

Better Breakfasts Week

Why Shouldn't You Enjoy It— This Week and Every Week?

Shirriff's Marmalade is made from only finest ingredients carefully blended as if intended for one table alone — and that one, YOURS.

You could spend weary hours in marketing and more weary hours in cooking and preparing what you buy, yet not produce such a delicious Marmalade as Shirriff's. We import finest quality Seville Oranges direct from Spain. We use purest cane sugar. There is the basis of that fine, old recipe which gives to Shirriff's Marmalade appetizing flavor combined with wholesome and substantial nourishment.

And your grocer has Shirriff's in the size best suited to households large or small. There's the dainty individual jar, 12-oz., 1-lb.,

2½-lb. container and the big 4-lb. tin sealed air-tight — the same high quality in every size. Avoid waste. Buy the size best suited to your convenience.

You know how good orange-juice is for children. Shirriff's Marmalade has definite food value and tempting flavor. Give the youngsters all they want.

Why should you be without this delicious breakfast dish — or why should you bother with home-made Marmalade when you can have a supply of Shirriff's on your pantry shelf?

Start to-day. Improve your breakfast with Shirriff's Marmalade. Eat it 365 days in the year because it's economical and good for you.



See Special Displays at Your Grocer's Store



- Anderson Bros., Ltd., Division Street.
- Henderson's Grocery, Brock Street.
- Crawford's Grocery, Princess Street.
- Jas. Redden & Co., Princess Street.
- A. Glover, Earl and Bagot Streets.
- "The Golden Lion," Brock and Wellington Streets.
- A. G. Brouse, King West.
- W. J. Lee, Earl and Albert.
- C. R. McLeod, Earl and Alfred.
- E. Bearance, Union and Livingston.
- A. Blore, Wellington and Gore.
- John Marshall, Barrie and William.
- Gage & Reid, Portsmouth.
- J. Gilbert, Barrie Street.
- Mrs. C. Quick, University Avenue.
- George Bennett, Lower Bagot St.
- M. Kennedy, Montreal Street.
- J. A. Percy, Division Street.
- "Millan's" Grocery, Ontario Street.
- E. H. Baker, Montreal Street.
- P. H. Baker, Johnson Street.
- Jos. Cullen, Princess Street.
- Domination Stores, Ltd., Upper Princess.
- Domination Stores Ltd., Lower Princess.
- J. C. Hopkinson, Ellis Street.
- W. E. Hopkinson, Brock Street.
- W. H. Gillespie, Sydenham Street.
- T. Rutherford, Chatham Street.
- Mrs. A. Davies, Queen Street.
- D. B. Gage & Sons, Division Street.
- W. C. Shales, Pine Street.
- J. Hunt, Pine Street.
- A. Tugwood, Cherry Street.
- W. Simpson, Plum Street.
- C. C. Trencor, Patrick Street.
- George Clonahan, Barrie Street.
- Parson's Grocery, York and Barrie.
- Robinson's Grocery, York Street.
- D. Ryan, Sydenham Street.
- H. M. Stover, Alfred Street.
- J. Bryant, Albert Street.
- J. Blakey, Victoria Street.
- M. Almelie, University Ave.
- T. R. Carnovsky, Princess Street.
- W. G. Hamilton, Princess Street.
- Chas. Saunders, Princess Street.
- Chas. Pickering, Princess Street.
- J. Zakos, Princess Street.
- D. Couper, Princess Street.
- W. J. Nesbitt, University Avenue.
- S. L. Scott, Brock Street.
- Mrs. J. Grant, Brock Street.
- Jas. Kelly, Division Street.
- H. A. Smith, Division Street.
- H. A. Dunlop, Montreal Street.
- John Gordon, Montreal Street.
- Mrs. E. Wastelky, Lower Bagot St.
- Mrs. S. J. Corrigan, Montreal St.
- Z. Handler, Montreal Street.
- H. Salberg, Colborne Street.
- W. J. Driver, Queen Street.
- J. E. Henderson, Main Street.
- N. Kishner, York Street.
- J. Johnston, Bagot Street.
- W. Clark, Stephen Street.
- E. A. Cockerham, Stephen Street.
- W. Reid, Junction.
- G. Childs, Thomas Street.
- J. E. Purdy, Barrie Street.
- J. Otton, Division Street.
- S. A. Caverley, King Street.
- Chas. Driscoll, King Street.
- Morris Bros., King Street.
- Stuchen Bros., Princess Street.
- H. J. Smith, Barrack Street.
- Mrs. E. Brunton, Wellington Street.
- Chas. Peters, Rideau Street.
- Jas. Grimshaw, Bay Street.
- Mrs. J. Murphy, Bay Street.
- H. Sherrick, Russell Street.
- W. J. Code, Grove Inn.

Shirriff's MARMALADE Week

QUARRELS

A Story by Cynthia Grey.

"We had our first quarrel last night," said the adored kid brother

Young vigor to old folks



"My nerves were unstrung and I used to tremble all over. Lay awake at night, was exhausted each morning. Tania restored health and appetite. I am 71, but now see and work as well as 50 years ago." Harry Johnson, 53 Elm St., Windsor, Ont.

One of Tania's greatest blessings is the new life and vigor it brings to old folks. Every day men and women up in the seventies and eighties thank us for Tania's wonderful benefits.

Tania is a natural tonic, made from roots, bark and rare herbs. Harmless to man or child. It cleans the blood, stirs up the liver and puts digestive organs in working order. If your body is weak and run-down, if you lack ambition, can't eat or sleep, you'll be delighted with Tania's results. Take Tania Vegetable Pills for constipation.

A Raw, Sore Throat

Eases Quickly When You Apply a Little Musterole. Musterole won't blister like the old-fashioned mustard plaster. Spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain.

Musterole is a clean, white ointment made with oil of mustard. Brings quick relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosty feet, colds on the chest. Keep it handy for instant use.



Better than a mustard plaster

with one of those grins always worn when he regales the doting family circle with an episode of the new married life.

"She made me so darn mad," went on K.B. stopping to kiss wife Milly's red-gold curl over her right ear.

"Add you made me so darn mad," echoed the red-gold-haired wife, with a quick glance at mother-in-law who's not so sure about this slang girls' talk nowadays.

"Well, Cynthia, wasn't I right?" went on K.B., appealing to the professional adviser of the household. "She promised to let me wash the dishes every night and I went down to the store for some cream for breakfast and when I got back she had them all washed and put away!"

Then the tale of woe continued. It seems that Milly stayed up until 11:30 ironing and wouldn't let K.B. from his own shirts. It seems that he told her if he ever saw her with an iron in her hand again he'd do terrible things! Maybe they were saving for their house, but she didn't need to stand up and iron until midnight and he wouldn't have it!

It seems that the quarrel had really been a bit serious! Milly insisted that she would iron as late and as much as she wanted to and she'd be ashamed to see any husband of hers wearing shirts he ironed himself. But somehow the quarrel gave me a warm glow around the cookies of the heart. What a sweet quarrel it was! Based on love and devotion and self-sacrifice!

Can you imagine the institution of matrimony bringing anything very dreadful to kids who quarrel because one doesn't give the other a chance to do as much work as the other thinks he or she should be allowed to do?

It was in a bless-you-my-children mood that I listened, and an inward prayer that thus might they ever quarrel!

But I lured little sister-in-law Milly into my room later in the evening and exhorted her thus—

"Don't insist on doing too much, child; if he wants to wash the dishes and iron his shirts, let him! What if there is a wrinkle on the collar hand? That's not so important as a wrinkle in your face from too much work and bother!"

"You know, Milly, the groom is always eager to do lots of things that the old married man isn't so keen about. Get started right! Let him get the kitchen habit now and it'll stick forever and ever!"

And sister Milly looked at me as one who would say "much she knows

about my Jerry!" and she said, "But Jerry would never be like that! He'll always want to help me and I'll always want to make him rest!" And what can one do in the face of a trust like that? Bless you, my children!

PRIEST VANISHES



Rev. Francis E. Hadedorn, a Catholic priest attached to the staff of the Kansas City cathedral, has disappeared and fears are expressed for his safety. He answered a telephone call late one night, purporting to come from a parishioner, went out to visit the person who had called and has not been seen since. Pieces of his jewellery were later found in an alley.

ACCIDENT AT CATARAQUI.

Lady Had Misfortune to Fracture a Couple of Ribs.

Cataraqui, Feb. 24.—A number of people, especially children, are suffering from colds. The epidemic of measles appears to have run its course. Little Neil Bullen is ill of pneumonia. Mrs. P. Gillespie and son, Gordon, Wolfe Island, have been at W. Weston's.

Mrs. T. Weston had the misfortune to fracture a couple of ribs a short while ago. Mrs. Guess has returned from a visit with Mr. and Mrs.

George Topliffe, Glenvale. The Beaver Mission Circle entertained the Circle girls of Westbrook, on Friday evening at the home of Mrs. E. Cook.

E. Caverly and J. Simpson have been on the sick list. Mr. Buck, who spent several weeks with her mother, Mrs. Lyons, has returned to her home in Toronto. Mrs. Teepels, an-

other daughter from Kingston, has taken her place.

The Baker brothers here have received news from England of the death of their father, John Baker, aged seventy-seven. He is survived by eleven children. Four sons are living in this village and two daughters and five sons in England.

Mrs. Woodsworth, Kobe, Japan, is expected here on March 9th to exhibit slides of that country and deliver an address. Mrs. Kish paid a visit to her farm in Tichborne this week. F. A. Smith, B.A., son of Canon Smith, Christ church, is to be ordained in St. George's cathedral on Sunday morning.

Egyptian Cabinet is considering start of Government-owned merchant fleet with two ships purchased from Australia. Units of Labor Party in Great Britain endorsed Liverpool Conference policy of excluding Communists by 60,000 to 18,000.

When You go to Bed do Your Nerves Stay Up?



Carrie Blanchard's Offer

"I want you to try Postum for thirty days. I want to start you out on your feet by giving you your first week's supply. It seems to me that it would be a wise plan for mothers, particularly, to think of this food in connection with the health of their families. Will you send me your name and address? Tell me which kind you prefer—Instant Postum or Postum Cereal (the kind you supply). I'll see that you get the first week's supply right away."

CANADIAN POSTUM CEREAL CO., LTD. 605
45 FRONT ST. EAST, TORONTO 2, ONT.

I want to make a thirty-day test of Postum. Please send me, without cost or obligation, one week's supply of INSTANT POSTUM you prefer

Name _____
Street _____
City _____

IT happens with so many —six nights in the week —no sleep until after midnight at best, and then usually a crawling hour of wretched wakefulness somewhere between two and four. Stop drinking those treacherous stimulants—tea and coffee. Your whipped-up nerves will be grateful. For —Tannin and Caffeine found in tea and coffee are artificial stimulants which excite the nerves. Arch-enemies of sleep! With you these agents may work fast or slow, yet sooner or later their poisonous effects are certain—sure.

the family every meal of the day. Postum is free from all drug stimulants. That's why millions who drink this rich, full-bodied beverage have banished headaches, sleeplessness—all that company of nervous ills. Instantly made in the cup at a cost of about half-a-cent. There's Postum Cereal, too, made by boiling or percolating twenty minutes. At all grocers', restaurants or on the train. Read Carrie Blanchard's splendid offer. Mail the coupon today!

You know how many children do not like the taste of milk. You know how they like to have the same drink as the "grown-ups". You know, too, how good it is for them to have a hot drink! Make Instant Postum for them, using hot milk (not boiled) instead of boiling water! They'll like the taste immediately! And they will get the food value of the cream, plus the nourishment of milk, in a hot drink that is economical and so easy to make.

Drink Postum—an appetizing, satisfying hot drink good for every member of

Instant Postum

"There's a Reason"