June 30, 1922

THE ACADIAN

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physical disarrange ments, such as boils, constipation, pimples and intestinal troubles. Roval Yeast Cakes are rich in vitamines and serve to tone up the blood. Royal Yeast Cakes are on sale in practically every grocery store. Send name and address for free copy "Royal Yeast Cakes for Better Health."

MADE IN CANADA

E. W. GILLETT COMPANY LIMITED

WARM WEATHER DESSERTS

Heavy desserts are being eliminated from the family menu. Housekeepers are realizing that, although not an entirely superfluous course, as some people who have no sweet tooth would have us believe, the real purpose of the dessert

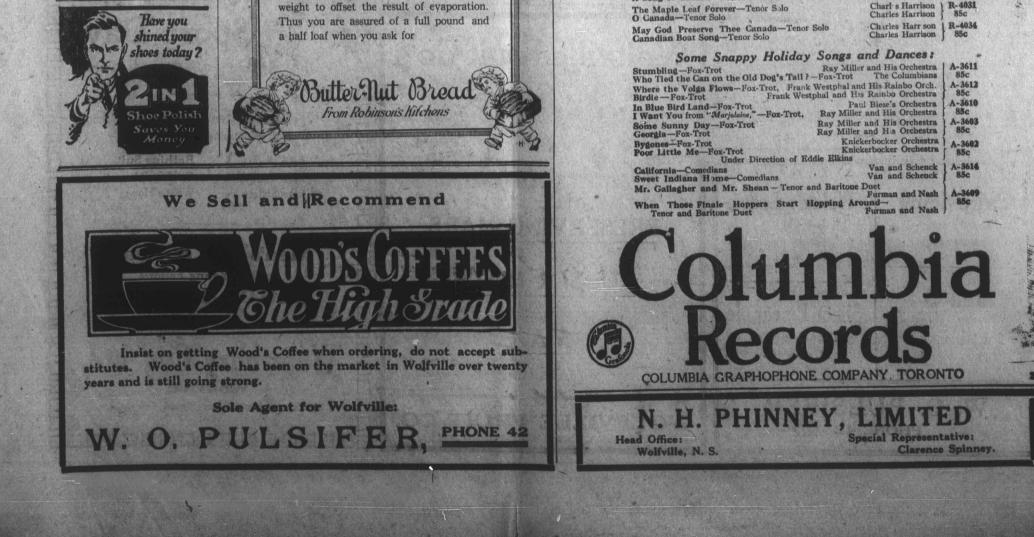
is merely to put a period to the meal. For this reason its preparation demands more than a passing thought. Its mission is two fold: It must be of such a nature that, for the time being, nothing is left to be desired. At the same time it must furnish the gastronomic motif which will relished

It is particularly true in summer time, when dainty desserts that appeal to the eye will also tempt the appetite. A great many housekeepers have an ex-pensive and troublesome dessert.

Frozen Dainties On the contrary, almost all frozen mixtures are much cheaper than pies, puddings, and similar sweets; and with a modern freezer, of a size suited to the family needs, the freezing process is so simple that even the bugbear of extra work is removed. Indeed, if time enough for self freezing is allowed, no labor, save the packing down in ice and salt, is entailed.

The following frozen dainty will appeal to those who have an eye as well as a cultivated taste for food harmony:

Dry-whip a quart of thick sweet cream and add sugar to make quite sweet, as freezing extracts the sweet-ness as well as the flavor from any mixture. Chop a cupful of maraschino cherries very fine, then add them to-gether with their liquor to the cream. Turn the mixture into a mold, cover closely and bind around the opening with a strip of buttered muslin to pre-vent any salt finding its way inside. Bury in crushed ice and salt for six



hours. Dish for individual serving, masking each serving with whipped cream and garnishing it with split, blanched a better shipper, but perhaps not quite so high in quality, although good enough Strawberry Ambrosia

Rhubarb Lemonade

barb, and after covering with three pints of cold water cook for twenty

minutes. Add in order mentioned one pound granulated sugar, 1 shredded pineapple, one thinly sliced lime, 1 glass

STRAWBERRIES

(Experimental Farms Note.)

berry, so much the better.

require.

orange juice, and one cup maras

may be eaten.

Cut into large pieces a bunch of rhu-

in that respect. Portia, a new introductio of the Horticultural Division, Experi-This delicious beverage, which is as delectable to the eye as to the palate, is prepared by removing the milk from a large fresh cocoanut and placcanners, an excellent example of a berry ing it where it will become very cold. Press through a sieve a square of straw- suitable for the grower who can cater to a small cup of sugar (confectioner's) table and canning qualities. Not only and place directly on the ice. At serving time add to the fruit the merest pinch of baking soda, one cup of stiffly whipped cream, the cocoanut tively moist, cool climate the milk, and sufficient iced milk to form Dunlap will do much better Senato Dunlap will do much better than on three pints of liquid. Serve in a high glass pitcher in which has been placed light soils in a hot and dry locality. In the latter case Parson Beauty or Pocomoke give better results, so that the successful grower must ever be on the lookout for newer sorts, which might possibly fit in to his market requirements a cup of shaved ice and pour into small spiral glasses, garnishing with large, luscious strawberries.

or his soil requirements just a little better than the kinds he is growing. M. B. DAVIS, Pomologist.

Central Experimental Farm, Ottawa.

WHAT ARE YOU WORTH?

cherries. Stir the fruit puree until the sugar is entirely dissolved and when An Exchange says: Here is the best thought we have run across today: very cold pour in one pint of Vichy water. you never break a promise, if you always Serve from a high tankard into stemmed goblets that have been ornamented wit pay the money you owe exactly on the day it is due, nobody will know but that ices of frosted limes, and accompany you are worth a million. And you will be with long handled spoons so that the fruit just as good a risk as a man worth a million, for all that he could do would

That was written by Hamilton Fish. Many of us get the idea that the man

who does business in six or seven figures With the strawberry season full upon him it is a good time now for the grower who writes a cheque in two figures. to note the adaptation of the variety or varieties he is growing to his conditions. to meet a bill for a \$1,000,000 than for

Due consideration must be given to (1) us to meet a bill for \$10.00. yield, (2) size of fuit, (3) shipping ability, (4) quality and (5) any special feature. To select a variety solely on the merits of its yielding ability is poor paractice. It must be a good shipper, palatable, of good size and if it can, in for \$20.00 at the corner grocery. Both meet their obligations when due, and within their respective limits; one man sumer as an exceptionally good canning is as good as the other man

The consumption of strawberries can be largely increased if growers will care-To play squarely and without price, to stimulate the flagging appetite in order that in its turn the dessert may be the consuming public that which they the consuming public that which they The grower catering to a local are the things worth while in amateu

market could overlook shipping ability sport. somewhat and stress quality or size, tor Dunlap is one of our best quality sicians.

"Overweight"

Bread

In England it is customary for the ven-

dor, when a loaf of bread is asked for, to

weigh out the bread and then make up

the deficiency in the loaf by giving the

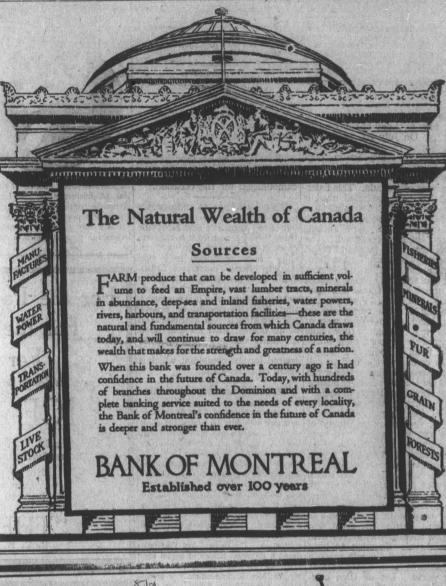
No need of this in the case of Butter-Nut, every loaf of which is made over-

customer a slice off a second loaf.

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Canadian Boat Song—Tenor Solo	Charles Harrison	85c