



Grains of Wheat and Rice Shot from Huge Guns

To make them twice as delicious . . . twice as digestible

How exploding 125 million food cells makes Puffed Wheat and Puffed Rice as nourishing as hot cooked cereals.

HAVE you tasted this utterly different kind of cereal . . . Puffed Wheat and Puffed Rice . . . the crispest, crunchiest cereal on the market today?

Puffed Wheat and Puffed Rice are different because they're made differently. Choice full-flavored grains of wheat and rice are sealed in huge bronze guns. Then revolved in fiery ovens. This expands the natural moisture in the millions of tiny food cells. Then the guns are fired. Causing 125 million explosions in every grain. Every tiny food cell is blasted open. The grains are made as completely digestible as though they had been cooked for hours. Hence Puffed Wheat and Puffed Rice are virtually as nourishing as hot cooked cereals.

These grains "shot from guns" become 8 times normal size. They have all the buttery crispness of fresh toast. They taste like sweet new nut-meats. Never before was rich grain nourishment made so delectably good to eat. Order Puffed Wheat and Puffed Rice from your grocer today. The Quaker Oats Company.



QUAKER PUFFED WHEAT AND PUFFED RICE



DESIGNED BY WOMEN FOR WOMEN



NEW LOW PRICE

IT'S SO ECONOMICAL to Cook Electrically on a Hotpoint Hi-Speed Range

WHEN you cook the modern Hotpoint way you get far more cooking heat per dollar . . . food shrinkage is . . . and oven current can be automatically controlled.

dishes. Hotpoint's All-Steel construction protects your investment by giving long service. And Hotpoint's Super-Automatic Oven Control represents a big saving in time and current.

Hotpoint Hi-Speed Elements have proved in actual tests to be not only the fastest electric range units but also the most economical. Hotpoint's Economy Cooker utilizes insulated heat and makes possible an infinite variety of inexpensive

See the various models of this new Hotpoint Hi-Speed Range "designed by women for women". They are priced as low as \$85 and may be bought on convenient terms.



For Sale by Associated Gas and Electric Systems

CANADIAN GENERAL ELECTRIC

Head Office Toronto

WHEN YOU BAKE USE MONARCH BAKING POWDER AND WHITE STAR YEAST

Milady Beautiful!

By Lois Leeds

BEAUTIFUL HAIR

The first requisite in any beauty program is absolute cleanliness. The women whose body is always scrupulously clean, whose nails are never marred by one bit of soil and whose scalp and hair are as immaculate as the rest of her body is usually the woman who retains her youthful beauty longest. For one bit of carelessness in care of the skin, care of the hair and scalp or of the hands and nails takes its toll as loss of beauty. It takes a long time to bring skin coarsened by grime and dirt back to a lovely, fine texture. Because hair which has lost its life and luster through lack of care doesn't come back to its lovely sheen very quickly, it behooves every one to



make cleanliness the first law in the quest for beauty.

If one examines the hair under a microscope it will be easily seen why it is sometimes difficult to get the hair thoroughly clean. Each hair, instead of having a smooth surface as it appears to the naked eye, is sheathed in minute scales somewhat resembling the shingles on a roof. It is under these little scales that oil, grime and dandruff lodge, and unless they are removed by very careful shampooing the grime becomes lodged there so firmly that cleansing is not very easy. Harsh as it may sound, lack of cleanliness is one of the most frequent causes of hair losing its sheen and gloss; therefore, its beauty.

When these little scales on each hair are clean, the light striking them has the same effect as when it shines on a rare jewel—the result is a gleam and light from the hair. On the other hand, if dirt has become lodged in the hair there will be no gleam or gloss and the hair assumes that dull, drab, lusterless appearance which is detrimental to its beauty and soon results in the hair becoming faded, brittle and lifeless.

Brush the hair for several minutes every night and morning, using a brush with long bristles that will penetrate through the hair. Massage the scalp with the fingertips, moving the scalp itself to stimulate the circulation of blood. Shampoo at regular intervals, using a mild liquid shampoo mixture, such as pure Castile soap liquid, olive oil, coconut oil or liquid tar soap. There are many good shampoos on the market and it will be found that pure Castile soap liquid is always a reliable shampoo. The olive oil in this soap gets down into the indentations on each hair shaft and loosens the particles of dust and grime.

The first step in the shampoo is massage. Massage the scalp thoroughly for at least five minutes, then brush the hair itself for several minutes. Next wet the hair with warm water and mix the liquid shampoo with warm water to make a good lather. Apply the soap lather to the hair, rubbing it well into the roots of the hair. Rinse off the first soap lathering with warm water; apply another application and proceed as before. Two, three or more applications of the liquid shampoo should be used, depending upon the condition of the hair. Oily hair needs more soaps and so do scalps with excessive dandruff. Rinse the hair thoroughly after each application of the shampoo mixture. Finally, rinse the hair in three or four waters, using any special rinse that the type of hair and color calls for. Dry the hair well by hand, using warm towels and massaging the scalp with the fingertips. Shake the hair, bending over from the waist and throwing the hair over the face, and give it an air and sun bath if possible. Those whose hair has a tendency to be dry will find it a good plan to rub warm olive oil into the scalp before and after the shampoo, as this will replenish the supply of natural oil and lubricate the hair.

THE WIND

I saw the wind today; I saw it in the pane Of glass upon the wall; A moving thing,—'twas like No bird with widening wing, No mouse that runs along The meal bag under the beam.

I think it's like a horse All black with frightening mane, That springs out of the earth, And tramples on its way. I saw it in the glass, The shivering of a pane; A horse that no one rides.

—Padraic Colum.

MR. ISAAC BERNARD

In the passing of the late Isaac Bernard which occurred on March 1st, 1936, the community of French River and surrounding country, were called upon to surrender one of its best known and most highly respected citizens. He had been in his usual good health when he was suddenly stricken last November. All that medical skill could do was of no avail and he passed peacefully away on the morning of March 1st, to that home beyond at the early age of 48 years. The late Mr. Bernard was a man always found active in any work which was for the general welfare. He was interested in the building up of the community in which he lived and especially in the work of the church. He was a regular attendant of the Presbyterian Church and took a deep interest in all departments of her work. The funeral service was conducted by Mr. Fleck, assisted by Rev. Mr. Williamson, of Malpeque, and the esteem in which he was held was evidenced by the large number who were present to pay their last tribute of respect and followed in funeral cortege to the Geddie Memorial Cemetery where his body was laid to rest by the fellow members of Prince Edward Lodge A. F. and A. M. The pall bearers were: Samuel Bernard, Stanley Brown, Ira MacLeod, George F. Riley, H. S. MacLeod and Alexander Hiltz. He leaves to mourn a widow formerly Mrs. Alice MacLeod, three sons and two daughters namely: Charles and Wallace of California, Harold at home, Mrs. Stanley Brown and Miss Ola, of New London, besides four brothers: Winfred, in Kimberley, B. C., Stanley, of Calgary, William A. and Frank, of French River, also one sister, Mrs. Emma Cole, of French River.

The floral tributes were as follows: Pillow, family; Wreath, Charles and Wallace; Crescent, brothers; Wreath, congregation of Geddie Memorial Church; Wreath, H. S. MacLeod and family; Crescent, Matilda and George, Anna and Harold; Spray, H. P. and Mrs. Found; Anchor, Prince Edward Lodge; Wreath, The Whiting Mead Co., California.

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