

# FIGHT COLDS FAST AT ANY STAGE

WITH A TIME-TESTED PROVEN SAFE REMEDY



Here is a prescription-type Buckley remedy that has proved its worth in countless cases for almost instant relief of common colds. Buckley's Cinnamated Capsules can be taken indoors or out with safety because they do not produce DROWSINESS, DIZZINESS or NAUSEA. They are specially formulated to prevent depression while promptly relieving the discomforts of feverish colds such as running nose, irritated eyes, chills, headaches. Highly recommended for grippe and like maladies. While it is desirable that Cinnamated Capsules be taken at the first symptom it is not essential. Taken at any stage they lessen the severity and shorten the duration of a cold. Get a tin TODAY.

15 DOSES 35c

BUCKLEY'S CINNAMATED CAPSULES

## Ellen's Diary

Continued from page 2

see if we can find that squirrel! granddaughter begged, stopping by this afternoon. With Mack, both rosy-cheeked and aglow with the delight of the out-doors. But the housewives at Alderlea may not engage in such bewitching outings on impulse, especially not when the farmers are at some endeavour at which they might lend a hand. And was not the harvesting of turnips then awaiting a feminine touch? It was Jeanie who responded to that summons however, and with the two small ones on an interested and chatty audience we opened the cover of the gallant old sewing machine and attended to some stitching.

Out of the sacks — the flour or feed, the latter of which still is brought in on weekly excursions to the city, we fashioned a supply of pillow-cases, white and sturdy and quite presentable, we decided when we finally folded them away.

And it came to mind that even as methods of farming have changed through the years, so too, have fashions in bed-linen. Where now are the pillow shams, once a necessary part of a bed's adornment? Those pretty white squares of lawn or linen or lace, starched to a stiffness, and spread at a becoming angle over the pillows — any frills smoothed to a nicety by the cumbersome old-time irons, heated on the cover of a Waterloo stove, or a Perfect, or on that marvel of early ranges, the Home Comfort of later years.

Squares embroidered painstakingly in red traceries of doves and suns and moons and happy-faced children, a blithe Good-night or Good-morning inscribed somewhere between Granddaughter sat in the old armchair, a book on her lap, while Mack... back and forth along the rug. "If I were you" she offered with a sigh which indicated a longing for company at her reading. "I wouldn't bother putting much stitching on yours, because women aren't nearly so wearing on 'clothes' as men. And besides,



Shown above are Princess Elizabeth and the Duke of Edinburgh immediately after their arrival at Calgary on their recent tour of the Canadian West. The picture was taken by Norbert Hartinger, formerly of this city, who now resides in Calgary. It depicts the Royal pair as they were leaving the Canadian Pacific Railway station in the Alberta city.

she smiled "you're not so young now as you were. But you'll need to make my grandfather's stronger, for he's quite smart yet... he can run after cows and hitch horses... and work at the turnips" — That was the main interest today, load after load of them saved to the barn. Until tomorrow — — Diary — Good-night...

## Rheumatic PAIN

Good news for those who long for relief from rheumatic pain, but feel hopeless. Thousands get speedy relief from rheumatic and arthritic suffering by using T-R-C's. Don't let dull, wearisome aches, and sharp stabbing pains handicap you any longer. Try Templeton's T-R-C's today. Only 65c, \$1.35 at druggists. T-44

## A Country Garden

Continued from page 2

beauty of the tulips. Good earth and well rotted manure was carried to the circular bed, and from experience they will be beautiful I feel sure. "Throughout May and into June the Tulips lift elegantly slim and delicately reflexed chalices to the strengthening sun, from a floor that for its blueness might be a reflection of the heaven above."

A beautiful yellow tulip named Mrs. Scheepers was planted in groups of fifty each on either side of the borders looking toward the river. It is supposed to be the best and largest yellow tulip in existence. Another Cottage Tulip, Marjorie Bowen, colored buff and salmon with a white base passing into deep rose-pink with salmon shading, was planted in the upper terrace with another salmon pink called Prunus and it is also a sport of Bartigon.

Several groups of mixed varieties have also been planted around the summer house leading to the rose-garden, and Red Pitt, a sport from William Pitt with bright red flowers will be planted near the house. Tulips, Appleblossoms and blue Forget-me-not make the gardener happy in June and also while planning and planting.

## Tulip Days

"The inundation of Spring Submerges every soul." It would seem that no season of the garden year could be so entirely entrancing as that when the long-stemmed Breeder, Cottage and Darwin Tulips are at the height of their beauty. Then is such gracious color, such grace of form, such gleaming freshness as never at any other time. Hundreds of beautiful spring blossoms offer themselves as foils for the loveliness of the Tulips — May Irises, Iberis, Dicentra, Nepet, Mussini, Pansies, Primroses, Flax and fragrant Wallflowers, to name but a few; and overhead are the waving, fragrant plumes of Lilacs, the rose-wrapped branches of Crabapples and a wreath of flowering shrubs. It is the festival moment of the young year. "And earth unto her leaflet tips Tingles with the Spring."

## The Micmacs

Continued from page 2

drink at one time, it is because their wives do not make trips to the ship without bringing back twenty-five or thirty sea-biscuits as a present, which each one makes them in return for bark dishes and peschipotys. I think I have already said that these peschipotys are purses of leather ornamented for holding tobacco; they are the work of the women, and rather nicely made.

A peschipoty is anything which is closed by a string or secured like a purse, provided that the whole does not surpass in size a bag for holding prayer-books. They are made of Marten, of Squirrel, of Muskrat, or other little animals; others are made of Moose skin, or of Seal-skin; these are of the breadth of a hand and a little longer. One side is turned over the other with a little latch which makes several turns to close it, in the fashion of our leather paper-holders. Those made of skins have strings like the purses, and all of those peschipotys serve to hold tobacco or lead for hunting.

(To be continued)

NOVEMBER 1951

SUN	MON	TUE	WED	THU	FRI	SAT
					2	3
					10	17
					24	
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The Soup of the Month

1st Anniversary Event

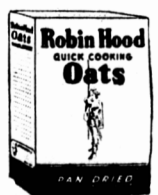
WEATHERBY'S celebrate their first year of business in their new location at the corner of Douglas and Upper Queen Sts., and in appreciation for your patronage they are passing on these savings to you. Sale continues until Saturday night.



\$1.69



Pkg. 33c



With Chinaware Pkg. 55c

### EXTRA SPECIALS

- Lard, lb. .... 29c
- 2 lbs. for .... 55c
- Shortening, lb. 39c
- 2 lbs. for .... 69c
- Tea, lb. .... 79c

- 1 1/2 Lb. Tin Boneless CHICKEN ..... 59c
- Sweet Mixed COOKIES, lb. .... 35c
- Quart Containers—Bema MOLASSES ..... 35c
- Kraft and Velveeta CHEESE, 1/2 lb. pkg. .... 33c
- 16 Oz. Ice Box Jar PEANUT BUTTER ..... 45c
- 20 Oz. Tins Lynn Valley PEAS, 2 tins ..... 35c
- Miracle Whip SALAD DRESSING ..... 29c
- 7 Flavours JELLO, 3 pkgs. .... 29c
- LOBSTER, 1/2 lb. tin ..... 73c
- DATES, 2 lbs. .... 35c

### SPECIALS IN FRUIT & VEGETABLES

- CARROTS, 5 lbs. .... 25c
- APPLES, doz. .... 19c
- GRAPEFRUIT, 4 for ..... 29c
- ORANGES, 252's, doz. .... 45c

### SPECIALS IN MEATS

- SLICED BACON, lb. .... 65c
- PORK ROASTS, lb. .... 45c
- Sirloin — T-Bone — Round STEAKS, lb. .... 89c
- CORNED BEEF, lb. .... 55c
- Shoulder PORK CHOPS, lb. .... 59c
- D. & F. SAUSAGES, lb. .... 53c



3 for 27c



25c



Bottle 33c

Cut out this Ad. and save for future reference. Sale ends Sat., Nov. 10th. Open Evenings till 10.

# HEAVENLY EATING!

## Chocolate Angel Food Cake

1/4 cup sifted Swans Down Cake Flour  
4 tablespoons Baker's Cocoa  
1 1/4 cups sifted sugar  
1 1/4 cups egg whites  
1/4 teaspoon salt  
1/2 teaspoon cream of tartar  
1 teaspoon vanilla  
Sift flour once, measure, add cocoa and 1/4 cup sugar; sift together 4 times. Beat egg whites and salt with rotary egg beater or fix wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Add remaining 1 cup sugar, 2 tablespoons at a time; beat with rotary beater or whisk after each addition until sugar is just blended. Fold in lightly; repeat 1/4 cup flour over mixture, fold in lightly; repeat until all is used. Turn into ungreased 9-inch tube pan. Cut gently through batter with knife to remove air bubbles. Bake in slow oven (325°F.) about 50 minutes. Remove from oven and invert pan 1 hour, or until cold. Serve plain, or frost with a fluffy seven-minute frosting (there's a delicious one on page 75 of "Learn to Bake — You'll Love It"). Frosted cake may be decorated with melted Baker's Unsweetened Chocolate, as pictured.

Yes, it's beloved Angel Food Cake — the favorite of favorites! But lighter, fluffier, more moist than ever before because it's made with the finest of cake flours, Swans Down Cake Flour. Here's a chocolate version of this queen of cakedom — rich, flavored, thoroughly delicious through and through!

## BUT ONLY WITH SWANS DOWN!

There's a wonderful thrill of achievement when you make a cake like this — so Swans Down soft, Swans Down delicate. But you must start with the best basic ingredient — and that means Swans Down Cake Flour. It is sifted over and over again until 27 times as fine as ordinary flour — only Swans Down can give you cake with real Swans Down goodness. See the package for other tested recipes, including a recipe for white angel food cake.



UP TO 6 CAKES FROM EACH PACKAGE

Exciting Recipe Book

— 80 pages of tempting recipes for cakes, frostings, cookies. Full-color illustrations in "Learn to Bake — You'll Love It". Send 20c in coins with your name and address, to General Foods, Limited, Cobourg, Ont.

Swans Down CAKE FLOUR



A Product of General Foods



## Family "busy" room:

Here's charming proof that a living room can be homey without being dowdy... practical as well as pretty! It's done with books, fresh bright colors, close attention to family hobbies. But its big secret is that — from the floor up — it's completely free from work-worry. Look at that Gold Seal Congoleum rug! One wipe of a damp cloth and it's clean as a whistle. Yet its hooked-rug pattern has all the charm and color of a rug straight from Grandmother's house! And you should see how it stands up under household traffic. For that long-lasting wear-layer of heat-toughened paint and baked enamel is equal in thickness to 8 coats of best floor paint applied by hand. But remember — without this familiar Gold Seal it isn't Congoleum... the only enamel surface floor covering sold with the famous money-back guarantee. In fact, to make sure you get Gold Seal Congoleum Rugs... always look for the Gold Seal before you buy!



CONGOLEUM CANADA LIMITED MONTREAL

JOSEPH WEATHERBY & SON

SELF-SERVICE GROCERY & MEAT MARKET

Corner Douglas & Upper Queen Streets FREE DELIVERY Phone 1644

GENTLE CONSTIPATION RELIEF

TAKE PHILLIPS' MILK OF MAGNESIA TONITE

WAKE UP FRESH FEELING FINE!