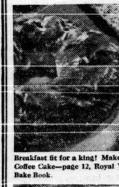
WINGSOF FORTUNE

LESLIE BERESFORD







on page 13, Royal Yeast Bake Book.

At T

Rev. M. 10 a.m.—su

Classes.
3. P.M. —
The Rector

CHRIST C.

Classes.
11 A.M.—Ho
The Rector

WESLEY

Rev. W.

Sunday, 10 A.M.—Su

Classes.

7 P.M.—Even. The Minist

Church are

2.39 P.M.-A

The Ministe

KNOX PRES

10 a.m.-Sun.

Classes.

The Minister
7 P.M.—Even

The Ministe

Jan. 11-Frid

tory service CHALMERS

2.30—Afternoo The Minister

Rev. G. I

The member

present at the

ening Januar the annual confidence GARNET

THESE famous yeast cakes have been the standard of dependable quality for over 50 years. Today they come to you specially sealed in individual airtight wrappers, assuring you full leavening power no matter how long you keep them. Follow the choice of 7 out of every 8 Canadian housewives who prefer Royal Yeast Cakes where dry yeast is used for home baking. Order a package from your grocer.



Issue No. 5—'35

were to be married?

"What right have people to make her. And the garden being empty,"

their wills like this?" Sylvia flamed, embarrassed by this revelation. It ought not to be allowed. Why should my uncle have punished you in this way? It means—"

"That, if I'm really interested in your uncle's money, I must either emain single all my life, or you uust be my wife. Eartunate for you until the my wife. Eartunate for you was the my wife. Eartunate for you was the my wife. Eartunate for your life to me? She and Lester have known

never causes soreness— it is the world's largest seller—prescribed by leading dentists—costs but little but blissful comfort is yours all day





CHAPPED BY SNOW AND WIND HINDS CREAM



Tea at its Best

Ferfestly makes the control of the point of

eration of Catholic Alumnae, and cases, the expert knows of the circight leading magazines.

Cases, the expert knows of the circumstances, and a comparison is muscles tire easily, it's more than

be undertaken next summer by Miss

Sue Thorn, graduate in anthropol ogy of the University of California.

The young Berkeley, Cal., scientist who arrived in Edmonton planning to

go north to Aklavik this winter, has

of the season here and journey by

decided to spend the remainder

TRY FASTER WAY TO RELIEVE A COLD



Almost Instant Relief to Millions Follow Simple Directions: When you have a cold, remember the nple treatment pictured here . . . rescribed by doctors as the quick

Results are amazing. Ache and dis-tress go immediately. Because of Aspirin's quick-disintegrating prop-erty, Aspirin "takes hold"—almost nstantly. Your cold is relieved "quick s you caught it!"

ruggists have it. Look for the name



you do is take Aspirin and plenty of water. Do this every to 4 hours the first day-less often vard . . . if throat is sore, the in gargle will ease it in as little be sure you get ASPIRIN when you buy. It is made in Canada and all





Woman's World

By Mair M. Morgan

Makes 2 cups filling.

Nippy Cheese Sandwich Filling
2 cups strained canned tomatoes
(juice and pulp)
2 tablespoons minute tapioca
½ teaspoon pepper

the was recognized that the tween the folds the ture made with by cup green peas been and fresh, to perfect sandwich.

The was recognized that the tween the folds the ture made with by cup green peas been parties the hostess has her sandwiches hours ahead; and the tween the folds the ture made with by cup green peas been peased that the ture made with by cup green peased the ture made with the ture made with the ture made with the tur

o a brisk boil, stirring Place immediately over

oon pepper coon paprika chopped cooked chicken celery, finely chopped spoons sweet pickles, cl espoon p' ento, finely

vinegar

s 2 cups filling.
Salad Sandwich Filling
sater

GOOD WHEN BAKED
The dried pea, bean and lentil
family have come down in the world
a bit recently with word from the

quantities.

Long slow cooking is imperative to soften the tough fiber and make dried legumes palatable. When served to small children they should also be rubbed through a sieve.

You've probably often baked the navy bean, but did you ever serve the lima the same way? If not, try it for luncheon some cold noon with it for luncheon some cold noon with hearts of celery for a relish (there's a dish for you') and prune and almond Bavarian cream to follow.

Baked Lima Beans
Two care dried lima hears

Vegetable Omelet

2 tablespoons minute tapioca
3 tablespoons minute tapioca
4 teaspoon pepper
5 tablespoon salt
5 teaspoon pepper
6 toutlook when you know well that you're immaturned-out. And the minute e a little swell of personal your heart, your chances of rally glamorous are doubled oubled.

A TIP KEEPS
SANDWICHES FRESH
Sandwich had no intention ing the world's party menus first ordered his roast beef two slices of bread. The moderate oven (350 deep EP)

Wegetable Omelet

2 tablespoons minute tapioca
4 teaspoon salt
4 teaspoon pepper
4 teaspoon pepper
4 teaspoon better
4 tablespoon butter
4 egg whites, stiffly beaten
Combine tapioca, salt, pepper, and milk in top of double boiler. Place over rapially boiling water, bring to scalding point (allow 3 to 5 minutes, stifring frequently. Add butter. Remove from boiling water; let cool slightly while beating eggs. Add egg yolks and mix well. Fold in whites. Pour into hot, buttered longer. Drain and rinse in cold water and let stand over night. Drain from water, cover with fresh cold water and bears cover with fresh cold water and bears cover with cold water and let stand over night. Drain from water, cover with fresh cold water and bring to the boiling point. Simmer five minutes and add soda. Let simmer one minture longer. Drain and rinse in cold water. Put a layer of beans in a baking dish, sprinkle with shredded pepper and two slices of bacon cut in the both water and tomatoes. Bake in a slow oven (300 degrees F.) for four low water and tomatoes. Bake in a whites. Pour into hot, buttered longer. Print hot boiling water, bring to saking dish, sprinkle with shredded pepper and two slices of bacon cut in the bosh water and tomatoes. Saking dish, sprinkle with shredded pepper and two slices of bacon cut in the bosh water and tomatoes. Bake in a slow oven (300 degrees F.) for four low water and tomatoes. Bake in a slow oven (300 degrees F.) for four low the same and toward water and toward water. Cover with fresh cold water and bring to the boiling water, bring to lo

Prune and Almond Bavarian
One-half pound prunes, 1 orange,
1% tablespoons granulated gelatine,
% cup sugar, % teaspoon salt, 2
tablespoons chopped almonds, 1 cup
whipping cream.
Wash prunes the cupilly and coups

whipping cream.

Wash prunes thoroughly and cover with two cups cold water. Let stand over night. In the morning simmer in the same water until tender, addin the same water until tender, adding the yellow rind of the orange pared very thin. Drain prunes from juice and cool. Soften gelatine in 4 tablespoons cooled juice. Add with sugar to one cup hot prune juic and stir over heat without boiling until gelatine is dissolved. Add one-half cup stoned and chopped plues, juice of orange. almonds and salt. Stir over heat without boiling until gelatine is dissolved. Add one-half cup stoned and chopped plues, juice of orange. almonds and salt. Stir over heat without boiling until gelatine is dissolved. Add one-half cup stoned and chopped plues, juice of orange. almonds and salt. Stir over heat without boiling until possible to thicken. Then fold in cream whipped until firm. Decorate a mold with prunes, replacing the stones with prunes which have been stoned.

The Change In Newspapers

I Looking over some copies of the Sovi current learning the stone the stratford Beacon of the year 1863 it was noticed that a number of references were made to jetms taken of the staken of the sta



SUNDAY CHOOLESSON

the space of the s

to your children, and to all that are afar off. Even as many as the Lord

By BUD FISHER

