

1889

1938

Rawleigh's
TRADE MARK REG. U.S. PAT. OFF.

GOOD HEALTH GUIDE

ALMANAC

COOK BOOK



THE FIRST SEWING LESSON

The third scene showing three generations in a south European home

— PUBLISHED BY —

THE W. T. RAWLEIGH CO., LTD.

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MEMPHIS
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CHESTER
MELBOURNE

ALBANY
WELLINGTON

MINNEAPOLIS

FOR YOUR COLDS

FOR HEALTH'S SAKE
ALKALIZE



FOR YOUR MEDICINE CABINET

PEP AND VIGOR.
BUILD UP WITH
VITAMINS
AND
TONICS



1889



THE FIRST LITTLE FACTORY

Our 49th Year

1938

Nearly Half Century's Progress

WITH OUR best wishes for 1938 for good health, peace, happiness and prosperity we extend good will greetings and sincere appreciation to our millions of friends for your confidence, patronage and support for nearly half a century. We

begin the new year with firm determination to continue to give you the utmost in values, service and satisfaction.

W. T. RAWLEIGH,
President

During nearly half a century we have invested millions in modern factories, equipment and stocks to make scientific and reliable Products which give consumers maximum values, protection and benefits at minimum costs. For generations millions of families have learned to rely upon and keep these reliable medicines and other products on hand ready for emergencies to relieve sickness, pains, injuries and for their daily needs.

Every year thousands visit our Montreal, Winnipeg, Freeport, Memphis, Melbourne and Wellington factories and farms. Old folks, who have been patrons for generations—mothers, fathers bring their children to see how thousands of carloads raw materials and products move in and out of our Factories and Branches annually.

Here they see our laboratories test raw materials for purity, quality and strength—how trained chemists standardize, test, check and control every Product. How modern equipment corks, caps, labels without being touched by human hands. How products are packed, conveyed, loaded, shipped from coast to coast, with directions for consumers' use in English, French and other languages.

The best materials money can buy come from nearly all countries. Most interesting to visitors are spices from Sumatra, Java, China, India, Africa, the West Indies; oils lemon and orange from California and Sicily and Vanilla from Madagascar and Java. Women visitors

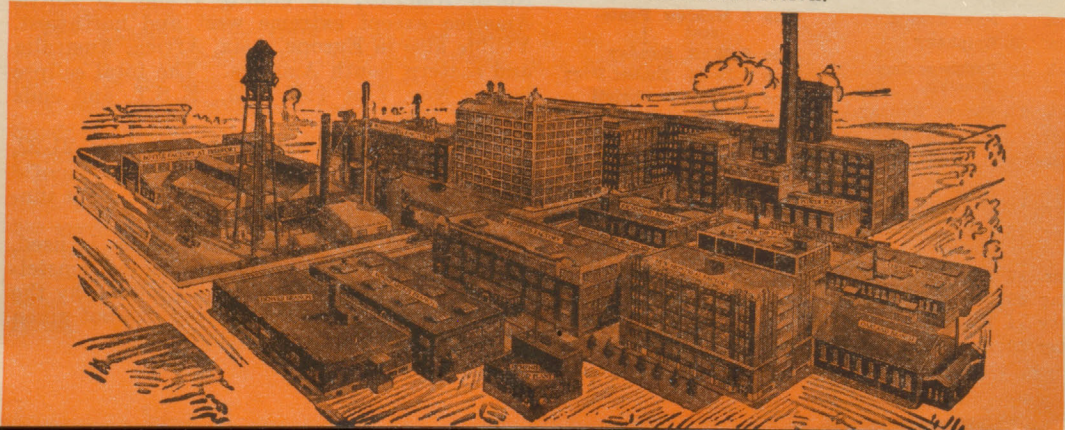
are especially fascinated with the exquisite natural oils made from the flowers of jasmine, orange blossoms, rose and lavender from sunny France, used in our fine creams, lotions and powders.

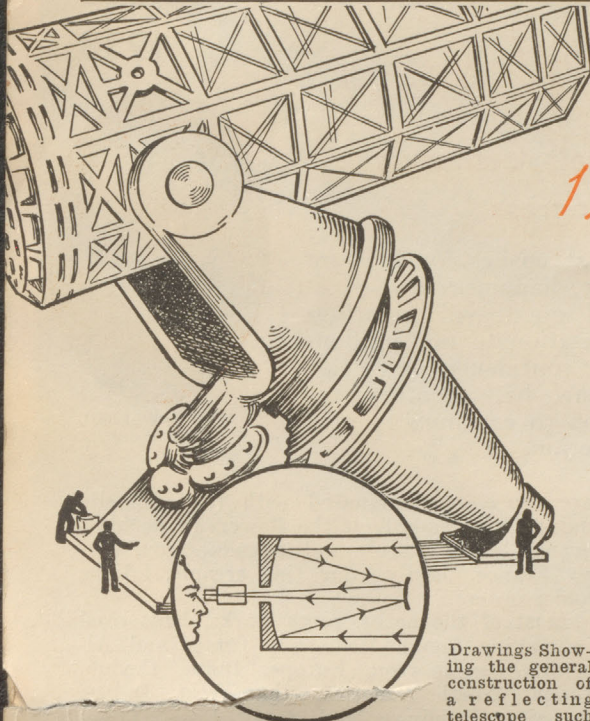
Most of the herbs, roots, barks, buds used in making Cough Medicines, Tonics and Alteratives come from Europe, India, Ceylon, China, North America, the West Indies, Jamaica, Honduras and Asia. From Japan comes immense quantities of camphor and menthol for making medicines; hundreds of tons of pyrethrum flowers for insecticides to kill flies and insects.

Visitors at the Rawleigh Industries see how we buy, make and sell some 42 million packages annually. Your and others' patronage provide work for some 10,000 employees and dealers who make and sell some 200 useful products, fresh from the factories, by the most economical factory-to-home service from producers to consumers.

Get ready to welcome your Rawleigh Dealer whom we depend upon to give frequent and regular service to you and all other families in your locality.

It will pay you big to lay in unusually large supplies of all necessities in our lines while prices are still low and before inflation and higher taxes gradually force prices higher. Now you can still get the utmost in values, service and satisfaction.





Non dollar telescope of the California Institute of Technology and the way the light rays are reflected by the great mirror.

Drawings Showing the general construction of a reflecting telescope such as the six mil-

FACTS ABOUT THE 1938 Calendar Year

TIMES OF THE SEASONS Eastern Standard Time

Season	Begins	Time	Season Lasts		
			Days	Hours	Min.
Winter	Dec. 22, 1937	1:22 A.M.	89	0	21
Spring	Mar. 21, 1938	1:43 A.M.	92	19	21
Summer	June 21, 1938	9:04 A.M.	93	14	56
Autumn	Sept. 23, 1938	12:00 Noon	89	19	14
Winter	Dec. 22, 1938	7:14 A.M.			
Approximate Year's Length			365	5	52

The ordinary or tropical year, the interval between two consecutive returns of the sun to the Vernal Equinox, consists of 365 days, 5 hours, 48 minutes and 46 seconds. The sidereal year, or the interval during which the earth makes one absolute revolution around the sun, consists of 365 days, 6 hours, 9 minutes and 9.6 seconds.

Earth at Perihelion and Aphelion

The earth reaches Perihelion, the point in its orbit nearest the sun, Jan. 3 at 3:00 A.M. and Aphelion, the point farthest from the sun, on July 2 at 11:00 P.M. Eastern Standard Time.

Eclipses in 1938

There will be four eclipses, two of the sun and two of the moon.

I. Total eclipse of the moon, May 14, visible in North America except the extreme northern part. The moon enters the penumbra at 12:44.3 A.M., E. S. T. The total eclipse begins at 3:18.1 A. M. and ends at 4:09 A. M. The moon leaves the penumbra at 6:43.3 A.M.

II. Total eclipse of the sun, May 29, visible only in the south Atlantic and as partial eclipse in southern parts of Africa and South America. The central eclipse begins at 8:22 A. M., E. S. T. and lasts about 55 minutes.

III. Total eclipse of moon, Nov. 7-8, the beginning visible in northeastern part of North America, the ending visible in North America except extreme west and northwest. Visible also in Europe, Asia, Africa, Australia and eastern South America. The total eclipse begins Nov. 7 at 4:45 P.M., E. S. T. and ends at 6:07 P.M.

IV. Partial eclipse of the sun Nov. 21-22, the beginning visible at sunset on the Pacific Coast of North America and the ending at sunrise on the Asiatic Coast.

In the calendars, local civil time is used. Under "Moon's Place," are indicated constellations some of whose stars are hidden by the moon. Moon's rising and setting are not given when occurring during daylight hours.

Our Year

1938, Christian era or Gregorian Calendar, corresponds to the year 6651 Julian Period whose first day is January 14. The year 7447 Byzantine era begins on Sept. 14. The year 5699 Jewish era begins at sunset on Sept. 25. The year 2691 since the founding of Rome according to Varro begins Jan. 14. The year 2598 Japanese era begins Jan. 1. The year 1357 Mohammedan era begins at sunset Mar 2. Jan. 1, 1938, is the 2,428,900th day of the Julian Period.

ANNIVERSARIES—FESTIVALS—HOLIDAYS

Jan. 1 New Year's	June 5 Hebrew Pentecost
Jan. 6 Epiphany	June 5 Whit Sunday
Feb. 13 Septuagesima Sunday	June 8-10-11 Ember-Days
Feb. 27 Shrove Sunday	June 16 Corpus Christi
Mar. 2 Ash Wednesday	July 1 Dominion Day
March 9-11-12 Ember-Days	Sept. 5 Labor Day
Apr. 10 Palm Sunday	Sept. 14-16-17 Ember-Days.
Apr. 15 Good Friday	Sept. 26 Day of Atonement.
Apr. 16 First Day of Passover	Oct. 12 Columbus Day
Apr. 17 Easter Sunday	Nov. 11 Armistice Day
May 22 Rogation Sunday	Nov. 27 Advent Sunday
May 24 Victoria Day	Dec. 14-16-17 Ember-Days.
May 26 Ascension Day	Dec. 25 Christmas

Liniments

AND PAIN MEDICINES to lessen congestion,
inflammation, aches and pains



Reliable MEDICINES

For External or Internal Use

Two splendid counter-irritants and warming, stimulating stomachics for external or internal use are Rawleigh's Liniment and Anti-Pain Oil.

About the best practical local treatment, when sprains, bruises, cramps, neuralgic or rheumatic pains, or muscular soreness, due to over-exertion or exposure cause suffering, is rubbing in one of these medicines. In cuts, scratches and superficial wounds they have astringent and antiseptic as well as analgesic properties. By increasing circulation they help to reduce local congestion, aid repair and are palliatives for painful symptoms in congested conditions.

For Internal Use. Liniment and Anti-Pain Oil have warming stomachic properties and are helpful in acute indigestion and simple diarrheas, in expelling gas and reducing flatulent colic, in increasing circulation and perspiration which aids in fresh colds and chilling from exposure.

For External Use Only. Camphor Balm is an oily white emulsion of camphor and other ingredients in a proven combination for the best results and economy.

A convenient ointment form of counter-irritant, better than mustard plaster but will not blister, is Mustard Compound Application.

Medicines for Pains that are of great usefulness are Rawleigh's Asafen Tablets which combine aspirin and acetphenetidin for greater range of usefulness, longer duration of effectiveness and least disturbance.

Every family should always have some of these medicines at hand ready for use in frequent needs to save unnecessary suffering.

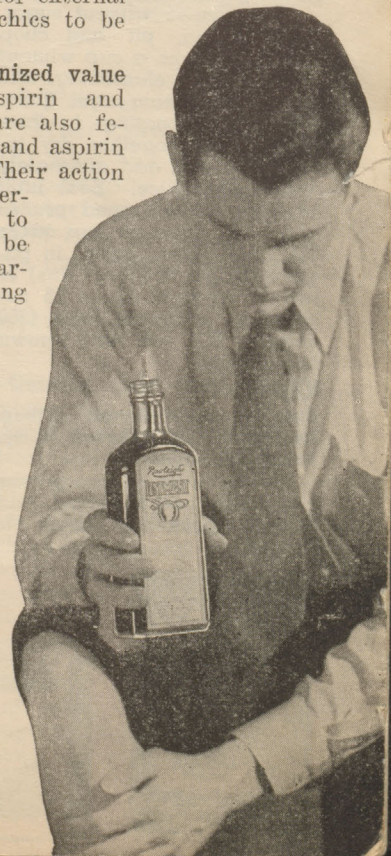
COUNTER-IRRITANTS are medicinal materials used for causing one form of irritation to lessen another and analgesics are drugs that lessen sensibility to pain.

For centuries counter-irritants have been valued for relieving pains and aiding recovery from congestions, inflammation and sore, lame muscular conditions. Crude and painful burnings were resorted to before chemical skin reactions were understood.

The uses of counter-irritants are to (1) lessen pain, (2) increase local circulation and absorption, (3) reduce inflammation or congestion, (4) cause removal of congestive deposits, (5) overcome collapse and (6) stimulate activity in affected parts.

Those of recognized value include camphor, ammonia, capsicum, mustard, various oils and extractives and alcohol. Medical literature explains their nature and action, but the pharmaceutical chemist selects, combines and prepares them in the most practical, useful and economical forms to give desired results as liniments, ointments or applications for external use or warming stomachics to be taken internally.

Analgesics of recognized value include acetanilid, aspirin and acetphenetidin. These are also fever-reducing medicines and aspirin is an anti-rheumatic. Their action is principally on the nerves to lessen sensibility to pain. Analgesics to be avoided are opiates, narcotics and habit-forming drugs.



A Dash of Spice

SPICES ARE valuable to enhance the natural flavor of foods. Some foods are too bland to be palatable and need to be pepped up with spices; others are too strong or unusual flavored and need to be toned down with spices. They are the perfume of our foods. Like perfume, they must be of the highest quality to give a delicate flavor and aroma that will satisfy the most exacting people.

Always use Rawleigh's Quality Spices and be assured that you are using the best, the finest flavored and the most economical.



Prune Cup Cakes

Fat $\frac{1}{2}$ cup Soda 1 tsp.
 Sugar 1 cup Salt $\frac{1}{2}$ tsp.
 Eggs 2 Nuts $\frac{1}{2}$ cup
 Unsweetened prune juice 1 cup
 Cut cooked prunes 1 cup
 Sifted flour 2 cups
 Rawleigh Baking Powder 1 tsp.
 Rawleigh Cinnamon 2 tsp.
 Rawleigh Allspice $\frac{1}{2}$ tsp.
 Rawleigh Cloves $\frac{1}{2}$ tsp.

Cook prunes without sugar. Drain liquid, pit and chop prunes to make a cup without liquid. Cream shortening, add sugar and cream until fluffy. Add eggs, beating in thoroughly. Sift together dry ingredients and add alternately with prune juice. Beat until smooth. Add chopped prunes and nuts. Bake as cup cakes (24 small cakes baked in paper cups set in muffin tins) or two 8" squares, 20 to 25 minutes in moderate oven (350 degrees F). Ice with brown butter icing.

ICING

Butter 2 tbsp. Cream 3 tbsp.
 Rawleigh Maple Flavor $\frac{1}{2}$ tsp.
 Powdered sugar

Brown butter in sauce pan, add cream and flavoring. Add enough powdered sugar to spread.

Week-End Loaf Cake

Salt $\frac{1}{2}$ tsp. Butter $\frac{2}{3}$ cup
 Water 1 cup Soda $\frac{1}{2}$ tsp.
 Sifted cake flour 2 $\frac{1}{2}$ cups
 Rawleigh
 Baking Powder 1 tsp.
 Brown sugar $\frac{1}{2}$ cup
 (firmly packed)
 Seedless raisins 2 cups
 Rawleigh Nutmeg $\frac{1}{4}$ tsp.
 Rawleigh Cloves $\frac{1}{2}$ tsp.
 Rawleigh Cinnamon 1 tsp.
 Egg 1 (well beaten)

Sift together 3 times, flour, baking powder and salt. Cook together for 3 minutes the sugar, water, shortening, raisins and spices. Cool and then add soda and egg to this mixture. Add the flour gradually and beat for seven minutes. Bake in a large loaf pan for about 1 $\frac{1}{2}$ hours. Let stand at least 24 hours to mellow.

Cinnamon Fluff

Sugar $\frac{2}{3}$ cup
 Butter or shortening $\frac{1}{2}$ cup
 Eggs 2 (well beaten)
 Soda 1 tsp.

Cream sugar and shortening; add eggs. Sift flour before measuring, then sift it 3 times with all other dry ingredients. Now add this dry mixture alternately with milk and beat for 1 minute. Pour this mixture into a greased baking dish—a deep one.

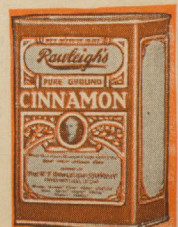
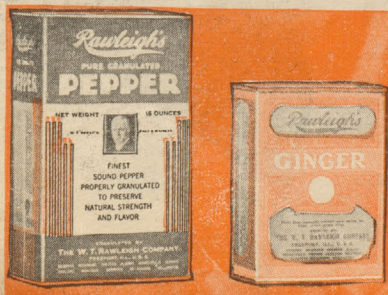
Flour 2 tbsp. Butter 1 tsp.
 Sugar $\frac{1}{2}$ cup Raw. Cinnamon 1 tsp.

Blend ingredients together. When thoroughly mixed spread this topping over batter in baking dish. Put the whole thing in a fairly moderate oven and bake about 30 minutes or until tester comes out clean.

Fruit-Mince Pie Superb

Nuts $\frac{1}{2}$ cup Sugar 1 cup
 Raisins $\frac{1}{2}$ cup Flour 1 tbsp.
 Cranberries 1 pint
 Apples 2 small or 1 large
 Rawleigh Cinnamon 1 tsp.
 Rawleigh Nutmeg $\frac{1}{2}$ tsp.
 Boiling water $\frac{1}{4}$ cup
 Butter 1 tsp.

Put cranberries, apples (cored but not peeled) and nuts in a chopping bowl. Chop quite fine (there should be 2 $\frac{1}{2}$ cups). Add raisins. Mix dry ingredients and combine with fruit. Add boiling water, mix well, pour in unbaked pie shell and dot with butter. Cover with strips of pie dough, lattice style. Bake 15 minutes in hot oven, (450 degrees F) then 25 minutes at moderate heat (350 degrees F.) This makes 1 large pie or 8 tarts.



ABOUT

Coughs AND Colds



TO HELP avoid or recover from colds take care of yourself. Get plenty of fresh air, rest, sleep, sensible diet (see Page 7) and good bowel elimination. Avoid crowds and people with colds. If you feel you are taking cold, do something promptly to aid in lightening the various symptoms associated with colds. Most colds if treated promptly can be much relieved in 3 or 4 days but, if allowed to run, may hang on two weeks or more and, if fever accompanies, there is danger. The best thing to do is to go to bed till symptoms subside.

Many remedies give a large measure of relief to the various conditions and symptoms accompanying colds. Gargles, nose sprays, expectorants, inhalants, vaporizing ointments and fever-reducing medicines have virtues; also alkalisers, laxatives and preparations that induce sweating, such as hot lemonade, Rawleigh's Effervescent Salts and Liniment.

For nearly half a century the Rawleigh Industries have been making medicines for use in colds that have given excellent general satisfaction. They are made complete in our own organization from roots, barks, drugs and other raw materials bought from sources and tested chemically and physiologically such as thyme, menthol, eucalyptol, horehound, lobelia, balm o' gilead, squill, white pine gum, ipecac, ammonium chloride, licorice, quinine, camphor, ephedrine, etc. Materials of recognized usefulness are prepared with chemical and pharmaceutical skill into the best medicines we have learned to make and many millions of packages have aided sufferers.

When a cold is starting in the head, quick help may be given by the early use of Rawleigh's Nose and Throat Drops, Ready Relief or Vapor Balm to soothe the membranes of nose and throat and to lessen nasal congestion and make breathing easier.

In fresh colds Asafen Tablets are often helpful in lessening the aching and feverish symptoms if taken promptly.

For sore throat due to colds, Rawleigh's Antiseptic is an excellent gargle. Vapor Balm and Medicated Ointment soothe congested membranes and have vaporizing, poultice and counter-irritant action.

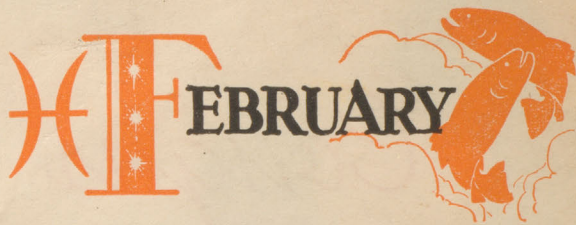
Counter-irritant applications for throat and chest to reduce the congestion due to colds

are Mustard Compound Application and Camphor Balm.

Laxative Bromo-Quinine Cold Tablets are of recognized usefulness for reducing aching and feverishness, checking severity and duration of cold symptoms and securing elimination through the bowels.

For coughs due to colds, you should have a supply of Rawleigh's Cough Syrup or Thyme Cough Compound which are expectorants, sedatives and anti-spasmodics which help to quiet fits of coughing.

A good assortment of the admirable helps to reducing the severity and duration of various symptoms of colds, which the Rawleigh Dealer can supply, should be kept on hand ready for prompt use when needed.



Aquarius—water carrier—is a sign referring to the season of rains and flood of the river Nile.

Born between January 21 and February 19, you are supposed, astrologically, to have a good disposition and accurate ideas of the dispositions of others.

Pisces—fishes—was an ancient symbol of life after death. In our calendar it means the season of resumption of labor.

If you were born between February 20 and March 21, astrologers say you are inquisitive, thoughtful and industrious.

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1	Sat.	☾	♈	7 38	4 28	sets	7 59	4 08	sets
2	S.	☾	♈	7 38	4 29	5 44	7 59	4 09	5 29
3	M.	☾	♈	7 38	4 30	6 46	7 59	4 10	6 34
4	Tu.	☾	♈	7 38	4 31	7 49	7 59	4 11	7 40
5	W.	☾	♈	7 38	4 32	8 52	7 59	4 12	8 47
6	Th.	☾	♈	7 38	4 33	9 56	7 58	4 14	9 55
7	Fri.	☾	♈	7 38	4 34	11 03	7 58	4 15	11 06
8	Sat.	☾	♈	7 38	4 35	7 58	4 16
9	S.	☾	♈	7 38	4 37	12 10	7 57	4 17	12 18
10	M.	☾	♈	7 38	4 38	1 21	7 57	4 18	1 32
11	Tu.	☾	♈	7 37	4 39	2 32	7 56	4 20	2 48
12	W.	☾	♈	7 37	4 40	3 44	7 56	4 21	4 02
13	Th.	☾	♈	7 37	4 41	4 52	7 55	4 23	5 12
14	Fri.	☾	♈	7 36	4 42	5 53	7 55	4 24	6 12
15	Sat.	☾	♈	7 36	4 43	6 45	7 54	4 26	rises
16	S.	☾	♈	7 35	4 45	rises	7 53	4 27	5 38
17	M.	☾	♈	7 35	4 47	7 07	7 52	4 28	6 59
18	Tu.	☾	♈	7 34	4 48	8 21	7 51	4 30	8 17
19	W.	☾	♈	7 34	4 49	9 31	7 50	4 32	9 32
20	Th.	☾	♈	7 33	4 50	10 39	7 49	4 33	10 45
21	Fri.	☾	♈	7 32	4 52	11 45	7 48	4 35	11 54
22	Sat.	☾	♈	7 31	4 53	7 47	4 37
23	S.	☾	♈	7 30	4 54	12 49	7 46	4 39	1 01
24	M.	☾	♈	7 29	4 55	1 51	7 45	4 40	2 06
25	Tu.	☾	♈	7 28	4 56	2 49	7 44	4 42	3 07
26	W.	☾	♈	7 27	4 58	3 43	7 43	4 43	4 03
27	Th.	☾	♈	7 26	4 59	4 32	7 42	4 45	4 52
28	Fri.	☾	♈	7 25	5 00	5 17	7 40	4 46	5 36
29	Sat.	☾	♈	7 24	5 02	5 56	7 39	4 48	6 13
30	S.	☾	♈	7 23	5 03	6 31	7 37	4 50	sets
31	M.	☾	♈	7 22	5 05	sets	7 36	4 51	5 31

☾ First Quar. ☽ Full Moon ☾ Last Quar. ☽ New Moon

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level W n.a.p.g.)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1	Tu.	☾	♈	7 21	5 06	6 44	7 34	4 53	6 38
2	W.	☾	♈	7 20	5 08	7 48	7 33	4 55	7 47
3	Th.	☾	♈	7 19	5 09	8 54	7 32	4 57	8 57
4	Fri.	☾	♈	7 18	5 11	10 01	7 30	4 59	10 08
5	Sat.	☾	♈	7 16	5 12	11 10	7 29	5 00	11 20
6	S.	☾	♈	7 15	5 14	7 28	5 02
7	M.	☾	♈	7 14	5 16	12 20	7 26	5 04	12 34
8	Tu.	☾	♈	7 12	5 18	1 30	7 24	5 05	1 47
9	W.	☾	♈	7 11	5 19	2 37	7 22	5 07	2 56
10	Th.	☾	♈	7 10	5 20	3 39	7 21	5 08	3 59
11	Fri.	☾	♈	7 09	5 21	4 33	7 19	5 10	4 52
12	Sat.	☾	♈	7 07	5 23	5 20	7 17	5 12	5 38
13	S.	☾	♈	7 06	5 25	rises	7 15	5 14	rises
14	M.	☾	♈	7 04	5 26	5 54	7 13	5 16	5 48
15	Tu.	☾	♈	7 02	5 27	7 07	7 12	5 17	7 05
16	W.	☾	♈	7 00	5 29	8 17	7 10	5 19	8 20
17	Th.	☾	♈	6 59	5 30	9 26	7 08	5 21	9 34
18	Fri.	☾	♈	6 57	5 32	10 32	7 06	5 23	10 43
19	Sat.	☾	♈	6 56	5 33	11 36	7 04	5 25	11 50
20	S.	☾	♈	6 55	5 34	7 03	5 26
21	M.	☾	♈	6 53	5 36	12 37	7 01	5 28	12 54
22	Tu.	☾	♈	6 51	5 37	1 33	6 59	5 30	1 53
23	W.	☾	♈	6 50	5 39	2 25	6 57	5 31	2 45
24	Th.	☾	♈	6 48	5 40	3 12	6 55	5 33	3 31
25	Fri.	☾	♈	6 46	5 41	3 53	6 53	5 34	4 11
26	Sat.	☾	♈	6 45	5 43	4 29	6 51	5 36	4 44
27	S.	☾	♈	6 43	5 44	5 01	6 49	5 37	5 14
28	M.	☾	♈	6 41	5 46	5 31	6 47	5 39	5 39

*For Longitude of 90° (Ft. William and Port Arthur). (Figures in Black face indicate P.M.)

RECENT EVENTS AND SCIENTIFIC PROGRESS

Recent important events in the world in 1937 were the Coronation of King George VI and the bitter civil war in Spain which threatened the peace of Europe. Also the worst floods in the history of the U.S. and the continuance of drouth conditions in Western Canada.

Flying regular passenger flights with giant clipper planes across the Pacific to Hawaii and the Philippines began in October 1936. In July 1937 the first experimental trip from Great Britain to Newfoundland was made by the Caledonia, in view of establishing regular air line service across the Atlantic.

Advancement in Science is so rapid in almost every branch of science that we scarcely hear of important discoveries at the time they are made. In many cases it takes time for them to be properly evaluated. Some idea of the progress made during 1936 and part of 1937 is given by the few instances we have selected.

Deaths of world famous persons included Sir Robert Borden, Rudyard Kipling, Madam Schuman-Heink, John D. Rockefeller and Sir Basil Zaharoff, international dealer in munitions.

Diet in Colds

The purpose of a regulated diet in colds is threefold:

- (1) To counteract acidosis,
- (2) To increase the effect of calcium in the system,
- (3) To prevent lack of vitamins.

Some people advocate use of an alkalizer to counteract a coming cold. Use of soda soon shows up unfavorably in the urine and is unnecessary if an alkaline diet is adhered to. Milk of Magnesia Tablets or Effervescent Salts is better.

A laxative is usually beneficial, for slow elimination favors and causes acidosis. Eat coarser foods and plenty of unsalted butter and olive oil to help get more frequent evacuations.

Foods are classed roughly as to their acid or basic effects:

Acid	Neutral	Alkaline
Cereals	Vegetables	Vegetables
Meat	Oils	Fruits
Fish	Butter	Milk
Eggs	Sugar	Potatoes
Coffee	Tapioca	(white)
Tea		Nuts

When foods are too rich in acid, after digestion they form residues which tend toward slower excretion. These residues cause various diseases, diminishing the full energy of the food and increasing the need for food.

What Not to Eat for Colds

This advice may well start with a list of **what not to eat** some of which are canned foods, salt, salted butter, alcohol, candies, smoked meats or fish, sausages, sardines, herring, caviar, also pickles, catsup, highly seasoned sauces, spiced cheeses, preserved olives, salted almonds, crackers and hot biscuits.

Use These Foods Sparingly

Meat—Not over one pound a week.

Seafood—Not over one-half pound a week.

Eggs—Two per day including those used in puddings, custards, etc.

Grain Products—Not over one-half pound a week, including those used in breads, breakfast foods, etc.

Potatoes—One with luncheon and dinner prepared any way but fried.

Sugar—Not over one ounce a day. Honey or maple syrup may be taken in addition.

Coffee and Tea—One cup per day.

Favored Foods

Milk—One quart per day, plus half a pint of cream. Buttermilk, cottage and cream cheese should be used freely.

Fats—3 to 4 ounces unsalted butter a day. Pure olive oil on vegetables may be used freely.



Vegetables and Salads—All kinds, choice of patient.

Spices and Herbs—Full use of available herbs. For seasoning use: dill, parsley, sage, cloves, mint, dandelions, endive, watercress and chives. Also vanilla, cinnamon, nutmeg, bayleaf, allspice, onions in moderation, mushrooms, garlic, anise, caraway seeds. These all contribute to seasoning foods.

Fruits—Fresh and dried of all kinds. Preserves if they contain no acid preservative and are packed in glass jars. Care should be taken that dried fruits are unsulphured.

Menus

If the patient is at home, a menu routine like this is splendid:

7:30 A.M.—Breakfast—Fruit juice, cereal with cream, 1 slice rye bread with butter, 1 cup weak coffee.

9:30 A.M.—1 glass milk or fruit juice, ½ slice rye bread and butter.

12:30 A.M.—Luncheon—Broiled sea food with mustard sauce, baked potato, tomato salad, baked apple with cream, 1 glass milk or fruit juice.

4:00 P.M.—1 glass milk or fruit juice, ½ slice rye bread and butter.

6:30 P.M.—Dinner—Steak (broiled), spinach, mashed potato, cauliflower, ice cream, ½ glass milk or fruit juice.

Bed Time—1 cup herb tea.

If patient is working, eat regular meals as above with milk between meals if possible, or a few raisins, nuts or an apple.

Preparation of Food

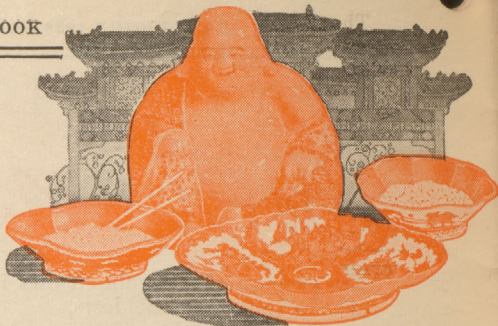
If vegetables are boiled, save water for gravies, soups, or sauces, or drink instead of milk and fruit juices. Add some fruit juice to make it palatable. This makes lack of salt less noticeable and preserves minerals and vitamins. Clean root vegetables and cook with skins on.

Any kinds of fruit juices may be mixed together. Let them stand in glass or porcelain containers.

If diarrhea results, omit fruit and vegetable juices. More oatmeal and tapioca may be given until normal digestion is restored.

Cooking

FROM OTHER LANDS



IN ALL times and lands the art of cooking has been highly esteemed. Anthony gave the cook who arranged his banquet for Cleopatra the present of the city. Racial and climatic factors are responsible for the wide differences in national cookery and food. Nearly every land has developed favorite dishes and those selected here are among the most famous. Each has been tested in the Rawleigh Diet Kitchen.

Le Hochepot (Belgian) (Hotchpotch)

- Cabbage ----- 1
- Leeks ----- 4
- Carrots ----- 1/4
- Turnips ----- 1 or 2
- Brisket of beef ----- 1 1/2 lbs.
- Shoulder and breast of mutton ----- 1 1/2 lbs.
- Shoulder of veal ----- 1 1/2 lbs.
- Pigs' feet ----- 1 1/2 lbs.
- Pigs' tails ----- 1/2 lb.
- Celery ----- 3 or 4 stalks
- Onions ----- 12 small
- Seasoned sausages ----- 12
- Mixed herbs -----
- Salt and Raw. Pepper ----- to taste

Place meat in large casserole, cover with cold water, bring slowly to a boil and skim. When scum ceases to rise, add sliced vegetables and cabbage cut in quarters. Add seasonings and herbs. Cover and simmer for 3 hours. Add sausages and simmer 1 hour. When ready to serve, place meat on hot dish. Drain vegetables, chop and garnish dish with them and pour a little stock over all. Serve stock as soup and meat afterward as separate course.

Cornish Pasties (English)

- Pastry:**
- Salt ----- 1/4 tsp.
 - Fat ----- 6 tbsp.
 - Flour ----- 1/2 lb.
 - Raw. Baking Powder ----- 1 tsp.
 - Water ----- to make dough
- Filling:**
- Beef ----- 1/3 lb. uncooked
 - Potatoes ----- 1/4 lb. uncooked
 - Onion ----- 1 small chopped
 - Salt and Raw. Pepper ----- to taste

Make dough as for pie crust. Roll out 1/4 inch thick. Divide into squares and on one-half of each square place a little of the diced, uncooked vegetable and meat mixture. Fold the dough over it, pinch down the edges, moisten them slightly and bake in a quick oven at first then reduce heat and bake for about 35 to 40 minutes. The appearance of pasties is improved by brushing them with beaten egg yolk 20 minutes after they have been in oven.

Pulao (Indian) (Pilaw)

- Rice ----- 1 cup
- Butter ----- 1 cup
- Onions ----- 2 small sliced
- Raisins ----- 2 tbsp. stoned
- Almonds ----- 1 tbsp.
- Cinnamon ----- few small pieces
- Cardamoms ----- a few
- Bay leaves ----- 1 or 2
- Saffron, salt and peppercorns -----

Put 4 tbsp. butter in a saucepan and fry onions. Add rice with rest of butter and cook until rice has absorbed most of butter, stirring frequently. Add other ingredients and cover with hot water. Put lid on saucepan and simmer gently until rice is tender. Remove rice from saucepan, put in oven so moisture will evaporate. Ten minutes before serving, sprinkle with saffron.

Swedish Meat Balls

- Salt ----- 1 1/2 tsp.
- Milk ----- 1 cup
- Ground round steak ----- 2 lbs.
- Ground pork steak ----- 1 lb.
- Eggs ----- 2 (beaten)
- Mashed potatoes ----- 1 cup
- Dry crumbs ----- 1 cup
- Brown sugar ----- 1 tsp.
- Rawleigh Pepper ----- 1/2 tsp.
- Rawleigh Ginger ----- 1/2 tsp.
- Rawleigh Nutmeg ----- 1/2 tsp.
- Rawleigh Cloves ----- 1/2 tsp.
- Rawleigh Allspice ----- 1/2 tsp.

Mix above to make soft mixture that can barely be handled. Form into soft balls and roll in flour. Fry on all sides in small amount of fat until brown. Pour over meat balls a pint of cream. Cover and let simmer until meat is tender, about 30 minutes. These balls may be put in a roaster and placed in a slow oven and baked about 40 minutes. They may be baked in water in place of cream.



**(Special Chicken Chop Suey)
(Chinese)**

- Salt ----- a little
- Egg ----- 1
- Bean Sprouts ----- 3/4 lb.
- Bamboo shoots ----- 1/4 lb. thinly sliced
- Mushrooms ----- 2 oz.
- Onions ----- 6 oz. thinly sliced
- Tomatoes ----- 3 thinly sliced
- Chicken ----- 1/2 lb. thinly sliced
- Cornflour water ----- a little
- Sesame oil ----- a few drops

Soak mushrooms in hot water 15 minutes, remove stalks and slice thin. Sprinkle salt in hot oiled pan, add chicken meat and brown. Add bamboo shoots, bean sprouts, onions and mushrooms and cook one minute. Add tomatoes, cook one more minute, sprinkle with cornflour water and sesame oil and cook another minute. Place on a hot dish and put over it an egg, previously well beaten and cooked in hot oiled pan one minute. Serve with Chinese sauce.

**Limpa (Sweden)
(Rye and Molasses Bread
illustrated below)**

- Ale ----- 1 qt.
- Yeast ----- 3 1/2 oz.
- Milk ----- 2 qts.
- Butter ----- 7/8 cup
- Coarse rye flour ----- 2 lbs.
- White flour ----- 6 lbs.
- Molasses ----- 1 qt.
- Fennel ----- 2 tbsp. chopped
- Orange peel ----- 3 tbsp. chopped

Warm ale. Place rye flour in bowl and add ale. Work 15 minutes and let stand 12 hours. Add luke warm milk with dissolved yeast and white flour. Set aside until dough has risen to double original volume. Then work in molasses, fennel, orange peel and more white flour to make stiff dough. Let rise. Shape into oblong loaves, place these on a cloth in warm place to rise again. When well risen, brush over with cold water and bake in warm oven 40 minutes. Brush with cold water twice during baking and again when taken from oven.

Stuffed Eggplant (France)

- Eggplant ----- 1/2 to each person
- Ham ----- 1 tsp. per 1/2 eggplant

- Meat or poultry ----- 1 tsp. per 1/2 eggplant
- Bread crumbs ----- 1 tsp. per 1/2 eggplant
- Eggs ----- 1 or 2

Salt and Rawleigh Pepper ----- to taste
Cut eggplants in half lengthwise and cook them in hot oil or butter until tender, or blanch them in salted water. They must not be overcooked but fairly firm. When done, drain, remove pulp and put in a frying pan with hot butter or oil, chopped ham, chopped meat and bread crumbs. Add seasonings and bind with eggs. Mix well for 10 minutes. Stuff each half of eggplant with the mixture, put in a buttered, fireproof dish, sprinkle each with fine crumbs, put piece of butter on top. Bake in a moderate oven 20 minutes.

Fischbouletten Von Kabeljau Mit spinat (German)

- Egg yolk ----- 1 Butter
- Flour ----- Spinach
- Codfish ----- 1 1/4 lb.
- Roll ----- 1 soaked in milk
- Onion ----- 1 finely chopped

Bread crumbs
Anchovies ----- 2 chopped
Salt and Rawleigh Pepper ----- to taste
Rawleigh Nutmeg ----- to taste
Chop fish finely. Mix it with bread soaked in milk and squeezed. Add onion previously fried in butter. Add seasonings. Shape the mixture into rissoles (fritters), dip in flour, brush over with yolk of egg and coat with bread crumbs. Fry the rissoles in butter and when done put them in a hot dish, pour the butter in which they were cooked over them and garnish with chopped spinach cooked in butter to which anchovies have been added.

I Gnocchi alla Piemontese (Italy)

(Potato Dumplings)

- Potatoes ----- 1 lb.
- Egg ----- 1
- Flour ----- 3/4 cup
- Egg yolk ----- 1

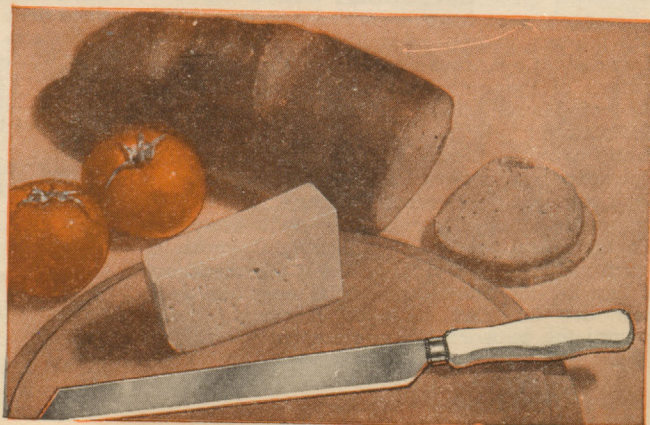
Salt and Rawleigh Pepper ----- to taste
Butter ----- 3 to 4 tbsp.
Cheese ----- 2 c. grated Parmesan
Boil or steam potatoes and while hot, rub through sieve. Then mix in a bowl with flour, egg, yolk of egg and seasonings. Roll into small balls size of walnut, flatten and poach in boiling, salted water about 10 minutes. Drain and serve with a gravy and Parmesan cheese.

Jambalaya Aux Chaurices (Creole)

(Jambalaya with Sausages)

- Rice ----- 1 cup Butter
- Sausages ----- 1/2 lb. or more
- Onion ----- 1 large chopped
- Garlic ----- 1 clove chopped
- Tomatoes ----- 1/2 lb.
- Chili ----- 1/2 a pepper chopped

Salt and Rawleigh Black Pepper ----- to taste
Red Pepper ----- a dash
Cook rice exactly 13 minutes. Remove and drain in sieve. Let stand 30 minutes so that moisture evaporates. Fry onion and garlic in butter to golden brown color. Quarter tomatoes and add to onion, crushing them with spoon to extract juice. Fry sausages separately in butter and when done, cut in 2-inch lengths. Place rice in deep frying pan, add fried onions, garlic, tomatoes and butter in which they were cooked. Add sausages, mix well with wooden spoon. Add salt, pepper and chili pepper. Cover pan and simmer gently 25 to 40 minutes, stirring frequently. Serve hot.



MARCH 8 APRIL

Aries—ram—the sign for this season was derived from the first month of the Babylonians when rams were sacrificed.

Those born between March 22 and April 20 are supposed in astrology to be full of life, fond of music and aggressive in thinking.

Taurus—bull—the name of this sign comes from the ancient conception of the sun as a bull.

Astrology states that those born between April 21 and May 21 are generous, courageous and loyal.

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 Tu.		☾	♈	6 40	5 47	sets	6 45	5 40	sets
2 W.		☾	♈	6 38	5 48	6 43	6 43	5 42	6 44
3 Th.		☾	♈	6 36	5 49	7 51	6 41	5 44	7 56
4 Fri.		☾	♈	6 34	5 50	9 00	6 39	5 46	9 09
5 Sat.		☾	♈	6 32	5 51	10 11	6 37	5 48	10 23
6 S.		☾	♈	6 30	5 52	11 21	6 35	5 50	11 37
7 M.		☾	♈	6 29	5 54	6 33	5 51
8 Tu.		☾	♈	6 27	5 55	12 28	6 31	5 53	12 47
9 W.		☾	♈	6 25	5 57	1 32	6 29	5 54	1 51
10 Th.		☾	♈	6 23	5 58	2 27	6 27	5 56	2 46
11 Fri.		☾	♈	6 21	6 00	3 15	6 25	5 58	3 32
12 Sat.		☾	♈	6 20	6 01	3 56	6 22	5 59	4 09
13 S.		☾	♈	6 18	6 02	4 32	6 20	6 00	4 41
14 M.		☾	♈	6 16	6 04	5 03	6 18	6 02	rises
15 Tu.		☾	♈	6 14	6 06	rises	6 16	6 04	5 57
16 W.		☾	♈	6 12	6 07	7 06	6 14	6 06	7 11
17 Th.		☾	♈	6 11	6 08	8 13	6 12	6 07	8 23
18 Fri.		☾	♈	6 09	6 10	9 19	6 10	6 09	9 32
19 Sat.		☾	♈	6 07	6 11	10 21	6 08	6 10	10 37
20 S.		☾	♈	6 05	6 12	11 21	6 06	6 12	11 39
21 M.		☾	♈	6 03	6 13	6 04	6 14
22 Tu.		☾	♈	6 01	6 14	12 15	6 01	6 15	12 35
23 W.		☾	♈	5 59	6 16	1 04	5 59	6 17	1 24
24 Th.		☾	♈	5 57	6 17	1 48	5 57	6 18	2 08
25 Fri.		☾	♈	5 55	6 18	2 26	5 55	6 20	2 42
26 Sat.		☾	♈	5 53	6 19	3 00	5 53	6 21	3 13
27 S.		☾	♈	5 52	6 20	3 30	5 50	6 23	3 40
28 M.		☾	♈	5 50	6 21	3 58	5 48	6 25	4 05
29 Tu.		☾	♈	5 48	6 23	4 25	5 45	6 26	4 28
30 W.		☾	♈	5 46	6 24	4 52	5 43	6 27	4 51
31 Th.		☾	♈	5 44	6 25	sets	5 41	6 29	sets

☾ First Quar. ☽ Full Moon ☾ Last Quar. ☽ New Moon

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 Fri.		☽	♉	5 42	6 26	7 56	5 39	6 30	8 07
2 Sat.		☽	♉	5 40	6 27	9 08	5 37	6 32	9 23
3 S.		☽	♉	5 38	6 29	10 19	5 35	6 34	10 36
4 M.		☽	♉	5 36	6 30	11 24	5 33	6 35	11 43
5 Tu.		☽	♉	5 34	6 31	5 31	6 37
6 W.		☽	♉	5 33	6 33	12 23	5 28	6 38	12 41
7 Th.		☽	♉	5 31	6 34	1 13	5 26	6 40	1 30
8 Fri.		☽	♉	5 29	6 35	1 55	5 24	6 41	2 10
9 Sat.		☽	♉	5 27	6 36	2 32	5 22	6 43	2 42
10 S.		☽	♉	5 25	6 37	3 04	5 20	6 44	3 11
11 M.		☽	♉	5 24	6 39	3 33	5 17	6 46	3 36
12 Tu.		☽	♉	5 22	6 40	4 01	5 15	6 48	4 00
13 W.		☽	♉	5 20	6 42	rises	5 13	6 50	4 24
14 Th.		☽	♉	5 18	6 43	7 03	5 11	6 51	rises
15 Fri.		☽	♉	5 16	6 44	8 07	5 09	6 53	8 21
16 Sat.		☽	♉	5 15	6 46	9 07	5 07	6 54	9 25
17 S.		☽	♉	5 13	6 47	10 04	5 05	6 56	10 24
18 M.		☽	♉	5 11	6 48	10 56	5 03	6 57	11 16
19 Tu.		☽	♉	5 09	6 49	11 42	5 01	6 59
20 W.		☽	♉	5 08	6 50	4 59	7 00	12 01
21 Th.		☽	♉	5 07	6 52	12 21	4 57	7 02	12 38
22 Fri.		☽	♉	5 05	6 53	12 57	4 55	7 03	1 11
23 Sat.		☽	♉	5 03	6 54	1 28	4 53	7 05	1 40
24 S.		☽	♉	5 01	6 55	1 57	4 51	7 07	2 05
25 M.		☽	♉	4 59	6 56	2 24	4 49	7 09	2 29
26 Tu.		☽	♉	4 58	6 58	2 51	4 47	7 10	2 52
27 W.		☽	♉	4 56	6 59	3 18	4 45	7 11	3 15
28 Th.		☽	♉	4 55	7 00	4 19	4 43	7 12	3 40
29 Fri.		☽	♉	4 53	7 01	sets	4 41	7 13	3 09
30 Sat.		☽	♉	4 52	7 02	8 01	4 40	7 15	sets

*For Longitude of 90° (Ft. William and Port Arthur). (Figures in Black face indicate P.M.)

ASTRONOMY

Science's eyes have seen two sextillion miles into the sky to a new family of universes the most distant ever revealed. The exacting observations of the outer fringe of space with the 100-inch Mount Wilson telescope and sensitive photographic plates have shown beyond the Bootis nebulae, previously the most distant object seen by astronomers, 200 island universes each comparable to our milky way. They are so far away that it took their light travelling 186,000 miles per second 326,000,000 years to reach us. The oddest thing about this discovery is that no one knows where the new universes now are for they have been moving away toward the outward rim of space at the rate of

125,000 miles per second for the 326 million years since their rays just seen started toward us.

We can only contemplate in awe what distances science may see with the new 200-inch telescope now being constructed at a cost of six million dollars with which men will be able to see eight times as much of the universe as ever before.

A tiny planetoid, one-third of a mile in diameter, named Anteros was discovered in February 1936.

Professor Wylie of University of Iowa stated that 24 million meteors bright enough to be seen with the naked eye reach the earth's atmosphere daily, and at the present rate of fall less than an inch of meteoric material has been deposited on the earth's surface in two billion years.

TO MAKE

Delightful

FOODS AND DRINKS

GREATER VARIETY for your table is easier and each meal will be more relished when Rawleigh Food Products are kept for frequent use.

For light refreshments for guests and family the ice creams and desserts you make at home are better and cost less than those you buy, but the right flavor has much to do with the way they satisfy. So be ready for the outings, parties, guests and regular home needs with good supplies of Vanilla, Cinnamon, Ginger and other flavors and spices. You use so little you can afford the best, and the most convenient, reliable and economical way to get them is to keep good supplies when your Rawleigh Dealer calls.



In **Vanilla Compounds** unusual quality and value are especially recognized. Our thorough processes extract the richness of selected vanilla beans and the extract is aged and mellowed to bring out its fine flavor and aroma. Years of experience have proven these Vanilla Compounds give the strongest, richest, and most satisfying vanilla flavor.

Shortcake is a favorite summer dish. Also you need dainty cakes to serve with ice cream, sherbet or Orange Nectar. Your cakes, biscuits, waffles, etc., will be light, tender, close textured and fine flavored and will keep fresh longer if you use Phosphate Baking Powder.

To cut down on cooking and to enjoy delightful foods suitable for any occasion, everyone can appreciate Rawleigh's Tapioca Dessert and Chocolate Flavored Malted Milk Mixture.

Tapioca provides body energy and is easily prepared, satisfying, easily digested and eco-

nomical. Only 8 minutes cooking is needed for Rawleigh's Prepared Tapioca Dessert and it is easily served cold any time or place. Variety and balanced food value is easy by adding eggs, milk, cocoa, coconut, raisins or crushed fruit.

A Drink for Everyone

Chocolate Malted Milk is delightful and well known for concentrated food value, easy digestibility and satisfying effect, and milk is a desirable and economical food. Rawleigh's Chocolate Malted Milk Mixture, prepared from barley malt extract, malted milk, select cocoa, sugar and flavor makes a refreshing food drink every one enjoys. It is quickly and easily prepared and served. It adds delicious flavor to milk and nearly doubles its food value and adds the tonic effect of malt.

Fruit Drinks that are natural, refreshing and satisfying can easily be prepared any time or place for only about half what it costs to use fresh lemons or oranges and without muss or bother, with cold water, sugar and Rawleigh's Fruit Nectar. Drinks of Orange or Lemon rival true orangeade or lemonade.

In making fruit jellies and jams you can save a lot of materials, time, fuel and work over a hot stove by using Rawleigh's Fruit Pectin with your fruit. Also your jelly will be firm and clear and you can make more from the same fruit.

Your family and guests will like these tasty foods and drinks.





Gemini—the twins—refers to Romulus and Remus, the founders of Rome, who were suckled by a wolf.

If you were born between May 22 and June 21 you should be aspiring and energetic with a busy mind.

Cancer—crab. In this sign the retreat of the sun, or its apparent backward motion in the zodiac, is associated with the backward motion of a crab.

You are very economical, intuitive and sensitive, if you were born between June 22 and July 22, say those who believe in astrology.

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				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 S.		☾	♊	4 51	7 04	9 10	4 38	7 17	9 28
2 M.		☾	♊	4 50	7 05	10 13	4 36	7 19	10 32
3 Tu.		☾	♊	4 48	7 06	11 08	4 34	7 20	11 26
4 W.		☾	♊	4 46	7 07	11 55	4 32	7 22
5 Th.		☾	♊	4 44	7 08	4 30	7 24	12 09
6 Fri.		☾	♊	4 43	7 10	12 33	4 29	7 25	12 45
7 Sat.		☾	♊	4 41	7 11	1 07	4 27	7 27	1 15
8 S.		☾	♊	4 40	7 12	1 37	4 25	7 28	1 40
9 M.		☾	♊	4 39	7 13	2 05	4 24	7 30	2 09
10 Tu.		☾	♊	4 38	7 14	2 32	4 22	7 31	2 28
11 W.		☾	♊	4 37	7 16	2 59	4 21	7 32	2 52
12 Th.		☾	♊	4 36	7 17	3 29	4 19	7 34	3 18
13 Fri.		☾	♊	4 35	7 18	rises	4 18	7 35	rises
14 Sat.		☾	♊	4 34	7 19	7 56	4 16	7 37	8 14
15 S.		☾	♋	4 33	7 20	8 49	4 15	7 38	9 08
16 M.		☾	♋	4 31	7 22	9 37	4 14	7 39	9 56
17 Tu.		☾	♋	4 30	7 23	10 19	4 12	7 40	10 37
18 W.		☾	♋	4 29	7 24	10 56	4 11	7 42	11 11
19 Th.		☾	♋	4 28	7 25	11 28	4 10	7 44	11 41
20 Fri.		☾	♋	4 27	7 26	11 58	4 09	7 45
21 Sat.		☾	♋	4 26	7 28	4 07	7 46	12 07
22 S.		☾	♋	4 25	7 29	12 25	4 06	7 47	12 31
23 M.		☾	♋	4 24	7 30	12 51	4 05	7 48	12 54
24 Tu.		☾	♋	4 23	7 31	1 17	4 04	7 49	1 16
25 W.		☾	♋	4 22	7 32	1 44	4 03	7 50	1 39
26 Th.		☾	♋	4 21	7 33	2 15	4 02	7 52	2 06
27 Fri.		☾	♋	4 20	7 34	2 50	4 01	7 53	2 38
28 Sat.		☾	♋	4 19	7 35	3 32	4 00	7 54	3 16
29 S.		☾	♋	4 18	7 36	sets	3 59	7 56	sets
30 M.		☾	♋	4 18	7 37	8 57	3 58	7 57	9 15
31 Tu.		☾	♋	4 17	7 38	9 49	3 57	7 58	10 04

☾ First Quar. ☽ Full Moon ☾ Last Quar. ☽ New Moon

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				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 W.		☾	♋	4 17	7 39	10 32	3 57	7 59	10 45
2 Th.		☾	♋	4 16	7 40	11 08	3 56	8 00	11 17
3 Fri.		☾	♋	4 16	7 41	11 40	3 56	8 01	11 45
4 Sat.		☾	♋	4 16	7 41	3 55	8 02
5 S.		☾	♋	4 15	7 42	12 09	3 54	8 03	12 10
6 M.		☾	♋	4 15	7 43	12 36	3 54	8 03	12 34
7 Tu.		☾	♋	4 15	7 43	1 04	3 53	8 04	12 57
8 W.		☾	♋	4 14	7 44	1 33	3 53	8 05	1 23
9 Th.		☾	♋	4 14	7 44	2 04	3 52	8 06	1 51
10 Fri.		☾	♋	4 13	7 45	2 39	3 51	8 07	2 23
11 Sat.		☾	♋	4 13	7 45	3 19	3 51	8 07	3 00
12 S.		☾	♋	4 13	7 46	rises	3 51	8 08	rises
13 M.		☾	♋	4 13	7 46	8 18	3 51	8 09	8 36
14 Tu.		☾	♋	4 12	7 47	8 57	3 51	8 09	9 13
15 W.		☾	♋	4 12	7 48	9 31	3 50	8 10	9 44
16 Th.		☾	♋	4 12	7 48	10 01	3 50	8 10	10 11
17 Fri.		☾	♋	4 12	7 48	10 29	3 50	8 11	10 36
18 Sat.		☾	♋	4 12	7 49	10 54	3 50	8 11	10 58
19 S.		☾	♋	4 12	7 49	11 20	3 50	8 12	11 19
20 M.		☾	♋	4 13	7 50	11 46	3 50	8 12	11 42
21 Tu.		☾	♋	4 13	7 50	3 50	8 12
22 W.		☾	♋	4 13	7 50	12 13	3 50	8 12	12 07
23 Th.		☾	♋	4 13	7 50	12 45	3 50	8 12	12 35
24 Fri.		☾	♋	4 13	7 51	1 23	3 51	8 12	1 09
25 Sat.		☾	♋	4 14	7 51	2 08	3 51	8 13	1 51
26 S.		☾	♋	4 14	7 51	3 03	3 51	8 13	2 44
27 M.		☾	♋	4 14	7 51	sets	3 52	8 13	3 49
28 Tu.		☾	♋	4 15	7 51	8 24	3 52	8 13	sets
29 W.		☾	♋	4 15	7 50	9 05	3 53	8 13	9 16
30 Tu.		☾	♋	4 16	7 50	9 40	3 54	8 13	9 46

*For Longitude of 90° (Ft. William and Port Arthur). (Figures in Black face indicate P.M.)

MEDICINE

A new instrument for telling how much energy it takes to live, developed by the Smithsonian Institution measures at split second intervals the metabolic, or functioning speed of the life process of man, plants or animals. The difference between the amount of oxygen inhaled and that of carbon dioxide exhaled is an exact measurement of the energy used.

An electrical heart pacemaker which revived the hearts of persons who died of angina pectoris and coronary thrombosis has been perfected.

A weight microscope which magnifies the weight of invisible particles for photographic measurement was perfected.

It has been found that tuberculosis bacilli produce disease by manufacturing chemicals, a sugar, a protein and an acid toxic to man.

B-1, the nerve vitamin has been manufactured. A drug giving permanent relief to angina pectoris is reported.

Transmitting flu in the air, sterilizing the air of flu germs by ultra-violet light, vaccination for flu and finally photographing flu bacilli were recent steps in the fight against colds and influenza.

A new method of studying the life processes of insects by a series of X-ray motion pictures shows the beating of an insect heart, the process of digestion and other activities.

Laxatives AND

ALKALIZING MEDICINES

MOST mothers know that to correct the frequent temporary digestive upsets caused by unsuitable foods and to secure regular and frequent bowel movements, medicines are frequently needed. Errors and irregularities in eating, or too much rich, concentrated foods and not enough of bulky vegetables and fruits frequently result in sour stomach, acid indigestion, gas colic, belching, delayed elimination, headaches, pains in the back, weariness and dullness.

Neglect of and lack of preparedness for these conditions may result in serious illness, so it is important that every family be ready for these frequent needs.

Most individuals learn from experience that the medicines most frequently needed that should be used at the start to relieve such irregularities in digestion and elimination are reliable antacids and laxatives. Milk of Magnesia, effervescent fruit-acid salts and preparations containing senna, cascara, licorice, rhubarb, mandrake and phenolphthalein have proven favorite reliable remedies. Such ingredients of highest recognized value are compounded in the Rawleigh Laboratories by experienced chemists into syrups, tablets, pills, tea and salts, that make an effervescent alkalizing drink, convenient and pleasant to take, and meet most needs and preferences to give desired help in elimination or restoring a sour or overloaded stomach to normal.

Each Has Special Usefulness

No medicine suits everyone and different laxatives are needed by the same person to suit different conditions and needs. Every family should have several kinds to meet varying conditions and to permit changing to get best results in every case.

Convenience, high quality and a large quantity make all Rawleigh Laxative Medicines good values. There is special usefulness in each Rawleigh laxative or antacid that makes them suitable to the needs or preferences of different individuals.

If you will consider the conditions and needs of your family when your Rawleigh Dealer calls, he can help you select those whose form and usefulness will be best suited. Then you can keep them on hand ready to be used whenever they are needed to help avoid and overcome the common disorders of digestion and elimination.

A Refreshing Sparkling Drink

Our largest selling laxative and alkalizer is Effervescent Salts. A sparkling, bubbling drink made with these fruit-acid salts has a pleasant, refreshing flavor. It quickly reduces acidity and gas and flushes and stimulates sluggish bowels. When the system is clogged or you feel the effects of heat or spring fever, try a dose and notice how a bit of its liveliness seems to get into your feelings.

Milk of Magnesia Tablets have all the usefulness of liquid milk of magnesia. They are concentrated, convenient, peppermint flavored and much more economical. They are made from Milk of Magnesia—a standard antacid, aperient and laxative.

For Your Family Medicine Cabinet

The most suitable assortment for adults and children should include some of our oldest laxatives which have been giving excellent satisfaction for generations and some of our newest favorite compounds.

The most suitable for adults are Cathartic Pills for prompt, vigorous action. Another favorite of older people is Laxative Tea, made of roots, barks, leaves, seeds brewed into a pleasant beverage.

For babies and children Rawleigh's Laxative Tablets are pleasant candy wafers containing phenolphthalein for mild action and easy bowel movement, are preferred by the children and many adults.



JULY



AUGUST



Leo—the lion—a sign associated with the heat, was the ancient symbol of heat and in the calendar has been used to indicate the hottest period.

If you were born between July 23 and August 23, you should possess a jovial, free and friendly disposition.

Virgo—maiden—is a sign that commemorates an old Babylonian myth and any present day influence is hard to imagine.

If born between August 24 and September 23, you should be ambitious, honest, accurate and critical.

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
				1 Fri.	☾	♋	4 16	7 50	10 11
2 Sat.	☾	♋	4 17	7 50	10 39	3 55	8 13	10 38	
3 S.	☾	♋	4 17	7 50	11 07	3 55	8 13	11 02	
4 M.	☾	♋	4 18	7 49	11 36	3 56	8 12	11 27	
5 Tu.	☾	♋	4 19	7 49	3 57	8 12	11 54	
6 W.	☾	♋	4 19	7 49	12 07	3 57	8 12	
7 Th.	☾	♋	4 20	7 49	12 41	3 58	8 11	12 25	
8 Fri.	☾	♋	4 20	7 48	1 18	3 59	8 10	1 01	
9 Sat.	☾	♋	4 21	7 48	2 01	4 00	8 09	1 42	
10 S.	☾	♋	4 22	7 47	2 49	4 01	8 08	2 29	
11 M.	☾	♋	4 22	7 47	3 41	4 02	8 08	3 22	
12 Tu.	☾	♋	4 23	7 46	rises	4 03	8 07	rises	
13 W.	☾	♋	4 24	7 46	8 05	4 04	8 06	8 16	
14 Th.	☾	♋	4 25	7 45	8 33	4 05	8 06	8 42	
15 Fri.	☾	♋	4 26	7 44	8 59	4 06	8 05	9 05	
16 Sat.	☾	♋	4 27	7 43	9 24	4 07	8 04	9 26	
17 S.	☾	♋	4 28	7 42	9 50	4 08	8 03	9 48	
18 M.	☾	♋	4 29	7 42	10 17	4 09	8 02	10 11	
19 Tu.	☾	♋	4 30	7 41	10 46	4 10	8 01	10 37	
20 W.	☾	♋	4 31	7 40	11 20	4 12	8 00	11 07	
21 Th.	☾	♋	4 32	7 40	4 13	7 59	11 44	
22 Fri.	☾	♋	4 33	7 39	12 00	4 14	7 58	
23 Sat.	☾	♋	4 34	7 38	12 49	4 15	7 57	12 30	
24 S.	☾	♋	4 35	7 37	1 46	4 16	7 56	1 27	
25 M.	☾	♋	4 36	7 36	2 53	4 18	7 54	2 36	
26 Tu.	☾	♋	4 37	7 35	4 08	4 19	7 53	3 52	
27 W.	☾	♋	4 38	7 34	sets	4 20	7 51	sets	
28 Th.	☾	♋	4 39	7 33	8 09	4 22	7 50	8 14	
29 Fri.	☾	♋	4 40	7 32	8 40	4 23	7 49	8 40	
30 Sat.	☾	♋	4 42	7 30	9 09	4 25	7 47	9 05	
31 S.	☾	♋	4 43	7 29	9 38	4 26	7 45	9 31	

☾ First Quar. ☽ Full Moon ☿ Last Quar. ♀ New Moon

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
				1 M.	☾	♋	4 44	7 28	10 09
2 Tu.	☾	♋	4 45	7 27	10 42	4 28	7 43	10 28	
3 W.	☾	♋	4 46	7 26	11 19	4 30	7 41	11 02	
4 Th.	☾	♋	4 47	7 24	4 32	7 39	11 42	
5 Fri.	☾	♋	4 48	7 23	12 00	4 33	7 38	
6 Sat.	☾	♋	4 49	7 22	12 45	4 35	7 36	12 26	
7 S.	☾	♋	4 50	7 20	1 36	4 36	7 35	1 18	
8 M.	☾	♋	4 51	7 19	2 31	4 38	7 33	2 14	
9 Tu.	☾	♋	4 53	7 17	3 29	4 39	7 31	3 14	
10 W.	☾	♋	4 54	7 15	rises	4 40	7 30	4 16	
11 Th.	☾	♋	4 55	7 13	7 04	4 42	7 28	rises	
12 Fri.	☾	♋	4 56	7 12	7 30	4 43	7 26	7 33	
13 Sat.	☾	♋	4 57	7 10	7 56	4 45	7 24	7 56	
14 S.	☾	♋	5 07	6 58	12 36	4 57	7 08	12 18	
15 M.	☾	♋	5 00	7 08	8 50	4 47	7 20	8 43	
16 Tu.	☾	♋	5 01	7 06	9 22	4 49	7 18	9 11	
17 W.	☾	♋	5 02	7 04	9 59	4 50	7 16	9 45	
18 Th.	☾	♋	5 03	7 02	10 43	4 52	7 14	10 26	
19 Fri.	☾	♋	5 05	7 01	11 35	4 54	7 12	11 17	
20 Sat.	☾	♋	5 06	7 00	4 55	7 10	
21 S.	☾	♋	5 07	6 58	12 36	4 57	7 08	12 18	
22 M.	☾	♋	5 08	6 56	1 44	4 59	7 06	1 28	
23 Tu.	☾	♋	5 09	6 54	2 59	5 00	7 04	2 45	
24 W.	☾	♋	5 11	6 53	4 15	5 01	7 02	4 06	
25 Th.	☾	♋	5 12	6 51	sets	5 03	7 00	sets	
26 Fri.	☾	♋	5 13	6 50	7 07	5 04	6 58	7 06	
27 Sat.	☾	♋	5 14	6 48	7 37	5 06	6 56	7 32	
28 S.	☾	♋	5 15	6 46	8 08	5 08	6 54	7 59	
29 M.	☾	♋	5 17	6 44	8 41	5 09	6 52	8 29	
30 Tu.	☾	♋	5 18	6 43	9 17	5 10	6 50	9 02	
31 W.	☾	♋	5 19	6 41	9 57	5 12	6 48	9 39	

*For Longitude of 90° (Ft. William and Port Arthur). (Figures in Black face indicate P.M.)

CHEMISTRY

The American Chemical Society reports that the United States leads the world in tonnage of synthetic products and that there is accelerated demand for equipment and skilled chemists.

The structure of the molecule of vitamin B-1 which is anti-neuritic and growth promoting was announced after 26 years of research.

Vegetable production was increased ten fold in chemical tanks without soil. An ounce of oil can be spread over 8 acres of water surface. These films of oil may be only one molecule thick. Practical application of this information may be made in motor lubrication, in manufacture of safety glass and in medicine.

PHYSICS AND ENGINEERING

Storm areas in the stratosphere that upset weather forecasts are detected by new instruments called radio tatters sent up in toy balloons more than 10 miles to radio back automatic weather reports.

A method of sending a television picture of a landing field to enable an airplane pilot to land safely in a fog has been invented.

A steam engine driven by solar radiation that converts into energy 15% of the solar rays falling on its mirrors is reported by Dr. Abbott.

Gradual uplifting of the land on the Canadian side of the great lakes is deepening harbors on the U.S. side according to U.S. Engineers.

Don't tolerate Flies

OR THE ANNOYANCE AND LOSSES INSECTS CAUSE

ALL summer long there's a fight with dangerous, destructive insects. Moths destroy more property each year than fires and mosquitoes, gnats, ticks, fleas and lice cause serious annoyance and loss. The number and fierceness of flies keep growing as summer advances. They attack and annoy man and beast and cause millions of dollars of loss and thousands of cases of sickness and death each year.

Unless you want them in the house, befouling everything, poisoning food on your table, endangering health and pestering everyone, you must do something about flies.

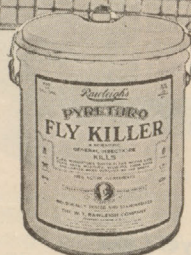
Start the Fight Early

Part of the annoyance and loss may be your own fault for you can prevent and stop a large part of insect attacks and destruction. The first important step toward prevention in early summer is to clean up fly breeding and feeding places and to use screens, fly traps, poisons and fly sprays to kill early flies and prevent countless later generations of flies. It's useless to try to protect home, food, health and livestock if fly hatcheries and cafeterias are allowed near your premises.

Though you keep your own premises clean of fly breeding and feeding places and drain stagnant water where mosquitoes hatch, you can't clean up the whole neighborhood and in spite of screens flies will get inside the home, dairy or stable and they swarm about markets and food stores.

You need not permit flies to linger in your home for those that get inside you can kill quickly, easily and without danger or muss of poisons or sticky flypaper. Rawleigh's Pyrethro Fly Killer, sprayed into the air where flies are, quickly kills them like a gas attack. A small quantity fills a room with insecticidal mist. It paralyzes insects and they fall dead. It is safe, clean, economical and wonderfully

effective against flies, mosquitoes, moths, fleas, lice, ticks, roaches, bedbugs, and their eggs and larvae. It is quickly and easily used in homes, or in stables, dairies, creameries, markets, refreshment places, etc. to kill flies outright.



This insecticide contains an unusually large quantity of the active principle of pyrethrum and has greater fly killing power than fly sprays tested in comparison. It kills more flies. It goes further. It is more economical per season—more satisfactory every way.

A sprayer that vaporizes liquid insecticide into a fine mist, with force enough to catch and envelop insects as they fly away is most effective. Instead of a leaky or worn sprayer or one with poor compression that does not vaporize liquids finely, it pays to get a new better-made Rawleigh Sprayer.

In Dairy, Stables and Pastures

Ideal Fly Repellent contains the same pyrethrum extractive as Fly Killer but in neutral oil that is odorless, stainless and harmless to hides or hair of animals and does not evaporate so quickly. Its more lasting, repelling effectiveness keeps flies off animals sprayed with it.

Sprayed on cows it keeps them quieter at milking time and drives flies away from them for hours in the pasture and saves much fly fighting and milk shrinkage. It kills many flies outright when sprayed in the stable. Flies that alight on sprayed animals are paralyzed and fall to the ground. Its use cuts down fly annoyance and loss and protects dairy profits.

To clean up places where flies breed and feed, or stagnant water where mosquitoes hatch, there is nothing better than disinfecting with Rawleigh's Dip and Disinfectant.



GOOD TIPS ON

Cake Baking

MEASURE accurately and follow the recipe exactly. Don't grease cake tins with sausage or bacon fat but use butter and your crust will have a good flavor.

Be careful of your cake tins. If you scour them with harsh powders or steel wool, cakes will stick to them. Soak them until they can be washed easily in

soap and water.

Judge a cake by these standards:

- (1) Has it a level surface?
- (2) Is the crust thin, crisp, tender and golden brown?
- (3) Is the texture fluffy and the grain fine and even?
- (4) Can you break it to tender, moist crumbs?

If you can answer "Yes" to all four questions, you have a perfect cake.

Orange Layer Cake

Salt	1/4 tsp.
Water	2 tbsp.
Cake flour (sifted)	2 1/2 cups
Rawleigh Baking Powder	2 tsp.
Grated lemon rind	1
Grated orange rind	1
Shortening	3/8 cup
Sugar	1 1/2 cups
Unbeaten eggs	3
Lemon juice	2 tbsp.
Orange juice	5 tbsp.

Sift flour, baking powder and salt together three times. Add lemon and orange rind to butter and cream. Add sugar gradually and cream together until light and fluffy. Add eggs one at a time, beating thoroughly. Add flour alternately with combined fruit juice and water, a small amount at a time. Beat after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven 375° F. 20 minutes. Spread orange butter frosting (recipe in adjoining column) between layers and on top and sides.

Sunshine Cake

Egg yolks	7	Salt	1/2 tsp.
Rawleigh Lemon Ext.	1	tbsp.		
Egg whites	7			
Raw. Cream of Tartar	1	tsp.		
Sifted sugar	1 1/2	cups		
Pastry flour	1	cup		

Beat first three ingredients until lemon colored. Beat whites of eggs lightly and add cream of tartar. Beat until stiff. Add sugar and beaten yolks. Fold in flour which has been sifted 3 times. Bake in tube pan in slow oven one hour. Invert pan 25 minutes. Remove cake and frost.

Orange Butter Frosting

Egg yolk	1	Salt	1/4 tsp.
Grated orange rind	1			
Grated lemon rind	1/2			
Orange juice	1/4	cup		
Lemon juice	2	tsp.		
Butter	3	tbsp.		
Confectioner's sugar	3	cups		(sifted)

Add orange and lemon rind to orange juice and allow to stand 10 minutes. Strain. Combine lemon juice, egg yolk, salt, butter, and confectioner's sugar. Add orange juice until of the right consistency to spread. Beat until smooth and spread on cake. Makes enough frosting to cover tops and sides of two 9-inch layers.

Magic Meringue Cake

Egg yolks	2	Salt	1/4 tsp.		
Flour	3/4	cup	Milk	1/3	cup
Shortening	1/4	cup				
Sugar	1/2	cup				
Raw. Baking Powder	1	tsp.				
Rawleigh Vanilla	1/4	tsp.				
Shredded Coconut						

Cream shortening and sugar together. Add egg yolks and mix well. Sift together flour, baking powder and salt, add alternately with milk to first ingredients. Add vanilla. Pour into a greased pan (8x10). Sprinkle with coconut.

Red Devil's Food Cake

Water	1/2	cup
Soda	1 1/2	tsp.
Butter	3/8	cup
Sugar	1 3/4	cups
Eggs	2	
Salt	1/2	tsp.
Rawleigh Cocoa	1/2	cup
Sour milk	3/4	cup
Pastry flour	2 1/2	cups
Rawleigh Vanilla	1	tsp.

Mix first three ingredients together and allow to stand while mixing other ingredients. Cream butter and sugar, add eggs and mix well. Sift dry ingredients together and add alternately with sour milk. Add cocoa mixture and vanilla. Bake in a loaf pan at 350 degrees for 45 minutes.

Meringue

Egg whites	2	
Sugar	2	tbsp.
Currant jelly	1/4	cup

Beat egg whites until stiff; add sugar gradually, beating constantly. Mash jelly with a fork until soft; fold into egg white mixture. Spread meringue on coconut and bake in a moderate oven (325° F.) 40 minutes.



Cocoa Roll

- Eggs ----- 3
- Sugar ----- 1 cup
- Cold water ----- 1/4 cup
- Pastry flour ----- 3/4 cup
- Rawleigh Cocoa ----- 1/4 cup
- Raw. Baking Powder ----- 2 tsp.

Beat eggs until light, add sugar and continue to beat. Add cold water, then flour, cocoa and baking powder which have been sifted together. Turn into a greased sheet cake pan and bake at 400 degrees for 12 to 15 minutes. Frost with 7-minute frosting and roll.

7-Minute Cooked Frosting

- Sugar ----- 1 cup
- Unbeaten egg whites ----- 2
- Rawleigh
- Cream of Tartar ----- 1/2 tsp.
- Cold water ----- 3 tbsp.
- Rawleigh Vanilla ----- 1 tsp.

Place all ingredients in top of double boiler. Have boiling water below and beat constantly with a hand Dover beater 7 minutes or an electric beater for 4 minutes.

Chocolate Peppermint Cake

- Soda ----- 1 tsp. Sugar 1 1/4 cups
- Salt ----- 1/2 tsp. Egg ----- 1
- Cake flour (sifted) ----- 2 cups
- Shortening ----- 3/4 cup
- Rawleigh Cocoa ----- 9 level tbsp.
- Thick sour cream ----- 1/2 cup
- Sour milk ----- 3/4 cup

Sift salt, flour, cocoa and soda together 3 times. Cream shortening, and sugar and cream thoroughly. Add egg and beat again. Add sour cream and then sour milk and flour mixture alternately and beat well after each addition. Turn into two 9-inch greased cake pans and bake in moderate oven (350° F.) about 30 minutes. Spread peppermint frosting (recipe in adjoining column) between layers and on top and sides. Decorate

with border of chocolate shot or flakes.

Peppermint Icing

- Egg whites ----- 2 Sugar ----- 1 cup
- Water ----- 3 tbsp.
- Raw. Cream of Tartar ----- 1/2 tsp.
- Raw. Ppm't Flavor ----- 3 to 4 drops
- Rawleigh Red Color ----- 6 drops

Place unbeaten egg whites, water, cream of tartar, and sugar in top of double boiler. Beat 7 minutes with hand Dover beater or 4 minutes with electric beater over hot water. Add color and flavor and mix thoroughly. Spread for filling and on sides and top.

Coffee Spice Cake

- Soda ----- 1 tsp. Salt ----- 1 tsp.
- Cake flour (sifted) ----- 2 1/3 cups
- Rawleigh Ginger ----- 1 tsp.
- Rawleigh Cloves ----- 1/2 tsp.
- Rawleigh Allspice ----- 1/2 tsp.
- Rawleigh Cinnamon ----- 1 1/2 tsp.
- Shortening ----- 1 cup

- Brown Sugar, firmly packed ----- 1 1/4 cups
- Eggs well beaten ----- 2
- Cold strong coffee ----- 3/4 cup

Sift flour, soda, spices and salt together three times. Cream butter, and sugar gradually and cream together until light and fluffy. Add eggs and beat well. Add flour, alternately with coffee, a small amount at a time. Beat after each addition until smooth. Turn into two deep greased 9-inch layer pans and bake in moderate oven (375° F.) 25 minutes, or until done. Put layers together and cover cake with a fluffy white or mocha frosting.

Quick Cake

- Milk ----- 1/2 cup Sugar ----- 1 cup
- Butter ----- 1 tbsp. Flour ----- 1 cup
- Eggs ----- 2 Salt ----- 1/8 tsp.
- Raw. Baking Powder ----- 1 1/2 tsp.

Icing

- Butter 3 tbsp. Cream ----- 2 tbsp.
- Brown sugar ----- 5 tbsp.
- Shredded Coconut ----- 1 cup



Heat milk and butter in a saucepan and cool. Sift flour, sugar, baking powder and salt. Beat eggs, and milk and butter mixture and then the flour mixture. Beat well. Makes a very thin mixture. Spread in 8-inch tins and

bake in medium hot oven (350° F.) until done. Prepare icing mixture by melting 3 tablespoons butter add brown sugar and cream. When cakes are done, pour this mixture over cakes and sprinkle with Coconut. Cut each cake in 6 pieces.

Pineapple Coconut Cake

- Salt ----- 1/4 tsp. Sugar ----- 1/2 cup
- Cake flour (sifted) ----- 3/4 cup
- Raw. Baking Powder ----- 1 tsp.
- Shortening ----- 1/3 cup
- Egg yolks ----- 4
- Pineapple juice ----- 1/4 cup
- Rawleigh Vanilla ----- 1/2 tsp.

Sift flour, baking powder and salt. Cream shortening and then add sugar and cream thoroughly. Add egg yolks and beat again. Alternate pineapple juice and flour and beat well. Pour into two small layer cake tins greased and floured. Then make the following and spread on top—
Sugar ----- 1/2 cup Salt ----- 1/4 tsp.
Egg whites, beaten stiff ----- 4
Rawleigh Vanilla ----- 1 tsp.
Coconut ----- 1/2 cup

Beat egg whites stiff and blend with sugar. Add salt, vanilla and coconut. Spread evenly on two layers and sprinkle coconut over top. Bake in a slow oven 325° F. for 25 to 30 minutes, until a golden brown. Remove from oven and cool. Turn frosting side of one layer down on plate, whip 1 cup cream and add 1 cup drained, crushed pineapple and 2 tablespoons powdered sugar and 1/4 teaspoon vanilla. Use this for a filling. Turn other layer on top, tart side up. Do not put in filling until 1/2 hour before serving to prevent soaking.





SEPTEMBER

OCTOBER

Libra—balance—a sign that represents equal days and nights is appropriate to the autumnal equinox.

Born between September 24 and October 23, you are conservative, modest and retiring and should not let those virtues be a weakness.

Scorpio—scorpion—is a sign that represents the darkness with the sun's decline after the autumnal equinox.

If you were born between October 24 and November 22, astrology endows you with dignity, ability, tact and magnetism.

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 45° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1	Th.	☾	♏	5 20	6 39	10 42	5 13	6 46	10 23
2	Fri.	☾	♏	5 21	6 37	11 31	5 15	6 44	11 12
3	Sat.	☾	♏	5 23	6 35	5 16	6 42
4	S.	☾	♏	5 24	6 33	12 26	5 18	6 40	12 06
5	M.	☾	♏	5 25	6 31	1 21	5 20	6 38	1 05
6	Tu.	☾	♏	5 26	6 29	2 19	5 21	6 36	2 06
7	W.	☾	♏	5 27	6 27	3 19	5 23	6 34	3 09
8	Th.	☾	♏	5 29	6 26	4 20	5 24	6 31	4 14
9	Fri.	☾	♏	5 30	6 24	rises	5 26	6 29	rises
10	Sat.	☾	♏	5 31	6 22	6 27	5 27	6 27	6 23
11	S.	☾	♏	5 32	6 20	6 55	5 29	6 25	6 48
12	M.	☾	♏	5 33	6 18	7 26	5 30	6 23	7 16
13	Tu.	☾	♏	5 35	6 16	8 02	5 31	6 20	7 48
14	W.	☾	♏	5 36	6 14	8 43	5 33	6 18	8 27
15	Th.	☾	♏	5 37	6 12	9 32	5 34	6 16	9 13
16	Fri.	☾	♏	5 38	6 10	10 28	5 36	6 14	10 10
17	Sat.	☾	♏	5 39	6 08	11 32	5 37	6 12	11 15
18	S.	☾	♏	5 41	6 07	5 39	6 09
19	M.	☾	♏	5 42	6 05	12 42	5 40	6 07	12 27
20	Tu.	☾	♏	5 43	6 03	1 54	5 42	6 05	1 43
21	W.	☾	♏	5 44	6 01	3 09	5 43	6 03	3 02
22	Th.	☾	♏	5 45	5 59	4 23	5 45	6 00	4 20
23	Fri.	☾	♏	5 47	5 57	sets	5 46	5 58	5 37
24	Sat.	☾	♏	5 48	5 55	6 06	5 48	5 56	sets
25	S.	☾	♏	5 49	5 53	6 38	5 49	5 54	6 28
26	M.	☾	♏	5 50	5 51	7 13	5 50	5 52	6 59
27	Tu.	☾	♏	5 51	5 49	7 52	5 52	5 50	7 36
28	W.	☾	♏	5 53	5 48	8 36	5 54	5 47	8 19
29	Th.	☾	♏	5 54	5 46	9 24	5 55	5 45	9 06
30	Fri.	☾	♏	5 55	5 44	10 15	5 57	5 43	9 58

☾ First Quar. ☽ Full Moon ☾ Last Quar. ☽ New Moon

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1	Sat.	☾	♏	5 56	5 42	11 10	5 59	5 41	10 55
2	S.	☾	♏	5 57	5 40	6 00	5 39	11 54
3	M.	☾	♏	5 59	5 38	12 08	6 02	5 36
4	Tu.	☾	♏	6 00	5 36	1 07	6 04	5 34	12 57
5	W.	☾	♏	6 01	5 34	2 08	6 05	5 32	2 00
6	Th.	☾	♏	6 03	5 32	3 10	6 06	5 30	3 06
7	Fri.	☾	♏	6 04	5 30	4 13	6 08	5 28	4 13
8	Sat.	☾	♏	6 06	5 29	5 18	6 09	5 25	5 22
9	S.	☾	♏	6 07	5 28	rises	6 10	5 23	rises
10	M.	☾	♏	6 09	5 26	6 02	6 12	5 21	5 49
11	Tu.	☾	♏	6 10	5 24	6 42	6 13	5 19	6 27
12	W.	☾	♏	6 11	5 22	7 29	6 15	5 17	7 12
13	Th.	☾	♏	6 12	5 20	8 24	6 17	5 15	8 06
14	Fri.	☾	♏	6 13	5 19	9 26	6 19	5 13	9 08
15	Sat.	☾	♏	6 14	5 17	10 33	6 20	5 11	10 18
16	S.	☾	♏	6 15	5 15	11 44	6 22	5 09	11 32
17	M.	☾	♏	6 16	5 13	6 24	5 07
18	Tu.	☾	♏	6 18	5 12	12 56	6 25	5 05	12 47
19	W.	☾	♏	6 19	5 10	2 08	6 27	5 03	2 03
20	Th.	☾	♏	6 21	5 08	3 19	6 29	5 01	3 18
21	Fri.	☾	♏	6 22	5 06	4 29	6 30	4 59	4 32
22	Sat.	☾	♏	6 23	5 04	5 38	6 32	4 57	5 46
23	S.	☾	♏	6 25	5 03	sets	6 33	4 55	sets
24	M.	☾	♏	6 26	5 01	5 47	6 35	4 53	5 32
25	Tu.	☾	♏	6 27	5 00	6 28	6 37	4 51	6 11
26	W.	☾	♏	6 29	4 58	7 15	6 39	4 49	6 57
27	Th.	☾	♏	6 30	4 56	8 05	6 40	4 47	7.48
28	Fri.	☾	♏	6 32	4 55	9 00	6 42	4 45	8 44
29	Sat.	☾	♏	6 33	4 53	9 56	6 43	4 43	9 42
30	S.	☾	♏	6 35	4 51	10 55	6 45	4 41	10 43
31	M.	☾	♏	6 36	4 50	11 54	6 47	4 40	11 46

*For Longitude of 90° (Ft. William and Port Arthur).
(Figures in Black face indicate P.M.)

GOOD HEALTH RULES

To avoid sickness and doctor's bills, be sure to follow these good health rules:

1. Eight hours' sleep with lots of fresh air.
2. A daily cold shower, morning if possible.
3. At least 2 warm cleansing baths weekly.
4. A good substantial breakfast.
5. Regular meals.
6. At least a pint of milk a day, but preferably a quart.
7. Plenty of fresh fruit and vegetables but a moderate amount of meat.
8. All the exercise possible.
9. Clean warm clothing but not too much.

WEATHER WISDOM

Sunset Colors—A gray, lowering sunset, or one where the sky is green or yellowish green, indicates rain. A red sunrise, with clouds lowering later in the morning, also indicates rain.

Halo (Sun Dogs)—By halo we mean the large circles, or parts of circles, about the sun or moon. A halo occurring after fine weather indicates a storm.

Rainbows—A morning rainbow is regarded as a sign of rain; an evening rainbow of fair weather.

Sky Color—A deep-blue color of the sky, even when seen through clouds, indicates fair weather; a growing whiteness, an approaching storm.



Puddings

DESSERTS TO END YOUR MEAL RIGHT

DSSERTS are part of the meal and should be considered for what they contribute in food value. Many contain starches and fats and lend calories for warmth and activity. They also are potent sources of overweight for those who eat freely.

Desserts should be chosen to supplement deficiencies of earlier courses of a meal. A heavy dessert with a light meal, or a light pudding with a heavy one. They should be sweet and satisfying and served in small amounts.

A variety of delicious puddings tested in the Rawleigh Diet Kitchen follows.

Chocolate Surprise

Sugar $\frac{1}{2}$ cup Milk 1 cup
Eggs 2 Nuts $\frac{1}{3}$ cup
Cold Water $\frac{1}{2}$ cup
Coconut $\frac{3}{4}$ cup
Rawleigh Cinnamon $\frac{1}{4}$ tsp.
Rawleigh Chocolate Pie

Filler 2 heaping tbsp.

Cream Pie Filler with cold water and stir until smooth. Dissolve sugar in milk. Bring to a boil. Add creamed filling and cook until thick. Add egg yolks. Remove from fire, add nuts, coconut, cinnamon and fold in beaten egg whites. Chill.

Bread Pudding Deluxe

Butter 2 tbsp. Sugar $\frac{1}{3}$ cup
Salt $\frac{1}{4}$ tsp. Eggs 2
Scalded Milk 2 cups
Stale bread crumbs 1 cup
Rawleigh Vanilla $\frac{1}{4}$ tsp.
Raw. Almond Extract $\frac{1}{2}$ tsp.
Coconut 1 cup

Combine butter, milk and bread crumbs. Add sugar, salt and flavoring to eggs beaten slightly. Pour milk mixture over egg mixture and stir in coconut. Pour into greased baking dish, place in a pan of hot water and bake in moderate oven (350 degrees F.) 45 to 50 minutes. Serves 6.

Savory Steamed Pudding

Sugar $\frac{1}{4}$ cup Milk 1 cup
Butter $\frac{1}{4}$ cup Egg 1
Flour $2\frac{1}{2}$ cups Soda $\frac{1}{2}$ tsp.
Salt $\frac{1}{4}$ tsp. Raisins $\frac{1}{2}$ cup
Molasses $\frac{1}{4}$ cup
Rawleigh Baking Powder 2 tsp.
Rawleigh Cinnamon 1 tsp.
Rawleigh Cloves $\frac{1}{2}$ tsp.
Rawleigh Nutmeg $\frac{1}{8}$ tsp.
Nut meats $\frac{1}{2}$ cup

Cream sugar and butter. Add molasses, milk and egg. Add flour sifted with soda, baking powder, spices and salt. (Add nut meats and raisins if desired). Fill greased baking powder cans $\frac{2}{3}$ full of mixture. Cover. Set in kettle $\frac{1}{3}$ full of boiling water, cover kettle and steam for 1 hour. Remove from cans and slice cross-wise and serve with favorite pudding sauce.

Apple Snow

Apples 6 Egg whites 4
Sugar 1 cup Sugar 2 tbsp.
Rawleigh Lemon Flavor 1 tsp.
Coconut

Boil apples until tender. Press through sieve. Return to juice and 1 cup sugar and boil to thick marmalade. Cool. Beat egg whites stiff and dry.



Add 2 tbsp. sugar beating, add pulp by degrees. Beat until feathery. Add lemon extract. Heap on a dish, cover with coconut, garnish with quartered apples.

Date Pudding

Dates 1 cup Sugar 1 cup
Nuts 1 cup Flour 1 tbsp.
Raw. Baking Powder 1 tsp.
Eggs 3 (whites and yolks

beaten separately)

Chop dates and nuts, then add rest of ingredients. Bake 25 to 30 minutes. It is better if baked longer set in a pan of hot water. Serve cold with whipped cream.

Java Cream

Salt $\frac{1}{8}$ tsp. Milk 2 cups
Egg yolk 1 Egg white 1
Coconut $\frac{3}{4}$ cup
Rawleigh Vanilla $\frac{1}{2}$ tsp.
Raw. Tapioca Dessert 1 env.

Cook tapioca dessert in milk according to directions. Add slightly beaten egg yolk just before it is done. Remove from fire and add coconut. Cool. Add vanilla and fold in stiffly beaten egg white. Serve cold. Serves 6.



Sagittarius—bowman—is a sign named after the Babylonian god of war, a horse-man archer. You should be earnest, jovial and vivacious if you were born when this sign prevails between November 23 and December 22.

The Sign Capricornus—goat—commemorates a legend of a goat nursing young gods of the sun. According to astrology, if you were born between December 23 and January 20, you are naturally independent and aspiring.

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 Tu.	☾	☾	♊	6 37	4 49	sets	6 48	4 38
2 W.	☾	☾	♋	6 39	4 48	12 55	6 50	4 37	12 50
3 Th.	☾	☾	♌	6 40	4 47	1 59	6 51	4 35	1 55
4 Fri.	☾	☾	♍	6 42	4 46	3 00	6 53	4 33	3 02
5 Sat.	☾	☾	♎	6 43	4 44	4 06	6 55	4 31	4 12
6 S.	☾	☾	♏	6 44	4 43	rises	6 57	4 30	rises
7 M.	☾	☾	♐	6 46	4 41	4 36	6 58	4 28	4 22
8 Tu.	☾	☾	♑	6 47	4 40	5 21	7 00	4 26	5 05
9 W.	☾	☾	♒	6 48	4 38	6 15	7 01	4 25	5 57
10 Th.	☾	☾	♓	6 49	4 37	7 16	7 03	4 23	6 59
11 Fri.	☾	☾	♊	6 50	4 36	8 24	7 05	4 22	8 08
12 Sat.	☾	☾	♋	6 52	4 35	9 35	7 06	4 21	9 22
13 S.	☾	☾	♌	6 53	4 34	10 47	7 08	4 19	10 38
14 M.	☾	☾	♍	6 54	4 33	11 58	7 10	4 18	11 53
15 Tu.	☾	☾	♎	6 56	4 32	7 12	4 17
16 W.	☾	☾	♏	6 57	4 31	1 08	7 14	4 15	1 07
17 Th.	☾	☾	♐	6 59	4 30	2 18	7 15	4 14	2 20
18 Fri.	☾	☾	♑	7 00	4 29	3 26	7 17	4 13	3 33
19 Sat.	☾	☾	♒	7 02	4 28	4 32	7 18	4 12	4 43
20 S.	☾	☾	♓	7 03	4 27	5 38	7 20	4 11	5 51
21 M.	☾	☾	♊	7 05	4 26	sets	7 21	4 10	sets
22 Tu.	☾	☾	♋	7 06	4 26	5 08	7 22	4 09	4 50
23 W.	☾	☾	♌	7 07	4 25	5 57	7 24	4 08	5 39
24 Th.	☾	☾	♍	7 09	4 24	6 50	7 25	4 07	6 32
25 Fri.	☾	☾	♎	7 10	4 23	7 48	7 27	4 06	7 30
26 Sat.	☾	☾	♏	7 11	4 23	8 43	7 29	4 05	8 30
27 S.	☾	☾	♐	7 12	4 22	9 42	7 30	4 04	9 32
28 M.	☾	☾	♑	7 13	4 22	10 42	7 32	4 03	10 35
29 Tu.	☾	☾	♒	7 14	4 21	11 42	7 33	4 03	11 39
30 W.	☾	☾	♓	7 15	4 21	7 35	4 02

Day of month	Day of week	Light & dark of moon	Moon's place	Latitude of 45° (Level Ottawa)			Latitude of 50° (Approximate Level Winnipeg)		
				Sun Rises	Sun Sets	Moon Rises Sets*	Sun Rises	Sun Sets	Moon Rises Sets*
1 Th.	☾	☾	♋	7 16	4 21	12 43	7 36	4 02	12 44
2 Fri.	☾	☾	♌	7 18	4 20	1 46	7 37	4 01	1 51
3 Sat.	☾	☾	♍	7 19	4 20	2 51	7 38	4 01	3 00
4 S.	☾	☾	♎	7 20	4 20	4 00	7 39	4 00	4 11
5 M.	☾	☾	♏	7 21	4 20	5 09	7 40	4 00	5 24
6 Tu.	☾	☾	♐	7 22	4 20	rises	7 41	4 00	rises
7 W.	☾	☾	♑	7 24	4 19	4 58	7 43	3 59	4 40
8 Th.	☾	☾	♒	7 25	4 19	6 06	7 44	3 59	5 48
9 Fri.	☾	☾	♓	7 26	4 19	7 18	7 45	3 59	7 03
10 Sat.	☾	☾	♊	7 27	4 19	8 33	7 46	3 59	8 22
11 S.	☾	☾	♋	7 27	4 19	9 47	7 47	3 59	9 40
12 M.	☾	☾	♌	7 28	4 18	10 59	7 49	3 58	10 57
13 Tu.	☾	☾	♍	7 29	4 18	7 50	3 58
14 W.	☾	☾	♎	7 30	4 18	12 09	7 51	3 58	12 12
15 Th.	☾	☾	♏	7 31	4 18	1 18	7 52	3 58	1 24
16 Fri.	☾	☾	♐	7 31	4 18	2 24	7 52	3 58	2 33
17 Sat.	☾	☾	♑	7 32	4 19	3 30	7 53	3 59	3 42
18 S.	☾	☾	♒	7 32	4 19	4 32	7 53	3 59	4 47
19 M.	☾	☾	♓	7 33	4 19	5 31	7 54	3 59	5 48
20 Tu.	☾	☾	♊	7 34	4 20	sets	7 54	4 00	sets
21 W.	☾	☾	♋	7 34	4 20	4 43	7 55	4 00	4 24
22 Th.	☾	☾	♌	7 35	4 21	5 37	7 56	4 01	5 21
23 Fri.	☾	☾	♍	7 35	4 21	6 34	7 56	4 01	6 20
24 Sat.	☾	☾	♎	7 36	4 22	7 33	7 56	4 02	7 21
25 S.	☾	☾	♏	7 37	4 23	8 32	7 57	4 02	8 24
26 M.	☾	☾	♐	7 37	4 23	9 31	7 57	4 03	9 27
27 Tu.	☾	☾	♑	7 38	4 24	10 32	7 58	4 04	10 30
28 W.	☾	☾	♒	7 38	4 24	11 32	7 58	4 04	11 34
29 Th.	☾	☾	♓	7 38	4 25	7 58	4 05
30 Fri.	☾	☾	♊	7 38	4 26	12 35	7 58	4 06	12 41
31 Sat.	☾	☾	♋	7 38	4 27	1 40	7 59	4 07	1 49

☾ First Quar. ☽ Full Moon ☿ Last Quar. ☊ New Moon

*For Longitude of 90° (Ft. William and Port Arthur). (Figures in Black face indicate P.M.)

FIRST AID SUGGESTIONS

A good first aid kit or box is as essential to a home as furniture. It should contain Liquid Antiseptic and Mouth Wash, Liniment, Anti-Pain Oil, Medicated Ointment and Healing Salve, bandages of several different sizes and adhesive tape. There have been many lives as well as doctor bills saved through first aid rendered in the home. In severe cases of injury or burns do all you can yourself but do not hesitate to call a doctor.

Burns and Scalds

1. For ordinary burns or scalds a strong solution of baking soda in water or even flour and water will relieve the immediate pain.

2. If the blister is not broken, an application of Rawleigh's Healing Salve is excellent. Salve on a raw surface retards healing.

3. For acid burns use soap suds or baking soda.

4. For alkaline burns use vinegar in water.

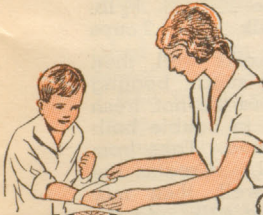
5. Carbolic acid burns. Wash with alcohol immediately; then every 15 minutes for 1 hour.

Dislocations

Never let a person with a severe dislocation stand or do not move him more than is necessary. Place him in a comfortable position and call a doctor. The same applies to a fracture or even a common break.

Medicinal APPLICATIONS

With the Usefulness of Poultices, Plasters, Counter-Irritants, Analgesics and Antiseptics



The virtues of external applications of poultices, plasters, counter-irritants and analgesics have long been known.

Poultices keep the parts where applied soft, moist and warm, exclude air and increase surface blood supply.

Plasters are softening and warming and usually contain counter-irritants. Counter-irritants and rubefacients produce skin irritation for increasing local circulation. Counter-irritants and analgesics lessen sense of pain by reaction on nerve centers.

The protective, soothing and beneficial effects of modern medicinal applications are improvements over old-fashioned applications and closely associated with antiseptics which prevent and reduce infection and pus formation.

Rawleigh's Salves, Ointments, Antiseptics and medicinal applications fulfill the purposes and give the effects of the remedial means mentioned and are more convenient, reliable, scientific and for most cases far better.

They are needed so often and are so useful for so many different purposes that they should always be on hand in every home and used as needed to cleanse, soften, lubricate, keep moist and soothe irritated tissues, help to protect them from infection and exposure and to act as mild counter-irritants to lessen soreness and to promote the processes of repair.

ANTISEPTIC AND MOUTH WASH

This high quality preparation has a wide range of usefulness as an effective antiseptic and protection against infection and a soothing, invigorating lotion for injured, irritated or relaxed skin. It is an efficient gargle and mouth wash for simple sore throat, cankers, cold sores and harmful bacteria of mouth, throat and teeth. Has refreshing, tasty flavor as a dentifrice whose regular use keeps you safe from mouth odors. A splendid astringent and deodorant for the skin. Has ample antiseptic strength for the quantity required for desired results without being harmful to human tissues and can be diluted. Very popular and a large value.

ANTISEPTIC SALVE

This economical carbolated salve with definite antiseptic properties has a wide range of usefulness for minor superficial injuries and skin irritations.

MEDICATED OINTMENT

Contains menthol and camphor in a refined base of cocoa butter and petrolatum. Especially cooling and soothing for skin irritations, congestions, burns, chaps, cold sores, cracked lips or skin and when shaving.

NASAL RELIEF

A tube of ointment for the mucous membranes in head colds and acute nasal catarrh for congestion and stiffness.

ROSE POMADE

A fragrant application for skin irritations, burns and care of scalp. Keeps the skin soft and well lubricated and protects it against exposure.

MILK OF MAGNESIA TABLETS

A cooling alkaline application soothing to burns, heat rashes, fever sores, bee stings. Crush, add a little water and apply; also an antacid dentifrice, a mild laxative and a safe standard and valued alkalizer.

VAPOR BALM

Has double usefulness for inhaling its vapors for congestion or irritation of the nasal passages due to head colds or acute nasal catarrh and as a good counter-irritant directly applied to nose, throat and chest for congestion due to colds.

MUSTARD COMPOUND APPLICATION

A counter-irritant and rubefacient better than mustard plaster. Does not blister. Helps in local congestion, pain and muscular soreness.



Cottage Cheese

THE IDEAL FOOD

Healthful—Nutritious—Economical

Cheese consists chiefly of the pressed curd of milk. The curdling of cottage cheese may be accomplished either by natural souring of milk or by the action of rennet. The milk is heated at a very low temperature so that the curds will be soft and flaky. High temperature or prolonged cooking makes cheese tough and stringy.

The protein content of cheese is high. When cheese is used in any large amount it should be as a substitute for meat or eggs.

Sour Milk Cottage Cheese

Sour milk 2 qts. Cream
Rawleigh's Black Pepper and
Salt

Pour milk into double boiler. Heat over warm water until soft curd is formed. Pour into thin bag. Drain. Remove curd from bag. Break into fine pieces. Moisten with cream. Season to taste.

Cheese Cake

Butter 1/2 cup Salt 1/2 tsp.
Sugar 1 cup Eggs 6
Flour 2 tsp.
Chopped raisins 4 tbsp.
Almonds 1/2 cup (finely
chopped and blanched)
Grated lemon rind 1
Cottage cheese 1/2 lb.

Cream butter. Add egg yolks, salt, sugar, almonds, raisins, lemon rind and flour. Combine with cheese which has been rubbed through a sieve. Fold in stiffly beaten egg whites. Pour into a buttered pan. Bake in a moderate oven 375 degrees F. until firm.

Cheese Salad Roll

Thick cream 3/4 cup
Cottage cheese 2 cups
Mayonnaise Dressing 2 tbsp.
Pimento cheese 1/2 lb.

Combine all ingredients. Mix until smooth. Spread evenly on flattened lettuce leaves. Roll. Slice. Arrange 3 slices on each salad plate. Serve with mayonnaise dressing.

Cottage Cheese Pie

Sugar 2/3 cup Butter 1 tbsp.
Milk 2/3 cup Salt 1/8 tsp.
Egg yolks 2
Cottage cheese 1 cup
Rawleigh Vanilla 1/4 tsp.

Blend cottage cheese with sugar and salt. Stir in well-beaten egg yolks mixed with milk. Add vanilla and melted butter and pour into a pie plate lined with pastry. This is baked first in a hot oven, 450 degrees F. for 10 minutes, then in a slow oven, 325 degrees F. for 30 minutes longer. When done, cool slightly, spread lightly with meringue and return to the oven to brown. Serves 5.

Festive Cottage Cheese Prune Pie

Butter 4 tbsp. Sugar 2/3 cup
Salt 1/2 tsp. Eggs 4
Sugar 2 tbsp.
Sweet cream 1 cup
Cottage cheese 2 cups
Whipping cream 1 cup
Toasted bread crumbs 2 cups
Cornstarch 1 tbsp.
Cooked prunes 1 1/2 cups

Combine butter, crumbs and 2 tsp. sugar. Mix well. Butter a 10-inch pie tin and pat the mixture around the sides and bottom to form the crust. Then mix the 2/3 cup sugar, cornstarch, salt and cream, mixing well in double boiler. Heat to boiling point, then pour over the eggs well beaten, stirring constantly. Then add the cheese and cooked prunes,

chopped. Pour into crumb shell. Bake in a slow oven 250 to 300 degrees for 1 hour and 25 minutes or until custard is firm. Cool, then top with the whipped cream. This will serve 6 to 8 persons.

Southern Frozen Cheese Pudding

Egg yolks 2 Sugar 1 cup
Milk (scalded) 1 pint
Rawleigh Vanilla 1/2 tsp.
Cottage cheese 1/2 lb.
Evaporated milk 2 cups

Beat egg yolks well, then gradually add sugar, beating constantly. Add the hot, fresh milk and cook in double boiler until thickened. Take from fire and cool. Cream the cheese very well, then mix with evaporated milk, add vanilla, and blend with custard. Freeze to consistency of ice cream. If frozen in electric refrigerator, stir the mixture occasionally to prevent ice crystals. Serves 10.

Sweet Milk Cottage Cheese

Milk 2 qts. Salt
Cream Paprika
Rennet tablets 2
Cold water 2 tbsp.
Rawleigh Black Pepper

Heat milk to lukewarm. Dissolve rennet tablets in cold water. Add to milk. Let stand in a warm place until set. Pour into thin cloth bag. Drain. Remove curd from bag. Break into fine pieces. Moisten with cream. Season to taste.

RAWLEIGH'S *Scientific Control* OF MANUFACTURE

Superior quality Products can't be made from inferior raw materials or by unscientific methods. Therefore, a large staff of persons with scientific training and long experience in the sciences of pharmacy, chemistry, bacteriology, dietetics and mechanical and chemical engineering are constantly employed in the modernly equipped laboratories of the Rawleigh Industries to examine, test and analyze botanical drugs, roots, herbs, seeds, spices, chemicals, essential oils, natural and synthetic perfumes and other raw materials.

Processes of manufacture are carefully controlled by laboratory inspections and tests. Finished products are also tested to make sure that they come up to the Rawleigh Standards of quality, uniformity and effectiveness. Delicate and complicated testing apparatus includes microscopes to identify bacteria, the polariscope, refractometer, specific gravity balances for testing essential oils, electric ovens, furnaces and refrigerators to ascertain the moisture, age and other physical contents of botanical drugs. The scientific equipment registers temperatures from 23° below zero up to 2000° Fahrenheit, while super-sensitive analytical balances weigh with precision up to 1-200,000 part of an ounce. Also, there is special equipment for the analytical-chemical work required for some 2000 raw materials, many processes of manufacture, some 200 finished products and constant research in developing new products or improving old.

The fascination of automatic machinery is everywhere in the clean, orderly factories. For example, two of the many automatic bottling machines wash, dry, fill, cork, cap, wash again

and label 72,000 bottles a day. All are inspected as they pass along on endless belts to be assembled, packed and shipped to distributing Branches and to Dealers. There are many spice and drug mills, steam kettles, stills, vats, tablet presses, machines that count and package tablets, machines for filling cans, jars, tubes, bottles, pails, drums, cartons, sacks, etc.

Nearly everything from raw materials to finished products is done completely in the Rawleigh Factories.

Undoubtedly the research and scientific control of manufacture explains why Rawleigh Products give such satisfaction.

Reliability and Usefulness

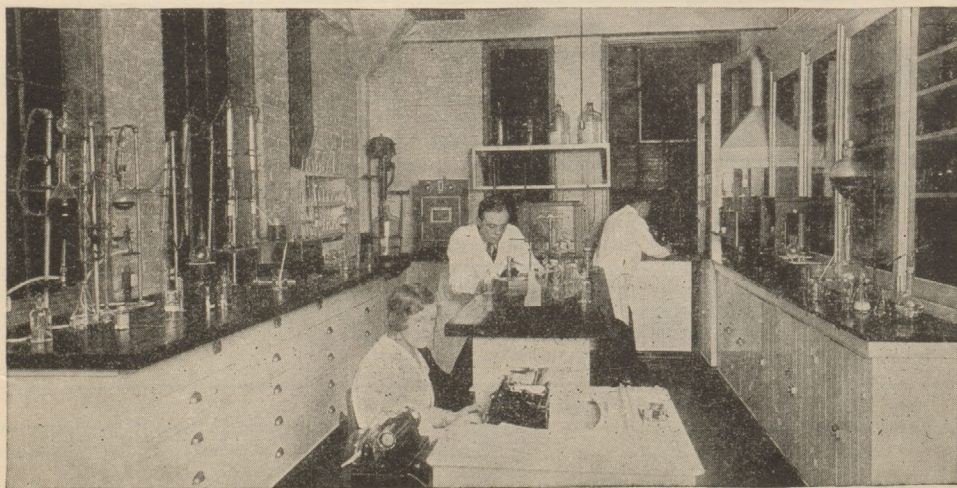
It is a fundamental policy that no Rawleigh Product is recommended on label or directions for other purposes than that for which it is compounded by chemists in charge.

Laws, Rules and Regulations

You can depend upon Rawleigh Products being scientifically made and reliably useful for they are manufactured, packaged, labeled and distributed to conform with State, Federal and Provincial laws, rules and regulations.

The Rawleigh Quality Guarantee

The Rawleigh Industries positively guarantee their products to be of the highest quality of their respective kinds; scientifically made from carefully selected drugs, roots, herbs, essential oils, chemicals and other raw materials by the most modern methods. Products are shipped fresh and pure, full weight and measure. They contain no narcotics or habit-forming drugs and when used as directed, are absolutely safe.



Analytical-Chemical Laboratory at Rawleigh's Montreal Factory. Main Laboratories are at Freeport, Ill.

WHY NATURE NEEDS

Help

INTERESTING INFORMATION ABOUT

Vitamins — Tonics — Alteratives



VITAMINS are essential to normal bodily function. They are substances occurring in minute quantities in food, and possess certain properties that are indispensable to life, health, growth and reproduction. A deficiency in one or more of the vitamins may result in retarded growth, as well as sub-normal health and vigor.

WHAT THEY DO *and* WHERE OBTAINED

As the various vitamins have been discovered, they have been named according to the letters of the alphabet. Thus we have the more important Vitamins A B C D and E, and here we give you a brief description of what they do, their use and where you get them.

	WHAT THEY DO	WHERE YOU GET THEM
VITAMIN A	An important aid toward maintaining soundness of the respiratory, digestive and urinary tract membranes. This vitamin is often termed the "disease resistant" vitamin.	Is obtained in butter, egg yolk, whole milk, cheese and liver, also in certain vegetables and in a few fruits in lesser amounts. But by far the richest source of Vitamin A is in cod liver oil and some other fish oils.
VITAMIN B	Stimulates appetite in certain cases, aids digestion and prevents certain nervous disorders.	Found chiefly in yeast, wheat, germ, whole wheat, beans, peas, tomatoes, liver, kidneys and various fruits.
VITAMIN C	Essential for prevention and cure of scurvy. Of particular use in defective tooth development and conditions of malnutrition. Builds and maintains sound healthy bone structure. Prevents rickets and physical weakness. Builds healthy gums.	The natural sources of Vitamin C are the citrus fruits (oranges, lemons, grapefruit and tomatoes). A number of other fresh fruits and vegetables contain lesser amounts.
VITAMIN D	This is the "sunshine" vitamin. Prevents rickets by aiding in the utilization of calcium and phosphorus, important in the formation of strong teeth and bones. Of special value to infants, growing children and to expectant and nursing mothers.	Vitamin D is not found in much of the food ordinarily eaten. It is found to some extent in butter, egg yolk and a few sea foods. But cod liver oil is very potent in Vitamin D.
VITAMIN E	Plays a role in normal reproduction function. Necessary for normal vitality and useful in overcoming acne and certain skin disorders.	Chief source is wheat, cod liver oil, corn oil, lettuce, water cress and egg yolk.

VITAMIN DEFICIENCY

Health authorities have repeatedly pointed out that the average person probably needs more Vitamins A and D than are supplied in the ordinary diet. Furthermore, as indicated above, Vitamin D is not found in abundance in the foods we regularly eat. Its principal source is not foods at all, but it depends upon the chemical action of ultra-violet rays of sunlight, upon certain fatty substances in the body tissues. It is, therefore, a real need for supplementing the average diet with preparations known to be rich sources of both Vitamins A and D, such as are in Rawleigh's Pure Cod Liver Oil and Cod Liver Oil Vitamin Tablets.

You Can Depend Upon THE EFFICIENCY OF Rawleigh's Vitamin Products

The efficiency and value of Cod Liver Oil and Vitamin Tablets depends on their vitamin potency.

Rawleigh's Cod Liver Oil is nature's food tonic, especially rich in Vitamins A and D. It is biologically tested and standardized. Its vitamin potency guaranteed is considerably higher than the officially adopted standard and it is carefully preserved.

Rawleigh's Vitamin Tablets. Each tablet contains natural Vitamins A and D of richness equivalent to a whole teaspoonful of pure cod liver oil. The purity and strength of these vitamins are protected by modern, scientific processes. Only high grade tested and approved medicinal cod liver oil is used in making the concentrate that goes into these Tablets. They are likewise standardized and biologically tested. They are convenient and easily taken.



(Right) Evening at the Norwegian Cod Fishing Grounds.

RAWLEIGH'S TONICS AND ALTERATIVES

Just as we need pure air, sunshine, fresh fruits and green vegetables, most of us at times need tonics and alteratives and more iron in our veins, a little stimulant, appetizer, stomachic and poison eliminator that steps up digestive activities and saves periods of dullness and spring fever when the human motor needs tuning up.

These three Rawleigh Tonics and Alteratives, if you give them an opportunity, will help you improve your health and restore vigor and vitality.

Tonic Compound, combining mineral hypophosphites, sodium citrate, nuxvomica and sweet wine, is useful as an appetizer, stomachic and tonic.

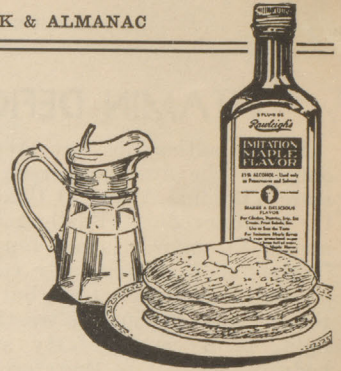
Ru-Mex-Ol Compound combines four bitter tonics, the two best alteratives, three laxatives and anti-rheumatics in a stimulant to digestive, eliminative and nutritive processes.

Nux and Iron Tablets contain nuxvomica for tonic effect; iron carbonate and manganese dioxide, useful hemoglobin builders; tonics, appetizers and laxatives that stimulate intestinal elimination.

There are times when almost everyone is benefited by such medicines especially after periods of rich heavy diet, winter inactivity or over-work and lowered endurance during hot periods of summer. Their use then soon gives results in the way you feel, your improved appetite and your zest for living and having a part in the activities about you.



Make Breakfast A Pleasure with GRIDDLE CAKES and WAFFLES



It's AN OLD CUSTOM to have pancakes and syrup for breakfast and there is no finer incentive to getting up in the morning than delicious cakes right off the griddle with butter and syrup prepared with Rawleigh's Maple Flavor.

They must be good and by "good" we all agree they must be the kind that melt in your mouth, golden brown, light and delicate in texture.

THINGS TO REMEMBER

- (1) Beat whites and yolks of eggs separately to make a light pancake.
- (2) To bake, drop the batter in spoonfuls on hot griddle slightly greased.
- (3) Let cakes bake until the top is full of pin prick holes, then the under side is done.
- (4) Don't lift edges to peek as this toughens the cake.
- (5) Turn the cake gently to keep it tender.
- (6) Second side takes half as long to bake as the first.
- (7) Serve at once and don't pile more than 4 deep.
- (8) Use unsalted fat for greasing griddle. Butter smokes and burns too quickly.

Standard Pancakes

Salt $\frac{1}{2}$ tsp. Eggs _____ 1
Sugar 1 tbsp. Milk _____ 2 cups
Flour (sifted) _____ $2\frac{1}{2}$ cups
Raw. Baking Powder _____ 4 tsp.
Shortening _____ 3 tbsp.

Sift flour with other dry ingredients. Beat the egg once. Add milk and melted shortening to the egg. Put dry ingredients into a bowl and make a well in the center. Add liquid ingredients at once. Stir vigorously until the dry ingredients have been just moistened. The batter should be left quite lumpy since these will disappear during the baking. Stirring it too much will make the cakes breadly.

Sour Milk Pancakes

Salt _____ 1 tsp. Sour milk 2 c.
Flour (sifted) _____ 2 cups
Raw. Baking Powder _____ $\frac{1}{2}$ tsp.
Baking soda _____ $\frac{1}{4}$ tsp.
Sour cream _____ $\frac{1}{2}$ cup
Well beaten egg _____ 1

Sift flour, baking powder, soda, and salt. Add sour cream, egg and sour milk. Beat until smooth. Bake on hot griddle. 16 servings.

French Pancakes

Sugar _____ 1 tsp. Salt _____ $\frac{1}{2}$ tsp.
Eggs (beaten separately) _____ 2
Flour _____ 1 cup
Melted butter _____ 1 tbsp.
Milk and cream mixed _____ 1 cup

Beat yolks of eggs. Add flour and beat smooth. Then add sugar, salt and butter, beating constantly. Gradually stir in the milk. Beat well. Fold in stiffly beaten egg whites. Bake in large, very thin cakes

on hot griddle. Pile baked cakes on a hot serving plate and spread with butter, jelly and sugar, as baked. To serve, either take cakes by individuals and roll, or hostess cut the pile in triangular pieces of several layers each.

Spiced Griddle Cakes

Egg _____ 1 Sugar _____ 1 tbsp.
Sour milk 2 c. Salt _____ $\frac{1}{2}$ tsp.
Baking soda _____ 1 tsp.
Flour (sifted) _____ 3 cups
Melted shortening _____ 1 tbsp.
Rawleigh Nutmeg _____ $\frac{1}{8}$ tsp.

Beat egg and add milk, sugar and nutmeg. Sift flour, baking soda and salt. Add to first mixture. Add melted shortening. Mix until well blended. Bake on hot griddle in cakes size of a breakfast plate. Pile several together on a hot plate, spreading each liberally with butter. Add a sprinkling of cinnamon and nutmeg. To serve, cut through the whole pie fashion. 8 servings.

Corn Cakes

Substitute 1 cup cornmeal for 1 cup white flour in sour milk pancakes recipe. Bake on hot griddle.

Chocolate Waffles

Sugar _____ 1 cup Salt _____ $\frac{1}{4}$ tsp.
Eggs _____ 2 Milk _____ $\frac{1}{2}$ cup
Shortening _____ $\frac{1}{2}$ cup
Rawleigh Cocoa _____ 5 level tbsp.
Cake flour (sifted) _____ $\frac{1}{2}$ cups
Rawleigh Vanilla _____ $\frac{1}{2}$ tsp.
Rawleigh Baking Powder 2 tsp.

Cream shortening, sugar and cocoa. Add well beaten egg yolks. Sift flour, baking powder and salt and add alternately with milk to cocoa mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in hot waffle iron. Serve with hot syrup, whipped cream, or ice cream.

Spicy Waffles

Sugar _____ 1 cup Soda _____ 1 tsp.
Eggs _____ 2 Salt _____ $\frac{1}{4}$ tsp.
Shortening _____ $\frac{1}{3}$ cup
Flour (sifted) _____ 2 cups
Rawleigh Cinnamon _____ 1 tsp.
Rawleigh Cloves _____ $\frac{1}{2}$ tsp.
Rawleigh Nutmeg _____ $\frac{1}{2}$ tsp.
Milk _____ $\frac{3}{4}$ cup

Cream shortening and sugar together. Add beaten eggs. Mix well. Sift flour, soda, cinnamon, cloves, nutmeg and salt together. Add alternately with the milk to the first mixture. Drop by spoonfuls on hot waffle iron and bake. Serve 8.

Helpful

HOUSEHOLD HINTS

MANY FREQUENT LITTLE TASKS occur almost every day in the home that are awkward or difficult for one without experience or ingenuity. There are many ways of doing things if one can only think of them at the right time. Perhaps you know of better ways of doing some of these things, yet you will find it very handy and helpful to use some of these simple methods to do things that have bothered you.

Backaches can often be prevented by having a sink, wash-up or work table raised high-er.

When silver is stored, place it in an air-tight container with piece of camphor gum to prevent tarnishing.

Lay a piece of asbestos paper on the ironing board where the iron rests.

Creamed soups are a simple way of using left-over vegetables and supplying milk in the diet.

Don't put hot foods into refrigerators. It raises temperature, causes deterioration of other foods, and wastes ice.

Jars of Rawleigh's Prepared Mustard make good containers for jellies, jams, or small pickles.



Adhesive tape may be used to hold coins together for ease in mailing.

To freshen air in a sickroom, dip a sheet in water to which a little ammonia or Rawleigh's Antiseptic is added. Wring until the sheet is almost dry and hang it near the window where a breeze comes in.

Remove wet fruit stains with water alone. No soap should be used until this is tried. The alkali in soap sets most fresh fruit stains.

When the corners of a rug turn up, put a wet cloth over them and iron.

Pieces from old felt hats fastened to the bottoms of flower vases, lamps and bowls with Rawleigh's All-Purpose Cement, protect the finish of a table.

When foods become scorched, remove the kettle at once from the stove and put it into a pan of cold water. In this way you can save scorched food.

Wash at once all silverware stained with egg. Put it into cold water to soak as soon as it is removed from the table.

If you sprinkle the bottom of your oven with salt before baking, none of your cakes or pies will burn on the bottom.

Dates, Raisins, marshmallows, string beans, etc., are easily cut up with wet scissors.

If you stir brown sugar and cream until they begin to boil when using them in icings and candies, they will never curdle, otherwise they will.

The white lining on oranges will come off with the skin if the orange is soaked in boiling water for five minutes before peeling.

If lemons are dipped in hot water before squeezing, more juice can be obtained.

Grease sweet or Irish potatoes with a little lard before baking, and they will be softer and easier to peel.

Wet proof adhesive tape will effectively seal fruit cake, tea, coffee, and left-overs, as it excludes moisture and air. It can be used over and over on tin or glass.

Stains can be removed from the kitchen knives by dipping a raw potato in brick dust and rubbing briskly.

To obtain a tender and delicious meat, roll ham, shoulder, sausages, or beef in flour before frying and add three or four tablespoons of water during the cooking.

The syrup left over from cold packed apples or other fruit makes a nice jelly that will set firmly if Rawleigh's Fruit Pectin is used.

Tweezers are a wonderful help in ripping seams in clothes. Will pull threads without hurting fingers.

To keep celery crisp put piece of raw potato in the container of water that holds the celery.



Sauvery EASILY MADE

Souffles

SOUFFLES are simple and made of every-day ingredients—eggs, sugar, fruit, milk, meat and seasonings, but though simple, they are not failure-proof. To make a good soufflé one must learn rules.

Rule 1. Beat and beat the egg yolks until they are thick and lemon colored. They must be stiff but not dry, so stop before they lose their glossiness.

Rule 2. Fold in egg whites—do not stir them in—with down-through-and-over motion so lightness is not lost.

Rule 3. Long, slow cooking in a moderate oven produces a buoyant, feathery soufflé with tender crust and creamy center.

Rule 4. Never take soufflé from oven until ready to serve it and serve it from the dish in which it is baked. Once you have learned soufflé making, you will want to try main dish soufflés made with sea foods, cheese, or meat; vegetable soufflé and fruit soufflé for dessert.

Dessert Soufflé—Basic Recipe

Flour	2 tbsp.
Butter	2 tbsp.
Sugar	3 tbsp.
Milk	1/2 cup
Eggs	3
Grated orange or lemon rind	1 tsp.

Rawleigh flavorings

Make a sauce of butter, flour, sugar, milk and egg yolks. Cool. When ready to bake, beat egg whites and fold into sauce. Turn into baking dish. Place in shallow pan with 1 cup of water and bake 350° F. (moderate oven) 30 to 45 minutes.

Variations

(1) **Strawberry and Almond Soufflé**—Add to the basic recipe 2 cups crushed berries, slightly sweetened and 1/2 cup shelled almonds.

(2) **Pineapple Soufflé**—Add to the basic recipe an 8-oz. can of drained crushed pineapple.

(3) **Lemon Soufflé**—Add to the basic recipe juice of 1 lemon and 1 grated rind.

(4) **Chocolate Soufflé**—Add to the basic sauce 3 level tablespoonfuls of Rawleigh's Cocoa.

Coconut Soufflé

Flour	3 tbsp.	Sugar	4 tbsp.
Salt	1/8 tsp.		
Melted butter	2 tbsp.		
Scalded milk	3/4 cup		
Egg yolks (well beaten)	3		
Egg whites (stiffly beaten)	4		
Coconut	1 1/2 cups		
Rawleigh Vanilla	1 tsp.		

Combine butter and flour. Add milk. Cook over hot water until thick and smooth. Combine egg yolks and sugar. Add to first mixture. Mix thoroughly. Add salt, flavoring

and coconut. Fold in egg whites. Put into well buttered casserole. Set in pan of warm water. Bake in moderate oven 375° F. until an inserted knife comes out clean. Serve with lemon sauce. 8 servings.

Meat Soufflé

Flour	3 tbsp.	Eggs	3
Melted butter	2 tbsp.		
Scalded milk	1/2 cup		
Salt	1/2 tsp.		
Rawleigh Black Pepper	1/8 tsp.		
Chopped meat	1/2 cup		

Combine butter, flour, milk, salt and pepper. Cook over hot water until thick and smooth. Add meat. Remove from fire. Stir until blended. Add well beaten egg yolks. Cool. Fold in stiffly beaten egg whites. Pour into well oiled casserole. Place in pan of warm water. Bake in moderate oven 375° F. 20 minutes or until inserted knife blade comes out clean. Serve immediately. 6 Servings.

Rolled Chocolate Soufflé

Eggs	5	Sugar	5 tbsp.
Rawleigh Cocoa	5		
Flour	1		
Chopped nuts	1/2		

Beat egg yolks with sugar, flour and cocoa about 10 mi-

utes with an egg beater. Fold in the egg whites and bake in moderate oven for 20 minutes. Remove from baking pan and roll like a jelly roll in a dampened cloth. Just before serving, unroll and fill with ice cream or fresh pineapple ice cream and nuts. Roll up again and place in refrigerator. Serves 8.

This may be served with chocolate sauce made of:

Sugar	1 cup	Milk	3/4 cup
Rawleigh Cocoa	3		

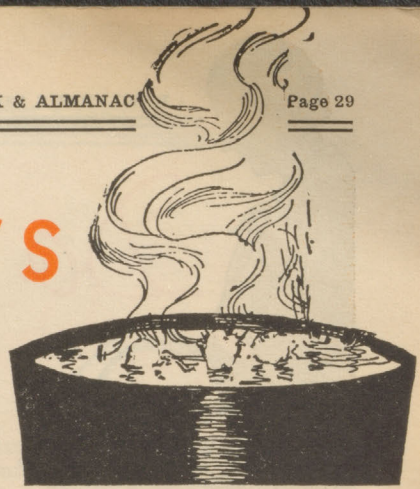
Cook all the ingredients together for 10 minutes.

Cheese Soufflé

Milk	1/2 cup	Eggs	4
Butter	2	Salt	a pinch
Flour	2	Paprika	1/4 tsp.
Grated cheese	1		
Red Pepper	a		

Melt butter. Blend in flour smoothly. Add seasonings, cheese and milk and cook until thick. Mix thoroughly a few minutes; remove from fire and when slightly cool mix in beaten egg yolks. Then fold in beaten egg whites. Bake in buttered casserole placed in pan of hot water at 275° (slow oven) for 45 minutes. Serves 6.

Spicy STEWS



FAIRLY BUBBLING with color and romance, stews call up pictures of kitchen gardens all over the world, with fragrant beds of herbs and vegetables. Imagination easily carries us further into quaint old kitchens where housekeepers have evolved thrifty and savory methods of using native foods. Here are a few favorite stews:

Italian Vegetable Stew

Egg plant ___ 1 Onions ___ 3
 Tomatoes ___ 6 Bay leaf ___ 1
 Italian or summer squash ___ 1
 Green peppers ___ 3
 Garlic ___ 1 clove
 String beans ___ 1/2 lb.
 Kidney beans ___ 1 cup
 Olive oil or butter ___ 1/2 cup
 Salt and Rawleigh Pepper
 Chopped parsley

Clean, peel and cut vegetables in small pieces of about one inch square. Put olive oil or butter in a heavy pan with a tight fitting cover. Add onion and green pepper. Smother until onion starts to color and add other vegetables and seasoning, water and cook briskly until vegetables are tender. Moisture must then be nearly evaporated and the mixture consistent. This stew can be served with meat or cold as a summer dish.

Beef and Kidney Pie

Salt ___ 1 tsp. Flour ___ 2 tbsp.
 Beef (chuck or round) ___ 1 1/2 lbs.
 Veal or Lamb Kidneys ___ 1/2 lb.
 Onion (chopped) ___ 1/2 cup
 Boiling water ___ 1 1/2 cups
 Worcestershire sauce ___ 1 tsp.
 Rawleigh Pepper ___ 1/4 tsp.
 Pastry or biscuit dough

Cut beef in inch cubes, slice kidney. Fry out a little beef fat, brown onion lightly. Add meat and brown thoroughly. Add water and seasonings, cover and simmer for 2 hours. Thicken with flour mixed to a smooth paste with cold water. Cool. Turn into baking dish. Cover with pastry or biscuit dough. Bake in hot oven (425° F.) for 20 minutes.

Hungarian Goulash

Flour ___ 2 tbsp. Cloves ___ 4
 Noodles ___ 2 cups
 Chuck beef ___ 2 lbs.
 Tomatoes ___ 2 cups
 Diced celery ___ 1/2 cup
 Green pepper (chopped) ___ 1
 Diced salt pork ___ 1 cup
 Diced onions ___ 1/2 cup
 Diced carrots ___ 2 cups
 Minced parsley ___ 2 tbsp.
 Rawleigh Pepper and salt

Cut beef into inch cubes. Roll in flour. Mix pork and beef. Cook until brown, stirring constantly. Add enough water to prevent sticking. Cover. Cook until meat is tender. Add vegetables, cloves and water to cover. Season to taste. Simmer until vegetables are tender. Serve with noodles cooked in boiling salt water. 6 servings.

Tamale Pie

Salt ___ 1 tsp. Small onion ___ 1
 Cornmeal ___ 1/2 cup
 Boiling water ___ 2 cups
 Cooked meat (chopped) ___ 2 cups
 Green pepper ___ 1/2
 Gravy or tomato
 sauce ___ 1 1/2 cups
 Ketchup ___ 1/4 cup

Sprinkle cornmeal into boiling water, boil for a few minutes and then cook in a double boiler for half an hour. Put meat, onion and pepper through food chopper; add gravy or tomato sauce and ketchup and season with salt and pepper. Line a greased baking dish with cornmeal mush, fill with meat mixture and cover with mush. Sprinkle with grated cheese if desired. Bake until thoroughly heated, 15 to 20 minutes.

Camp Stew

Bacon ___ 4 slices Onions ___ 2
 Shoulder of lamb ___ 2 lbs.
 Salt and Rawleigh Pepper
 Large potatoes ___ 2
 Tomatoes ___ 3
 (peeled and sliced or 1/2 cup
 canned tomatoes, well
 drained)

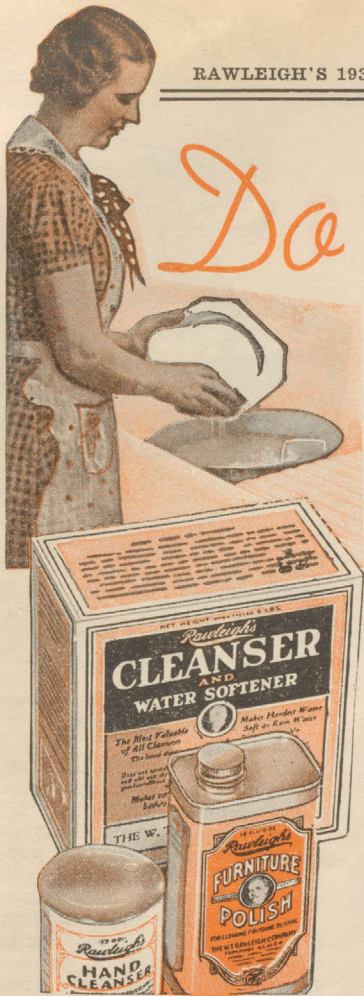
Coarse crumbs ___ 4 tbsp.
 Melted butter ___ 1 tbsp.
 Worcestershire sauce ___ 1 tsp.

Fry bacon. Cut lamb in pieces. Rub with salt and pepper and fry until brown with sliced onions in a little bacon fat. Line bottom of baking dish with bacon slices. Put in the lamb drained of grease. Cover with layer of fried onions. Cover with layer of sliced potatoes. Put in tomatoes. Season with salt and pepper. Sprinkle with crumbs. Moisten with butter and Worcestershire sauce mixed. Cover and bake in slow oven (350° F.) about 2 hours. Uncover, increase temperature, and cook until brown.

Tomato Hamburger Pie

Salt ___ 2 tsp. Sugar ___ 1 tsp.
 Onion ___ 1 (medium-sized)
 Suet ___ Small piece
 Chopped beef ___ 1/2 to 1 lb.
 Rawleigh Pepper ___ 1/4 tsp.
 Tomatoes ___ 1 cup
 String beans ___ 1 cup
 Mashed potatoes, seasoned
 3 cups

Egg (beaten) ___ 1
 Chop and cook onion in melted suet. Add beef, salt and pepper. Cook slowly, stirring occasionally until meat is lightly browned. Add tomatoes, beans and sugar. Mix well, turn into greased casserole and top with mashed potatoes to which egg has been added. Brown in hot oven, 400° F.



Do Housework Better AND EASIER

With these Cleansers, Polishes and Household Helps

With modern, well chosen helps and methods, housekeepers can do more work and do it better and save much time and effort each day. Daily use in your home of the practical, economical household helps and conveniences brought by your Rawleigh Dealer will improve and lighten housekeeping.

For Better Cleansing

The great efficiency of Rawleigh's Cleanser and Water Softener gives unusual help and satisfaction. For cleaning almost everything for which you use water, it has a wide range of usefulness and makes your work easier and more thorough, saves time and expense and fabrics cleaned with it last longer.

Hard water is made soft like rain water by adding a bit of this Cleanser, soft water is made more cleansing, soap lathers more freely and only about half as much is needed.

It dissolves and loosens greasy dirt on hands, floors, walls or cooking utensils and casein and organic matter in milk containers. Windows, glass-ware and dishes it leaves bright and clean. And how it helps clean greasy, scorched cooking pans!

Its Five Important Properties

- (1) Quickly removes grease and oils.
- (2) Most efficient water softener known.
- (3) Soaks through dirt.
- (4) Rinses away easily.
- (5) Increases solvent action of water.

Over 50 Different Uses

For kitchens, laundries, bathrooms, dairies, garages, filling stations, hotels, restaurants, public institutions, factories, hospitals—wherever cleaning with water must be done thoroughly and economically.

Hand Cleanser

A scouring, cleansing powder for dissolving and removing grease, grime, paint, oil and stains from the hands. Useful for scouring and cleaning cooking utensils, bottles, sinks, toilets, or cement floors.

Kreo

A household disinfectant and germicide. Should be used in scrubbing water for housecleaning and frequently in toilets, sinks, drains, laundry, or sick room, as a cleanser, deodorizer and germicide.

Rawleigh's Furniture Polish

cleans, brightens and renews the finish of varnished furniture or woodwork, is easy to use and gives a luster and protects the surface. It's fine on the dusting cloth and for cleaning and polishing automobiles.

Re-Nu-It

A liquid wax of finest quality. Easier to use than floor wax in paste form. Cleans, waxes, polishes and protects finish of floors, woodwork, furniture and automobiles and leaves a hard, smooth luster.

All-Purpose Cement

A mender and adhesive in a collapsible tube for joining firmly and holding together almost any materials. Proof

against water, steam, oil, or gas.

Sewing Machine Oil

A light penetrating, lubricating oil for small machines and to protect from wear and rust.

Washing Powder

Makes cleaning easier and more thorough and economical in kitchen, laundry and dairy.

Increasing Livestock & Poultry Profits

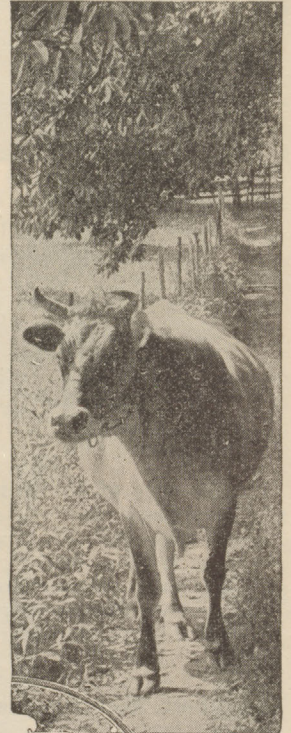
LARGE RECENT INCREASES in the use of Rawleigh's veterinary medicines, disinfectants, insecticides, tonics and regulators are due to (1) good prices for meat, dairy and poultry products, (2) scarcity and high prices of feeds and (3) desire of feeders, dairy men and poultry raisers to secure full utilization of feeds and largest returns from investments in stock, feeds, time and care. When prices are high, good stock and care pay while neglect and usual losses are more costly.

Many thousands of dollars have been spent in research, testing and developing to make our line of veterinary and poultry remedies for livestock. Millions of breeders have learned that their regular use has an important part in sound, economical stock raising. It pays to have their help to greater thriftiness, better return for feed and the saving of losses through injuries, diseases, insects, round worms, unbalanced feeding and neglect.

On every farm these products are needed, some almost continuously and others seasonably. On test, they are found reliable, of superior quality and highly economical. They are a good investment for the owner of livestock or poultry. They lessen losses and help to save expense.

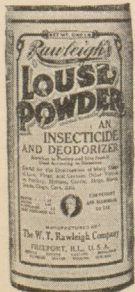
For proper care of all livestock and poultry, most of these practical necessities should be kept on hand and used frequently as needed.

Ask your Dealer to explain his plan of keeping you supplied with what you may need and guaranteeing satisfaction.



For disinfecting premises and destroying parasites and disease germs, practically a necessity where stock or poultry are kept is Rawleigh's Dip. Standardized to high germicidal strength. Emulsifies readily. Unusual value. Also used as a contact insecticide, spreader and sticker in fruit tree spraying.

Rawleigh's Stock Tonic for cattle contains essential bone-building materials, iodine, tonics and regulators to supplement rations and promote feed utilization.



For lice on stock or poultry Louse Powder is generally needed. Very useful in the winter time when it is not desirable to use a liquid—for small Chicks use Rawleigh's Insect Powder.

Ideal Fly Repellent is an effective spray against flies, mosquitoes, gnats, lice, fleas, ticks and poultry mites. Sprayed about cattle in the stables, it kills many flies outright and leaves a harmless coating on the hair that keeps



Rawleigh's Medicated Mineral Mixture for Hogs for loss of appetite, indigestion and general run-down condition. During the fattening period it assists hogs to grow and fatten more quickly.

In Roup and Colds in poultry, use Rawleigh's Roup Powder to check losses.

Valuable animals may be saved from spasmodic colic or bloating by a Colic and Bloat Ease. Antiseptic Powder, Application, Salve, Liniment, and Camphor

from alighting there. Gives protection in pastures.

Balm, have great usefulness in wounds, sores, harness galls, fresh swellings and garget.



AIDS TO *Beauty* AND PERSONAL CHARM

CHOOSE WITH CARE *For Personal Charm*

YOU WILL BE DELIGHTED with the sweet, fresh, dainty creams, lotions, powders and cosmetics for all occasions. They will help you to feel and look your best and add to your charm and enjoyment. You will enjoy examining them and choosing those suited to your tastes and needs. They also give protection from exposure to wind, sun, heat of summer and the changeable, dry, overheated homes of winter.

Proper care of the skin for chaps, dryness and sallowness and social requirements for each season call for suitable cold creams, cleansing creams, soothing lotions, skin fresheners, powder foundations, complexion powders, dainty toilet powders and a harmonious touch of color to cheeks and lips.

The Best Materials the World Produces

From the mountains and valleys along the Mediterranean Sea in Southern France, Rawleigh's obtain the natural flower oils extracted directly from jasmine, roses and orange blossoms. The finest Bulgarian Otto of Rose and French Indian Ocean Islands Ylang Ylang, used in our fine toilet preparations, are distilled only from the natural flowers.

Direct from the distillers we also buy immense quantities of the highest quality French Lavender Oil, Geranium Oil from the Island of Reunion (Bourbon) and another type from Algeria and Spanish Rosemary and Thyme Oil.

Other most expensive cosmetic materials are Tonquin Musk, from Tibet, China; Civet from a species of the cat in Ethiopia, and Ambergris which comes from the whale, is washed ashore by ocean currents. All are very expensive and are used only in the best cosmetics and perfumes.

Because superior toiletries cannot be made from inferior materials we buy only the best

by mail and cable and store them carefully in our guarded perfume materials vaults.

The Toilet Preparations which become so much a part of your personality—creams, powder bases—should be perfumed with sweet, natural flower fragrance.

Only a little daily care brings remarkable results in new beauty to the skin, hair, hands and complexion. All can be made more soft and attractive with proper creams and lotions which should always be used after soap and water. Then use Rawleigh's Cleansing Creams to remove deeply imbedded dust.

To get that soft, velvety look to the skin use our delightfully perfumed fine, soft, smooth Complexion Powders that cling, to match the shade suitable for your skin.

Take your choice of 5 fine lotions—La Jaynees Almond Lotion, a favorite for dryness; or Face Lotion, a cream made from the milk of California Imperial Almonds. It helps keep the skin soft, smooth, is not greasy or sticky. Rawleigh's Skin Freshener, delightful and fragrant to use in the mornings to remove night creams or after the bath. Then Rawleigh's make that old favorite, Sweet Clover, to freshen and soften the skin. Preferred by men for after shaving, After Shaving Lotion cools and refreshes. It is antiseptic and astringent.

You can have soft, lustrous hair. Try our Shampoo. It produces a copious, penetrating, cleansing lather. Brilliantine aids in combing and keeping it in place. **Men** will find daily shaving a pleasure with our Creams and Soaps. They soften the beard.

Irrespective of how much you pay you cannot get more useful aids to beauty, daintiness, enjoyment and personal charm. All Rawleigh Toiletries are made from the best materials produced in the world. All are sweet, fresh and outstanding quality, yet all are sold at very low prices that give you the best values obtainable.

LA JAYNEES CREATIONS

FOR BABY'S COMFORT



-FOR MEN-

-DENTIFRICES-





COMPLIMENTS AND BEST WISHES OF YOUR RAWLEIGH DEALER

R. W. PEARCE.
ST. CATHARINES.

Personal Deliveries to your home. Mail Orders filled promptly. Be Sure to Keep This Book.