

## MAGIC BAKING POWDER

Magic Baking Powder is scientifically made and has never failed to give the maximum leavening efficiency. Because of this and the uniformly satisfactory results obtained by its use we recommend it as Canada's perfect baking powder.



PRODUCT OF CANADA

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## Of Interest to Women

### Common Things Carefully Prepared

Common foods are often so carelessly prepared that they are offensive on a table where better things are expected of an ordinary intelligent cook. Take apple sauce, for instance. It is apt to be lumpy, watery, badly flavored and inexcusably full of small seed cores. If it is flavored at all, with cinnamon or nutmeg, it is usually over-flavored until it has a medicinal taste that is most unpleasant. It requires a little more trouble to prepare food well, but it pays in the end. Try the following ways and see if these common foods cannot be made real luxuries.

**New England Apple Sauce.** Quarter, core very carefully, pare and slice the apples into the saucepan. Put all parings into another saucepan and cover them with a pint and a half of water. Boil and cook until the peelings are soft. Then strain the liquid through cheese-cloth spread over the sieve and pour it into the apples and cook gently until they are soft. Remove from the fire and put green through a sieve. Reheat and add sugar to taste, a salt-spoonful of nutmeg or cinnamon. If desired, and cook gently to a desired thickness. This makes a perfect sauce that is as smooth as velvet—rich with all the flavor the apples have to give. It is economical for all the apples have been used. If a dark sauce is desired, cider may be used instead of the apple juice. In this case brown sugar of maple sugar should be used for sweetening. This gives a reddish cast to the apples.

**Cranberry Sauce.** Rinse a quart of firm, large cranberries and put them into a saucepan with clear, cold water to cover. Steam gently until the berries are all broken and soft. Then strain them, mashing the pulp through the sieve. If for sauce, strain without mashing; if jelly is desired and use the pulp for a pie. Add to the sauce about two small or one and a half large cups of sugar. Cook the mixture gently until the sauce is thick, turn it into a wet mould and set it to cool. This will make a thick, rich sauce that will grow firm a bit as it cools. It is more economical to sweeten after straining, especially if the pulp is not wanted for a pie.

**Tomato Sauce.** This is to be used for a sauce for meat or croquettes. Take a can of tomatoes and add the same amount of water. Pour the mixture into a stewpan, with a large sliced onion, a half bulb of garlic, some chopped celery and parsley, a small piece of bacon, a sliced leek, a small turnip and a diced potato, a red pepper seeded and chopped and any steak or other bones that have no fat. Heat these ingredients gently until they are well cooked, then strain carefully. Add pepper, salt, a little sugar, a teaspoonful of Worcestershire sauce and a level salt-spoonful of butter.

**EXTRA MONEY.** A quart of the family who will spend two hours a day can help through this short of money period with outstretched hands and bread. I have had many first-hand experiences and have proven that there is more money in poetry than in any other business.

150 Egg Baking Powder complete \$19.75  
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### Vegetable Soup

Vegetable soups are generally made from the coarser vegetables which are strained out after their flavoring qualities are gone. These include a large can tomatoes, some parsley, celery, onions, turnips, potatoes, leeks, a few cabbage leaves, a few sprays of dill and two cans of water. Cook the mixture until all the vegetables are soft then strain. Meanwhile cook in clean water diced potatoes, carrots, turnips, a small can of small lima beans and a chopped bunch of parsley. When cooked, but not soft, drain these and add them to the soup. Reheat the soup, season it to taste and it will be ready to serve. Salt, pepper, a little sugar and a little butter are added for seasoning. Should the soup be too thin, it may be thickened with cornstarch or by cooking a little tapioca with the vegetables when making the stock.

### Various Ways in Which to Cook Sweetbreads

Sweetbreads are generally considered a delicacy, but the prices in early season are not high enough to exclude them from the average home menu. The breads are generally used as an entree when cooked alone. When combined with chicken, oysters, cooked veal or liver, made into a salad, jellied or cooked in an omelette, the sweetbreads form special dishes.

For all uses, the sweetbreads are first put into warm water and allowed to stand a half hour to draw off the blood and whiten them. They are then placed in cool, salted water and brought to the boiling point. They should be allowed to cook gently for twenty minutes, blanching five minutes in cold water, then trimmed of pipes and gristle. The breads are then ready to cook in any manner desired. After being thus carefully prepared, they will keep in a cool place for several days covered so that they do not dry out.

Lamb sweetbreads are cooked in the same way as calf breads, only a shorter time, as they are smaller and a little softer in texture.

**BAKED SWEETBREDS**  
After preparing the breads as already described, dip them into beaten egg, dust them with fine crumbs, dip them in egg again and roll them in seasoned crumbs. Place them on a buttered baking-dish, dot them with

## Canadian mothers Declare Vicks Wonderful for Cold Troubles

In the columns adjoining are given the actual experiences of a number of New Brunswick families who have adopted the use of Vicks VapoRub since it was introduced here last winter.

Though new here, Vicks is old in the States, where over 17 million jars are used yearly—for croup, children's colds, babies' colds, adults' colds, catarrh, sore throat, trenchitis and all other troubles down to common pneumonia.

**A VAPOR LAMP IN SALVE FORM**

Vicks is an ingenious combination in salve form, of the world's best remedies for congestion and colds. It contains Camphor, Menthol, Eucalyptus thyme Oil of Turpentine and other volatile oils, which are released as vapors when the salve is acted upon by the heat of the body. These vapors are taken with each breath into the nose, throat and lungs, clearing the passages, loosening phlegm and relieving congestion.

At the same time, the application acts like a liniment, soothing and relieving the blood away from the congested parts and relieving that soreness and tightness.

**Double Direct Action Brings Quick Results**

This treatment often gives amazingly quick results. Colds vanish over night. Croup is relieved inside of fifteen minutes. Or one application at bed-time may keep croup away altogether. For deep chest colds, bordering on bronchitis or pneumonia, it is unexcelled. Melted in a spoon and inhaled Vicks clears the head instantly. Fine for nasal catarrh and mouth-breathing at night.

Vicks is especially favored in homes where there are young children. Its use does away with dosing for colds—saves their delicate stomachs. It is not necessary, as with vapor lamps to close the windows at night.

Vicks is equally good for cuts, burns, sores, bruises, bites stings and skin itches. That it is useful in the home.

# VICKS VAPORUB

OVER 17 MILLION JARS USED YEARLY

lumps of butter and pour around them a mixture made of two tablespoonfuls of canned pineapple juice, a teaspoonful each of lemon and onion juice and a tablespoonful of melted and strained butter. Cover and cook the mixture for twenty minutes and then cover and baste it during the last fifteen minutes browning the breads a delicate brown. Remove to a hot dish. Add a small cupful of clear chicken broth or white stock to the dish gravy and thicken it with browned flour made smooth with a little of the gravy. Pour the gravy around the breads and garnish them with toast sippets and parsley. Serve sweetbreads as an entree.

**SWEETBREDS IN RAMEKINS**  
Dice the prepared sweetbreads. Add a half cupful of dry crumbs, pepper, salt, a level half teaspoonful of sugar, the juice of an onion, a teaspoonful of chopped white celery leaves, six fresh mushrooms they have been peeled, cut fine and sautéed in butter, a small beaten egg and a tablespoonful of soft butter. Fill buttered ramekins with the mixture, lightly, but do not pack it down, then add a tablespoonful of sweet cream to each ramekin. Cook the sweetbreads to the oven about 25 minutes. Cover them a few minutes if they are inclined to brown too quickly.

**SWEETBREAD AND CHICKEN A LA POULETTE**

Cut up sweetbreads very fine then mix them with a cupful and a half of finely-minced, cold-boiled chicken. Dust them with pepper, salt, a little paprika and a little bit of fresh celery salt. Make an old-fashioned cream sauce in the following way: Melt two ounces of butter in a small saucepan, then dredge in a tablespoon full of flour and stir the mixture until it is smooth. Add slowly, a small cupful of cream. Let these ingredients simmer, gently stirring them all the time for four or five minutes, then remove them from the fire and add to them a teaspoonful of onion juice and a tablespoonful of carefully washed and chopped capers. Add the sweet-bread mixture and let it heat, then serve on a plate of toast garnished with sprays of fresh parsley. This makes an excellent luncheon or Sunday night tea dish.

**Wyres Brook School Report**  
Number pupils enrolled 15  
Daily present on an average 12.5

Teachers: Misses Wyres, Jean Wyres, Price Mann, Robbie Englehart, Doris Mann, Clifford Wyres.

**GRADE I**  
Teddy Mann, R.L.

**GRADE II (a)**  
Patricia Wyres, R.L.

**GRADE II (b)**  
Jean Wyres, R.L.

**GRADE III (a)**  
78.1; Alexander McDonald, 78.

**GRADE III (b)**  
Dorothy Myles, 82.2; Doris Mann,

### Vicks has met severe tests in these New Brunswick Homes

**BRONCHITIS**

Mrs. Adolphe P. Corneau of Port Elgin, N. B., writes: "I never used a remedy that was more satisfactory than Vicks VapoRub. I gave it a test one night on my baby who was sick with bronchitis and was surprised at the results."

**GRIPPE**

Mrs. Joseph Hebert of Gulgater St., Shediac, N. B., says: "When we were all sick with grippe we used Vicks VapoRub and found it very good in every way. I will never go without Vicks in my home."

**CHEST COLDS**

Mrs. Ambrose M. Fairweather of 285 Cornhill St., Moncton, N. B., writes: "I have used Vicks VapoRub on my baby when he had a chest cold and found it very satisfactory. Vicks is something every mother should keep on hand all the time."

**ASTHMA**

Mr. J. A. Troy of 75 Emerald St., Woodstock, N. B., says: "I find Vicks VapoRub a great relief to me for I am troubled with asthma. It certainly makes my breathing much easier. Would advise any person bothered with asthma to try Vicks. It cannot help but satisfy."

**50c A JAR AT DRUG STORES.**  
If you prefer to test Vicks before purchasing, clip this coupon and mail it to the Vicks Chemical Co., 344 St. Paul St., Montreal. V. Co. and a free test size package will be sent you promptly.

**COUGHS**

Mrs. Hiram C. Dorey of 83 Duke St., St. John, N. B., says: "My little boy used to cough terribly every night. One night I rubbed on some Vicks and he did not cough at all that night. Vicks has never yet failed."

**HOARSENESS**

Miss Edna Robichaud of North Devon, N. B., says: "I have used Vicks VapoRub for hoarseness and by rubbing it on chest and throat have found it a great remedy. I will never be without it."

**CATARH**

Miss Christina MacDonald of Hardwick, N. B., writes: "I have used Vicks VapoRub on my baby when he had a chest cold and found it very satisfactory. Vicks is something every mother should keep on hand all the time."

**CHILDREN'S COLDS**

Mrs. Frank Goudes of 15 Brook St., St. John, N. B., writes: "I have used Vicks VapoRub on the children for colds in the head and chest and find it very satisfactory. Mothers will make no mistake if they use Vicks for the family's colds."

**BROADCASTERS' LICENSES**

Amateur Broadcasters are required to take out a license with the Department of Marine. This license, according to reports from Ottawa costs \$2.50 and must be taken out immediately. These licenses may only be obtained by making application direct to the department. This has no effect on receiving sets but only on broadcasting.

**GRADUATES**

The following students have recently graduated from the Campbellton Commercial College: Gladys Smith, Mary Arsenault and James MacIsaac. These students have also qualified for Spotswood Penmanship Award. For speed and accuracy in type-writing, Alice Osgood has been awarded the Underwood Bronze Medal and the Remington Primary certificate and Ida Savard the Underwood certificate.

**Pay Cash - Pay Less**

**FOOD FACTS**  
GROWING CHILDREN NEED THE BEST FOOD

Pure Lard, 1 lb. 22¢  
20 lb. cwt. \$3.80

**O. Dewar,**  
2008

**THE NEW COLUMBIA**

**Perfect in tone and design!**

Model 520 \$150

THESE NEW Columbias represent a determination to produce a phonograph that would be perfect in the two main essentials—tone and design.

The Columbia tonal beauty comes from such exclusive features as the new silent motor, accurate as a high grade watch, our new International reproducer, straight brass tone arm, tone control leaves, and the mellow, high quality woods we use.

The NEW Columbia designs—simple and quietly elegant—fit harmoniously into any surroundings. Here is grace of line

and beauty of cabinet work that you will delight in for years to come. Add to these, such improvements as an automatic start—the motor starts when the tone arm is moved over to place the needle on the record—and an automatic stop which needs no setting whatever—a new one hand top and prices just about half of what they would have been a few years ago.

Hear the NEW Columbia—preferably playing the recent silent surface Columbia records.

Columbias are priced at \$62.50, \$95.00, \$125.00, \$150.00, \$175.00, \$200.00 and \$225.00.

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