

CHECK YOURSELF

FOR THESE COMMON SIGNS OF
ACID INDIGESTION

- ☐ Heartburn
- ☐ "Acid" Headache
- ☐ Nausea
- ☐ Sour Stomach
- ☐ No Appetite
- ☐ "Gas"
- ☐ Tired Feeling in Morning
- ☐ "Logginess"



If You have any of these Symptoms—and suspect Acid Indigestion as the Cause—Lose No Time in "Alkalizing" the Quick Easy "Phillips" Way

Don't be alarmed if you get a low "score" on the above symptoms—and suspect over-acidity as the cause. For now there is a way to relieve "acid indigestion"—with almost incredible speed—a way that is simple to do—and costs but a few pennies. What you do is take 2 teaspoonfuls of Phillips' Milk of Magnesia 30 minutes after meals. OR—take 2 Phillips' Milk of Magnesia Tablets, the exact equivalent.

Results are amazing. Often you get

PHILLIPS' Milk of Magnesia



WINNING CONTRACT

By the Four Aces

(David Bruce Burnstone, Merwin D. Maier, Oswald Jacoby, Howard Schenken, world's leading team of four, inventors of the system that has beaten every other system in existence.)

GIVE PARTNER HIS CHOICE
Yesterday you were Merwin Maier's partner and held:

Schenken Pass Maier Pass Jacoby 84 (?) You (?)

ANSWER: Double. This double is primarily for takeout purposes and gives your partner the option of: (1) showing his best suit; (2) bidding three notrump (with a fair hand and spades stopped); (3) passing only if he thinks the three-spade contract will be defeated.

Score 100 per cent for double, 60 per cent for four hearts (you may be in the wrong suit), 0 for three notrump (not for takeout—see yesterday's column), 0 for pass.

Question No. 29

You are fourth hand, Oswald Jacoby is your partner, and you hold:

AKKX
AKKX
KQJX

Pass Pass 44 (?)
What do you bid? (Answer tomorrow)

TODAY'S HAND

North, Dealer
Neither side vulnerable

AKJ4
J2
AK95
AK93
Q85
103
QJ74
8762
N
W
E
S
K972
AK765
63
A4
1063
Q84
K82
K105

The bidding:
North East South West
10 1NT Pass 3NT Pass
2NT Pass 3NT Pass

"How did you know the diamonds weren't going to break?" asked an admiring kibitzer after South had his three-trump contract.

"Why all I had to do was to count up to thirteen, for the distribution of East's hand was as surely revealed as if it had been placed face up on the table," South replied.

West, opened the two of hearts, which South was allowed to win with the Queen. The King of clubs was won by East's Ace and East then played the Ace-King and a small heart, Declarer discarding two spades from dummy. A club lead by dummy was followed by a small diamond and South finessed the eight. West captured the eight with his Queen (a false card) and returned a spade. East playing the nine. On dummy's two remaining clubs East discarded two spades. South now played the King of diamonds and next, unhesitatingly, finessed dummy's ten, which of course held the trick.

"You see," said South to the kibitzer, "East had first shown up with five hearts and next with a doubleton in clubs. Subsequently had played a spade on the Ace, then discarded two more. This accounted for ten cards and, since East had shown strength in spades, he was also marked with either the King or the Queen as his eleventh card. As a result of these calculations East could not have more than two diamonds. Thus the finesse for the Jack was, as I said, a sure thing."

(Copyright, 1939, by The Four Aces)
The Four Aces will be pleased to answer letters from readers if a stamped (3c), self-addressed envelope is enclosed with each communication addressed to The Four Aces, c/o The Daily Mail.

If you desire the pocket outline of The Four Aces system of Contract Bridge, send with your request to The Four Aces, c/o The Daily Mail a stamped (3c), self-addressed large size envelope and you will receive an outline without any charge.

M'M'M! YOUNG CABBAGES FRIED WITH FRANKS

Delicate and Delicious Vegetable Real Treat

I've no great curiosity as to what the Walrus had in mind when he mentioned shoes and ships and kings. But I would like to know what he was going to do with the cabbages. There is a vegetable that has something! And just now what a treat it is—young and delicate and delicious. Shred it, drop it in a kettle of plenty of boiling water and boil rapidly, uncovered, for about five or six minutes, drain thoroughly and dress with salt and pepper and butter—ummmmm—ummmmm!

Or, if you don't know about fried young cabbage—get out the skillet and rejoice, for there is a good time ahead. First set a couple of frankfurters aside to boiling in some salted water—they should boil ten minutes. Shred one or two heads of nice young cabbage, and while the 'franks' boil, melt two tablespoons of bacon fat (or use half butter) in a good sized skillet; add cabbage and cook uncovered, stirring occasionally about ten minutes, until cabbage is tender and lightly browned. Add two tablespoons of vinegar, and if you like, just a pinch of sugar. Keep hot while you drain the frankfurters and grill them in lightly buttered skillet—then join with cabbage and serve.

Items of Interest to Women

Gathered From Here And There

Scalloped Oysters Are A Grand Dish

And Canadian Oysters Have An Unmatchable Flavour!

Of course you'll be going to a few Oyster Suppers this next month or two, but don't forget that Scalloped Oysters are a grand supper dish to have at home frequently, sizzling hot with buttery crumbs all over the top, and that indescribable, mouth-watering fragrance, that makes you think of ships and the beat of surf against the shore. Have Scalloped Oysters for supper and recapture this magic of goodness!

SCALLOPED CANADIAN OYSTERS
2 cups cracker crumbs, rolled fine
Butter, Salt and pepper
2 cups oysters
Oyster liquor.

The crackers should be crisp and rolled with a rolling pin. Take a greased baking pan—an earthenware or glass one is excellent—first a layer of oysters, then a layer of cracker crumbs, dotted with butter and seasoned with salt and pepper. Now another layer of oysters, and more cracker crumbs, butter and seasoning. Moisten with the oyster liquor. Bake in a moderate oven (350 degrees Fahrenheit) for twenty minutes and serve it bubbling hot.

The family will "set to" with relish, particularly if you have some sweet pickles and a green vegetable and a hot beverage. It's a supper to warm the cockles of the heart, fit for an after-ski snack (that's for party days) or after that tussle with the wind and snow on the way home (that's on everyday working days!)

Oh yes, and do add a few oysters to pea or mushroom soup the next time you have it. It makes a party occasion of an everyday meal! Heat until the edges of the oysters curl in pride.

Fussy, but fun, an unspeakably good to eat, are oysters wrapped in a strip of bacon and broiled until the bacon is crisp.

Have some fried oysters and bacon this week! They're so good!

All set to go to town are these salmon croquettes, with a little "top hat" of tartare sauce for their best bib and tucker. Along with some French Fried potatoes, you have a dressed up "fish and chips" dish that will win halos of popularity for you from the most important audience in the world—your own family circle. Don't take our word for it, try these salmon croquettes and see for yourself!

"TOP HAT" SALMON CROQUETTES
2 cups flaked Canadian salmon
Pepper
Salt
Juice of one half a lemon.
1 cup thick white sauce, hot
Crumbs
1 egg, beaten

Place the salmon, pounding the bones fine (these have valuable calcium), add salt, pepper, lemon juice, and one cup of hot, thick, white sauce (using the salmon oil and juice as part of the liquid—this contains valuable elements too). Mix well and spread on a platter to cool. Shape into balls, making a depression in the top of each ball. Roll in fine crumbs, dip in egg slightly beaten with one tablespoon cold water, and again in crumbs. Fry in deep, hot fat. Drain on unglazed paper, and serve with a little tartare sauce in each depression, with a tiny garnish of parsley, or a thin slice of pickled or stuffed olive.

Speaking of salmon, did you know you had the "makings" of a quick meal in the can of salmon you keep on the emergency shelf? Just open it, drain, remove the skin, and spread in as large pieces as possible on a baking pan. Season with a little lemon juice, add some of the juice and broil quickly. Along with those quick standbys—noodles or macaroni, plain boiled, buttered and sprinkled with grated cheese—and a can of any green vegetable, heated with a finely minced onion for luck and flavour, you need never be at a loss for a tasty dinner in "no time."

Mexican Chicken

THEY CALL IT "POLLO EN MOLE PABLANO"

Whether you call this by its Mexican name or not, here is a different way to prepare chicken.

- 1 large cooked chicken and broil
- 1 lb. of sweet almonds
- 8 large red, dried, mild chili peppers
- 1 teaspoon ground cinnamon
- 1 square sweet chocolate
- 1 dozen cloves
- 1 teaspoon cumin seed
- 6 cloves of garlic
- 1 slice bread
- 1 medium onion
- 2 spice laurel leaves
- 1 tablespoon of vinegar
- 1 tablespoon of sugar
- 1 teaspoon black pepper

Soak almonds in scalding water, until skin can be peeled off, then brown in hot fat with slice of bread. Wash chili well and remove seeds, then put almonds, chili, bread and spices and chocolate through the food chopper, using the pulverizing disc until it comes out a soft paste, and mix a cup of broth into it and form a thick sauce. Place the sauce in a deep pan with a tablespoon of hot grease and let boil. As it boils add chicken broth to make a rich sauce into which you place the coarsely minced chicken and let boil about 15 minutes, stirring constantly, adding broth if it thickens too much. Serve hot with corn tortillas.

Marc Antony enlisted the services of his personal chef to win Cleopatra's affections and gave him a fortune, when the Egyptian beauty expressed her satisfaction with the banquet he prepared.

Ude, talented chef to Louis XIV,

later served Lord Sefton in a similar capacity. He left soon afterwards, however, he considered that he had been grossly insulted because a guest was so impatient as to put some salt in the soup he had made.

PHILADELPHIA, Jan. 12.—Twice as much gold is now held by the U. S. Government as has been produced in South Africa, the world's richest gold field during its productive lifetime. This field has produced about seven billion dollars worth of gold, according to Iron Age.

"Some of the greases men have hated the human race; even God would have destroyed it but for Noah."—George Bernard Shaw.

Self-Consciousness Foe of Charm

Nervous Women Usually Lack Faith in Selves—Poise Can Be Cultivated

The phrase "self-conscious angles" used by a stage and screen personage recently occurred to me when I was looking upon a home party scene the other evening. The young woman reminding me of the phrase was all self-conscious angles from her hysterical giggle to her angular footwork as she changed from one room corner to another.

What can be done for this malady peculiar to highly nervous women and to women who have no faith in themselves? The victims often are nice girls and nice women. Their friends like them, but wish that publicly, at least, they'd exhibit more poise and self-assurance.

The highly nervous woman can't just order herself to stop worrying. She should go in for massages, body massages that will settle down those jumping nerves. Or, enroll with a swimming class. Or, join a good gym class. Anyway, do something to help curb the jumpy nerves.

Another woman, who is just suffering from the well known and utterly despised inferiority pangs, has to get over them by sheer force of will power. It might help her to know that no one sees her as hopeless as she likes to tell herself she is. And anyway, if she has things wrong with her from the pictorial point of view heaven only knows the woods are full of remedial measures.

It's indifference or laziness that keeps her from availing herself of the advantages, and that is nothing to brag about. She can look at other women and see what they are doing

with themselves with, perhaps, half her physical equipment. She can cultivate poise, ease and grace of movement by invaluable charms. Yes a woman can cultivate poise.

She can make herself stop twitching, jumping up and down, shifting her feet from here to there. She can pause a moment before she speaks, certain of what she is going to say before she says it. She can keep her hands quiet by making them stay quiet. She can learn to walk well if she doesn't want to make the effort, then the self-conscious angles are what she likes best, so why should we worry about her?



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