Make your light food nourishing

Put a spoonful of Bovril Into your soups, stews and ples. It will give them dellccous new bavouriness
and you will be able to get all the nourtshment you
require without making a heavy meal.

## BOVRIL

|  | Too Obvious. |
| :--- | :--- |
| Sunday |  |
| School | Teacher-"Whic | | Tested Rec'pes. |
| :--- | :--- | m Fruit Pie- Line a deep phe. brid did Noah send out of whe aike ?"

ith plain pie crust, and bake.
lay on the bottom of the crust find out what the weather was liker
small
girl - "Please, teacher, of fruit such as fresh peaches, as, or berries. Sprinkiee with
Then cover with a cream filling. Then cover $1 / 1 /$ cup sugar, $1-3$
ant F.,
lour, $1 / 8$ teaspoon salt, 2 cup lour, $1 / 8$ teaspoon salt, 2 eups
2 eggs, er teaspoon flavoring.,
he dry ingredients, and make a he dry ingredients, and make a
h paste with a part of the milk. h paste with a part of the milk.
add the rest of the milk and the
and adil the rest of Cok until it thick-
well beaten. Caver favoring. When cool,
nit then add nd then add favoring. When cool,
this over the fruit in the pie

- this over the fruit in tefore serving, cover
whiped cream.
ple Pie with Marshmallows-

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\mid \text { "Kaybee" semite iei } \mid
$$ ple Pie with Marshmallows- a deep pie pan with with well-flavor-pples cut in eighths. Sprinkle

brown sugar, bits of butter, and our tablespoons of cold water. until the apples are tender. Then
the apples with marshmallows, the apples wiih marshmalilow
fourths, and return to the oven rown the marshmallows.
ir Preserves for Christmas- 2
is pears, 2 lemons, 2 oranges, 1
 uice of the lemons and oranges,
he pineapple, which is cut in fine s, over a slow fire for forty-five
the. Then add the sugar and tes. Then add the sugar and
and cook until transparent. 1lace rs, and veal with paraffin. The and pineapple may
0 wishes. Signs of Experience bie-"My father must have been all sorts of mis
""
nit -"Cos he knows xactly wha ions to ask me when he,
what I've been doing." enty thousand Canadian ex-sol-
living in Britain are claiming hiving in Britain are claiming
t the Canadian Government for
or

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& \text { COARije SALT } \\
& \text { LAN S SALT } \\
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& \text { TORONTO SALT works }
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