

### NEW GARNISHES AND DRESSINGS FOR SALADS

A dash of paprika, a sprinkle of nuts, bright strips of pimento or green pepper, or slices of stuffed olives or hard cooked eggs—and behold a new and tempting salad.

It doesn't take much extra time to give these intriguing touches to the salad. A little green vegetable colouring added to the gelatine salad makes it delectable and decorative looking. Slices of maraschino cherries or diced pimentos are effective. Grated cheese, grated raw rutabaga or raw carrot should garnish the Halloween or Thanksgiving salad; holly made from sweet cucumber pickles for leaves and pimento for berries, or mistletoe made of green peppers and tiny pearl onions, the Christmas salad.

The same new interest can be given by varying the dressing. Here I give you a basic recipe for mayonnaise and some of the appetizing variations which can be made from it. You will notice that one of the ingredients of my basic dressing is Carnation Milk. This is most important. Let me tell you why.



finest of bottled milk. Carnation Milk is simply pure, sweet, whole milk, evaporated to double richness, "homogenized" to keep the rich cream distributed all through the milk, and sterilized for safekeeping. You will find it convenient, dependable and economical for all your cooking. Send for free Cook Book, Address Carnation Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Creamy No-Egg Mayonnaise—2 tsp. sugar, 1 tsp. paprika, 1/2 tsp. salt, few grains pepper, 1/2 tsp. dry mustard, 1/2 cup Carnation milk, 2 1/2 tsp. vinegar, 1 1/4 cups salad oil. Mix dry ingredients with Carnation; beat in vinegar; add oil gradually, beating thoroughly. Chill. If thinner mayonnaise is desired, use less oil or thin with undiluted Carnation before using. Keep in glass covered jar in cold place. Recipe makes 1 pint.

Thousand Island Dressing—2 cups Carnation No-Egg Mayonnaise, 1/2 cup Chili sauce, 1 tsp. finely cut onion, 3 tsp. diced pimento, 3 tsp. diced green pepper, 2 hard cooked eggs, cut fine, 2 tsp. chopped sweet pickle. Mix ingredients and chill.

Cucumber Dressing—1 cup Carnation No-Egg Mayonnaise, 1/2 cup diced cucumbers, 1 1/2 tsp. grated horseradish.

Cheese Dressing—1 pkg. cream cheese, 3 tsp. chopped sweet pickle, Carnation No-Egg Mayonnaise. Mash cream cheese, stir into it enough mayonnaise to make it the desired consistency, add pickle. Chill and serve with vegetable salads.

**Carnation Milk contributes smoothness and richness**

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### AND REMEMBER



that the extra deliciousness which you have found that Carnation Milk contributes to some dishes extends to every dish in which it is used. Try Carnation Milk for all your cooking. You'll see!

(See recipes above)

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### ORATORIO TAKEN UP

Ladies' Music Club Has Highly Successful Meeting In Cathedral

A most enjoyable and profitable afternoon was spent by those who attended the meeting of the Ladies' Music Club held in St. Andrew's Cathedral yesterday afternoon.

Before an audience that left no vacant seat in the centre of the church, a very fine program of Oratorio was given.

The president, Mrs. R. L. McIntosh, in a few opening remarks, informed her hearers that in the spring the club would be sponsoring a concert in aid of funds to be guaranteed to the Toronto Conservatory of Music for examining pupils here and asked for their patronage at that time.

After the singing of "O Canada," Mrs. C. L. Monroe, who was in charge of the afternoon's proceedings, read a paper of much interest on Mendelssohn's "Elijah," descriptive of this and other Oratorios.

The program, which was of unusual interest, and particularly well rendered throughout, was as follows: Mrs. E. J. Smith being the able accompanist:

"O Canada."  
Paper on the Oratio "Elijah," Mrs. C. L. Monroe.

Organ Solo—"Lord God of Abraham" (from "Elijah"), Mrs. E. J. Smith.

Recitation and Solo—"Ye People Rend Your Hearts," "If With All Your Hearts" (from "Elijah"), Mrs. Donald Ross.

Solo—"O Rest in the Lord" (from "Elijah"), Miss Halliwell.

Organ Solo—"Cast Thy Burden on the Lord" (from "Elijah"), Mrs. E. J. Smith.

Solo—"Woe Unto Them Who Forsake Him" (from "Elijah"), Mrs. M. H. Blott.

Solo—"But the Lord is Mindful of His Own" (from "St Paul"), Mrs. C. E. Cullin.

Organ Solo—"Pastoral Symphony" (from "Messiah"), Mrs. E. J. Smith.

Solo—"He Shall Feed His Flock" (from "Messiah"), Mrs. Donald Ross.

Solo—"Come Unto Him" (from "Messiah"), Mrs. J. H. McLeod.

God Save the King.

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- 4 lbs. for
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- 2 for
- Aylmer's Mince Meat—45c
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### Investment In Building and Loan is Sound

Broad Field Offered By Intermountain Building and Loan Association of Canada

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Assets Exceed Half a Million Dollars — Non-Speculative Investment First Mortgage Security Only

Attention throughout British Columbia has been widely directed to the good work accomplished through the agency of Building & Loan Associations by the activities of the Intermountain Building & Loan Association of Canada, incorporated under the Savings & Loan Association Act of British Columbia.

Founded upon the sound principle of co-operation, encouraging the commendable quality of thrift and establishing its investments under strict Government supervision in such form as to make them unusually safe, building and loan associations are institutions which are well worth the most careful study and investigation.

The records made by them in giving unusual returns in money invested the opportunity to build up an capital account which earns money while it is being established and the facilities and assistance afforded members who desire to build or own their own homes makes the investment plan under which they operate particularly attractive.

**Not New Experiment**

Building and loan associations are not an experiment. They have stood the test of time and the vicissitudes of financial depression. Year after year they have increased in popularity to such an extent that they now play a prominent part in the community life of all countries where advanced civilization prevails. Especially is this true of the Old Country, the United States and Canada. In these countries as well as others, the prominent part they play has been recognized by the government which, to thoroughly safeguard the shareholders, have enacted special legislation governing such associations. It is under this strict government regulation that the Intermountain Building & Loan Association carries on its business in Canada.

In British Columbia there are prosperous business men who, as wage earners, laid the foundation of their present prosperity through their payments of \$5.00 or \$10.00 per month in these associations. These monthly payments were small but, compounded, they grew rapidly to an amount which enabled him to swing deals or engage in business to his profit. Then again there are hundreds and hundreds of men in B.C. who own their own homes who would never have become property owners had it not been for the opportunities made possible through building and loan associations.

**Intermountain Association**

The Intermountain Building & Loan Association of Canada, which maintains to the highest degree the benefits of such associations in the province, has men behind it of the highest standing in the community. It maintains offices in Vancouver, Victoria and Trail.

The association is playing an ever-increasing part in the building up and development of the province through the encouragement of thrift by the payment of monthly sums, the 7% compound interest which they are able to offer making their plan peculiarly attractive. The association also offers exceptional facilities to shareholders who are

### Catholic Women's Bridge and Whist

Twenty Tables at Enjoyable Affair Held Last Night in Parish Hall

An enjoyable bridge and whist party and impromptu dance was held last night in the Parish Hall by the Catholic Women's League.

There were 20 tables of cards and prize-winners were:

Bridge—Ladies' first, Miss Agnes McQuillan and R. E. Moore; second, Mrs. H. F. Glassey and A. D. Gillies.

Whist—Henri Letourneau (and Mrs. M. J. Fortune); second, Mrs. Wilfrid Gratton and Angus Gillis.

After cards, refreshments were served and music for dancing was provided by Miss Blanche Curtin and Mrs. G. C. Arseneau.

A. D. Gillies was master of ceremonies and Mrs. T. M. J. Fortune presided at the door.

The executive of the Catholic Women's League was in charge of the affair.

building their own homes or making payments on properties purchased. Investors in the association are assured full protection, absolute security, and a steady interest yield. The funds of the association are loaned on first mortgages on improved real estate in B.C. and its affairs are controlled by the strict legislation governing such associations.

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- Malkin's Best Apricots—70c
- 2's, 3 tins
- Purity Quick Cooking Oats—25c
- per pkg.
- Brookfield Creamery Butter—40c
- per lb.
- Sunnybrook Creamery Butter, 3-lb. brick \$1.15
- Brookfield Cheese Spread—25c
- 1/2-lb. pkg.
- Swiss Gruyere Cheese—40c
- 6 portions pkg.
- Evaporated Prunes—80-90—25c
- 3 lbs.
- Evaporated Peaches—15c
- per lb.
- Evaporated Pears—20c
- per lb.
- Gold Dust Washing Powder—85c
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- Gold Dust Scouring Powder—25c
- 3 tins
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