

Barbara BUYS AND WHYS A WEEKLY INFORMATION SERVICE

MONTREAL, Jan. 5th — The great thing about saving, I've always found, is knowing how much I can afford to put away, and doing it. I try to plan my savings like a day's shopping, to make sure that I can do things comfortably, in easy stages — so I won't have to give up half way through. And this is the time of year I work out just how much I can afford to put regularly into my BANK OF MONTREAL Savings Account. For I'm one of more than a million who bank at the B of M. Canadians, you know, keep one billion dollars in savings in "My Bank" — more than any other bank in Canada.

Here's To Your Good Health! ... and here's one good way to help keep it that way! Drink the juice of one lemon in a glass of water first thing on arising ... for this natural fruit drink helps you keep regular the healthy way! That's because lemon-in-water doesn't "lie you up in knots" as harsh laxatives do ... just gently helps your system regulate itself! Lemons help get rid of colds, too. You just pour the juice of one lemon in a half glass of water. Then add — slowly — half teaspoon baking soda, and drink as foaming quies. A glass every 2 or 3 hours helps alkalize. Try hot lemonade, too, at bedtime! Always ask for SUNKIST CALIFORNIA LEMONS ... the finest, juiciest of all.

Last Chance to send for this special SPECIAL offer! The folks at Heinz have invented some very handy plastic caps covers specially designed to fit over the tops of HEINZ BABY FOOD tins! When your baby doesn't eat a full tin of Heinz Baby Food at one mealtime, simply leave the balance in the tin, cover it with one of these plastic caps and store it in your refrigerator. Mothers who've used these caps tell me they're useful as can be — they save food, money, time and bother! Write to me: Barbara Brent, 1111 Crescent St., Montreal, P.Q. — enclosing 10c in coin or postage stamps and 3 labels from Heinz Baby Food tins and you'll receive THREE plastic caps covers and TWO plastic Baby Food Savers (for scooping out the last good morsels of Heinz Baby Food from every tin)! Be sure to tell me whether your baby is a boy or a girl so I'll know whether to send these five "food-h" money-savers" in pink or blue.

Simple Enough For Everyday ... grand enough for company-best ... here's a dessert to tempt the fancy of the whole family! So fresh-tasting, so sparkling and gay, JELL-O's secret glorious "locked-in" flavors are popular anytime! Serve Jell-O often. JELL-O BANANA BAVARIAN CREAM 1 package Lemon Jell-O 2 cups hot water 1/4 teaspoon salt 2/3 cup sugar 1/2 cup heavy cream 5 bananas Dissolve Jell-O in hot water. Add salt and sugar. Chill. When slightly thickened, fold in cream, whipped only until thick and shiny, but not stiff. Crush bananas to pulp with silver fork and mould at once into Jell-O mixture. Chill until slightly thickened. Turn into mould. Chill until firm. Unmould. Serves 8.

For A New You This Happy New Year ... here's something new in beauty! It's PENATEN — now found in the new WOODBURY DRY SKIN CREAM! Wonderful Penaten helps Woodbury Dry Skin Cream go deeper into more openings ... gives your skin an extra lustrous beauty-dividend! Just 10 minutes a day with this miraculous new-formula cream can make even the driest of skins look velvet-soft! Yes, if you make a daily beauty habit of Woodbury Dry Skin Cream — beginning now ... you'll look so much younger — so much lovelier in 1950!

"I Can't Remember When my family have been as enthusiastic about a breakfast food as they were when I served 'Cream of Wheat'!" writes a reader. "They all said at once, 'THIS is good! Let's have this every morning!' Yes, 5 Minute 'CREAM OF WHEAT' is, truly, a family 'favourite' ... a delicious way to wake up early-morning sleepyheads! Cooks to stain-smooth digestibility in just 5 minutes of boiling! It's so good — and so good for you ... for 5 Minute 'Cream of Wheat' provides Iron, Calcium and Phosphorus for diets deficient in these elements — and for less than 1c a bowl! Particularly good, I find, topped with brown sugar, raisins and cream!

The Morning Is Near Us

Continued from page 2 ... her father's things, had one day shown to Ivy — and Ivy had not been interested. That was the picture of a young woman, possibly taken not long after she had married. It had been underneath some of Father's papers — hidden, perhaps to save it from being destroyed in a moment one might want to destroy one's picture. For what reason would one destroy one's picture? If homely — yes, but Mother was beautiful. Strange how Mother and Father grew up together in this house and then married. Boy and girl who grew up together — well, it was hardly the romantic setting. They knew too much about each other. Warren squabbled. Certainly she and

Warren had squabbled and already Diego and Koula did — a little, she had rather welcomed it, it made them seem like brother and sister. She should think her mother and father would have felt more like brother and sister. She closed the album wearily. It was just another closed door. Even the album had its secrets, and held them. There was no one could tell her. Yes, there was one who could tell her. Her father could. She sat there a long time, the old album on her lap. Ever since she had known her father still lived, or since she had recovered enough to begin to know it, she had wondered if she would ever see him. More than ever tonight, now that she knew this much about Mother, she wanted to see him. Why shouldn't she? She had asked Warren when he had last seen him. It was about six months, he thought. "But, Warren," she said then. "Is that kind? He must feel so alone there — amongst strangers, and yet his home so near." It had seemed all wrong to her, when Warren could drive there so easily. But Warren replied: "Yes, it is kind. It's as if he has left this life — all except Mother. It only troubles him when I come. Don't get anything into your head, Lydia — about going there. It would be hard for Father and hard for you. No good would come of it." She opened the album again and looked at the picture of her father when he was about thirteen. A fresh boyish face. An open countenance. Knowing nothing of what was to come, of how the years would change those frank eyes and make a silent man, who loved greatly and bore a hard burden alone. He had not been meant to be as he became. It seemed too cruel, now that he had played his bitter loyal part, and while he still lived, there could not be some easement. To be continued

3 ways to relieve a SORE THROAT

TICKLISH? IODIZED BLACK-CURRENT PASTILLES

TENDER? IODIZED THROAT TABLETS

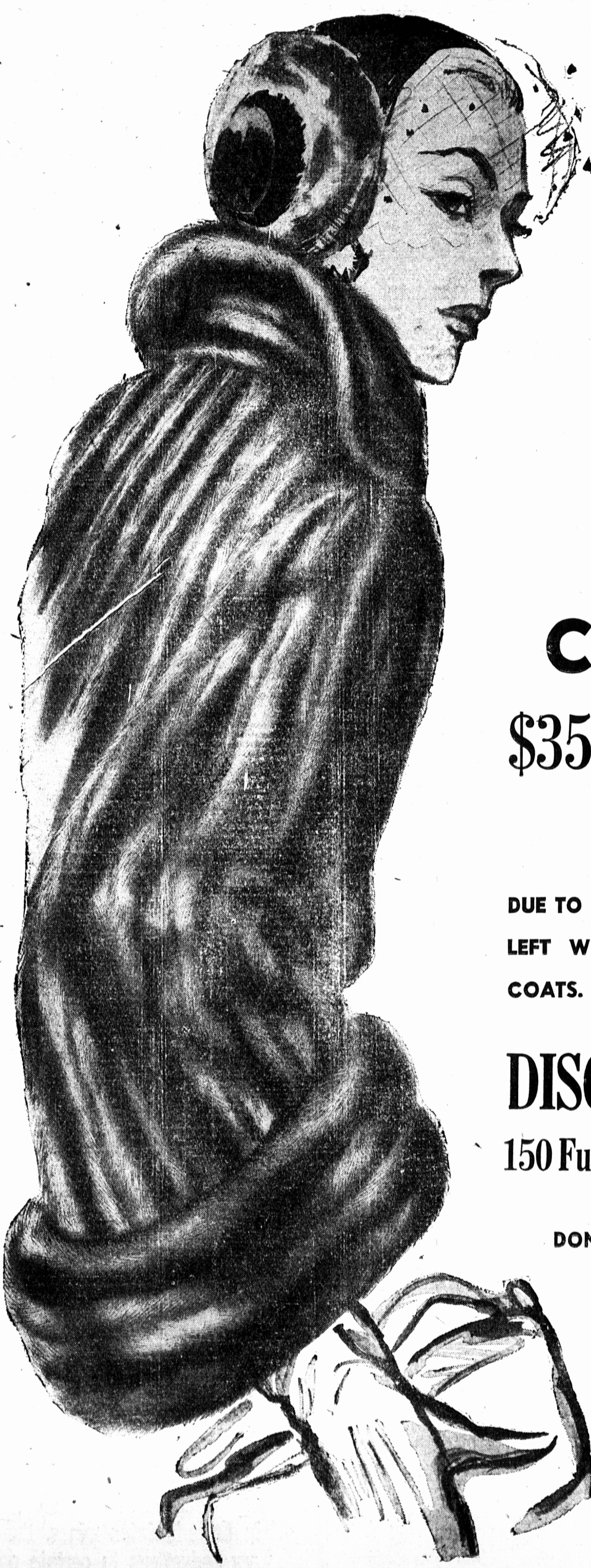
TORTURED? GLYCERINE OF THYMOL PASTILLES

Boots Britain's Choice Since 1887

CANADA PROVINCE OF PRINCE EDWARD ISLAND In The Probate Court The 3rd day of January — A. D. 1950. In Re Estate of Christina Anderson late of Charlottetown in Queens County in the said Province, Widow, deceased, testate. To the Sheriff of the County of Queens County or any constable or literate person within said County. ORESTING: Whereas upon reading the petition on file of Mary Isabel MacLeod of Charlottetown aforesaid, Stenographer, the Executrix of the above named estate praying that a citation may be issued for the purpose hereinafter set forth: You are therefore hereby required to cite all persons interested in the said Estate to be and appear before the Judge present at a Probate Court to be held in the Court House in Charlottetown in Queens County in the said Province, on Monday the sixth day of February next coming, at the hour of eleven o'clock fore noon of the same day to shew cause if any they can why the Accounts of the said Estate should not be passed and the Estate closed as prayed for in said petition and on motion of William

E. Bentley Esquire, Proctor for said Petitioner. And it is hereby ordered that a true copy hereof be forthwith published in some newspaper published in Charlottetown aforesaid once in each week for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely, in the hall of the Court House in Charlottetown aforesaid, and at or near the Royal Bank of Canada in Charlottetown aforesaid, and at or near the Bank of Nova Scotia in Charlottetown aforesaid so that all persons interested in the said Estate as aforesaid may

a big bouquet tonight. Sir William Lawther, bluff blunt-spoken boss of the National Union of Mineworkers, saluted the men in the pits for "a good job well done." Sir William said it was about time the critics — he called them "cheapjack comedians" — realized that the men in the mines produced nearly 6,000,000 tons more coal in 1949 than was mined by a larger force in 1948. PILOT DIES OF INJURIES CRAB ORCHARD, Tenn., Jan. 4 — (AP) — The body of a pilot who crawled more than a mile after suffering a broken leg in a



FUR SALE

JANUARY CLEARANCE

\$35,000 STOCK SELLING FOR \$20,000

DUE TO THE VERY MILD FALL WEATHER WE ARE LEFT WITH A TREMENDOUS STOCK OF FUR COATS. THESE COATS MUST BE SOLD.

DISCOUNTS 20% TO 50%

150 Fur Coats selling at tremendous savings.

Range of Sizes 9 to 46 DON'T WAIT, DO YOUR BUYING NOW!

island furriers

British Miners Get Big Bouquet LONDON, Jan. 3 — (CP) — Britain's 700,000 coal miners, often accused of absenteeism and lack of enthusiasm for their work, got have due notice thereof. Witness His Honor Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown in Queen's County, the day and year first above written. (Sgd) E. Margaret Andrew By the Court, (L. S.) Registrar.

plane crash seven days ago was found today on rugged Devil Step Mountain. Deputy Sheriff Beecher Poteet said John Anderson, 35, of Houston, Tex., had crawled to within a mile of a country road. Death apparently was caused by shock and exposure.

Dorothy Dix Says — Continued from page 2 trade or profession which you can practice in a city, if you do not find a husband at college. DEAR MISS DIX: How can you make your wife trust you again after she knows you have been untrue to her and have spent on other women the money which she earned? We are getting along in years and my flirting days are over and I would like for her to feel toward me now as she did when we were married. ANSWER: No miracle can restore a wife's faith in the husband who has betrayed her. You had something fine and beautiful and you dishonored it and trampled it into the mud and you must pay the price of your folly. DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

NORTH AMERICAN LIFE L. S. STEVENSON Branch Manager 140 RICHMOND ST. All Profits for Policyholders