

...a lack of knowledge about feminine hygiene cast shadow over your marriage? Wise wives who want a completely new method of feminine hygiene use ZONITORS. Zonitors are effective... greaseless, stainless, snow-white vaginal suppositories that are powerfully germicidal, yet absolutely safe to delicate tissues. And they're so very dainty & convenient to use! Ask your druggist for Zonitors tomorrow... and write to me—Barbara Brent, 14 Crescent St., Montreal, P.Q.—for a free booklet on feminine hygiene. It will be sent to you in



PRINCE ROYAL
B.C.

**CANADIAN
NATIONAL**

Libby's SAUERKRAUT IS
ONE OF THE MOST HEALTHY
VEGETABLES YOU CAN EAT

WHEN COOKING sauerkraut always use a saucepan with a tightly fitting cover. This safeguards against loss of vitamins in cooking.

Want Ads. Sure Results!

SPRING COATS

★ **CORDUROY**

★ **SILK**

★ **WOOL**

Sizes 6 months — 6 years

THE STORK SHOPPE

Switch to Postum!

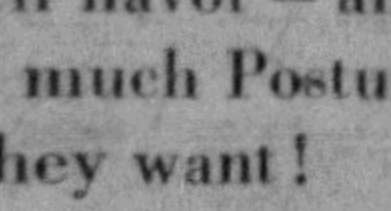
Start each day *refreshed* — by 8 hours **sound sleep!** *Drink Postum* — avoid tea and coffee. Tea and coffee contain **caffeine** — a drug that may cause you restless sleep, nervousness or indigestion. Postum *contains no caffeine* — cannot possibly keep you awake or upset you.

A Grand Satisfying Flavor

Postum pleases grown-ups and children — with its fine vigorous rich flavor — and because they can drink as much Postum as they want, as often as they want!

**Saves you
up to 1¢ a cup**

Make Postum your answer to rising beverage costs! — Postum saves you up to 60% of your hot beverage costs.



BUY Postum **TODAY**

**Contains
No Caffeine**

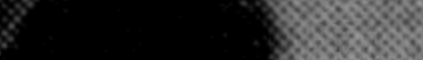
A Product of General Foods

IT IS HEALTHFUL EAT!


A black and white photograph of a plate of food. The plate is oval-shaped and contains a central meat patty, several slices of tomato, and a side of rice or pasta. The food is arranged in a circular pattern on the plate. The background is dark and textured.

SAUERKRAUT AND FRANKFURTS—In heavy skillet or frying pan, put one can of Libby's Sauerkraut, including juice. Top with one pound of Frankfurts. Cover tightly. Bring to boiling point. Turn down heat and simmer for 7 minutes. Serve as in picture, garnished with tomato slices and dill pickles. Serves 4.

it is more valuable
tite. A favourite for
stimulating flavour,
among the most
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ishes you can buy.



SAUERKRAUT AND SPARERIBS—Brown two-pounds spare-ribs in heavy skillet or frying pan with a little fat. When well browned, remove from skillet. Place undrained sauerkraut in skillet. Top with browned spareribs. Cover tightly. Bake in moderate oven (350°F.) about one hour, or until ribs are fork-tender. Serve as shown, garnished with green pepper slices. Serves 4.



SAUERKRAUT CUCUMBER SALAD—Soften two tablespoons gelatine in half cup cold water ten minutes. Bring one can Libby's Tomato Soup to a boil and dissolve softened gelatine in it. When cool, add two cups Libby's Sauerkraut; 2 tablespoons finely chopped onion; 2 frankfurters, sliced penny-wise; $\frac{1}{4}$ teaspoon salt; $\frac{1}{8}$ teaspoon paprika. Slice cucumber in thin rings and place in bottom of mold. Fill with tomato sauerkraut mixture. Chill. When ready to serve, turn out on lettuce leaves. Garnish with lemon wedges, hard-cooked eggs and olives. Serve with mayonnaise.