

# BARGAIN

## in goodness!

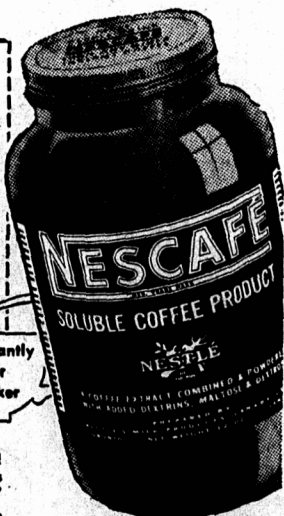
Heap up breakfast bowlsful of sweet Kellogg's Corn Flakes. Fresh! Crisp! And hearty! Here's the "power" of nourishing corn at its tastiest! The main dish for breakfast that is your bargain in goodness—Kellogg's Corn Flakes

MOTHER KNOWS BEST!



# Nescafé is real coffee at its best

### THE COFFEE THAT SAVES YOU UP TO 25¢ A POUND



Make it instantly in cup or coffee maker

One satisfying sip and you'll discover that Nescafé brings you all the flavour and "lift" of pure, freshly roasted, freshly brewed coffee. With Nescafé you get perfect COFFEE every time.

Even the 4-oz. jar makes about as many cups as a pound of ordinary coffee—yet costs you less. The big 1-lb. size jar saves even more.

And Nescafé stays fresh to the last spoonful. Nescafé is made in an instant—right in the cup. No mess, no bother. No messy grounds.

DRINK NESCAFÉ AND ENJOY THE FINEST CUP OF COFFEE YOU EVER TASTED

\*Nescafé (pronounced NES-CAFAY) is the exclusive registered Trade Mark of Nestlé's Milk Products (Canada) Limited to designate its Soluble Coffee Product. It is composed of equal parts of pure soluble coffee and added pure carbohydrates (dextrose, maltose and dextrine) added solely to protect the flavour.

## Pioneer Days In P. E. I.

By F. H. MacArthur

It was a sunny March morning at Berrigan's Camp on the Tryon River. Spring had unfolded her wings early so that the snow was fast disappearing.

Around the camp itself and across the small open space that separated the cookhouse from the forest, the ground was muddy from the tramp of marching feet. Yes, spring was in the air, in the trees, in the song of the stream as it patiently turned the old water wheel while the men sawed the giants of the forest into boards.

A thin, lazy spiral of smoke ascended to mingle with a few fleecy clouds that came from across the sky like great sailing ships—smoke from the chimney of the shack where the millhands ate, and where the head cook and his assistant worked and slept.

The table had been set—that is, it was ready for the hot dinner which simmered in iron pots on the stove. The cook had gone for a half-hour's fishing; his assistant, a chap named MacBeth, had climbed to the attic to catch a brief nap, as he did not care in the least about fishing.

The day being fine and warm, he left the door open and in no time MacBeth was fast asleep. While he slumbered, a bear, attracted by the smell that came from the iron pots, nosed its way from the woods towards the camp. Seeing the door open, Bruin stepped across its threshold to investigate.

The warm weather had awakened the animal from his hibernation, and now, he felt hungry enough after his long winter sleep to enjoy a good meal. The smell of the boiling pork was good to his nostrils. Any kind of dinner would, of course, be welcome, but why roam the forests in search of food when here it was free for the taking? What more could a bear ask for?

Advancing to the stove, he raked off the cover of the first pot and, reaching inside, grabbed a mouthful of hot porridge. Then he dropped it quickly with such a series of squeals and grunts as to waken MacBeth, from his peaceful dreams.

When MacBeth peeped down through the trap-door opening, he was a very surprised fellow for below, all was confusion. The table was upside down, the stove leaned drunkenly on two legs, while the floor was strewn with dishes, pots and pans. In the midst of all this wreckage, sat the bear, snarling because of his burned mouth and disappointment. The meal he had suddenly come by so easily had cost him plenty in the long run and the animal was furious. He remembered the hurt and somebody or something would have to pay for it.

MacBeth now crossed the attic floor, picked up his gun and to his utter disgust, found the weapon was unloaded and the shot and powder lay below. Now it was the man's turn to fall into a rage, and to worse matters, Bruin spotted his supposed enemy and forthwith started climbing the ladder. Mac tried his best to shake the animal off, but without any luck. What could he do next? Perhaps knock the brute across the head when it had climbed to within striking distance.

With this thought in mind, he reversed the position of the gun and waited. Bruin was approaching at a snail's pace, sort of feeling his way up, while at the same time watching the man above with cruel, steady eyes. Suddenly the ladder collapsed beneath his weight and he tumbled over backward, hitting the floor with such force that the little building shook from stern to bow.

Now the bear was really angry and frightened as MacBeth had been, until this moment, he laughed heartily.

Now that the ladder was broken, the bear would not be able to get up, but neither could Mac get down. For a long minute, each stared at the other, the man giving utterance to a few well-chosen oaths, the bear grunting his utter disgust over the whole affair.

Soon Bruin stalked from the building to do a bit of reconnoitering on the outside. To the north of the shack and close beside it, stood a large tree with branches spreading like great arms in all directions. Bruin was quick to observe that one of these branches reached almost to the open attic window. This gave him a brand-new idea. Quickly he climbed the tree and coming to the particular branch that had arrested his attention, while on the ground, he carefully walked out on it. Thinking the bear had gone, MacBeth dropped to the floor.

A crash from nearby warned him of his mistake and he rushed for the powder horn, hoping he would have time to reload his weapon before the animal could get him. The bear, being no fool, was already on his way to the door when Mac left the shack and rushed for the woods. Before he had covered twenty yards, Bruin was upon him, tearing the shirt from his back and breaking his right arm, just below the shoulder.

At this juncture, the snapping of twigs could be heard afar which brought a ray of hope to the injured man. He knew the noise he had heard was that of the men coming to dinner, so he called to them to hurry. Bruin too, heard the sounds and, not wishing to be caught in his tracks, made a last desperate attempt to dispose of MacBeth before losing himself in the forest.

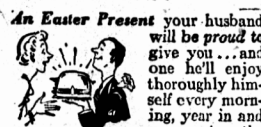
In a split second four shots rang

## Barbara Brent's BUYS WHY'S



MONTREAL, March 16th—Here's one excellent way to save for that new Spring hat! With no budget trouble at all, you can buy it and give your family delicious and nourishing meals as well! For KRAFT DINNER costs only a few pennies a serving—but it's a real compliment-getter... a real main dish for four! And it's so very easy to prepare! 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, there's cheddar cheese, already grated, to spread in for good cheese flavour. All this!—and extra "appetite appeal"... for you and your family at such a reasonable price!

If You Want To See how wonderfully slim in the hips you can be... so treat yourself to one of Gossard's new Narroline girdles! Here really is something revolutionary in girdles! You see, Narroline has a magical divided hip feature which subtracts inches from your hip measurements! Yes, GOSSARD NARROLINE banishes every bump 'n' bulge in a truly light-as-air manner—because these sensational new girdles weigh just a few ounces! There's a special Narroline for everybody—in a wide variety of fabrics—with or without boning. And, because these famous American-designed Gossard garments are made in Canada—they're very reasonable in price!



An Easter Present your husband will be proud to give you... and one he'll enjoy thoroughly himself every morning, year in and year out... the famous MORPHY-RICHARDS fully AUTOMATIC ELECTRIC TOASTER! Just write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., for this free booklet describing its wonders! Famous British craftsmanship has made this fully automatic toaster, with its many new improvements, a possession to be proud of... a household treasure that will last a lifetime! The Morphy-Richards toaster is available now... for only \$22.50 at leading department stores and dealers. So send for this booklet—and let your husband read it carefully. I know he'll be impressed!

Why Not Adopt the beauty-care of some of the world's loveliest women... something WOODBURY FACIAL SOAP with its beauty-care cream ingredient! It's the beauty-secret that rings wedding bells for lovely Woodbury debs—and no wonder! They have truly irresistible complexions—soft—smooth and sparkling! So why not make a wonderful habit of their favourite beauty soap? Use it daily... no irritation—no "skin-burn"... it's soothing as can be, I find! Has the most delightful fragrance, too—so deliciously delicate it makes me feel positively glamorous every time I use Woodbury Facial Soap!

A Friend Of Mine Said, "Housekeeping must be good exercise! I find that it frequently gives me aches 'n' pains in muscles I'm not accustomed to using!" That's when I reach for SLOAN'S LINIMENT! I told her. For, truly, Sloan's is the most relief-bringing treatment I know for sore muscles! I just put it on and it works wonderfully quickly to bring welcome relief from pain! Thousands of folks suffering from stiff neck—sprains—rheumatism or neuralgia have discovered that the soothing, penetrating heat of Sloan's Liniment gets to the heart of the pain... makes them feel so much better! And Sloan's is so inexpensive! Just 40¢ a bottle at your favourite drugstore!

Are You Planning To Go To a Show this evening? Are you going to a party or dancing? It's time because friends are dropping in soon after dinner! Well here's a quick-n'-easy dish to serve... and so delicious, too! You'll be delighted with the tasty goodness of HEINZ COOKED SPAGHETTI! There are two kinds of Heinz Cooked Spaghetti in Tomato Sauce with Cheese—a long-time favourite in thousands of Canadian homes! And there's the delicious, new Heinz Cooked Spaghetti with Meat, containing beef, cheese, tomato sauce and fragrant spices. Another delicious dish that's quick to prepare is Heinz Cooked Macaroni in Cream Sauce with Cheese. Serve piping hot in casserole with baked potatoes. A truly satisfying meal!

Here's A Portrait Of A Happy Husband... munching apple pie to his tummy's content—and I'll wager it's the "best apple pie he's ever tasted" if it's made of SCOTIAN GOLD Canned Apples! Yes, you buy top of the crop apples in the tin labelled "Scotian Gold"... "quartered" apples already carefully cored and cut in small pieces for pie or dumplings! No coring—no peeling—no waste—these wonderful apples are ready to use when you open the tin! And you've never tasted anything quite like these specially picked, carefully inspected, expertly cooked apples! Your husband won't be "fooling" when he says the apple pies you make with "Scotian Gold" canned apples are "tops" in flavour and rich, juicy taste appeal!

It's Very Seldom That You Can Be Absolutely Sure Of Anything—but one thing I do know that is a JELL-O PUDDING is one of the most economical and delicious desserts you can make. For just a few cents a serving you can please the family's sweet tooth with a creamy Caramel, velvet-smooth Vanilla, flavourful Chocolate or rich Butterscotch Pudding. Jell-O Puddings are marvelous time-savers, too, but make desserts that can be prepared in a matter of minutes. When you fancy a tapioca dessert, don't forget the Jell-O Tapioca Puddings—Orange Coconut, Vanilla and Chocolate.

Poor Little Tyke! Her Straight-as-a-string hair makes her look sad even when she's happy! Her mother doesn't know about wonderful NESTLE BABY HAIR TREATMENT and how beautifully it curls even the straightest baby hair! Simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your FREE COPY of "Curls for Baby"! It tells you just how to use Nestle Baby Hair Treatment for adorable results! Nestle Baby Hair Treatment—tested and commended by "Parents Magazine"—is a wonderfully gentle lotion. As soon as baby's hair is one inch or longer, Nestle can be used every time she has her bath. Diluted according to instruction, a \$1.25 bottle will last four months!

Ellen's Diary

Continued from page 2  
year when the mercury dropped to -38 degrees. This would be cold on the Island! However, I think I would rather have the cold here than that at home as the moisture content in the air in this country is so much less, which makes it not nearly so penetrating... The Autumn is lovely—then the lakes are covered with waterlilies... It is actually difficult to describe this country because there is so

Here's News With A Capital N! Richard Hudnut have had their Home Permanent Waving Lotion scientifically tested by independent research experts and find that it's actually 22% more effective than other home permanent waving lotions! That means smoother, prettier, longer-lasting curls for all of us—springer curls that respond to your combing! I'd certainly suggest a RICHARD HUDNUT HOME PERMANENT—and, as a perfect prelude, prepare for your "perm" with that so-popular Richard Hudnut Egg Creme Shampoo!

An Ugly Grease Spot on your favorite dress won't worry you at all when you have EN-ERGEINE CLEANING FLUID handy! Just follow directions and you'll see how quickly and easily Energeine removes grease spots—without tell-tale rings! What's more, Energeine contains no acids nor caustics—it's truly "kind" to the most delicate fabrics. A wonderful help in cutting down cleaner's bills! AND it gives a lift to housecleaning—removes grease and oil stains from upholstery—makes porcelain surfaces gleam! At drug and department stores for as little as 25¢.

There's A Treasure of "gold" in store for you if you'll just visit your market... for a brand-new crop of California lemons is in! That means the lemon shortage is over... so you can have all the plump, ripe, juicy, fine fresh lemons you want. Of course you'll want to start right in buying lemons by the dozen again... for their zesty, tangy tartness not only does "luscious" things to tea and fish, but to fruit and vegetable juices, salad dressings and all kinds of desserts and pies as well! But choose your lemons wisely... ask for SUNKIST Lemons when you shop to get the finest and juiciest among this year's flavor-peak crop.

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# THRIFTY Food Values

TODAY, FRIDAY AND SATURDAY, MARCH 16th, 17th, 18th

- SHIRRIFF'S FRUIT PUDDING, 15 oz. tin ..... 39¢
- AYLMER STRAWBERRY JAM, 24 oz. jar ..... 45¢
- McLEAN'S HOT CHOCOLATE, 1 lb. tin ..... 45¢
- CROSSE AND BLACKWELL Date and Nut BREAD, 8 oz. tin . 23¢
- RED ROSE COFFEE, 1 lb. tin ..... 89¢
- SHIRRIFF'S GINGER BREAD MIX, 1 lb. pkg. .... 29¢
- ISLAND BRAND—BLUEBERRIES, tin ..... 25¢
- EVAPORATED APPLES, lb. .... 29¢
- BULK SEEDLESS RAISINS 2 lbs. 35¢
- VELVEETA or PLAIN KRAFT CHEESE 1/2 Lb. Pkg. 27¢
- ROYAL RUSSET APPLE JUICE 20 oz. tin 13¢
- 2 for 25¢
- 75 FOOT ROLL WAX PAPER Pkg. 19¢

- THIS WEEK WE FEATURE
- ## HEINZ 57 VARIETY SALE
- HEINZ BABY FOODS, all varieties, 3 for ..... 25¢
  - HEINZ KETCHUP, 13 oz. bottle ..... 26¢
  - HEINZ SPAGHETTI, 15 oz. tin ..... 16¢
  - HEINZ BEANS, Tomato Sauce, 15 oz. tin ..... 15¢
  - HEINZ TOMATO SOUP, 10 oz. tin; 4 tins ..... 49¢
  - HEINZ TOMATO JUICE, 20 oz. tin 13¢; 2 for ..... 25¢
  - HEINZ SWEET FRESH CUCUMBER PICKLES, 16 oz. bottle ..... 25¢

- ## MEATS
- SHOULDER ROAST BEEF, lb. .... 45¢
  - TRIMMED PORK CHOPS, lb. ... 53¢
  - SHOULDER ROAST PORK, lb. .... 43¢
  - BONELESS—3 to 5 lbs. PORK BUTTS, lb. .... 39¢
  - BREAKFAST BACON, sliced, lb. ... 59¢
  - FRESH FRUITS & VEGETABLES
  - HEAD LETTUCE, each ..... 21¢
  - CELERY, head ..... 21¢
  - FIRM RIPE TOMATOES, lb. .... 29¢
  - NEW CABBAGE, lb. .... 9¢
  - NEW RHUBARB, lb. .... 29¢

PHONE 2246 2247 H. C. ATKINSON (Groceries) 111-115 Grafton St.

## CUT FOOD COSTS with CATELLI!



Just heat the sauce and pour over steaming spaghetti. Complete instructions on every package.

### STOP PAYING FANCY PRICES FOR FLOOR WAX!

Aerowax is good wax and you can

AEROWAX PRICES	59¢	69¢	\$1.29	\$2.29
OTHER LEADING BRANDS	89¢	98¢	\$1.79	\$3.59
YOU SAVE ...	20¢	29¢	50¢	\$1.30

### AEROWAX NO RUBBING WAX!

much that is different to be seen and admired that really any words of mine could never do it justice. It has to be seen first-hand and lived in, to know and appreciate its delights.

And now perhaps I had better come back to the beginning. We arrived in Yellowknife on June tenth, staying at the hotel for about a week, to prepare our equipment for our work in the bush. During this time, we were flown in to our intended location, but were unable to land because of ice on the lake. We returned here, and instead of loitering about awaiting more favorable conditions, our chief decided to take us on a camping trip so that we might become accustomed to the life of handling canoes, packing and unpacking, cooking, and portaging, before taking us to the bush proper. It was a fine idea, since we certainly had to learn those things the hard way. One morning we paddled twelve miles to a set of rapids, that promised good fishing, and let me say that twelve miles is a lot of paddling to a man who has never before paddled a canoe whether or not fish rise at end of trail! We also ran a practice traverse while there as a sort of introduction to the different rock types in that area. I recall that I was impressed by the number of small lakes scattered all over the country, bedded in solid rock. The main type of rock we encountered on that trip was one we were to see a lot of during the Summer—Granite!

And then presently we were off to the bush where we were to spend the next three months and a half. I remember the date of leaving on two counts: It was the day before the longest day, or June 20th. I also recall it because that was the day I caught my first fish here—and I might

point out it wasn't an especially large fish for this country, but nevertheless I got quite a thrill out of it as it was the first trout of any size I had ever caught! It measured about twenty four inches and I suppose weighed eight or nine pounds. I caught it at twelve, midnight—the sun had just set and could be expected to

rise a few minutes later. It was rather chilly at the time but also lots of fun.

And the leather knee of Jamie's breeches must be tacked down before our retiring! Until tomorrow—Diary—Good-night....

## MONEY-SAVING SPECIAL!

ONE MEDIUM SIZE COLGATE DENTAL CREAM

TWO BATH SIZE PALMOLIVE SOAP

All for 35¢

SUPPLY LIMITED—ORDER TODAY