

To millions of families REGULARITY is a 3-letter word!



ENO

a family word
for regularity
for over 80 years

Yes! for the best and simplest reasons, millions of families rely on ENO to help Nature keep them well and happy.

ENO'S "Fruit Salt" provides the gentle, thorough, safe laxative they want for both old and young... a gentle, thorough, safe laxative and mild antacid combined.



ENO'S FRUIT SALT

Gentle Laxative • Mild Antacid

LIGHT UP
with **SOLEX**

The bulbs that light the C.P.R. and C.N.R. Hotels — where light must be right

Special CLOVER LEAF SALMON
today's best buy

VARIETY for every menu
ECONOMY for every purse

CLOVER LEAF
Fancy Red Sockeye
Fancy Red Cohoe
Fancy Pink Salmon



CLOVER LEAF... Canada's Largest Selling Seafoods
BRITISH COLUMBIA PACKERS LTD., VANCOUVER, B.C.

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE



MONTREAL, Sept. 13th — \$2,000 IN CASH PRIZES! 103 PRIZE WINNERS! YOU MAY WIN! ... it's easy—it's fun! Get a WATERMAN'S INK CONTEST Entry Form from your local store today. Write down the names of any SIX different Waterman's Ink Colours—such as Waterman's Permanent Black, Waterman's South Sea Blue, and so on. Ask the clerk for help if you wish! Then, mail me your completed Entry Form, together with a box top (or facsimile) from any Waterman's Ink Container. 1st Prize is \$500, 2nd Prize \$300, 3rd Prize \$100 and 100 Prizes of \$2 each. You can DOUBLE your money by attaching box tops (or facsimiles) from any two different Waterman's Inks. Imagine winning \$1,000! The lucky winners will be chosen by a prominent Canadian. Major prize winners' names will appear in this column early in November and a complete list of prize winners will be mailed on request. Get your WATERMAN'S INK CONTEST Entry Form from your local store today or write your entry on a plain sheet of paper, but mark your dealer's name and address. Send as many separate entries as you wish. All must be postmarked before midnight, Oct. 15, 1951. Mail to: WATERMAN'S INK CONTEST, P.O. BOX 7500, Montreal 3. Enter NOW—Enter OFTEN—and remember, Waterman's Inks are the ideal all-purpose inks!

School Days, School Days! ... do those words remind you of lunches to pack and hungry youngsters rushing home for after-school snacks? Then get a big jar of delicious WAGSTAFFE PURE STRAWBERRY JAM right now—and you'll be ready for snacks 'n' sandwiches galore! Try combining cottage cheese or peanut butter with Wagstaffe Pure Strawberry Jam. Both delicious mixtures! And for after-school snacks—simply spread bread or buns with luscious Wagstaffe Pure Strawberry Jam. It's wholesome eating—for Wagstaffe makes jam the "home-made" way from fresh-picked, sun-ripened berries and pure sugar. Remember, the name Wagstaffe has stood for quality since 1906.

Even A "First-time Painter" can do a professional-looking job with this marvelous indoor paint! It's GLIDDEN SPRED SATIN, with a latex emulsion base that's completely washable and unbelievably easy to apply! Spred Satin dries in 20 minutes to the smoothest finish you've ever seen—and has a trace of an offensive odour! (No need to worry about weather—you can paint with the doors and windows closed!) So for this Fall's "redecorating", choose Spred Satin—the indoor paint that makes painting a pleasure. Order it now from your Glidden dealer. There's a glorious variety of 60 pastel shades and deep "decorator" colours to choose from—and you'll be sure of getting what you want if you shop early!

A Young Mother I know says September is her favourite month for good resolutions. This year, she's resolved to give her school-age children better breakfasts. That means delicious, nutritious 5 Minute "CREAM OF WHEAT" for any breakfast that's truly nourishing is bound to be better with "Cream of Wheat". You see, 5 Minute "Cream of Wheat" provides Iron for good red blood—and Calcium and Phosphorus for diets deficient in these elements. It's the best way I know to start a busy day right! That's why I recommend "Better breakfasting" with "Cream of Wheat" ... for all the family—beginning now!

If Corns Have Got You Feeling Grim BLUE-JAY will put you back in trim! That's because the Blue-Jay folks have discovered a wonder-working medication for corns and calluses called Phenylum. It took them ten years of scientific research to develop and perfect Phenylum. Tests were conducted with Phenylum and other regular corn medications and it was proved conclusively that Phenylum goes to work 35% faster, works 35% more surely than other remedies, and removes corns completely in 19 out of 20 cases. Why suffer the torments of aching corns? For prompt relief be sure and try your drugist for Blue Jay Corn Plasters with Phenylum.

Chops For Dinner ... so of course I'm putting SUNKIST LEMONS on my shopping list right now. For the tangy, exciting flavour of Sunkist California Lemons (the finest, juiciest lemons grown!) just can't be equalled as a taste-thrilling accompaniment to meat. Just try this luscious LEMON BUTTER FOR MEATS ...

My, Won't Your Husband Be Surprised. To find you are saving money, I mean. Yes, believe it or not, it's still possible to put money in the bank despite today's soaring prices. I should know—'cause I'm doing just that myself. There's no secret about it. On the contrary, I'm doing all I can to spread the good news around. The trick is to make your money go further than ever before and that means Personal Planning. It's sure is a boon to budgets dizzied by high altitude prices! Whether prices going up or savings going down are your main worry, you'll be well advised to try Personal Planning. There's a breezy little booklet that tells you all about it. A copy is yours for the asking at your neighborhood branch of the B of M.

Three Flavour Treats from one package! Just as I do, get QUAKER CORN MEAL and try the scrumptious recipes on the package for Hasty Pudding, Golden Corn Muffins and hot, crusty Corn Bread. M-mmm! You'll thank the folks at Quaker over and over for these grand recipes ... and for their incomparable Corn Meal. Yes, there's nothing like it ... this is corn meal made by experts. Try it in dozens of dishes—it's a truly versatile food ... and much better than bread or cracker crumbs for breading oysters, fish or cutlets. Ask your grocer for it tomorrow. I know you'll agree with me, once you've tried it, that Quaker Corn Meal is something every good cook should have in her kitchen.

Has YOUR Family started using Dentoceillin, Jergen's new penicillin tooth powder? Almost everyone I talk to is (and should be) excited about this new way to reduce tooth decay. In a 2-year test among school children, DENTOCEILLIN reduced decay 55% ... 5 times more than a famous university's ammoniated formula. (Actually, in each individual year of the test, 3 out of 5 children using Dentoceillin developed no new cavities.) And results were not dependent on a change of brushing habits. Reason: penicillin effects of a single brushing last up to 24 hours. But, remember, you have to use Dentoceillin regularly to effectively reduce decay. Tastes wonderful. Really cleans teeth. 75c for 3 months' supply.

There's One Thing I'm certain—sure my family will agree on ... they're always glad to see meals made merry with HEINZ TOMATO PRODUCTS. M-mmm! There's nothing to equal the rich, rosy-red freshness of Heinz Tomato Juice—Heinz Cream of Tomato Soup—Heinz Ketchup and Heinz Chili Sauce. Just try 'em—and taste! Heinz Tomato Products have scores of uses in cooking ... appetizer—popular first-course ... flavour-magic for many a dish. And NOW is the time to stock up on the new pack—made of juicy, vine-ripened tomatoes, fresh-picked at this time every year. Ask your grocer tomorrow for the new pack of Heinz famous tomato "foursome". (Ask for Heinz Ketchup in the economical, big, 13-ounce bottle.)

Hungry As Bears when they get in from school ... that's why you should give your youngsters something special good for lunch! Well, here's a piping hot main-course dish that's so scrumptious, plates will be back for more before you can say "Kraft Dinner". Yes, KRAFT DINNER is a delicious macaroni-n-cheese dish that's a favourite with young and old alike! What's more, it's economical. One package of "Kraft Dinner" contains enough for a main dish for four ... just permaize a serving. In every package there's a special, fast-cooking macaroni, as well as cheddar cheese, already grated, to sprinkle in for rich cheese flavour. And it takes just seven minutes to prepare ... a "must" for your "emergency" shelf!

You Wouldn't Believe It if you were to see them together ... these two beautiful women are not sisters—they're mother and daughter! And you wouldn't be the first to make this delightful mistake about Mrs. Bredin and her daughter, Denise. Mrs. Bredin puts the accent on youth in her clothes, her hair-do and—most important—her complexion. It glows with mature beauty, yet is youthfully young and radiant—thanks to WOODBURY FACIAL SOAP! For Woodbury is more than a cleanser. It's the soap with the beauty-cream ingredient! Woodbury softens the skin as it cleanses! So take a tip from beautiful Mrs. Bredin and her daughter and start Woodbury Facials today! (Woodbury's wonderful for beauty baths, too!)

IN MEMORIAM
MRS. RODERICK MacKINNON
Suddenly at the home of her daughter and son-in-law, Mr. and Mrs. Stanley Murchison, York Point, on July 5, 1951, there passed to her rest, Mrs. Roderick MacKinnon of DeSable, the former Ann MacPhail, daughter of the late Malcolm and Euphemia MacLean MacPhail in her 74th year.
The late Mrs. MacKinnon, a highly respected resident of DeSable, was a member of the Church of Scotland, and was steadfast to the teachings of the Church she loved.
Besides a daughter, Bertha (Mrs. Stanley Murchison), and a son, Ivan, on the homestead in DeSable, Mrs. MacKinnon leaves to mourn, three sisters: Catherine (Mrs. Joseph Ince), Florence (Mrs. Hammond Ince), both of Hampton, and Selma, of Argyle Shore. Her husband predeceased her eighteen years ago.
The funeral, which was largely attended, was held on Tuesday, July 7th, from the home of her daughter. The service was conducted by her pastor, Rev. J. H. Bishop, assisted by Rev. W.B. MacPhail of Breadalbane, and Rev. Harry Barbour of North River. Interment was in the family plot in Argyle Shore cemetery.
The pallbearers were Daniel Dart, Archibald Shaw, Hector MacNevin, Aubrey MacPhail, Clarence Murchison, and Reginald MacEwen.

Card Of Thanks
The family of the late Mrs. Roderick MacKinnon wishes to thank their neighbors and friends for the many acts of kindness extended to them during their recent sad bereavement, also those who sent flowers, cards, and letters of sympathy.

HAMILTON W. I.
The September meeting of Hamilton Women's Institute met at the home of Mrs. Preston and Mrs. Wm. A. Ramsay on Sept. 4. Meeting opened with Ode and Creed. Thirteen members answered roll call with a suggestion for hot school lunches. Three visitors were present. Minutes of last meeting read and approved.
Mrs. Jas. A. Ramsay moved and Mrs. Pres. Ramsay seconded that the executive (president, vice-president, sec.-treasurer, and three directors) be a committee to make the necessary arrangements for decorating the interior of the hall annex.
Mrs. Wm. A. Ramsay moved and Mrs. Leslie Ramsay seconded that Mrs. Nell Simpson, Mrs. Ev Ramsay and Mrs. Preston Ramsay be a committee to purchase a range and pipe for the annex.
Mrs. Heber Pickering moved and

EMPRESS BEAUTY PARLOR
FALL SPECIALS

\$15.00 Cream and Oil Permanent	\$7.00
\$12.50 Oil Permanent	\$6.00
\$7.00 Permanent	\$3.50

— PHONE 1604 —

Mrs. Harry Taylor seconded a motion that the range-purchasing committee also buy towelling and two brooms.
Collectors volunteered for the Orphanage drive for funds.
Correspondence was read. Bills were presented and on motion paid. Finance committee reported a substantial sum realized at the ice cream social in August. Meeting adjourned. A contest of girls' names was conducted by program committee. Lunch was served by a committee appointed as follows: Mrs. Jas. A. Ramsay, Mrs. Nell Simpson, Mrs. Harry Taylor and Mrs. Heber Pickering.

HOLMAN'S 2-DAY SALE New 1951 FALL DRESSES



* All New Styles
* All Latest Shades
* Juniors', Misses', and Women's Sizes

REGULAR 8.95 to 22.95

FRIDAY
and
SATURDAY
SPECIAL
1/3 OFF

STOP! Whatever you're doing, stop and rush right in to Holman's for a smart, new Fall Dress at a great Saving! Wools, Jerseys, Taffetas, Crepes and Failles are in the selection — all fresh 1951 Fall styles and all in spicy Fall colors. These Dresses would regularly sell for 8.95 to 22.95; on Friday and Saturday THEY'RE 1-3 OFF!

Special Feature! NYLON SLIPS

FRIDAY and SATURDAY ONLY — **3.99**

There's nothing like Nylon for beauty without bother — for fast laundering — for hurry-up drying and no ironing! These Nylon Slips in pure white have nylon embroidered edges on the bodice and hemline. They're bias cut and have fitted mid-ribs. Shop Friday and Saturday for Nylon Slips at a Special Saving!

Sorry — No Phone or Mail Orders — All Sales Final

Little Shop **HOLMAN'S** Ladies Wear

HAPPY HAWES SAYS — "PREFERRED IN FINE HOMES!"

HAWES' FLOOR WAX is preferred in fine homes because it has those qualities that appeal to Canadian women. They like this hard finish wax which is so easy to apply (and spreads further, thereby proving more economical)—it dries quickly and polishes to a hard, wear-resisting finish.

TRULY THE FINEST WAX THAT MONEY CAN BUY!

HAWES' FLOOR WAX