Is there an Ask in the house?

Always keep an "Ask" handy for safe and speedy relief from headache, giddiness, neuritis, rheumatic and all nerve pains.

SINGLE POWDERS 3d.

Tasty Snacks For Supper

When the hungry family comes home at night, another recipe that will really please them is this simple and delicious snack. It can be made in a hurry and is sure to please the little ones too.

**Cordinated Apple with Grapes**

1. Mix 1 cup of fresh apple slices with 1/2 cup of seedless grapes.
2. Add 1 tablespoon of sugar and 1/2 teaspoon of cinnamon.
3. Bake at 350°F for 15 minutes.

**Ham and Cheese Rolls**

1. Roll up thinly sliced ham and cheese.
2. Secure with toothpicks.
3. Bake at 375°F for 10 minutes.

**Fresh Fruit Salad**

1. Mix mixed fruit with a dressing of lemon juice and sugar.
2. Chill before serving.

**Please Note**, these recipes are simple and can be made quickly for a last-minute snack.

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**DUNDEE TRADE REPORT**

**GLASGOW STOCK PRICES**

**MONT'S VISIT TO MALAYA**

**Are you over forty?**

If you feel older than you are and your clothes seem too tight, it might be time to... **PHYLLOSAN** fortifies the over-forties.