



The Handiest Thing in the Kitchen

Oxo Beef Cubes put flavor, nourishment and economy into your cooking. With Oxo Cubes, yesterday's left-overs can be served up in a hundred delightful ways today.

As well as adding flavor, Oxo Cubes bring the meat element to vegetables, strength and nutriment to the dish.


When you buy Oxo Cubes you buy the flavor, strength, and substance of the best beef. All of the taste—none of the waste of meat.

Time of 4, 15, 30 and 100.

OXO CUBES

Oxo Cheese Sandwiches

Soften an Oxo cube in water, mix in a little butter, spread the mixture on thin slices of bread, sprinkle with grated cheese, add pepper to taste, and place other slices of bread on top.



PYORRHEA

Successfully Treated

WE EMPLOY THE MOST APPROVED METHOD:

of treatment pyorrhea, or what is long known as Riggs' disease. We can effect a permanent cure in many cases, and bring about great relief and improvement in all other cases. Do you know that you may not know it yourself? Let us examine you today. Electric, massage and mercant treatment. The Most Famous.

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Human Touch Expression

Because of supersensitive mechanism, backed by a piano of sterling worth the

NORDHEIMER PLAYER

maintains the full expression of the artist to a greater degree than any other player piano.

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All-Steel Trains of Finest Equipment.

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TICKET AGENT

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CANADIAN NATIONAL RAILWAYS

Of Interest to Women

Some Desserts that are Delectable

The daily dessert is always a problem for the housewife. Here are a few "money" recipes that are not very expensive and not very hard to make. The large hot and cold dishes included among them so as to provide an ample choice.

If pies are a family standby, it is a good idea to make crust enough to last a couple of days, as crust keeps well wrapped in a floured linen cloth in the icebox.

Quince Sandwiches.

Beat the yolks of four eggs to a light yellow creaminess, then add the weight of four eggs, in sugar and soft butter and flour. Beat this mixture creamy, then add the stiffly-beaten whites of the eggs, pour the batter into a well-buttered, shallow baking-pan and bake it in a moderate oven about twenty minutes. Cool, then cut the bread in half with a sharp knife like a shortcake. Spread one piece thickly with quince jam, then lay the top on sandwich fashion. Dust the sandwiches with powdered sugar and serve them with whipped cream on top.

Old-Fashioned Apple Slump.

Make a crust of two cups of sifted flour, a half teaspoonful of salt, a teaspoonful of sugar and two teaspoonfuls of baking-powder. Add enough milk to make a rolling dough. Place the dough on a floured board and roll it out a half inch thick. Butter the dough well, then strew it with chopped apples, dust it with cinnamon and sugar, pinch the ends and place it in a buttered dish in the steamer. Steam the pudding for three-quarters of an hour. Set it in the oven three or four minutes to dry off, then serve it with a good pudding sauce.

Sauce for a Drown Betty Pudding. Make a brown Betty in the usual way and try this sauce instead of the old-fashioned hard sauce usually served. Cream together a full cupful of dark brown sugar and a half cupful of butter. When they are blended add a teaspoonful of vanilla, a grating of nutmeg and a teaspoonful of heavy cream. Drop by drop. Chill this sauce before serving.

Old-Fashioned Squash Pie.

To a pint of boiled and mashed winter squash, add a pound of egg, a generous lump of butter, a teaspoonful of mixed spices and one of ginger, half a cupful each of molasses and sugar and a large cupful of rice milk. Mix the ingredients well. Line a dish with a good pastry, mark the edge with a flour tined fork and pour in the squash mixture. Bake the pie from thirty to forty minutes, according to the oven. This is a more delicate pie than pumpkin.

A Sweet Potato and Chestnut Pie

Peel, blanch and boil a pound of French chestnuts until they are tender, then mash them. Have ready two cupfuls of freshly-boiled and mashed sweet potatoes, add the stiffly-beaten whites of three eggs, a cupful of sweet cream, a half cupful of sugar, a teaspoonful of vanilla, a teaspoonful of cinnamon, a very little grating nutmeg and a tablespoonful of ginger syrup. Beat these ingredients well and fill the crust-lined dish. Lattice the top with strips of crust and bake the pie until the crust is done.

Italian Rice Pudding.

Wash and boil a cupful of rice. Drain it and add to it a quarter-pound of finely-chopped beef, three-quarters of a cupful of stoned raisins, a half cupful of sugar, a teaspoonful of vanilla and the beaten yolks of four eggs. After adding all these ingredients together add the stiffly-beaten whites of the eggs. Pour the pudding into a hot buttered pudding-mould, cover it, then boil it in water an hour and a half. Unmould the pudding on a hot plate, garnish it with candied fruit and serve it with a good pudding sauce.

Spiced Apples.

Pare, core and quarter eight large, tart and well-flavored apples. Roll the quarters in cinnamon and sugar, then lay them in a well-buttered baking pan. Heat a half cupful of honey with a heaping teaspoonful of butter and a tablespoonful of ginger syrup and pour the mixture evenly over the apples. Bake the apples until they are tender and rich. Serve them hot or cold with sweet cream.

W. C. T. U.

WHY ABSTAIN FROM DRINK? To the men who ask, "Why abstain from the beverage use of liquor?" we respectfully answer:

First—In the interests of Your Family—The money you spend for liquor might be better used. The average man requires all he earns to provide a comfortable living for his family.

Second—For the sake of Your Religious purposes, and to save for future needs. Again, the wife and mother, whose husband is addicted to drink, would live a happier life if he were an abstainer. Your son and daughter do not wish you to drink.

Third—For Your Own Personal Good—The drinking of liquor has an injurious effect upon the human system. You say—"I never drink to excess." Science says, "If you take alcohol even in such small quantities that drunkenness never results, it is still exercising its narcotic power, and causes diminished efficiency of mind and body, and enfeeblement of moral control." Alcohol is distinctly a poison, and the limitation of its use should be as strict as that of any other kind of poison.

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Making Your Environment Satisfy Your Needs

Living conditions have changed in recent years. Room in small houses and apartments is at a premium, and furniture and fittings must be kept in strict accordance with needs. We must rid ourselves of useless things, furnish our home in harmony with our environment and cease to accumulate things for which we have no immediate use.

The big round or oblong dining-tables with their extra leaves have had to give way to refectory tables which take up less room, even though they may limit their hospitality, or to tables with drop leaves of the gate-leg variety. The dropping tablecloth has also been laid aside for the convenient dolly sets which are effective and save heavy laundry work.

Among the newest table sets are those made of heavy Russian flannel. This lace may be gotten by the yard, as well as already made up in runners or squares. Many women are making the sets themselves, and finishing the edges with lace that comes by the yard to match the all-over material, or by crocheting silk fringe in and knotting it heavily.

Sometimes a table-cloth is used which exactly fits the top of the table. The type of cloth is usually of embroidered natural linen. In cases of the use of shorter tables, with extension ends that pull out when more space is needed, these table-cloths are not practical, as only the sets are used. Rectangular place dollys are used on these tables in preference to round dollys, as they hold the entire service for one place as well as the service plate.

Using silver vegetable-dishes and serving-platters, the china may be changed for each course, if desired for table, cups and saucers. The latter do not appear until the coffee is served. This is the day of variety in china, one may indulge in variety without being accused of undue extravagance.

Table benches that match the tables are growing in popularity, for they do away with formal chairs except at the table ends, and they slip underneath the table at either side when not in use. This makes them decidedly room-savers. A fruit basket, a flower-bowl with a candlestick at either side to match is all these tables need in decoration.

The wide, upholstered couch with a deep drawer underneath, or with a top that lifts up, makes an excellent extra bed and storage place which justifies the space it orers.

Second-For the Sake of Your Brother Man.

You are a business or professional man. You are a member of the church. Your example may lead to the degradation of young men who cannot, once they acquire a taste for liquor, restrain themselves. In the words of one of the greatest of men, "The right course is to abstain from meat or wine or indeed anything that is a stumbling-block to your brother." You ask, "Why should one have to make a sacrifice for a weakling—why should one not enjoy himself? Well, self-gratification may suit a Pagan, but self-sacrifice is becoming in a Christian.

Third—For Your Own Personal Good—The drinking of liquor has an injurious effect upon the human system. You say—"I never drink to excess." Science says, "If you take alcohol even in such small quantities that drunkenness never results, it is still exercising its narcotic power, and causes diminished efficiency of mind and body, and enfeeblement of moral control." Alcohol is distinctly a poison, and the limitation of its use should be as strict as that of any other kind of poison.

But you say—"Is there harm in light wine or beer?" Science says: "Alcohol is alcohol wherever found, whether in beer, wine or whiskey. There is as much justification for advocating beer and wine as against whiskey as there is for advocating paregoric against morphine. Paregoric is a mild solution of opium, beer is a mild solution of alcohol." "If you drink alcohol habitually in any quantity whatever, it is to some extent a menace to you and you are in some measure lowering the grade of your mind, dulling your higher aesthetic sense, and taking the finer edge off your morals."

BY GIRL SWIMMERS TRAINING FOR OLYMPIC TRYOUTS.

Miami, Fla. Feb. 11.—Six new world's records were added yesterday to the laurels of the girl swimmers training here for the Olympic tryouts. The total of world records made here to date are twenty.

Miss Aileen Gentry set a new record in the 100 yard breast stroke, which she made in 1:04.15, 8.5 of a second faster than the previous record.

Swill Bauer covered the 440 yards back stroke in one and two fifths seconds less than the former record of 6:24.45 and covered 100 yards (494 yards) in 8:25, also a new record.

World's records were established in the 400 yards, 500 yards and 600 yards relay races as follows: 400 yards: Ederle, Aileen, Rignin, Lambert, Walveringth. Time 4:37.85.

500 yards: Doris O'Mara, 4:35.4-4. 600 yards: Whitensack, 5:47.2-5.

Hourly Test makes Quaker Best



The superior baking quality of Quaker Flour is due to the selection of the wheat and the scientific manner in which it is milled. Even more important is its uniformity.

Flour must maintain an unvarying quality to produce the best baking results.

Quaker Flour is subjected to severe tests every hour during the milling process. That is why Quaker Flour never varies in quality.

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Always the Same—Always the Best

Every sack of Quaker Flour is guaranteed to give absolute satisfaction.

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DON'T DOSE A COLD

USE VICKS

External Treatment With Vaporizing Salve Is Best

Mr. Alex McDougall, Box 655, Regent St., North Sydney, Nova Scotia, writes: "I had a bad cold in my head. I tried many remedies, but had no relief until I used Vicks. It is also the best salve I ever used for a cold in the chest. Put some Vicks Vapo-rub on your chest, cover with a handkerchief and you have a sure remedy. For a cold in the head, melt a little Vapo-Rub, and inhale the vapors. In a short time your cold will be gone."

Vicks Vapo-Rub is an externally applied vaporizing salve. While it acts like a liniment or plaster, it is also inhaled as a vapor, and so gets into the throat and lungs immediately. The cold is often broken up overnight.

Vicks is the modern direct treatment for all cold troubles, the successor to goose grease, camphorated oil, liniments, poultices and plasters. Used for croup and children's colds, Vicks gives remarkable quick results and also avoids nauseating internal dosing. Just as good for adults and for skin inflammations such as cuts, burns, bruises, bites, stings.

At all drug stores 50c a jar. For a free test size package, write Vicks

Chemical Co., 344 St. Paul St., W. Montreal, P. Q.

Though Vicks is new in Canada it has a remarkable sale in the States. Over 17 million jars used yearly.

WYERS BROOK

Many young folks are enjoying the good roads and moonlight nights. Miss Lindsey Mann and Everett Myles spent Sunday at their homes here.

Mr. and Mrs. Edmund Robertson visited Mrs. Alexander McDonald on Sunday last.

Miss Greta Myles, teacher of Robtville, spent the week end at her home here.

Miss Mollie McDonald entertained the "Ladies Aid" on Wednesday night. Those present were: Mrs. Harvey Myles, Mrs. David Wyers, Misses Marjorie, Englehart, Annie Eddy, Hilda Mann, Audrey Mann, Clara Marshall, Dorothy Myles, and Bertie Wyers. A dainty luncheon was served.

Mr. Lawrence Myles spent Monday in Campbellton.

Many friends of Mrs. Sanford Wyers and Mrs. Joan Mann are glad to hear that they are doing nicely at the Soldiers' Memorial Hospital, where they were recently operated on for appendicitis.

Mrs. Wilson visited her mother in Matapedia West last week.

Mr. Walter Englehart of Rummymede was the guest of his mother on

Sunday.

Miss Annie Eddy visited friends in Millstream last week.

Mr. Lindsey Englehart has returned to Millstream after spending the week end with his mother.

A huge bear was seen on the last near Rummymede one day last week. The Misses Marjorie Englehart and Annie Eddy spent the week end in Robtville, the guest of their aunt, Mrs. Edna Parker.

Left Handed Compliment. Butcher—"My son—the one that used to help me in the shop here—has come in for having won a championship, too!"

Customer—"Ay, I remember him. I suppose he'll have won the light weight championship?"

RECEIVING CONGRATULATIONS

Congratulations are being sent to Mr. and Mrs. Alexander New Mills, on the arrival of their son, John, born February 10th, 1924.

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Better Home-Made Candies

MAKE your candy at home with **Carnation Milk** — bon bons, creams, pralines, taffy, fudge. Make them from the recipes given in the **Carnation Recipe Book**. Their richness and smoothness will surpass all your previous efforts.

Carnation is just pure fresh milk, evaporated to double richness, kept safe by sterilization. Order several tall (16 oz.) cans or a case of 48 cans from your grocer.

There are over 100 tested recipes in the **Carnation Recipe Book**. Write for a copy.

PARLOR DON BONBONS: Put equal parts of Carnation Milk and white of egg into a bowl; then stir in XXXX confectioner's sugar until mixture is stiff enough to shape. This fondant may be used as follows:

Flavor the fondant with cinnamon, color red and make it into squares, parties or any other desired shapes.

Flavor the fondant with pistachio, color green and make into squares or parties.

Flavor the fondant with peppermint, make into parties and dip in melted chocolate.

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Agents: **THE CAMPBELLTON GRAPHIC**

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