

Mount Hope Man Relieves Backache and Constipation

—Is delighted to discover in Sarnak a remedy that is pleasant-to-take, gentle-acting, yet so effective it relieved a chronic condition which other remedies had failed to help!



PAUL R. BEAMER

Trouble comes double, for many a man and woman! And that's why Sarnak has been of help to so many. For it is a new formula, a combination of medical ingredients never before offered in one medicine.

In the case of Mr. Paul R. Beamer, Mount Hope, Ontario, it exactly met his needs. For he writes: "I think Sarnak is wonderful. I tried many remedies to get relief from constipation and constant backache, but nothing seemed to help me.

"I started taking Sarnak and was pleased at how soon it relieved my backache and started to make me regular. Sarnak is not disagreeable to take, and its effect on the bowels is mild and gentle."

Are you one of the people like Mr. Beamer who suffer from more than one complaint? Is your life made miserable by backache, rheu-

matic, arthritic or neuritic pains in the knees, legs, arms, shoulders or hands—combined with other complaints such as upset stomach, faulty elimination, kidney or liver disorders, poor appetite and that always-tired weary feeling?

Then try Sarnak—and see if it won't help you, too. The analgesic properties of Sarnak are compounded in the medicine to bring you fast pain relief. Get Sarnak today.

At All Drug Stores \$1.35

Barbara Brent's BUYS WHY'S



MONTREAL, Nov. 30th — My crystal ball tells me there's a cold winter coming... with sniffles and sneezes and cold miseries threatening. So why not be prepared with the new antihistamine discovery— ANOHIST! Taken on exposure or in first 24 hours of a cold, Anohist can stop cold symptoms in a single day!

Your Money Won't Crow Wings and fly away when you have an account at the BANK OF MONTREAL! When you pay your bills by B of M cheque your stubs are an exact record of your expenditures. And the cancelled cheques, which the B of M will send you every month, act as your receipts. It's such a neat 'n' tidy—such a convenient way of keeping your finances in order...

Here's a Special Offer, Mother! Handy Plastic Cap Covers that fit over the tops of BABY FOOD tins when baby doesn't eat a full tin at one meal-time. Simply

leave the balance of the Baby Food in the tin, cover it with this plastic cover and store it in your refrigerator. Good! Heinz Baby Foods are well worth saving to the last, tasty morsel! Mmmm! How baby loves those luscious Heinz Cereals and the extra-appetizing variety of strained meat products, soups, vegetables and desserts! So don't waste 'em! ... simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for this special offer! ... 3 Plastic Cap Covers AND 3 Baby Food Savers (for scooping out the last good morsel of Heinz Baby Food from the tin) are yours for just 10c in coin or postage stamps and 3 Heinz Baby Food labels.

A Little Weary from Christmas shopping? Then here's a dinner suggestion that's quick 'n' easy, yet just right for big appetites. It doesn't take more than 15 minutes to prepare a heaping platter of luscious AUNT JEMIMA READY-MIX PAN-CAKES! Just add milk or water—stir—and pop your Aunt Jemimas on the griddle. Then in seconds when they're a rich, golden brown, put them on a hot platter with sausages and bacon—add and serve with butter and syrup. Mmmm! Makes me hungry just to think about it! Aunt Jemimas are so delicious... and another thing about them—they're one of the best ways I know to keep food budgets balanced! So treat your family to Aunt Jemimas at breakfast, lunch or supper... they're an exciting surprise-dish at any time of day!

Wonderful For A Party—a special treat for youngsters and grown-ups, too... delicious home-made fudge! Especially if it's fudge made rich-flavoured and creamy smooth with BAKER'S UNSWEETENED CHOCOLATE. When you use Baker's Chocolate, you get real, honest-to-goodness chocolate flavour, for there's nothing added, nothing taken away!

Everyone's Talking About those grand, new C-I-L SPONGES! They make housecleaning so much easier! No more dirt rag! In their place you'll enjoy the cleanliness of these C-I-L cellulose Sponges that you just boil in baking soda and water to sterilize. I use several for just about everything in the "cleaning line"... washing walls, windows, sinks 'n' tubs; waxing floors and woodwork; washing dishes and the car—and then, I have a special one for my bath! These wonderful sponges are soft as velvet when wet—square-shaped and easy-to-handle. They come in five convenient sizes—at hardware, department, drug, variety and grocery stores. And, when you're buying—remember to look for the C-I-L label—it's your assurance of quality.

Tomorrow's Promise

Anne, looking in the mirror, wished she might show herself to Charles. A little later, as she went along the hall, she hesitated at the door of the guest room. It was open, but a screen had been set in front of it. She peeped around the screen and said, "Hello."

"Charles, alone and reading, looked up. "Anne!" "I got your letter." "I shouldn't have written it." "I'm glad you did."

Just then Vicky rounded the corner of the screen. "Oh, here you are, Anne! Garry is asking for you."

"I've got the crystals at a bargain today. Only dowagers and spinsters wear real jewelry these days. Vicky let that past. "Have you a minute for me, Mrs. Ordway?"

"Who is he bringing?" asked Elinor. "Vicky waited until the maid closed the door. He telephoned two detectives to meet him here."

To be continued

Penny-Wise Shoppers' Specials

It's time now to prepare for Christmas, so Shop Early while assortments are complete. All our departments are well stocked and you will find it convenient to shop at our Store. Order your Christmas Poultry Now. All birds will be drawn and delivered when required.

- CASH YOUR CAMPBELL COUPONS HERE
- Campbell's Tomato Ketchup, 13 oz. bot 15c with Coupon
- French Canadian Pea Soup, tin ... 10c with Coupon
- Franco-American Spaghetti, 15 oz. tin ... 9c with Coupon
- BRING YOUR COUPONS AND SAVE
- PETER PAN PEACHES, 20 oz tin .17c; 3 for ... 49c
- CLARK'S TOMATO or VEGETABLE SOUP, 10 oz. tin 10c; 3 for ... 29c
- SHREDDED WHEAT, 2 pkgs. 25c
- CARNATION MILK, tall tins, 2 tins 29c
- GRAVES GOLDEN WAX BEANS, 15 oz. tin 13c; 2 for 25c
- GRAHAM or WHOLE WHEAT FLOUR, 3 lb. bag 29c

- MARSHMALLOW BISCUITS, lb. 39c
- SILVER RIBBON TOMATO JUICE, 48 oz. tin 29c
- MATCHES, 3 boxes 25c
- WHIPPED CREAM IN A JIFFY WITH THE NEW REDDI WHIP 7 oz. tin 55c

Fruits & Vegetables

- ISLAND POTATOES, 50 lb. bag .. 79c
- 96 COUNT GRAPEFRUIT, 3 for 29c
- CHOICE GRAPES, lb. 19c
- SWEET POTATOES, 2 lbs. 29c
- ALSO: CUCUMBERS, LOCAL CELERY, HEAD LETTUCE, TOMATOES, BANANAS, etc.

H. C. ATKINSON

(Groceries)

111 Grafton St. PHONE 2246

DAILY CROSSWORD

- ACROSS
- 1. Low, tree-like plant
- 5. Head cook
- 8. Article of virtue
- 10. Storms
- 12. Manila-hemp plant
- 13. Musical instrument
- 14. Chum
- 15. Mature
- 17. Palm tree
- 18. Any powerful deity
- 19. Excess of chances
- 20. Young dog
- 21. S-shaped molding
- 22. Stringed musical instrument
- 23. Blanched leaves of artichoke
- 25. Shrewd
- 26. A long walk
- 27. Gaming
- 28. Resort town (Pruss.)
- 29. Loop of a chain
- 30. What?
- 32. Type measure
- 33. Prosecuted judicially
- 34. Topaz humming-bird
- 35. Sings
- 37. Wading bird
- 39. Weird
- 40. Showers
- 41. Knocks
- 42. Small quarrel

16. Fish (Eur.)

19. Monster

20. Book section

21. Trees

22. Notch

23. Pressed curd of milk

24. Chief of German Gestapo

25. Ashes

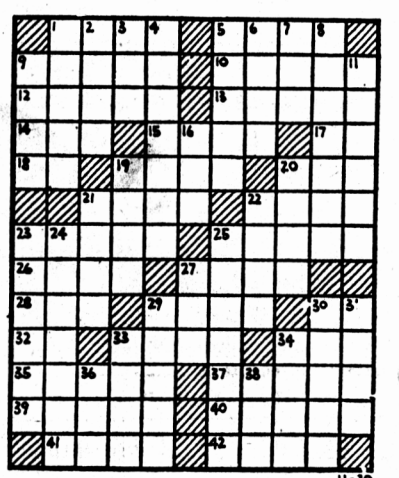
27. Perish

29. Stringed musical instruments

30. Occurrence

Yesterday's Answer

- 31. Head coverings
- 33. Small cut
- 34. Operatic melody
- 36. Constellation
- 38. Breach



DAILY CRYPTOQUOTE—Here's how to work it:

One letter simply stands for another. In this example A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation
K V U J W E V U V J K S T G M G D W G H
V P W G E F W L K W T J V U A K W T K G S N
E N H J C K — S T W U F A D D.

Yesterday's Cryptquote: THE WHOLE COLOUR OF YOUR LIFE DEPENDS ON THIS IMPORTANT NOW—DRYDEN.

NEW INSTANT COFFEE SAVES AS MUCH AS 40¢ A POUND!

New Instant Coffee

Here's everything you want in coffee—rich, fresh flavor, mellow aroma, hearty coffee goodness—blended by Chase & Sanborn, a far-famed coffee name for 85 years!

Count up the advantages—flavor, convenience, economy, Chase & Sanborn quality... ask for Instant Chase & Sanborn coffee today!

Saves Time
You make this matchless coffee right in the cup, the "instant" way, just by adding hot water. Wonderful new Instant Chase & Sanborn saves washing-up time, too—you've no grounds, no coffee pot to clean.

And Money!
With Instant Chase & Sanborn, you save as much as 40 cents a pound over the price of regular coffee.

You'll never know how good instant coffee can be until you try

The only "instant" backed by 85 years of coffee experience

DRINK Coca-Cola BE REFRESHED

FIRST PARLIAMENT
The first assembly for Lower Canada, after division of territory into Upper and Lower Canada, met at Quebec in 1792.

END - of - MONTH - SALE

Continuing Till Saturday Dec. 2nd.

TO MAKE ROOM FOR CHRISTMAS MERCHANDISE WE ARE CLEARING RACK OF JUNIOR AND MISSES' COATS AT 20% OFF

There is still a nice assortment of pretty styles to choose from.

\$17.95 TO \$49.95

RACK MISSES' DRESSES (Assorted sizes) CLEARING AT 5.00 ea.

NEW FALL DRESSES ARRIVING DAILY

THE MISSES HOLMES and BRADLEY

159 QUEEN ST. PHONE 92

IN MEMORIAM

In loving memory of our dear father, John M. Jones of Harrington, who passed away November 30th, 1949.

Surrounded by friends we are lonesome,
In the midst of joy we are blue.
With a smile on our face we have heartache,
Longing dear father for you.

Sadly Missed by His Daughter and Son, Lois and Kier.

IN MEMORIAM

In loving memory of my dear husband, John M. Jones, Harrington, who passed away November 30th, 1949.

God knew that he was suffering
That the hills were hard to climb,
So he closed his weary eyelids,
And whispered "Peace be thine."

Away in the beautiful hills of God,
By the valley of rest so fair,
Some time, some day I know not when,
I shall meet my loved one there.
Lovingly Remembered by His Wife, Mae.

IN MEMORIAM

In loving memory of our mother, Mrs. George Leard who passed away November 30th, 1948.

You left us sweet memories, dear mother
Deeds of kindness entwined your name,
We know you are safer in heaven
But we miss you and love you the same.

For no hand like yours was so willing
No heart like yours so true
No one ever more faithful
Or dear Mother, more kind than you.

Sadly Missed and Lovingly Remembered by Her Family.

KING COLE TEA

Fragrant and Delicious

Berothy Dix Says

Continued from page 2

make even a man blush? She indulges in this barroom wit in the presence of her sons and daughters and their girl friends and boy friends. Her daughters do not seem to be embarrassed by it, but their boy friends visibly suffer.

AN OLD-FASHIONED MOTHER

ANSWER: I am afraid I cannot give an impartial opinion as I loathe filthy stories and always feel as if I needed to be run through the laundry when I have been forced to listen to them. To me a woman who tells obscene stories is common, vulgar, low-minded and utterly repulsive.

DOROTHY DIX cannot personally reply to readers, but will answer letters of general interest through her column.

for a tasty dish—

CATELLI

MACARONI

- CUTS FOOD COSTS TOO!

Now.. MORE biscuits per package MORE popular than ever!

Christie's 1853 PREMIUM CRACKERS SALTED

There is a CHRISTIE BISCUIT for every taste