

Spoonful of GOODNESS

► "These Shreddies* sure taste good, Mummy! That's what young folks think of these delicious spoon-size morsels. And mothers know that Shreddies help build strong, healthy bodies too. They're made from whole wheat, with the precious wheat germ and all the other good parts of Nature's best food. Be sure to have Shreddies for breakfast tomorrow. They're really spoonfuls of goodness."

Shreddies
WHOLE WHEAT BISCUIT FLAVORED

After school treat
Out of school and into the box of Shreddies. Handy to carry in the pocket—crunchy Shreddies are great for afternoon appetites.

*Shreddies is a registered trade mark owned in Canada by THE CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA

Royal Society Medal Winner

It has just been announced that the Royal Society of Canada has conferred the Lorne Pierce Gold Medal for 1947 on Dorothy Livesay. This medal was founded in 1926 and, since that date has been awarded to the greatest writers of Canadian literature beginning with Sir Charles G.D. Roberts. Bliss Carman and Duncan Campbell Scott. This is the highest literary honour a Canadian can win from his country and is conferred, not for a specific book, but in recognition of work of outstanding distinction through the years.

This makes 27 medals received by Ryerson authors, during the last 21 years; 14 being awards of the Royal Society of Canada and 13 Governor-General's Awards.

Dorothy Livesay's new book, "Poems for People", comes off the press in the same month in which the Royal Society confers on her its medal. The preceding book, "Day and Night", which won the Governor-General's Award in 1944, was a careful selection of her work—work that is Canadian in theme and tone, yet thoroughly sensitive to new directions abroad.

Dorothy Livesay first published "Green Pitcher", a brochure of poetry, in her teens. This was followed by Signpost, her first real book, in 1932.

Born in Winnipeg in 1909, educated in Toronto and France, now established with a young family on the Pacific Coast, the poet, Dorothy Livesay, knows her Canada intimately, and has a cosmopolitan outlook. Although beginning life with a journalistic background—both parents are well-known Canadian writers—Miss Livesay turned away from early attempts at cub reporting (Winnipeg Tribune, Toronto Star) and concentrated on the academic. Graduating from the University of Toronto in 1931, she spent the following year at the Sorbonne, Paris, doing a thesis on modern poetry for the Diplôme d'Etudes Supérieures. Upon her return to Canada, the depression years had set in, and to get closer to an understanding of that phenomenon, Miss Livesay took the Social Science Course at the University of Toronto, which sent her out as a social worker to Montreal, New Jersey and finally to Vancouver. There she remained, marrying and rearing young Peter and Marcia.

Warmer Weather Needed In West

OTTAWA, June 3 — (CP) — Warmer weather is "urgently" needed in the Prairie Provinces, where the crop season is about two weeks behind normal, the Dominion Bureau of Statistics said today in the second of 11 telegraphic reports covering crop conditions across Canada.

Conditions in the Maritimes are variable. Spring work is well advanced in Nova Scotia, where seeding is practically completed. In New Brunswick, on the other hand, only 40 per cent of the grain and potatoes are in the ground. Pastures in both Provinces are in good condition and the outlook for the hay crop is favorable. The bloom in the apple orchards also is promising.

The season in Quebec is the latest in years with cold weather, excessive rains and flooding hampering work on the land. At June 1, only five per cent of the intended grain acreage had been seeded.

Ellen's Diary
By an Island Farmer's Wife

(Continued from Page 2)

...across the lane, when for the time our supply has been exhausted. Only then can he sit down to the enjoyment of such food. But in the matter of delicacies his tastes are not demanding and his foods need neither be disguised nor dressed fancifully. "And what's this?" he will ask a bit sadly, of a feathery and beguiling omelette, before trying it gingerly with a fork. Then after savoring it he is sure to add "I think, Ellen, I would just as soon if you would cook the eggs some other way" at the same time, in his own words "forcing down" the lightness, I had set before him, with much pride.

... However in the matter of pies, he

DOROTHY DIX SAYS—

(Continued from Page 2)

"I have been married for 10 years and 10 years is long enough for any woman to have her fling at married life. Because of the fact that my husband and I were married young, he is still at an age when he would be quite appealing to any young woman. So I say why don't many other women, like me, give up their husbands to other women and let the girls have a chance?"

"We have lived and now it is our turn to let other women live. So I would advise the women whose husbands are still of an eligible age to do as I am willing to do—surrender our husbands to other women so they may have the excitement and thrill of being brides and walking down the church aisle in white satin and orange blossoms, and the satisfaction of being called Mrs. instead of Miss the balance of their lives."

Well, of course, every woman who wants a husband should have one, and it is just too bad that the supply doesn't equal the demand, but it doesn't seem to me that the 10-year marriage shift solves the problem. One stumbling block in the way of this Utopian scheme is that married couples who have lost their taste for each other and who want a new deal wouldn't wait 10 years to get it. The divorce courts are too handy.

Nor would any woman who had a good husband, who was a good provider and whom she had spent 10 years in housebreaking be self-abnegating enough to turn him over to a young and pretty girl. Nor would any husband ever consent to being shifted about from wife to wife and having to always get readjusted to a new set of feminine ways. And, furthermore, there would be children to complicate matters.

No, the 10-year marriage plan would not work in real life. Any wife who would voluntarily turn over her husband to a girl to keep her from being an old maid wouldn't be a woman. She would be an angel.

DOCTORS PROVE
2 out of 3 women
can have
Lovelier Skin in 14 days!

"My Complexion had me up a Tree!"
says Grace Leckron (address on request). "My skin was so oily, so coarse-looking—with lots of little blemishes. I had just about given up hope when I was invited to try the 14-Day Palmolive Plan. What luck!

"I jumped at the Chance!"
and reported to a famous skin specialist. Altogether, 1285 women were tested. Some of us had dry skins, some oily, some normal. After a careful skin examination, we were given the Palmolive Plan to use at home for 14 days.

"Here's all You do!"
Wash your face with Palmolive Soap. Then, for 60 seconds, massage with Palmolive's soft, lovely lather. Rinse! Do this 3 times a day for 14 days. This cleansing massage brings your skin Palmolive's full beautifying effect. After 14 days, my doctor agreed my complexion was less oily, smoother. Even those little blemishes—often due to improper cleansing—had almost vanished!"

You, too, may look for these skin improvements in only 14 Days!

If you want a complexion the envy of every woman—the admiration of every man—start the 14-Day Palmolive Plan today! Remember, the Palmolive Plan was tested on 2696 women of all ages—from fifteen to fifty—with all types of skin. Dry! Oily! Normal! Young! Older! Women from coast to coast. And 2 out of 3 got noticeable complexion improvement in just 14 days! No matter what beauty care they had used before. Do start this new Beauty Plan with Palmolive Soap... today!

P.S. For Tub... For Shower... Get the NEW, BIG, Thrifty Bath Size Palmolive!

Less Oily...
Smoother, Younger looking...
Less Coarse-looking...
Fewer Tiny Blemishes—
Less Blackheads...
Fresher...
Brighter, Clearer Colour...

Hello Folks!

simply delicious
RAISIN BUNS

USE FLEISCHMANN'S ACTIVE FRESH YEAST

• No wasted time, no extra steps. Full-strength Fleischmann's active Fresh Yeast goes to work right away. Makes sweet, smooth-textured buns that melt in your mouth. And makes them fast.

IF YOU BAKE AT HOME, be sure to get Fleischmann's active Fresh Yeast with the familiar yellow label. You can depend on Fleischmann's—Canada's favorite yeast for over 70 years.

Always fresh... at your grocer's

MARVEN'S
Finest Quality
POUND CAKE
Cellophane Wrapped
Always Fresh

MARVEN'S
Scotch Style
OATCAKES
Tasty and Nourishing, Rich in Proteins, Fats and Carbohydrates.
Buy Marven's Cakes and Biscuits—protectively wrapped and packaged—always safe and clean.

Marven's
Cakes and Biscuits of Quality Since 1906

a tasty egg dish for meatless days

RECIPE

• Scald 1 cup thin cream with 4 tbs. Heinz 57-Sauce, 1/2 tsp. salt, 1 tsp. butter, 1 tsp. chopped chives or chopped green onions. Slip 6 eggs, one at a time, into hot cream mixture and poach, basting with sauce until eggs are cooked as desired. Served on toast, this delicious dish is grand for lunch or dinner. And it's a mighty good source of important body-building proteins. Serves 6.

HEINZ 57 SAUCE

EDWARDSBURG CROWN BRAND PURE CORN SYRUP

"An important part of my diet ever since my first bottle has been Crown Brand Corn Syrup. Now, that may be all right for a little character like myself, but let me tell you, these grown-ups sure are lucky what with Mom serving them Crown Brand Corn Syrup with so many of their dishes. And she uses it in her baking, too, as a sweetener. I can hardly wait until I'm old enough to have some hot waffles or pancakes smothered with delicious Crown Brand. If it's as good as it is in my cereal—mmmm!"

For years doctors have recommended the use of Crown Brand Corn Syrup as a satisfactory carbohydrate acting as a milk modifier for bottle-fed infants.

CROWN BRAND CORN SYRUP
THE CANADA STARCH COMPANY LTD. MONTREAL - TORONTO
Also Manufacturers of Canada Corn Starch