

# Important Day Tomorrow?

GOING to see about a new job? Dress with quiet smartness—use make-up sparingly—and for mental alertness . . .

## Have a GOOD Breakfast

Nutritionists Say

### Include Grape-Nuts in a Balanced Breakfast

Just 2 Tablespoons of Delicious Grape-Nuts

provides the cereal share of a good breakfast. You'll love those golden, crunchy kernels of whole wheat and malted barley. And they help give you the carbohydrates, proteins, minerals you need for a vigorous morning of work or play. Remember, Grape-Nuts is the most economical part of a good breakfast. Order Grape-Nuts from your grocer.

**A GRAPE-NUTS ECONOMY RECIPE**  
Let Grape-Nuts Replace Expensive Nuts

**GRAPE-NUTS ICE-BOX COOKIES**

3 1/2 cups sifted Swans Down Cake Flour  
3/4 teaspoon Columbus Baking Powder  
1/2 teaspoon salt  
1 cup butter (or mixture of butter and shortening)  
1 1/2 cups brown sugar, firmly packed  
2 eggs  
1 cup Grape-Nuts  
1 1/2 teaspoons lemon juice  
1/2 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and beat in eggs, one at a time. Sift flour and baking powder, then add flour. Pack Add Grape-Nuts and favoring, then add flour. Pack in greased small loaf pans, cover with waxed paper, and chill over night. Turn out on board, cut in 1/4-inch slices. Bake on ungreased baking sheet in hot oven (425°F.) 7 minutes. Makes 8 dozen cookies.



**Post's Grape-Nuts**  
A Product of General Foods

### Gleanings From Rural District New Glasgow

Mr. Warfield Orr had the misfortune to lose a valuable horse recently.

Mr. Robert Andrews spent an enjoyable week-end at Sea View Farm, the guest of Mr. and Mrs. W. A. Graham.

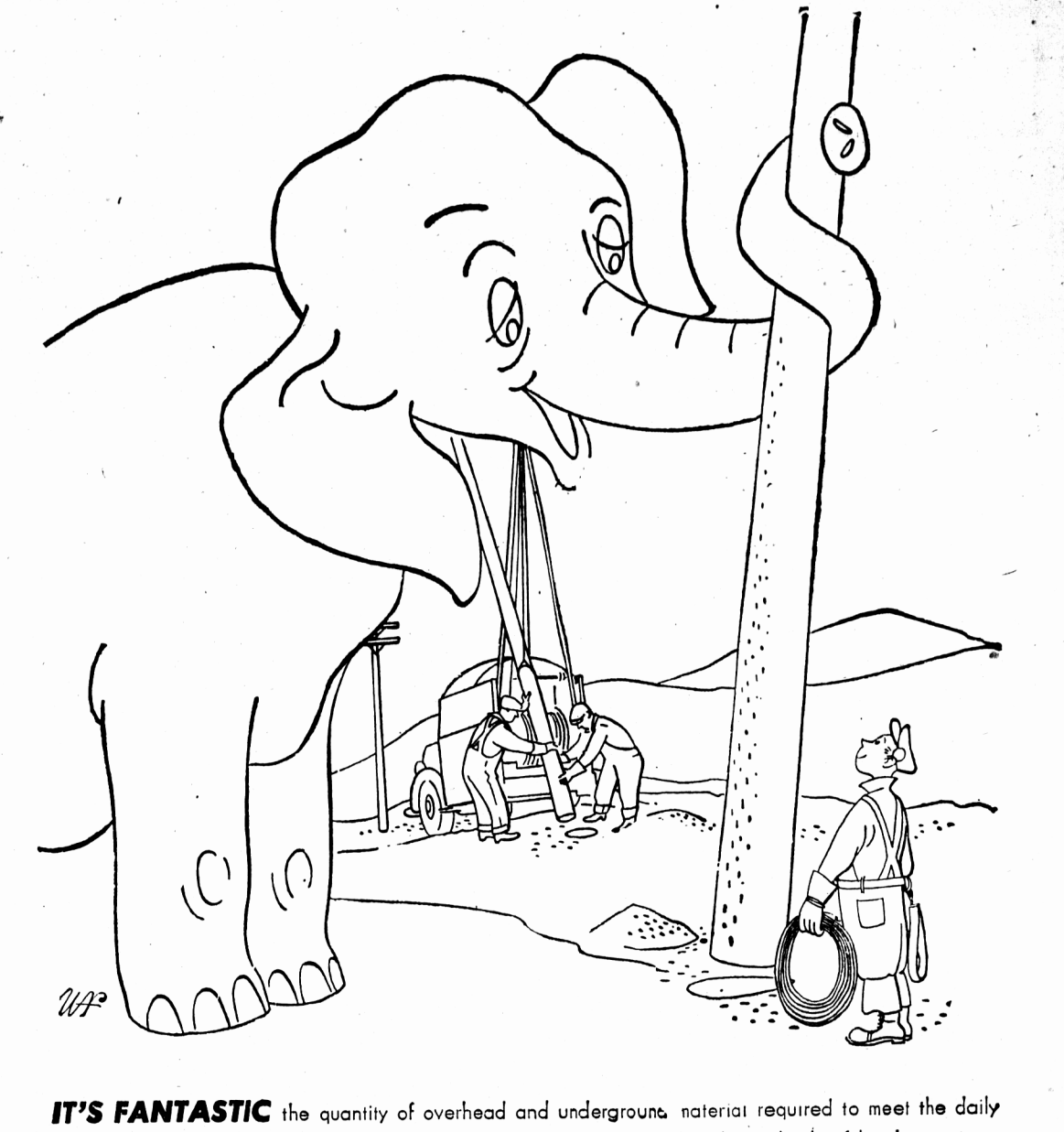
Mr. Claude Graham, who is taking an electrical course in Charlottetown, spent the week-end at his home in Cavendish.—N.

The many friends of Mrs. Emmet Bernard were sorry to learn of her confinement to her home where she has been suffering from a bad cold and muscular rheumatism, and will look forward to an early recovery.

Miss Nettie Andrews is having a pleasant visit in Hunter River where she is the guest of her brother, Mr. James E. Andrews and Mrs. Andrews; also her nephew, Mr. Chesley Woods and Mrs. Woods, as well as visiting other friends.

Mrs. Hammond Toombs and Mrs. W. G. Simpson returned to their homes in Kensington last week. They spent the winter months with their brother, Mr. B. C. Woolner and Mrs. Woolner; also with their nephew, Mr. Woolner and Mrs. Roy Woolner. They enjoyed many chats with their old friends who called to see them during their stay in Rustico, where they were born and lived till they moved to Kensington about twenty years ago.

Mrs. Willard Kelly spent the week-end at the Andrew home where she was a welcome guest. She attended divine service in the United Church on Sunday morning, where she listened to an inspiring sermon (one of a series) based on the words found in Rev. chapter 22, 1 and 2 verses, the theme being fertility, delivered by Rev. George Gough. She also enjoyed a sleigh ride to Cavendish, where she viewed the Green Gables countryside for the first time in winter, which looked very lovely in robes of white.



**IT'S FANTASTIC** the quantity of overhead and underground material required to meet the daily growing demand for telephone service. The gathering of a thousand and one kinds of hardware, insulators, crossarms, poles, guy material, fibre conduit and tools, and supplying these when and where required, is a mammoth job at Northern Electric, Canada's largest supplier of Telephone Equipment and Supplies.

### ELLEN'S DIARY

(Continued from page 14)

their roles to give lovers of Drama a gala night when it is presented in the hall down the river road.

After a series of weighty conferences, lightened in no small measure by toothsome lunches, the first work-out was set for tonight. The most recent lunch was enjoyed near a stilly "witching hour" which time seems to set the stage for such repasts, perfectly. It began with a tray of canapés, those dainty appetizers which tease the palate. These were not topped with caviar but were I suspect equally as good with a spread of piquant cheese and a colorful garnish of jelly. We had as well tiny twin cookies of oatmeal meat, nutty in favor and bound together by a fruit filling. There were squares of chocolate cake, frosted and tempting for those of the race who as yet find no need of counting food calories, and slices of a birthday confection deep and delicious. And in the leaves in the bottom of my tea-cup I fancied I could read brightest prospects for the endeavour at hand.

And in reply to my question, James in his old armchair said "Oh tell her that we may be able to make that far some day — we won't

say when." This was in regard to Rissa's invitation to "come away up for a visit." A December romance came to her in the States of which she writes happily. They have a house and garden and nine miles takes us to the city. Try to come," she wrote and frankly I put the letter aside with a wistful sigh and delayed our reply to afford us time to consider it. But as James pointed out "We can't think of going now — and us with not a stick of wood sawed, Ellen — and young stock commencing to come." And he looked anxiously at a calendar. "And we just couldn't leave in the cropping," "Or house-cleaning and gardening," I added. "And how could we go in the summer? Because what's the good of putting in a crop and not being here to help take care of it?" he continued. "No! I agreed we couldn't think of going in the summer." For by summer the pond is full of sun-glints; swallows touch wings there and by night the moon at full bridges it with melted gold.

"And in the Autumn — well there's the harvesting," James said "and the preserving and pickling" I reminded him. "Yes — and the Fall litters them, and the potatoes, and getting everything in shape, the plowing and all, for Winter" he went on. "And we just can't be away for Christmas — off The

Island I mean on account of the children" I supplemented "I guess we just can't leave, that's all. Then what shall I tell her?" Missa is a delightful person and it was so easy to recall how nice it had been to visit her when she had lived on the farm. So I wrote his words in a Post Script and sealed the letter with mixed emotions. Alderlea, like other island farms, is most demanding of its dwellers.

Eaves dripped in today's milder weather as indicated by the Blue Jay's flashing wings yesterday in the frosty sunlight. "Well isn't this the right March day!" we said and went briskly to our work. Grand-daughter came briefly to visit, carrying what she calls an "og" from the poultry house, then was off with Jeanie to feed the rabbits. . . . I look up to catch James' eye. He smiles and says "It's very good here, isn't it, Ellen?" Yes, it is — very good here.

Until tomorrow — Diary — Good-night.

**FROM UGANDA COTTON**

**NAIROBI, Kenya** — (CP) — Cotton bedspreads and curtain lengths in bright colors and designs, woven from Uganda cotton, are being made here at the East African Spinning and Weaving centre, sponsored by the Kenya government.

# Welcome Back!



• Show us the family that isn't thrilled, to see Jell-O again!

So colorful, so flavorful, Jell-O is a grand help for family and guest meals. Easy to make, kind to the budget — one of the quickest, thriftiest desserts you could imagine.

Enjoy more interesting desserts again. Re-stock your cupboards with Jell-O, for serving plain — or delightfully varied as suggested on the packages.

**SEVEN WONDERFUL "Locked-in" FLAVORS**

STRAWBERRY	LEMON
RASPBERRY	ORANGE
CHERRY	PINEAPPLE
	LIME

What's found only in Jell-O?  
That "locked-in" Jell-O Flavor!

Jell-O is a trade-mark owned by General Foods, Limited.

### CLUB OF THANKS

I wish to thank the Matron, Nurses, Doctors and staff of the P. E. Island Hospital, the Clergy, neighbours and friends for their many acts of kindness, remembrance gifts, flowers, cards and letters during my recent illness.

Sue L. Jones.

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John Drake and family, wish to thank the Doctors and Nurses of the Prince Edward Island Hospital, also all who sent messages of sympathy and all kindness shown during their recent sad bereavement.

### In Memoriam

**MR. GEORGE PROFFIT**

It was with a deep sense of sorrow that the people of Darnley and surrounding districts learned of the passing of George Proffit, on March 8 at the home of his daughter, Mrs. Roy Woodside, Malpeque, with whom he has resided since the demise of his beloved wife last June. The deceased was a man of kindly and friendly disposition, generous and unselfish, always willing to lend a helping hand to all who called upon him. He will be greatly missed by friends and neighbors, especially by his daughter, Mrs. Roy Woodside, to whom sincere sympathy is extended in her loss of both parents within a few months of each other. Also surviving are three grandchildren, namely, George, Shirley, and Carl Woodside; also two sisters, Mrs. MacKay and Mrs. Leavitt, Alberton, and one brother Milford, Pictou, N. S. The funeral service was held Sunday, March 7 from the Ketr Memorial Presbyterian Church, Malpeque, where a large number of people gathered to pay their last tribute of respect to a kind neighbor and friend. The service was conducted by his pastor, Rev. J. A. MacGowan, assisted by Rev. James Cross of Princetown United Church. Rev. Mr. MacGowan spoke from Rev. 2-10, "Be thou faithful unto death and I will give thee a Crown of life." The Hymns sung by a mixed choir were "The Lord's My Shepherd", "Rock Of Ages" and "Shall We Gather at the River." The pallbearers were James Hickey, Harry

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In loving memory of Lieut. Thomas V. Holland, R. C. N. V. R., who lost his life when H. M. C. S. Guyabero was sunk March 17th, 1945.

Inserted by Mr. and Mrs. Peter Holland and Family.

### In Memoriam

There passed peacefully away at the home of her daughter, Mrs. Morrow, Indian River, on March 1st, Mrs. George Wall, Malpeque, at the age of 82 years. She leaves to mourn their loss her husband, George Wall, and several sons and daughters and several grandchildren. The funeral service was held Wednesday, March 3rd in the United Church Melpeque, conducted by her pastor, Rev. James Cross, who chof as his text, Rev. 14-13, "Blessed are the dead which die in the Lord." The pallbearers were Ernest Bryanton, Maynard Bryanton, Harold Stewart, James MacKinna, Eldon Schurman, and Wilbur Bryanton. Interment in the People's Cemetery Malpeque.—Dar.

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**YOUR GIFT** to the Canadian Red Cross enables you to bring help, comfort — life itself — to the needy and the stricken.

When disaster strikes, you are there with food, clothing and medical aid. In isolated districts where the doctor is beyond reach, you establish Outpost Hospitals. You provide free blood transfusions; set up additional blood donor clinics. You teach first aid, swimming and water safety. You operate Red Cross Lodges at Military Hospitals, so that wounded veterans have a place for recreation and for receiving their relatives and friends.

... You become a partner in all the missions of mercy carried out, in peace as well as war, by Canada's skilled, devoted Red Cross workers.

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**GIVE to the RED CROSS**

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