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BRITISH COLUMBIA PACKERS LTD., VANCOUVER, CANADA

Barbara Brent's BUYS WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, March 11th — Let's have baked beans for dinner! That's a suggestion that comes straight from a man's heart . . . particularly when he knows he'll get the succulent, baked-in-real-ovens beans that come from the Heinz tin! Try all five kinds of HEINZ OVEN-BAKED BEANS, either alone or combined with other foods like this—

All-Star Casserole

1 tbsp. butter
¼ cup chopped onion
½ cup sliced celery
6 to 8 slices salami
1 can (20 ounces) Heinz Oven-Baked Beans with Pork and Tomato Sauce

Heat butter in a frying pan; add onion and celery and fry, stirring occasionally, until vegetables are tender and golden. Cut salami slices into star shapes; cut remaining bits of salami into small pieces. Turn Heinz Beans into a casserole; add vegetable mixture and bits of salami and combine lightly. Cover and bake in a moderate oven (375 deg.) 20 minutes. Uncover casserole and arrange salami stars over beans; return to oven and bake uncovered about 10 minutes longer. Garnish with sliced stuffed olives. Makes 3 or 4 servings.

There are many delicious, economical and nourishing recipes in Heinz' Oven-Baked Bean Recipe Booklet. **Write to me for your FREE COPY** . . . Barbara Brent, 1411 Crescent St., Montreal.

Never Really Understood that there are *two kinds of dirt* that get on wood — (one is cleaned with water; the other with oil)— until I used O-CEDAR "DOUBLE-ACTION" CREAM POLISH. I think the same thing will happen to you— for you see O-Cedar Cream Polish removes *both* kinds of dirt—*cleans* and *polishes* at the same time! It's wonderful for furniture which is in use a lot. That's why it's called the "Cleaner-Polish" . . . really good for dark or light furniture, woodwork, porcelain and baked enamel. Won't dry white! *Ask for the* SPECIAL OFFER— *a large economy bottle of O-Cedar Cream Polish and a velvety-soft dusting cloth — only 79c — regular value $1.04.*

Let Nothing You Dismay . . . and next Christmas nothing will — not even those after-Christmas bills. For the Brents at least there won't be any! Our Christmas Savings Account at the BANK OF MONTREAL will see to that. Each year about this time, I work out how much Christmas is going to cost us. Then I divide the result by ten. That tenth part goes into the B of M each month *without fail!* You'd be surprised at how quickly our "Christmas Fund" grows. Before we know it, we've got quite a tidy sum set aside — and Christmas doesn't seem to sneak up on us the way it used to. So why not open *your* Christmas Savings account today at "MY BANK"? It's the best way I know to wish yourself a Merry Christmas.

SENSATIONAL COFFEE SALE

Amazing New Coffee! Not a powder! Not a grind! But millions of tiny "FLAVOR BUDS" of real coffee . . . ready to burst instantly into that famous MAXWELL HOUSE FLAVOR!

Save up to $1.25 on your coffee bill

The large jar of Instant Maxwell House makes about as much coffee as 3 pounds of ground coffee—yet costs about $1.00 less. This special allowance saves you 25¢ *more*. So your total saving is about $1.25!

The regular jar of Instant Maxwell House makes about as much coffee as one pound of ground coffee — yet costs about 30¢ less. This special allowance saves you 10¢ *more*. So your total saving is about 40¢!

100% PURE COFFEE— NO FILLERS ADDED!

Utterly unlike old-style "instants"— just as quick-to-fix, but tastes so deliciously different! Don't delay — get your jar at your grocer's, today!

The only instant coffee with that **GOOD-TO-THE-LAST-DROP** flavor!

RM-703

York and Vicinity

Rev. and Mrs. J.M. Sproule have been confined to their home with the 'flu. Friends wish them a speedy recovery.

Mr. and Mrs. Gordon Rodd were the guests of Mr. and Mrs. Gordon Crockett on March 2.

Mr. Leo Doyle and son were visitors to the city on March 2.

Mr. Abner Vessey, York, was the guest of Mr. and Mrs. Archer, Royalty, on March 4.

Mr. Will Watts spent March 2 in the city.

Mr. Dewar Swan, York, has been employed at the Maritime Electric Co., city.

Mrs. Vernon Rodd, city, was the guest of her brother, Gordon Crockett on March 2.

Mr. Norman Brown has been been employed by the Maritime Electric Co., city.

Mr. Angus Cluney, York, spent March 4 in the city.

Mr. Wilbur Cudmore, city, was a visitor to York on March 4.

Master George Knox, city, is the guest of his grandparents, Mr. and Mrs. George Watts, York.

Mr. and Mrs. T. M. Brehaut, city, were the guests of Mr. and Mrs. Will Watts, York, on Feb. 28.

Mr. Frank Watts and Reuben Watts, York, were visitors in the city on March 2.

York Women's Institute meeting was held at the home of Mrs. Gordon Crockett with good attendance.

Mr. Wesley Matthew spent Mar. 5 in the city.

Mrs. Lloyd MacMillan and two children, Franklin and Diane, Covehead, were guests of Mrs. MacMillan's parents, Mr. and Mrs. Will Watts.

Mr. Peter Proud, spent a day in the City, on Feb. 26.

Mrs. A. J. Watts, City was the guest of Mr. and Mrs. Will Watts recently.

Miss Aletha Brown, spent the week-end in York, at her home.

Mr. and Mrs. Douglas Moore, City, were the guests of Mr. and Mrs. Richard Vessey, on Feb. 28.

Mrs. Abner Vessey, York had as her guest over the week-end, Miss Doris Brown, City.

Mr. and Mrs. Frank Watts were recent visitors to the City.

Mr. Lloyd Vessey, returned to his home in York, after spending a few days in Nova Scotia.

Mr. and Mrs. Stewart Chandler and daughter, Peggey, were recent visitors to York.

Mr. Lenton Crockett, Pleasant Grove, spent Feb. 26, in the City.

Miss Christine Proud, Wilmot School teacher, spent the week-end in York, the guest of her parents, Mr. and Mrs. Peter Proud.

Mr. Gordon Crockett, was a recent visitor to the City.

Mr. and Mrs. Ernest McDonald, and two children, Deborah and Hazel, were the guests of Mr. and Mrs. Rema McDonald, City on Feb. 28.

Sign of an early spring is that ducks have started to lay on Feb. 25.

Miss Eliane Cook, student of P.W.C., spent the week-end at her home in York.

Mr. Leonard Andrew, New Glasglow, N.S., is spending a few days at his home in York.

Mrs. Clifford Chandler and son, Kenneth of Milton, returned to her home after spending a holiday with her mother, Mrs. Hubert Vessey, York. BO.

YORK EVENING AUXILIARY

The monthly meeting of the Evening Auxiliary of York met at the manse on Feb. 9.

The meeting opened with the worship period under the leadership of Mrs. Frank Vessey, assisted by Mrs. Minto Foster, Mrs. Reuben Watts and Miss Frances Vessey. The theme was on "Racial Discrimination". Hmyns sung were "He Leadeth Me", and "Guide Me O Thou Great Jehovah" was read as a prayer.

Miss Frances Vessey read an article from one of Dr. Gilchrist's articles, "Helping them to help themselves".

Roll call was answered by seven members.

There were 20 hospital calls and five house calls. Lunch committee in charge is Mrs. Roscoe MacDonald. Place of meeting for the month of March is at the home of Mrs. Lloyd Vessey.

Rev. Mr. Sproule closed the meeting with the Benediction.

A smoother, richer spread!
Barbour's STABILIZED PEANUT BUTTER

KELLY'S CROSS W. I.

The March meeting of Kelly's Cross Women's Institute was held in the school on March 3 with the president, Mrs. Clarence Curley occupying the chair. Roll call was answered by 10 members and by two new members paying their fees.

The sick committee reported that two sick were treated. The correspondence was read which consisted of letters concerning the Red Cross, Education Week, and letters of thanks and appreciation from the sick. A member was appointed to attend the leadership course which is going to be held in the Vocational School in mid-March. A donation was voted for the Red Cross.

The new sick committee are Mrs. Maurice McDonald, Mrs. John Molyneaux and Mrs. Joseph Kelly, and for the school is Miss Colette Matters. It was decided to purchase two new black board erasers immediately. An auction sale of different articles was then held. The sum of $2.10 was realised from the sale.

The next meeting will be held in the school and a grab-bag will be held for the purpose of increasing the Institute funds.

SHOP and SAVE where it's THRIFT WEEK All Year Long!

Every week of the year is THRIFT WEEK when you shop at CO-OP SUPER MARKET because we make every price a low price every day. This policy is made possible by our efficient storekeeping and careful buying which mean lower costs for us— lower food prices for you. And what a big difference this makes in your food bills—what big savings you get every time you shop here. So get the thrift habit—get the good habit of shopping at CO-OP SUPER MARKET where THRIFT WEEK is 365 days long.

LENTEN SPECIALS

A Meal For Four--KRAFT **DINNER, 2 for 29c**
A Good Spread — 8 oz. **CHEEZ-WHIZ 33c**
Sea-Lect LOBSTER **PASTE, 2 for 29c**
Dole, 20 oz. FRUIT **COCKTAIL . . . 39c**
24 Oz. Jar **APPLE JELLY 39c**
Co-Op 20 oz. BLENDED **JUICE, 2 for . 33c**
Star of the Sea-CHICKEN **HADDIE, 2 for 39c**

BAKE A CAKE WEEK

Fresh Fine **COCOANUT, 8 oz. pkg. 23c**
New Crop Light **WALNUTS, 4 oz. pkg. 19c**
1 Lb. Pkgs. **ICING SUGAR, each . . 10c**
Bakers Choice **VANILLA, 4 oz. btle. . 23c**
New Domestic **SHORTENING, lb. pkg. 23c**
Blue Ribbon — 1 Lb. **BAKING POWDER, tin 19c**
Free-O-Seed **RAISINS, lb. 25c**
Purity White — Reg. 33c **CAKE MIX, pkg. 23c**

MEAT DEPT.

Fresh Ground **HAMBURG . . . . . lb. 33c**
Lean, Meaty **SHOULDER ROASTS . . lb. 35c**
Rib or Brisket **STEW MEAT . . . . . lb. 23c**
Lean Tenderized **ROUND STEAK . . . . . lb. 45c**
Choice Lean **SIRLOIN STEAK . . . . . lb. 49c**
Canada Packers **SMOKED BOLOGNA . . lb. 29c**

FISH DEPT.

Fresh Frozen **COD FILLETS . . . . . lb. 29c**
Fresh Frozen **HALIBUT . . . . . lb. 43c**
Fresh Frozen **SALMON . . . . . lb. 43c**
Smoked Kippered **HERRING . . . . . lb. 29c**
Fresh Smoked **FILLETS . . . . . lb. 29c**
Fresh Frozen **SMELTS . . . . . lb. 15c**

Large White **GRAPEFRUIT . . . . . 6 for 39c**
No. 1 Island **POTATOES . . . . . 75 lb. bag 99c**
U. S. MacIntosh **FANCY APPLES, . . 2 doz. in bag 69c**
Large Stocks **PASCAL CELERY . . . . . stock 17c**
New Spring **CARROTS . . . . . 2 lbs. for 17c**
New Texas **SPRING CABBAGE . . . . 2 lbs. for 17c**

FREE FREE

FOR THIS WEEK ONLY WHEN YOU BUY A GIANT SIZE FAB OR VEL AT SPECIAL PRICE YOU GET A TIN OF AJAX FREE.

GIANT SIZE **75c**

KARO — 2 lb. tin **CORN SYRUP 33c**

AUNT JEMIMA **PANCAKE MIX Pkg. 21c**

Items in this ad also on sale at: Montague, Vernon River, Morell and Tracadie

SHOP CO-OP Super Market FREE DELIVERY "THE ONE STOP MARKET"