

KEEP IT TO YOURSELF.—With the "guest" season about to begin, here's a tip for he who will be spending the holiday with friends: keep your food fancies to yourself.

Unless a serious condition makes it necessary, leave your diet chart at home. When faced with a strange food, don't turn up your nose and say you don't want any. Try it. Who knows—it may become your favorite dish.

Experience taught one woman the truth of this. Not long ago while dining with friends conversation turned to food and milady proceeded to discuss her favorite dishes, particularly noting how much she disliked anything with curry in it. She just

The woman continued to eat every bit of a delicious chicken salad set before her. Several times she told her friends how much she was enjoying it.

You're right. It was curried chicken.

FOOD FLIGHTS.—Food connoisseurs say it's an exciting adventure to discover new tastes. A British food authority says that if there are more good cooks in France than in England, it is solely because there are more persons who take an "intelligent" interest in what they eat and drink, whose taste is more highly trained, and whose critical appreciation is more articulate.

Probably the same could be said about Canada. Who knows—maybe if more persons began seeking new tastes, Canada might be able to boast more all-Canadian dishes.

Incidentally, they might find their food bills dropping. For instance, there are a lot of foods, particularly meats such as sweetbreads, which have been kept at moderate prices because of lack of demand.

Fish, by the way, is one food that is both plentiful and fairly

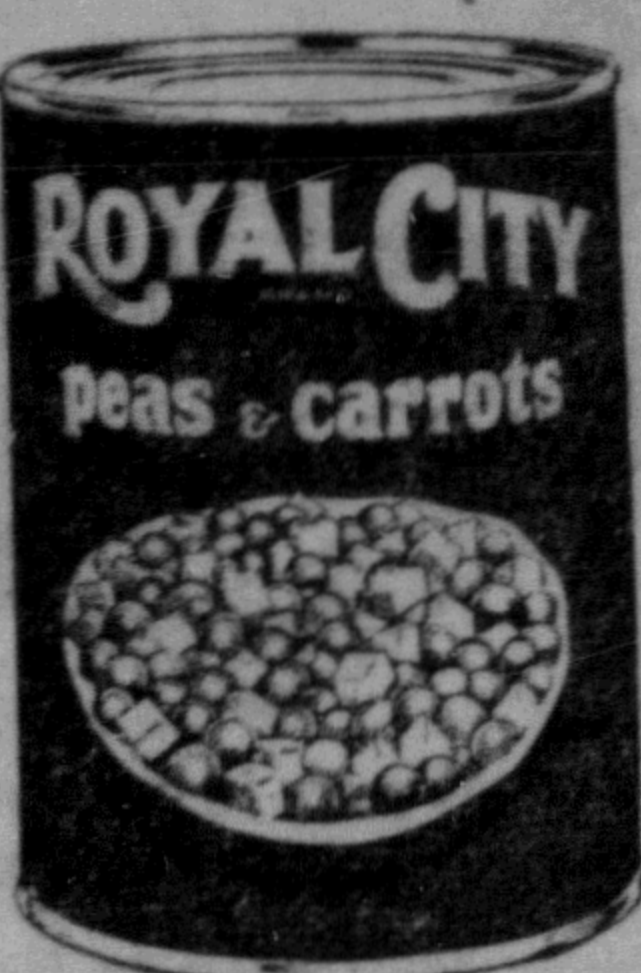
reasonable in price. Yet Canadians have to be coaxed to buy it. Home economists of the federal Department of Fisheries are telling housewives how to serve fish, its nutritive values, the non-waste factor which makes fish a quality budget item.

The department also is trying to get Canadian restaurants and hotels to increase their use of fish and shell-fish. Experts have recommended that the restaurant and hotel trade should feature at least four varieties of

fish daily on their menus. These should be fresh or frozen sea fish; fresh and frozen freshwater fish; smoked fish; shellfish.

HEALTH HINT. — The liquids from canned or home-cooked vegetables contain a valuable amount of vitamins and minerals that should not be wasted. Health Department officials say these add flavor and richness to gravies, stews, soups and many meat dishes.

tasty
time-
saver..



ask for...

ROYAL CITY
CANNED FOODS

Fig. 10

Barbara Brent's **BUYS AND WHYS**
A WEEKLY INFORMATION SERVICE



MONTREAL, Nov. 29th—You're certainly glad to see "Peter Pain" go! ... Don't let the pain of a chest cold keep you from your pleasant, pre-Christmas chores. Just rub BEN-GAY (Baume Bengue) on chest, neck and throat for wink-worthy wonderful relief! There's nothing like Ben-Gay to chase away head and chest cold discomforts. It helps to break up congestion—makes breathing easier. A-ahh! Feels grand, doesn't it? Ben-Gay chases away pesky "Peter Pain". Incidentally, this active time of year ... so be sure to keep Ben-Gay in your medicine cabinet. When Ben-Gay is rubbed in—"Peter Pain" is gone!

Looking For A \$1.00 Gift?—It's pretty hard, these days, to stretch your gift budget to include those "little gift" remembrances that men so much at Christmas time. But I've found a grand solution to the problem: It's the colorful Christmas gift package of **FACE-ELLE EN PASTELS**. These dainty tissue handkerchiefs are tinted in soft pastel shades of peach, blue and cream. They are put up in an ultra-smart box of a simulated tweed design. And there are four of them to last the Christmas season. The price? Only \$1.00 for a smart and novel gift that will be welcomed to her dressing table! Get several packages. Leading stores everywhere are featuring this special value right NOW!

All My Friends Agree . . . that a really marvelous Christmas present would be a new FRIGIDAIRE ELECTRIC RANGE . . . like mine!

Spend A Happy Hour in the midst of work-day chores... chatting over cheery cups of instant CHASE & SANBORN COFFEE! Just wait 'til you taste this instant coffee! It's no wonder folks are raving about it—for it's certainly *good*. That's because it's the instant coffee made by real coffee people. Yes, the Chase & Sanborn people. You know how to give your body a floor of energy, don't you? Well, you can get a real lift you like in a cup of instant coffee. So when you feel like relaxing—ask your friends over for a cup of Instant Chase & Sanborn. It's wink-quick to make! And you can make one or two at a time so there's no waste at all!

Never Lets Me Down! Yes, the fresh, country-sweet flavour of BLUE BONNET MARGARINE is always just as deliciously good as all your sund. And the Vitamin A content of Blue Bonnet is high every month of the year, too. Yet Blue Bonnet is still one of the most economical items on my shopping list! Don't just take my word for it!...compare Blue Bonnet with any spread at any price for flavour, nutrition and economy! Truly, you get your money's worth of goodness when you buy Blue Bonnet Margarine. Another thing you'll like about it - the famous Blue Bonnet YELLOW QUIK bag is now even stronger than ever. I know of no easier or faster way to colour margarine.

Here's Happy "Team-Work" for all busy homemakers! Those grand new detergents take the work out of dishwashing...and JERGENS LOTION softens, soothes n' smooths detergent-dry hands! Just use Jergens after every watery chore. Jergens, you see, is liquid. It quickly supplies the softening, soothing moisture that thirsty skin needs. You'll love the satin-smooth feel—the lady-of-leisure look of your hands after a Jergens "Beauty Treatment." Soon you'll be like me...keep a bottle of Jergens handy in both kitchen and bathroom for clock-around duty! It's a "bargain" in hand-care—for just 15c, 37c, 65c or \$1.15.

There's One Happy Thought that makes me feel better about my morning alarm clock. I wake up thinking about a bowl of Quaker MUFFETS breakfast cereal and everything's rosy. M-m-m-m! For these frosty mornings... there's nothing like Quaker Muffets with hot milk. Not only are these toasted, golden-brown biscuits good to eat... they're a truly healthful treat!

For Quaker Muffets are 100% whole grain - far more nutritious than ordinary cereal because they contain all the energy-giving qualities of natural grain. And Quaker Muffets give you 100% Whole Wheat, including the bran and the important vitamins and minerals in the body-building protein and minerals. No wonder Quaker Muffets are such a *wide-awake* breakfast treat!

"Mum — Is There Chocolate On My Face?" There to be if your son's been eating your home-made chocolate cake — so-o good when it's made with BAKER'S UNSWEETENED CHOCOLATE. Even sedate husbands have been known to get rather flustered in their enthusiasm for Baker's chocolate cake! Baker's gives chocolate dishes luxurious *real* chocolate flavor... because it's all pure chocolate, nothing added, nothing taken away. Does the most *delicious* things for frostings, cakes, 'n' candies. (This reminds me — a big home-made nutmeg cake with Baker's is the best of all!) Baker's is the most delicious Christmas Gifts you could possibly give to anyone! certainly is likely

Free Recipes for some of the tastiest meals you've ever eaten! Heinz have just released some new "**Oven-Baked Bean Recipes**" that will be a taste-delight for you and your family all winter long. There are *so many* good ways to serve **HEINZ OVEN-BAKED BEANS!** Vary them by adding a few dashes of **HEINZ 57** Sauce, Heinz Chili Sauce or Tomato Sauce, Swiss cheese or bacon. Or serve **Heinz Oven-Baked Beans** with All-Bean Molasses Hot-Bread — a hearty, nourishing, economical dish that will bring plates back for more! *Write to me* — Barbara Brent, 411 Crescent St., Montreal, P.Q. — *for your free copy of "Oven-Baked Beans."* **Oven-Baked Beans** on your shopping list right now! *You know they're good* because they're **Heinz!**

CHICKEN PIE

fast becoming a national habit. Chicken pie, for example, can be made with nothing more than leftover vegetable soup and cream of chicken soup.

CHICKEN PIE

ounce cans cream of
chicken soup, undiluted
is unseasoned, diced
baked potatoes
cooked, sliced carrots
cooked peas
1/2 spoon nutmeg
sauce based on 1 cup flour
use first 5 ingredients

HOUSEKEEPING

BROILING NOT NEW BUT BEST
WAY OF COOKING MANY FOODS

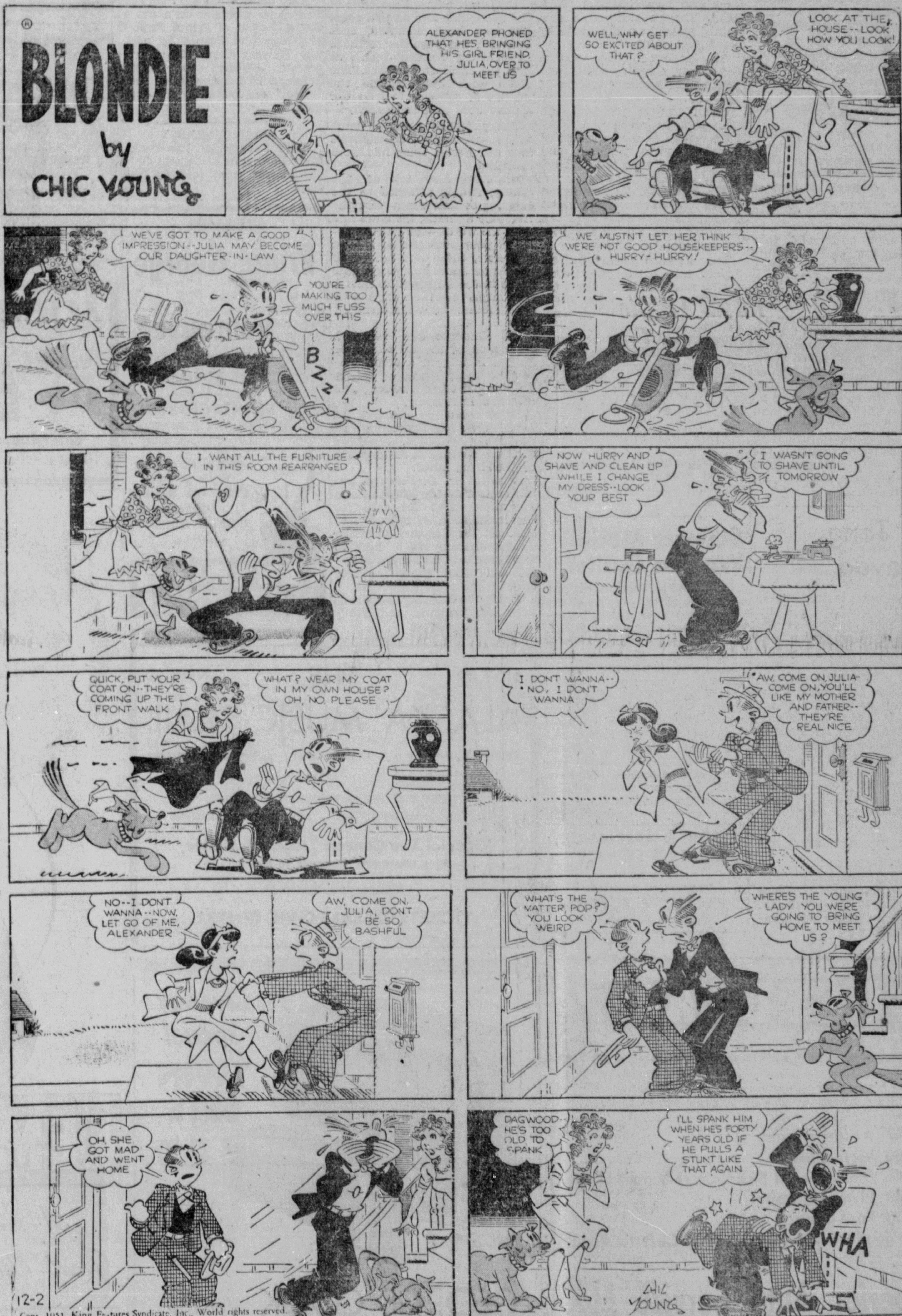
broiler on the modern stove is there for a definite purpose. It is there to be used for cooking a whole host of foods including meats, fruits and vegetables. In some stoves the broiler is a separate unit, while in others, it is at the top of the range. However it is you will find a rack and drip pan which catch the drippings from the electric element or gas burner, depending on the type of stove.

Economists doubt that a range broiler is used as it might be. Perhaps it is one of out of sight out of mind. It may be that some cooks, particularly inexperienced ones, have the mistaken idea that the broiler can be used for cooking only the most tender of foods. While it is true broiling is an excellent way of cooking tender cuts of meat, such as steaks and chops, any meat which is ordinarily broiled may also be broiled. It is a mistake to think that the broiler can be used only for cooking such meats as liver, kidney, hash and ground meat as well as the tender steaks and

is a right and wrong way to do most things and using the rack is no exception to the rule. First of all the broiler should be heated, then the rack should be rubbed well with a little oil. Greasing the rack is important in broiling meat to prevent them from sticking to it. The rack should be placed so that the top of the meat is three inches from the heat. Then just keep the oven door slightly ajar when broiling. With steaks and chops broil quickly on both sides to reduce the heat and finish broiling. Steaks one-inch thick will take from fifteen to twenty minutes broiling time. Think on whether they are desired rare, medium or well done. Lamb chops three-quarters of an inch thick should be broiled about five minutes. A slice of ham about half an inch thick will need approximately fifteen minutes to be thoroughly cooked. Before broiling the fat around the edges should be snipped so that it will not drip during the cooking. A decided advantage in using the broiler is that it can serve many purposes, for along with broiling there will probably be a lot of room on the rack to broil vegetables or fruit to serve with the meat. Apple slices cut half an inch thick are good to broil with the meat. Canned peaches with a little sugar, thick slices of onion and, last but not least, tomatoes with steak. The fruit and vegetables will not take quite as long to broil as the meat.

broiler has many other uses. It is a quick and easy way to make several slices of meat at a time or to toast a number of sandwiches, buns or rolls. It also solves a problem that is necessary to cook a large quantity of food, such as a panful of bacon. The broiler is not new: It is a tried and true method of cooking that dates back many, many years.

Tailoring for
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