

Barbara Brent's BUYS AND WHYS A WEEKLY INFORMATION SERVICE



MONTREAL, Feb. 9th—One of the best mottoes I know for a comfortable home is "Be Prepared!" Be prepared with soothing SLOAN'S LINIMENT for the aches 'n' pains of sore muscles—rheumatism—neuralgia—stiff neck or sprains. Famous Sloan's speeds relief. Its comforting, soothing heat brings wonderful relief in just a few minutes after applying! Just pat it on and you'll feel so much better! Its deep penetrating heat goes right to the seat of the pain! No wonder Sloan's is a medicine-cabinet "must" in so many thousands of homes! It's economical, too! Just 40c a bottle!

I Didn't Have To Be Told that Raymond Loewy designed the nameplates for FRIGIDAIRE REFRIGERATORS and FRIGIDAIRE ELECTRIC RANGES, just as he was responsible for the exquisite modern beauty of the refrigerators and ranges themselves. The beauty of the nameplates says "Raymond Loewy" all over. But those Frigidaire nameplates say something else: something immensely more important to you as a buyer. They say that here are household appliances built and backed by the greatest design, engineering and manufacturing facilities in industry: those of General Motors. And right here I would like to correct a popular misconception that "Frigidaire" means any electric refrigerator. It doesn't. The word "Frigidaire" is a trade-mark owned by General Motors. In Canada, only products built by Frigidaire Products of Canada, Limited, Leaside, Ontario, can bear that trade-mark.

Have You A Man In Mind when you cook? Most of us are inclined to plan our meals to the taste of our menfolks—that's why KRAFT DINNER is such a favourite in so many Canadian homes! And there's another BIG reason, too! "Kraft Dinner" is so easy on the food budget! Just wait 'til you taste this scrumptious macaroni-and-cheese combination! ... M-mmm!—it's a real meal! In every package of "Kraft Dinner" is a special fast-cooking macaroni that cooks to fluffy lightness in only 7 minutes. And, in the same package—cheddar cheese, already grated, to sprinkle in for rich cheese flavour! Enough for four—and good enough to make any man you know ask for more!

What's A Youngster To Do when she wants to take mother's advice and eat a hearty breakfast... but breakfast is dismal and unappetizing? Best way I know to avoid putting your youngster in this unhappy position is to serve delicious 5 Minute CREAM OF WHEAT at breakfast! M-mmm! So good—and so good for you! For 5 Minute "Cream of Wheat" contains Iron, Calcium and Phosphorus for diets deficient in these elements. So serve it tomorrow—and after—at breakfast time. What a lot of enjoyment for less than 1c a bowl... and "Cream of Wheat" is extra delicious when it's topped with brown sugar and cream!

"Married Women Do Need Their Own Bank Accounts" remarked one of my smartest friends last week at lunch. "John and I often used to have—well—words whenever I needed a new dress or shoes or simply the lift a new bonnet always gives me. Trouble was I never seemed to have enough left over from my household allowance to pay for these things when I wanted them. Then I hit on a solution... I opened my own Savings Account at the BANK OF MONTREAL. Each week I put away the dollar or two left over from my household expenses. I've been amazed how quickly my balance grows. And so many of the things I really want I can now afford. Our budget runs much more smoothly, too, which keeps John in the right frame of mind for a happy husband."

In Sunday Your Day For An Enormous Breakfast? You have time to cook it... and your family certainly takes the time to eat it (every last bit) when the main dish is Shredded Eggs in HEAVY CREAM OF TOMATO SOUP! M-mmm!—Here's how for four: Butter four individual baking dishes. Break 2 eggs into a cup and slip into each casserole. Also to each dish add about 1/3 cup Heavy Cream and Tomato Soup, undiluted. Bake in moderate oven (350 deg. F.) until whites are firm (about 10 min.). Top with bacon strips.

Found!... a quick and easy way to keep hands smooth, white and beautiful always! No matter how "hard-worked" your hands may be, don't let anyone tell you that it takes hours of care and trouble to make chapped skin snowy-white! Just follow me to the nearest cosmetic counter or drugstore and ask for a bottle of JERGENS LOTION! I know you'll be delighted with it! All you do... after every waxy chore, smooth on Jergens Lotion and your hands will soon have that lady-of-leisure look! Keep a bottle of Jergens handy in both kitchen and bathroom and use it regularly for lovely hands your husband will adore!

Three "A's" For Desserts—Attractive, Appealing, Appetizing—when you make them with JELL-O PUDDINGS. Smooth, melting, deliciously flavored Jell-O Pudding makes dessert the high spot of any meal—be it children's noon snack, or be it "the boss's" night to dine at our house." You simply can't go wrong with Jell-O Puddings... mellow-rich Caramel or Butterscotch, smooth, "sherry-delight" Vanilla, and that dark beauty Chocolate. And then there are those wonderful Jell-O Tapioca Puddings—Orange Coconut, Vanilla and Chocolate. Enjoy Jell-O Puddings often.

Modern Science has contributed brilliantly to a problem which has long concerned us women—intimate feminine cleanliness. ZONITORS are the perfected result of such research and work... and thousands of women find them the most satisfactory method of feminine hygiene ever used! Grenless—stainless—snow-white vaginal suppositories... Zonitors are dainty—more convenient—powerfully germicidal, yet absolutely safe to delicate tissues! For frank facts about the important subject of feminine hygiene—simply write to me—Barbara Brent, 1111 Crescent St., Montreal, P.Q.—and I'll send you a free booklet in a plain wrapper.

MOLLY THE MILKMAID SEZ: The PURE MILK CO. LTD. 91 St. George St. Phone 58. Silly Willy who doesn't drink milk... will soon enough learn that milk means health! Young and old alike... every one needs milk!

Save Money on Meals! 5¢ Buys FOUR Delicious AJUNT JEMIMA Pancakes! Try This Grand LUNCH or SUPPER TREAT! PANCAKES OR BUCKWHEATS Regular Size or 3 1/2 lb. ECONOMY Size Good For You... DIGESTIBLE AS TOAST!

It's Co-op Super Market FOR SMART SHOPPERS. Thrift-Priced FOODS: GIANT Robin Hood OATS 5 lb. bag 39c; SWANSDOWN CAKE FLOUR Pkg. 39c. JAMS: AYLMER STRAWBERRY JAM, 24 oz. 47c; AYLMER RASPBERRY JAM, 24 oz. 39c; AYLMER PLUM JAM, 24 oz. 33c. Fruits & Vegetables: BURFORD PEARS, 20 oz. 19c; CALIFORNIA NAVEL ORANGES, 2 doz. 89c; GRAPEFRUIT, 3 for 29c; LOCAL CRANBERRIES, 2 lb. 49c; ICEBURG LETTUCE, 1ge. 21c; CAULIFLOWER, each 49c. Tender Tasty Meats: MAPLE LEAF TENDER SMOKED BONELESS PORK BUTT, lb. 63c; FRESH NECK RIBS, 2 lb. 25c; SWIFT'S BREAKFAST BACON, lb. 60c; SWIFT'S PORK SAUSAGE, lb. 39c; LARGE CORNED MACKEREL, ea. 27c; LARGE SALT HERRING, 3 for 25c; TENDERLEAF PURE LARD 18c. SUPER MARKET CO-OP BENEFIT BUY 2807 PLEASE



Scout News and Notices

Winter Scouting The New Handbook of Rogged Outdoor Scouting now available at Provincial Headquarters. Price 25 cents. GET YOUR COPY NOW.

Winter Woodcraft Woodcraft consists of living comfortably, sanely and enjoyably in the outdoors. It is something about which a great deal may be learned from books, but practical experience is much the better teacher.

Good Outdoor Training At Indoor Meetings. Fire By Friction Have you ever tried Fire-by-friction? If not, you are missing lots of fun. There is very little to it once you get the equipment ready.

Winter Hike Activities Do not plan on accomplishing too much on a winter hike—the thing is to get out and have a good time—and yet, learn a few woodcraft items on each hike. Snowshoeing, ski-ing, tobogganing and skating are what the Scouts enjoy.

Winter Cooking Quickly prepared meals are required—fried foods, hot cocoa or chocolate, beans (Yes, Canned) are all very enjoyable—but what about your fire?—especially if the snow is deep—be sure if the snow is deep, so will your fire be, in fact, it will sink out of sight and will likely go out—build it on a platform of logs, preferably green ones the size of your wrist. Twigs and dead branches from standing

trees as in summer, will soon be merrily burning. Have small individual fires for cooking... larger ones for heat. A woodsman, except in extraordinary circumstances, would choose a spot where the snow was only a few inches deep, scrape it away to frozen ground and all would be well... or he would build his fire on ice. If the Scouts must sit, evergreen branches make a comfortable and dry seat... or have them sit on their heels, with their heels on a two or three inch log... very restful.

Things to look for Identify evergreen trees and also deciduous ones by bark, winter buds and general shape. What do the birds eat at this time of the year, evergreen cones, weed seeds, find these eating places. Do the squirrels hibernate during winter? What birds remain here during the winter? Note bird tracks, and those of small animals. The above items should supply plentiful activity for the first winter hike.

New Troops New Troops have been formed in North Rustico under the leadership of Charles Laskey; in Ellerslie, with Alex Skinner as Scoutmaster and Reid Leggie as Assistant Scoutmaster and in East Royalty with Frank Costello, better known to many Island Scouts as "Siddy" as Scoutmaster.

Kind of Wood McGill University, Forest Products Laboratory suggests Hickory as first choice. Then Ash, Oak, good grades of Elm, Sugar Maple, Yellow Birch and Mountain Ash.

Scouting is once again getting under way in Summerside with the reorganization of the Third Troop under Scoutmaster Eric Tanton and Assistant Scoutmaster Lloyd Cannon. Fourteen boys have been trained in their Tenderfoot tests and the Scoutmaster hopes to build from this up to a full troop.

Congratulations! Congratulations and best wishes to Mr. and Mrs. James E. Burnett (nee Ann MacNeil of Windsor Forks) who were married in January. "Lynn" (James E.) is Scoutmaster of the 3rd, Charlottetown Troop, St. James Church. He started as a Scout in 1924 and has been active in Scouting since that date.

Pownal Y. P. U. Pownal Y. P. U. met Friday evening Feb. 3, at the home of Mr. and Mrs. Arden Richards. The Devotional period was led by the Christian Culture Convenor Mrs. A. S. Weil and opened by the leader's introduction of the topic for the evening, the theme was "Beauty" and the subject of her talk was "Negro Spirituals". The hymns for the evening were "This is My Father's World," said "T's Winter Now." Scripture lesson was read by Mrs. Edward Wood. Mrs. Weil gave a very interesting and moving talk

on the negro spirituals and some of the great negro singers. Prayer by Mrs. Fred Mossman closed the Devotions. The business period was led by the president Athol Buell, and opened with minutes of last meeting which were approved as read, followed by roll call. There were 28 present, several items of business were discussed including the appointing of a play committee and a press secretary.

Mrs. Parker Ings kindly invited the next meeting which will be held by Christian Fellowship Convenor, Eliza Lane. Mr. and Mrs. Edward Wood to have the entertainment. Contest was put on by committee in charge, and a very delicious lunch was served by the hostess. A vote of thanks was tendered to the members of the home after which all joined in singing "Happy Birthday" to Freda Richards. Meeting closed with "Blest Be the Tie that Binds."

Our Brother Scouts in Greece, who have done so well under very adverse conditions, need staves. Over many years their country has been so cut over and owing to the rocky nature of the country, it is impossible for them to secure this part of their equipment. As a gesture of friendship and good will, it has been decided to ask Canadian Scouts to collect and send 5000 staves to them.

Our objective of 100 staves, can easily be reached. Two staves from every Prince Edward Island Scout Patrol. This will make a good objective for your next hike. Cut out, bundle them, ship them to Boy Scout Headquarters, Charlottetown, on or before April first.

At lunchtime... dinnertime... whenever you feel weary or on edge, drink Lipton! No other tea gives you such quick refreshment. No other tea adds such pleasure to your meals. For Lipton, in packages or in tea bags, is a special blend of the choicest Orange Pekoe teas.

Rich, full bodied, with plenty of strength, Lipton's warmth and freshness seem to seep into your bones. Cares drop away. Food tastes more tempting. Your spirits rise. You come to life! Don't wait! Start now to get more refreshment, more solid satisfaction from every cup of tea. Switch to Lipton today!

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Explains Cause Of Missouri Grounding

NORFOLK, Va., Feb. 7 —(AP) — The operations officer of the U. S. battleship Missouri said today he had mistaken shallow water buoys for deep water buoys shortly before the ship ran aground. The naval court of inquiry investigating the grounding of the ship, immediately interrupted the testimony of the operations officer, Commander John R. Millett, and designated him a defendant.

At the opening session of the court last Friday, the ship's commanding officer and her navigator, Captain William D. Brown and Lt.-Cmdr. Frank G. Morris, were named defendants. Millett testified he thought five buoys marked a secret electronic range, which parallels the main

Special Brain Studies

KINGSTON, Ont., Feb. 7 — (CP) — Queen's University is to undertake special brain studies at Kingston Penitentiary in an effort to determine the underlying causes of criminal behavior. This was made known today after W. J. Henderson, Liberal member of Parliament for Kingston City, announced that Health Minister Martin had approved a Federal grant of \$1,025 for electroencephalographic study of cases at the penitentiary. An electroencephalograph is a machine which charts wave impulses of the brain.



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