

QUICK
QUAKER OATS

Richest in Protein, the Food for Growth and Stamina

QUICK
QUAKER OATS

Cooks in 2 1/2 to 5 minutes

Household Scrapbook
 By Roberta Lee

Cleaning Aluminum
 Try pouring a few ounces of vinegar in each aluminum utensil, heat it and then scour the surface. It makes the surface appear like new.

Removing Paint
 To remove paint from glass or porcelain, try using coal oil. It is cheaper than turpentine and often times as effective.

A Refreshing Bath
 A small quantity of saleratus added to the bath is very refreshing.

Whitewash
 Whitewash can be removed by scrubbing with vinegar and water.

Motoring With Mary
 Every revolution of the engine grinds out wisdom for the woman who drives a car, one of them has discovered.
 By MARY JANE MOORE

ADVENTURING ON AUTO ROW

"Junior," said Bob looking at the youngster who lay in his carriage staring solemnly at the ceiling. "What do you think of the Serene Six?"

"Wah," wailed the six months old wonder with the traditional perversity of the very, very young.

"You left that pin open on purpose," Bob accused.

"If I did, I timed things pretty well," I replied.

We finished breakfast with the speed of those bound upon a great mission and set forth for our town's automobile row to put into effect the decision to buy a new car. Out of deference to Bob, I agreed to look at the Serene Six first.

"Gee, that's a beauty," said Bob as we entered the salesroom and glanced at a sport roadster model.

"So was Helen of Troy, but she wasn't very comfortable nor smooth running," I reminded him.

"With respect to car buying, woman's place is in the home," Bob shot back. "That becomes clearer with your every word."

A suave salesman sauntered over to us as we stood looking at the roadster.

"You can do 75 easily in that," he began.

"Where?" I asked. "On what speedway?"

The looked at me coldly. The salesman smiled—a bit pityingly, I thought. Bob's obvious warmth as a prospect, however, soon thawed out the atmosphere and matters began to flow smoothly.

"You're right," said the salesman turning to me. "I need to open to quick dismissal when spoken of in terms of 75 miles an hour. But, its not to be dropped so quickly if we stay away from the top post of the speedometer."

"You cannot get along without speed in a car today, though I don't realize that you must visualize yourself tearing down Broadway at 60 miles an hour. Speed has other meanings that are more important and—"

"A lot safer," I butted in.

"Yes, a lot safer under most conditions," replied the salesman. "Speed meant pick-up, it means power for the emergency and, almost paradoxically, it means the fastest stopping that ever was known in the history of motor vehicles. That is true because the manufacturer has been to build speed in his cars. You realize that he had to incorporate better deceleration to match it. In effect, every time five or ten miles an hour greater speed is built into a given car, proportionately better brakes have to be added to it."

"Well, then, if you do not use the extra five or ten p. h. very frequently you at least will be using the quicker deceleration constantly."

"You make better time in today's cars driving at no higher average speeds than you did in the old days. It's this way. If you intend to drive 40 m. p. h., you get to 40 much faster. You make better time there and then you are driving 40 and something appears in front of you. You apply your brakes and—you make better time there. Both are speed and it's speed that is apparent to all."

"A good idea to bear in mind in taking a demonstration?" I commented.

"Yes, indeed," replied the salesman. (Next week: Taking a Demonstration.)



The triple Link of Health
 The rich proteins of the Soya Bean, plus malt extract and milk, give chocolate-flavored VI-TONE its vital energy-producing, body-building properties. Delicious to the taste—Recommended by physicians and athletes.

The Land We Love
 By Frank Yeigh

CANADA'S TOURIST REVENUE
 Q. What is Canada's estimated tourist revenue?
 A. So large is the annual total revenue derived from tourists in Canada that it is now exceeded only by the yearly value of the wheat exports of Canada. In 1927 over \$25,000,000 was spent by tourists in the Dominion. In 1928 it is estimated the total will be fully \$300,000,000 and there is every assurance of the tourist traffic to Canada increasing every year, for as regarding natural attractions for outdoor recreations the Dominion is exceptionally well favoured by nature. Among the popular attractions to tourists are the National Parks in the Canadian Rocky Mountains and Provincial Parks in Eastern Canada, which extend over thousands of square miles.

Daily Lessons in English
 By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "the men furnished different analysis." "Analysis" is plural pronounced sez.
OFTEN MISPRONOUNCED: malaria. Pronounce first and last a's as in "ask," second a as in "day," not as in "air."
OFTEN MISSPELLED: despatch, or despatch. Orthographers are about equally divided as to preference.
SYNONYMS: earthly, worldly, mundane, terrestrial, temporal, secular.
WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: **COMPLEXITY:** complication. "I admit the extreme complexity of conditions."

Denver has begun to use natural gas piped from a Texas field 340 miles away.

Australians are planning an air-mail service between Melbourne and Tasmania.

Attachable to a condensed milk can, a new device includes a plate to be held over a hole punched in its top to exclude dust.

LAXATIVE FOR BABY THAT "STAYS DOWN"
 Baby's tiny system rebels against castor oil and strong purgatives; but here's a medicine that just suits him. And it does the work quickly and so gently that baby doesn't feel it. Fletcher's Castoria is soothing, cross, fretful babies and children to sleep and making the feverish, constipated, upset ones well and happy, in millions of homes today. Castoria is purely-vegetable, harmless and endorsed by the medical profession. Avoid imitations. The Chas. H. Fletcher signature marks genuine Castoria.

UNCLE RAY'S CORNER

STRANGE NESTS OF THE SWIFTS
 The family of swifts is widespread over the earth. We find some members in Asia, others in Australia, and still others in North and South America.

Swifts differ in their habits. Some build large nests, while others make tiny homes for their young.



A Java native collecting bird nests.

In India the tree swift makes a very small nest, from thin flakes of bark and small feathers. A common nest is not much larger than half of the shell of an English walnut!

The little nest is glued to the side of a tree limb by means of a gummy juice made in the mouth of the adult bird. As you may guess, only one egg is laid in the nest. One of the parent birds sits over the nest, resting partly on the limb.

Within a few days after the egg is hatched, the baby bird finds that he is too large for his nest. So he stretches out, and rests part of his body on the limb. His colors match the bark so well that he is not easily seen by enemies which would like to make a meal of him.

In South America there is a group of swifts which build huge nests. These birds are called the San Geronimo swifts. Their nests hang from the walls of caves, and sometimes measure six inches across and two feet in length! They are formed of thousands of downy seeds which are glued together by the gummy juice which swifts are able to make.

That same gummy juice is used to make the entire nests of certain groups of swifts which dwell in China and on islands off the coast of Asia. Long ago, the Chinese learned that such nests could be eaten. Birds'-nest soup is a favored dish on many tables in the Orient.

The natives of Java face great danger in order to collect nests of the swifts. Holding to ropes, they are led down the sides of cliffs. They rope breakers, or if a man loses his hold, it means probable death. The gummy juice hardens after being made by the bird, but it softens again when cooked. I am not anxious to eat any of that soup!

Write your name
 Tomorrow—A Little Saturday Talk

INTELLECTUAL MOTHERS NEEDED!
 LONDON, Oct. 31.—(By The Canadian Press)—The man who is old-fashioned in his views about women is nevertheless much more pleased with himself when he has danced or dined with a woman who holds a diploma in surgery than when he has danced or dined with one whose diploma is for housewifery. In fact, he would perhaps be ashamed to mention the latter diploma to his friends. The attitude to woman is still topsy-turvy.

These remarks were made by Mrs. E. Gresswell, the authoress, when she addressed a meeting of the National Council of Women in Southampton on "The future of woman."

Mrs. Gresswell went on to say that however excellent a pastry cook a woman might be, or how-

ever neat a needlewoman, if when engaged in these employments she could not answer her child's questions—such as why a fly can walk on a ceiling, why it is not always a summer, what makes rain, what stars are made of, or why the window is always cold—her training as a wife and mother was incomplete.

"We want intellectual equality in marriage in the future if marriages are to be ideal and if true friendship is to exist in them. The more intellectual a woman is the more quickly she will be able to make herself a capable housewife."

When a hinged top is turned down over a new motor driven ironing machine for home laundering the device serves as a table.

Silk stockings treated with a new process are waterproof and easily kept clean.

Now is the time to take
PEPS
 For COUGHS, COLDS & BRONCHITIS

25c. Box
 all Druggists

Modern Etiquette
 By Roberta Lee

Q. Should a widow use her late husband's or her maiden name on her visiting card?
 A. Her late husband's name.
 Q. How soon should the letter, thanking the hostess for her hospitality be written?
 A. Immediately upon reaching home.
 Q. When does the host share the duties with his wife at a reception?
 A. When it takes place in the evening.

CHROME



The Watch Dog of Power

Increase in Bankruptcy

OTTAWA, Oct. 31.—As compared with September, 1927, the number of assignments under the Bankruptcy and Winding Up Acts, as reported to the Dominion Bureau of Statistics, showed a considerable increase in September last, while the liabilities of the assignors showed a decrease. Commercial failures in Canada in September, 1928, numbered 164, as compared with 125 in September, 1927, and 142 in August, 1928. The liabilities of the assignors were \$2,070,279 as compared with \$2,845,749 in September, 1927, showing a substantial decrease, when compared with \$2,354,212 in August last a decrease is also noted.

In the month under review there were 11 assignments in the Maritime Provinces, as compared with 20 in August, 1928, and six in September, 1927. The liabilities in September, 1928, were about \$71,000.

Two French railways are experimenting with a sleeping car of new design to accommodate travelers with second class tickets.

CHROME, a preservative, guards power when your Burgess "Super B" Batteries are not in use. Thus extra life and service are added. The valuable properties of Chrome in lengthening battery life were long known to scientists, but it remained for Burgess engineers to discover the secret of utilizing Chrome in battery construction.

The year's noteworthy achievement in radio enjoyment and economy is the Burgess "Super B" Batteries:

"SUPER B" No. 22308
 is a medium size heavy-duty 45-volt battery designed for general, all-around use.

"SUPER B" No. 21708
 is the smallest size Burgess heavy-duty 45-volt battery—designed especially for heavy-current consuming sets.

These two "Super B" Batteries answer practically all radio set requirements.

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BURGESS "SUPER B" BATTERIES



FEED

FEEDS
 Prices are good for about everything the farmer has to sell this fall with the exception of POTATOES, then feed all the potatoes possible to the Hogs and other live stock, but the farmer will need to buy some of our high grade FEEDS to mix. Take Hogs for instance, nothing better than our

Sugar Beet Meal
 it makes them grow from the start and keeps them growing. Then we have

MIDDINGS, SHORTS, BRAN, OIL CAKE MEAL, CRACKED CORN FEED, CORNMEAL, COTTON SEED MEAL, CRACKED GRAIN, SCHUMACHER FEED (both plain and sweetened. Ask about it.) Great Feed for Milk Cows, Hogs, etc.

Get our prices on all kinds of Feeds before buying. We buy in carload lots and for cash. Special prices in ton lots.

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You not only want to be prepared against a cold winter, but also, you want your coal supply in before bad weather sets in. Be prudent and place your order now.

W.D. Gillis & Co.
 COAL
 PHONE 178

Manitoba Barley Research Plans

WINNIPEG, Man., Oct. 30.—(By the Canadian Press)—Considerable interest is being manifested in the proposed barley research. The aim of the research is to widen the markets for Manitoba barley, which is now recognized as becoming important as a "cash" crop to the farmers of the province. The Manitoba Barley Research Committee, with G. H. Burnell as its chairman, and Prof. H. C. Grant, of the Manitoba Agricultural College, as its secretary, will soon begin its work in a laboratory designed specially for barley research. The chairman, Mr. Burnell is president of the Manitoba pool.

A careful study will be made of the market quantity and quality requirements of feeders of barley, of malsters and manufacturers of barley products.

It is hoped that by taking mere pains in the selection of seed of approved varieties and greater care in the preparation of the soil and the threshing of the crop, that Old Country malsters may become interested in Manitoba barley, especially in that grown in the Red River Valley, which is unusually low in protein content and therefore of more value for malting purposes.

A Preventative

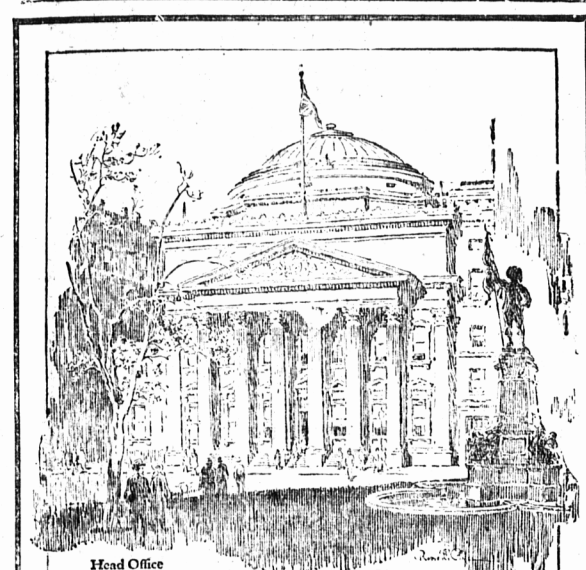
For preventing stiffness and further pain from sprains and hurts of any kind use Minard's.

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SWANSDOWNE CAKE FLOUR—37c	Specials for the Week-end	ZAMBUCK 35c
CRISCO 3 Lb. Tin 73c	PEANUT BUTTER 41c	DR. WILLIAM'S PINK PILLS 31c
MARVENS SODAS 28c	2 Lb. Tin	BURDOCK BLOOD BITTERS 89c
2 Lb. Carton	FRAY BENTOS CORNED BEEF 23c	RIVAL HERB TABLETS 70c
12 Oz. Tin	12 Oz. Tin	GIN PILLS 35c
CREAM OF WHEAT Per Package 24c	KELLOGG'S ALL BRAN 35c	DODDS KIDNEY PILLS 35c
EATONIA SWEET MIXED PICKLES 48c	2 For	DODDS DYSPEPSIA TABLETS 40c
40 Oz. Bottle	CLARK'S PORK AND BEANS 36 Oz. Tin 20c	DR. CHASES NERVE FOOD 44c
SNOWFLAKE BAKING POWDER 15c	1 Lb. Tin	LISTERINE 14 Oz. Bottle 89c
1 Lb. Tin	CANNED LOBSTER 49c	LEONARD EAR OIL \$1.00
CLASSIC CLEANER 24c	1 Lb. Tin	EATONS MILK OF MAGNESIA 16 Oz. Bottle 32c
3 For	SLICED BREAKFAST BACON Per Lb. 35c	
WHITE STAR YEAST CAKES—3 for 20c	1 Lb. Package	
KIPPER SNACKS 19c	ICING SUGAR 10c	
3 For	1 Lb. Package	
MINUTE TAPIOCA 9c	BROWN SUGAR 31c	
2 For	5 Lbs.	
	PINK SALMON 29c	
	1/2 Lb. Tins—3 for	

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Though exuberant youth and dignified age alike have exchanged the garden seat for the swift-travelled automobile both still find loveliness in the refining purity of Yardley's Old English Lavender Soap. For 108 years Yardley's has brought satin smoothness to hands and faces—and has left the clinging, freshening touch of Lavender's lovable fragrance.

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