

meeting were read, approved and signed.

The secretary reported proceeds from the Ice Cream festival amounted to \$40.13. That \$20.50 was collected for the Salvation Army and collection for the meeting was 55 cents and dues 33 cents.

Reports of committees were heard and the following were appointed for next month. School, Mrs. John Ross and Mrs. Fred MacRae; Sick, Mrs. Cora Ling and Mrs. Gordon Andrews; Lunch, Mrs. Leonard Ling, Mrs. Cora Ling and Mrs. Gordon Andrews. Notes of thanks were received from two who were remembered with treats during their illness.

Plans were made to have a pantry sale at Hunter River on August 31st. The secretary to see about getting a store and to put up posters. It was decided to get the hall organ repaired. Mrs. Harry Ling to write to Mr. Bryenton regarding same.

The next meeting is to be held at the home of Mrs. Wm. Daye when the roll call will be answered by bringing donations for the Cancer Fund.

The meeting closed by singing the "Queen" and a delicious lunch of ice cream and cake was served by the hostess and committee in charge.

BURTON W.I.

The August meeting of Burton W.I. was held at the home of Mrs. Elmer Cook. In the absence of the president, Vice-President, Mrs. Henry Dalton occupied the chair.

The meeting opened with the Ode, followed by the Mary Stewart Collect in unison. Eight were present.

Minutes of previous meeting were read also the treasurer's report. Correspondence consisted of institute news and polo post, and Cancer Fund Society.

Committees gave their reports and new ones were appointed. Sick, Mrs. Henry Dalton, Mrs. Lance Dalton; school, Mrs. Harold Howard; school, Mrs. Harold Howard; entertainment, Mrs. Edward Collicott; lunch, Mrs. Henry Dalton, Mrs. Lance Dalton.

Sept. meeting will be at the home of Mrs. Henry Dalton, roll call "A Pickle Recipe," Mrs. Harold Howard gave an interesting talk on her trip to U.S.A.

Following the meeting, Mrs. Ivan Shaw, a new resident in the district, was presented with an address read by Mrs. Harold Howard and a gift presented by Mrs. Peter Dalton on behalf of the Institute members.

Mrs. Shaw thanked the members for their kind generosity and expressed her desire to join the Institute at a later date.

Meeting adjourned with the Queen. A dainty lunch was served by the hostess, assisted by the committee.

IRISHTOWN W.I.

Mrs. Kenneth MacLeod entertained Irishtown W.I. members at the August meeting. Sixteen members attended and a nursery rhyme was used for roll call. Mrs. Thomas Campbell, Mrs. Leigh Paynter and Mrs. H.B. MacLeod were appointed to serve as sick committee and Mrs. Robert Stavert and Mrs. H. B. MacLeod to visit the school.

The members agreed to send a contribution to the Cancer Society. Mrs. Borden Campbell consented to contact someone to tune the piano in the Community Hall and Mrs. Leigh Paynter and Mrs. H. B. MacLeod agreed to make inquiries with regard to having drapes or something suitable made to darken the main hall when films are being shown to the school children during daylight hours.

Mrs. Ruth Carr gave a report on the money raised during

Women

Lena Caroline McLure, Women's Editor. Phone 8508

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SHORT STORY

The grammar school brigade knickers piped in red. Combined with this is a knit blouse with matching corduroy trim. Her classmate is equally pleased that will see them smartly through their first semester. The youngster on the left boasts subtly striped corduroy

Mr. Robert C. Mellish Honored On His Birthday

Entertaining on Sunday evening last at their home on the Malpeque Rd. were Mr. and Mrs. Harry Mellish in honor of Mr. Mellish's father, Mr. Robert C. Mellish, who completed his eightieth year on that day. Upon Mr. Mellish's arrival with Mrs. Mellish's congratulatory, a d best wishes were extended and a complimentary addresses was read by Mr. Fulton Robertson. A presentation of gift, useful articles and currency from those gathered was made by Master Ronald Mellish, a ne of Mr. Mellish's grandchildren, who alive the month of July.

Mrs. Daniel Hickox offered her home for the September meeting when roll call will be a health hint.

A humorous reading by Mrs. Clair Campbell and an interesting contest by Mrs. A. H. Campbell brought the meeting to a close. Lunch was served by the hostess assisted by Mrs. Keir Mann, Mrs. A. H. Campbell, and Mrs. Clair Campbell.

ANNUAL SEPTEMBER SALE

DOMINION
"the store with the ideas"

Second big money saving week!

It's September Sale time at DOMINION and there are food bargains galore! You'll save on top quality meats... you'll save on the finest fresh fruit and vegetables... you'll save on canned goods. Switch to DOMINION this week and cut dollars off your food bill. Of course every thing you buy at DOMINION is 100% guaranteed. If for any reason you are not wholly satisfied... and you are the judge, mention it the next time you're in, you'll be well looked after. Switch to DOMINION this week. Cut food costs during September Sale and through the entire year.

OBSERVES 90TH BIRTHDAY

Mrs. Flora MacDonald born Sept. 12, 1867, is hale and hearty and lives with her son and daughter-in-law at Primrose Pasture. This grand old lady enjoys many visits from her numerous friends and is also able to visit them.

LET'S EAT

Dry Milk Crystals Used In A Low Calorie Salad

By IDA BAILEY ALLEN
In our test-kitchen, the chef and I not only work out new ways to use established products and test recipes for accuracy, but we also investigate and test new products.

Foods are judged from four standpoints: taste easy preparation, nutrition and cost.

One of the newcomers which meets our standards and for which we have found many uses, is instant non-fat dry milk crystals, made from milk with the fat removed.

Here is our latest creation, calorie - conserving yet sufficiently glamorous to serve as the salad entree for a ladies' luncheon.

Savory tomato bavarian: Combine 1/2 c. drained, canned tomatoes, 1/4 c. chopped onion, 1/2 tsp. vinegar, 1 bay leaf, 1 clove, 1/2 tsp. each celery and garlic salt, and 1/2 tsp. table salt. Heat to boiling point.

Simmer 10 min. Rub through a sieve. Meantime, soften 2 tbsp unflavored gelatin in 1/2 c. tomato juice. Add to the hot tomatoes. Stir until dissolved. Refrigerate until slightly thickened.

Fold in whipped instant non-fat dry milk crystals. (See below)

Spoon into a 1-qt. mold. Refrigerate until firm, 4-5 hours. Unmold. Garnish with sliced tomatoes, cucumbers and shredded celery seasoned with French dressing.

To whip instant non-fat dry milk crystals: Mix 1/4 c. instant non-fat dry milk crystals with 1/2 c. ice water. Whip until soft peaks form.

Add 2 tbsp. lemon juice. Continue beating 3 to 4 min. longer

or until stiff peaks form. Instant soup shake: Mix 2-3 c. instant non-fat dry milk crystals and 2 c. ice water. Stir lightly. Add 1 (101-2 oz. can chilled condensed cream of green pea soup 1 (10 1/2 oz.) can cream of celery soup and 1/4 tsp. nutmeg. Beat or shake until frothy.

Serve in tall glasses. Dust with paprika. Tomorrow's oven - dinner: Cucumbers-tomato salad; veal chops jardiniere, whipped potatoes; bake-fried eggplant, peach cobbler, coffee or tea, milk. All measurements are level; recipes proportioned to serve 4 to 6.

Peach cobbler: Peel and slice 2 lbs. fresh peaches or enough to make 3 c. Add 1/2 tsp. lemon juice, 1-4 tsp. cinnamon and 1 tsp. flour blended into 1 tbsp. water. Spoon into a low qt-dish that can go to table.

Bake 15 min. in a hot oven, 400 degrees F. Brush 8-10 baking powder biscuits (homemade or commercial) with melted butter or margarine. Dust all over with granulated sugar. Place on the cooking peach. Bake 15 min. longer. Serve warm.

WHEATLEY RIVER W.I.

The regular monthly meeting of the Wheatley River W.I. met at the home of Mrs. Henry and John Ross on Wednesday evening, August 7th.

The meeting opened by singing the Institute Ode and repeating the Mary Stewart Collect in unison. Nine members answered the roll call by stating "A Way They Could Become A Better Citizen."

The minutes of the previous

CONFIDENTIALLY YOURS

—by Byrne Hope Sanders



MONTREAL, Sept. 12th—How wise of them! Here's an orchid to Canada Packers for their three wonderful products—each the best in its class—each under the famed MAPLE LEAF Brand. Maple Leaf Beauty Bar Soap is rich with lanolin, contains a deodorant ingredient that keeps one fresh all day and comes in pretty colors. Maple Leaf Liquid Detergent is so effective that you need only soak your dishes now, for twenty minutes—then lift and stack to dry! (I've tried it. It works!) Maple Leaf Pure Soap Flakes are the best for babies' wear, woolsens, fine lingerie, as well as general laundry. Buy the Maple Leaf Brand of Beauty Soap, Liquid Detergent and Soap Flakes.

SO SWEET A BABY DESERVES THE FAITHFUL, loving care he gets. Deserves, too, the care which his mother has selected—on her doctor's advice—one of the three FARMER'S WIFE Formula Milks as the one best for his needs. Perhaps you'll thrive on Whole Milk (Red Label) or possibly he should have Skimmed Milk (Yellow Label) or the Partly Skimmed Milk (Blue Label). This latter was prepared at the request of pediatricians for a high-protein, low-fat concentrated formula. All are Vitamin D increased and vacuum packed in the most modern type and vacuum packed in the most modern type. Ask your doctor which your baby should have!

"THEY LOOK GOOD ENOUGH TO EAT!"... that's what you'll think when you see the new ROYAL INSTANT PUDDING "picture packages" on display at your grocer's. You'll find your Royal Instant Puddings as good to eat as they look, too, believe me! Royal Instant Puddings are the ideal solution to quick "n fast" desserts as the bustling days of Fall crowd in on us. They make cool, smooth-tasting desserts with a fresh-flavor delight that you'll all enjoy. Serve them in a score of tempting ways—either plain or with fruit, raisins, dates, chopped nuts—or topped with whipped cream. You'll find 7 wonderful Royal flavors lined up for your choice—so start enjoying them today!

EVER PLAYED THE "MAP GAME"? Planning imaginary trips and mapping out the routes can be a lot of fun—educational, too. But not all of those trips need be make-believe. A special "Sunshine Account" at the BANK OF MONTREAL can turn fancy into fact if you plan far enough ahead. For instance, I know how much my holiday trip and expenses will amount to, I start a full year ahead putting one-twelfth of the cost into my B of M "Sunshine Account" each month. It's the best way I know to "insure" yourself for a better holiday when the time comes. Why not make your down payment on next year's pleasure at your B of M today?

JUST REALIZE THIS! In a matter of minutes by adding boiling water to a package of Lipton Tomato Vegetable Soup... you have a rich, full-flavored soup that the whole family will relish. Yes, in those few minutes you have given them a perfect balance of tomatoes, potatoes, carrots, onions, bell peppers, cabbage, celery, noodles, paprika and a whole host of delicate spices! Hours of work in assembling and preparation—yet ready in a jiffy! SERVE LIPTON TOMATO VEGETABLE as a soup—or added to your steaks, casseroles and meat pies. It's delicious, too, baked with spaghetti with cheese sprinkled on top.

WHEN WE WENT ON HOLIDAYS, our beautiful budgie, Sir Isaac, went to friends. They loved him so much—they've bought one too! "So little trouble—and so much pleasure!" said our friends, and we're mighty happy to have him back in our lives—saucy, bustling, delightful! It's easy to keep budgies healthy and gay with BROCK'S BUDGIE CUTTLE BONE—one of Brock's 5 Basic Budgie Products. You'd love a budgie, I know!

GREENDAL'S FALL SPECIALS

Just received 500 men's Suburban Coats.

12.95 to 24.95

Boys' Suburban Coats.

9.95 to 14.95

Men's Topcoats, zip-in lined. Regular 29.50.

Sale 16.95

Men's Suits in all wool worsteds and Blends. To 39.50.

Sale 22.50

Men's Work Sweaters. Pull-over or Coat Styles.

3.95

Men's Doeskin Work Shirts. Reg. 2.50.

Sale 1.95

Men's heavy work socks. 45c

Men's Dungarees laced back. 2.95

One group of Ladies' Suburban Coats in both fitted and loose styles to 29.50.

Sale 19.50 and 24.50

Ladies' Fall Suits with short fitted jacket or loose belted style.

19.95 up

Ladies' Dresses in crepe chropespun and worsted rayon.

4.95 up

Ladies' bulky knit Botany Wool Sweaters. Cardigan style. 12-20.

9.95

Balance ladies short sleeve summer Blouses. To 4.95.

1.49 & 1.95

Children's Cardigan Sweaters, wool and orlon. 6-14.

2.49 to 3.95

Ladies' Clutch Bags in fall shades.

1.95 & 2.95

Children's stretchy nylon knee socks.

89c

Children's corduroy or poplin jackets. 3-6x.

2.49 - 2.95

The Greendal Co. Ltd.

CRISP FRUITS & VEGETABLES

GARDEN FRESH, LOCAL GROWN

CORN ON THE COB DOZ. 41c

CLAPPS FAVORITE **Perserving PEARS** 11 QT. BASKET 1.49

N. S. GRAVENSTEIN **EATING APPLES** 5 LB. CELLO 49c

GOLDEN RIPE BANANAS 2 LBS. 45c NO. 1 PICKLING ONIONS 5 LBS. 25c

Save on Guaranteed Meats

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GROUND BEEF LB. 35c

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SWIFTS LARGE — BY THE PIECE **BOLOGNA** LB. 35c THICK GOLDEN SMOKED **COD FILLETS** LB. 27c

FROZEN FOODS

McCAINS **FRENCH FRIES** 9 OZ. PKG. 19c **Rosedale PEAS** 2 TINS 31c

ZERO P. **GREEN PEAS** 12 OZ. PKG. 29c **ORANGE—IN LIGHT SYRUP SEGMENTS** 2 11 OZ. TINS 29c

EAST PAK **COD FILLETS** 1 LB. PKG. 27c **PETER PAN STANDARD PEACHES** 2 15 OZ. TINS 39c

DOMINION FROZEN **Orange JUICE** 2 6 OZ. TINS 37c **BOSTON CORNED BEEF** 12 OZ. TINS 31c

MORE LOW PRICES

D.S.L. **TEA** LB. 77c **MARVENS SCHOOL DAY COOKIES** 16 OZ. PKG. 35c **McCormick's FIG BARS** 20 COOKIES PER PKG. 29c

KELLOGG! **CORN FLAKES** 2 8 OZ. PKGS. 39c **KING SIZE FAB** 35c OFF 1.23

PEP **DOG FOOD** 2 15 OZ. TINS 19c

STORE HOURS MONDAY, TUESDAY, WEDNESDAY & THURSDAY 8:30 A.M. TO 6 P.M. FRIDAY 8:30 TO 9:30 SATURDAY 8:30 TO 1 P.M. **VALUES EFFECTIVE UNTIL CLOSING SATURDAY, SEPT. 14, 1957**

All Merchandise sold at your Dominion Store is Guaranteed to Give 100% Satisfaction.

BRIAR ROSE DINNERWARE ON SALE THIS WEEK. 10" DINNER PLATE 49c WITH EACH \$5.00 PURCHASE.

Cut Food Costs at **DOMINION**
155 QUEEN STREET
DOMINION STORES LIMITED