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SPRING BROOK WOMEN'S INSTITUTE

The May meeting of the Spring Brook W. I. was held at the home of Mrs. Wesley Paynter, May 14. Meeting opened with the Creed. Roll Call was answered with exchange of seeds by six members. The minutes of last meeting read, approved and signed.

Correspondence read, letters from Red Cross Society, Relief of Refugee Children and the supervision about the annual convention and Baby Shower. Mrs. Wesley Paynter was appointed as delegate to the convention. Receipt read from Red Cross for 9 pairs Khaki gloves, 2 pairs navy gloves, 1 girls windbreaker and

parcel for Orphanage, also letter of thanks from Orphanage for quilt, 1 crib quilt and pair of gloves passed in to convener. Collection for Miss Hattie MacLeod invited members to her home for next meeting. Roll Call to be answered with Sing, Say or Play. Meeting closed with God Save The King.

Dried Vegetables Marked Advance in Dehydration Process

Vegetable dehydration—a scientific drying of vegetables for domestic use—has traveled far along the path of progress, particularly during recent months. Under the guidance and direction of various Divisions of the Dominion Department of Agriculture, dehydrated vegetables have advanced in all-round quality to the point when they may now be placed in the top ranks of processed foods. In the last war the dried vegetables served out with the rations were not very favourably received, and justifiably because at that time dried vegetables were just vegetables that had been dried. They were tough and tasteless, their vitamin value was probably nil, and if the vegetables had been kept for a year, only dire necessity compelled consumption. That has all been changed. Recently, a demonstration was given in Ottawa of dehydrated vegetables processed in Canadian factories for and under the direction of the Agricultural Supplies Board. Carrots, turnips, cabbage, pickled beets, and potatoes (mashed, sliced, French fried and pan fried) were served and the consensus was that they were not to be distinguished from fresh-cooked vegetables. Some of the persons who tasted them maintained that the dehydrated products were better than home-cooked vegetables. The process of dehydration of the vegetables had lost but little of their original vitamin content and nutritive value. What has happened to dehydrated vegetables is this. Formerly, they were just dried to a point where they appeared right, without any special treatment. In temperature and drying periods. Now they are first selected for varietal suitability and maturity fitness, then carefully trimmed, and cut into the form in which they can best be pre-processed, dried, and dehydrated. Pre-processing consists of cooking the vegetables for an exact temperature. This cooking or blanch, is to preserve the characteristics of the vegetables, or in the language of the scientists "the blanch is for the purpose of inactivating the enzymes which would cause the destruction of vitamins, colour, and flavour, if allowed to remain active." Following this treatment, the blanched vegetables are spread on trays which are then stacked on trucks and rolled into the dehydrator. In the dehydrator, the vegetables on the trays are subjected to a blast of hot air until they have been dried to an exact moisture content, the velocity of the air-flow, the temperature, and the humidity being carefully controlled. Each species of vegetable requires a different treatment. Some will stand higher temperature, and others lower, but all are dried as rapidly as possible to a final moisture content of from 4 to 7 per cent. After the dehydration process, the vegetables are immediately packed into metal containers and hermetically sealed. In the case of some vegetables, the air is exhausted from the sealed containers through small holes punched in the covers and the air replaced with an oxygen-free gas, such as nitrogen. The holes are then "spotted" with solder to keep the gas in. The ton of potatoes (25) bags makes 300 lbs. of dehydrated potatoes which may be packed in 15 cans of 5 gallons capacity each. One hundred lbs. of cabbage are reduced to six pounds which can be packed in a three gallon container. When required for use, the dehydrated vegetables merely have to be soaked in sufficient cold water for a few hours to "refresh them," following which they are cooked as fresh vegetables. In a country like Canada where there is an abundance of fresh and canned vegetables, dehydrated material is not normally required except in limited quantities for special markets. In time of war, however, dehydrated vegetables have a definite value as emergency ration and ships' stores. The present demand is being catered to with high-quality products manufactured under the watchful eye of officials and technicians of the Dominion Department of Agriculture.



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HOUSE OF HATE

By Isabel Garland

"Down here at the foot of the cliff, came the faraway reply, only distinguishable. Mancers has been hurt!" Paul came back into the house and shouted up the stairs, "Dr. Harry! Come in, you're needed. Our farmer, Mancers, has been hurt!" In a minute, the doctor came hurrying down the stairs, followed by Estelle, Aunt Leona and Helen. Advent came rushing into the hall from the kitchen. Aunt, too, suddenly appeared from somewhere. "What's the trouble? What's happened?" every one was asking at once. Paul briefly explained, then led the way out of the house. They found Mancers' broken body lying on the rocks at the bottom of the thirty-foot cliff. Chad stood over him, staring down at him helplessly. Harry knelt beside him and made a quick examination. "Dead," he said gruffly. "Must have come near the edge and lost his balance." "Why would he have come too near the edge?" Chad asked huskily. "Why? He knew this was a place like a book! He's been here seventeen years. I can't see how he could have made a mistake like that." "Drunk, maybe," said the doctor. He stooped to sniff. "No—I don't smell liquor." "He's fall wasn't an accident," Paul said suddenly. "What are you talking about?" Estelle demanded sharply. Paul glanced nervously around the circle of intent faces. "I don't know whether you've all heard it or not, but Serena tells me that Dr. Harry told me my suspicion about Mother's death. He says she was murdered!" "Just a minute my boy," said the doctor quickly. "There's something I can't establish definitely without an autopsy." "Well, say you're right. Then, how about Mancers?" "Paul!" exclaimed Miss Peasley tremulously. "You don't mean that you think some other man did it, just what I do think. Aunt Leona, Mancers knew the lay of the land here backwards. I say he didn't fall off that cliff—I say he was pushed off! He, too, was murdered!" CHAPTER XX Scarcely was she gone, when there was another knock on the door. Serena opening it, was surprised to find Chad outside. "Listen, Serena, you've got to promise me something. Don't let Aunt Leona into your room alone again. She's suspicious about Mother's death. He says she was murdered!" "We're going to be careful from now on, Paul, and I have been comparing notes downstairs. We've found out something about Aunt Leona. If what we think is true, she's dangerous! When you're with her, make up to her. Don't let on you suspect anything. Pretend everything's fine but, for heaven's sake, don't get left alone with her! We're just about convinced Chad paused.

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"Convinced of what?" Serena demanded, her heart in her throat. "That it was she who murdered Mother! And she may have been the cause of Mancers' death as well. Why she should kill either of them, I don't know, but she may be a homicidal maniac. Anyway, Leighton saw her outside talking to Mancers just a little while before I found him at the foot of the cliff." "Chad, you're insane! That's incredible! Besides, how could Aunt Leona do anything to a big, husky man like Mancers? She's so old and frail." "Easy. A sudden push while they were standing on the edge of the cliff, talking. You could have done it yourself!" Serena remembered the curious impression she'd had that Miss Peasley had hurried after Mancers in church of the hall downstairs. A shiver ran through her. Had the old lady lured him to the brink of the cliff, and then— "What makes you think that she—the killed Mother Comstock?" Serena faltered. "You say you've been comparing notes. What notes, Chad?" He shook his head. "It might be better if you didn't know. You'll act more natural when you're with her. I only came to warn you." Serena grasped his arm. "Tell me," she said fiercely. "How can you expect me to believe such a thing unless you give me reasons?" "All right—sit down," he said tersely. "I'll tell you." (To Be Continued)

Mr. Ralston Meets Smallest C.W.A.C.



Hon. J. L. Ralston, Minister of National Defence, chats with Lance Corporal Jean Rowan, of the C.W.A.C., during an inspection at Regina. Lance Corporal Rowan is one of the smallest women in the C.W.A.C. She is five feet tall. She finds her work in the C.W.A.C. an everyday picnic compared to what she used to do: Milk four cows daily and in harvest time cook for 14 men on a farm at Crooked River, Sask. She and her fellow-members of the C.W.A.C. will take an important part in Army Week observance, June 29 to July 5.

WASHED OUT?

Maybe This Is Cause Of Your Lack of Pep

You women who feel and look "washed out"—limp and droopy—may be paying the price of hemorrhagic anemia. The demands of monthly "periods," pregnancy, etc., all conspire to bring about this shortage of the vital red coloring matter in the red blood cells. Try Dr. Williams' Pink Pills. This balanced tonic of iron and Vitamin B; They increase hemoglobin where there is a shortage of it due to iron deficiency. They help chase away that "leaden" feeling of tiredness, help pick up your energy and strengthen the nerves. Start your course of Dr. Williams' Pink Pills today. Ask your druggist.

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