

Started Each Day Feeling Tired, Upset; Nervous Too

—now years drop away for Brantford woman who feels like young girl, when Sarnak relieves long-standing kidney condition, stomach upsets and that always-tired feeling.



MRS. H. HOLMES

What a joy it is to waken with that "glad to be alive" feeling—instead of feeling so weary, dragged out and discouraged you lose interest in life! Mrs. H. Holmes, 59 Colborne St., Brantford, Ontario, is one of the lucky ones who has had that happy experience. She writes— "For several years I haven't felt well. Even before I started the day I was always so tired-out and nervous—I never cared to go out and didn't take much interest in life. "I suffered a lot from a dull ache in the back of my neck which sometimes lasted three days; could not eat a meal without bloating and having shortness of breath; and was very irregular as well. "Nothing I took seemed much help until I tried Sarnak. By the time I had taken my first bottle of Sarnak, I began to feel like a girl again, relieved of stomach upsets and that tired-out feeling. Sarnak also relieved a kidney condition I had suffered with for a long time

At All Drug Stores \$1.35

Barbara Brent's BUYS AND WHYS

MONTREAL, Dec. 7th.—She had worn a hundred wedding gowns, but the one that thrilled Nina Spencer the most was, of course, her very own. When lovely fashion-model Nina became engaged to James Locke, she designed her wedding gown herself. And she was a radiant bride... her skin petal-soft—sparkling... and she keeps it that way with extra-mild WOODBURY FACIAL SOAP, the soap with the beauty-cream ingredient. Woodbury, you see, is made by skin scientists who add a face cream ingredient—a rich, softening oil—to every cake! This beauty oil is intended to help replace the natural oils you wash away. Try Woodbury Facial Soap and see how much softer Woodbury's mild lather leaves your complexion! And use Woodbury Soap in your bath, too—for all-over beauty! Just 10c a cake.

Housecleaning For The Christmas Party Season? Here's something that will do just about every cleaning job you can think of—from washing windows to waxing floors and polishing furniture! What is it? It's that grand new, brand new C-I-L SPONGE. Soft as velvet when wet, it's kind to your hands and the finest finishes. And it's so easy to keep clean!... just boil in baking soda and water to sterilize. Because I know you'll love the new C-I-L Sponges, I'd like to send you one! If you'll simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—enclosing 10c in cash or postage stamps, I'll mail one of these "wonder" sponges to you, together with a folder describing all the cleaning uses of C-I-L cellulose Sponges.

"Oh" and "Ah" will echo through your home on Christmas morning if the family gift is a FRIGIDAIRE REFRIGERATOR! Think what you give your wife or mother when you give a Frigidaire, whether you choose a Standard, Master, or De Luxe Cold-Wall model! She gets really safe cold from top to bottom. Extra large freezing compartments for frozen foods. Those Double-Easy Quickcube Ice Trays. Sturdy, one-piece steel cabinet. Beautiful Raymond Loewy styling. And oh so many other things a woman wants! Every model is powered by the famous Meter-Miser. And every genuine Frigidaire is made by General Motors. There's not a minute to lose. See your Frigidaire Dealer today.

Do You Hate the condition of your hands on wash-day? Do not use chemicals—make them rough and red! Then take my advice and change to DUZ—quick! Duz gets your wash gloriously clean and white—and leaves your hands soft and white, too! You see, you Duz has this wonderful combination of rich, real soap and two active detergents. That's why Duz has such amazing cleaning power—yet is so marvelously mild on hands. So why not do as so many women are doing today? For white white washes without red hands—change to Duz! You'll like it so much, I'd suggest you get a Giant Economy Size package. Try it for your next big wash—and see how wonderfully Duz does Everything!

Has The State Of Your Furniture been a worry to you lately? Then here's the answer to your problem... LIN-X NO STAIN FURNITURE POLISH (just 43c) will make your finest furniture glow with clean like satin! It's no trick at all, I've found, to make furniture look like new with this wonderful polish. And one of the things I like most about it is that it does three good jobs all at once! It cleans—it polishes—AND it protects your furniture. And speaking of polishing and protecting, you'll be thrilled with Lin-X Paste Wax (59c) for hardwood floors and Lin-X Anti-Slip Self-Polishing Wax (59c) for linoleum, composition or mastic tile floors. You'll find Lin-X at grocery, hardware and department stores everywhere.

Cold, Frosty Mornings call for specially good breakfasts to get that sleepy-head family out of bed. That's why I suggest 5 Minute "CREAM OF WHEAT"—that smoooth, wide-awake breakfast treat that cooks to luscious digestibility in just five minutes of boiling. M-mmm!—it's so good—and so good for you—for it contains Iron necessary for good red blood—and Calcium and Phosphorus for diets deficient in these elements. And, remember, mother, when you're buying... the words "Cream of Wheat" and the familiar "Cream of Wheat" Chef on the package are both registered trademarks of The Cream of Wheat Corporation.

I Feel just a little guilty when I'm given all the credit for my JELL-O PUDDING desserts. Because, though they look so magnificent, they're wonderfully easy to make—and it's impossible to make them anything but delicious! Those tempting Jell-O Puddings, Butterscotch, Caramel and Vanilla... and the Tapioca Trio—Chocolate, Orange Coconut and Vanilla. And there are a "thousand-and-one" wonderful ways to serve economical Jell-O Puddings. Butterscotch Tarts, for instance—they couldn't be simpler to make... Simply prepare Jell-O Butterscotch Pudding according to package directions. When cold, fold in 1/4 cup cream (whipped)—1/4 cup chopped pecans—and chill in baked tart shells. It's an "Encore" dessert if ever I've seen one!

What's Your Husband Looking So Pleased About? It's that hot, crusty Corn Bread that tickles his taste and delights his appetite. He's so busy gobbling it up that he hasn't time to ask you how you made it. But the secret is simple... the recipe's right on the package of QUAKER CORN MEAL. And since your Corn Bread is such a huge husband-success, why not try the other recipes on the same package, too? There's a wonderful one for Hasty Pudding—and one for Golden Corn Muffins that fairly melt in your mouth. Yes, Quaker Corn Meal gives all your cooking a delightful, special flavour. And it's better than bread or cracker crumbs for brooding oysters, fish or cutlets.

Always the best... NOW 3 WAYS BETTER! 1. Shines brighter than ever! 2. Shines longer than ever! 3. With less polishing! S. C. JOHNSON & SON, LTD. Brantford - Canada



Oh Gee! It's OGILVIE!

TRY THESE RECIPES To 1/2 cup butter add 1 1/2 cups sifted icing sugar and 1/4 table-spoon hot water (or more if required). Add enough green mints rolled in fine. Spread on top of slightly warm Ogilvie Gold Ogilvie Silver Cake split in half may be filled and frosted with good cook's pride. Combine 1 cup white sugar with 1/4 cup low heat till dissolved; cook till a little of the mixture dropped in cold water firms to a hard ball. Pour over 2 egg whites, stiffly beaten, beating constantly. Add 4 marshmallows quartered. Beat till dissolved. Spread over Ogilvie Silver Cake Mix (or any Ogilvie Cake Mix).

It is!... It's Ogilvie Chocolate layer cake—with creamy marshmallow filling and peppermint icing. Made in less time than it takes to rave about it—with OGILVIE ALL-ready Mix. No expensive egg to add! You turn out a better cake every time because only Ogilvie has EGGANENE—the product of a new patented process that actually homogenizes fresh eggs, milk and pure vegetable shortening right in the mix. EGGANENE keeps those ingredients refrigerator-fresh right in the package. They're always ready on your pantry shelf to produce a baking masterpiece on a moment's notice! Every Ogilvie Mix is a really complete Mix. All you do is ADD WATER... STIR... BAKE.

OGILVIE Chocolate Cake Mix... Silver Cake Mix... Gold Cake Mix ...Gingerbread Mix...T-Biscuit Mix Listen to your Women's Editor, Kate Aitken Consult your local newspaper for time and stations Only OGILVIE MIXES have the fresh magic of EGGANENE!

COFFEE COSTS CUT!

Remarkable New Instant Coffee Saves as much as 40¢ a lb.!

Exceptional Flavor There's a brand new way of serving fine coffee—with savings almost sensational! Chase & Sanborn, makers of fine coffee for over 85 years, has perfected Instant Chase & Sanborn. This means an Instant Coffee made by coffee experts—people with a tradition for fine, rich, full-flavored coffee! And the new Instant Chase & Sanborn fully lives up to its name! The most jealous coffee connoisseur will drink it gratefully and exclaim, "Man, that's real coffee!" Housewives acclaim the saving—as much as 40 cents a pound over regular coffee! It's like pouring every 3rd cup free! And such wonderful coffee!

You'll never know how good instant coffee can be until you try Instant Chase & Sanborn COFFEE The only "instant" backed by 85 years of coffee experience

A CLOVER LEAF QUALITY PRODUCT Sardine TREAT CLOVER LEAF PILCHARDS

PRIME QUALITY! RICH IN FLAVOR! Finest YOU CAN BUY CLOVER LEAF QUALITY SALMON A CLOVER LEAF QUALITY PRODUCT

BIG OGILVIE RADIO CONTEST WIN a week-end trip to NEW YORK FOR TWO! All you do is: write 10 words or less on your favourite Ogilvie product. Mail it with a box top to... Box 549, Toronto CONTEST ENDS DEC. 15 For full details, listen to Kate Aitken on your Ogilvie program

What a meal! ...and it cuts food costs too! CATTELLI Ready Cut MACARONI To enjoy Catelli Macaroni at its very best, heat a tin of Catelli Meat and Tomato Sauce and pour over the steaming macaroni.

Mr. Erna In New Burst Of Activity CATANIA, Sicily, Dec. 6—(AP)—Mt. Erna belched smoke and flames today in a new burst of activity which posed new dangers from flowing lava to villages on the volcano's slopes seriously threatened a week ago.

Now.. MORE biscuits per package MORE popular than ever! Christie's 1853 PREMIUM CRACKERS SALTED There is a CHRISTIE BISCUIT for every taste