

## BUY'S

**CHECK THIS LIST OF ITEMS AND NOTE THE SAVINGS WE OFFER FOR—**

**THURSDAY — FRIDAY and SATURDAY**

NEW CROP—15 oz. tins  
**TOMATO JUICE 10c, 6 tins . 55c**

LYNN VALLEY 2 Tins ..... 29c  
**PEAS, 20 oz. tin 6 Tins ..... 85c**

MARVEN'S  
**SODAS, 1 lb. pkg. .... 29c**

GRAVES'—15 oz. tins 2 Tins ..... 25c  
**WAX BEANS 6 Tins ..... 73c**

OLD TOWNE SWEET MIXED  
**PICKLES, 1ge. 48 oz. jar ..... 59c**

GUARDSMAN — Oil or Mustard  
**SARDINES, 3 tins ..... 27c**

CAMPBELL'S 2 Tins ..... 23c  
**TOMATO SOUP 6 Tins ..... 67c**

**WHITE SUGAR, 10 lbs. .... \$1.09**

ICING  
**SUGAR, 1 lb. pkg. 15c; 2 for . 29c**

288 COUNT  
**ORANGES, doz. 39c; 2 doz. .. 75c**

CHOICE  
**GRAPES, lb. 18c; 2 lbs. .... 35c**

HEAD LOCAL  
**LETTUCE, ea. . . 15c CELERY, head . 15c**

MAPLE LEAF  
**PURE LARD, lb. 25c; 2 lbs. ... 49c**

BREAKFAST  
**BACON, sliced, lb. .... 55c**

111 H. C. ATKINSON PHONE  
 115 GRAFTON ST. GROCETERIA 2216  
 2247

## Barbara Brent's BUY'S AND WHYS

A WEEKLY INFORMATION SERVICE



**MONTREAL, Nov. 2nd**—This is the stormy time of year when living rooms need something to make them extra cosy . . . a touch of colour — a note of cheer. Try brassware! Its glowing beauty gives any room life and character. It's not expensive — and it's so very good-looking! A pair of candlesticks — a brass table lamp — red apples filling a glowing brass bowl . . . it's amazing what these brassware beauties can do to make a home more homelike! And don't forget, when you're buying your brassware, buy BRASSO, too. Regular polishing keeps brassware beautiful. And it's so very easy with Brasso — for it's the polish made especially for brass.

**Succeeding Is Believing**, so after reading the booklet — "How to Dye Bulky Articles with All-fabric Tintex", I did something I've wanted to do for a long time — dyed some of my white sheets Shell Pink. It was a huge success! And, know what? I discovered just how inexpensive it is to dye bulky articles in my washing machine. Easy, too! And results are definitely best — in fact, they're wonderful — with All-fabric Tintex Tints and Dyes. Don't worry if you don't have a washing machine. Just take your sheets or slip-covers or drapes to your nearest Laundrette, where they sell Tintex and where you can have your bulky things dyed any color you wish. *Would you like the booklet? I'll send it to you free of charge* simply write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q.

**"Gesundheit!"** won't help the sneeze that warns of a cold — but I know something that will . . . ANOHIST! Taken at first sneezes or sniffles, Anohist can stop cold symptoms in a single day! And by taking Anohist immediately in 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's today! Costs only about 3c per tablet! Remember: all anti-histamines 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.

**Surprise!** . . . The youngsters are doing the dishes. What do you suppose has come over them? Why, it's those brand new, grand new C-1-L Sponges that make dishwashing so fast 'n' easy! The C-1-L Cellulose Sponges are velvet-soft when wet — nice to handle — and nice to your finest china! Their square shape makes it easy to clean in the corners of things like pots, pans 'n' glasses. And these wonder-sponges float! No fumbling around in the bottom of the dishpan! What's more — they're so easy to keep clean! — just boil in baking soda and water to sterilize. Ask for C-1-L Sponges (five convenient sizes) at hardware, department, drug, variety or grocery stores. And be sure to look for the C-1-L label. It's your assurance of quality.

**A Lightning-Fast Courtship** . . . on skis! Yes, Marie Gerin-Lajoie was courted by Christopher Gribbin as she "taught" him how to ski. (Later she discovered that her "pupil" was Ski Coach for the University of Montreal!) Now they'll be a permanent ski-team, for their courtship on skis ended in marriage. Marie was a beautiful bride . . . with a complexion more dazzling than the snow she loves to ski on! Her beauty secret? Marie keeps her skin petal-soft — sparkling with WOODBURY FACIAL SOAP, the beauty cream ingredient. Yes, the skin specialists who make Woodbury put a fabulous face-cream ingredient into every cake. It's a precious skin-softener used in the very finest face creams! So take a tip from a lovely "Woodbury" bride — start Woodbury "facials" today. And use Woodbury Facial Soap in your bath for all-over beauty. Just 10c a cake!

**I Admit that I'm a perfectionist** when it comes to cakes. I just hate to see good ingredients wasted on a cake failure. And if you're like me, I'm sure you'll be just as thrilled as I am with the cakes that SWANS DOWN CAKE FLOUR makes. That's the cake flour that's sifted over and over again 'til it's 27 times as fine as ordinary flour. Well — you can imagine! . . . And results are every bit as wonderful as you'd expect them to be! For Swans Down Cake Flour is made by cake flour specialists to give you cakes with better, finer texture — cakes to delight the fussiest perfectionist!

**"Pretty Soft!"** — That's what you'll say the first time you use those new coloured tissue handkerchiefs, FACE-ELLE "Et Pastels"! Pretty? — Well those dainty pastel shades (three colours in the one box) are lovely to look at. And soft? — They have a 3-ply cushioned softness as gentle as a whispering breeze! Your guests will appreciate your Face-Elle "Et Pastels" too, when they see the smart box on view in your guest-room. And that goes for Gibson's Tinted Tissues too. These are the coloured tissues sold by grocery stores — (You get Face-Elle at drug and toiletry counters). Both brands sell for only 25c for a big box . . . or you may prefer to send me 25c in coin or postage stamps and I'll see that you get a box right away. My address is: Barbara Brent, 1411 Crescent St., Montreal, P.Q.

**DOUBLE Bargain!** . . . save money by using delicious, nutritious LIBBY'S EVAPORATED MILK in your cooking . . . and save your Libby's Evaporated Milk labels to get a bargain in Wallace Brothers Silver Plate (in the beautiful "Laurentian" pattern)! . . . Yours for half price and less! . . . 6 teaspoons (\$8 value) for just \$1 and 6 Libby's labels — OR — a \$4-piece for just \$1 and 6 Libby's labels (\$15 value) for only \$8 and 24 Libby's labels! (Labels from both large and small tins are acceptable.) Simply send your Libby's Evaporated Milk labels and money order to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — and I'll see that you get your silverware.



**Getting Away From It All** with your husband is a grand idea. But with a growing family, it's sometimes difficult to arrange, isn't it? Best way I know to make this dream of a "Second Honeymoon" come true is to begin saving for it now. Open a "Sunshine Account" at the BANK OF MONTREAL . . . to send the youngsters to camp and to leave you and your husband "free and easy" to do what you like! A little in your B of M "Sunshine Account" every payday during the coming year will give you the pleasantest vacation you've had for many and many a moon!



**Meat, Potatoes 'N' Pie For Breakfast?** Some folks like 'em, it's true — and certainly a breakfast like this is no worse than a hasty cup of coffee. But the truly nourishing breakfast is a matter of quality — not quantity. That's why delicious 5 Minute "CREAM OF WHEAT" is "tops" with most families at breakfast-time. It's so good and so good for you. You see, 5 Minute "Cream of Wheat" contains Iron necessary for good red blood and Calcium and Phosphorus — for diets deficient in these elements. Easy to prepare, too — for 5 Minute "Cream of Wheat" cooks to tempting perfection in just five minutes of boiling!



**NEW ANNAN W. I.**  
 The October meeting of New Annan Institute met at the home of Mrs. Elmer Moose. The meeting opened in the usual manner with the President, Mrs. Delbert Rayner in the chair. Roll call was answered by nine members handing in articles for rummage sale. One member who had not contributed toward party sale gave \$1.00, making the total proceeds \$18.40. The sick committee made three calls, fruit bill 72c. School Committee had a bill of 35c for paper towels. The Secretary was asked to send for 1000 cod-liver oil capsules. Mrs. Albert Moose invited members to her home for November meeting when the roll call will be answered by paying membership fees.  
 Mrs. John Moose and Mrs. John McInnis to assist with lunch.  
 The cards which were ordered at the last meeting, arrived and were all priced. Quite a number of boxes were sold among the members.  
 The hostess assisted by Committee served a dainty lunch.  
 Meeting closed with the National Anthem.

## WIN

a beautiful  
**FUR COAT**  
 in the big  
**OGILVIE**  
 RADIO CONTEST

All you do is:  
 Write 10 words or less on your favourite Ogilvie product. Mail it with a box top to Box 549, Toronto

For full details listen to KATE AITKEN on the Ogilvie Program.

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**CONAWAY SCHOOL**

Report for month of October.  
 Grade X 1. Theresa MacPhee.  
 Grade VIII 1. Mary C. MacDonald.  
 Grade VII 1. Bernadette MacPhee, 2. Velma MacKay, 3. Anna MacAdam.  
 Grade VI 1. Jean MacAdam.  
 Grade II 1. Bruce MacLean, 2. Plus MacDougall, 3. Allan MacPhee.  
 Grade II 1. Ellen Jane MacPhee, 2. Charles MacAdam.  
 Grade I 1. Jean MacPhee, Teacher Freda Mullen.

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**NEW HAVEN W. I.**

The October meeting of New Haven W. I. met at the home of Mrs. S. H. Caville with twenty members and four visitors present.

Meeting opened with Ode followed by Creed. Roll call was answered with a quilt square and something for the Orphanage. Minutes of last meeting were heard.

The business part of the meeting then took place. It was moved and seconded to withdraw the bond from the bank and use it to improve the school. Sick committee reported sending fruit. School committee was re-elected. Correspondence was read and discussed.

Letters were received acknowledging \$15.00 donation sent to Orphanage.

It was decided that each member bring their donation for the cancer fund next meeting. Four bottles of capsules are to be ordered from Red Cross office.

Next meeting is to be held at the home of Mrs. Charles MacDougall, roll call to be answered with membership fee. Collection amounted to \$1.15. Bills amounting to 78 cents were paid. Meeting closed with "The King" after which a pleasant time was spent, the occasion being the tenth wedding anniversary of Mr. and Mrs. Stanley Newman. An address was read and gift presented to Mrs. Newman. She graciously thanked members for their thoughtfulness. All joined in singing "For She's a Jolly Good Fellow". A dainty lunch was served by the hostess and some of the ladies.

# NO EXPENSIVE EGG TO ADD!

Every OGILVIE Cake Mix is a complete, ALL-ready mix!

Fresh eggs, milk and pure vegetable shortening are all in the mix. All you need do is add water, stir and bake. Ogilvie Mixes stay fresh longer!

Only Ogilvie has EGGANENE, the remarkable new process that homogenizes the eggs, milk and shortening — keeps them refrigerator-fresh right in the package.

For finer, lighter, better-tasting cakes, buy Ogilvie Silver Cake Mix, Gold Cake Mix, Chocolate Cake Mix and Gingerbread Mix.

**Only OGILVIE mixes have the Fresh magic of EGGANENE!**

## Kennedy's Week-End SPECIALS

**BLOUSES**— White, Pink, Blue, Yellow **\$1.98**

**DRESSES**— Taffetas and Wools **\$7.95**

**DRESSES**— 1 Rack Going at **1-3 OFF**

ALSO  
 COMPLETE LINE OF  
**Fur Trimmed and Untrimmed COATS**

Sizes 12 to 44, 11 to 24½  
**\$20.95 to \$95.95**

Use Our Lay-Away Plan — A Small Deposit Will Hold Any Article In The Store.

## Kennedy's Ladies' Wear

166 QUEEN ST. Next Door to Bus Stop

## USE THERMOGENE MEDICATED WOOL FOR DEEP SEATED CHEST COLDS




• THERMOGENE Medicated Wool applied at the first sign of a chill provides soothing, penetrating heat instantly. So clean and easy to use.

Help prevent colds—relief from the misery and pain of sore throat, bronchitis, neuralgia, lumbago, sciatica and minor rheumatic pains. Countless Canadians say that THERMOGENE Medicated Wool is truly "The Warmth that Soothes."

Inhale THERMOGENE Medicated Rub, a companion product, to quickly relieve head colds. Buy today at your druggist.

**THERMOGENE**  
 MEDICATED WOOL

## Mmmmm! Luscious. LOW COST feasting! AUNT JEMIMA READY MIX for BUCKWHEATS



Easy as 1-2-3!


# To the Lady who...

1. Thinks nutrition is important.
2. Prides herself on serving tasty meals.
3. Must keep within a strict food budget.

What homemaker today doesn't stop for a split second and mentally pass on the nutritive value of a meal or dish? If you are conscious of the family's welfare nutrition-wise, Canned Salmon is a great help. It's an excellent dietary source of niacin and is a protein food that contains amino acids so necessary in balanced diets.

The secret of a good cook is serving good food—tantalizing the taste buds. That is where Canned Salmon excels. Its rich yet delicate flavor is deliciously different. No other food tastes just like Canned Salmon. Canned Salmon by itself is just right. Canned Salmon as a "combiner" with other basic foods permeates and complements delightfully. The fact is, any way you serve Canned Salmon you will rate raves from family or guests.

Food costs a worry? Take a good look at the penny for penny value of Canned Salmon. There is no cut-away waste, no trim. Every tempting morsel is edible food. When Canned Salmon is used in hot dishes there is no cooking shrinkage. All in all Canned Salmon is one of the most economical food buys today.



Canned SALMON

ASSOCIATED SALMON CANNERS OF BRITISH COLUMBIA