

WOMEN!

ARE YOU MISSING THE BENEFITS OF THIS GREAT FOOD?



Everybody needs WHOLE WHEAT in their diet!

You are taking chances with your health if you skip the great food nutritionists say we need—whole wheat. It contains vital food elements. And NABISCO SHREDED WHEAT is made from 100% whole wheat! Tomorrow, enjoy fresh, golden NABISCO SHREDED WHEAT and MILK. Serve those crisp, toasty biscuits HOT or COLD!

Always good... Good All ways!

socks won't shrink when made with *kroy wool

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- Sweaters
- Socks
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No stretchers needed, easier to wash, and no shrinking if the socks you buy are made with *kroy wool.

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KROY UNSHRINKABLE WOOLS LIMITED
Ad. No. 5001—2 cols. x 100 lines—Newspapers, 1950

GET AWAY FROM THAT HOUSING TRAP. NAPOLEON, I MUST GET IN A BUCKET OF WATER AND DROWN THOSE MICE. GO AWAY, I SAY!

HAVE YOU HEARD NAPOLEON'S BARK? NAPOLEON, I MUST GET IN A BUCKET OF WATER AND DROWN THOSE MICE. GO AWAY, I SAY!

WOMEN'S INSTITUTE MEETINGS

IRISHTOWN W. I.

—Irishtown Women's Institute held the March meeting at the home of the secretary with an attendance of eighteen.

With the president, Mrs. Wilfred Campbell in the chair, the meeting opened with the Ode and Creed in unison. Roll call was answered with an Irish joke.

Mrs. James P. MacLeod announced that a gift of \$43.00 had been given by the district to the Stevenson family, whose home had been destroyed by fire.

A Valentine party at the home of Mrs. Robert Stavert netted \$35.25 for the hall fund, in addition to \$10.00 each from parties given by Mrs. Clair Campbell and Mrs. John E. MacLeod, bringing the total to \$132.05 to date.

The sick committee reported having made several visits. The new committee appointed was Mrs. Leigh Paynter, Mrs. James Simons and Miss Emmeline MacLeod. Correspondence included a receipt for \$5.00 sent to T. B. League; a letter from L. W. Shaw replacing of new hall and a letter of thanks from the Stevenson family. The past president expressed her thanks for a small gift of appreciation from the members.

Mrs. E. W. Johnstone and Mrs. E. Profit were appointed to contact a building expert with a view to soliciting advice, and to ask the local Farm Forum group to call a citizen's meeting to consider the question of building a community hall.

The Red Cross convener, Mrs. David Campbell, distributed a swing and knitting collection amounting to \$20.00. Names to the value of \$1.80 were passed in for the autograph quilt.

Mrs. Clayton Stavert, Mrs. David Campbell and Mrs. Archie Johnstone were appointed to read one-act plays.

A paper on Education by Mrs. MacKinnon was read and laid aside to be discussed more thoroughly at the April meeting.

Mrs. Daniel Hickey and Mrs. Keith Adams entertained with contests, places in Ireland, and Jumbled P. E. Island place names.

The president announced a party for the following evening at the home of Mrs. Cecil Campbell.

On motion, the meeting adjourned after singing the National Anthem.

Lunch was served by the hostesses, assisted by Mrs. Keith Adams and Mrs. Daniel Hickey.—Bur.

BELLE RIVER W. I.

The March meeting of the Belle River Women's Institute met at the home of Mrs. Fred Beaton with nine members and four visitors present. Meeting opened by singing the Ode followed by repeating the Creed in unison. Roll call was answered with an Irish joke.

Minutes of last meeting were read and adopted. Sick committee reported two sick calls being made. New sick committee to be Mrs. Norman Bell and Mrs. Ernest Morrison.

Mrs. Hutchinson invited the members to her home for the April meeting. Roll call to be an "Auction Sale." Lunch committee to be Mrs. Alexander Compton and Mrs. Ernest Morrison, it was moved by Mrs. John Stewart, seconded by Mrs. J. W. Bell that the institute send for two boxes of "Everyday Cards." The secretary was asked to send for material on the organization of a Home and School Association.

It was decided that some of the women of the district go to clean the school on Monday evening.

A reading by Mrs. John Stewart was very much enjoyed. Collection for the evening \$0c, and three members paid their dues. Meeting closed with the National Anthem, after which a delicious lunch was served by Mrs. Fred Beaton, assisted by Mrs. Norman Bell and Mrs. Chris. Nicholson.

SEA VIEW W. I.

The February meeting of Sea View W. I. was held at the home of Mrs. Robert Sutherland, with madam president in the chair.

The meeting opened by singing of Institute Ode and repeating Creed in unison. Roll call was answered by 14 members, with an exchange of Valentines. Report of committees were then heard.

New committees were appointed for next three months as follows: Sick, Mrs. John Adams, Mrs. Lorne Cairns and Mrs. Charlie Adams; school, Mrs. Fannie Hiltz.

Correspondence was then read, and thanks was extended for treats sent out. Balloting was done for delegate to be chosen to go to Copenhagen.

Report of card parties after expenses paid left a balance of sixteen dollars.

Committee reported having received eight calls, and it was decided to get up a quart.

Programme committee then took charge.

Collection 70c; fees 50c; grab bag \$3.25. Meeting adjourned.

Lunch was served by the hostesses, assisted by Mrs. Roy Adams and Mrs. John Adams.

NEW HAVEN W. I.

The March meeting of the New Haven Women's Institute met at the home of Mrs. Richard MacPhee.

Meeting opened by singing ode and repeating creed in unison. 15 members answered roll call with a article for auction sale. Four visitors were present. Three members paid fees. Correspondence was read and discussed, four thank-you notes were received. It was moved and seconded that all bills be paid.

Collection was taken and amounted to .90 cents. Fifteen dollars was taken in on auction sale.

The following are new committees for next month.

School — Mrs. Stanley Newman and Mrs. Lewis Darrach.

Program — Mrs. Lloyd MacKinnon and Mrs. Michael Murphy.

Relief for Sewing Club — Mrs. Charles MacDougall. Next meeting is to be held at the home of Mrs. Gus Tierney. Roll call to be answered with earliest baby picture and a 12 inch quilt block.

Meeting closed by singing "God Save The King". A dainty lunch was served by the hostesses.

NEW GLASGOW W. I.

The March meeting of New Glasgow W. I. was held at the home of Mrs. Harold Dickson on Monday evening, March 6th with thirteen members answering roll call with an Irish joke. The president opened the meeting with the ode followed by the creed in unison. In

FOR BATHROOM and KITCHEN

Buy two packages of Cow Brand Baking Soda at a time. The extra one is so handy in the medicine chest and costs only a few cents. Free booklet of new uses on request to Church & Dwight Limited, Sun Life Bldg., Montreal.

COW BRAND BAKING SODA

proved. The roll call was answered by an Irish Joke. Penny ticket article donated by Mrs. Gilmore and won by Mrs. Fred Shaw brought in \$1.12.

A dust pan was also to be bought for school, and 2 bills were presented and paid. Next meeting to be held at the home of Mrs. Jack Gillis. Roll call to be answered with each member bringing a get well card. Mrs. Fred Shaw to donate penny ticket article. Those on lunch committee are: Mrs. John MacDonald, Mrs. Madock Gilmore and Mrs. Reginald Noye. Meeting then closed by singing the National Anthem. After which a delicious lunch was served.

DONAGH W. I.

Mrs. Leo Trainor entertained the members of Donagh Women's Institute for their March meeting. The president presided and nine members answered roll call.

It was decided on motion to send three dollars to Copenhagen quilt fund. The secretary was asked to purchase new blinds for school, also door catches for library and hooks for children's clothes, also that five dollars be paid for scrubbing school.

It was decided to leave same committees on for another term. The cod liver oil capsules on hand to be divided equally among families.

Mrs. Frank Trainor invited the members for April meeting. A delicious luncheon was served by Mrs. Trainor assisted by Elaine and Rita Koughan. A social game of cards was then very much enjoyed by all.

(Patroit please copy)

SILVER BIRCHES W. I.

The monthly meeting of the Silver Birches Women's Institute met at the home of Mrs. Bradford Yeo on March 3.

In the absence of the President, the vice-president Mrs. Lyman Hall presided.

Meeting opened by singing ode, and repeating creed in unison. Minutes of last meeting were read and approved.

The sick committee reported making eight calls. Treats of ice cream, fruit and chocolates were sent to the sick in the district.

Correspondence was read and discussed. One thank you letter read by the secretary, \$5.00 was voted to be sent to the Red Cross. Next meeting to be held April 4th at the home of Mrs. Hartwell Oudon, roll call to be answered by (Sing) "Say" "Dance" "Play" or "Pay."

Lunch committee will be Mrs. Wymen Cairns and Mrs. Bradford Cairns. After the regular meeting, Auction forty-fives were played, and the winners were; Mrs. Lyman Hall and Mrs. Lester Baglole. Mrs. Lester Baglole and Mrs. Francis MacQuarrie received consolation prizes. A delicious lunch was served by the hostesses assisted by Mrs. Lester Baglole. The meeting closed with the National Anthem.

SPRINGVALE W. I.

(The March meeting of the Springvale Women's Institute was held at the home of Mrs. Omer Neill on Tuesday March 14. The meeting opened by singing the ode and repeating the creed.

The minutes of last meeting was read and signed and roll call was answered by eighteen members. Mrs. Crabbe and Mrs. Johnstone

were asked to see about getting the new blackboard out from town. The report from the Valentine Party held at the home of Mrs. MacSween was \$17.35.

Mrs. Proutie thanked the members for gift sent to the baby and Mrs. Waite thanked them for fruit sent to her sick children, and a nice note of thanks was read from Mr. and Mrs. Elwood Weeks for Wedding gift received.

The school committee reported getting towels and O-Ceder oil for school.

New Sick committee — Edith MacLeod, Mrs. Waite. School committee — Mrs. Herbie Dollar and Mrs. Dale Proutie. Collectors appointed to canvass the district for the Red Cross — Mrs. Omer Neill, Mrs. Herbie Dollar, Mrs. Ray Coles, Miss Edith MacLeod and Miriam Dollar.

The next meeting to be held at the home of Mrs. Frank Crabbe and roll call to be answered by paying ten cents for the Copenhagen Quilt. One member rejoined and collection amounted to ninety-five cents.

Lunch committee for next meeting Miss Alice Dollar, Mrs. Herbie Dollar, Mrs. Ernest Dollar, Miriam Dollar.

The meeting closed by singing the King and an enjoyable social hour spent.

AUGUSTINE COVE W. I.

The regular monthly meeting of the Augustine Cove Women's Institute met at the home of Mrs. Harry MacFarlane on Friday evening March 3 with 16 members present and one new member joined. The meeting opened by singing "Tipperary" followed by repeating the creed in unison. The minutes of the last meeting were read and approved. One child's sweater was passed in.

The sum of \$26.30 was realized from the Carnival and \$4.45 from lunches sold at a hockey match. A bill of \$3.61 was paid also one of \$6.80. It was decided to send \$2.00 to delegates going to Copenhagen; also give \$25.00 towards the movie projector and \$5.00 to Red Cross; \$5.00 was paid on the School light bill and \$2.00 towards lights at rink.

Correspondence was then read. The sick committee reported having made several calls.

The new committees were then appointed: Sick and Program —

invited-members to her home for April meeting. Meeting closed by singing the National Anthem. The program committee then took charge, putting on a smiling Cameraman.

Mrs. Lorne Carruthers kindly

Continued on page 11.

delicious, fluffy mashed potatoes in just 1 minute!

French's INSTANT potato

NO-WASHING!
NO PEELING!
NO COOKING!
NO MASHING!

The best mashed potato you ever ate, and so easy to prepare you'll want to serve it often. French's Instant Potato is made from top-quality potatoes—pre-cooked for you! Economical, too—never any waste!

Wait until dinner is ready to serve; then bring some salted water to a boil, add milk and French's Instant Potato according to simple directions on package. Add butter and whip until light and fluffy.

ONLY A FEW CENTS A SERVING!

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

MARVEN'S DAINTYSIZE SODA WAFERS

PLAIN OR SALTED

The **CRISPIEST** Sodas ever made!

ALWAYS ASK FOR **Marven's** IN YOUR FAVOURITE VARIETY OF BISCUITS

What a Difference Right Breakfasts Make!

Want to do yourself some good? Then take these first steps to better health. They're easy. They're pleasant. You'll benefit. The whole family can benefit.

Why Breakfast Is an Important Meal

A satisfactory first meal of the day should start you off right. Make sure your day is not spoiled through a hasty breakfast. The reason that skimmed breakfast encourages fatigue, irritability and lowered efficiency. A better breakfast helps you to start right and stay right all day.

Why Grape-Nuts Is Specially Made for Breakfast

It takes only two tablespoons of delicious Grape-Nuts to furnish the cereal share of a good breakfast. You'll enjoy these golden, crunchy kernels of whole wheat and malted barley. You'll benefit, too, from useful quantities of carbohydrates, proteins, and minerals. Plenty of flavor. Mix with milk or cream. Recipes for other uses on the package. Today order economical Grape-Nuts from your grocer.

A Product of General Foods

IT'S NEWS!

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ONLY A FEW CENTS A SERVING!

Mrs. Edward MacFadyen, Mrs. Fred Leard, Lunch — Mrs. Lloyd Inman, Mrs. Donald Howatt, Mrs. Joseph Murphy and Mrs. Kenneth Cameron.

Mrs. Lorne Carruthers kindly

Continued on page 11.

The Flour that Blooms in the Oven

RIGHT FOR ALL YOUR BAKING!

BLOSSOM FLOUR

The regular monthly meeting of the Melville Women's Institute was held on March 2nd, at the home of Mrs. John MacDonald with eleven members and two visitors present. The president, presided and opened the meeting by singing the Institute ode and by repeating the Creed. The minutes of last meeting were then read and ap-

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