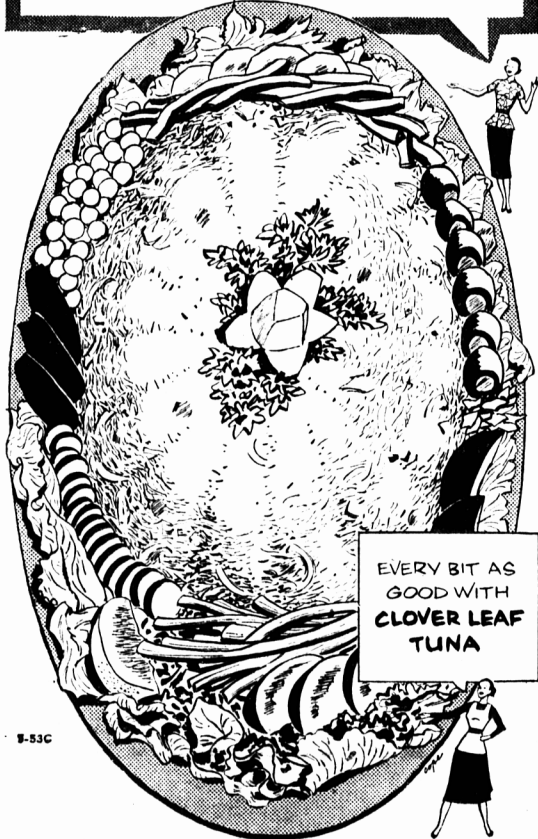




### Try this delicious JELLIED SALMON

To 2 cups of flaked Clover Leaf salmon add juice of 1 lemon, 1/2 tsp. of salt, dash of red pepper, 1 or 2 sliced hard cooked eggs and 2 tbsp. of green peas. Dissolve 1 tsp. of gelatin to make 1 pint of liquid (use water—1/4 cup of cold to soak it in and the remainder hot.) Pour over first mixture in small or large moulds. Chill and serve on lettuce. Serves 6. A gelatin mixture, flavoured with lemon, plus 2 tbsp. of vinegar and salt to season, may be used instead of plain gelatin.



EVERY BIT AS GOOD WITH CLOVER LEAF TUNA

BRITISH COLUMBIA PACKERS LTD., VANCOUVER, CANADA

## SAVE MONEY ON BREAKFASTS!

Eat nourishing NABISCO SHREDDED WHEAT (100% Whole Wheat including the bran and wheat germ)



YOUR DOG WILL LOVE THE LEAN RED MEAT!

Enthusiastically Endorsed by Leading Kennels

## Barbara Brent's BUYS AND WHYS

MONTREAL, July 16th—Here's a soup for the gourmets in your family... and who isn't? Yes, grandad, dad, Junior and Jane will all agree that HEINZ CHICKEN CONSOMME is a very special treat. Serve it hot or cold, depending on the weather and your mood. It's delicious chilled and jellied... or delightful as the tasty "hot spot" with a cold meal. You'll be thrilled by its real chicken flavour. Yes, Heinz Chicken Consomme is a brand new "masterpiece" to add to your favourites in the family of Heinz Soups.

It's A Pleasure—When The Thermometer Soars—to make yourself a refreshing glass of NEW INSTANT CHASE & SANBORN COFFEE. Did you know?—it's 100% real coffee—made by a new process that keeps the flavour and aroma of fresh ground coffee. Yes, even the very colour and texture are the same. But there's that wonderful "instant" convenience you like so well... particularly handy for making iced coffee. You see, New Instant Chase & Sanborn Coffee dissolves like magic in cold (or hot) water. And here's all you have to do to make iced coffee... Place one heaping teaspoon of New Instant Chase & Sanborn in a tall glass. Fill with tapwater and stir. Then add ice. That's all!

Here's How your baby can learn to drink from a cup without spilling a drop. Just give him the plastic baby tumbler (illustrated here) to drink from. It's a special offer from Heinz, the makers of your baby's favourite foods HEINZ BABY FOODS. M-m-m-m!—those good meat food products, soups, vegetables and desserts—all expertly blended to give baby extra nourishment. And now Heinz offers this baby cup for just 25c with labels from any six tins of Heinz Baby Foods or from 3 Heinz Baby Cereals. Write to me for yours, enclosing labels and money in coin or stamps—Barbara Brent, 1111 Crescent St., Montreal, P.Q.

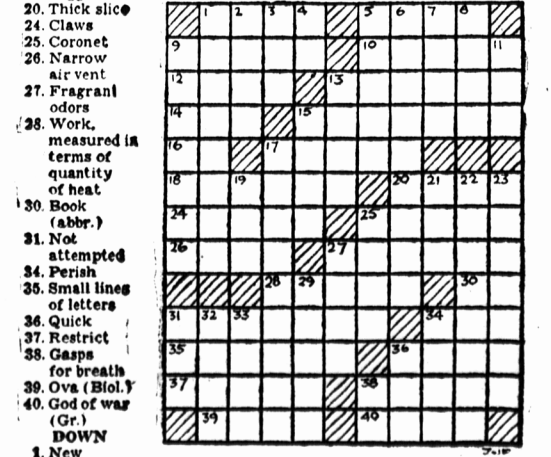
Dieing? Authorities on shedding poundage say that it's most important to eat a good breakfast. It gives you from getting over-hungry and consequently over-eating through the rest of the day. They recommend a breakfast of fruit, cereal, skim milk, even bacon and an egg. For the cereal, I suggest hot "CREAM OF WHEAT". It gives you quick-starting food energy, plus iron for good red blood, and calcium and phosphorus for diets deficient in those elements. And "Cream of Wheat" is so delicious, too... smooth and delicate in flavour. I can't imagine a better quick start for a "diet day" than "Cream of Wheat."

Want Cool, Delicious Thirst-Quenchers for the whole family—and friends when they drop in? Then stock up on SUNKIST LEMONS for iced tea and the best lemonade you've ever made. Lemnade... Make a freshly fresh pitcher of tangy Sunkist lemonade each morning. Keep it in the refrigerator and help yourself when you're hot and thirsty. Iced Tea... with Sunkist Lemons. Be sure to cut the lemons in thick, juicy wedges. Then put them on the side of every glass of tea. Yes, whether your favourite thirst-quencher is iced tea or lemonade... be sure to use Sunkist Lemons. They're the finest, juiciest grown and, incidentally, an excellent source of Vitamin C.

Some Evening Soon, when the dishes are done and the children are in bed, get out your bank book and count up your savings for the past twelve months. Have you been helping yourself generously enough from each month's pay-check... or are your savings almost non-existent? Perhaps they've all gone to the butcher, the baker and that little hat shop around the corner. This isn't fair to you. You should have money to show for last year's work. So why not promise yourself that this year's work is going to pay off in a neat little nest-egg in a Savings Account at the BANK OF MONTREAL. Open yours tomorrow at your nearest branch of the B of M.

### DAILY CROSSWORD

ACROSS: 1. U. S. river; 5. Heathen image; 9. Ill-tempered, grouchy person; 10. Shows partiality; 12. Skating area; 13. To alter; 14. Self; 15. One's father and mother; 16. Music note; 17. Cutter for smoothing a surface; 18. Medieval dagger; 20. Thick slice; 24. Claws; 25. Coronet; 26. Narrow air vent; 27. Fragrant odors; 28. Work, measured in terms of quantity of heat; 30. Book (abbr.); 31. Not attempted; 34. Perish; 35. Small lines of letters; 36. Quick; 37. Restrict; 38. Gasps for breath; 39. Ova (Biol.); 40. God of war (Gr.).



DAILY CRYPTOQUOTE—Here's how to work it: AXYDLBAAXR IS LONGFELLOW. One letter simply stands for another. In this example A's used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different. A Cryptogram Quotation: JZPKP XMP AXFFPQ JZP TBSWK NMXSQK WN NMBPUQKZBT-NBPFQ-RUD. Yesterday's Cryptogram: THEY MUST OFTEN CHANGE, SAYS CONFUCIUS, WHO WOULD BE CONSTANT IN HAPPINESS OR WISDOM—GOLDSMITH.

### Ellen's Diary

(Continued from page 2) rare on these farms, lovely now in its soft green dress, fetchingly adorned with small cones. We gathered some of its sprays to tuck in an old stone jar in "the room," while Gage's takings were engaging. Brown-Eyed Susans, a little out of place among their white-collared kin in the pasture about. "What is it?" Jamie sniffed again the aroma which filled the kitchen this morning. "Oh, I know," he smiled obviously pleased with his findings, "strawberry jam!" It bubbled rosy in the pan and cooling ruby-red reminded us, July's daughter that we are, that before this week should fade we would add another year to our number. And in fancy we recall, as the fragrance wove its sweets about the kitchen it was night. And as we pined our (mediocre) skill at the same task, it was not at this house. But there through a tangle of vines on the front verandah in Home that is Alderlea, we saw the summer-moon ride into the night, saw its silvery path on the pond; heard the rustle of the restless leaves of the poplar, and the old loved song of the water in quiet flow through the gates in the dam; noted the lights in the windows nearby — those in the house on the hill and at Jeanie's,

### That Body Of Yours

(Continued from page 2) down, the paralytic symptoms decrease, the convalescent stage occurs, and general evidence of acute illness disappear. If damage has been severe, wasting and weakness appear within a few weeks. Improvement may gradually occur over the following two years, after which the patient is said to be in the chronic stage. During the polio season, it would be well to be polio conscious but not try to give treatment. The diagnosis of polio as outlined by Drs. Baker and Tichy is based on the history of rise in temperature and stiffness of back and neck, upsetment of stomach and intestines, and malaise (weakness and prostration) followed by flaccid paralysis and changes in the spinal fluid. There are no special or specific

tests that can verify the diagnosis, which makes the problem of the non-paralytic form even more difficult to solve. Some of the diseases with symptoms resembling polio are mumps, encephalitis (inflammation of the brain) and meningitis. Treatment includes complete bed rest, isolation, and careful observation. Temperature, respiration, and pulse rate are recorded every four hours and the blood pressure every morning during acute stage. Drugs used are the salicylates and methadone hydrochloride.

### THE COMMON COLD

The common cold should not be neglected as it may be the forerunner of other more dangerous ailments. Read Dr. Barton's helpful booklet entitled "The Common Cold" which may be obtained by sending 25 cents, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y.

### IT'S SO EASY TO MAKE JAM WITH CERTO AND IT'S SO SURE!

### Having A Wonderful Time SAVING MONEY - Wish You Were Here!

- Got the budget blues? Want to get away from top-heavy food bills. Then take a shopping trip to CO-OP SUPER MARKET. You'll thrill to the view of our clean bright market with its vast displays of top quality foods. You'll feel relaxed and refreshed in its comfort. You'll enjoy the friendliness of our clerks. And you'll have a wonderful time saving money as you shop our value-packed aisles where every price is a low price.
- ISLAND MADE HONEY, 2 lb. tins, each 45c
- CRAWFORD'S — 15 oz. SPREAD, Caramel or Coconut 29c
- THE NEW DETERGENT— RINSO, large 39c
- ROBIN HOOD FLOUR, 98 lb. bags, each \$6.39
- SIMMS BROOMS, good quality, each 79c
- Catelli—20oz. SPAGHETTI, 2 for 37c
- Large 32 oz. JAVEX 29c
- 1 Lb. Cartons CRISCO, each 33c
- All Flavours JELLO, 3 for 29c
- CERTO, reg. size 29c
- Montserat LIME JUICE, 32 oz. 75c

### For Juice ORANGES, 3 doz. for 89c

- Red Ripe TOMATOES, carton 29c
- Island Grown CUCUMBERS, 2 for 29c
- POTATOES, (new) 5 lbs. for 27c
- New Island BEETS, 2 bunches for 29c
- RED PLUMS, (new), 6 for 23c

### SPECIAL White or Chocolate ONLY 29c

- Robin Hood White Cake mix
- TOILET PAPER Fine Quality 3 ROLLS FOR 29c

### BURNS SPORK in the square or round tins! the meat of many uses! 35c

ALBERTON — BLOOMFIELD — ST. LOUIS — TIGNISH — ELLERSLIE — O'LEARY — WEL-LINGTON — CARLETON — NORTH RUSTICO — CARDIGAN — CHERRY VALLEY — TRACADIE — ELMIRA — VERNON RIVER — MORELL — ST. PETERS. SUMMERSIDE DIAL 2117 AND CHARLOTTETOWN DIAL 8557

### Quality Meats

- Smoked Shankless PICNICS, lb. 59c
- Maple Leaf RINDLESS BACON, lb. 79c
- Sweet Pickled COTTAGE ROLLS, lb. 67c
- Maple Leaf COOKED HAM, 1/2 lb. 59c
- Tender Shoulder ROASTS, lb. 55c
- Prime Rolled RIB ROASTS, lb. 85c

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