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Baking soda banishes food odors and grease by emulsifying the greasy film that holds them. Keeps interior and ice cube trays sweet and fresh too. Just sprinkle a little baking soda on a damp cloth and wipe all inside surfaces every week.

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

MONTREAL, Nov. 9th.—Such a grand opportunity for you to try one of those marvelous new C-L-I SPONGES in the handy dishwashing size! Simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—enclosing 10c in coin or postage stamps and I'll mail you a "dishwashing" sponge to you, together with a folder describing all the cleaning uses of C-L-I cellulose Sponges. You'll love this sponge! It makes dishwashing so much easier. It's velvet-soft when wet—nice to your finest china, too. Its square shape makes it easy to get dirt out of corners. And this wonder-sponge floats—no fumbling around in the bottom of the dishpan. So easy to keep clean, too—just boil in baking soda and water to sterilize. Better write now for yours!

Here's News! . . . and such good news for folks on a diet! The Heintz dietitians have written a recipe folder with recipes especially suitable for Soft Diets, Light Diets, Low Residue Diets. These recipes all use good HEINZ STRAINED FOODS—and they not only make "convalescent" or diet food much easier to prepare . . . they make it really interesting to eat! Yes, there's such interest and variety in them that even if you're not diet-conscious at the moment, you'll thoroughly enjoy many of the delicious dishes (Fruit Gelatin Salad, Peach Flap, Tomato Butter-milk Pickups). So write for your FREE COPY of Heintz "Special Recipes" (21 of them!) . . . Barbara Brent, 1411 Crescent St., Montreal, P.Q.

**If You're Like Me**, your budget just can't stand the strain of meat prices today. But here's good news! . . . a plan for meatless meals that will be kind to your budget—and appeal to your love of good food, too! **KRAFT DINNER** is a real main dish . . . a wonderful macaroni-and-cheese combination that cooks to tasty lightness in only 7 minutes! And here's how economical it is . . . one package of "Kraft Dinner" contains enough for a main dish for four— at just a few pennies a serving! Ask your grocer tomorrow for delicious "Kraft Dinner"—sure to be a family "favourite!"

Masterpiece . . . that's the only way I can describe the beautiful 1950 FRIGIDAIRE De Luxe Cold-Wall REFRIGERATOR! Nothing, simply nothing, surpasses its brilliant styling, new space-saving design and its world of food-saving features. It's aglow with lustrous new ice-blue, gold and white beauty! And it's marvelously feature-packed with extra-deep porcelain Hydrators that can be stacked, new adjustable and sliding aluminum shelves, new improved Cold-Wall cooling, and lots more. You're sure to find a Frigidaire "tailored" to your family, kitchen and needs. And remember . . . only Frigidaire gives you General Motors dependability! See your Frigidaire Dealer.

**Fairly Bursting With Good Health**—that's your baby when you give him the benefit of LIBBY'S EVAPORATED MILK in his formula! For, you see, Libby's is made for babies! It contains all the top quality nutrients that you expect from whole milk—PLUS added Vitamin D—the vitamin so important in promoting normal, healthy growth of strong bones and teeth. Libby's is homogenized, too—and routine testing in modern laboratories assures its constant quality, cleanliness, sterility and Vitamin D potency. Yet, for all its goodness, Libby's is so wonderfully economical. And, speaking of economy . . . Remember to save your Libby's labels for silverware! Watch this column for further information!

Because I know you'll be thrilled with the wonderful results, I'd very much like you to try LIN-X. NO STAINING FURNITURE POLISH (just 43c) on your furniture. Amazing how it does three jobs perfectly—all in one application! It cleans—it polishes—AND it protects your fine furniture. You'll be proud indeed when you see your chairs and tables looking like new—gleaming and glowing with that rich Lin-X lustre! And, speaking of looking like new . . . just try Lin-X Paste Wax (59c) on your hardwood floors and Lin-X Anti-Slip Self-Polishing Wax (59c) on your linoleum, composition or mastic tile floors. You'll find the new Lin-X Home Brighteners at grocery, hardware and department stores everywhere.

**There's Nothing Like A Touch Of Colour** to make a home "homey" on a gloomy November day. And it's so inexpensive and easy to make your home colourful with All-fabric TINTEX Tints and Dyes! You might begin with your curtains. Tintex Curtains Peach and Curtain Ears work like magic to transform dull curtains into curtains that look like new. Dye bulkier articles (like slip-covers and bedspreads) with Tintex in your washing machine. And—here's a gay idea—save your cotton flour and sugar bags, dye them in rainbow-gay colours—then make them into dish-towels or luncheon sets. Tintex, you'll find, is not expensive . . . just 15c a package at your favourite drug, department or variety store!

**Words And Music** are needed to describe QUAKER MUFFETS . . . and, sure nuff—folks everywhere are singing the praises of these round, crisp, toasty, whole-wheat biscuits. For, I'll confess—I'm not the first to discover their deliciousness. But I'd like to make sure you do . . . for if you haven't yet tasted Quaker Muffets, you're really missing something! Not only are they good to eat, but they're good for you, too! You see, in Quaker Muffets you get 100% Whole Wheat—yes, the bran and value the wheat germ are there with the body-building protein, minerals and energy-giving qualities of the whole grain. So for a breakfast treat that's specially delicious, try appetizing golden brown Quaker Muffets. There's no preparation—just put the package out and let the family help themselves.

**Misery Of Miseries** . . . There's nothing worse than a cold, is there? That's why, a word to the wise is: buy ANOHIST now! Yes, taken on exposure or at first sign of sniffles or sneezes, Anohist can stop cold symptoms in a single day! And just think—this prompt, efficient relief—for "sniffles"! The Super-Economy Family Size Bottle of 36 Anohist tablets costs you only about 3c per tablet! So be prepared—get Anohist from your favorite drugist today! Remember: all antihistamines are not alike. They vary greatly in performance. Anohist is the antihistamine formula recommended for family use because of its success in actual clinical tests.

**All "Tied Up In Knots"** with rheumatic pain? Blustery November weather sometimes gives us aches 'n' pains that rob us of sleep and make us feel miserable. The most soothing treatment I know for rheumatism, sore muscles, stiff neck, neuralgia, sprains or bruises is to pat on SLOAN'S LINIMENT. It works wonderfully quickly to bring welcome relief from pain! Its deep, penetrating heat gets to the "root of the evil"—makes you feel so much better! Yes, Sloan's, for my money, is a medicine-cabinet "must". It gives me so much real comfort—at so little cost. For Sloan's is just 40c a bottle at drugstores everywhere.

**Misery Of Miseries** . . . There's nothing worse than a cold, is there? That's why, a word to the wise is: buy ANOHIST now! Yes, taken on exposure or at first sign of sniffles or sneezes, Anohist can stop cold symptoms in a single day! And just think—this prompt, efficient relief—for "sniffles"! The Super-Economy Family Size Bottle of 36 Anohist tablets costs you only about 3c per tablet! So be prepared—get Anohist from your favorite drugist today! Remember: all antihistamines are not alike. They vary greatly in performance. Anohist is the antihistamine formula recommended for family use because of its success in actual clinical tests.

**Dorothy Dix Says**  
Continued from page 2

mature woman. Only a mother has the patience and understanding to endure the vagaries of an adolescent boy.

Then, son, it is a strange thing, but true, that there are very few happy marriages in which the woman is the purse-bearer. It is all right for the husband to be rich and the wife poor, but when the case is reversed and the woman has money and the man has nothing, it is almost sure to cause trouble.

Somehow money and love do not seem to mix when a rich woman tries to cook up a romance with a poor boy. So my advice is to let your wife keep the money that is dearer to her than you are and for you to get a job and support yourself.

**DEAR DOROTHY DIX:** I was engaged to a girl with whom I was desperately in love. Just before we were to have been married she met a stranger with whom she became infatuated at sight and whom she married three months later. I was terribly cut up and to spite the girl I married her best friend. Now after a year of marriage I am fed up. My wife is all that a man could ask for in a wife and she is crazy about me, but our life is a regular hell on earth and she refuses to give me a divorce.

Don't you think that a woman would have more pride than to stay with a man knowing that he loathes her? What do you think I should do?

**ANSWER:** You certainly are having to pay for marrying for revenge, but it seems to me the punishment more than fits the crime. The silliest and the craziest thing that anybody ever does is to rush into marriage with someone they don't care for because someone they love has married somebody else, but because you have committed this folly should not condemn you to a lifetime of misery with a woman you have come to hate, and who must be as unhappy as you are in a marriage that is a mess from start to finish.

I cannot understand why she wants to hold you against your will. She is just as much to blame for your spite marriage as you are and is as responsible for its consequences. She cannot be considered an ignorant victim because she knew that you were in love with another woman and did not care for her, and that you were marrying her out of pique. Hence she would not hold you to your bargain if she had much pride or self-respect, so under the circumstances I think you would be perfectly justified in leaving her even if she will not give you a divorce. One false step taken in anger should not ruin a whole life.

**DEAR MISS DIX:** What is love? A. B. ANSWER: Your correspondent sends this beautiful definition of love, and it was written by an old bachelor, none other than Saint Paul, in his letter to the Corinthians. It says: "Love suffereth long and is kind. Love envieth not and vaunteth not itself. Is not puffed up. Love seeketh not its own and is not easily provoked. It thinketh no evil. It rejoiceth not in iniquity, but rejoiceth in truth." You can't better that definition of love.

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

**What a meal!**  
...and it cuts food costs too!

**CATELLI**  
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.

**Ellen's Diary**  
Continued from page 2

plowmen at work beyond the woodlands? And what were the folks doing over on the Spruce Grove road? Was there a sight of the highway? But one does not ask things like these of James when he is into a chore of flue-cleaning! "Ellen," he called down, "I suppose if this chimney was full of soot to the brim, you'd never think of cleaning it!" That is one place of the farm—that ridge-pole with which we must ever

remain unacquainted! Until tomorrow, Diary, Goodnight!

**COMFORTING RELIEF FROM ASTHMA**

No need to wheeze, gasp, cough, choke—Templeton's RAZ-MAH loosens the strangling phlegm—gives you quick comforting relief. Lets you sleep restfully on your back. Recommended by users for Hay Fever and Bronchitis.

**How to beat the Budget!**

**Bake with...**

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**FIVE ROSES FLOUR**  
THE ALL PURPOSE FLOUR  
MILLING COMPANY  
IT'S OVEN TESTED  
THIS FLOUR CONTAINS IMPROVERS

Available in 3, 7, 24 and 98 lb. sizes at your grocer's.

**Try this 'Oven-Tasted' Brand for your next baking!**

**ECONOMY Plus more SATISFACTION**

You'll be delighted at the savings you make when you use FIVE ROSES ALL PURPOSE FLOUR . . . and you'll be amazed at the delicious, extra nutritious bakings, too!

"Proof of the pudding is in the eating" . . . and the five Roses whose statements are printed to the left express what good cooks and homemakers everywhere will tell you . . . Five Roses Flour gives better baking results and real economy.

**LAKE OF THE WOODS MILLING COMPANY LIMITED**

**Read what these Five Roses say:**

**Mrs. Ada Rose, Uxbridge, Ontario.**  
"Your wonderful product, Five Roses Flour, is the very thing you need to make delicious cakes, pastries and bread. I have used it many years for all of my baking and I wouldn't be without it. Any housewife who hasn't tried Five Roses Flour doesn't know what she is missing."

**Mrs. R. Rose, Weston, Ontario.**  
"Five Roses All Purpose Flour is my favourite cooking friend. It has never once, in all the years I have used it for baking, let me down. I like to do all our baking and am really proud of the wonderful results this All Purpose flour gives. I certainly recommend Five Roses for perfect baking."

**Mrs. J. W. Rose, Ayliston, Ontario.**  
"Five Roses All Purpose Flour is my favourite for cakes and cookies. I take a great deal of pride in baking my own foods and have learned to depend on this All Purpose Flour. The savings, which are important today, are truly remarkable."

**Mrs. John E. Rose, Moncton, N.B.**  
"Five Roses All Purpose Flour is economical to use. I've tried them all and I know there is none finer than this All Purpose Flour. I use it for all my baking—and the results are always excellent. I certainly recommend Five Roses!"

**Mrs. A. D. Rose, Amherst Co., N.S.**  
"Five Roses All Purpose Flour is my favourite—and it has been for many years. There is nothing like this All Purpose Flour for perfect baking results—every time. I am delighted to use and recommend Five Roses for better baking."