



NEW

- NEW RECIPE
- MORE VEGETABLES
- RICH BEEF STOCK

Try this 'country-style' vegetable soup made with rich, nourishing beef stock. The best vegetable soup you ever tasted!


AYLMER NEW VEGETABLE SOUP

YOUR FAMILY DESERVES AYLMER QUALITY

LISTLESS?

Improve your Pep and Energy with **SCOTT'S EMULSION**

You probably need the energy and tonic value of pleasant tasting Scott's Emulsion which contains *Natural Vitamins A and D* and other necessary elements to help tone up the system and improve resistance. Scott's Emulsion is easy to digest, and taken daily when needed for these conditions, you should feel much better in a short time. Economical to use—buy at your druggists to-day!



SCOTT'S EMULSION

NOT JUST A TONIC—IT'S POWERFUL NUTRITION

USE THERMOGENE MEDICATED WOOL

Help SOOTHE PAIN and ACHE QUICKLY

For those aching muscles, let the soothing heat of THERMOGENE Medicated Wool help give you quick, clean relief. It goes to work at once—not messy—easy to use. For chest colds, sore throat, bronchitis, neuralgia, lumbago, sciatica and minor rheumatic pains.

By inhaling THERMOGENE Medicated Rub, a companion product, you'll quickly help clear up uncomfortable head colds. Buy at your drug store today!

THERMOGENE MEDICATED WOOL

SHOE SALE

LEPAGE'S SHOE STORE ARE OFFERING THE BUYING PUBLIC ONCE AGAIN A CHANCE TO PURCHASE FOOTWEAR FOR ALL THE FAMILY AT GREATLY REDUCED PRICES.

OUR RACKS ARE FILLED WITH WONDERFUL BARGAINS.

RUBBER FOOTWEAR IS STILL SELLING AT THE OLD PRICES.

GET IN ON THIS DOLLAR SAVING SALE.

SALE STARTS ON THURSDAY THE 18th.

LEPAGE SHOE CO. LTD.

"The Home Of Good Shoes"

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, January 18—Here's a grand way to give your children more milk and make them love it... Serve yummy **JELL-O PUDDINGS** often! Youngsters adore 'em... that creamy-rich Caramel and Butterscotch, satin-smooth Vanilla, tempting Chocolate Jell-O Puddings... and the Jell-O Tapioca Puddings trio—exciting-looking Orange Coconut, Vanilla and Chocolate. Jell-O Puddings take just 5 minutes to make and they're so easy, prowess in the kitchen! And, mother!—another thing you'll like about Jell-O Puddings is their very real economy!

So Nice To Come Home To on a cold winter evening... a meal that's warming even to look at! **HEINZ TOMATO PRODUCTS**... Heinz Tomato Juice—Heinz Chili Sauce—Heinz Cream of Tomato Soup—Heinz Ketchup... all will give you bright, colourful, heart-warming dishes. Here's one that's a particular favourite of mine:

SPANISH RICE

4 slices bacon
2/4 cup chopped onion
2 cup chopped green pepper
1 10-ounce can Heinz Condensed Cream of Tomato Soup

2/3 cup water
1 1/2 cups cooked rice
1 tsp. salt
1/2 tsp. pepper.

Fry bacon until crisp; remove from frying pan and chop. Sauté onion and green pepper in bacon drippings until onion is tender. Add remaining ingredients and bacon. Bake in a greased casserole in a moderate oven (350 deg. F.) for 30 minutes. Serves 6 to 8.

Every Minute, every hour, there's something happening in your life that you should look your loveliest for! Don't wait for a "special occasion" or the "Knight in Shining Armour" to play the temptress with Woodbury's fascinating new powder shade—**"COQUETTE"**. If you don't take advantage of its subtle flattery—you can bet your new bonnet—some other woman will! For "Coquette" powder is the delicious, delightful, golden shade that tantalizes you... but precious time's a-flying—ask for Woodbury Coquette Powder today... 20c, 39c and 69c.

Eer Feel "Surrounded" by a "sea" of money worries? That's the way I felt, 'til I read a booklet called **"PERSONAL PLANNING"** just issued by the **BANK OF MONTREAL**... and I'm sure now that it's the answer to my financial problems! *Personal Planning* is a budget-planning system with a New Idea—it's a highly flexible system that tailors your budget to fit your individual needs and wants. Of course, you have to work at it—but if you follow the "rules of game" of this system carefully—it will pay you enormous dividends in peace of mind and, financially speaking, you'll be much further ahead. I suggest you give it a try! You'll find it tells you how to run your money so it won't run you! Go to your nearest branch of the Bank of Montreal and ask for their **BOOKLET, "PERSONAL PLANNING"**... yes, it's yours simply for the asking.

Hate To Wake Up To A Cold, Bloxy Morning?

Then here's a breakfast suggestion that will warm 'n' cheer you up in no time!... a piping hot bowl of smoooth **"CREAM OF WHEAT"**. It's so easy to prepare!... just five minutes of boiling and 5 Minute "Cream of Wheat" is ready to eat. M-mmm! So good—and so good for you! For 5 Minute "Cream of Wheat" contains 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 men-folks, 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.

Please Don't Take Chances with colds in your family... but please do take ANOHIST at first sneezes or sniffles! That way, Anohist can stop cold symptoms in a single day! What's more, by taking Anohist immediately on contact with anyone who has a cold, you may avoid spreading cold symptoms. Thus colds need no longer pass from one to another in a family, if Anohist is taken promptly! So get Anohist from your druggist today! Costs only about 3c per tablet! Remember: all antihistamines are not alike. They vary greatly in performance. Anohist is the antihistamine formula recommended for family use because of its success in actual clinical tests.

No Woman Enjoys Looking Older Than Her Husband!

And so often it's just a dry skin that makes us older-looking. But there's something we can do about that! The wonderful secret is **PENATEN**... **WOODBURY DRY SKIN CREAM**. A glorious new miracle, Penaten penetrates deeper into the important corneum layers of the skin... your dry skin absorbs lanolin and 4 other rich lubricating oils better than ever before! And with such wonderful effects!... the tiny dry skin lines and rough skin texture just seem to melt away! Your skin looks fresher, softer, younger! Get Woodbury Dry Skin Cream today—it costs just 20c, 39c, 69c and 99c.

There Are Lots Of Reasons Why Heinz Strained Baby Foods are so popular with the Youngest Set and their mothers. Babies love the flavour and variety of those good Heinz Cereals and the strained meat products, soups, vegetables and desserts. And mothers like them because they're so easy to prepare—so easy for baby to digest. For every one of the Heinz Baby Foods are cooked to baby-ready digestibility in Heinz spotless kitchens. Ask your dealer for them—in the convenient 5 ounce tin that's vacuum-sealed to assure flavour freshness. And—for your three-to-five-year-oldster... ask for **HEINZ JUNIOR FOODS**. You know they're good because they're Heinz!

IN MEMORIAM

MRS. WILLIAM HASLAM

The funeral of the late Mrs. William Haslam was held from the MacLean Funeral Home on Tuesday afternoon, Jan. 9. The service was conducted by Rev. M. D. Dunbar.

There are left to mourn the loss of a loving mother, the following daughters: Mrs. Frank MacKay, East Royalty and Mrs. Milton Stewart of this City, with whom she lived; also the following grandchildren: Dr. Ross Stewart of the Victoria General Hospital, Halifax; Helen, Mrs. Allison MacRae, Central Royalty; Betty and Norman Stewart at home; Isabel (Haslam) Mrs. Alwyn Gay of Summerside.

Her husband and one son, John, predeceased her several years ago. The following were the pallbearers: Herbert Platts, Major MacRae, George Beers, Claude Smith, John Connolly, Guthrie Ballingall.

Interment in the People's Cemetery.

IN MEMORIAM

WOOD—In loving memory of Mother, (Mrs. Ethel C. Wood) who passed away January 18th, 1941.

There's still a heartache for you today,
That countless years won't take away,
A place in my heart that nothing can fill,
I miss you dear mother and always will.

Lovingly Remembered by Helen.

IN MEMORIAM

In loving memory of Ruby Mae Wall, who died January 18th, 1949.

Two years have passed since that sad day,
The one we loved was called away.
God took her home, it was His will,
But in our hearts she liveth still.

Ever Remembered by Father,
Mother, Brother and Sister.

IN MEMORIAM

In loving memory of Howard L. Nickerson who passed away January 16th, 1948.

Asleep in God's beautiful garden,
Sheltered from sorrow or pain,
Some day when life's journey is over,
We shall meet our loved one again.

Sadly Missed by His Wife and Family.

IN MEMORIAM

In loving memory of our dear husband and father, Hugh McSwain, who passed away January 10th, 1949.

We miss you Father at every turn
Along life's weary way,
And home has never been the same
Since you were called away.

God gave us strength to fight it
And courage to bear the blow,
But what it means to lose you,
No one will ever know.

Lovingly Remembered by
His Wife and Family.

Thanks

I wish to thank the Box holders on my Mail Route for their Christmas and New Year's gifts.

Earle Henry,
Stanley Bridge.

FALSE TEETH

That Loosen
Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little **PASTEETH**, the alkaline (non-acid) powder, on your plates. Holds false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath). Get **PASTEETH** at any drug store.

Aiding Maritime Veterans in Montreal

For the past several years a group of ladies of the Maritime Women's Club of Montreal, have visited the Maritime veterans at Ste. Anne de Bellevue Military Hospital. This group is under the leadership of Mrs. A. J. Moore, and without fail they keep their appointment every second Friday. They take with them cigarettes, candy, magazines, and many comforts for these, our men.

During that period there has always been 60 or more men, not always the same men, but many have been there continuously since the First World War. And it is with keen anticipation they look forward to these visits. Every man is a friend of the visitors, and they know all their longings, their wishes, and their inhibitions, their struggle to get well and their terrible loneliness.

At Christmas time the Club itself has a Christmas tree, and each member places thereon a gift suitably wrapped. These are augmented by various articles purchased, and the boxes are carefully wrapped, and the week before Christmas are delivered in person. The Committee tells us that it is worth all the effort and time put into the project to see the happy faces of the men; not only at Christmas, but all through the year. There is always enclosed in the parcel one gift which the committee have remembered each man has expressed a desire or a preference for at some time or other.

Last year 28 members of the

NORTH AMERICAN LIFE L. S. STEVENSON

Branch Manager
140 RICHMOND ST.
All Profits for Policyholders

Club went to Ste. Annes Military Hospital and put on a Bingo party, helping the men to play the game when their hands were too feeble or unable to cope with it by themselves. Their thanks on this occasion was overwhelming. The evening was most enjoyable.

This is not the only Hospital where Maritime men are suffering out the long years—many are near the heart of the City—and have more visitors to care for them. Ste. Annes Military Hospital is 20 miles outside the City. And there again this article would not be complete without recognition of Mrs. A. J. Moore's part in this undertaking. He has furnished his car and gasoline, free of charge, all these years.

Local Council - A.Y.P.A. Executive Meeting

An executive meeting of the A. Y. P. A. Local Council was held on Monday evening, Jan. 8th at St. Peters Cathedral Hall.

Discussion took place on many items of business. Among them Sunday School by Post and Air and the annual Drama Festival.

In connection with the Sunday School by Post and Air, it was decided to double the contribution of last year. A minimum objective of \$15.00 for city branches

was set by the executive. This should bring in to this project at least \$65.00.

With the drama festival the rules were amended to read "The director must not be a professional". This removes all limitations on branches in the selection of a director. The following dates were also set:—All entries to be in by March 1st. Finals to be week of May 2nd. Semi-finals last week of April.

Plays are to be ready for presentation by April 1st in case of a change in above dates.

The chairman of the drama festival this year is Miss Florine Evans.

The Diocesan is to be officially invited to have their next meeting here in Charlottetown in May. The next meeting of the Council is to be in the month of February.

HONG KONG PREPARES

HONG KONG, Jan. 17 — (Reuters) — Military forces and police here start large-scale exercises tomorrow to test co-operation in emergency. The announcement followed orders to British subjects 17 years of age and over to register for emergency draft service. American families here were advised Friday to evacuate.

31 SKIING MISHAPS

ST. SAUVEUR, Que., Jan. 17 — (CP) — Week-end skiers in the Laurentians and on Mount Royal in Montreal kept the St. John Ambulance Association first aid men busy during the week-end. Thirty-one skiing mishaps were reported, three of them involving broken bones. Three novice skiers had to be rescued from atop steep Hill 71 here when they became marooned in the dark.

LOW PRICES HAVE THEIR FLING

THRIFT WEEK SUPER-VALUES

THRIFTY GROCERY BUYS

- Westinghouse Light BULBS, 25-40-60w., 6 for 99c
- Canada Packers Tenderflake LARD, 2 lbs. for 53c
- Johnson's Wax Applier . . 59c
When purchased with one tin JOHNSON'S GLO-COAT
- 28 oz. tins Opal Choice TOMATOES, 2 for 33c
- 20 oz. tins St. Croix Valley White BEANS, 2 for 35c
- 20 oz. tins Royal Russet APPLE JUICE, 2 for 25c
- 20 oz. tins Peter Pan PEACHES, 2 for 33c
- Lipton's Red Label TEA, per lb. 89c

FRUIT DEPT.

- Pink No. 96 GRAPEFRUIT, 3 for 23c
- Firm, Crisp CELERY, each 23c
- Fresh HEAD LETTUCE, each . . 23c
- Delicious No. 150 APPLES, doz. 45c
- For Juice—No. 344 ORANGES, 2 doz. for . . 59c
- Island Grown CARROTS, 3 lbs. for . . . 19c

GIVE THEM GOOD HOT SOUP FOR LUNCH

Campbell's Soup
21 Kinds to Choose From

- Tomato SOUP, 5 tins . . . 63c
- Vegetable SOUP, 2 tins . . 29c
- Chicken and Rice SOUP, 2 tins 37c
- French Canadian PEA SOUP, 2 tins 29c

Quality Meats

FOR THOSE WHO HAVEN'T TIME we have **FISH CAKES** All ready for the pan **20c Box**

- Prime Rib Roast 63c
- Lean Trimmed Pork Chops 59c
- What a Change—Fresh Bacon 49c

REMEMBER we keep a complete line of **COOKED MEATS**

Cooked Ham, Delicious Loaf, Pickled Pimento, Macaroni & Cheese, Head Cheese, Mock Chicken, Pork Tongue, Bologna, etc.

HAVE YOU HEARD... TREMENDOUS January Clearance!

- DRESSES Taffetas, Wools, Crepes, etc. 33 1/3 off
- COATS Balance of Winter Coats 33 1/3 off
- SUITS Limited Quantity 33 1/3 off
- RAINCOATS 6 only Each 5.00

A table of Gowns, Blouses, Sweaters, Gloves, Mitts, Brassieres, etc., clearing at Greatly Reduced Prices.

The FASHION SHOPPE

141 GT. GEORGE PHONE 55

SHOP CO-OP Super Market

FREE DELIVERY PHONE 2807-2808

THE ONE STOP MARKET