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NEW INDUSTRIES, new communities, new sources of oil and iron and power . . . Canada moves on with amazing strides.

And with this expansion come added calls for every form of banking service. Your chartered banks have moved ahead in step with these growing requirements. That is why it now takes 45,000 men and women to do the banking of Canadians — almost double the number of ten years ago. That is why there are now 3,700 branches to serve the expanded needs.

Wherever initiative and growth demand it, banking is there — claiming your continued confidence.

One of a series by your bank



FIRST CHAIN

The Hudson's Bay Company trading posts of 1870 may be described as the first "chain stores" in Canada.

HISTORIC POST

Charlottetown, capital of Prince Edward Island, was the site of a fortified French Post as early as 1713.

Can't think of anything but **CROWN BRAND** n' Pancakes



Jane Ashley's Crown Brand Recipes FREE Write Jane Ashley, The Canada Starch Company Limited, P. O. Box 125, Montreal, P. Q.

Barbara Brent's BUYS WHYS

MONTREAL, March 22nd — Spring makes us women long to get out of dusty, rusty winter clothes into something light and gay and definitely becoming. And even on a rainy March day, we can be smart-as-you-please in a LOU RITCHIE RAINMASTER! . . . Just wait 'til you see the "Rainmaster" trenchcoat — smart rain or shine — smart Spring and Fall! Made with matching linings and hemo interlinings to help keep its trim shape. Style 777 at \$29.95 . . . the "Rainmaster" of fashion-wise corduroy is a coat you'll love and live in this Spring! Choose it in your favourite colour — Rust, Green, Grey, Wine or Navy with a belt to match! The Lou Ritchie "Rainmaster" . . . Style 710 . . . just \$35.00.

Now That Everyone's Had Their Share of eating health foods to "Look Younger and Live Longer" — here's my suggestion. Why not go to your grocer's and treat yourself to something you really like and enjoy — something that sets your appetite soaring and singing at breakfast time! Now's the time to do it. For the NEW PACK of freshly-made WAGSTAFFE PURE SEVILLE ORANGE MARMALADE has just come in. So first thing tomorrow — you can enjoy the fresh-made goodness of marmalade made from tangy Sevilles imported from Spain. (That's the very best kind, the experts say.) Yes, Wagstaffe has imported real Seville oranges from Spain — and captured their sunny flavour in this delicious marmalade. So don't wait until it's all gone. Ask your grocer today — for the NEW PACK of Wagstaffe Pure Seville Orange Marmalade!

Whether You're Blonde, Red-head, Or Brunette, you'll want to guard your hair against premature greyness. And I know just the thing! — that amazing new NESTLE COLORINT that keeps greying hair your special secret! Nestle Colorint lasts through three shampoos, yet lathers out when you want it to. It hides every greying hair with such rich, youthful colour . . . makes you look years younger! Nestle Colorint is more than a rinse — but it's not a dye — that's why it looks so gloriously natural. Comes in 10 enchanting shades . . . you can choose the exactly right shade to glamorize your hair colour — 6 capsules for just 39¢! And to highlight the beauty of your hair — there's wonderful NESTLE COLORINSE. It rinses in — shampoos out — gives your hair gorgeous colour and sheen. 6 rinses — just 35¢!

Here's A "Beauty Treatment" for old clothes and furniture fabrics that's a wonder! First step is TINTEX COLOR REMOVER. Sub-tract old, drab color — wash it out — then add new color with ALL-FABRIC TINTEX TINTS AND DYES. And Tintex does offer you such a glorious choice of color for your home . . . such fashion-wise shades for your clothes! For your Spring wardrobe, absolutely like the lovely Tintex Orchid (Lavender) and Old Rose and Navy Blue, of course — the classic color for Spring. Yes, All-fabric Tintex comes in fashion's favourite colors — at your drug, department or variety store. Costs just 15¢ a package . . . and it's absolutely "fool-proof" when you follow the instructions on the package!

Looking For A Treat? Here's one you can't afford to miss! For just a few pennies serving, you can have a main dish for four that's so quick and easy to prepare . . . KRAFT DINNER! In every package of "Kraft Dinner" you'll find two mouth-watering ingredients . . . a special, fast-cooking macaroni and grated cheese for mellow, cheesy and gratified flavour. So good and so easy to prepare . . . takes just 7 minutes to cook! Yes, "Kraft Dinner" is an ideal "emergency" dish . . . off the shelf — into the pot — onto the table! I'd suggest you ask your grocer tomorrow for this delicious macaroni-n-cheese combination. It's nutritious too — the whole family will love "Kraft Dinner"!

Because They're Trim As A Seam — because they make a packet that fits as flatteringly as the fabric itself, I always insist on LIGHTNING SLIDE FASTENERS for my blouses and dresses! Yes, there's a Lightning Fastener in just the right size for every weight of material — for heavy tweeds or feather-light chiffons. Choose the size according to the material, then see how that Lightning Fastener tucks away in the seam of your dress or suit — flows with the fabric so flexibly that no one knows it's there! No worry about wrinkles or bulges — and no awkward "sticking" either! For all Lightning Slide Fasteners lock where they stop! Yes, a Lightning Slide Fastener is my first choice for positive wearing satisfaction in clothes — I home-sew or buy!

Here's A Dish with a High Popularity Quotient! . . . Just try it some night soon and see how pleased the folks will be! Like so many popular dishes, it's made with one of the luscious Heinz Condensed Soups — HEINZ CREAM OF TOMATO SOUP . . . SPAGHETTI WITH MEAT SAUCE 1/2 cup chopped onion 1 1/2 cups water 3 tbsps. bacon drippings 1 1/2 tbsps. salt 1/2 lb. ground beef 1 dash pepper 1 10-oz. can Heinz Condensed Cream of Tomato Soup 1 10-oz. pkg. Spaghetti Grated old Canadian cheese

Brown the chopped onion in bacon drippings until soft. Add beef and cook until brown. Add Soup, water and seasonings. Cover and simmer for 20 minutes. Cook Spaghetti and drain. Serve the sauce over the Spaghetti and sprinkle with cheese. Serves 4. 1 cup sliced mushrooms may be added if desired.

Are You Letting a lack of knowledge about feminine hygiene cast a shadow over your marriage? Wise wives who want a completely satisfactory method of feminine hygiene use ZONITORS. Zonitors are effective . . . greaseless, stainless, snow-white vaginal suppositories that are powerfully germicidal, yet absolutely safe to delicate tissues. And they're so very dainty and convenient to use! Ask your druggist for Zonitors tomorrow . . . and write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. For a free booklet giving frank facts on feminine hygiene. It will be sent to you in a plain wrapper.

SPRY OCTOGENARIAN — LAKENEATH, Suffolk, England (CP) — Eighty-four-year old Tom Brown, who keeps himself fit by putting his feet round the back of his head and walking on his hands, has challenged any old-age pensioner to a hand-walking contest.

COPENHAGEN — (CP) — The Danish expedition ship Galathes, investigating sea life off the coast of Southeast Africa, caught 4,000 sea creatures with one sweep of the trawl. The haul included 55 different kinds of fish and 25 examples of the rare deep-sea cuttlefish, the spirula.

Breadalbane and Vicinity

Miss Lois Abbott, Granville, was a visitor to Breadalbane during the week-end.

Friends are pleased to see Mr. Elmer Wigmore out again after his recent illness.

Mrs. Arthur O'Malley had a pleasant visit with friends in Alberton last weekend.

Mr. Emerson J. Murray, Fredericton, made a business trip to Breadalbane on Thursday.

Mrs. Kenneth Graham is confined to her home this week with an attack of the flu. All wish her a speedy recovery.

Mr. and Mrs. Gordon Ripley had as their welcome guest recently, Mrs. Ripley's mother, Mrs. Heber Weeks, Fredericton.

Friends are pleased to hear that Mr. and Mrs. Hedley Woodside, Breadalbane, are recovering from a severe attack of influenza.

Miss Edith Matheson, second year student at Prince of Wales College, spent the weekend with her parents, Mr. and Mrs. Joe Matheson, Emerald.

Mr. Colin Matheson, who received painful injuries when he had the misfortune of falling from his barn loft, is now feeling much better.

The Breadalbane hockey team played the Long River team in Kensington rink on Tuesday evening, March the tenth. The score was 2-1 in favor of Long River.

Mrs. L. E. Ackland who has been visiting her sisters, Mrs. Frederick Kitson, Hampshire, and Mrs. Stephen Ackland, Cornwall, also other relatives and friends in Charlottetown, Fredericton and Breadalbane, left for her home in St. Stephen, New Brunswick, on Thursday.

Congratulations to Mr. Frank Hickox, one of the oldest residents of this vicinity, who celebrated his ninety-first birthday on March the sixteenth. Mr. Hickox, who, in summertime, has often walked from his home in Springfield to Breadalbane Village, a distance of approximately three miles, is very young and active for a man of his age.

On Sunday evening, March the eleventh, Rev. B.W. MacPhail, pastor of the United Church, Breadalbane, chose as his subject, the title of the much-beloved hymn by Isaac Watts, "When I Survey the Wondrous Cross." Mr. MacPhail emphasized the fact that although the cross was once despised, it could be called "wondrous" because of the divine power, divine love

Nova Scotia Woman Dares to Tell Her Story

Mrs. M. H. Bell, Liverpool, N.S., dared to tell her story, said: "I suffered with rheumatic pain in my shoulder, arms and ankles for three years but it wasn't until I took Sarnak that I got relief."

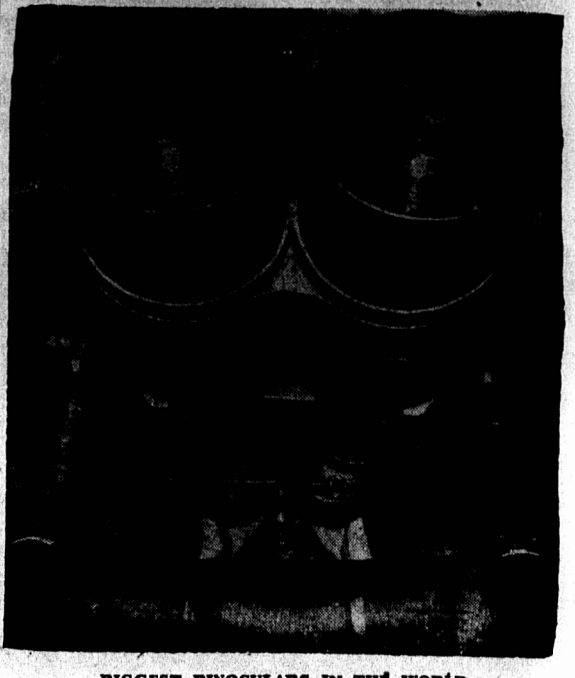
If you suffer from rheumatic, neuritic, or arthritic pain, sciatica or backache or from some stomachic, kidney or liver disorders, nutritional anemia and nervousness, try Sarnak for one week, prove that Sarnak can help you. \$1.35 at all drug stores.

and divine life now associated with thoughts of the Cross. The hymns sung were "Day is Dying in the West", "Unto the Hills" and "When I Survey the Wondrous Cross." Mrs. Kenneth Doull was the organist.

Thirteen ladies attended the March meeting of the Breadalbane Village Womens Institute which was held on Monday, the twelfth, at the home of Mrs. Cuyler Matheson. Mrs. Allan Hickox presided. After the members had sung the Institute Ode, and repeated the Creed, Mrs. Stanford Glover, the secretary, read the minutes of the February meeting, and called the roll, to which the members responded by telling an Irish joke. The reports of the committees were received, and the following new ones appointed: Visiting committee, Mrs. William Graham and Mrs. Stanford Glover; school committee, Mrs. Cuyler Matheson and Mrs. Colin Matheson; lunch committee, Mrs. Milage MacLeod and Mrs. Pomroy Murray. A collection for the "March of Dimes" was taken. Some of the members participated in sewing which they had completed for the Red Cross. Mrs. Stanford Glover invited the members to her home for the April meeting. After the singing of the National Anthem, a social hour was enjoyed, during which the hostess and lunch committee served refreshments.

Pownal Y. P. U. met on Friday evening, March 16, for their weekly meeting at the home of Mr. and Mrs. Elliot Robertson.

The Devotional period was led by the Missions Convener, Mrs. Fred Mossman. Meeting opened with hymn: "O Master of the Waking World"; this was followed by responsive reading from the Hymnary, Hymn: "Christ for the World We Sing". Topic for the evening was introduced by the Leader. Scripture



BIGGEST BINOCULARS IN THE WORLD

These huge binoculars, which make an object one mile distant appear to be only 74 feet away, are the largest in the world and possibly the only pair of that type in existence. According to D. P. Bushnell of Pasadena, Cal., who owns binoculars, the Japanese made 12 of them before the last war. Eleven were mounted on battleships, which were later lost when the ships were sunk in war. This pair, valued at \$3,000, is equipped with three eye-pieces, 22", 30" and 75" power. The name of a ship 20 miles at sea can easily be read through the 75-power eye-piece, which has objective lenses 180 mm. in diameter.

was read by Elliot Robertson. Rev. A. S. Weir gave a very interesting talk on the topic. He also led the group in prayer. This period closed with hymn: "From Greenland's Icy Mountains". The business period led by the president Dorothy Ings, who opened with the minutes of the previous meeting. Roll call was responded to by twenty-two. Several items of correspondence were read and discussed. Play committee reported play books had been received and had been passed on to members of the cast. Next meeting will be held at the Manse on March 30.

Mr. Weir asked all members to try and attend Good Friday service at the Church.

Citizenship Convener, Arthur Jones will be in charge of next meeting and Elliot to have recreation. Mrs. Weir was in charge of games and contest which were very much enjoyed by all. A delicious lunch was served by the hostess. The singing of two hymns, a vote of thanks to Mr. and Mrs. Robertson and the Mizpah Benediction concluded the meeting.

"This is it..that FAMOUS COFFEE FLAVOR"



How long since you enjoyed a GOOD cup of coffee? Missing something in your coffee? Find yourself drinking it without noticing the aroma — without savoring the first few sips? Then it's high time you switched — for you're not getting the many good things a really fine cup of coffee can bring you! In Chase & Sanborn you get more of the vital qualities of the finest coffee. More of that exciting coffee aroma — more of those rich depths of coffee flavor — more of the rouse and lift that puts you on your toes! So get the most for your coffee money. Get Chase & Sanborn with that famous coffee flavor. Buy a pound today.

ALL THE FLAVOR YOUR CUP CAN HOLD!