WOMEN

KEEP IN TRIM

Food Allergies While Dieting

By Ida Jean Kain

With an overweight family that numbers in the millions, there are bound to be many with food allergies. Admittedly this makes dieting more of a problem, but it's not insurmountable.

Most common among the food allergies are milk, eggs, wheat, chocolate, the cabbage family, tomatoes and strawberries. However, the only food allergies in that list which make dieting difficult are milk and eggs.

The overweight who is allergic to both eggs and milk requires a special diet. For breakfast, try broiling some of the packaged meats on the market. There is nothing meager about a breakfast menu of fruit juice, broiled meat, 2 or 3 slices, and thinly sliced toast, lightly buttered, and coffee. That breakfast, due to the protein, stays by you.

For those who are allergic to eggs but not to milk, cereal can be used on alternate mornings, three-fourths cup of hot or cold cereal, served with 1/2 cup of whole milk and a teaspoon of sugar. Hot cereal is more sustaining. Also have fruit juice and coffee.

Those who are allergic to milk can sometimes use buttermilk without trouble, or powdered skim milk made into soups or used as a beverage. Goat's milk or soybean milk may be used, or yogurt. By the way, yogurt contains 170 calories per 8 ounce cup, approximately the same calorie, and nutrition value as milk. If you cannot tolerate milk in any form, have a serving of cheese daily, and always a dark green leafy vegetable to furnish calcium.

Protein is the backbone of the reducer's diet. A minimum of 60 grams is needed daily; 85 grams of protein daily is a help in reducing. Figure this way — an ounce of cheese, an egg, a glass of milk, an ounce of lean meat, fish or fowl — each furnishes 7 grams of protein. This information will help vegetarians plan a diet.

If you are allergic to milk and eggs, be sure to have two servings of lean meat, fish or fowl daily, plus an ounce of cheese or a cup of cottage cheese. Cottage cheese or pot cheese is an inexpensive and good source of protein.

Now for the easy allergy substitutes: the cabbage family may be replaced by any green or yellow vegetables; tomatoes, oranges and grapefruit are interchangeable.

The health food stores have special foods which help dieters with food allergies to have more variety in the menus. The take Your Choice Diet pattern is flexible and can be used by overweights with food allergies.

Special Fabric Luggage And How To Preserve It

By ELEANOR ROSS

Now that we have taken care of cleaning leather or coated or all-plastic luggage, let's turn our attention to other luggage items such as straw or wicker hamper-type luggage, including the good old picnic kit that will soon be in use again. A treatment with shellac or varnish will help to prevent mildew and warping. First, though, remove any fittings.

Use Damp Cloth

All- fiber-glass luggage of the type that has no additional covering, may be wiped clean with a damp cloth; scratches are smoothed out with fine steel wool. Vinyl plastic is treated as any other all-plastic. All-aluminum luggage of the type which has no additional covering, is treated as plastic. Hardware stores have special preparations developed to remove stains from coated aluminum, and these are suggested rather than dangerous experimenting with stains or scratches. When an item is composed of more than one type of covering, treat each material separately as outlined, being careful of positive identification before beginning.

Don't Oil Metal Parts

Never oil metal parts, such as hardware and locks. Seepage almost invariably results, staining linings with spots which rarely can be removed. If coating on metal has become scratched or started to rust, clean carefully with fine grade steel wool and recoat with colorless nail polish.

Broken Locks

Don't experiment with bulky or broken locks; see a repairman before your next trip. Avoid the use of water or chemicals on linings. More often than not, linings are glued to the body of the case or bag.

Moisture and solvents will frequently cause linings to come loose. "French" powder cleaners will somewhat lessen oily stains. To combat occasional odors which may result from spilled toiletries, medicines, infrequent use, etc., use chlorophyll tablets, sachets or wrapped cakes of soap.

As for taking care of your luggage between trips, never, never store suitcases when they are dirty, stained or soiled. Moths, vermin, mice will feast until next vacation time and damage by that time may be beyond repair. Don't place cases inside one another unless the inner ones are wrapped. Hardware can snag linings, and excessive humidity will promote rust which causes permanent stains. If you're using suitcases to store clothing, etc., don't overpack.

Straining Hinges

Prolonged strain may damage hinges and locks, perhaps throw the body of a case out of line so that the lid will not close. Store cases in a place where humidity and temperatures are as normal as possible. Too much moisture in the air results in mildew, mold, rust. Too little moisture causes cracking and brittleness. Use bags of de-humidifying crystals or powder in new suitcases to combat excessive humidity, particularly good advice if you live near the water or in the South.

Relieving Dryness

A large, open can of water, replenished from time to time, will help relieve excessive dryness. Be especially careful if storage space is near the furnace, radiators, or in an uninsulated attic. Allow circulation of air. Stand luggage upright on hinged ends with a space between each case. Avoid storing cases on the floor, especially in the cellar, by placing cases on a plank which is raised a few inches on two blocks of wood or bricks. If your suitcases have no covers, wrap well. If you don't anticipate using them for a long period, mark the outside with crayon, identifying each case for quick access.

Folding, traveling garment bags are also excellent for storing out-of-season clothing; hang them in closet or attic as regular storage bags. Protect tops against dust, etc., by making shoulder covers of paper or old plastic table cloths. Happy travelling with good-looking, suitable luggage!

Household Hint

Bottle corks are good glass cleaners. Rubbed over spots on window panes and mirrors, they clean almost instantly without a cleaning agent. For getting to difficult corners of windows, trim the sides of the cork to fit the spot before using it.

MR. AND MRS. R. LLOYD G. MacPHAIL

Mr. and Mrs. Robert Lloyd G. MacPhail recently were married in the First Baptist Church, Reno, Nevada, U.S.A. Rev. Blake M. Franklin officiated. Mrs. MacPhail was formerly Helen MacDougall, daughter of Mr. and Mrs. John W. MacDougall, Argyle Shore, P. E. I. and Mr. MacPhail is the son of Mrs. Robert A. MacPhail and the late Mr. MacPhail of New Haven, P. E. I.

Trinity W. M. S.

The afternoon Auxiliary of the W. M. S. Trinity United Church met in the social hall April 7th with a very large attendance. The President, Mrs. A. B. Bagnall presiding. She welcomed several visitors from Sunset Lodge. Meeting opened by singing the hymn "There is a Green Hill Far Away". Mrs. Pauline Fear sang very sweetly "Were You There".

Business was then conducted, the minutes of last meeting read and approved. Treasurers report showing a very gratifying balance.

Mrs. R. E. Mutch read a very interesting letter from Miss Utting our Missionary partner in prayer. The secretary read a letter from Rev. Ross Eaton on Temperance. Money was voted for this very worthy cause. Mrs. Burgess Community Friendship Secretary reported 168 visits to homes and hospitals. Miss Mabel Newsom led in prayer. Collection was dedicated by singing the Doxology. Worship Service opened with a solo by Mrs. Pauline Fear "The Holy City". The president took as her theme "Christ's Legacy of Peace" she was assisted by several of the members reading passages of Scripture relating to this subject. The hymn "Beneath the Cross of Jesus" was sung. The mission Band children presented an Easter Pageant "The King of Glory". Leigha Jamieson rendered very sweetly the hymn "Jesus Keep Me Near The Cross" other children joining in the chorus. Decitations were given by David Swan and Peter Clark. Their leaders being Mrs. Diamond and Mrs. Gordon Swan.

Mrs. W. H. Johnson closed the meeting with prayer, after which the members enjoyed a friendly cup of tea. The pianist was Mrs. K. Parker.

SINNOTT ROAD SCHOOL

..*March report:—

Grade IX— Joan Sinnott, Leo Malone.

Grade VII—Kevin Phelan.

Grade VI — Theresa O'Brien, Gerald Trainor.

Grade V—Freda Deveaux.

Grade IV—Olive Trainor, Mervin Phelan.

Grade III—Paula McCarthy.

Grade II—Evangeline Trainor, Leo Sinnott, Gary Phelan, Edward McCarthy.

Grade I— Joseph McCarthy, Merlin Sinnott, Doreen O'Brien.

Highest average in senior grades: Joan Sinnott—77%. Highest average in junior grades: Joseph McCarthy—91.3%.

Perfect attendance: Theresa O'Brien, Gerry Trainor, Olive Trainor, Evangeline Trainor, Gary Phelan, Leo Sinnott.

Mary Corrigan, Teacher.

NORBORO SCHOOL

—The following is the report of Norboro School for the month of March:

Grade X—1. Errol Sharpe; 2. Roma Stewart.

Grade IX—1. Arlita Gillis; 2. Earle Murphy.

Grade VIII—1. Bryce Sharpe; 2. Ena Webster; 3. Gloria Murphy.

Grade VI—1. Joyce Day; 2. James Hughes.

Grade V—1. Doreen Cannon; 2. Donnie Gillis; 3. Karl Reeves.

Grade IV—1. Harvey Reeves; 2. Marlene Cannon; 3. Pauline Hughes.

Grade III—1. Donna Day; 2. Louise Sharpe; 3. Jimmy Croken.

Grade II—1. Muriel Hughes; 2. June Harding; 3. Clark Taylor.

Grade I—1. Wayne Cannon; 2. Emmett Murphy; 3. Gregory Mulligan.

Highest average in Senior Grades: Arlita Gillis — 86.6%. Highest average in Junior Grades: Muriel Hughes—95.7.

George H. Riley, Teacher.

SOUTH FREETOWN MISSION BAND

—The Faithful Workers Mission Band of South Freetown met at the home of Mrs. Wallace Reeves on March 13. The meeting opened with the Hymn, "The Lord's My Shepherd." Theme was "God's Love and Care For All His Children." The Scripture reading, taken from Matthew 25, was read by Norma Stetson, followed by prayer by Mrs. Reeves.

The president, Verdon Reeves, read a story about a Junior Sunday School in Indore, India and another story about Nakamia, a little African girl, was read by the assistant leader.

The roll call was responded to with the name of a [illegible]

BREADALBANE UNITED W. M. S.

The Auxiliary of W. M. S. met at the home of Mrs. Hugh MacKay Thursday, April 7th at 8 p.m.

The president opened the meeting. The devotions were led by Mrs. Hedley Woodside; Theme, "Christ the Hope of the World." Silent Prayer and call to worship followed by a hymn; Scripture, Matthew 27th chapter read by Miss Mamie Stewart; readings on lesson by leader, Mrs. A. C. MacDonald and Mrs. Millage MacLeod. Rev: W. B. MacPhail led in prayer. A hymn closed this part of the meeting.

Roll call was responded to by 13 members and three visitors. Minutes of last meeting were read and approved. Sixteen home calls were reported. Easter Envelopes were distributed. Correspondence was read and discussed. It was moved and seconded that Mrs. Ripley be paid $1.00 out of the penny bottle for a new minute book. Offering amounted to $4.20. One member paid dues.

Programme committee for next meeting is as follows: Devotional Leader, Mrs. Adam MacKenzie; Study book, Mrs. Alex MacDonald; Roll call; Verse Scripture beginning with letter; Place of meeting, Mrs. Gordon Ripley.

Rev. W. B. MacPhail led in prayer for the group's adopted missionary, Miss Lillian Taylor, R. N. The hymn, "Beneath the Cross of Jesus and benediction closed the meeting.

A dainty lunch was served by the hostess assisted by Mrs. Alex MacDonald and Mrs. Elton Somers.

Greenvale W. I.

The regular meeting of the Greenvale W. I. was held at the home of Mrs. Alfred Carew on April 5th with the Vice-President Mrs. MacRae presiding.

The meeing opened by singing "The Women's Institute Carol" followed by repeating the Creed in unison. Roll call was answered by eleven members. Minutes of last meeting and special meeting were read, approved and signed.

School committee reported towels and toilet paper had been purchased. Sick committee reported taking fruit to sick member. Red Cross Sewing was passed out.

Correspondence was read and dealt with and the Delegates to the District Convention to be held in Hunter River Hall on May 26th are Mrs. Albert Paul and Mrs. Walter Weeks. Institute News was passed out.

Mrs. Silliphant read [illegible] "My Encounter with Poliomyelitis" by Chrisune [illegible] was moved and seconded that all bills be paid. Mrs. MacRae read the paper from the Convener of Home Economics Mrs. MacGregor, and the Conveners questionaire was filled out. Micks Prayer was read by Mrs. Alfred Carew. Two members put money in the Birthday Box.

The next meeting will be held at the home of Mrs. Walter Weeks with roll call to be answered by a poem or quotation on Mother. The meeting closed by singing "God Save the Queen", after which lunch was served by the hostess assisted by Mrs. Silliphant.

Two bales of clothing were reported sent to Dr. Florence Murray in Seoul, Korea. Lunch was served by the hostess and enjoyed by all.

The next meeting will be held at the home of Mary and Wesley Heffel. The meeting closed with the Band Benediction.

CONFIDENTIALLY YOURS

by Byrne Hope Sanders

MONTREAL, April 14th—It's wonderful! . . . Now you can make your children's rear mudguard flash a safety warning . . . outline your initials on your letter box . . . mark your gate-post and dock with flashing red or silver "SCOTCHLITE" Brand Reflective Sheeting. Now you can have *greater safety* on the road for your car or the children's bikes . . . and *do all this yourself! Send for special introductory offer of kit,* including 72 square inches of "Scotchlite" material in red or silver (say which). Enclose tab from any roll of "Scotch" brand tape and $1.00. *Mail to* Confidentially Yours, 1411 Crescent St., Montreal. Just try it once—and you'll never be without it, I'm sure!

The Nicest Children . . . can be very annoying when they're "choosey" about their foods . . . But you'll find many an answer with DAINTY RICE for recipes that will *enchant* them! For instance . . . here's an idea! First, cook Dainty Rice according to directions on package. Heat a can of celery soup, with one cup of the children's favorite meat—chopped ham, perhaps, or chicken. Surround the dish with cooked Dainty Rice and let a pat of butter melt over the delicious plateful. Then watch it disappear! Dainty Rice is nutritious . . . and very economical as it costs *less than two cents a serving.*

There's A Haunting Beauty About Spring—but oh! it can trap you into a *loss* of beauty for your hands— with *so much* Spring Cleaning and gardening to be done! So be *wise*—and welcome Spring with *all* its chores by keeping a goodly supply of Campana's ITALIAN BALM ready for quick use after every exposure to Work — Water — Weather! Just *one* drop smoothed into your skin, faithfully, will keep your hands the way you *want* them to be! You see— 16 medically proved ingredients are contained in Italian Balm! Have a bottle handy—upstairs and downstairs—for *everyone* in your family to use! (It's wonderful for chapped, sore, or roughened hands.) At 37c, 59c and $1.09.

Here's Spring Blossoming along the highways . . . and lucky Canadians are taking to the open road to spend long pleasant hours in the family car. That's a joy which thousands of families enjoy because of the IAC MERIT PLAN. Because of this popular *Merit Plan—you* can *NOW* have the convenience, safety, and pleasure of a good car—and *pay for it out-of-income,* without dipping into savings. That's the modern, sensible way of buying the things we need. It's the way which brings better living within the reach of us all—while our family is young, and we can all enjoy the car—or TV—or other important aids to comfortable living, all together! Ask your dealer about the Merit Plan and how it can help *you!*

Don't Cook Your Pie Fillings! In today's world, with the new Royal Instant Puddings —there's *absolutely no cooking!* No stirring over a hot stove—no extra pot to clutter your stove or wash up afterwards! No waiting to cool and set! You can make the *creamiest, smoothest pie* fillings with ROYAL INSTANT PUDDINGS —completely free from starchy taste, film or lumps. They're precooked to perfection. You just mix with cold milk for a minute —and it's ready for your pie-filling—or a pudding! This is the only pudding that's both precooked and super-homogenized. Choose from chocolate, vanilla, butterscotch or coconut—all delicious!

I Love To Relax . . . with the family, and our after-dinner coffee, made so easily with INSTANT CHASE & SANBORN COFFEE. It's a pleasant time o'day to share the adventures we've all had, and enjoy the superb flavor of this matchless coffee. I sometimes imagine the approval those two charming gentlemen, Mr. Chase and Mr. Sanborn, would have for our enjoyment. "It's the *beans*, of course," Mr. Sanborn would say. "It's our fine, *rich* beans that give you that superb coffee flavor!" "Quite so," the genial Mr. Chase would agree. "But don't forget my *matchless skill* in brewing!"—And don't forget the 100 years coffee experience back of these famed coffee-makers!

There's Something Very Appealing . . . to most people's taste, in the pleasant, nut-like flavor of BREX, the whole grain cereal with extra wheat germ added. If you haven't tried it—I really think you'll find your family will enjoy it. In serving Brex these bright April mornings you have the added satisfaction of knowing that you're giving your family precious B vitamins and other essential nutrients. Brex cooks to perfection in 3 minutes— so it's very simple to serve. I like to give my family the stimulation which comes from a hot cereal—to get them started right for the busy day ahead. Shortly now you'll find Brex in a good-looking new blue package—with wonderful suggestions for using it in your daily menu-making.

I Love Hanging Out The Laundry! 'Specially when the sun is warm, the birds are singing and my clothes are white—the shirts, cottons, and table linen starched so *easily* and so *beautifully* with GLIDE . . . the ready made, LIQUID LAUNDRY STARCH. There's no mixing, boiling or straining—for Glide is ready— *in an instant!* All you do, is add water to Glide— hot or cold. And because it makes such a *smooth* starch, Glide penetrates evenly and leaves the surface of the fabric wonderfully easy to iron. It's almost unbelievable what a difference a little starch makes to your table linen—cottons—and of course the shirts! Do see for yourself with Liquid Glide!

WINSLOE NORTH W. I.

The April meeting of the Winsloe North W. I. met at the home of Mrs. Claude and Mrs. Heath Craswell. The meeting opened by repeating the creed in unison. The roll call was answered by thirteen members. The minutes of the March meeting were read, approved and signed. Correspondence was read and discussed.

The secretary reported that the annual Government grant had been received. It was moved and seconded that eighteen cups be purchased for use in the hall. Mrs. James Cudmore and Mrs. Stanley Younker were appointed to buy these.

A committee consisting of Mrs. Alton Younker and Mrs. Heath Craswell was appointed to see about getting a play to be held at some future date. A short discussion was held on our part in the district convention and Mrs. Stanley Younker was appointed as pianist and Mrs. Leith Carter as leader. The school and sick committees gave their reports and the bills were paid. Remnants were distributed among the members.

The May meeting is to be held at the home of Mrs. Nelson Stevenson with the lunch committee being Mrs. Sanley Younker and Mrs. Percy Arbing. The roll call is to be answered with a baby picture. Mrs. Heath Craswell will be in charge of the programme. The collection for the evening amounted to $1.70.

A programme, in the form of a relay race, was put on by Mrs. Arnett Shaw. The meeting closed by singing the National Anthem after which lunch was served by the hostess and committee in charge.

MARGATE W. M. S.

—The April meeting of Margate W. M. S. was held at the home of Mrs. Donald Baker when 14 members answered roll call. Worship Service was led by Mrs. Keith Warren.

The president read a letter from Mrs. Parker about the reading of books, A letter was read from the Temperance Federation asking for two dollars or more. It was agreed this be paid. Mrs. Andrew Johnston read a letter regarding community friendship work. Temperance was given by Mrs. Chester Howard.

Next meeting is to be at the home of Mrs. Preston Woodside, worship to be taken by Mrs. Stanley Sharpe and program by Mrs. Arthur Profitt.

Easter envelopes were opened and amounted to $21.25. Mrs. John Johnston then took charge of the Easter program, assisted by Mrs. Wilbur Dennis and Mrs. T. E. Glydon. Meeting closed with short prayer for our missionary and benediction by the president. Lunch was served by Mrs. Baker.

SOUTH MILTON W. I.

The W. I. of South Milton held its regular meeting at South Milton School on April 5. Following the Ode and Creed 12 members answered the roll call by exchanging plant slips and housecleaning hints.

Plans for First Aid Course were completed and Mrs. A. E. Piercey was appointed to be chairman. The necessary funds were voted for sharing of film projector. Mrs. Neill MacNeill and Mrs. Fulton Willis were appointed to Film Council. Plans for crokinole—card party were completed and it was also decided to have a film during the last week of April.

School committee reported getting necessary articles for school. Sick committee reported making two calls with gifts of fruit.

Red Cross convener reported taking to Red Cross Headquarters one complete baby layette, one child's sweater, two blouses, one nightgown and two pairs panties.

It was also reported that Red Cross canvass of the district had been completed, and the sum of $63.60 collected.

The secretary read several items of correspondence relating to the W. I. It was decided to send Easter greetings to shut-ins of the district. As a program, Mrs. Neil MacNeill put on a very interesting contest which was won by Mrs. I. Corbett. Collection amounted to 90 cents.

The May meeting will be held at the school with Mrs. Russell Coles, Mrs. Fulton Willis, Mrs. N. D. MacLaine, and Mrs. Harry Moore on lunch committee. The roll call will be answered by an exchange of bulbs or seeds.

Following a delicious lunch and a social chat the meeting was closed.

MEADOW BANK M. BAND

The Meadow Bank Branch of the Cornwall Mission Band held their Easter meeting on Wednesday evening, April 6th, in the school room, there was a good attendance of children and several adults.

After the meeting Mr. and Mrs. Hazen Howard showed two film strips, showing the great advancements that are being accomplished in Africa. There young and old are learning to read for themselves, which will help to light the way for all of Africa.

Lunch was served.

To give a new flavor to dried prunes, add a few whole cloves while they're cooking, or cook in grape juice.

ALICE BROOKS DESIGNS

MOM-TO-BE! LOOK!

EASY to make! Just two main pattern parts to this gay, cool maternity top! Make two—trim one with embroidery; other with colorful squaw-style rickrack.

Pattern 7301: Maternity Misses' Sizes 12, 14, 16, 18, 20. Tissue pattern; transfer. State size.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting, — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — NOW! You'll want to order every wonderful design in it!

SEW and SAVE

Home sewing courses now forming. For further information call or telephone your Sewing Center, 164 Gt. George Street, Charlottetown. Phone 4551.

BABY'S COLDS

Help Nature To Fight Them Off

Medical Science denies there is any such thing as a cure for colds — only Nature herself can do it. So when baby's sniffles, or stuffy breathing warn you of a cold's presence — cooperate at once with Nature.

See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish.

One Nova Scotia Mother says: "My baby of [illegible] months caught a nasty cold so I tried Baby's Own Tablets and she threw this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Equally good for restlessness and peevishness resulting from irregularity at teething time, for constipation, digestive upsets and other minor infant troubles. Taste good and are easy to take! Get a package today.

Enjoy McLARENS OLIVES Everybody else does! FAMILY FAVOURITES FOR 70 YEARS

PRIDE .. in a better cup of tea! MORSE'S Selected ORANGE PEKOE TEA in BAGS

ROUX COLOUR SHAMPOO

Now you can easily shampoo new colour into your hair or highlight your present drab shade with ROUX Colour Shampoo. Grey streaks disappear . . . ROUX Colour Shampoo lasts and lasts. Ask at your beauty salon, drug or department store.

$1.75 ROUX Colour Shampoo

The Great REXALL 1c SALE

NOW BOOMING AT THE JENKINS PHARMACY

Did you see the list of values in yesterday's paper. If not dig it out or drop into the Store and ask for a handbill.

Three more days for you to get double value on Drugstore Merchandise of outstanding value.

Check your needs—save money on Drugs, Remedies, Vitamins, Brushes, Combs, Shaving Needs, Cosmetic Needs, Stationery, Dental Needs, Soaps and a host of other things.

COME EARLY AND SAVE MONEY

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DIAL 4219 THE JENKINS PHARMACY Rexall COR. GT. GEORGE & KENT STS. CHARLOTTETOWN

DISPENSING CHEMISTS — DIAL 4219

Cor. Gt. George & Kent Sts. Charlottetown, P.E.I.

TOPS in tangy taste! Barbour's PREPARED MUSTARD

CUDMORE'S SPECIALS

EXTRA SPECIAL! milk 2 Tins .... 29c 6 Tins .... 83c 1 Case (48 tins) . $6.49

Snowflake SHORTENING Lb. 25c

DATES 2 Lbs. 29c

PEACHES 2 Tins 39c

Clark's PORK & BEANS 20 Oz. Can 2 for 39c

Grapefruit JUICE 20 Oz. Can 2 for 27c

Heinz TOMATO KETCHUP Bottle 29c

Cream of the West FLOUR 24 Lb. Bag $1.49 98 Lb. Bag Lovely Print Cotton Bag $5.89

Icing Sugar 2 Pkgs. 23c

Clothes Pins 3 Doz. 29c

Christie Milk Biscuits Pkg. 25c

White Swan Toilet Paper 3 Rolls 35c

PALMOLIVE BEAUTY SOAP SPECIAL 3 for 25¢

White or Brown Sugar 5 Lbs. 43c

Bright Yellow Halves Walnuts ½ Lb. 39c

Aylmer Prune Plums 2 Tins 37c

Hawes Liquid Floor Wax Pt. Tin 53c

BRODIE'S XXX WHITE • CHOCOLATE • COMBINATION AND SPICE Cake Mix 2 Pkgs. 59c

Last Time This Special Will Be Offered

GIANT Robin Hood Oats EXTRA SPECIAL! 5 Lb. Bag 49c

Fresh Malpeque OYSTERS 1/2 Pt. Tub 43c

EXTRA SPECIAL! Flaked TUNA FISH 6 Oz. Tin 2 tins 39c

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