



Oh Gee! It's OGILVIE OATS!

When oatmeal looks and tastes as good as that, how could it be anything else but Ogilvie Whole-Grain Oats?



Crisp Oatmeal Cookies!

Everyone loves them and they're so easy to make!
Cream together 1/4 cup shortening, 1 1/2 cups brown sugar; add 1 well-beaten egg; beat till fluffy. Add 1 1/2 cups Ogilvie Rolled Oats; blend well; let stand 5 minutes. Add 1 1/2 cups sifted Ogilvie All Purpose Flour, 1/2 teaspoon salt, 1 teaspoon baking soda, 1/4 teaspoon ginger, 1/4 teaspoon cinnamon and 1/4 teaspoon mace. This batter is stiff. Take out small pieces; roll, press flat with the tines of a fork. Bake in 375°F. oven for 10 minutes. Yield: 100 small cookies.

You'll find the whole family will enjoy Vita-B Cereal for breakfast, too! They will like its rich, nutty flavour—and they need its energy-building Vita-B nourishment. Cooks in 3 minutes.

Only the very best of Canada's finest oats are selected by Ogilvie. The tender grains are rolled and toasted to perfection by time-tested Scottish methods.

For more sustaining breakfasts, for crisp cookies, for delicious thrifty meat dishes, buy only quick-cooking/Ogilvie Whole-Grain Oats.

Listen to your Women's Editor;
Kate Nelson
See your local newspaper for time and station.

Dorothy Dix Says

Continued from page 3

ton complex and I doubt that there is any cure for that, since once a woman gets obsessed with the mania for reducing herself to a bag of bones she is deaf to the warnings of her physician and the pleas of her family, and blind to the ravages that malnutrition is making on her looks.

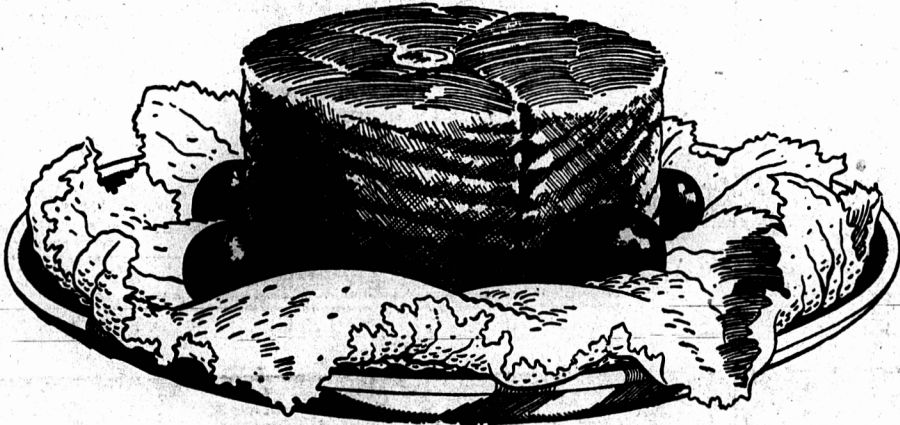
The only suggestion I can make to you about dealing with a woman who is willing to wreck her health and her family in order to be thin is to send for a psychiatrist and have her head examined! Perhaps the idea of sending her to a home for the feeble-minded might jar her into using a little intelligence, if she has any.

DEAR DOROTHY DIX: I have promised to marry a young man

the first of next month. He is the main support of his widowed mother. There are two married daughters, but for some reason she doesn't go to stay with them except for an occasional week-end. The mother expects—my fiance to take care of her. He makes a very small salary. I don't mind that, but I don't like the thought of having his mother with us all the time and having to take care of her as she is sick a great deal. What about it?

ANSWER: I think you should decide this matter very definitely before you marry and have it thoroughly understood whether the man's mother will make her home entirely with him, or if she will divide up her time between her daughters.

Don't wait until after you are married and then consider yourself a martyr because you have to take care of a poor old sick woman. Either don't marry him, or be a sport about it.



Red Sockeye Salmon one of the most economical foods you can buy today!

Everyone knows sockeye Canned Salmon, red, rich with a

deliciously delicate flavor. Homemakers know how this king

of seafoods makes an ordinary salad glamorous and downright

luscious... how it is the perfect sandwich ingredient...

how it combines so wonderfully in a wide variety of cooked

dishes. But here's a point to consider in the light of today's

soaring food costs: Red sockeye salmon is one of your best

food buys. Canned Salmon is all food, no waste. There's no

trim to cut away before using; no shrinkage in cooked dishes,

no non-edible portions of fat or bones. Pound for pound,

penny for penny, red sockeye salmon is a thrifty food buy.

It's all cooked, too. Enjoy red sockeye Canned Salmon often.

It's good, it's thrifty, it's nutritious.



ASSOCIATED SALMON CANNERS OF BRITISH COLUMBIA

P-3-901

Banquet in Honour Of Mr. P. A. Murnaghan

The Minister and Staff of the Department of Public Works and Highways on Monday night tendered a banquet to Mr. P. A. Murnaghan who for the past twenty years has been an employee of the Department and for the past number of years has been Deputy Minister of Industry and Natural Resources.

Mr. T. A. White was Chairman for the evening during the course of which an address was read and the presentation of a valuable watch and well filled purse was made by Miss Mary MacKinnon as was also a bouquet of roses to Mrs. Murnaghan. Words of congratulation were expressed by the Honourable H. H. Cox, Mr. Wm. H. McDougall and Mr. J. A. Reardon. Mr. Murnaghan, on behalf of himself and his wife, thanked the members of the staff for their generous gifts and past co-operation. Music was furnished for the occasion by Mr. A. B. Connolly. The singing of God Save the King brought a pleasant evening to a close.

Following is the text of the address presented to Mr. Murnaghan: Mr. P. A. Murnaghan, Deputy Minister of Industry and Natural Resources,

Dear Paddy:

Your friends have met here this evening to reminisce and enjoy themselves in your company while recounting the continued promotions which you so deservedly won during your twenty years of service in the Department of Public Works and Highways.

No flowery words or high sounding phrases could express in better terms, than your continued climb to success, the high regard in which your employers held your faithful work must have its merits.

In your new position your "Industry and Resources" will be greatly needed to fill the exacting duties required of a Deputy Minister.

The fact that your friends are present here is our way of saying that we dislike extremely to see you go. The many favours and courtesies that you have extended cannot and will not be easily forgotten. Although working now in different departments, we shall still be seeking your advice in matters regarding your welfare and in matters relating to the public service.

Never one to be flattered by duly deserved praise, we will now ask you to accept this small remembrance and may it help you to keep as punctual as you always have been in the past.

We are happy to be your friends from the Department of Public Works and Highways.

That Body Of Yours

Continued from page 2
velop weak spells while at rest and under watchful care.

OVERWEIGHT AND UNDERWEIGHT

It has well been said that weight is one of the clearest indexes to the state of one's health. Write today for Dr. Barton's booklet entitled "Overweight and Underweight," enclosing 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc., in care of this newspaper, 134 Bloor St., West, Toronto 5, Ont.

SPECIAL SALE!



Tussy
RICH CREAM
For women under 30... contains the latest counteract dry skin...
REG. \$2.50
SPECIAL \$1.25

Tussy
BEAUTY PLUS
For women over 30... contains dynamic hormone ingredients...
REG. \$1.75
SPECIAL \$1.00

REDDIN BROS.

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A MUTUAL COMPANY



DELICIOUS
7-Minute
KRAFT DINNER
2 for 25c

It's smaller than ever to be thrifty in food buying—and that's why more and more women are turning to CO-OP for real deep-down economy! Yes—REAL ECONOMY—because we make every price a low price every day... and that means SAVINGS all along your food order every time you shop here. No need to hunt for "specials." No need to wait for week-ends or "sales." Shop WHEN you like. Buy WHAT you like. You'll always buy better and get better buys at CO-OP SUPER MARKET.

- St. Croix Valley
- Oven Baked BEANS, 2 for 39c
- Introducing VI-TONE
- FAST FUDGE MIX, ea. . . 30c
- Ideal Sweet
- MIXED PICKLES, 2 for . 49c
- Lynn Valley Cut
- Golden Wax Beans, 2 for 29c
- Delicious
- Cherry Pie Cookies, each 39c

IT PAYS TO SHOP FRIDAY NIGHT

IN ORDER TO RELIEVE THE CONGESTION OF SATURDAY SHOPPING WE OFFER THE FOLLOWING SPECIALS FOR FRIDAY NIGHT ONLY FROM 6 P.M. to 9:30 P.M. TAKE ADVANTAGE OF THESE SPECIAL SAVINGS ON FRIDAY NIGHT. NO PHONE ORDERS.

- Evaporated — Limit 6
- CARNATION MILK, 2 tins 25c
- Granulated
- SUGAR, 5 lb. pkgs. . . . 57c
- No. 1 Creamery
- BUTTER, lb. 57c
- Freshly Ground
- HAMBURG, lb. 39c
- Lean Trimmed
- PORK CHOPS, lb. 49c
- Fine Quality
- POTATOES, 10 lbs. for . 15c

FRIDAY NIGHT ONLY
6 to 9:30 P. M.

- Silver Lasses
- MOLASSES, each 33c
- 5 lb. bag
- Robin Hood OATS, each 49c
- Princess
- SOAP FLAKES, 2 for . . . 65c

FRUIT DEPT.

- The Finish of the Crop—
- Island PLUMS, 6 qt. bskt. 99c
- Choice Island Lobo's
- Cooking APPLES, 3 lbs. . 23c
- New Crop Island
- CRANBERRIES, lb. 23c
- Extra Large
- Pink GRAPEFRUIT, 3 for 29c
- Firm Red Ripe
- TOMATOES, 2 lbs. for . 25c

MEAT DEPT.

- POTATO PICKERS LOVE 'EM
- Sweet Pickled
- PICNIC HAMS, lb. 53c
- Fresh Shoulder
- PORK ROAST, lb. 49c
- WHAT A SAVING
- Prime Shoulder
- ROAST BEEF, lb. 55c
- Cut Any Size—Up to 15 lbs.
- Smoked Reg. HAMS, lb. . 63c
- For Frying — Centre Slices—
- Reg. HAMS, lb. 75c

WE HAVE A COMPLETE LINE OF TURKEYS, DUCKS, CHICKENS FOR THANKSGIVING.

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Snowsuits For Toddler to Sub-Teener
\$8.95 to \$17.95

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- Sturdily Made
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