

## Wait, Mother—Ask Your Doctor First



Never Give Your Children Unknown "Bargain" Remedies To Take—Unless You Ask Your Doctor. Unknowingly You May Be Risking Their Health—Just To Save A Few Pennies

A MOTHER may save a few pennies giving her children unknown, unapproved preparations. But the life of a child is precious beyond pennies. So—ask your doctor before you give any remedy you don't know all about.

When giving the common children's remedy, Milk of Magnesia, never ask for "Milk of Magnesia" alone—but always ask for "Phillips'."

Because for three generations Phillips' has been favored by many physicians as a standard, reliable and proved preparation—marvelously gentle for youngsters.

Many children like Phillips' in the sweet form—the peppermint—each tablet contains the equivalent of one teaspoonful of the liquid Phillips', and a big box costs but 25¢ at your drug store.

A bottle of Phillips' Liquid Milk of Magnesia costs but 25¢. So—it is a fact that anyone can afford the genuine. Careful mothers ask for it by its full name "Phillips' Milk of Magnesia."



"PHILLIPS' Milk of Magnesia"

## Job Well Done Deserves Praise

I left a dress to be dyed yesterday. As there was some question about colors, I talked to the master dyer himself instead of just the clerk.

As I started to leave, he pulled out a postcard and showed me.

Not a picture postcard with four lines written on it.

But I am sure he never received a picture postcard that looked any better to him.

For the card said, "I have just received my dress and want to tell you that it is a fine piece of work."

I suppose it took that woman perhaps a minute to write that. And I know that if Uncle Sam didn't cheat her it cost her 1 cent to send it.

And what a big value in human kindness for one minute and 1 cent!

I wish she could have seen his face as he showed it. The pride of the master craftsman (and he really is recognized as such) in having his work recognized, was written all over it.

It set me to wondering why I don't do that sort of thing more often.

Many a time a mere elaborate, more expensive kindness gives less pleasure and satisfaction.

I don't, of course, mean writing postcards, necessarily, though I do think it would be a fine idea to keep a sheath of these Scotch telegrams

in our desk drawer, and write on them now and then the messages that would never get written if they had to wait for that "some-day" letter.

But I meant particularly any acknowledgment of good work rendered by people who make their calling into an art by putting their whole selves into it.

### NO HARM DONE

When a salesgirl shows an intelligent interest in your needs, there's a chance to say a word of praise and appreciation as you leave her. And if the floorman is nearby and hears you, it won't do any harm.

When the fitter really seems to pay something more than a mechanical attention to the frock she is altering ("releasing", alas, is the word she now uses for mine), why not drop a gracious word saying you appreciate the unusual quality of her work.

When a waitress shows unusual competence or a grocery clerk or provision clerk is definitely helpful instead of woodenly or even reluctantly taking your order; when a hairdresser really tries to get your idea and carry it out for you instead of forcing you into the mold of the moment; in short, when anyone obviously tries to do his job as well as it can be done, why not tell him so?

With your fingertips, work up a good lather, paying particular attention to the sides of your nose and chin where the oil glands are most active.

### TESTED RECIPES

#### PINEAPPLE COCOANUT CREAM CAKE

Cream 1-3 cup butter or shortening, add ½ cup sifted sugar and beat until creamy. Add 4 beaten egg yolks and blend well. Add 1-4 cup pineapple juice and ½ teaspoon vanilla. Add 2-3 cup sifted flour sifted with one teaspoon baking powder and 1-4 teaspoon salt. Turn into two buttered and floured layer cake pans. Cover the unbaked cakes with the following meringue:

Beat four egg whites until frothy, gradually beating in 1-2 cup sifted sugar and beating until stiff. Add 1-4 teaspoon salt, one teaspoon vanilla and 1-2 cup freshly-grated coconut. Spread evenly. Sprinkle with ½ cup freshly grated coconut. Bake in a moderate oven or at about 325 degrees 25 or 30 minutes. Cool and put together as directed. Whip one cup cream, adding one and one half tablespoons powdered sugar. Fold in one cup drained crushed pineapple and one fourth teaspoon vanilla. Place one of the cakes, meringue-side-down, on a platter. Cover with the pineapple and cream mixture. Place the other cake, meringue-side-up, on top of the filling. Serve immediately.

#### ECONOMY SPONGE CAKE WITH ORANGE CREAM FILLING

Beat four egg yolks until thick and lemon-colored. Add one cup sifted sugar gradually, beating constantly. Add three tablespoons cold water and the grated zest of one orange. Mix and sift one cup sifted cake flour, 1-4 teaspoons baking powder and 1-4 teaspoon salt. Add to the first mixture. Fold in four stiffly beaten egg whites. Turn into two round pans and bake for one half hour in a moderate oven, or at about 300 degrees. When cold, put together with the following filling: Mix and sift two tablespoons cornstarch, 2 tablespoons flour and ¼ cup sugar. Add ¾ cup boiling water and cook until creamy, stirring constantly. Cook over hot water, stirring frequently, for twenty minutes. Add one tablespoon butter or shortening and two beaten egg yolks and stir until egg is cooked. Add the grated rind of one orange, three tablespoons orange juice and one tablespoon lemon juice. Soften one tablespoon granulated gelatin in one tablespoon cold water and add to hot mixture. Chill. Add ½ cup cream, beaten until stiff. Spread between layers. Frost the top layer with the following orange butter icing: Mix one tablespoon butter, 3 tablespoons orange juice, 1 tablespoon lemon juice and 1-8 teaspoon salt and heat over hot water just long enough to soften the butter. Beat well. Beat in enough sifted powdered sugar to make of consistency of thick cream. Let stand ten minutes "to ripen". Spread as usual.

#### POUND CAKE

Cream one pound butter, add one

## Items of Interest to Women Gathered From Here And There

### Balance Each Day's Meals Is Advice to Housewives

Instead of trying to balance each meal, it is simpler and more satisfactory to balance each day's meals, according to Therese Wood of the extension service, New York State College of Home Economics.

With the day as a unit in meal planning, Miss Wood gives the following "daily food guide" for normal individuals:

Two to four cups of milk, either as a beverage or in foods cooked with milk; three servings of vegetables to include one of potatoes, one of a green or yellow vegetable, and one other; two large servings of fruit, one being orange, grapefruit or raw or canned tomatoes; one egg, one serving of meat, fish, cheese, or dried beans; two servings of whole grain bread or cereal; butter three times a day; one teaspoon of cod-liver oil, a serving of fat fish such as salmon, or exposure to sunlight; six or more glasses of water; and enough starchy food, fats and meats to maintain correct body weight and to supply necessary energy.

"There's more to successful meal planning than just including all the foods recommended as necessary for health", Miss Wood says. "The age

of the person has to be considered. For the very young and the very old, the amounts served and the method of preparation of some foods may differ. The activity of the individual also needs to be taken into account, since very active persons require food that 'lasts' such as meat or food with fat, as well as more food.

"Time and equipment available for food preparation influence the kind of dishes that can be prepared. More than one complicated dish in a family meal is unnecessary and time-consuming.

"The amount of money available for food is, of course, important; also whether there is a plentiful supply of canned or stored food in the cellar. Consider, too, the season foods are not economical."

Food preferences of family members deserve some consideration, says Miss Wood, although many foods taboos may be overcome if the disliked food is well prepared, served differently from time to time, and served without comment.

To help make meals attractive, serve hot foods hot and cold foods cold; have daily variety (often only a change in method of preparation is needed); have contrast in texture as crusty bread or a raw fruit or vegetable with soft foods such as mashed potatoes or creamed dishes; and have contrast in flavour, as a tart dish with a meal otherwise consisting of all bland foods such as potatoes, creamed carrots, cornstarch pudding and milk.

"Last but not least food should look good to eat", Miss Wood says. "Include at least one food that differs in color from the others at every meal. A garnish of parsley or lettuce, or bright colors on the table, can help a pale or uninteresting-looking plate or pork, potatoes, and onions. A bowl of flowers, a gay colored cloth, or bright dishes can also help to lend color to the table."

Singapore will rebuild the highways to the big naval base.

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### Fish And Chips Step Out For Dinner

#### Young Folks Love This Popular and Exciting Dish

In all the large cities you will find a steady stream of devotees wending their way to the "Fish and Chips" place. They stop in for lunch, take home a few orders, and the younger set have found this an ideal midnight snack after the movies or dancing or skiing or skating. By all means, get acquainted with "Fish and Chips".

#### HALIBUT IN BATTER

2 lbs. Canadian Halibut  
1 cup milk  
2 teaspoons baking powder  
2 eggs  
2 cups flour  
½ teaspoon salt

Cut the fish in pieces of serving size, free from skin and bones. Make a batter of the eggs, milk, flour, baking powder and salt. Dip the fish fillets in the batter and fry in deep hot fat (350 degrees to 370 degrees Fahrenheit).

Serve with French Fried Potato Chips, and for an extra flourish while you have your deep fat frying kettle out, fry some onion rings. By doing a few at a time, they will hold their shape and cook into almost symmetrical rings.

The initiative prefer to douse both the fish and chips with vinegar and sprinkle liberally with salt. Other people prefer tomato ketchup or thick brown English sauce.

With this a crisp salad of lettuce or shredded cabbage, or a well blended sour cream cole slaw.

Our Canadian wheat is excellent for the flour that makes the batter for fish and chips.

Cod or haddock can also be used for fish and chips and this same batter is excellent for fried oysters or clams.

Holland will aid small industrialists and craftsmen to buy machinery.

### PERSONAL

MEN, WOMEN PAST 40! FEEL YOUNG as ever. New OSTREX Tonic Tablets contain raw oyster stimulants, vitamins, general invigorators. First dose starts new life, vigor, vital force or makes refunds its low price. Call, write Ross Drug Company and all good drug-

### Hot Dish For Cold Days

#### Salmon Loaf With Cottage Cheese Hits the Spot

Here's a dish to do honour to the gayest feast, and yet not too expensive or difficult for family suppers once or twice a week. Serve it cold and take it to the church supper, or serve it hot on a night when the wind has been blowing cold, and snow has dusted the ground with filmy white.

#### SALMON LOAF WITH COTTAGE CHEESE

½ cup milk  
2 cans canned Canadian salmon  
1 cup cottage cheese  
1 egg  
1½ cups soft bread crumbs  
3 hard-cooked eggs  
3 tablespoons parsley

Pour hot milk on the soft bread crumbs, mix well and let stand a few minutes, add the slightly beaten egg, the cheese, the salmon and the chopped parsley. Place one-third of the mixture in a buttered baking dish (rectangular or oval). Place the hard cooked eggs in the centre end to end, and add the rest of the salmon. Cook in a moderate oven 50 minutes. Unmold and serve hot or cold.

Creamy mashed potatoes with this, and tiny silvers of carrots, glazed with brown sugar and lemon juice, are perfect accompaniments with this salmon loaf. And do try for a change parsnips, parboiled, then turned into a buttered baking dish, and buttered, with a few drops of Worcestershire sauce for that chef's touch that is not hard to achieve in your own kitchen.

For dessert, a fruit tapioca, served warm with buttered, sweetened crumbs on top.

Always, serve the crushed bones when using canned salmon. They contain valuable bone-building materials that make for strong teeth. And the oil should be used in the recipe or in a dressing because it contains healthful vitamins.

Dishes which held fish should be washed with a generous quantity of dry mustard or washing soda added. This dispels any odour of fish. Be sure and rinse well with boiling water, or the mustard will tint your dish towels.

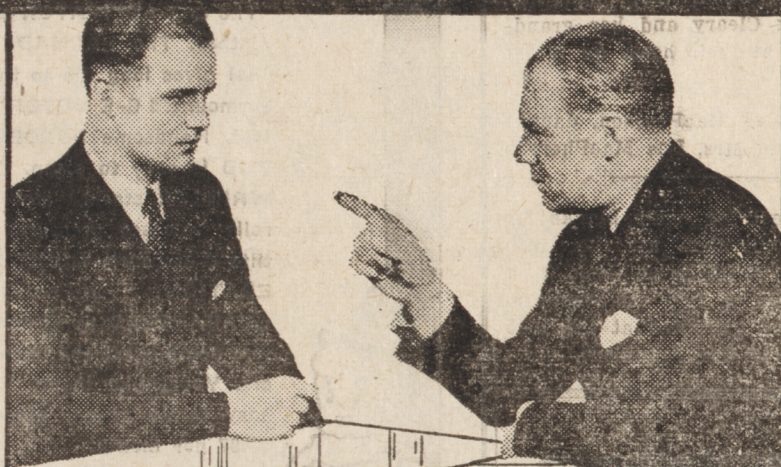
## "NO ONE LIKES TO BE ORDERED ABOUT"

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."

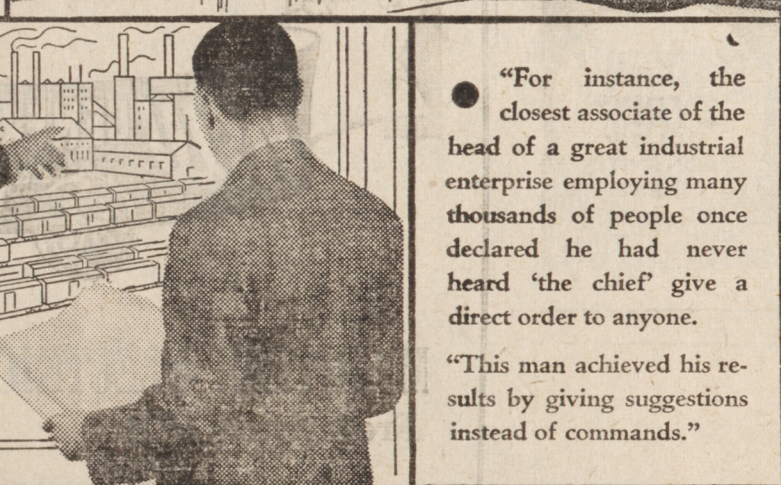


"For instance, the closest associate of the head of a great industrial enterprise employing many thousands of people once declared he had never heard 'the chief' give a direct order to anyone.

"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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