

Farming Princess

OLDS, Alta. (CP) — Margaret princess to enrol at the provincial agricultural school. Her three-headed chiefs of the Indian name means "Singing Sarcos tribe, is the first Indian Lady."

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Barbara Buys and Whys

MONTREAL, February 12th—No trouble getting up—even on dark, dismal mornings... not since I began eating hot Cream of Wheat for breakfast. I just "rise and shine" at the thought of the good breakfast I'm going to have. And it doesn't take long to prepare! Just five minutes of boiling (do it while the coffee's perking) and Quick Cream of Wheat is cooked to delicious smoothness. Gets you off to a quick start, too! It contains iron for good red blood, and calcium and phosphorus for diets deficient in these elements. It's a treat for the whole family—CREAM OF WHEAT, the hot cereal for quick starts. Enjoy it soon!

You Get Them Both... convenience and extra protection... when you buy BLUE BONNET DE LUXE MARGARINE. It's pre-cut in golden-yellow quarter pounds, each quarter pound individually wrapped in pure aluminum foil with inner parchment lining that seals in Blue Bonnet's sunny-sweet flavour—seals out ice box odours. And Blue Bonnet's "De Luxe" quarter pounds are so convenient. No seeping—no slicing or rewrapping. Just unwrap what you need and serve. What's more, you can forget your measuring cup when you're cooking with De Luxe Blue Bonnet. The handy chart on the package shows exactly where to cut for recipes.

I've Never Seen A Husband As Proud As Mary's was the other night! He beamed with delight when we all asked for second helpings of Mary's wonderful cake. She told us her cake success "secret"... SWANS DOWN CAKE FLOUR. Surprised? No, I'll bet you're not if you use Swans Down. For you know that it makes cakes as light as a dream... beautiful, tender cakes that melt in your mouth. But do you know why Swans Down makes such wonderful cakes? Firstly—it's made by cake-flour experts. And it's sifted and resifted 'til it's 27 times as fine as ordinary flour. Don't take chances when you're cake-baking... to all your precious ingredients—add the "wisdom" of Swans Down Cake Flour.

There's A Family Conspiracy in our house... The kids love it... and insist on it... and I cook with it... in fact, we'd be downright unhappy without HEINZ TOMATO KETCHUP to add zest, colour and exciting tomato flavour to our meals. We call it "Red Magic"—and so will you when you find out what it does for food at the table and in the kitchen. Buy two bottles at a time... one to set before the folks at mealtimes... one to cook with. Heinz Ketchup works wonders with leftover meats, stews and casseroles. Ask your grocer for Heinz Tomato Ketchup—from the famous family of Heinz Tomato Products on display in his store.

Worried About The High Cost Of Living? I can tell you a wonderful way to cut your milk bill in half. Just use MIL-KO for drinking, baking, cooking and whipping. I find that a one pound package gives me four quarts of delicious, nourishing skim milk... at half the cost of ordinary milk. You see, Mil-Ko is actually "the lean meat" of milk—fresh, sweet and pasteurized—with only the fat and water removed. High in food value and low in calories, Mil-Ko is excellent for reducing diets. Ask your doctor about it... I'm sure he'll agree. Do try Mil-Ko soon... prove to yourself how good for your health, for your waistline and for your budget Mil-Ko is!

He'll Be Your Valentine Forever if you treat him to INSTANT CHASE & SANBORN COFFEE. It is so quick—so easy—to make. Takes no longer to make than boiling the water. In a jiffy it's ready to delight your coffee-loving man. M-mmm! Delicious! The flavour's there—and the body—and the real life. That's because Instant Chase & Sanborn Coffee is the instant coffee made by coffee experts. Ask for it. The regular-size jar of Instant Chase & Sanborn gives you the same number of cups as a pound of ground coffee and there's a big difference in price.

Modern Science has contributed brilliantly to a problem that concerns us women—intimate feminine cleanliness. ZONITORS are the result of much research and the most satisfactory method of feminine hygiene they've ever used. Greenish—stainless—snow-white vaginal suppositories... Zonitors are dainty and convenient to use—powerfully germicidal, yet absolutely safe to delicate tissues. For frank facts about the important subject of feminine hygiene, simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—and I'll send you a free booklet in a plain wrapper.

New Banking System Predicted

By ARTHUR L. GAVSHON
LONDON (AP)—Britain is expected to ask the U.S. to underwrite with dollars a giant new global banking system when informal economic talks begin in Washington next month.

This is one of many plans Britain and other Commonwealth partners have to beat the dollar shortage, expand world trade and give the pound sterling more punch.

Other proposals Britain intends making on behalf of the Commonwealth:

U.S. dollars should be sunk in Commonwealth development.

The U.S. should lower tariffs, ease customs regulations and cut import quotas to help other countries earn more dollars.

INCREASE GOLD PRICE
The world price of gold should be increased from its present level of \$35 an ounce.

These ideas, together with an outline of what the Commonwealth is ready to do, were handed to President Eisenhower last month by Prime Minister Churchill. They will form the basis of policy-making talks scheduled to start in Washington early in March among Foreign Secretary Anthony Eden and the chancellor of the exchequer, Richard A. Butler, for Britain, and John Foster Dulles and George Humphrey, state and treasury secretaries for the U.S.

This is what the Commonwealth is offering in return:

Broader, freer world trade patterns.

Eventual pound freedom—this means that sterling will become freely exchangeable for any other money, including the dollar.

Opening of Commonwealth markets to U.S. goods by removal of trade bars.

Defence, political and business matters are closely bound up in all these complex problems which face not only the Commonwealth but the entire non-Communist world.

Leaders of the Commonwealth met here in December for the purpose of chartering new trade and money courses, courses which taken together would form a program of economic co-operation between the main trading areas. These are the Commonwealth, the U.S.-led world and Europe.

Britain's idea is that there should eventually be a world economic conference to hammer out these things. Existing international agencies governing trading, money and business relations need revision, Britain thinks.

Students Chose Subjects For Discussion

TORONTO (CP)—Toronto schools have introduced a new form of group therapy for 15- and 16-year-old boys who present problems of emotional unrest.

Dr. C. G. Stogdill, who is in charge of the therapy service, said the method takes the form of weekly discussions on subjects that the group wish to raise.

Dr. Stogdill said that these sessions help the adolescent overcome his loneliness and to see that other children have the same problems.

"The worker stays in the background and avoids impressing his views on the group," said Dr. Stogdill. "The adolescent learns to suppress some of his inclinations for the sake of being included in a group of his peers. The markedly seclusive adolescent is one of the most difficult persons to help—one must find some way of getting him interested enough to participate. Group therapy offers real promise in this regard."

Private Bill Seeks Change In Legislation

OTTAWA (CP)—Senator G. H. Ross (L-Alberta) appealed in the Senate for support of a private bill that would make it possible to collect damages in legal actions from Indians.

He said present legislation makes it impossible to collect damages from Indians when the courts find them liable. The law originally was intended to protect Indians from unscrupulous non-Indians, but was outdated.

He said Indians should be treated as others if the courts find them liable for proper damages.

Senator Wishart Robertson, government leader, adjourned debate on the bill sponsored by Senator Ross.

Pass the Soup and Crackers, Please



ANNOUNCE "Soup for Supper"
on a cold night, and you're sure of an eager response. There's something warmly friendly about the sight of a table set with steaming bowls of good hot soup.

Also, you can be ready with this meal in mere minutes. Just rely on your handy shelf of condensed soups. Shall it be hearty vegetable beef soup or creamy chicken soup? Reach to the shelf; take your pick. If it's for Lent, serve one of the meatless soups—tomato, vegetable, vegetable, cream of celery, clam chowder, cream of asparagus or green pea.

With the soup goes a basket of crisp toasted crackers, of course. Folks like the crunchiness of crackers as contrast to hot soup. The crackers also call for wedges of cheese or cheese spreads. And then for a fuller meal, perhaps grilled franks and citrus fruit salad.

For some soup menu suggestions, try these. Fine fixings for many a lunch and supper.

Vegetable Soup
Toasted Crackers
Grilled Franks
Sliced Orange and
Cottage Cheese Salad
Blueberry Pie
Milk Coffee

Tomato Soup
Crackers n' Smoked Cheese
Scrambled Eggs
Lettuce-Cucumber Salad
Apricots Cookies
Milk Coffee

SOUP SCOOPS

Valentine Appetizer Brightens
Table: Sparkling glasses of vegetable juices look like a valentine greeting when you place each glass on a white-lace paper doily. Refreshing way to start lunch or dinner. Have these crackers with the juice.

Give Beans a Tempting Topping:
Green pepper rings and cheese put a fine finishing touch on beans and pork. First pour 2 cans (15 fluid-ounce size) of beans and pork into a casserole. Heat in moderate oven about 20 minutes. Place 4 or 5 thin rings of green pepper atop the beans; sprinkle grated cheese inside each ring. Heat under broiler just until cheese melts and green pepper is slightly cooked.

Combine Spaghetti, Shrimp: For a grand good spaghetti dinner, to serve during Lent, fix this. Brown 1/2 cup minced onion and 2 tablespoons minced green pepper in 1/4 cup hot shortening. Stir in about 1 cup cooked or canned shrimp, and 2 cans (15 fluid-ounce size) spaghetti in tomato sauce with cheese. Season with 1 teaspoon vinegar, 4 drops Tabasco sauce, 1/4 teaspoon salt, and pepper. This makes dinner for 4. Goes well with buttered Italian bread, and salad of lettuce, green pepper and cucumber.

Lack of Ordinary Housing Main Complaint in Germany

By IAN FRASER

BONN (Reuters)—Life in West Germany is getting steadily better for the ordinary citizen, with employment at its highest and unemployment—about one million—at its lowest since the war.

"Ordinary citizen" does not, however, include the millions uprooted from their homes in former East German territories and now trying to settle down in the west.

The average West German is a hard worker and his main interest at present is getting on with his job and earning enough money to make both ends meet, with perhaps a little over to buy a few luxuries from some of the best stocked stores in Western Europe.

Expensive food and lack of housing are the two main grumbles of the man-in-the-street.

Visitors to West Germany are frequently impressed by the tremendous amount of rebuilding done since the war. But many Germans complain that too much capital and materials have been spent on building stores, restaurants, cinemas, banks, and blocks of offices and not enough on ordinary housing.

Chief Retires

REGINA (CP)—Police Chief Duncan McDougall of Regina retires March 15 after 45 years as a policeman, including eight years as chief of the Regina police force. Deputy chief Richard Anderson will succeed him.



Government Upheld in Vote

OTTAWA (CP)—The Commons Tuesday upheld the government against a CCF want of confidence motion based on policy concerning the \$250,000,000 South Saskatchewan River irrigation-power project.

The government was sustained by a vote of 136 to 61 in the first of two non-confidence motions before the House concerning the South Saskatchewan issue.

The Eiffel tower, with a height of 984.25 feet, is one of the tallest structures in the world.

FLY TO KETCHIKAN

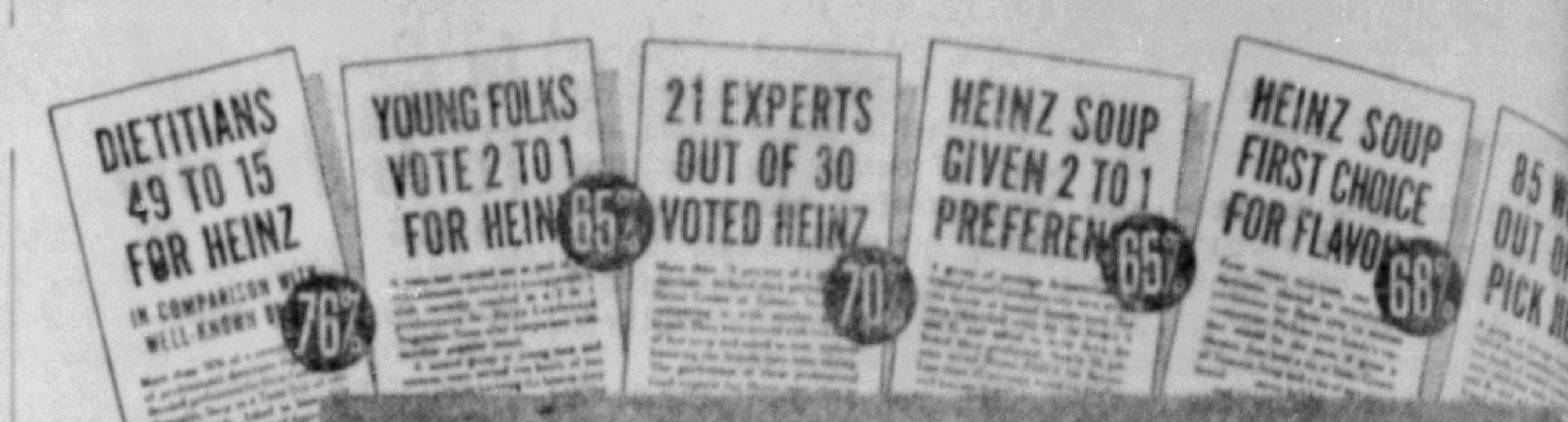
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HEINZ SOUPS WIN IN DOZENS OF TASTE-TESTS!



Try this taste-test in your own home

In test after test recently Heinz soups scored top rating among groups of dietitians, housewives, women office workers, and members of young people's clubs. Preference ratings from 64% to 76% were recorded.

A taste-test in your own home will probably result in a similar verdict. Simply heat a tin of Heinz Condensed Soup and a tin of any other brand. Serve half-helpings of each. Then take a vote when your family has tasted the wonderful difference. Chances are it will be two to one for Heinz. Buy several varieties of Heinz Condensed Soups next time you shop.

FREE RECIPE BOOK! For your free copy of "57 Ways to Use Heinz Condensed Soups," write today to H. J. Heinz Company of Canada Ltd., Dept. S. P. 7, Leamington, Ontario.

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