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**Barbara Brent's BUYS AND WHYS**  
A WEEKLY INFORMATION SERVICE

**MONTREAL, September 11th**—Cook two meals at the same time! . . . It won't take a second longer to cook twice as much "Cream of Wheat" as you usually do at breakfast. Then set half of what you've cooked aside to cool . . . and fry it for lunch! "Fried Cream of Wheat" is a real treat for youngsters and hubby at lunchtime. Here's how you make it:—  
Cut cooked, cold, firm "Cream of Wheat" into 1/2-inch slices. If desired, dip into beaten egg. Place 2 tablespoons salad oil in a pre-heated frying pan or griddle and fry until a golden brown on both sides. Serve at once with maple or corn syrup.  
Your family, particularly the "growing-up" part of it—should eat lots of "CREAM OF WHEAT". It's not only good—it's good for them . . . provides Iron, Calcium and Phosphorus for diets deficient in these elements.

**Have You Ever Noticed** how things you learned at school suddenly come back to you? Marg said her washing always had a yellow tinge and she remembered her chemistry teacher telling her that seven colours combine to make white, and one of them is blue. That's why there's no true white without blue. So of course, the answer to the problem of yellow-looking washings is Blue. Just wash it in the final rinsing and Presto!—your sheets, shirts and table linens will fairly sparkle. What's more, Blue is kind to fine fabrics—won't harm them in the least! Costs just a few cents a month, too.

Yes, for the whitest wash, it's RECKITT'S BLUE.

**Now That The Youngsters** have left for school and the beds are made and the breakfast dishes done—I'll bet you'd like a really good cup of coffee. I recommend INSTANT CHASE & SANBORN COFFEE. Takes no longer to make than boiling the water and M-mmm!—just wait 'til you taste it! Instant Chase & Sanborn Coffee is made by real coffee people . . . it's the flavourful result of almost 100 years of coffee experience. Yes, the flavour's there—and the body—and the real lift. What's more, Instant Chase & Sanborn saves you up to 40¢ a pound compared with ground coffee. The regular size jar gives you the same number of cups as a pound of ground coffee—and just look at the difference in price!

**Is Your Skin A "Sleeping Beauty"?** Lovely Yvonne de Carlo, star of U-I's "Scarlet Angel", urges you to wake it up! Get to the bottom of stale make-up and grime. Ordinary cleansing cream doesn't do it, but WOODBURY COLD CREAM with Penaten does! Just try the Tissue Test and see for yourself. After using Woodbury, look at the tissue when you wipe your face. See how much more dirt you remove, how soft your skin feels. Yes, thanks to Penaten, the rich cleansing and softening oils penetrate much deeper into pore openings. Penaten loosens hidden dirt—takes rich oils so deep that your skin feels "reborn". Try Woodbury Cold Cream with Penaten. See how much lovelier it leaves your skin. 23¢, 45¢, 78¢ and \$1.15.

**September Often Surprises** us with a real "summer" heat wave. So my suggestion is to be prepared to give your family surprise desserts that are both cool and delicious. Keep a supply of SUNKIST LEMONS on hand for wonderful cold lemon desserts. Here's one you'll love:  
**LEMON SHERBET**  
2 c. sugar  
1 c. water  
Boil together for 5 minutes. Fold syrup into:  
2 stiffly beaten egg whites  
Add, beating in well: one whole lemon  
1 c. Sunkist lemon juice  
1 c. water  
Pour into freezing tray and set cold control at fast freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing; or freeze in crank-type freezer. (Makes about 1 quart.)

**Don't Worry** if you drop a bit of butter—a fleck of gravy or mayonnaise on your dress! It's not stained permanently! . . . not when you have ENERGINE CLEANING FLUID handy! Enengine makes greasy stains on even the most delicate of fabrics disappear like magic! And it's absolutely harmless for it contains no acids nor caustics. Just follow directions and grease spots disappear in a jiffy—without leaving tell-tale rings. You'll never be without Enengine once you've proved to yourself how it saves worry and bother and cleaner's bills, too! Ask for it at drug and department stores for as little as 25¢!

**Love The Way My Dishes Sparkle** when I use those grand new chemical soaps. They whisk you through a "million" washings in no time! But they are extra hard on your hands, aren't they? That's why I always keep a bottle of JERGENS LOTION handy—use it after every watery job. You see, because Jergens is liquid, it quickly supplies the softening moisture that dry, thirsty skin needs. Yes, you'll find when you use Jergens after dishes and other damp housecleaning chores—your hands will look like they'd never done a "lick" of work. Truly, there's no trick to having hands with that "lacy-of-leisure" look. Just keep Jergens handy—costs so little . . . only 15¢, 37¢, 65¢ and \$1.15.

**Have You Often Said** you'd give anything to get rid of painful corns and calluses? Well, you don't have to spend a "million" to keep those feet of yours in wonderful condition. Just try new BLUE-JAY Corn Plasters with the new wonder drug, Phenylum. It brings quicker, surer removal of corns than any other leading remedy! That's because Phenylum gets under your corn and helps push it out from underneath . . . the first really new medication for corns and calluses in over seventy years. As a matter of fact, in actual tests Phenylum went to work 33% faster and acted 35% more surely than other leading remedies. Try new Blue-Jays with Phenylum! Ask for them at your favourite drug counter.

**Fast! It's Later Than You Think**—Fall is all but here and winter won't be far behind. Yes, time's a-flying, but it's still not too late to arrange a Coal Loan to ease the strain of paying for your winter warmth. Now's the time to buy your coal—before prices get any higher—and the BANK OF MONTREAL is ready to help you pay for it with a Coal Loan. So, if you've been "putting off" coal-buying, don't wait another day to see about a low-cost B of M Coal Loan. Talk it over with your husband and then pay a call on the manager of your nearest branch of "My Bank". With his assistance, you can have all your coal delivered at once, without having to pay for it all at once. You can spread out your loan repayment over as many as seven easy instalments. That's what I call a real help to a busy budget!

**There Is Such Wonderful Variety** in our native fruits, clear through to October. No wonder they please everyone. And no wonder everyone in the family loves the jams and jellies you do down with those fruits . . . when you use CERTO FRUIT PECTIN. Those jams and jellies will be perfectly set . . . full of rich, fruit-fresh flavor. Results with Certo are always so sure. You need only follow the simple recipes in the booklet, under the label of each bottle of Certo. And you'll save yourself so much time and effort! You can do down jams and jellies in 1/3 the time of the former long-boil method—and get up to 50% more jars from the same amount of fruit.

**Pimples**  
CUTICURA helps clear them up FAST

**CUTICURA** helps clear them up FAST  
You'll be delighted how fast blackheads, rash and pimples yield to Cuticura Soap and Ointment. Fragrant, mildly medicated Cuticura soap is successful if used all over the world. Buy Cuticura today at your drugstore.

**Hughes DRUGS**  
PHONE — 3060

**Report Presented At C.W.L. Convention**

The following is the annual report presented by Mrs. James Pendergast, President of the Provincial Diocesan Council, Catholic Women's League at the Convention held in Charlottetown last week:—

It is my pleasant duty to present a brief summary of the work of the Catholic Women's League in the Charlottetown Diocese during the past year.

**Organization**  
Two new sub-divisions organized during the year have received their charters bringing our total active sub-divisions to 32 with a membership of 1,815. In addition to our League membership our honorary membership consists of 220 religious Sisters of Notre Dame and St. Martha.

**Finance**  
The total amount raised during the year was \$18,564.92 raised through various parochial activities. Approximately 90% of the money raised is spent locally for parish and community needs.

**Education**  
Outstanding along the lines of educational endeavours is the annual financial support of the League to the Catholic Girls' Scholarship for our girls attending St. Dunstan's University. This year the Catholic Women's League contributed \$957.59 to this worthy cause.

All sub-divisions are active in sponsoring education by donating prizes at school closings. The sub-divisions contributed prizes given at the Music Festival. The Provincial Council this year presented prizes to St. Dunstan's University, Prince of Wales College and to the Convent Schools teaching grade XI, and also contributed a Music Festival Scholarship.

**Girl Guides**  
The Girl Guide movement which is so beneficial in training our young girls to be useful citizens continues to be sponsored by the C. W. L. by assisting them financially with uniforms, camping, etc. We are represented on local and provincial Girl Guide Associations.

**Legislation and Citizenship**  
Note is made of legislation dealt with during meetings of the Legislature. Members recognize their responsibility as Christian citizens and as such exercise their right in the use of the franchise. The League is represented on all civic and provincial boards. Contributions and active assistance are given to every deserving cause. Masses are offered for those who made the supreme sacrifice. On November 9, 1951, we had the honor of presenting to Her Royal Highness Princess Elizabeth (now our beloved Queen) a suitable greeting in the form of flowers and a hand-painted card. In due time we received a very nice acknowledgment from Her Majesty.

**Social Service, Health and Nutrition**  
Financial aid to the amount of \$1,362.00 has been given to social welfare work as well as material gifts. Our Institutions have also been helped materially and financially to the amount of \$1,212.00. Members are encouraged to take advantage of Health Services provided by our Government such as sponsoring Dental Clinics, etc.

**Immigration and Missionaries**  
The League is represented in groups organized in the province to care for the placement of our new Canadians. Special attention

is given to the placing of Catholic immigrants and efforts made to have them feel at home. Entertainment in the form of parties is a regular feature of Committee work. Contributions from the Sub-divisions are a valuable aid in furthering the work of our Missionary Sisters at ports of entry and in the far-flung reaches of Western and Northern Canada.

**Publicity and Magazine**  
It is pleasing to note the increasing interest in the value of publicity as shown by press reports. Several Sub-divisions put on a campaign to increase subscriptions to our League Magazine. In some cases members clubbed together and are receiving the magazine in that way. Reports from Sub-divisions indicate there are 125 magazines coming to the Diocese.

**Spiritual**  
The Annual Diocesan Retreat was held at Notre Dame Convent in July with an attendance of 59. It was conducted by Rev. Father Enright, C.S.R. To the Reverend Mother Superior and Sisters at Notre Dame, the Provincial Council extends grateful appreciation for co-operation in the successful carrying out of this spiritual exercise. The League participates in the usual spiritual program by having Masses said for deceased members and by decorating and caring for altars, church linens, etc.

**Crusade For Good Reading**  
Following the recommendations of our Provincial Director and our National President, the Charlottetown Sub-division sent a resolution to the Mayor and City Council asking them to have removed from our bookstands, books and periodicals of a degrading and immoral nature which are banned by the Federal Government. The Mayor and Council sent the resolution to the Attorney General who read it in the Legislature and gave orders to the R.C.M.P. to have such books removed. A like petition was prepared by the Provincial Secretary who secured the signatures of twenty-one other organizations, service clubs, etc. This was presented to the Provincial Government and read to the members of the Legislature by the Premier. Several members strongly supported the petition and we had the promise of the Attorney General that efforts would be made to have these objectionable books removed. We trust the campaign against such degrading publications given impetus by the Fulton Bill will not be in vain. To encourage the reading of good books, the Charlottetown Sub-division contributed two books to the Public Library and have posted in the Basilica vestibule a list of approved books.

**Annual Convention**  
The Annual Provincial Convention was held in Summerside in August, 1951 and was largely attended. A 100% report was received from the 30 Sub-divisions. The National President, Miss Isabel Hutton, presided the Convention by her presence, gave an inspiring address at our formal opening and contributed greatly to the success of the Convention by taking part in the discussion and by her wise counsel. Other speakers who brought inspiring messages were Most Rev. James Boyle, Right Rev. Mr. McLellan and Rev. Francis McQuaid. Resolutions passed dealt with family prayer, immoral literature and the teaching of Latin in the schools. Thirty Sub-divisions sent in annual reports of their work thus assisting officers and conveners in compiling reports. Our sincere gratitude goes out to these Sub-division presidents and all who assisted. During the past year our ranks were sorely depleted by the serious illness of our Recording Secretary, Mrs. Frank Murray.

**Children go for NEW, delicious SHREDDIES!**

**THE WHOLE WHEAT CEREAL**

**NEW FLAVOR SMALLER SIZE!**

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

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**Another great Heinz harvest means year-round enjoyment for you**

Tomatoes can fool you. They may look good, taste delicious, be bursting with juice—but unless their vitamin and mineral content is high, you are not getting the best. Scientists have found that superior soils yield finer tomatoes filled with health-giving vitamins and minerals. That's why Heinz tomatoes are grown in Canada's most fertile farmlands.

Right now, a fresh new pack of Heinz famous Tomato Products is being rushed to grocery stores all over the country.

HEINZ CHILI SAUCE  
HEINZ TOMATO SOUP  
HEINZ TOMATO JUICE  
HEINZ TOMATO KETCHUP

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