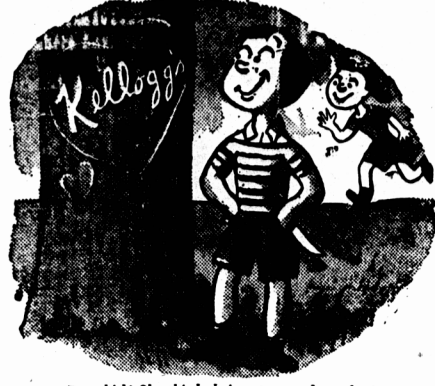


SMALL FRY... by Steig



Poor kid! She thinks he's got a crush on her! Wait 'till she finds it's Kellogg's Corn Flakes.

Again in 1948, 4 out of 5 vote Kellogg's FIRST FOR FLAVOUR!



You don't need to see independent research reports to know why your family goes for Kellogg's Corn Flakes. Still, for the record, again, 4 out of 5 chose Kellogg's Corn Flakes first for flavour. If your last package of Kellogg's Corn Flakes has been opened, order more tomorrow. Made by Kellogg's in London, Canada.

MANSON APPOINTED NEW CHATHAM CHIEF

Situated in the heart of the most varied and specialized crops area in Canada, the Dominion Entomological Laboratory at Chatham, Ont., is soon to have a new Officer-in-Charge. He is G. F. Manson, B.Sc., M.Sc., who has been Officer-in-Charge of the Dominion Entomological Laboratory, Lethbridge, Alta., where he has specialized in sugar beet and vegetable insect investigations. Research at the Chatham laboratory covers the many insects attacking not only field and forage crops but such specialties as tobacco, corn, and a variety of canning vegetables. Mr. Manson replaces Dr. G. M. Stewart, who recently accepted the position of Dominion Wild Life Officer for Ontario, Department of Mines and Resources.

Here Today And Gone Tomorrow

The homemaker who is constantly complaining that the members of her family are fussy, probably needs to turn her criticisms on herself. They may be grumbling because they do not like the same food served in the same way several days in succession or because much of the food she offers is neither well cooked nor attractively served.

A good cook has the ability to make appetizing dishes from plain, inexpensive or left-over foods. She serves favourite dishes fairly often and introduces new ones just often enough to keep up the interest. The family will be anxious to investigate the surprise if it is nicely served and well cooked. If meals are carefully planned ahead of time extra quantities may be cooked so that a second or even third meal may be prepared quickly and with a saving of heat in the already hot kitchen. This double-day cooking may also be a great energy saver in canning time.

Half a cottage pudding, made from a plain cake recipe, may be served for dinner, then the remaining piece, when cool spread with an icing or split and filled with jelly becomes a delicious cake.

The extra pastry shell, baked along with the green apple pie for dinner, is ready to be filled with fresh fruit or custard or a good chocolate filling for a later meal or perhaps the extra pastry will make shells for six or eight jam tarts.

The home economist of the Consumer Section, Dominion Department of Agriculture, have a few good suggestions for these second-day meals.

- Macaroni Meat Special
2 1-2 cups cut macaroni (8 oz.)
1 1-2 cups left-over meat, chopped.
2 cups gravy.
1 teaspoon spicy meat sauce.
1 medium onion chopped.
1-4 teaspoon pepper.
1-2 teaspoon salt.
1 cup bread crumbs.
1 tablespoon fat.

Cook the macaroni in boiling salted water for 15 minutes. Drain well. Mix together the chopped meat, gravy, spicy meat sauce, onion, salt and pepper. Combine well with the macaroni and place in a well-greased baking dish. Cover with the crumbs, dot with fat and bake in a moderately slow oven, 325°F., for 20 minutes. Yield: six servings.

Chocolate Cream Pie

- 1-3 cup sugar.
1-3 cup flour.
1-3 cup cocoa.
1-8 teaspoon salt.
1-2 cup cold milk.
1 1-2 cups hot milk.
2 egg yolks.
1 tablespoon vanilla.
Mix sugar, flour, cocoa and salt and combine with cold milk until smooth. Gradually stir in the hot milk return to double boiler and cook 10 minutes, stirring frequently. Beat egg yolks, combine with a little of the hot mixture, add to mixture in the double boiler and cook 35 minutes longer. Remove from heat and add vanilla. Pour into a baked, nine-inch pie shell and top with the following meringue.

Meringue

- 2 egg whites
Pinch of salt.
1-8 teaspoon baking powder.
2 tablespoons sugar.
1-4 teaspoon cinnamon.
Add salt to egg whites and beat until stiff. Mix baking powder and sugar and gradually beat into the egg whites. Spread meringue over filling, dust with cinnamon and bake in a moderately slow oven, 325°F., until delicate browned, about 15 minutes. Yield: six servings.

Danger of Sun Bathing Stressed

NEW YORK, August 24 — A serious warning to sun bathers to guard their eyes against irreparable damage from sunlight and the misuse of sun glasses was issued today from the New York Headquarters of the National Society for the Prevention of Blindness, a national organization to protect the eyesight of the American people.

"Few people realize how little protection is given by even an expensive pair of sun glasses from the dangerous burning heat rays of the sun," said the Executive Director of the Society, Dr. Franklin M. Foote, and he continued: "In fact the main danger of sun glasses is that the darker they are the more they give you a false sense of security. Because the light is cut down, you feel that your eyes are safe—but actually, your eyes are less safe in many cases than without the glasses. Normally, the amount of light entering the eye is automatically controlled by the iris, the colored window of the eye which closes down in strong light to a mere pin point. But when dark glasses are worn and the bright light is cut down, the iris opens wider, but the glasses do not cut down the dangerous invisible heat rays against which most sun glasses are no protection at all."

The tragic results of a failure to realize this basic danger of wearing sun glasses were stressed by Dr. Foote in the case of a young girl who is now partially blind after one mistake during a few hours of sun bathing. Helen is a twenty-year old college girl. She wore very dark sun glasses, mainly because she thought they made her look "smart". Lying on her back on the sand, she found that her glasses were so dark that she could look straight into the sun and within its great red ball of fire for several minutes without blinking. On her way home, she found she still saw a great black ball where the sun had been in her sight. We all know that effective "after-image" after looking into a very bright light, which gradually disappears after a few minutes. But Helen's after-image did not disappear. In fact it grew larger and darker, until, in a panic, Helen went to an eye doctor. He broke the terrible news to her that she had burnt the central part of the retina—the part of the eye which actually "sees"—and her eye just as a burning glass can burn a hole in a carpet. Now Helen will carry with her for the rest of her life and without hope of cure, a dark spot in the center of her vision as a fatal souvenir of her sun bath in dark glasses on the beach.

The Executive Director of the National Society for the Prevention of Blindness said that, of course few people are quite as foolish as Helen in looking straight into the sun, but each holiday season, out of the twenty million people who buy sun glasses, many thousands find themselves with inflamed, swollen, irritated eyes, because they do not realize that even the best sun glasses provide almost no protection against the sun's burning heat rays. Discussing the difference between the various types of sun glasses were dangerous for other reasons also. These lenses may be made of ordinary colored glass, not ground or polished. Such lenses distort objects—like looking through a bad window pane—thus causing eye fatigue. Finally, Dr. Foote gave a set of simple rules for all holiday-makers who sun bathe and wear dark glasses:

- 1. Always remember that sun glasses, however dark, or however expensive, do NOT protect you against the dangerous burning heat rays of the sun.
2. Do not use sun glasses which seem to distort objects.
3. Wear your sun glasses only in the bright sunlight—and never, NEVER look straight at the sun.

Pillbox In Bag Quite A Vogue

NEW YORK, Aug. 25 — American women are taking more pills, or anyway are taking them from prettier containers than formerly, to the pleasure of Harry Klein of Volupte, a firm which makes compact and ornamental pillboxes and displayed its line at the forty-third annual convention of the American Association last week at the hotel Waldorf-Astoria here.

Klein and his associates, Murray Kellman and Harry Reiffarth believe that more pills are being taken. They don't insist that there are more headaches in life to-day than there used to be; they say that all the 40-40 about vitamins has added new forms of pills to life. It's not too unusual, they assert, for a woman to carry in her purse, aspirin, vitamins and secharin; some women may substitute something for one of these and another tray carry all of them and something more. But it's a rarity who isn't at least a one-pill woman. Volupte began promoting tiny pillboxes in a big way in 1938, had to stop because of metal shortage in the war, now has resumed full sale. The boxes range in retail price from \$1 to \$60, and of course there are custom-made bejewelled ones which cost far more. And there are matched sets, with pillboxes, compact, lipstick, etc. Also just designed and now on the market is a cylindrical pillbox looking like a lipstick case, with a base which draws up to reveal a slot.

New! Different! Procter & Gamble's WASHDAY MIRACLE

for your whole family wash!



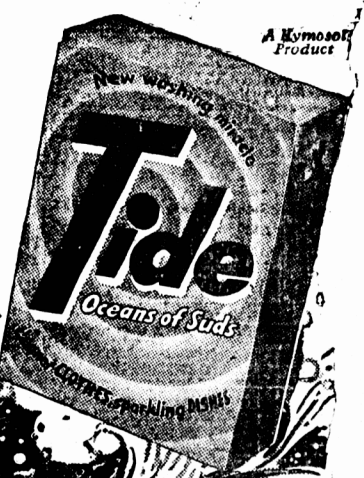
TIDE'S IN-DIRT'S OUT! TIDE WORKS EXTRA MIRACLES IN HARD WATER! OCEANS OF SUDS! NO WATER SOFTENERS NEEDED!

IT'S TIDE

... you've never used anything like it! Discovered as a result of wartime research, Tide amazed even the men of science who discovered it! Tide does what's never been done before—washes clothes cleaner than any soap made, yet actually leaves colors brighter! Try Tide for your whole family wash... trot out your worst washday problems and watch Tide laugh them off! Stubborn dirt and grease? Nothing's too dirty for Tide! Hard-water problems? Tide whisks up oceans of suds even in hardest water!

ONLY Tide DOES ALL FOUR!

- 1. Washes clothes CLEANER! Yes, cleaner than any soap! Even greasy overalls... and grimy pray clothes! with the dirt ground right into the fabric... they all come thoroughly clean! Tide not only leaves clothes free from ordinary dirt, but actually removes dingy soap film as well. Tide laughs at stubborn dirt!
2. Gets clothes dazzling white—they're CLEANER! Yes, shirts, sheets, towels and pillowcases come so much cleaner with Tide, they simply gleam! And they keep that dazzling whiteness week after week... Tide never turns them yellow!
3. Actually brightens colors—they're CLEANER! By making dulling soap film disappear, Tide gets your gay print dresses and much brighter you can see the difference! Does it safely, too! Yes, even with all its terrific cleaning power, Tide is truly safe for all your washable colors! It's amazing!
4. Gives more suds—prove it in your dishpan! Kind-to-hands suds! Faster suds! Longer-lasting suds than any soap in hardest water! Tide cuts grease like magic... washes dishes cleaner than any soap! No scum in the water! No cloudy film on dishes and glasses! That's why they rinse and dry so sparkling clear—even without wiping!



Advertisement for Burns canned meats, showing various products like Spork, Hamburgers, Sausage, and Bologna.

Ellen's Diary

By an Island Farmer's Wife (Continued from Page 2)
situated on a gentle rise, though not near to it's summit. The front meadow edges the pond that goes to turn the mill-wheels below. There is the house across the lane, where grand-daughter lives—and the post—and above the mill is the house on the hill, where Mr. C. who comes often to neighbor with us, dwells. Fields that out of which slides an aspirin. But the presence of one of the pillboxes in a woman's purse need not mean that she is expecting headaches, trying to bolster her health or attempting to keep her figure down.

yield average crops, but are near stretch back to the woodlands, and there we 'sow and reap and gather into barns."

Twinkles in a clergyman's eyes are signs, to my mind, that they have one foot firmly on earth and so can understand the lives of everyday folk like those of us at Alderley. They know that "to err is human" but as well that one can "grow in grace." His I think would be fine sermons. He would present the Scripture as it is—a living moving, sanctifying Word. "And the driver of that grey car?" Jeanie wanted to know when she came in once to chat—we do take nice spells of idling when our farmers are away! "That was a teacher—a principal! I believe of a high school in N.B." I replied mentioning the name of the place. "Didn't I know it?" Jeanie laughed.

"he reminded me of some of mine. Lettered and stern and unbending, so to speak!" "Oh, no, that's only a mistaken idea young folks have of their instructors, which clings from early years. Not all stern, but very pleasant and human" I said... But James is home now, come in the delightful moonlight from the haying at Rob's. The night is lovely and so bright one can see the cows—dark spots on the hillside—and the horses, our farmers have just let to their freedom there. A nice day it has been, with a mite of washing, a dot of bread-baking and much chatting... And now day's end. Until tomorrow — Diary — Good night.

OUT OUR WAY



Advertisement for THE MARIE ELENA BEAUTY SALON, featuring a woman's portrait and text about permanent hair styling.