Christmas Shoppers Save Time and Cash - Read the Ads

Six Rules For Avoiding Colds

Here are some suggestions from Dr. R. H. Riley, Director of the State Department of Health as to ways of warding off between-season colds.

Keep comfortably warm. Avoid sudden chilling. Dress according to the weather—don't bother about the calendar. When the cold, chilly days come don't feel that you are coddling yourself when you wear a sweater, or a top coat or a warm comfortable wrap. If you are caught in a drenching rain, change as soon as possible to warm, dry clothes, and dry shoes and stockings. If you are a householder don't wait until freezing weather comes to start your fires. Keep your rooms at a moderate temperature.

Eat nourishing food. Avoid rich mixtures. Eat your meals at regular hours. Include milk or other dairy products and plenty of fruit in your diet. Don't froget to drink several glasses of water every day.

Don't go where people are coughing or sneezing.

If—in spite of all reasonable precautions—you find yourself coming down with a cold, don't fight it. Give in to it. Go to bed, eat lightly, drink plenty of water, and stay in bed until you are sure you are better, or until your doctor says you may get up. Don't wait until you are seriously ill send for your doctor. Send for him promptly, follow his advice and you will be less likely to have unfavorable after-effects than you will if you let your cold drag on.

If you develop a cold, be as considerate of your neighbor as you would like him to be of you. Don't cough or sneeze in your neighbor's face. Keep your sneezes and cough to yourself. Don't broadcast your germs. Keep yourself well supplied with soft paper handkerchiefs and destroy them after you have used them. Don't go visitng until you are no longer a menace to others.

Most important of all. Keep yourself fit. Don't burn the candle at both neds. Strike a balance between work and play. Don't be afraid of fresh air. Take a brisk walk or have some other exercise out of doors every day. Give yourself plenty of time for sleep.

Casserole Of Salmon

2 cups salmon
1 cup cooked peas
1 cup milk
2 tablespoons minute tapioca
2 tablespoons melted butter
1 tablespoon minced onion
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
Small Baking Powder biscuit

Combine ingredients, turn into buttered casserole. Bake in pre-heated oven 400° for 10 minutes, stir well, return for 15 minutes. Then place the biscuit on top and bake 15 minutes longer.

Total time 40 minutes.

-:- LETTERS -:- For Santa

Dear Santa:

I am a little girl just 4 years old. I try to be very good so you will treat me nice at Christmas time. (I help my mother a lot.)

This year I would like you to bring me a large rocking chair, a doll with a wardrobe, a high chair for my doll, a crib for my Shirley Temple doll, a sled, a snow suit, candy, nuts and oranges, and any thing else you have for a good little girl.

Your little girl,
ANTONIA BAXTER.

Dear Santa:

I am a little girl seven years old and in the second grade at school. I get good marks in my lessons, try to be good, and do not miss any days. Will you please bring me a set of water colors, a dress, a doll, some candies, nuts and fruits, and anything else you think I would like. Please bring Constance a camera and Billy would like to have a 1938 Chevrolet. Don't forget my teacher, Miss Price. I will leave some cake and root beer out for you.

Your loving girl,
THELMA KELLEY.

Stevensville, Md.

Dear Santa Claus:

I am a little girl 9 years old. Please bring me a snow suit, size 9; a blackboard, which hangs up on the wall like the one which is in Montgomery-Ward's Christmas book, and some candy, nuts, and oranges. Don't forget to trim my Christmas tree and don't forget mother and Daddy.

Your little girl,
MARGARET LEARY.

Barclay, Md.

Dominion, Md.

Dear Santa:

I am a little girl just six years old and am in the first grade. I would like for you to bring me a desk, bedroom slippers, cooking set, and a new wig for my dolly, story book, candy, nuts and oranges, and don't forget mother, Daddy and my grandmother Walls down in Maryland.

Your little girl,
ELEANOR A HAPPE.

East Oak St.,
Basking Ridge, N. J.

Creamed Turkey In Dressing Timbales

A perfect blend of seasonings is achieved in this Creamed Turkey in Dressing Timbales. The slight spiciness of the crispness that the oven gives it is bland cream turkey. To make timjust what it takes to set off the more bales, merely combine thoroughly 2 eggs with 3 cups of the dressing. Line buttered muffin tins with the mixture, packing tightly. Place in moderate oven (350°) for 25 minutes or until baked to desired crispness and firmness and serve hot filled with creamed turkey.

Creole Lamb On Toast

1 tablespoon fat
1 onion, chopped
1 No. 2 can tomatoes
2 stalks celery, diced
Chopped green pepper, if desired
½ teaspoon salt
⅛ teaspoon pepper
2 to 3 cups diced cooked lamb

Cook onion in fat in skillet. Add tomatoes, reserving ½ cup of juice for soup, sauce, cocktail, etc. Add celery, green pepper, and seasonings, simmer 15 minutes. Add lamb, heat 5 minutes, serve on toast.

ENGLISH PLUM PUDDING

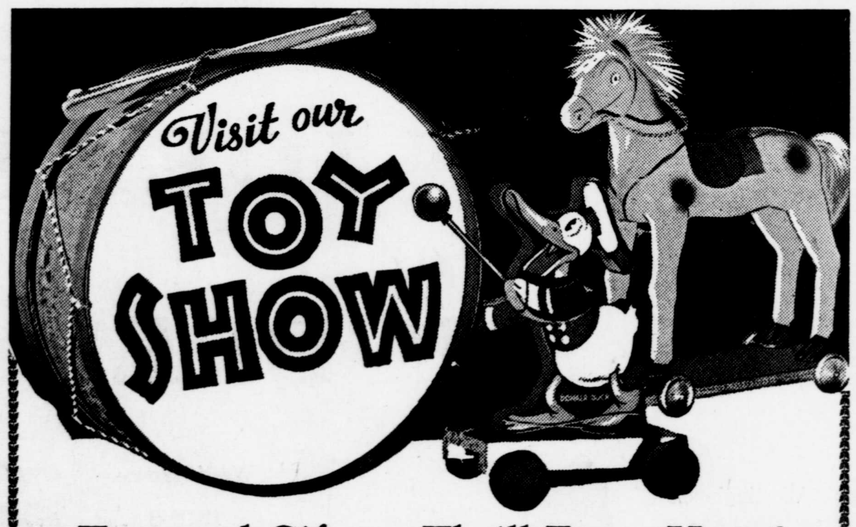
½ lb. stale bread crumbs
1 cup scalded milk
¼ lb. sugar
4 eggs
½ lb. seeded raisins, cut in pieces and floured
¼ lb. seedless raisins
¼ lb. finely chopped figs
2 oz. finely cut citron
½ lb. suet
¼ lb. wine, currant jelly or grape juice
½ teaspoon nutmeg
¾ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon mace
1½ teaspoon salt

Soak bread crumbs in scalded milk. Cool, Add sugar, beaten egg yolks, raisins, figs and citron. Chop suet and work with hands until creamy. Combine mixture, then add wine, currant jelly (wine or grape juice), nutmeg, cinnamon, cloves, mace. Fold in egg whites, beaten stiff. Put into 1½ quart mould. Steam 6 hours.

CRANBERRY COCKTAIL

1 quart cranberries
3½ cups water
¾ cup sugar
2 in. stick cinnamon
½ teaspoon allspice
4 to 6 cloves

Wash cranberries and cook with water, until berries have popped. Crush berries, add sugar and spices, cook again for 5 minutes. Strain and chill. Serve from cocktail shaker, after shaking with crushed ice, in small glasses with crushed ice or with a little charged water.



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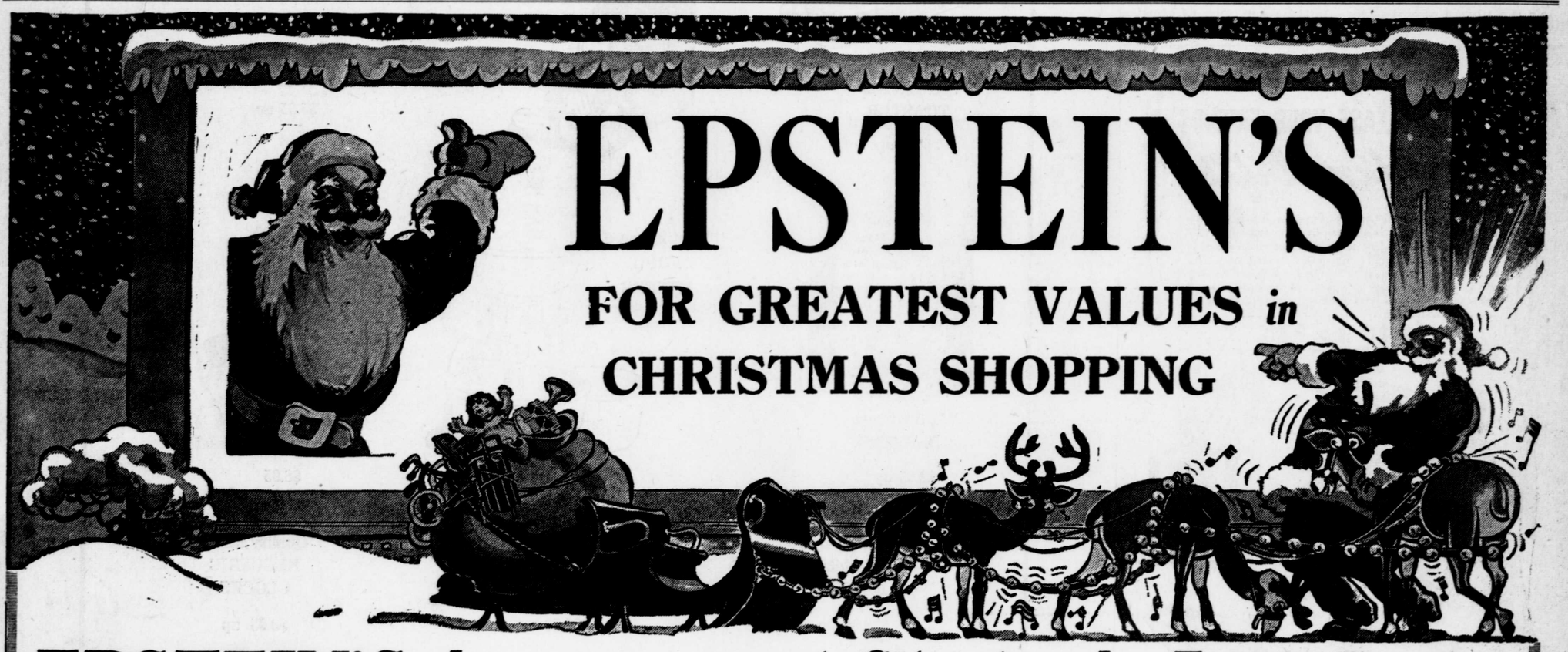
Cedar Chests
Magazine Racks
Occasional Tables
Windsor Chairs (By Nichols & Stone)
Rugs (Velvets and Axminsters)
Alladin Lamps (in Table & Floor Styles)
Electric Lamps
Coffee Tables
Card Tables
Venetian Blinds
Simmon's Beautyrest Mattresses
Simmon's Beautyrest Box Springs
Simmon's Studio Couches
White Cloud Mattresses
White Cloud Box Springs

BARTON BROTHERS
FOR LASTING PLEASURE . . . GIVE FURNITURE
CENTREVILLE PHONE 111



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