

CUT FOOD COSTS



CATELLI Ready Cut MACARONI

LABORATORY TESTED Scientifically Packaged To Retain all its Goodness and Quality

SAME QUALITY ALSO AVAILABLE IN 5 LB. PACKAGE

FORM ANZAC CLUB

WINNIPEG (CP) - Australian and New Zealand ex-service personnel now living in Winnipeg are forming an ANZAC club to be used as a centre for discussing problems facing them in Canada and exchanging news from home. The club plans monthly gatherings and a social evening every third month with wives and friends of the members attending.

PENSIONS FOR MINERS

WASHINGTON, April 13 (AP) - The soft coal industry estimated today that 10,000 to 20,000 miners could qualify for \$100-a-month pensions in the first year of operation of their pension fund. The industry figures the first year's cost at \$12,000,000 to \$24,000,000.

accept only the finest



3 rolls for 30¢ AN EDDY QUALITY PRODUCT

BUYS AND WHYS BY Barbara Brent

A weekly shopping and information service for today's women

MONTREAL, April 15th—This is nationally advertised brands week in your drug store and druggists are displaying All-fabric Tintex along with other famous, fast-for-quality brands of household products. Ask for All-fabric Tintex... though it costs only a few cents a package—it's guaranteed to dye all fabrics... simply follow the directions for excellent results! I've discovered there's no need to spend a lot on new clothes when I can re-dye blouses—dresses—skirts with All-fabric Tintex in any one of thirty fashion-wise shades! Yes, really, you'll be amazed at the many ways Tintex can be used to brighten your home and wardrobe. So make a note to visit your druggist this week and buy the color magic of All-fabric TINTEX!

Here's a Pie to melt in your mouth... a Benson's Corn Starch Recipe to cut out and paste in your book of favourite recipes...

BUTTERSCOTCH PIE
baked pastry shell (9")
1 1/2 cups scalded milk
1/2 cup Crown Brand Corn Syrup
1/2 to 4 tspns. Benson's Corn Starch
1/2 tsp. salt
1/2 cup brown sugar (firmly packed)
1/2 cup cold milk
1 egg, separated
2 tspns. butter
1 tsp. vanilla
Scald milk in top of double boiler over boiling water; stir in Crown Brand Syrup. Blend Benson's Corn Starch, salt and brown sugar with cold milk and stir constantly until smooth and thick. Cover and continue cooking 10 minutes, stirring occasionally. Pour a little of the hot mixture over slightly beaten egg yolks, then return to double boiler and blend. Cook 3 minutes longer, remove from heat, add butter and vanilla; beat with rotary beater until smooth and creamy. Pour into baked shell and top with a meringue prepared from the two remaining egg whites.

Remember "Sapho the Killer"? Well-known for his child-like boasting on the radio—his tough-guy confidence man... "Let me kill those insects for you! You won't have any more trouble after I get on the job!" He wasn't fooling! The first liquid used against flies, moths and bugs... Sapho has proved itself more than adequate for general home use. It has long been a household buyword across the Dominion... Sapho 5% DDT sprays many a bothersome insect to well-deserved death! It leaves clothes and furniture unstained... the DDT crystals can be easily brushed away. Ask for SAPHO 5% DDT with the hand sprayer or for SAPHO 10% DDT wet dust... for a home free from insect pests of all kinds!

The New Look for Spring—lovely as it is—can be fatal to your feminine daintiness unless you do this: Spray Sno-Mist, a magical new powder-deodorant, under that tricky-but-oh-so-tight new girldie of yours. Then you can be sure that you'll be lovely as the day is long! Women everywhere have discovered that Sno-Mist is the perfect answer to many a problem of personal daintiness. You see, it's the one and only anti-septic deodorant with an atomizer top. So it's safe and easy to use—whenever you need protection. Simply spray it on—even after you've dressed—on it's not at all harmful to clothing! Discover for yourself all the delightfully dainty ways it can keep you fresh and feminine. Ask your druggist today for Sno-Mist Powder-Spray Deodorant!

Speaking of Cereal, I'll have mine without lumps, please! That's what I mean—the "smooth" cereal I know... delicious... Cream of Wheat! It's the star of the morning meal in thousands of Canadian homes... and small wonder! For 5 Minute "Cream of Wheat" is quick and easy to prepare—takes only five minutes of boiling for full digestibility... and it's chock full of blood-building, iron and food energy—provides important Calcium and Phosphorus for diets deficient in these elements! That's why I urge you to get that happy "CREAM OF WHEAT" habit... so good and so good for you!

Spring is the Season for home-sewing... bright, new, fashionable fashions of rayon—wool—silk—rayon... new clothes for all the family. And you'll find that sewing is most satisfying when you sew with nylon thread by Corticelli! This extraordinary thread assures you of seams that are "sewn to stay"—durable and elastic, it provides the needed "give" in seams that makes for longer wearing! Be sure that the lovely things you make will last the life of the fabric. Before you begin your Spring Sewing—stock up on CORTICELLI Nylon Sewing Thread—available in a wide variety of truly gorgeous colours!

Sewing Tip—For best results in machine sewing with Corticelli Nylon Sewing Thread, keep a loose, even tension in the thread at all times.

Baby's Mealtimes may cause constipation in the kitchen—but they're lots of fun for you and baby, too—when you feed him Heinz's Strained Baby Foods! He'll love them... they're cooked to his taste... just right for his tummy—for they're vacuum-sealed and so easy for him to digest. After his first birthday, when you vary his diet with Heinz Junior Foods—he'll love those good chopped and diced vegetables—the three desserts and the complete Vegetable Beef Dinner! And when you're buying Heinz Baby and Junior Foods remember—buy the backed-up quality of the famous HEINZ reputation for quality!

Protect Your Winter Things when you store them for the summer... protect them with the sure protection of Vinylite Plastic closet accessories! Gleaming, transparent Vinylite Plastic garment bags and blanket holders make identification easy... keep things neat and ready-for-use when you need them. What's more, they neither crack nor discolor... you can be absolutely sure of their quality when they have the "Vinylite Plastics" signature. That's why I urge you to ask for VINYLITE Plastics That's why I urge you to ask for VINYLITE Plastics... tested and approved by The Better Fabrics Testing Bureau, you'll find them in better stores everywhere!

The thought, then, is that the nearer we keep to our best weight the better the health and the longer the life expectancy.

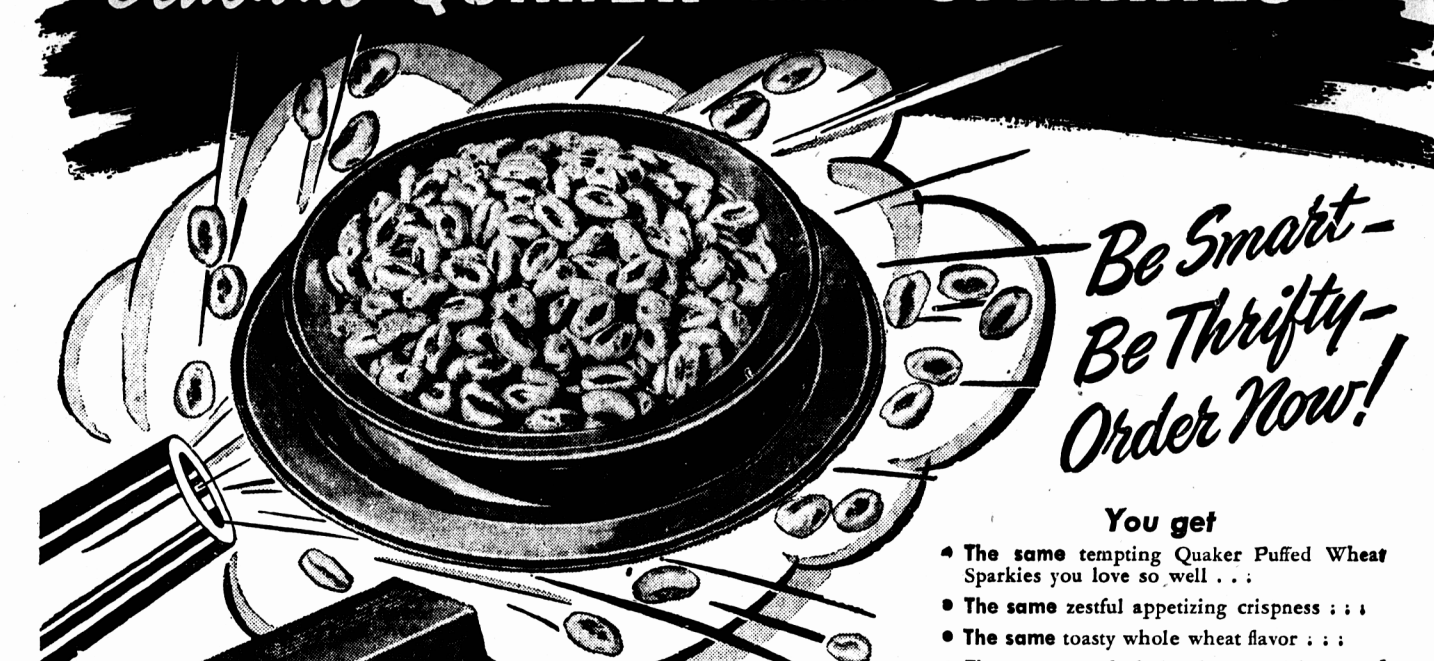
That Body Of Yours

By James W. Barton, M. D.

(Continued from Page 14.)
What is really the best correct weight for those under and those above 30 years of age? That range of weight is considered best for which there is the lowest death rate, from 5 to 15 per cent above the "average" weight for age. This means that a man under 30 years of age, 5 feet 7 inches tall whose weight should be about 145 pounds and a woman under 30 whose weight should be 122 pounds, would have a better expectation of life if they weighed about 157 pounds and 130 pounds respectively.

In those over 30, being 5 to 15 per cent below "average" (not ideal) weight for height increases the life expectancy. Life insurance figures, which are based on the records of thousands of men and women, show that the death rate increases about 1 per cent for each pound above the ideal weight. Don't upset a child already upset by constipation with non-digesting laxatives or harsh, gripping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters, is so pleasant to take—sets so gently and normally without disagreeable reactions that even the fussiest of youngsters will take it. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist, L.S.

ON SALE AT PRE-WAR PRICE!



Delicious QUAKER Puffed Wheat SPARKIES!

Be Smart—Be Thrifty—Order Now!

You get
• The same tempting Quaker Puffed Wheat Sparkies you love so well...
• The same zestful appetizing crispness...
• The same toasty whole wheat flavor...
• The same grand whole wheat nourishment...
And all for no more per ounce than you paid in the pre-war days of 1938! What a saving in these days of inflationary prices! Treat the family... and help your budget... order Quaker Puffed Wheat Sparkies from your grocer today!

WHEAT SHOT FROM GUNS!
Toasty crisp grains of sun-ripened whole wheat... expanded to 8 times normal size... for quick energy and easy digestibility.

There's something about Sparkies' toasty whole wheat flavor that youngsters simply can't resist. "Super" for After-School and Bedtime Snacks. So light! So nourishing! So easily digested! Quaker Sparkies are just right for tasty snacks... anytime... anywhere!

Eat 'em right from the box—like popcorn. In the recreation room... at the game... at school recess... Quaker Sparkies are always a taste-tempting confection.

They're Extra Delicious—served with Fruit. For a real treat... serve Quaker Sparkies with your favorite fruit (fresh or canned).

The Quaker Oats Company of Canada Limited

Children love 'em!



WIFEY HAS TO REALLY DRAG FLOPWELL OFF THE COUCH ABOUT 6 NIGHTS A WEEK...

FLOPWELL FOR PITY'S SAKE COME TO BED! YOU CAN'T SLEEP THERE ALL NIGHT...

BUT ABOUT ONCE IN A BLUE MOON WHEN SHE ASKS HIM TO SLEEP THERE, WHAT DOES HE SAY?

BUT I'VE ALREADY TOLD MOTHER SHE COULD HAVE YOUR BED! IT'S ONLY FOR ONE NIGHT!

I DON'T CARE IF IT'S ONLY FOR ONE HOUR! I'M NOT GIVING UP MY BED! I WOULDN'T SLEEP A WINK ON THAT ROCKPILE! LET YOUR MOTHER CHECK IN AT A HOTEL!

THANKS TO SUSAN'S COUCHING, CHICKEN, Y'ALL.

By Gagely and Shorten

Burns Speef

Tender, Delicious, Appetizing, Full of Vitamins and Minerals.

Just watch the family scramble for this savory treat! A Speef loaf, dressed up in spicy cloves and candied glaze. It's delicious! Thrifty too—and easy to prepare. Get several tins of delicious Burns Speef at your grocer's today.

BURNS & CO. LIMITED PIONEER MEAT PACKERS OF CANADA

Highest Peacetime Sales Reported By Ford Motor Company

WINDSOR, Ont., Apr. 14 — Total sales of Ford Motor Company of Canada, Limited, in 1947 reached \$149,304,072, the highest for any peacetime year in the company's history, according to the annual report made public today. The sales figure exceeded that of 1946 by 48.8 per cent and was two and one-half times that for the highest pre-war year.

Net profit after provision of \$2,000,000 against the contingency of a decline in inventory values was \$5,996,003, equal to 4.01 per cent of sales volume and \$3.61 per share. This compares with a net loss of \$239,448 in 1946 and a 1935-39 average profit of \$3,087,293 or \$1.84 per share. The figures for the combined show net profit of 2.29 per cent of sales volume for the two years, while the comparable ratio for the average of 1935-39 was 6.94 per cent.

Ellen's Diary

(Continued from Page 14.)

conclusion of the hour.

At this house, the spare room which to westward commands a view of the stream "up the creek," and north to take in the brave old pine tree in the woodland across the road was the scene of Susan's and my cleaning this afternoon. This was a briefer rite than usual. Not long might I linger there today to touch tenderly this or that relic of past years—Rob's first shoes, that I never could give away or to unfold and fold again a small white dress or many other souvenirs of earlier days at Alderlea, which came to light in our work there. "And what kind of birds are those?" Susan polishing the window asked "white ones—they are." I knew before I came to look. The sea gulls rising, falling, lighting in the valley below and in spite of their beauty bringing their shrill cries inland to annoy Jamie and me. Grackles trilled queer runs in the old spruces in the orchard below us; crows called a familiar house-cleaning measure to us in passing and on the stream a parcel of ducks in a stately procession enjoyed the mildness of the day.

James was off to the threshing at a neighbors this afternoon, Jamie, who had dined with us shadowing his steps, Jock kept at the choring to maintain a traffic between the stables and fields at his cleaning there. Sleights no longer in use were taken to their storing; a new pig trough was built and the girls of the pair of heifers were taken on a brand new tape, I suspect brought home especially for that purpose and "how did they do?" was among the first of James' questions when he returned near to the twilight of evening. Softly it came down, touching the hill tops and advancing silently even to the place in the stable where the cats gathered round to drink at the cat pan, uncertain one must look closely to be certain whether or not Tabby was still one of the number there, for presently on a morning or evening I think Tabby will be missing from among the rest.

Pat came through that dusk, lantern lighting each step. "Snare an that dam is a dangerous enough place on a dark night like this." He came so he said "to see that gurl av yours" but said it with a twinkle showing, for Pat's own "gurl" "gone to her grave—poor

thing" is still a living memory to him. "It's splitting wood, that I'm at these days" he replied in answer to James query "just taking my time—picking away at it in any spare time and its remarkable how much can be done in the lak. A few minutes now an a few minutes again an' almost before one knows, the whole job's done!" Pat has gone now and my "at-cheer" makes James suggest "black current for you, Ellen!" Until tomorrow — Diary — Good-night.