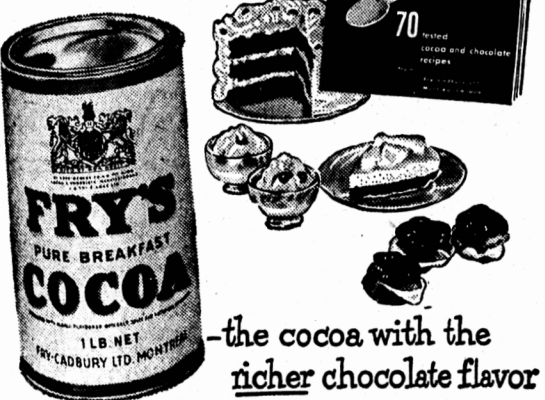




- a cup of Fry's fortifies!

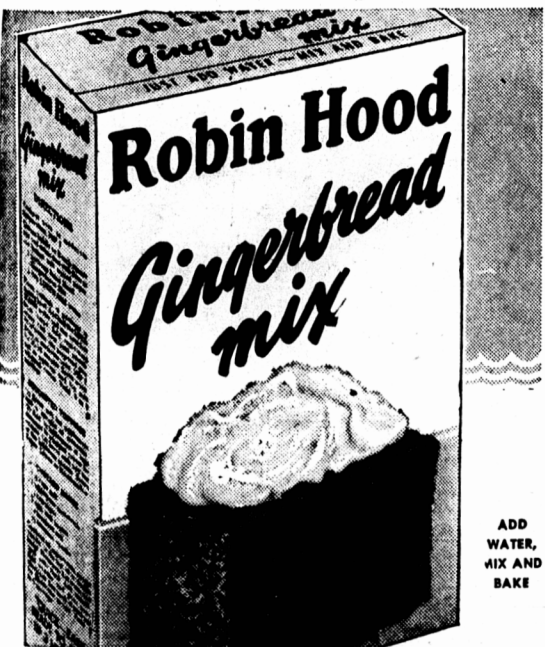
- and look, a free cookbook!

Use Fry's Cocoa in delicious cakes, cookies, pies, frostings, desserts! For Recipe Book, send name and address to: Fry-Cadbury Ltd., Dept. M-5, Montreal.



- the cocoa with the richer chocolate flavor

The permanent defence forces of the Republic of Ireland include 13,200 officers and men, plus 46,000 in reserves. The good coffee-growing area near Nairobi is the most densely settled part of Kenya Colony in Eastern Africa.



ADD WATER, MIX AND BAKE

HURRY UP! treat for dessert tonight—old-fashioned gingerbread topped with whipped cream! Make it the one-minute Robin Hood way. Women who baked and compared choose Robin Hood Gingerbread Mix, two to one. Try it tonight. C-38-31



NO SEEDS!

RICHER FLAVOUR! EASY TO PEEL!

First for Eating! First for Juice!

Barbara Brents BUYS WHYS

MONTREAL, Feb. 28th—Many a bride has won her man during leap year. And no doubt this year will be no exception. But the surest way to keep your man, leap year or any year, is to cook and bake specially for him. And you know any young—or not so young—bride can make her reputation as a "cook extraordinaire" if she bakes delicious cakes for her husband. Such cakes as are made with SWANS DOWN CAKE FLOUR. You want them to be delicate—and as deliciously moist and tender as a husband's favourite cakes should be. Well, there's no trouble at all in pleasing the good man when you have Swans Down Cake Flour—Swans Down is specially milled for better cakes. It is sifted and resifted until 27 times as fine as ordinary flour. Treat the man—and the family—in your life to a Swans Down cake... soon.

Here's How—To Happy Travelling! Whether you are taking an off-season vacation or venturing far from home for any other reason, your money will travel in real safety if you carry it in the form of Travellers Cheques. The BANK OF MONTREAL can supply you with Travellers Cheques that can be easily cashed at banks anywhere—and at many hotels and stores. And they're specially designed so as to be no good to anyone else... only you can use them! B of M Travellers Cheques come in convenient amounts of \$10, \$20, \$50 and \$100... and you can buy them for a trifling charge at your neighbourhood branch of "My Bank"! So—before you pack your bags—call on the B of M and put your money into Travellers Cheques... for a truly Bon Voyage!

At Last! Here's a nylon shirt he'll be proud to wear... the new BVD SHIRT! It's made of nylon tricot... something brand new in shirting material, it's attractive and comfortable in all kinds of weather. And the fused collar and cuffs of these BVD shirts never wilt—they stay good-looking for the life of the shirt without ironing. In fact, you never iron this easy-to-care-for shirt... laundering is a breeze! You'll save the price of the shirt in laundry bills alone! What's more, a BVD Nylon Tricot Shirt will outwear an ordinary shirt several times over. At \$12.95 the new BVD Nylon Tricot Shirt—blue, tan, grey or white—is a "bargain" he can't afford to miss!

It Won't Take A Second Longer to cook twice as much "Cream of Wheat" as you usually do for breakfast. Know why I'd like you to do that? Because Fried "Cream of Wheat" is so good at lunch! Just set half of what you cook in the morning aside to cool—and fry it for lunch—like this... Cut cooked, cold, firm "Cream of Wheat" into 1/2-inch slices. It desired, dip into beaten egg. Place 2 tablespoons salad oil in a pre-heated frying pan or griddle and fry until a golden brown on both sides. Serve at once with maple or corn syrup. M-mmm! Can't get enough of that satin-smooth CREAM OF WHEAT? goodness. So good—and so good for you!

There's No "Trick" to serving truly tempting Lenten meals... simply make sure you have a good supply of SUNKIST CALIFORNIA LEMON! Tangy, fresh Sunkist lemon juice brings out the flavour of fish and makes it so much more delicious. Try this taste-tempting fish dish some evening soon... Jellied Salmon. To 2 cups of canned salmon add the juice of 1 Sunkist lemon, 1/2 tsp. salt, dash of red pepper, 1 or 2 sliced, hard-boiled eggs and 1/3 cup green peas. Mix lightly. Soak 1 tsp. gelatin in 1/4 cup cold water and dissolve in 1 3/4 cups hot water. Fold into salmon mixture. Chill in large or small moulds and serve on lettuce. Serves 4.

"Most Used" of all my favourite recipes are the exciting dishes I can whip up in a jiffy with HEINZ CONDENSED SOUPS. Those are the soups made by soup specialists—so no wonder they "do" things for your meat loaves, pies and rarebits. Try this—CREAMED DRIED BEEF, MUSHROOMS AND NOODLES. 1 oz. dried beef, shredded; 2 tablespoons butter or mild flavoured dripping; 2 tablespoons flour; 1 10-oz. can Heinz Condensed Chicken Noodle Soup, undiluted; 1 10-oz. can Heinz Condensed Cream of Mushroom Soup, undiluted; 1 cup milk. Toast triangles. Sprinkle flour over beef. Brown well. Add Chicken Noodle Soup and Mushroom Soup and heat thoroughly. Add milk and mix well. Serve hot over toast triangles or hot biscuits. Serves 6-8.

Ten-Thirty and the house is swept and whistle-clean. Now you're ready for a chat with Mary over a good cup of coffee. Well, I'd like to suggest INSTANT CHASE & SANBORN COFFEE. Takes just seconds to make (no longer than boiling the water!)... and it's delicious. That's because it's made by the folks who "know their coffee"... it's the only instant coffee backed by over 85 years of coffee experience. The flavour's there—and the real coffee lift. After a cheery cup of Instant Chase & Sanborn, you'll feel like a new woman. Another thing you'll like about this good instant coffee... it's economical. There's no waste. And it's as easy to make ten cups as one.

Your Busy Hands DESERVE The Best Of Care. So when they feel dry after using detergents (nice for your china, but not for your hands!)... just treat them to soothing, smoothing JERGENS LOTION. You see, because Jergens is liquid, it quickly supplies the softening moisture that dry, thirsty skin needs. Frankly, I don't know what I'd do without it! I keep a bottle of Jergens handy in both kitchen and bathroom and use it after every watery chore. Then, at day's end—my hands look as if they'd never done a "lick" of work! I know you'll like Jergens Lotion. Ask for it—just 15c, 37c, 65c and \$1.15.

Have You Ever Noticed how things you learned at school suddenly come back to you? Marg said her washing always had a yellow tinge and then she remembered her chemistry teacher telling her that seven colours combine to make white, and one of them is blue. That's why there's no true white without blue. So of course, the answer to the problem of yellow-looking washings is Blue. Just wash it in the final rinsing and presto!—your sheets, shirts, table linens will fairly sparkle. What's more, Blue is kind to fine fabrics—won't harm them in the least! Costs just a few cents a month, too! Yes, for the whitest wash, it's RECKITT'S Blue.

Be sure to read this column next week for full details of the exciting new \$5,000.00 Contest.

Program For Blind People

OTTAWA, Feb. 27—(OP)—The Health Department Monday announced a program by which some of Canada's blind persons may have their sight restored. The program will place on a continuing basis an experimental scheme started in 1949, through which sight was restored to 46 of 76 blind pensioners treated. Not all blind persons—18,000 in Canada—respond to the treatment, the announcement said. The greatest success has been in the removal of cataracts.

Children Go Back For Toys, Die In Blazing Home



When fire raged through their two storey log home at Cook's Mills, near North Bay, Ont., Mr. and Mrs. Aime Sauve managed to herd their nine children safely from the flaming building. But in the ensuing confusion, Lillian, left, nine, and her little brother, Alcide, right, who was to have celebrated his fourth birthday the next day slipped back into their home to recover their toys. Trapped inside, the two youngsters burned to death. Cause of fire is unknown.

CAVENDISH W. M. S. The February meeting of the Cavendish Auxiliary of the W.M.S. was held at the Manse on Wednesday afternoon, Feb. 13th, with a good attendance. The devotional period led by Mrs. Ernest MacNeill was a worship service based on relationship with God's children of other races, nationalities and creeds.

The Literature Secretary had a good display of books and each member took one to read. The meeting closed with Mizpah Benediction. A short meeting of the Ladies' Aid was held at the close of the Auxiliary meeting. New officers were elected as follows: President, Mrs. Ira MacCoubrey and secretary-treasurer, Mrs. Lorne MacNeill. Refreshments were served by Mrs. Ernest MacNeill and Mrs. Lorne MacNeill, assisted by the hostesses.

PRINCETOWN ROAD W. M. S. The Princetown Road W. M. S. met at the home of Mrs. Russel Proutie on February 5. The President opened the Devotional period with hymn 378 and followed the lesson in the study book with scripture reading by Mrs. Austin Sentner and prayer by Mrs. Ivan Sentner. A summary of a chapter in "Growing With the Years" was given by Mrs. Vincent White. The business session was then conducted and the minutes of the January meeting were read. Eight members answered the roll call and four visitors were present. Thirty-two home calls were reported and one hospital call. Various thank-you notes were received. Plans were made regarding the World Day of Prayer service in South Winsloe, on February 29, and it was decided to begin assembling articles for the send-away boxes now so they would reach their destination in good time. Each member is to bring a flour bag to the next meeting to make backs for quilts.

For the next meeting each member was asked to take part in a prayer circle, giving a short prayer or repeating a verse of a hymn or a Bible verse. The Literature Secretary had a good display of books and each member took one to read. The meeting closed with Mizpah Benediction. A short meeting of the Ladies' Aid was held at the close of the Auxiliary meeting. New officers were elected as follows: President, Mrs. Ira MacCoubrey and secretary-treasurer, Mrs. Lorne MacNeill. Refreshments were served by Mrs. Ernest MacNeill and Mrs. Lorne MacNeill, assisted by the hostesses. Plans were made regarding the World Day of Prayer service in South Winsloe, on February 29, and it was decided to begin assembling articles for the send-away boxes now so they would reach their destination in good time. Each member is to bring a flour bag to the next meeting to make backs for quilts. Mrs. Ern. Dollar and Mrs. Vin-

KING COLE TEA Fragrant and Delicious

THURSDAY — FRIDAY — SATURDAY SPECIALS BIG VALUES FOR LITTLE PEOPLE

25 Per Cent Off Esmond Blankets, Flannel-ette Sheets, Gowns, Vests, Dresses, Bunting Bags, Slips, Kimonos, Bonnets, Bootees, Mitts, Bibs, etc.

1-3 OFF Balance Corduroy and Chinchilla COAT AND LEGGINGS SETS Sizes 1 to 3 Years

Table of assorted Baby Goods clearing at 25c, 50c, \$1.00 and \$2.00 ea. At Our Sale of Infant's Wear We have everything for Baby's winter wardrobe this week at low, low sale prices! "THE CHILDREN'S STORE" THE MISSES HOLMES & BRADLEY 159 QUEEN ST. PHONE 92

Advertisement for Hamilton's NEW Dainty Cream Sodas. Crisper! Fresher! Hamilton's NEW Dainty Cream Sodas. Made with pure vegetable shortening. Try Hamilton's NEW Dainty Cream Sodas... with soup, with cheese, with peanut butter... they go well together. MADE IN THE MARITIMES