

Start the day right!

Millions of men, women, and children the world over take sparkling ENO'S "Fruit Salt" first thing in the morning when needed.

Pleasant-tasting ENO helps to keep you fit by cleansing the system of waste. It relieves acid indigestion, and has a gentle laxative action. ENO does not contain sugar, harsh salts, nor any harmful ingredients. It can be taken daily or several times a day, when needed, with no ill effects.

You'll be wise to always keep ENO'S "Fruit Salt" handy. And pack ENO in your luggage for the relief of travel sickness and upset stomach. Buy the economical large size bottle today!

ENO'S "FRUIT SALT"
USED FOR 75 YEARS THE WORLD OVER

BUYS AND WHYS BY Barbara Brent
A weekly shopping and information service for today's woman

MONTEAL, June 17th—The flavour forecast for summer mealtimes looks specially delicious to me when I have a good supply of HEINZ VINEGARS on hand. It means salads right out of this world for the year's favourite salad season! Try Heinz Vinegars—White, Malt and Cider—for yourself... and I'm sure you'll agree with me that there's something about their flavour that brings out the best in any salad. You'll find that Heinz Vinegars have just enough vigour, vim and vitality to bring out the flavour of each good salad ingredient—without dominating it! You choose the best fruits and vegetables for your salads... make sure that the dressing is tops in taste... made with Heinz Vinegars!

Recipe for a Happy Holiday!... To make "Vacations with Pay" really pay off, pack up and go places—with that smart, new McBride Baggage—and the helpful travel tips you'll find in this *Free Booklet*! It's a 16-page, illustrated booklet on the selection, packing and care of baggage—as well as other useful information for trip-planners. And it's written by folks who should know... the makers of McBRINE BAGGAGE! You can relax and enjoy your travels... happy in the thought that your holiday-togs are fresh and wrinkle-free—packed just right in good-looking McBride Baggage. So I'd suggest you write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free booklet... and travel in style... and comfort, too... with McBride!

Whether You're Off on a Honeymoon... travel "light" with BANK OF MONTREAL Travellers Cheques! It's so easy to avoid all the risk and worry of carrying your money in loose bills. You simply convert your funds into Bank of Montreal Travellers Cheques! As you buy each cheque, you sign it on top. When you cash it, you sign on the bottom right in front of the person who accepts it. That's why no one else can cash your Bank of Montreal Travellers Cheque—but you can cash it anywhere! So protect your funds this inexpensive, handy and—above all—safe way. You'll enjoy your trip more when you travel "light"... with a carefree heart!

That Little Yellow Songster in his gleaming cage is a pet-of-a-bird... and how he does sing, these bright June days! But no matter how often you clean his tiny home—it still has that unmistakable "bird-cage" smell! Cheer up! When there's a bottle of Vapair handy, this is no problem at all! Simply uncork the bottle—pull the wick—and the odour of "bird-cage" will vanish from the room in a jiffy! Yes, Vapair clears the air of unpleasant smells—instantly—banishes the cooking odours of onions and cabbage—the stale odour of cigar or cigarette smoke—the "doggy" smell of your pet pup. And Vapair costs less than a cent each time to use! So ask for this instantly effective room deodorant to-morrow... VAPAIR—at your drug or department store!

Here's a Cup of Coffee that spells I-I-a-y-o-u-r from the first sip! I mean CHASE & SANBORN COFFEE, of course... and I'm sure, once you've tasted it, you'll agree that Chase and Sanborn is REAL coffee. Its zesty, full-bodied flavour fairly "sings"... it's a wonderful "pick-me-up" at any time of the day—a particularly cheery note at breakfast! Next time you buy your coffee... buy it for REAL flavour. Let your good taste be your guide... it will lead you straight to that famous Chase & Sanborn sign at your grocer's!

If There's a Young Boy in Your Home... here's something to keep in mind on your next going-away trip! Energine Cleaning Fluid removes grease stains—sandwich-butter—bicycle-grease—from furniture and clothes... like magic! No need to worry about a small boy's untidiness when Energine is handy to clean up the damage! Energine is truly marvelous for keeping fabrics of all kinds—hats—dresses—rugs—spot-free and looking like new. So very easy to use, it's completely effective—yet gentle and safe. Simply follow the directions for best results and no tell-tale rings at all! You'll find ENERGINE at your drug or department store. Ask for it to-morrow!

Have You a Lot of Sewing to Do?... here's a formula to make light work of it! First of all, good light is a "must"... secondly... good equipment! So take your favourite deck chair out to the garden—under the sun and sew your finest seams with CORTICELLI NYLON SEWING THREAD! A better thread I've never seen! For Corticelli nylon thread is stronger than most... it's durable and elastic—provides the needed "give" in seams that makes for longer wearing. The lovely things you sew will last the life of the fabric when your thread is Corticelli! Ask for Corticelli Nylon Sewing Thread... in a variety of such "just-right" colours you'll want several spools of each!

Time For Play in the fresh, fresh air of June in every youngster's delight. From sun-up 'til sun-down they're busy as can be—on scooters—on bicycles—playing hopscotch... literally "burning up energy"! Their energy comes from food that acts as fuel and CROWN BRAND CORN SYRUP is just such a food. It provides quick food energy for young and old alike... so serve it to your family just as often as possible these busy summer days! And do write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your Copy of *Crown Brand Recipe Sheet C.B.D.*... Baked Stuffed Tomatoes—Fruit Chutney—Apple Crisp!

For the June Bride with brand new home-making plans... the news in home-making fabrics—by-the-yard is NYLON! Lucky, lucky 1948 Brides!... modern chemistry has done so much to bring new beauty into woman's home... new conveniences of all kinds! And nylon is a nation-wide favourite! Buy curtain fabrics of sheerest, sunniest ecrú-coloured nylon-by-the-yard... then make curtains as-you-like-them at home. You'll find them so easy to wash, so quick-drying... and they don't shrink! When more, they need no ironing at all and they wear and wear! And gorgeous nylon fabrics by the yard make slip covers and wardrobes of practical beauty—for nylon's beauty is its lasting beauty! When you're buying, remember that nylon fabrics of finest quality are made of G.I.L. nylon yarn!

"SMOKE ONE OF MINE..."

Winchester CIGARETTES

Blended Right!

Saint John Plans Slum Clearance

(By The Canadian Press) SAINT JOHN, N. B., June 15—City Council gave notice today it would hold a strict hand over building standards in the city in an effort to reduce the city's slum areas. Twelve houses have already been

ordered brought up to an approved standard or torn down and a survey is being made to map out a long-range slum clearance plan. A decision reached at a closed session of City Council yesterday and released today rules that no building permit for more than \$100 be issued without approval of Council unless the building in question has been brought up to minimum standards.

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Quickies
By Ken Reynolds

"I don't want too many answers, but I want enough—that sort of puts my Guardian Want Ad on a spot, doesn't it?"

SKY HIGH does seem to be the limit these days with food prices going up—up—up! But it's nice to know that some famous favorites are still priced below the general cost of living index! KELLOGG'S CORN FLAKES, for instance. And those words "family favourite" are not idle talk! This year again when carefully trained researchers went around to ask homemakers which corn flakes they liked best, over 80 out of every 100 said Kellogg's! That means that 4 out of every 5 voted for Kellogg's. It's their fine flavour—their delightful crispness of an early morning—that makes them so popular with everyone!

THE SPARTON HIKER
THE FEATHERWEIGHT RADIO FOR THE GREAT OUTDOORS!
MADE BY SPARTON OF CANADA LIMITED • ALSO MAKERS OF COLUMBIA RECORDS FOR CANADA

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MT. MELICK SCHOOL
Report for May:
Grade X — 1. Hilda Wood.
Grade IX — 1. Freda Richards.
Grade VIII — 1. Charles McInnis, 2. Loyde Mutch, 3. Joseph Cannon.
Grade VII — 1. Alan MacRae, 2. Frances Praught, 3. George Bruce.
Grade VI — 1. Shirley Jenkins, 2. Billy Praught.
Grade V — 1. Malcolm MacRae, 2. Betty Praught, 3. Gordon Downe.
Grade IV — 1. Ruby Wood, 2. Lorraine Praught, 3. Harvey Bruce.
Grade III (a) — 1. Elda Boswell, 2. Stewart Johnston.
Grade III (b) — 1. Dorothy Jenkins.
Grade I — No tests.
Highest Average in Sr. Grades — Hilda Wood and Charles McInnis (85 per cent).
Highest Average in Jr. Grades — Ruby Wood (90 per cent).
Teacher — Margaret A. MacDougall.

WINSLOE SCHOOL
Report of Winsloe South school for the month of May:
Grade IX — 1. Roma Rodd, 2. Doris Jenkins.
Grade VIII — 1. Veda Rodd.
Grade VII — 1. Eleanor Rodd, 2. Ernest Sellick, 3. Dorothy MacDonald.
Grade VI — 1. Alice Jenkins, 2. Ernest Diamond, 3. Marie MacDonald.
Grade V — 1. Merrill Clarke, 2. Ethel Carhart, 3. Roy Sellick.
Grade IV — 1. Marvyn Gillespie
Grade III — 1. Preston Jenkins, 2. Wayne Gillespie, 3. Blythe Rodd.
Grade II Sr. — 1. Pauline Jenkins.
Grade II Jr. — 1. Keir Ford.
Star prize for junior grades — Pauline Jenkins and Keir Ford.
Perfect Attendance — Roma Rodd, Veda Rodd, Eleanor Rodd, Dorothy MacDonald, Alice Jenkins, Marvyn Gillespie and Blythe Rodd.
Teacher — Isabel Diamond.

It's Light! **IT'S POWERFUL!**
IT'S ONLY \$59.95!
(BATTERIES EXTRA)

THE SENSATIONAL NEW "HIKER"
A new Portable Battery Radio in a beautiful stream-lined case. Choice of brown alligator, black or tan finish, with stainless steel trim... combination handle and shoulder strap... 5 new-type miniature tubes... operates on standard flashlight batteries... built-in high gain loop antenna... P.M. Alnico Speaker... attractive metal grill protects speaker.

ANOTHER NEW SPARTON!
"STOWAWAY"
THE ELECTRIC TRAVELS IN YOUR SUITCASE
A Portable Electric Radio in a rich moulded plastic. Miniature in size—only 4 1/2" x 5 1/2" x 3 1/2"... weighs fine-toned and taking full advantage of 5 new-type miniature tubes... high quality speaker, same size as used in larger radios... built-in antenna.

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