

The Domestic
Science
Teacher
Speaks



“This ham needs
no parboiling”

“THE old custom of soaking and parboiling ham before it was baked or broiled was an irksome task. And, in the process, a lot of the flavor and much of the food value were lost. In Swift's Premium you have a ham that needs no parboiling because it is cured with scientific care. There is just enough salt, just enough sugar; just enough smoking and just enough time all wed in curing to en ure a *uniform* flavor that is pleasing and 'different.' The 'blue tag' identifies

Swift's Premium Ham

and is your guarantee of quality.”

Order from your Butcher
or Grocer.

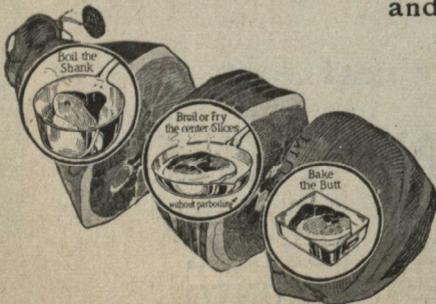
Swift Canadian Co.

Limited

Toronto

Winnipeg

Edmonton



It's economy to buy a *whole* Ham—
you bake the butt, boil the shank
and broil or fry the centre slices.