

CHICORY

THE WINTER WONDER VEGETABLE

Delightfully crisp and fresh to the taste in salads.

Served hot CHICORY can be prepared in dozens of different ways to provide nourishing meals at little cost. Remember there is no waste in CHICORY and it is non-fattening.

You and your family will enjoy the variety of dishes shown in the specially compiled recipe brochure. CHICORY is recommended by cookery editresses throughout the country.

TO BELGIAN CHICORY

184 Strand, London, W.C.2.

NAME _____

ADDRESS _____

E. & S.I.

N DOUGLAS (MAYFAIR) LTD

PRIDE HILL — SHREWSBURY

sure in announcing the arrival of

Mr Robert

salon director at their Shrewsbury Salon a well known international hairdresser, has had a dressing career in London and on the Continent in his superb cutting and styling. He holds master in all aspects of hair colouring and permanent waving by L'Oreal of Paris

is looking forward to meeting old and new clients to introduce his new '66 line to the ladies of direct from the fashion houses of London and Paris

YOU HAVE NOT BEEN TO US ALREADY PLEASE RING US FOR AN APPOINTMENT

and our new prices are most reasonable and our service and hairdressing second to none

YOURSELF A REAL 1966 TREAT AND RING US - SHREWSBURY 52381 THIS WEEK

Looking at her now, no-one would believe that she was an extremely delicate baby who was not expected to live . . . that she suffered from almost constant ill-health that more or less crippled her until she was 15 . . . and that she cured herself by correct diet.

But this is what happened. Since then she has taken a great interest in inquiring into the value of food: "Once you know a little about food you start to question it all the more," she explained. "I once turned vegetarian because when I worked for an accountant at one time we did the books for an abattoir. One day I had to take them back and the smell was so awful that I held my nose the whole time and after that I stopped eating meat."

Harmful

Although she is not a vegetarian now, Mrs. Hollins does believe that much of the meat we might buy has been treated to such an extent by the time it reaches the shops that it may have lost much of its nutritional value.

Crop sprays, which of course are used extensively now, can be extremely harmful to health, say Mr. and Mrs. Hollins.

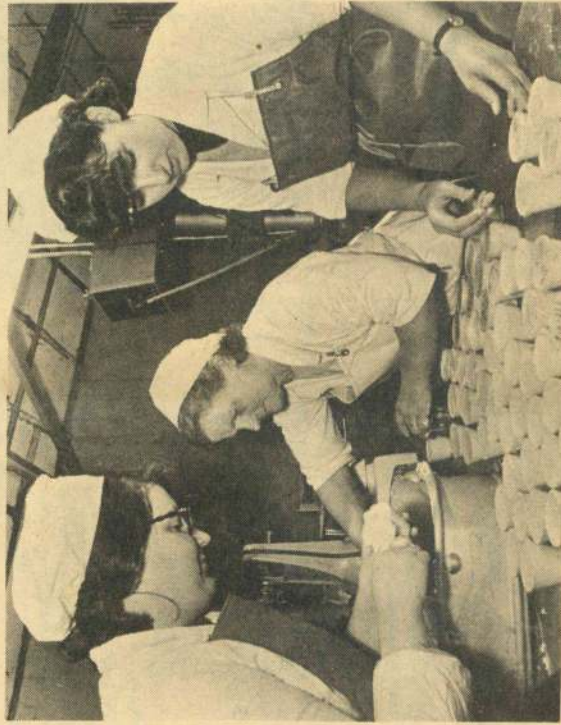
about the whey," said Mrs. Hollins. "It acts as a lovely and natural hand lotion. If you just smooth a bit of it on to your hands it makes an awful lot of difference. We tried to market it but we couldn't alter the smell," she said.

Expanding

Her daughter, Barbara, is supervisor of the dairy. She has worked her way through the various departments. And just off the dairy there is a small laboratory where bacteriologist, Gillian Davies is in charge. "We are still getting the original yoghurt culture from France, but we are starting to make our own as well," said Mrs. Hollins.

The Hollins' family are expanding their output as their natural foods become more popular. They all travel extensively up and down the country to stores, markets and shows. The girls who work for them spend some time in the dairy and the rest of the time demonstrating their products.

But when it comes to cooking meals for the girls Mrs. Hollins rarely serves up her own cheeses. Because they spend a lot of the day tasting it and she feels that they had had enough.



Many hands make light work when you are packing cheese for quick delivery.

CARPET SALE

LAST DAY SATURDAY 5th FEB.

3 and 4 yards wide

AXMINSTER BROADLOOM

A1 QUALITY

Usually 64/6 **Now From 49/6 & 54/6 sq.yd.**

AO QUALITY

Usually 82/6 **Now From 62/6 & 69/6 sq.yd.**

27" wide **AXMINSTER**

A1 QUALITY. Usually 46/9

From 34/6 yd.

AO QUALITY. Usually 60/-

From 49/6 yd.

ALL CARPETING OVER 25/- sq. yd.

FITTED FREE ! !

12' Wide DEEP PILE CARPETING

Several Colours **19/11, 25/6 & 29/6 sq. yd.**

27" wide to 12' wide KOSSET CARPETS

BRONZE LABEL 100% BRI-NYLON

Usually 59/6 sq. yd. 36 colours, 10 widths

Now 49/6 sq. yd.

CRIMSON LABEL 100% ACRILAN

Usually 69/6 sq. yd., 12 colours, 10 widths

Now 59/6 sq. yd.

GENEROUS CREDIT TERMS AVAILABLE

LAKE CARPETS

THE SPECIALISTS FOR VALUE

117, SALOP ST. & 104, DARLINGTON ST.
Tel. 27401 WOLVERHAMPTON Tel: 24008

Also at: 2-4, ALBERT STREET, BIRMINGHAM