

NIGHT COUGHING CAN OFTEN BE PREVENTED

If your child often coughs at night because of even a slight cold—do this at bedtime: Thoroughly massage Vicks VapoRub on throat, chest, and back. VapoRub's poultice-vapor action tends to keep the air-passages clear, helping to maintain normal breathing through the nose, and so reducing mouth-breathing (the frequent cause of night coughs). Try it tonight—learn for yourself another reason why VapoRub is a family standby in more homes than all other medications of its kind put together.

VICKS VAPORUB



MATHIEU'S SYRUP

STOPS COUGHS

COLDS BRONCHITIS GRIPPE

Lower Queensbury

LOWER QUEENSBURY, Jan. 17—The weather for the past few days has been quite cold and owing to the recent thaw there hasn't been much traffic as the roads have frozen over very icy.

Ruth Moore spent Thursday afternoon with Lena Joslin.

Vera G. Kelly of Dumfries is spending a few days with her sister, Mrs. Clarence Jordan.

Mrs. Clarence Dykeman spent a few days recently with Mrs. Amos Jordan.

Marjorie Currie is spending a two weeks' vacation at her home at McNally's Ferry.

Mrs. Frank Joslin was the guest of her sister, Mrs. William Jones on Sunday of last week.

Mr. and Mrs. Clarence Jordan and family spent Sunday with Mrs. Jordan's parents, Mr. and Mrs. Bedford Kelly of Dumfries.

Mr. and Mrs. Frank Joslin spent Tuesday evening with Mr. and Mrs. Amos Jordan.

Mrs. Eugene Dykeman was the guest of Mrs. Amos Jordan on Wednesday afternoon.

Earle Moffatt spent Monday evening with Clarence Jordan.

Mr. and Mrs. Clarence Jordan entertained the "Saturday Night Card Club" on 7th inst. Cards were played at three tables, prizes being won by Mr. and Mrs. Harold Cliff and the consolation prize won by Ralph

Blended For Quality "SALADA" TEA

CARD GAMES SUGGESTED TO ENLIVEN YOUR PARTY

Here are a few "high spots" to make you the life of the party—and to make your party full of life! Magical tricks are always good for holding the group's attention. Here's a sure-fire card trick—simple, but good. Secretly separate the red cards from the black, so you have the 26 red cards on top, the 26 black cards on the bottom. Have a card selected

Murch. A very enjoyable evening was spent by all after which refreshments were served by the hostess, assisted by Mrs. Lorne Brown.

from the top part of the deck by one of the guests and replaced in the bottom. Obviously, the one card you find of the opposite color is the one selected.

INVISIBLE WRITING

You can use the secret divulged to write love letters or any other kind of a note you wish. Show your audience an apparently blank piece of paper. Pass it around for examination, then hold it over a lighted candle and anything you want to impart, will appear with ghostly accuracy.

Here's how it's done: Before the party starts, when no one is looking, make an "ink" out of lemon juice. Write on an ordinary piece of paper whatever phrase you want to appear. The writing is invisible—but heat brings it out. Maybe you won't be the "big moment" of the party then! Here is a game that requires a steady eye and a steady hand: The guests are all seated in a circle with the exception of one who gives every one a name pertaining to the calendar. He also chooses a name for himself. If there are 12 or less players, each takes the name of a month. If more than a dozen play, name them January first, January second, etc.

The player standing in the center of the circle, with a tin plate, places it upon its edge and spins it at the same time calling out the name of a month or day of the month, which has been given to one of the players. The person named must jump up and catch the plate before it stops spinning or he must pay a forfeit. It is then his turn to spin the plate and call some one else into the centre! (Better pass some more punch at this moment!)

UNUSUAL BRIDGE GAME

Split the guests into fours, seat them at card tables which have been set up, give each table a pack of cards and a contract score, and tell them to play one hand of contract, no one vulnerable, 30 for game—if made—50 for partial score.

Next, have them deal and bid, but not play, as you have another announcement to make. With all bids made, have them toss in their hands, shuffle and redeal, and after they have bid again, tell them that this hand is to be played at the original bid.

For the next hand, Dealer plays it at "One No Trump" with no bidding. Blind contract is good for one or two rounds, the cards are left face down on the table, the last card dealt is shown, establishing the trump suit. The bid is two of whatever suit is shown with the play going around the table as customary.

SILENT CONTRACT

Silent Contract will go twice at st. This is straight Contract, except that games must be made in the hand. The catch is that there must be absolutely no talking, all bidding and arguments must be done with signals. There is a 50-point penalty for each word spoken. Have the score for this kept separately, and reverse it when the hands are over.

If it's not too much of a strain on your budget, buy a pair of large-sized cotton gloves. Have them put in the gloves, cut for deal, shuffle, and play. In any card boarded during play must be left on the table. If two are boarded, the other must be played on the next round. One hand of this may be played as "Newspaper Contract", with all hands dealt face up on the table and left there during bidding and play. If desired, a time limit of two minutes can be placed on the bidding.

The output of central electric stations in Canada reached a new high for the year in November with 2,374,993,000 kilowatt hours.

Items of Interest to Women Gathered From Here And There

What About Something New For Your Breakfast?

"Breakfasts are the bane of my existence", confides one friend. "My husband sits down with a newspaper propped before him or goes off into space thinking about the day ahead and has no idea what I'm giving him to eat. Yet I do think he should have a good breakfast for he usually lunches at his desk. Please give us something new for breakfast."

Having sat across from one of those preoccupied males for several years at the breakfast table, we know that problem by heart. Your best new muffins are pushed absent-mindedly one side or chewed with total lack of interest. We won't guarantee that any of the breakfast recipes expounded today will startle your man into excited comment and enthusiastic response. It's worth trying through.

It would be hard not to notice these grand corn meal waffles or the banana griddle cakes. Eggs in bacon rings are interesting for lunch if they fail to get the proper response at breakfast. Bran Corn Bread with Bacon has a double purpose. A little bacon goes a long way and it's mighty good eating. Try these on the man at your house and see what happens.

CORN MEAL WAFFLES

1½ cups corn meal
1½ cups boiling water
6 tablespoons shortening
3 egg yolks
½ cup sour milk or buttermilk
1 cup bread flour
½ teaspoon soda
1 tablespoon sugar
½ teaspoon salt
2 1-2-teaspoons baking powder
3 egg whites

Combine the corn meal and water and stir until smooth. Add the shortening and stir until melted. Cool this mixture thoroughly and cover until ready to use. Beat the egg yolks until light and add to the corn meal mixture. Beat in the sour milk or buttermilk. Sift the flour, salt, soda, sugar and baking powder together and add to the batter. Beat the egg whites until stiff but not dry. Fold them into the batter and bake as for waffles.

CHEESE WAFFLES

2 cups bread flour, sifted before measuring
2 tablespoons sugar
1 teaspoon salt
3½ teaspoons baking powder
3 egg yolks
2 cups milk
7 tablespoons melted shortening
¾ cup grated cheese
3 egg whites

Sift the flour, salt, sugar and baking powder together. Beat the egg yolks until light and add the milk and melted shortening to these. Beat well and then combine the dry and liquid ingredients alternately. Beat the egg whites until stiff but not dry and fold in gently. Bake the batter as for waffles. Serve them with tart jelly. Makes six waffles.

GERMAN POTATO PANCAKES

6 large potatoes
3 beaten eggs
1 teaspoon sugar
1 teaspoon salt
2 tablespoons bread flour or fine dry bread crumbs
1-8 teaspoon baking powder
2 tablespoons milk (optional)

Peel the potatoes and soak them for several hours in cold water. Dry them with a cloth and grate them or put them through a grinder. Put the potato pulp in a piece of cheese cloth and squeeze the excess water out. Add the eggs, sugar, salt, baking powder, bread crumbs and milk to the potatoes. Saute the batter in hot fat. Turn the cakes when they are brown underneath, to brown the other side. Serve hot with applesauce.

BANANA GRIDDLE CAKES

1½ cups bread flour, sifted before measuring
1 teaspoon salt
2 teaspoons baking powder

2 eggs, beaten
1 tablespoon melted butter
1 1-4 cups milk
1 large ripe banana, sliced

Sift the flour, salt, and baking powder together. Mix well, add the melted butter, banana, milk and eggs gradually to the dry mixture. Stir with a few strokes so that the mixture is only blended. Ignore the lumps, they are harmless. This batter may be made ahead of time and left in the refrigerator, if covered at once. May be kept overnight and still give an excellent product. Fry as for griddle cakes.

EGGS BAKED IN BACON RINGS

Strips of bacon
1 egg
Salt and pepper

Rounds of toast or slices of pineapple

Parsley

Saute or broil the bacon until almost done. Line the bottom of greased muffin tins with the bacon strips and drop the eggs in the pan. Sprinkle with salt and pepper and bake in a moderate oven, 325 degrees, for about fifteen minutes. Turn them out onto buttered toast rounds or slices of pineapple and garnish with parsley.

TOMATO SCRAMBLE

1 tablespoon butter
½ green pepper
1½ cups tomato juice
¾ teaspoon salt
1-4 teaspoon pepper
6 eggs
½ cup milk
6 pieces toast

Chop the green pepper fine and saute it in the butter. Add the tomato juice obtained by straining canned tomatoes. ½ teaspoon salt and 1-8 teaspoon pepper. Meanwhile beat the eggs slightly, and add the rest of the salt and pepper and the milk. Heat a frying pan, grease thoroughly, and turn in the mixture. Cook until of a creamy consistency, then add the tomato sauce, a little at a time, folding it in carefully. When thoroughly combined, serve at once on hot, buttered toast.

SCOTCH WOODCOCK

1 tablespoon butter
½ tablespoon minced onion
½ cup chopped celery
2 cups tomato pulp
1-4 teaspoon salt
Dash of cayenne
5 eggs, beaten

Cook together for fifteen minutes all the ingredients except the eggs. Add eggs, stir in the eggs well and cook until the eggs are set but not hard (about five minutes). Serves eight people.

BRAN CORN BREAD WITH BACON

1 egg
½ tablespoon melted bacon drippings or butter
1 cup thick sour cream
1-4 cup all bran
1 cup yellow corn meal
2 1-2 tablespoons bread flour
1-2 teaspoon salt
1-2 teaspoon soda
1-2 teaspoon baking powder
1½ teaspoons sugar
4 slices bacon, diced

Sift the flour once before measuring and then resift with the salt, soda, baking powder, and sugar. Beat the egg and add to the drippings, sour milk, all bran and corn meal which have been all mixed together. Add the dry ingredients slowly to the egg mixture and pour the batter into a hot greased pan, about 8x8 inches. Sprinkle the top with the diced bacon and bake in a hot oven, 475 degrees, for about twenty-five minutes. If the bacon is not crisp, place it under the oven broiler for a few minutes to crisp it.

CATALOG OF DON'TS FOR PERFECT WIFE

Here's what the perfect wife should not do, according to Dr. Ethel Dukes, co-director of a child psychology institute in London.

Dr. Dukes, in a speech on "The Successful Wife", listed these "don'ts" for a woman who wants to make a good job of marriage. Such a woman she said, will not:

- Domineer her husband.
- Criticize him in presence of others.
- Insist on changing him.
- Refuse to be friends with his friends.
- Try to show him off.
- Make him a cushion carrier or an additional servant.
- Insist on constant enterprising in the house and out of it when he is tired and wants his cosy slippers.
- Despise his homespun qualities when she has had time to improve her cultural and social qualities while he has been hard at work.
- Run down his mother or other relatives.
- Get into debt.
- Neglect him while she runs after "higher things".
- Refuse to have children if he wants them and there is no medical reason why she should not.
- Use any feminine wiles or neurotic illnesses to make him subservient to her.

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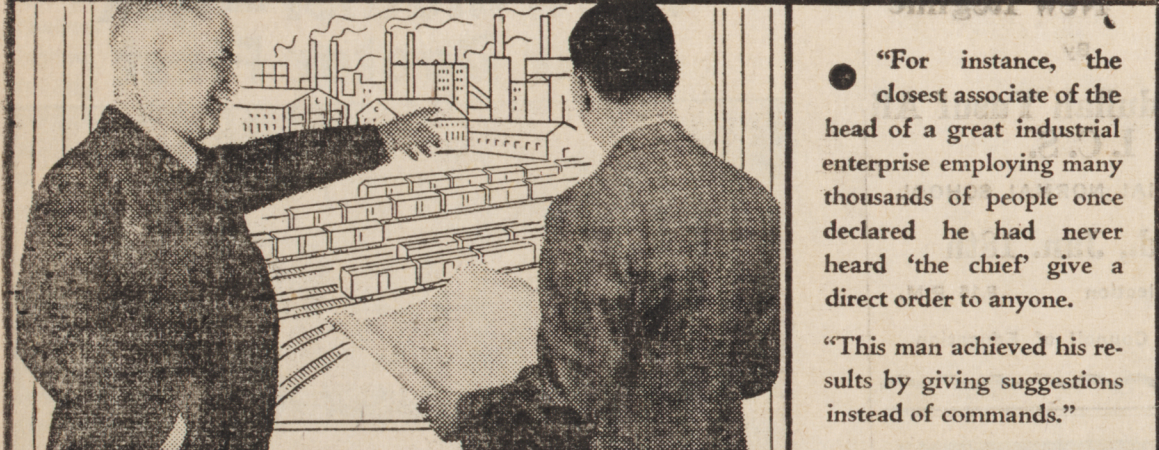
"NO ONE LIKES TO BE ORDERED ABOUT" SAYS DALE CARNEGIE

Author of the famous book: "HOW TO WIN FRIENDS AND INFLUENCE PEOPLE"



"In the all-important business of getting along with people, we should strive to remember that no one likes to take orders."

"A knowledge of this basic trait in human nature has helped many successful men to acquire a reputation for uncanny ability in handling people."



"For instance, the closest associate of the head of a great industrial enterprise employing many thousands of people once declared he had never heard 'the chief' give a direct order to anyone."

"This man achieved his results by giving suggestions instead of commands."



"He never said: 'Do this', or 'Don't do that'. He said: 'You might consider doing this', or 'What would you think of doing it this way?'"

"A technique like this is easy on people's pride. It makes them want to cooperate. So remember, to get what you want, without giving offense, offer suggestions instead of giving direct orders."

Have YOU Smoked a Turret Lately?

If you haven't smoked a Turret lately, why not consider trying a package today? By accepting that simple suggestion, many, many smokers have gained an entirely new idea of how good and how satisfying a cigarette can be. Your experience may be the same, because you'll find Turret an unusual cigarette—a cigarette that is milder and cooler, with an original and unique blend of Virginia tobaccos which makes Turret just that much better, just that much different. Even the Turret package is better—it has a handy calendar on the back to keep you up-to-date!

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