

They're Marven's!
They're Good!



PLAIN OR SALTED

The FINEST Sodas ever made!

ALWAYS ASK FOR

Marven's

IN YOUR FAVOURITE VARIETY OF BISCUIT.

CLOVER LEAF Seafoods

FOR DELICIOUS LENTEN MEALS



Canada's LARGEST SELLING Seafoods

BRITISH COLUMBIA PACKERS LIMITED
VANCOUVER, B.C.

3 GOOD REASONS to insist on improved




1. Shines brighter than ever!
2. Shines longer than ever!
3. With less polishing!

S. G. JOHNSON & SON, LTD. — Bradford, Ontario

Barbara Brent's BUYS WHYS

A WEEKLY INFORMATION SERVICE



MONTREAL, March 15th—Here's something that will do just about every cleaning job you can think of—from washing windows to waxing floors and polishing furniture! What is it? It's that grand new, brand new C-I-L SPONGE. Soft as velvet when wet, it's kind to your hands and the finest finishes. And it's so easy to keep clean! . . . just boil in baking soda and water to sterilize. Because I know you'll love the new C-I-L Sponges, I'd like to send you one! If you'll simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—enclosing 10c in coin or postage stamps, I'll mail one of these "wonder" sponges to you, together with a folder describing all the cleaning uses of C-I-L Cellulose Sponges.

The Best Things In Life ARE Free! I proved it to myself when I decided to organize my finances and, incidentally, my life . . . by Personal Planning. That's that grand family financial plan designed for you and me by the BANK OF MONTREAL. Once you've made up your mind to bring reason and order into your finances, Personal Planning can show you how to rid yourself of "day-after-pay-day" blues. Yes, even in these days of sky-high living costs! Peace of mind and a great deal of satisfaction will be yours . . . absolutely free! All you'll need is a little extra will power—and Personal Planning helps you build that up as you go along! A copy of the booklet, "PERSONAL PLANNING," is yours for the asking at your neighborhood branch of the B of M. Pick up your copy today—you'll find life picking up as you read it!

I Like to make lunch a "fun-to-eat" meal, coming as it does between work and more work. And this is a recipe to make the family relax and enjoy themselves. . . **Shirred Eggs in HEINZ CREAM OF TOMATO SOUP!** M-mmm! Here's how—for four—
Butter four individual baking dishes. Break 3 eggs into a cup and slip into each casserole. Also to each dish add about 1/3 cup Heinz Cream of Tomato Soup, undiluted. Bake in moderate oven (350 deg. F.) until whites are firm (about 10 min.). Top with bacon strips.

Planning To Shop for your new Easter outfit today? Then I'd suggest you start the day off right with a good breakfast of delicious 5 Minute "CREAM OF WHEAT". Shopping can be very tiring, but you'll be well prepared after a "Cream of Wheat" breakfast. Easy-to-fix—5 Minute "Cream of Wheat" cooks to smooth-oth 'n' tempting goodness in just five minutes of boiling. And it's so good for you! It supplies Iron for good red blood, and Calcium and Phosphorus—for diets deficient in these elements. The "Cream of Wheat" habit is a good "family" habit—a favourite of your "menfolk," too. And remember—the words "Cream of Wheat" and the familiar "Cream of Wheat" Chef on the package are both registered trademarks of The Cream of Wheat Corporation.

Read—For Breakfast In A Hurry . . . that's your family any morning you serve toasty, golden-brown QUAKER MUFFETS! And, quick-as-wink, Quaker Muffets are ready for them. All you have to do is put the package on the table and let the family help themselves. Quaker Muffets are so delicious—so packed with tempting, nut-sweet flavour, that you'll be asked for "second-helpings" all 'round! And that's fine, mother! For Quaker Muffets are not only good to eat—they're good for the family! You see, in Quaker Muffets you get 100% Whole Wheat—yes, the bran and valuable wheat germ are there, with the body-building protein, minerals and energy-giving qualities of the whole grain. So serve Quaker Muffets for breakfast often!

Have You Tried to cut down on Washday work by experimenting with some of those no-rinse chemicals, but found they're hard on your hands? Then I'd suggest you change to DUS! Dus gives you beautifully clean, white washes . . . and leaves your hands soft and white, too! That's because Dus—and only Dus—has this combination of rich, real soap and two active detergents. That's why Dus gives you such dazzling white washes—and truly marvelous care for your hands! I know you'll love Dus—get a Giant Economy Size package next time you're shopping. Try it next washday and see for yourself how Dus does Everything!

Running Out Of Ideas for nutritious Lenten meals? Then you'll be glad to know that on every package of KRAFT DINNER there are several helpful suggestions. And, of course, delicious "Kraft Dinner" is an ideal main dish for a Lenten meal. A wonderful macaroni-n-cheese combination—it cooks to tasty lightness in only 7 minutes . . . costs just pennies a serving! And there are four servings in every package of "Kraft Dinner". So easy to prepare . . . "Kraft Dinner" is off the shelf—into the pot—onto the table. So for truly economical—completely delicious—jiffy-quick Lenten meals . . . ask your grocer tomorrow for "Kraft Dinner"!


My Grandmother had a way of saying "It's High Time" you did this, or that—so it sounded really urgent! And right now I wish I could hear her telling you—"It's High Time you asked your grocer for Wagstaffe!" For the NEW PACK OF WAGSTAFFE PURE SEVILLE ORANGE MARMALADE has just come in. Oh, you'll really enjoy the fresh-made goodness of this NEW PACK, so don't miss out! You see, Wagstaffe imports fine, juicy Seville oranges direct from Spain! Then cooks them with pure sugar to capture their sunny flavour—their delicious sip and tang! Yes, the best marmalade is made from imported Spanish Seville oranges—so get Wagstaffe and enjoy the "real thing". Yes, it's High Time you tried Wagstaffe Pure Seville Orange Marmalade—now when the NEW PACK is at your grocer's.

"Aun-ter-chooo" . . . oh-oh—no doubt about it, that poor man behind me was catching cold. I wanted to turn around right then and there to give him my one sure cold cure. Instead, here it is for all of you to keep handy during these sniffy March days. Drink the juice of one lemon in a glass of water with a half teaspoon of bicarbonate soda . . . added very slowly—drink as the foaming quiets. Do this every three or four hours at the first signs of a cold and see how quickly it alkalizes your system and you feel better. Do be sure to use SUNKIST LEMONS 'cause they're the finest, juiciest grown—and keep a supply on hand always!

If "Once-A-Week" Exercise is all you get in March (and that's the way with so many of us), you know that often sore muscles are the unhappy result. That's why I always like to have a bottle of SLOAN'S LINIMENT handy. Just pat it on and it eases the pain in minutes! No rubbing is necessary . . . the gentle warmth of Sloan's Liniment penetrates deep down and relieves the pain. It offers wonderful relief for the aches of strains, sprains or rheumatism and neuralgia, too. Yes, around your house, Sloan's is "tradition", just as it is with so many Canadian families. Ask for a bottle next time you visit your drugstore. It's very reasonably priced—just 50c for the small-sized bottle—90c for the large.

LITTLE POND W. I.
The secretary received a bundle of remnants from Eatons and several members offered to sew articles to be sold at later meetings. Mrs. Charles S. MacDonald and Mrs. Allan McKennie were asked to write an article for the "Institute News". The sick committee were not present so were re-appointed. Mrs. Alan MacDonald and Mrs. John Blackett to visit school. A twenty-question contest put on by Mrs. Gerard MacDonald and Mrs. Edward MacDon-





Mmmm! Luscious. Low COST feasting! FRUIT JEMINA MIX for BUCKWHEATS. Easy as 1 2 3!



SWALLOW THIS TINY PILL



STOP BREATH AND BODY ODOR

READER'S DIGEST Reports on Amazing Chlorophyll Action!
VOIDS chlorophyll tablets are "Nature's Deodorant". Among the newest of scientific miracles, Voids taken internally neutralizes offensive odors at source, acts to keep all parts of the Body, Breath, Feet, free from odor all day long even without bathing.

VOIDS SAFELY STOP ALL ODORS Underarm—Foot—Breath—from all these causes: Perspiration, Garlic, Onion, Tobacco, Faulty Metabolism, Halitosis, Nervousness, Alcohol, Difficult Days.

SATISFACTION OR MONEY BACK



HEAD TO TOE ODOR PROTECTION

36 TABLET MONTHS SUPPLY \$1.25

6 TABLET POCKET SIZE 25c

Save The King. A lovely luncheon served by the hostess assisted by Mrs. Loyde Dingwell and Mrs. Charles S. MacDonald.

HAMILTON W. I.
On Tuesday evening March 6th, Mrs. James A. Ramsay entertained the Hamilton W. I. In absence of the President and Vice-President due to sickness, Mrs. Nell Simpson was appointed chairwoman for the evening. Meeting opened with a piano solo by Elizabeth Ramsay, followed by creed in unison. Eight members answered Roll Call by giving a Health Rule. Three visitors were present. Two members renewed their membership. Minutes of previous meeting were read and approved. The two mats were reported finished, the price to be decided next meeting. Sick committee reported the school in need of scrubbing. Finance committee reported \$9.25 proceeds of tea served at the home of Mrs. William Ramsay. Correspondence was read. Mrs. Lloyd Lockerby moved Mrs. George Crozier seconded a motion, the Institute finance the finishing and decorating of the new Hall Kitchen. Color scheme and plans were decided upon by the members after much discussion. Program consisted of two contests. Lunch was served by Mrs. Harry Taylor, Mrs. Everett Ramsay and Mrs. Leslie Ramsay. Collection \$1.25. Meeting adjourned.

IT'S HERE! IT'S NEW! IT'S WONDERFUL!

NEW DOUBLE-QUICK RINSO WITH SOLIUM




1. GOES INTO ACTION FASTER!

2. GETS CLOTHES WHITER FASTER!

"Double-Quick" Rinso actually goes to work twice as fast as other leading washday products.


Tests prove several washings with other soaps can't get clothes as white as ONE washing in Rinso.

SWITCH TO RINSO SAVE UP TO HALF YOUR WASHING TIME!

Now you don't have to run your washer for long periods. With new "Double-Quick" Rinso you can cut your washing time as much as half yet get the world's whitest wash. And only Rinso has Solium to make your clothes whiter, brighter than new—even when clothes are dried indoors. Get new "Double-Quick" Rinso today.

WHY IS YOUR BLOUSE SO MUCH WHITER THAN MINE?

MINE IS RINSO WHITE!



Rinso

NEW DOUBLE-QUICK RINSO GIVES YOU THE WORLD'S WHITEST WASH

A Little Touch Of Glamour is good for all of us . . . that's why I'm sure you'll be as thrilled as I am by this new, perfumed nail lacquer! It's Dura-Gloss, of course—with that famous Dura-Gloss durability . . . and just wait till you first use that new PERFUMED DURA-GLOSS NAIL LACQUER in the enchanting bottle! The ten salon shades are delightful—one for every costume—every mood—and the perfume itself is that "touch of glamour" I just mentioned. It's enchantingly evident when the nail lacquer is dry on your nails! Just try it! . . . Ask for Perfumed Dura-Gloss Nail Lacquer—45c and Dura-Gloss Nail Polish—25c at drug, department and chain stores everywhere!

You'll Want To Take Good Care of the new Easter outfit of yours . . . so I'd suggest you invest in ENERGINE CLEANING FLUID! Yes, Enginene is a real investment because it saves cleaner's bills and "saves the day" when little accidents happen . . . when grease spots, tar, from paint or chewing gum get on clothes or upholstery. Enginene makes grease spots vanish fast . . . and it won't harm the most delicate fabrics nor injure the colour of fast-dyed materials because it contains no acids nor caustics. And then there's a money-saving tip . . . before putting Winter clothes away, use Enginene to remove grease spots where moths breed! Easy to use and so economical . . . Enginene is as little as 25c at your drug or department store.

Have You Ever "fallen in love" with a pretty hat—bought it, and then been a dilly dapper pointed when you put it on at home? You don't want this to happen when you buy your new Easter Bonnet—so I'll tell you a secret. Chances are it's just a dry hair that makes a charming hat look unflattering young. And there's something you can do about that! It's a marvelous new discovery called Penaten . . . found only in WOODBURY DRY SKIN CREAM. Penaten penetrates deeper into the important corners, layers of the skin. Carries the rich benefits of lanolin and 4 other special skin softeners deeper than ever before! Yes, after regular applications of Woodbury Dry Skin Cream—those little skin harshnesses and dry skin lines will just seem to melt away! You'll look younger and fresher than ever in your new Easter Bonnet! So why not get Woodbury Dry Skin Cream today?—just 20c, 40c, 70c and \$1.00.

"I Painted It Myself", you'll say proudly when you've decorated with marvelous Glidden SATIN! And such a professional-looking job! Yes, Spred Satin is without a doubt one of the most exciting indoor paint discoveries in years! It has a synthetic rubber emulsion base that makes it completely washable—and so easy to apply! Truly, it goes on all your interior walls like magic, with nary a sign of a brushmark. What's more, Spred Satin dries in 20 minutes to a smooth, satiny finish—and there's absolutely no offensive odour! You can redecorate overnight with this brilliant indoor paint—and wake up to a bright new home in the morning. Better choose your Spred Satin from your Glidden dealer now. There's a glorious variety of beautiful pastel shades and deep, decorator colours to choose from—and you'll be sure of getting the colour of your choice if you "shop early"!

aid was won by Mrs. Loyde Dingwell and was greatly enjoyed by all.

Programme Committee for next month—Mrs. Joey McKennie and Miss Lorraine Roache. Next meeting to be held in the school on April 8th.

Meeting closed by singing "God

RECEIVES PRAISE
Mrs. L. J. Morin, 10620 98th Street, Edmonton, Alta., praises Sarnak. She writes: "I have been bothered with nervousness and indigestion and could find no relief. After taking two bottles of Sarnak, the benefits I received cannot be expressed in words. If you suffer from rheumatic, neuritic or arthritic pain, sciatica or backache or from some stomach, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores."