

Cook's Corner

CHICKEN FRICASSEE

First, there is the browning of your chicken pieces — do this richly; that is followed by gentle simmering in a well-flavored water; the next step calls for the smooth thickening of the sauce, which is good indeed. Then there is the assembly job, and a main dish to bring special joy at tables where chicken is much served and different ways of preparing it are appreciated.

- Yield—5 or 6 servings.
1 roasting chicken or fowl, cut into serving-sized pieces; wash and dry each piece.
3 tablespoons shortening
1 1/2 cups water
1/2 teaspoon salt
1/2 teaspoon pepper
1 small bay leaf
1 medium-sized onion
2 tablespoons flour
1/2 cup milk

Singe a cleaned chicken or fowl; cut into serving-sized pieces; wash and dry each piece. Heat the shortening; add chicken pieces and brown richly on all sides, turning as necessary. Pour off excess fat.

Pour the water around chicken pieces and sprinkle with the salt and pepper; add bay leaf.

Peel and chop the onion; add to chicken mixture. Cover closely and simmer, turning once, until chicken pieces are tender—about 1 1/2 hours for a roasting chicken, longer for a boiling fowl. Remove bay leaf and arrange chicken pieces on a heated platter.

Measure flour into a small bowl and gradually blend in the milk, mixing smooth. Stir flour mixture into chicken liquid and cook, stirring constantly, until sauce is smoothly thickened. Pour sauce over chicken.

Modern Etiquette

By Roberta Lee

Q. How many wedding invitations should be sent to a family where there are several grown sons and daughters?

A. Send one invitation addressed to the father and mother, and a separate one to each of the sons and daughters.

Q. How should a maid hold a dish as she presents it to the guests at a dinner table?

A. The dish should be held flat on the palm of her left hand, and presented at the left of the guest. If the dish is hot, a napkin can be used as a pad underneath.

Q. When a woman extends her bare hand to a man, should he remove his glove before taking her hand?

A. Yes; but this is not necessary if her hand is gloved, too.

That Body Of Yours

By James W. Barton, M.D.

TREATING THE PATIENT PHYSICALLY AND MENTALLY

An old friend dropped in to see me one day and among other things, told me of some symptoms that were disturbing him: some loss of memory, some mental confusion, anxieties about his and his family's health, an ever-present tired feeling. As I had always known him as a level-headed individual, I discussed his symptoms with a psychiatrist. I described the symptoms and asked what category, what type of brain disease, he thought was likely present.

"Oh," the psychiatrist replied, "I don't call any group of symptoms by a special name any more because there are many cases where the symptoms of various diseases may be present. I learn as much as I can from the patient, try out his nerve reflexes, and then simply treat the symptoms present or as they arise."

We can see the wisdom of this psychiatrist's answer as we remember what the psychiatrist must keep in mind when a patient is referred to him. He must not only investigate the nervous or behavior symptoms, but the patient's personality and background. It is on this personality or background that a nervous or behavior disease or group of symptoms have been built.

In Medical Clinics of North America, Dr. Joe R. Brown, Consulting Physician in the Department of Neurology and Psychiatry, Mayo Clinic, states, "Here is an individual with his own physical, intellectual, vocational family and social assets and liabilities. Added to this is a disease which frequently disables him physically and limits or decreases his working ability. The work disability and the financial burden of illness frequently change the family relationship. A person faced with such a situation must use all his resources to accomplish a new adjustment in life."

While any disabling disease requires adjustment, the person with a neurologic disorder may have brain damage which decreases his intellectual ability and changes his personality so that he is further handicapped in facing life. Dr. Brown points out that while the treatment of a nervous disorder in an individual already physically disabled makes a difficult proposition all round, if the physical disability present and the personality of the patient are carefully considered, the physician has a basis on which he can apply proper treatment.

Quite Possible

A Tennessee woman 80 years old has never seen an automobile. Which may be the reason she is 80 years old.

Worth - Coles Wedding



Mr. and Mrs. John Worth photographed following their marriage ceremony at Trinity Church. Left to right Mr. J. W. Chambers, best man, Mr. and Mrs. John Worth, the former Miss Thelma Coles, and Mrs. Marion Holmes, bridesmaid. —Photo by Stewart Smith.

Morning Smile

Another Nut

"What are you going to call the new baby?" "Hazel." "What! You got the whole calendar of saints and you're going to call her after a nut?"

Household Scrapbook

By Roberta Lee

Hot Water Bottle Repair the leak in the rubber hot water bottle by applying several pieces of liquid coat plaster, letting each piece dry before applying the next, and making each piece a little larger than the preceding one.

Lacquered Wear Lacquered wear should be rubbed over with a damp cloth instead of washing. A little olive oil on a flannel cloth may be rubbed on it occasionally. This will preserve the lovely luster.

Cellar Steps If the cellar steps are dark, paint the bottom one white; it might save a bad fall.

The Stars Say --

By Genevieve Kemble

For Tomorrow A SUDDEN and surprising turn of events, of major and far-reaching significance, may switch the tide of life into new pastures, green and alluring. The business, domestic and romantic ambitions and aspirations are involved, with every promise of rich fulfillments and enjoyments. Radical change, increased finances and opportunities, as well as a fresh and idealistic state of emotional security and enjoyment.

For the Birthday

Those whose birthday it is are on the threshold of a year of high promise and enjoyment. Abrupt change is forecast, perhaps in employment, environs, domestic or social relationships. Golden opportunities seem to come knocking at the door, possibly distasteful and dramatic. Mind, energies, aspirations and emotions stem stimulated to a radical about-face. It could be a highly constructive and memorable adventure. A child born on this day, may be said to have been born with the proverbial "gold spoon" in its mouth, its riches being material, intellectual, spiritual with some surprising talents and prospects.

ASPIRIN advertisement with text: STARTS TO WORK IN 2 SECONDS, RELIEVES PAIN AND DISCOMFORT OF COLDS, FEEL BETTER FAST!

ELLEN'S DIARY

By An Island Farmer's Wife

"There's not a brighter color left" I sighed to granddaughter today, as perched beside her on an arm of James' chair by a window we surveyed the piece of countryside spread before us. It takes in the gray gables of the mills, snug amid the trees. The pond-water too beyond the red-brown of the then-way of brown sod and faded stubble the valley rises gently by a woodland and climbs edged to towards the summit. Over it, the road runs and beside it the house on the hill. "There's not a single glint left" we commented searching fields and woodlands, "all the reds and golds are gone!" "Yes, she agreed "the leaves have all fallen, but they still make a rustle when you walk through them. I heard it when I was back in the stump-field with my grandfather today. There are plenty along the lane there. "We listened to the footsteps of the light breeze as it passed there, while we waited idle in the truck for James and his four-footed helper to herd the cattle from the pasture beyond to this path between woodland and stump-field which takes them home from their grazing. The black dog rides beside James to the round-up, but returning must follow the herd."

Strange But True

By F. H. MacArthur

"There is no place like home" for accidents. In 1949 more people died as the result of accidents in their homes, than from deaths by motor vehicles. This statement may cause a lot of eyebrows lifting but National Safety Council, Inc., of Chicago gives us the following figures: Killed as a result of accidents in their homes, 28,000. Killed by motor vehicles, 27,000. Trees that are not killed by insects, storms, etc., seldom die of old age. What is stranger still, trees continue to grow as long as they live, which sometimes 4,000 and 5,000 years. The giant redwoods of California are among the oldest living trees that are not killed by insects, storms, etc., seldom die of old age. "After Lord Nelson's notable victory at Trafalgar his ladies to wear the Trafalgar garter on which was inscribed the memorable words: "England expects that every man this day will do his duty."

The late Emory Crane of Everton, Prince Edward Island, weighed 320 pounds. He was a huge eater, and one day when a neighbor dropped in, he found the land heavyweight seated at the table with a huge steak before him. "Emory," he said in astonishment, "you're not going to eat that alone?" "No," piped Emory. "I'm having a side dish of spuds and squash." According to figures recently released by the U. S. Public Health Service, we ought to keep our weight under control if we've passed the 45 mark — that is, if we want to live long and happily. Here's how the Public Health Service figured it out: Deaths from heart disease among those over 45 is 258 per 100,000 for 50 pounds or more overweight, and only 161 for those 25 pounds or more overweight. Deaths from kidney diseases: For persons over 45 the ratio is 171 per 100,000 against 109 for the lean folk. Diabetes and apoplexy occur more frequently among the heavies. But deaths from T. B. are more numerous among those who are underweight.

There is no fixed normal blood pressure for any individual. It is the patient's general health status which determines whether his blood pressure is normal for him within certain limits. There are variations in groups of individuals who are healthy. Next time you hear someone say that the normal blood pressure of any person is 100 plus the age — smile and keep on going. The fish called "black swallower", has been known to swallow other fish larger than itself. This is possible because they have a huge mouth, while the throat and stomach stretch like a rubber balloon. Occasionally, the black swallower gulps down a bird so large that death comes quickly to both.

How Can I!!!

By Anne Ashley

Q. How can I treat tired feet? A. Add a tablespoonful of soda to a pint of common bran and put into a basin, dampening with sufficient hot water to make a paste. Immerse the feet in this for ten or fifteen minutes, and great relief will be felt.

Q. How can I clean felt hats satisfactorily? A. Add enough gasoline to a teaspoon of flour to make a paste. Rub this on with a brush and let it dry. Then brush off with a stiff brush.

Q. How can I remove stains from ivory-handled brushes? A. Clean them with whitening moistened with lemon juice.

WAKE UP MORNINGS LIKE A CAVE MAN

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.

Distinguished Visitors At Royal Winter Fair

The Royal Winter Fair Horse Show opened in a gala glitter with women competing for the first time in the Coliseum in the brilliant international jumping event. Horse gentry, socialites and all States visitors crammed the boxes. Guests in the Royal Box with President J. W. McKee and Mrs. McKee were, Lord Beaverbrook, who officially opened the Horse Show; Lady Jeanne Campbell of Surrey, England; Sir James and Lady Dunn of St. Andrews; Mr. and Mrs. W. A. Mather of Montreal; Mr. and Mrs. J. B. Wood-yat of Montreal; Mr. and Mrs. John Bassett, Montreal; Reverend Dr. Ross Flemington, president, Mount Allison University, U. S. A.; and Brigadier M. Wardell of Surrey, England, and Margaret Ann McKee.

Mrs. J. W. McKee set the fashion for quietly elegant clothes when she arrived in a plaid green and red taffeta short frock with matching Milliken wool plaid coat lined in red and styled full in the Herd and Sondheim fashion. Her daughter, Margaret Ann McKee, wore a scarlet taffeta bouffant frock under her nutria fur jacket. Guests with Mr. James Northy were: Mr. and Mrs. Einar Rehnitzer, and Mr. and Mrs. James A. Northy, Jr.; Mrs. Guy V. Henry from Maryland, in navy blue lace topped by squirrel jacket, arrived with Colonel C. S. McKee and Mrs. McKee, Mr. and Mrs. R. H. Vandenberg, and Mr. and Mrs. Ronald Gooderham.

Guests in Mr. C. F. Burns' box included Herbert D. Burns, Mr. and Mrs. Horace Enman, and Mrs. W. H. Denton. Wide-eyed in the merry excitement of the jumping events was Barbara Ann Scott. Lovelace over a short evening frock of layers of pink marquisette over satin and foaming out from a bodice of campo pink quilted satin. With her mother, Mrs. Clyde Scott, she was the guest of Mr. and Mrs. Clifford Sifton.

Mr. and Mrs. W. Marshall Cleland from St. Catharines had in their box, Mr. and Mrs. Westcott Cherry, Mrs. Cleland wore a Dior original of brown net, birdied-in-headed belt and topped by a mink stole. Mrs. Cherry wore a white ermine coat over black. Watching her husband in his official judging duties was Lady Digby of England in black lace studded in sequins topped by a black broadtail coat.

Mrs. George Drew from Ottawa won the spotlight in her navy blue satin Caron original trimmed in the Spanish way with black jet and braiding. The dress was short and the lordador jacket covered a strapless sheath.

Guests with Mr. and Mrs. D. B. Continued on page 9

MASON'S 49 for Coughs and Colds 45¢ - 75¢

DOROTHY DIX SAYS—

Marrying Age

Girl Fresh Out Of High School Hasn't Reached It

DEAR DOROTHY DIX: Do you think that when a girl finishes high school she should get married or go to work if she does not have a chance to go to college? Don't you think a girl should support herself before marriage so that when she does get married she will know the value of a dollar?



TWO GIRLS ANSWER: No girl of 17 or 18 knows enough about men to pick out a husband. She doesn't know enough about herself to know what she wants in a husband. She doesn't even know what she is going to be herself when she grows up. Marriage is risky enough, at best, without taking any long shots on the future.

Besides that, a girl who goes out of the school-room into marriage misses all the playtime of life. She is a settled woman. Continued on page 9

-Needlecraft-

FOR THE HOME

CASUAL CHARMER Gently flattered shoulders, flattering collar and turned back cuffs make this an up-to-the-minute style; one that works out beautifully in many fabrics. Newest draped hat, separate pattern. No. 2305 is cut in sizes 10, 12, 14, 16, 18, 20. Size 16, 4 1/4 yards 39-inch. No. 2260, hat, is cut in one size only, for 21 1/2 to 22-inch head sizes. 1 1/4 yards 35-inch. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address: Pattern Department, The Charlotte-Town Guardian, The Charlotte-Town Guardian, P.O. Box 2305 and No. 2260.



Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

still one of fall, moon-set and star-lit and full of promise for our farmers' tomorrow. Until tomorrow — Diary — Good-night, ...

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

And appreciating the yearning in his voice, we wished that for a period of days, the children were grown, Rob's boys, and the Mackie fellow in the house across the lane, and granddaughter too, the boys brawny and willing and she helpful and alert, to join forces with those we already have in making this dream of his come true. To have every last root of it, and stump, burnt and furrows turned so that in his day he might be spared to see there, a wide smooth field of golden grain, rippling in the Summer sunlight, ripening for the binder. No harvest-night this, but a

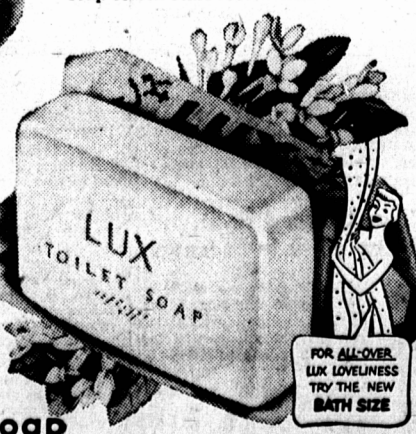
"I'M A LUX GIRL!"

says Virginia Mayo

Virginia is lovely in her newest role as the lady fair of a dashing outlaw. Her million-dollar complexion gets gentle Lux Toilet Soap care!

"Active-lather facials keep my skin just right for close-ups," she says. "I smooth the creamy lather in well, rinse, pat with a soft towel to dry. Leaves my skin so fresh!"

You'll find Lux Soap's active lather gives your skin new beauty—so quickly! Try this fragrant white soap screen stars recommend.



BURT LANCASTER - VIRGINIA MAYO co-starring in the Norma-F. R. Production "THE FLAME AND THE ARROW" distributed by WARNER BROS., COLOR BY TECHNICOLOR

9 out of 10 Screen Stars use Lux Toilet Soap

FOR ALL-OVER LUX LOVELINESS TRY THE NEW BATH SIZE

Penny-wise ...and perfect

Here's another Lushus beauty—shimmering, lime-velvety jelly crowned with a wreath of blanched almonds. It's so quick to make, and thrifty, you can treat the family often. There's more flavour for your money in Shirriff's Lushus! The fresh, fruity tang is sealed in an air-tight favour Bud until the moment you release it.

Cook's trick: To prevent almonds floating, barely cover with Lushus and allow to set, then fill mould with remainder of the jelly.



SHIRRIFF'S LUSHUS JELLY

Get relief from constipation—indigestion. Positive results from FRUIT-A-TIVES proven by tens of thousands. FRUIT-A-TIVES contains extracts of fruits and herbs.