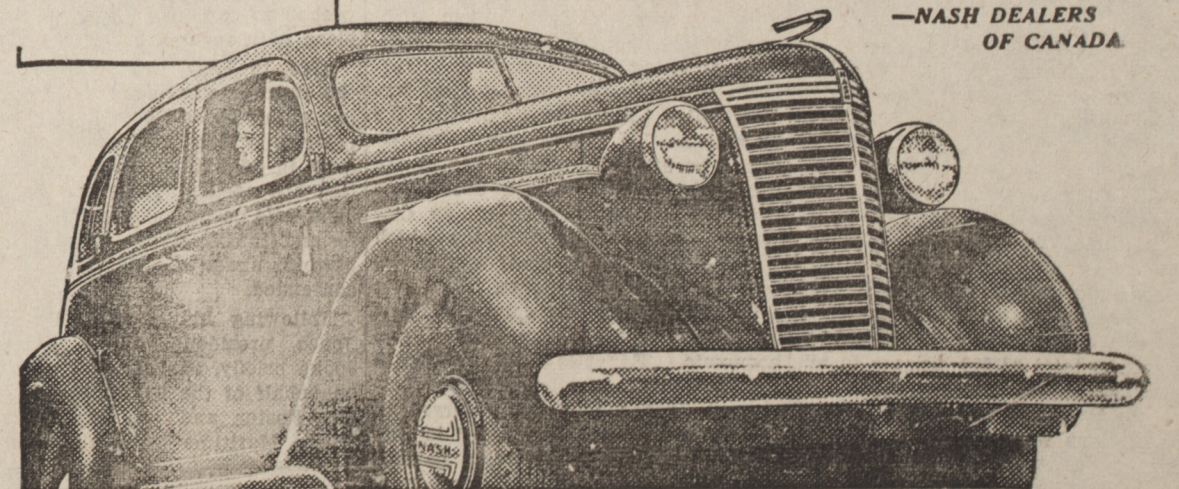
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