

Fresh as the day it was packed!



NURSE ARRIVES

LONDON, Aug. 9 — (AP) — Helen Howe, a maternity nurse, Tuesday moved into Clarence House residence of Princess Eliza-

beth. Nurse Rowe will attend the Princess at the birth of Elizabeth's second child, expected within the next few days. She also attended the Princess at the birth of Prince Charles in November, 1948.

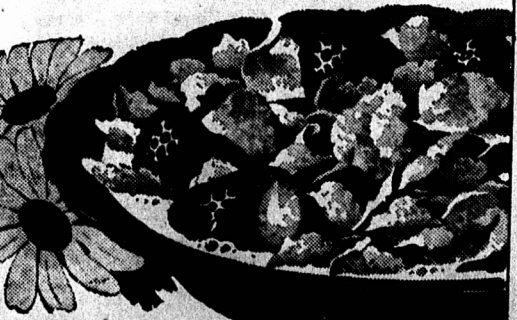
FRESHEST

So fresh, you hear the flakes rustle out of the box! Oven-crisp in milk! Freshest of all cereals! Delicious any time—morning, noon or night!



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Big flakes of sweet-toasted corn! Fresher, tastier! And nourishing... here's the "power" of corn for you. Delicious main dish of happy breakfasts!



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For the biggest treat in cereals, get the freshest. Kellogg's Corn Flakes! So fresh, because people eat them as fast as we make 'em! For your bargain in goodness—buy Kellogg's Corn Flakes.

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"IS MY FACE RED!"

Don't risk spoiling your pickles—use the finest Vinegar! Make sure of the best pickling results with your tomatoes, beets, onions, cucumbers, and other vegetables, by using only our de luxe Vinegar—it's economical, too, because it is a Maritime product. Guaranteed for flavor, strength, purity and aged-in-wood maturity.

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Canning, N.S.



Marrying Mark

By VIOLETTE KIMBALL DUNN

Continued
"But it doesn't make much difference, does it?" asked Valerie. "You see this is the first trip I ever took. I mean with my father. Because you can't call a chauffeur's driving a trip, can you? It's the first time I ever chose my own clothes and the first time I ever had a friend. I mean really a friend. Are fathers always friends?"

"Well, anyway they always ought to be," said Mark. He knew a moment's qualm for the responsibility he had undertaken. He felt a mounting respect for the heads of families. "As for where we're going, I thought we'd just head north and let things ride. We'll loaf along, and if we see anything we like we'll stop and look it over. It's nice not to hurry when you're just out to play, don't you think?"

"I think it's all nice," said Valerie. "It's like all the things that ought to happen, and nearly always don't!"

They were gone a month. Valerie's small thin face filled out and her color became a part of it, instead of a reaction of fear or joy. She had one way a little girl. She was coming back, if not grown up, at least not nearly so young. She was somebody who had been places and seen things. Somebody whose opinion was asked. And best of all, the black and nameless terror was gone forever. She couldn't tell how she knew it was just something you felt but couldn't explain.

It had happened up in a little Vermont town. Her room in the hotel had been next to Mark's as usual. She had gone quietly to bed after a long day in the open and had fallen asleep almost at once. Suddenly, toward morning, the panic was on her. She sat on the side of the bed clutching her heart, which thumped and pounded and left her cold and shaking. For the first time in her life, there had been somebody to help.

She must have cried out and suddenly there was Mark. He ran in, thrusting his arms into his dressing gown of heavy silk. He asked no questions, but picked her up; caught a cover from the bed, wrapped her in it and walked up and down the room with her in his arms.

When the terror dimmed a bit, he began to talk, dropping a hint here, a tactful question there, until he had the whole story. He couldn't have told what he said. Words seemed to come to him unsought. Valerie could hardly remember the next day. She only knew that when he put her back in her bed, kissing her and going quietly out, the thing vanished forever. The secret fear she had hidden almost as long as she could remember had evaporated. She would never have forgotten the trip for that alone.

The next day Mark taught her to drive his car. He said she might as well learn on the long stretches of road, even though she couldn't drive officially for ever so long. So he made a driver out of her. It was just another wonder in a world filled with miracles. The sense of controlled power under her hands. The smooth beat of the engine, like a great heart. She wondered again if she was really the wretched little girl who, at Miss Weatherbee's questioned daily why she had been born.

Two days this side of home they ran into adventure. Valerie had been secretly wondering about adventures. A trip could hardly be complete without one, and yet she wouldn't speak of it to Mark for fear of hurting his feelings. And then just as she had abandoned the idea, there it was! They had made an early start, getting up at six, with a long drive of driving ahead. The world still wore its early morning face of innocence as they came out of the hotel and watched the head porter direct the stowing away of their bags. There was a small thrill in the way even servants spoke to Mark. Even when they didn't know who he was. They seemed to feel he was very special. Valerie couldn't quite place what made him special. He dressed like other men and looked like them, only better and yet he was quite different. His English tweeds were only tweeds, but they had Mark inside then she thought somehow of velvet and ermine, or whatever kings were supposed to wear. Even the angle of his hat was a little thrilling. And of course there was no other face quite like his in the world. She could hardly realize she had known him a whole five years without knowing him at all. She felt as if she had only recently discovered him. Like Columbus and America, or Franklin and electricity. She sat beside him in the car thinking this and looking up at him admiringly. She thought she would like to tell him. Only it was funny about words. They often paid so little attention to what was expected of them. "It's a nice day isn't it?" she asked as they swung out of the winding drive of the hotel into the highway. "There have been a lot of them, haven't there? Just for us—for The Trip." She still spoke of the trip in capitals, the way she thought of it. Mark cocked an eye at the weather. "Somehow I'm betting on rain," he said. Valerie could see no cloud in the brilliant blue of the sky. But if Mark said rain, you could probably count on it. "Why?" she asked. "I don't know. Smells, somehow. But what do we care?" To be continued

Barbara BUYS WHYS

Brents A WEEKLY INFORMATION SERVICE

MONTREAL, Aug. 10th—I feel so much better when my eyes feel rested. That's why I make a point of always having a bottle of MURINE handy—one at home and one in my purse, wherever I go. Just 2 drops of Murine refresh tired eyes instantly! Even when your eyes don't actually "complain" of tiredness, you'll find that Murine makes them feel so much better! Using Murine regularly brings welcome relief to eyes that work hard for you morning, noon and night. You see, Murine contains 7 ingredients that blend perfectly with the natural fluids of the eye. It cleanses and soothes delicate eye tissues in a jiffy!

Something Good For Baby To Chew On...that's what tasty, nutritious McCORMICK'S SUNWHEAT BISCUITS are! Yes, these biscuits that all the family like—are specially "right" for baby! As you know, Vitamin D is essential in the prevention of rickets, poor bone structure and retarded tooth development...and the Vitamin D content of SunWheat Biscuits has been increased by direct irradiation with ultra-violet rays! Each SunWheat Biscuit contains 50 International Units of Vitamin D—also calcium, phosphorus and other valuable food elements. And SunWheat Biscuits have the ideal crisp hardness to exercise baby's teeth and gums, yet they soften readily and are easily digested!

August Means Opportunities for you in shopping! It will pay you to read the ads extra well this month. And don't let immediate shortage of funds keep you from taking advantage of any really useful bargain... for instance, in furnishings! Talk your plans over with your husband... and see your BANK OF MONTREAL manager together. A B of M Personal Loan costs you only 27 cents a month in interest per \$100 borrowed, if you repay in 12 monthly instalments. A B of M Personal Loan can save you a lot of money by helping you to get bargains while they're going! And you pleasure of enjoying at once your new possessions.

It May Not Be Good Manners—but it shows real enthusiasm when a baby bangs his spoon for "CREAM OF WHEAT"! Yes, babies love tempting 5 Minute "Cream of Wheat"! It's so good—and so good for them! Brimming with many kinds of valuable nourishment babies need to help maintain normal growth and health. For it provides Iron to maintain good red blood—and Calcium and Phosphorus for diets deficient in these elements. Cooks to baby's liking in just five minutes of boiling! So give it to baby often—and for your FREE COPY of the helpful, delightfully illustrated booklet—"Commonsense Feeding Habits for Your Baby"—simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q.

"Gesundheit!" won't help those hay fever or "summer cold" sneezes! But I know something that will... ANOHIST! You see, Anohist combats the histamine that many doctors believe is released in your body by an allergic reaction. That's because Anohist is an antihistamine formula, and no one can enjoy this pleasant relief at a cost of only about 30¢ a tablet! Just think!... relief from the miseries of hay fever and colds—for just a few pennies! So don't be a "sniffles" sufferer—ask for Anohist at your drugstore today! 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.

Wheat! It IS Warm, isn't it? But I know something that will make you feel at least ten degrees cooler! When you keep your skin cool and moist with regular WOODBURY COLD CREAM cleansing—you'll feel cooler because you'll look cooler! So take a cool shower—put on your crispest, coolest dress and give your complexion a "Woodbury beauty treatment"! Woodbury Cold Cream penetrates deep—into pore openings to loosen every last bit of grime and make-up. That's because it contains that magical new ingredient—PENATEN. Penaten has amazing penetrating power—it works quickly, thoroughly, yet gently to make your skin pre-fresh, exquisitely clean! So take my tip and make a beauty habit of Woodbury Cold Cream!...19¢, 37¢, 65¢ and 95¢.

Here's A Wonderful Silversware Offer you won't want to miss! You can have a set of 6 teaspoons or a 24-piece set of famous Wallace Brothers Silver Plate in the beautiful "Laurentian" pattern—for half price and less! All pieces except knives are silver-plated on finest quality nickel silver with an extra deposit of silver at the point of greatest wear. Knives have stainless, mirror-finish blades and silver-plated handles. Get in the happy habit of using delicious, nutritious LIBBY'S EVAPORATED MILK in your cooking—for here's what you can have by saving your Libby's labels—6 teaspoons (\$8 open stock value) for just \$1 and 24 Libby's Evaporated Milk labels—OR—a 24-Piece Set of 6 teaspoons, 6 dessert spoons, forks & knives (\$18 open stock value) for only \$5 and 24 Libby's Evaporated Milk labels. (Labels from both large and small tins are acceptable for both offers.) Send your labels and money order to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your silversware!

Top Of A Midsummer Meal with feather-light cup cakes frosted and decorated as colourfully as a summer garden. And to be sure of baking success, make them with SWANS DOWN CAKE FLOUR. That's the flour that's sifted again and again 'til it's 77 times as fine as ordinary flour!...Feathery Cup Cakes... 1/4 cup sugar, 1/4 cup shortening (part butter preferred), 1/4 cup milk, 1/2 cup shortening (part butter preferred), 1 egg, 1 tsp. vanilla. Cream shortening, add sugar gradually; cream until light. Add eggs and beat well. Add flour, alternately with milk a small amount at a time; beat smooth after each addition. Add vanilla for instead cream 1/2 tsp. grated orange rind with shortening. Turn into greased muffin pans or paper cups set in muffin pans; fill 2/3 full. Bake in moderate oven (375 deg. F.) 15 to 20 minutes. Frost and decorate. Makes 30 tea cakes.

IN MEMORIAM

MRS. CLARA GILLESPIE

On the evening of June thirteen, the residents of New Wiltshire and vicinity learned with deep regret of the sudden passing of one of their much respected neighbours in her sixty-ninth year. Although the deceased had not been enjoying the best of health in recent years her end came very unexpectedly and she will be sadly missed in her home in which she took much christian interest and where everyone was assured of a warm and friendly welcome. The late Mrs. Gillespie is survived by her husband, She leaves also to mourn the loss of a kind and loving mother the following sons and daughters: Bill, Stanley, Howard and Ralph of Toronto; Reginald at home; Vera (Mrs. Ora Tilley) New York; Margaret (Mrs. Foster Moore) Toronto. Also the following brothers and sisters: Bill and Wellington of Alberta; Garfield predeceased her. Mrs. Arthur Davidson, Lowell, Mass.; Mrs. Billy Johns, Concord, N. E.; Mrs. Pat MacDonald, Portland, Maine; Mrs. Blanche MacQuarrie, Toronto; also sixteen grandchildren and one great grandchild.

Card Of Thanks

The family of the late Mrs. Clara Gillespie wish to thank all those who sent flowers, cards or messages of sympathy as well as acts of kindness shown them during their sad bereavement.

RED, ROUGH HANDS Enjoy soothing comfort, prompt relief—today buy world-known medicated, emollient CUTICURA OINTMENT

FOOD SAVINGS

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- FOR SUMMER SALADS
DEEP SEA TROUT, 7 3/4 oz. tin 28c; 2 for ..... 55c
Kraft Miracle WHIP, 8 oz. jar ..... 25c
Kraft DINNER, pkg. .... 17c
SHREDDED WHEAT, pkg. 18c; 2 for ..... 35c
Kellogg's CORN FLAKES, 8 oz. pkg. 15c; 2 for .. 29c
IVORY SOAP, large cake 15c; 2 for ..... 29c
BIG 5 CLEANSER, 3 tins ..... 21c
Heinz BABY FOODS, all varieties, 3 tins ..... 25c
Sweet Treat Pineapple JUICE, 20 oz. tin 18c; 2 for 35c
Oak Leaf TOMATOES, lge. 28 oz. tin 17c; 6 tins \$1.00
Montserrat LIME JUICE, 16 oz. bot. .... 43c
Kraft Cheese SPREADS, 4 oz. jar, 2 for ..... 47c
LOBSTER PASTE, 3 oz. tin ..... 15c

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BAKED MEAT LOAF, lb. .... 59c
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COOKED PORK TONGUE, lb. .... 69c
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Now Is Preserving Time CERTO, bot. . 26c

THERE OUGHT TO BE A LAW

By Fagoly & Shortess



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There are millions of them—contented Carnation babies. They get as fine a food as can be put in a baby's formula.

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