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WESTON'S REGAL ASSORTED

BISCUITS **LB.** 33C

Tomato Soup QUAKER 3 TINB 250 Frankford Peas 2 PINS 270 Green Beans VALLEY 2 TINS 290 DOMESTIC SHORTENING

YANGY "BLUEBACK" RED

SALMON

指 23c 指 39c

PACKAGE 34c, 67c TEA BAGS Tomato Juice AYLMER 2 TINE 250 Peanut BUTTER ROMAR 16-OE JAR 370 PICKLES HOME STYLE LYNN Valley - 16-02 JAR 190

SWIFT'S PRODUCTS

1-LB. 410 SWIFT'NING 1-LB. 34c JEWEL SHORTENING BROOKFIELD CHEESE 1.01 MEATS for Baby 2 TINS 43c PARD DOG OF FOOD 2 TIN 270 BWIFT'S CLEANSER

1-LB. PKG. 41c MARGENE BELMAR S Obleken Varieties 2 PKGS. 250 FROSTEE DESSERT 2 PKGS. 290 JIFFY PUDDINGS 3 PKGS, 14c

LIBBY'S FANCY "NEW PACK"

TIN 33C 20-02. 29C

SOAP Flakes CARROLL'S FOX 73c Pork & Beans ATLMER 2 TIME 350 VINEGAR OAL JUG 660 CANNING SUPPLIES ASSORTMENT

LARGE WHITE HEADS

Each 19c CAULIFLOWER

JERSEY

2 lb. 19c **SWEET POTATOES**

CELLO PKG.

Each 19c SPINACH

No. 1 SMALL 10 LB. BAGS Each 37c COOKING ONIONS

FRESH DAILY-Celery, Tomatees, Corn, Grapes, Peaches, Plums, Cabbare, Endishes



Hello Homemakers! We should sliced onlons in butter or bacon be able to add an "s" to squash to dipping. Cook tomatoes slowly remind us of the many varieties of until tender; then sesson 2 cups cult to tell the difference in the sait, it teaspoon paprika and if teaeating of summer squash and the spoon curry powder. winter squash. The early varieties are so delicate in Havor white the tops of field-turnips as cooked later kinds (Acorn and Hubbard) are stronger both in flavour and

Some of the auminer squash are easily named because of their shape -The Yellow Crookneck, the Button and Vegetable Marrow. Others. that are more difficult to label are ones like Zucchini and Cymlings. If can be tossed together in a hurry? you do not know them, take a trip to, a market where gardeners can tel lyon about these interesting corned beef and condensed tomato apecies.

TAKE A TIP

To cook summer squash; Take off stem end. Remove the large seeds and coarse fibres. Leave in halves, slice or dice. (Paring not necessary.) Boil halves sounsh 40 to 60 minutes or boil diced pieces about 15 minutes. Or bake summer squash at 350 Matching Earrings 2. To open or cut winter squash For '52 Watches

easily, place the whole vegetable in a preheated oven of 400 degs. until heated through. Cool, cut the new feminine fashions for this

serving sizes and tree of seeds Switzerland at a special preand fibres.

(a) Boil 25 to 30 minutes and serve buttered. Or scrape from shell

(b) Bake pieces of squash prehented oven of 350 degs.

about 50 minutes. Sensoning for summer squash may be one of the following: Nutmeg, cayenne pepper, minced onion, chili sauce, cheese, bits of cooked bacon and brown sugar. Additions for baked squash: Fill hollow portion with cooked sausage patties or seasoned lima beans mixed with sour cream and chives.

5. To glaze squash: Pare and parboil pieces for 30 mins. Drain. Place in shallow baking pan. Drizzle over pieces a glazing syrup of 4 cup white sugar, 15

remove from the pulp when it is table.

8. Our preferred method of cooking squash is in a colander or sieve over boiling water. We sprinkle a teaspoon of salt on prepared serving size pieces. The kettle is covered as tightly as possible. Since squash is surprisingly watery, it will mash as soon as the skins can be removed-and you can see the skins partly separate from the pulp in about 20 minutes. Beat in 1 tablespoon top milk and a pinch of pepper,

9. Prepare squash for pie filling the same as pumpkin.

THE QUESTION BOX Mrs. T. K. asks: How do you

serve oyster plant? salsify prepare like parsnips, cil sets were shown, with a tiny Plunge into cold water with a little quality watch encased in the uplemon juice or vinegar in it to pre- per part of the pencil. A handy vent discoloration. Boil inch-cubed combination penknife and pencil pieces in salted water until tender, container had a watch mounted in Serve with a cream sauce.

Mrs. C. B. asks: How can you prevent sharp acid flavor in stewed green tomatoes?

Answer: Stir the sliced green tomatoes to be sauted with a few

STOP!

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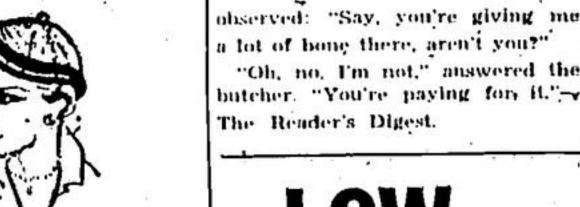
FASHION HINT



Paris modistes say, "Autumn hats are small, romantic; many are squash. However, it is not too diffi- green tomatoes with % tenspoon inspired-by-the-paintings-of Munct, Wattenu and Renoir". Here's an example of one that can safely be Mrs. T. H. asks: Can you cook labelled "small", but the rest of the critique is left to the individual buyer-or to those who make the Answer: It may be a little late first remarks about a new hat in in the season now unless you pick the family! Town modistes likely the small tender leaves from the won't assign a hat's inspiration to centre. Cook as you do cabbage an artist, but are more apt to sugand serve with browned buttered gets that smallnesss of anything plus a bit of velvet and willing Mrs. II. M. asks: Can you suggest will make a good fall '51 hata stuffing for green peppers that

> As a symbol of their individuality women in Pakistan generally retain their own maiden names even after their marriage, and do not have to adopt their husbands' surnames.

The butcher was weighing up 'a roast recently when his customer observed: "Say, you're giving me a lot of bone there, aren't you?" "Oh, no, I'm not," answered the



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130 MILL STREET PHONE: 69 FORD-MONARCH-SALES & SERVICE A COMPLETE LINE OF GOODYEAR TIKES, YUSES, LWEGUARDS AND BATTERIES

Smartly styled-watches, keyed to fall and winter, were introduced To cook winter rounsh cut into recently by the Watchmakers of

Answer: Blend together canned

soup to make a stuffing for par-

boiled sweet peppers. Bake 15 to

Note: Thank you Mrs. M. for re-

minding us that carrots are good peeled and grated. Then carrots

may be cooked in a little boiling

water in 12 minutes.

Aware of individual requirements the stylists showed their timepieces eneased in platinum white and yellow gold, steel, enamel, plastic and leather. The watches ranged from the wrist type to unique accessories that can be worn as pins, pendants, rings and lavalleres-and one even surrounded by a rubber tire, with a strap and key attached for the

automobile ignition lock. The preview featured live models in dresses ranging from high fashion to resort apparel—each wearing a watch harmonizing with the individual costume. A teen-age model displayed timekeepers with novel designs and gay colored bands for the young set.

Among the intriguing watches was a petite wrist model encircled cup brown sugar, 14 cup water by pearls, with the semi-precious and 2 thsps. butter. Bake in gems flowing in each direction oven of 350 degrees for 30 mins., along a flexible gold band. Another basting frequently with the was a lapel watch, fashioned in delicate gold wire as a ballerina, Peeling and seeding summer with pearls mounted in her flowing squash is optional. Some people skirt. One featured multicoloured believe that the seeds strengthen stones set in a gold wire broachthe flavour while cooking, others with a pin for neckline wear and consider the seeds a nuisance to a pull-out stand for use on a night-

In many of the formal watches for dressy occasions, several designers feature novel development of gold filigree patterns, only recently introduced by the Swiss as a highfashion note. Sparkling clusters of djamonds, rubies, emeralds, and

sapphires are blended with filigree to create these magnificent watches. Other new watch fashion assets for the feminine wardrobe include a striking solid bracelet watch with matching necklace, or a set consisting of an unusual lapel watch and earrings in matching design.

The newsbracelet watches have the "personal touch", one of them providing for the owner's initials in matching gold on ch side of Answer: To cook oyster plant or a barrel-shaped crystal. Gold penthe flat upper side.

Meat Prices Boost Cost Of Living

The bitterest topic of argument and controversy is still the soaring cost of living. What is important and usually overlooked in this discussion is the basic reason behind the increase. The Financial Post

For the fact is that almost half the 15-point boost that has occurred since January of this year is due to one thing: meat prices.

And why have meat prices risen? Primarily, because Canada is an export country and our home prices have been tied to the tail of similar increases in the U.S. This fact makes it perfectly clear that to have kept the lid on Canadian living costs this summer, price control and all the other remedies mooted would have done no real good at

JUST GOLD

To Dick Pearce of the Northern Miller belongs the credit for relaying the story of the mining man who was asked why the shares of Steep Rock, the iron ore producer,

The mining man replied, "Didn't you hear? They've found gold."

will help give good milk.

Every farmer can tell a good farm. He can run his experienced eye over the fields, the barn, the stock and in no time he has sixed up the situation.

tor

But the more experienced farmer -- who farms for better crops - for better milk yields, goes to the expert for advice on the soil and the many other factors that help to assure good results from his efforts. It is the degree of his own knowledge and experience plus that of the experts that lead to the best results. As a farmer friend recently put it -"It takes a good meadow to help make good milk and plenty of it. and it takes an expert to help me make a good meadow."

In the investment field, the above finds a good parallel. It takes a good "meadow" in the form of good high grade securities to make "good milk" in the form of regular rate of interest and dividend. And It takes an expert with long experience to give the heat investment

A good farmer invests in his fields. He knows the farm's past escord and by properly preparing the soil and sowing good seed, he reaps a good harvest.

The same goes in the investment field. Care and attention must he given to every purchase. The Enancial position of the company into which the investment is being made, must be well known, its record for dividends over a long period must be studied - when such care is taken, good results generally sccrue.

As the soil expert knows a good meadow the investment counselor knows a good investment

Here are four actual case histories from our files. All of these successful investments were made on our recommendations.



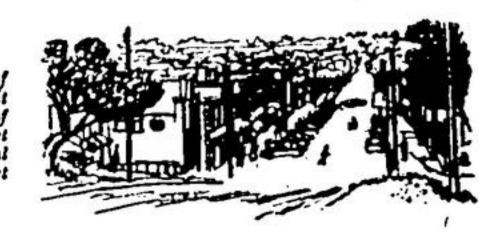
TORONTO

A young married man decided to open an account in 1040, with \$1,400. Since that time he has never had more than \$10,000 of his own capital in the account. Up to the end of 1950 he had withdrawn \$60,000 and his investment stiff had a net value of \$27,381.



GRAND VALLEY

A school teacher has had an average amount of \$2,300 invested in her account since she opened it in 1939. Her net cash investment at the end of 1950 was \$1,065 and her securities had a market value at that time of \$3,800. From this her annual investment income is \$185 or over 900 on her net capital investment.



GODERICH

mately \$5,000 invested since 1011. To her original

investment she has added the income from her

securities, bringing her net cash investment now

to \$11,720. Her stocks now have a market value

of over \$10,000 and 50% of the funds are invested

in conservative public utilities. She is deriving at

the present time an annual income of over \$1,000

PARIS

client, who is a widow, has purchased some con-

servative common and convertible preferred stocks.

Her average cash investment has been \$11,560 during this period. If her stocks were sold at current levels, the net proceeds would be approximately \$15,500. Her present investments pay her total dividends of \$758 per annum or 6%% on her net cash investment of \$12,130.

Since opening an account two years ago this"

or 81 170 on her net cash investment.

A widow has had an average amount of approxi-

The size of the sum to invest is not important!

bow small, should be put to work to carn a fair return and augment your income. Many of the greatest corporations are largely owned by the so called "small investor." A recept survey demonstrated the surprising fact that many hundreds of thousands of "blue chip" corporative shares are owned by people in the smaller urban

Money "frozen" in a bank account does its and rural communities: And large sums have owner little good -wurplus funds, no matter been collectively paid out for many years to investors, many of whom you will quite possibly know personally.

The size of the sum to invest is not important. You may have funds you would like to invest. On the other hand, we would like to discuss this matter of investment with you, and without any obligation to you.

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