

CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears  
the  
Signature of *Chas. H. Hitchcock*



These marks on Rubber Footwear  
distinguish a  
**Dominion Rubber System  
Product.**

**WEAR  
RUBBERS**

**The Best and Cheapest Protection  
Against Wet Feet.**

**K**EEP your feet dry all winter, and you are not apt to catch cold, have sore throat, or be laid up with grippe. See that the children always wear rubbers or overshoes on wet, snowy days, and you'll be pleasantly surprised how seldom you will have to send for the doctor.

Rubbers and overshoes not only save shoes and doctors' bills—they protect you against the annoyance, discomfort and suffering of many winter ills.

Rubbers also protect your expensive leather shoes. They cost so little and save your shoes so much.

*There's a style and shape for every shoe—for men, women and children—in these six reliable brands:—*

- "Jacques Cartier"
- "Granby"
- "Merchants"
- "Dominion"
- "Maple Leaf"
- "Daisy"

Ask for these brands

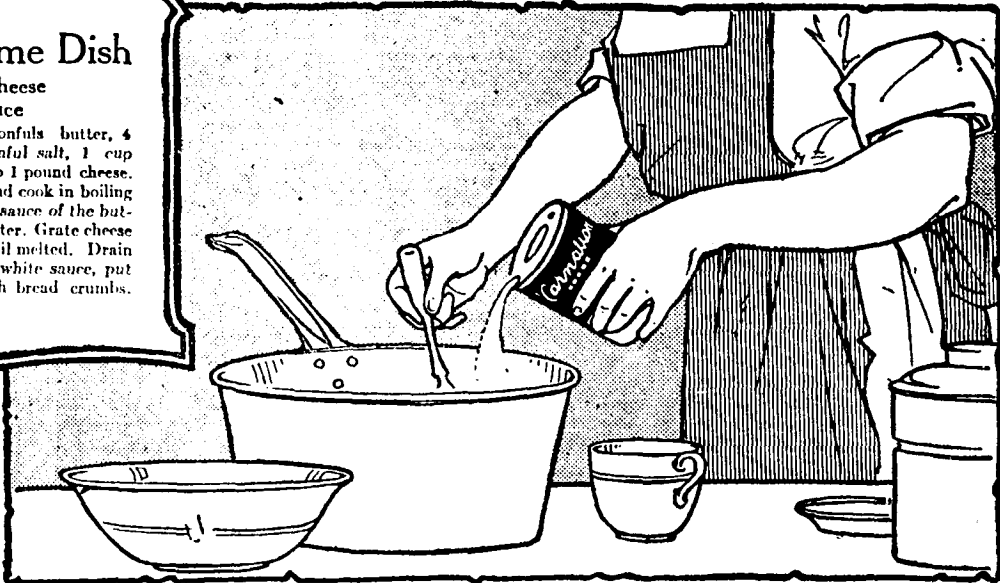
— they give the best wear. 13



**A Fine War-Time Dish**

**Macaroni with Cheese  
and White Sauce**

½ pound macaroni, 4 tablespoonfuls butter, 4 tablespoonfuls flour, ½ teaspoonful salt, 1 cup Carnation Milk, 1 cup water, ½ to 1 pound cheese. Break macaroni in small pieces and cook in boiling water until tender. Make white sauce of the butter, flour, seasonings, milk and water. Grate cheese and stir into the white sauce until melted. Drain the macaroni, mix it with the white sauce, put into baking dish, and cover with bread crumbs. Brown in the oven.



Many a **TESTED** recipe like the above you'll find in the booklet "The Story of Carnation Milk." Useful and helpful recipes too. A copy of this illustrated booklet will be sent **FREE** to anyone who writes. Mention this paper, please.

**Improves every dish prepared with Milk**

**MADE IN CANADA**

**Y**OU'LL be proud of the wonderful deliciousness Carnation Milk adds to your favorite dishes.

It gives a richer, more appetizing flavor to soups, sauces, gravies, and creamed vegetables—you add its *quality* to everything you cook.

And it is economical—for using Carnation Milk you need less butter in your cooking. Carnation Milk is *whole* milk, rich and pure, evaporated to the consistency of cream. Contains neither artificial sweetening nor preservatives.

When thoroughly chilled it whips beautifully—delicious for cakes and fruits.

Try Carnation Milk—in any recipe that calls for milk.

Keep three or four cans handy in your kitchen cabinet. Because it is sterilized and comes in an air-tight can, sealed safe from contamination, it will "keep", for months.

Stays fresh for several days even when the can is opened.

Order a supply with your groceries—your grocer is the Carnation Milkman.



**Carnation Milk Products Co., Limited**  
Aylmer, Ont., Seattle and Chicago

Condenseries at Aylmer and Springfield, Ont.

*"from Contented Cows"*

Canada Food Board  
Licenses 14-76 and 14-77