CHRONICLES OF GINGER FARM

By Gwendoline P. Clarke

"Who Has Seen the Wind?" That is the title of a new book. I haven't read it but the title intrigues me. Of course none of us has seen the wind but we often think we do. We say— "Look at that wind!" or "See it blow!" Naturally what we see is only the result of the wind. And that is plenty! Last night when we went to bed everything was quiet—there wasn't so much as a breeze; it wasn't too cold and it had stopped snowing. But during the night there was a change. That wind, which couldn't be seen, could certainly be heard. It howled round the corners of the house; it rattled the shutters and it made branches of close-up shrubs beat a tat-too on the window panes. And I dreaded to think what it might be doing to the snow that fell yesterday. I longed for the night to be over but when the dawn came it meant only that we could see as well as hear. We could watch the untrodden snow being whipped into swirling clouds by the unseen wind; we could see the snow rapidly covering last night's tracks; we could see it pulling up in the fence corners and around the stock trough—which means it will have to be shovelled away before the cattle can get a drink.

* * *

And as I write there is Bob, dragging two cans of milk down the the road on a toh-bogan. That toh-bogan, by the way, is invaluable. Not only for milk—crates of eggs are also transported in that way to the road; groceries, bread, empty cans and empty crates are brought home the same way. In fact, I am wondering, if I have to go to town whether I could go down to the road in like manner.

But I am not worrying very much about a trip to town. I am just a fair-weather shopper. When road and weather conditions are good I go to town. When they are adverse I shop by proxy. Sometimes the things get paid for and sometimes they don't. In that way we appear to be spending less money. But alas, a day of reckoning always comes.

* * *

Partner also stays very much "to home" in rough weather. I think he gets all the fresh air he requires on his trips back and forth to the barn and working in and around the stables. But that doesn't get him any nearer to a barber shop. We may have recourse to a pudding bowl if rough weather continues much longer.

There is a new calf at the barn which I haven't seen yet. I must see what Partner thinks of the idea of raising it for veal to help fill our locker. Considering beef has taken another jump it might be a good move.

* * *

Oh dear, this rising cost of living bothers me at times, not exactly for personal reasons but rather for the sake of those who have small, fixed incomes. You just can't stretch a fixed income. When commodity prices rise above the level of a person's fixed income then there is only one alternative—and that is to go without the little extras that make life worth living for the older folk. In fact, in some cases it creates a very real hardship. It seems too bad for aging couples who have retired on a modest income, which they expected, by means of frugal living, to be sufficient for their needs, to find that even with the greatest economy that is now impossible.

And when they have to draw on their capital for emergencies, as sometimes happens, then their feeling of security is forever lost and worry becomes a constant companion in their declining years.

* * *

The accent these days is on youth—everything possible is done so that youth may progress along desirable lines. That of course is as it should be, within reason. Youth should be given opportunities to work and to advance but not to take without working, to accept without giving. Could it be that youth is getting too much attention and not enough being given to those whose youth is a thing of the past but who, by their past work, and in their tax payments have, and still do, contribute towards the opportunities now made available for the young folk of today.

* * *

There is very little assistance for people in the small fixed income bracket from government sources so it would appear to be more of a personal problem. There may be ways in which we who live on farms can help. If we have such friends it is worth considering, don't you think? A few eggs from time to time, a chicken occasionally, later on garden produce—surely it could all be given without offence to anyone. How about it folks?

Demoblized

The general demoblilization of of the Australian defence forces began on October 1, 1945, has been completed; 551,428 members including 40,576 women have been demobilized.

U. S. Army Leader

HORIZONTAL
1 Pictured U. S. Army leader, Lt.-Gen. Courtney H. Hodges
7 He heads the U. S. First Army in —— and Belgium
13 Wandering
14 Perfections
15 Bustle
16 Devils
19 Make an edging
20 Ceylonese policeman
22 Be dull and spiritless
23 Acid fruit
24 Dish of green vegetables
26 Act of kindness
27 Musical instrument
28 Heavy blow
29 Sun god
30 Royal Guard (ab.)
31 Mast
33 Tuns
35 Cudgels
37 Covers with soot
39 Land measure
40 Droop
44 Bay-colored
45 Regret
46 Antenna
48 Malayan tin coin
49 Man's name
51 Gloss
53 Loathe
54 Reluctant

VERTICAL
1 Piles
2 Severe trial
3 Drivels
4 Georgia (ab.)
5 Conclusion
6 Plant part
7 Elegant
8 Roads (ab.)
9 One (Scot.)
10 Inhabitant
11 Uproar
12 Compound ether
17 Month (ab.)
18 Opera (ab.)
21 Tell
23 Lassitude
25 Darlings
26 Fortified places
31 Obtain
32 Mother or father
34 One who boots
35 Gazes fixedly
36 Uncovered
38 Trap
40 Native of Latvia
41 Either
42 Decigram
43 Molten rock
46 Onager
47 Bulgarian coin
50 Early English (ab.)
52 Compass point

Answer to Previous Puzzle

TEEN-TOWN TOPICS

By BARRY MURKAR

A week from today spring comes in officially. I guess we might as well block the hickories, oil the skates and pack them away for another winter. It's been a grand old season for outdoor sports, and baseball, tennis and all those other things we do in the summer are not too far away. I hope that some of you guys, and maybe the gals, made a birdhouse or two in your winter evenings that will be ready for the southland singers when they hit these parts.

Summer styles will soon be out and, from what we can see, the prices of sport shirts, jackets and slacks will mean that many of us will be making last year's do another season. Brother, will I be glad when we get back to normal! Bright colors for boys and girls will be prominent this year, according to the latest reports, so dig out the reds and yellows, put them on display and you'll be right in there.

* * *

Spring dances are the order of the day and we note that many of the Highs are bringing in city bands to toot the flutes. This is really going some, from the days way back about five years ago, when a school thought it was doing something to have a few of the latest records for dancing. Oh, well, we young ones are really climbing. From what we can see, living and jitter-bugging seem to be going out. The more "settled-down" style of dancing seems to be current at most places, or maybe we don't just get around to the right placer.

* * *

A reader suggested we do a spotlight on Barbara Anne Scott, but after careful consideration, we think dear reader will agree that lovely Barbara Anne is getting so much publicity, and so many profiles in the mags that anything we could add wouldn't do her justice. We gladly admit that Barbara Anne Scott of Ottawa, recent winner of the World's Champion figure skater title, has made all Canada proud of her. The part that makes us like her all the more, was the fact that she turned down several movie contracts to retain her title. We don't think that was easy to do.

ON THE SCREEN—Here are some picture releases we think you will enjoy. Watch for them at your local theatre.

Best Years of Our Lives—Smart drama of war vets and their readjustment to civilian life. One of the best pics of the year. Superb cast with Frederick March, Myrna Loy, Dana Andrews, Teresa Wright, Virginia Mayo, Hoagy Carmichael and others.

Hunoresque—A romantic story of a struggling violin virtuoso and his climb to fame. Accent on long haired music, but not boring. Oscar Levant does a steal in this one, supported by John Garfield, J. Carrol Nash and Ruth Nelson.

Notorious Gentleman—Starring Rex Harrison, is a snappy little British number, blending comedy, tradgedy and gay romance.

Sister Kenny—This is the story of the Australian nurse who bucked medical science to prove her theory on polio. This is a fine picture and is a story ably treated. Starring Rosiland Russell, Canada's Alexander Knox and Dean Jagger.

* * *

Two Years Before the Mast—A rugged sea classic that may prove a little too salty for the gals but nevertheless good. The stars should appeal to the ladies anyway. They are Alan Ladd, Brian Donlevy, William Bendix and Barry Fitzgerald.

In closing we would invite you to write and tell us what you think of this column. Is it what you want? If not, give us the shot and let's hear just what you would like in this space each week. Just drop a line to Teen Town Topics, Pickering, Ont. We'll appreciate your comments and try to answer your letters, if need be. Until next week, then, keep plugging for those exams and don't forget the little boids—above all, don't forget the boids.

THE BOOKSHELF

Who Has Seen the Wind

by W. O. Mitchell

This is a story of a boy and the wind—of Brian Sean MacMurray O'Connal and the Canadian prairie town in which he lives. It is a true picture of a child's world: Brian and his grandmother, Brian's first contact with God, his awsome experience on the prairie with Saint Sammy quoting the Bible to the oncoming storm. All are moments that any reader can match from his own childhood.

"Who Has Seen the Wind" is a book that will stay with you because it is pulsing with that part of life which none of us forgets—the struggle of a boy (or a girl) to understand the meaning of life as he sees it through the clear, unclouded eyes of a child, young in experience but wise in innocence.

Who Has Seen the Wind . . . by W. O. Mitchell . . . The Macmillan Company of Canada . . Price $2.75.

. . . TABLE TALKS . . .

Lenten Dishes

Every homemaker treasures her recipes for meatless dishes, which may be served with equal satisfaction either as the main course for dinner or as a luncheon or supper dish. These recipes are welcomed the year around, but particularly so during the Lenten season.

When cooked with imagination, such foods as milk, eggs, cheese, beans and lentils create heavy main dishes, long on flavour, high in food value and thrifty in materials. They never need be dull and uninteresting. Milk, eggs and cheese are high-grade protein foods, which should be used generously in substantial soups, sauces, souffles and casserole dishes. Combine these foods preferably with those of a starchy nature such as, bread, macaroni, noodles or potatoes. Beans also are hard to beat as a satisfying main dish.

Your best chili sauce, catsup, sweet chopped relishes or snappy mustard pickle will give that pick-me-up to rather bland dishes such as scrambled eggs and plain omelet.

Serve macaroni and cheese, souffles, etc., with a crisp, tossed salad to give that needed contrast in texture.

The home economists, Consumer Section, Dominion Department of Agriculture offer these praiseworthy recipes, rich in flavour and packed with nourishment.

Egg Croquettes

3 tablespoons fat
¼ cup minced onion
¼ cup flour
1 cup milk
1 cup grated cheese
½ cup fine, dry bread crumbs
¾ teaspoon salt
¼ teaspoon dry mustard
2 tablespoons horseradish
1 tablespoon chili sauce or catsup
¼ teaspoon powdered thyme
5 hard-cooked eggs, chopped

Melt fat, add onion and cook 5 minutes. Add flour and blend well. Add milk and cook, stirring constantly, until mixture thickens. Continue to cook 5 minutes. Add grated cheese, dry bread crumbs and seasonings. Stir until cheese is melted. Add chopped hard-cooked eggs and mix well. Chill thoroughly. Shape into patties or croquettes and roll in dry bread crumbs. Saute until brown on both sides. Serve with a Tomato Sauce. Six servings.

Cheese Dumplings in Tomato Sauce

2 cups all-purpose flour or 2¼ cups pastry flour
3 teaspoons baking powder
1 teaspoon salt
½ teaspoon dry mustard
3 tablespoons shortening
1 cup grated cheese
1 tablespoon grated onion
1 cup milk
1 can condensed tomato soup
1 cup water

Sift together the dry ingredients. Cut in fat with pastry blender, until mixture is like fine crumbs. Add grated cheese. Combine grated onion and milk. Blend with dry ingredients. Dilute tomato soup with water and bring to the boiling point. Drop dumplings into hot soup, cover closely and cook 15 minutes. Do not remove cover during cooking period. Six servings.

Golden Beans

2 cups dried beans, lima or navy
4 cups water
3 tablespoons fat
½ cup chopped onion
2 cups chopped apple
½ teaspoon tumeric
½ teaspoon allspice
½ teaspoon pepper
1 teaspoon salt

Soak beans in water overnight. Cook in fresh, unsalted water to cover, until tender. Drain, saving liquid. Melt fat, add onion and brown. Add apple and seasonings and cook covered for 5 minutes, without stirring. Add beans and ½ cup liquid saved from beans. Simmer 10 minutes. If too dry add a little more water. Six servings.

Price of Admission

Stuttgart, Germany, movie theaters have increased the price of tickets of admission—two pounds of firewood in addition to the regular cash price.

Threatened with closure because of the coal shortage, theatre managers instituted the new system.

When Your Child has a Cold, Sore Throat etc.

TAKE ... WITH BREAD ... "MATHE... SYRUP ... Relieves Co...

Take a good ... bread ... a tablespoon ... Mathieu's C... Syrup. Before ... lowing, keep ... your mouth ... mixture, ... chewing. This ... the volatile ... dients to pe... the nose and ... chial tubes.

Grown up ... may take M... Cough Syrup ... but should ... in their ... full minutes ... swallowing it. Take 3 or 4 ... a day, and ... on retiring.

APPETIZING APPLE CAKE

RECIPE

Add 1 envelope Royal Fast Rising Dry Yeast and 1 teaspoon sugar to ½ cup lukewarm water, and let stand 10 minutes. Then stir well. Scald ½ cup milk, add 3 tablespoons shortening, ½ cup sugar and 1½ teaspoon salt and cool to lukewarm. Add 1 cup sifted flour to make a batter. Add yeast mixture and 1 beaten egg. Beat well. Add 2½ cups sifted flour, or enough to make a soft dough. Knead lightly and place in greased bowl. Cover and set in warm place, free from draft. Let rise until doubled in bulk, about 2 hours. When light, punch dough down and divide into 2 equal portions. Roll dough ½ inch thick; place in 2 well-greased pans (6½ x 11½ x 2" deep). Brush tops with melted butter or shortening; sprinkle with ¼ cup granulated sugar. Peel and core 12 apples; cut into eighths; press into dough, sharp edges downward; close together. Mix 1½ teaspoons cinnamon with 1 cup granulated sugar; sprinkle over cakes. Cover and let rise in warm place until light, about ¾ hour. Bake in moderate oven at 400°F. about 35 minutes.

THAT'S my last word!

Yes, the last word in top tea enjoyment and satisfaction is *Brisk!* And that means *brisk* tasting Lipton's Tea . . . the tea with that *brisk* flavour . . . never wishy-washy . . . always fresh, lively and full-bodied. Ask your grocer today for *brisk* tasting Lipton's Tea.

Brisk

tasting LIPTON'S TEA

REG'LAR FELLERS—Ripe for a Roundup

By GENE BYRNES

Help The Red Cross "SALADA" TEA

Murder in Plain Sight

by GERALD BROWN

WNU FEATURES

SYNOPSIS

ER VII: At the night ale, and Ann are much by the featured singer, n. They are surprised to she has a complaint at a is Curt Vallaincourt Bigelow enters the club. n majestically to the table Vallaincourt and Shari Lynn ment conversation. Karen eaching from her handbag e it to Vallaincourt, then t goes. McCale and Ann phen Bigelow at another e seems to be trying to sorrows.

CHAPTER VIII

t let you go in. Besides, here, Sybil. He really isn't

do you know?"

ked."

me here to see him?"

es — but he isn't here. me with me, Sybil."

rotesque Sybil hesitated a her bright feverish eyes Karen's face. Then she her forcefully aside with arrogance.

by," she said, her voice sterically.

was a limousine at the en walked to it, moving epwalker. She got into it a backward glance. It ay into the dark.

well." McCale spoke as t back into their taxi. "I

Than ever convinced that a nigger in the Bigelow

uld say so." Ann smiled As our good pal, Rocky.

y — everyone seems one d of a fit.

meantime, you'd better to the Bigelow house ear- orrow and look for some-

good woman, what am I to

were you, I'd look for a omb."

ing back on it later, what d was very much like a — something explosive den, but ticking away, set ff at a given moment . . . s still quite early. Another ey might have gone on to another of the nightclubs. Cale was in no mood for it. w Ann's evening was probbled, though she said nothe reached for her hard, ex- more of her incurable flip- but she, too, seemed sunk oughtful depression. When ew up before the apartment here she lived, she kissed tly before they got out, o remark when he told the wait. As he fitted her key outside door, she spoke. k?"

at are you up to? Where going?"

going to the Print Club to y Tate."

all right. Go ahead, I know you're like when you smell you hound." She searched quickly. "Does it look that ke? I seem to have been it myself all evening. I've tried to tell myself it proximity to you and one fabulous hunches."

* * *

dded slowly. "Yeah. Something is there is something ty afoot. It's only breaking little places here and there. re's bound to be an explosome kind in the offing. rt on information, baby. tle late on the scene. What ve got to do quickly."

go ahead."

ghed, dismissing him with to her old facetiousness. uckled to himself as he got to the cab, giving the ad- f the Print Club.

a cigarette and sat with up on one of the adjustable the taxi as it bumped along dge street. He thought he e rather well in the time spent in Boston, in spite of s such as his decision not divorce cases, not to hold he police, not to get in the rival agencies. He had managed to keep his head above water and had acquired a reputation of honesty and discretion besides.

The cab drew up with a screech of brakes before a tall, gray office building. Between this and another older structure was a narrow alley, at the back of which could be seen a faintly lighted doorway. McCale made for this. From behind the stark walls on each side of him, he could hear the rumble and roar of machinery, for the presses of the biggest newspaper in town had their home there.

* * *

The Print Club was on the third floor of the narrow edifice at the end of the alley. Duke opened the door and went up the winding iron stairs to the bare, undecorated rooms which were furnished with square wooden tables and chairs of the kitchen variety.

McCale went over to the bar and asked for Jerry Tate. The barman nodded in the direction of the third room, raising a quizzical eye at McCale's formal attire. McCale threw him a hard, deliberate scowl, and made for the door. Just inside it, a young, irascible, nervous-looking man sat alone at a table, playing solitaire. He did not look up as McCale sat down facing him.

"Hello, Jerry," said McCale.

"Hi, sleuth," he said in a rasping voice. "Where have you been—all dressed up?"

"Out to dinner."

"Well, well. Times have changed."

"Isn't it the truth! But you see, I haven't forgotten the old days. I come straight from the lap of luxury to visit my old pals."

* * *

"I'm all agog. No kidding. Duke I'm glad to see you. However, you've probably got an axe to grind."

"As usual I'm after information."

"So—"

"About a great big, husky, handsome young man named Vallaincourt."

Jerry Tate gave a low whistle and fixed McCale with a baleful glance.

"So they've called in the Ogpu?"

"Who?"

"The Bigelows. Who else? How much you soaking them?"

"Now, see here, Jerry. I haven't said—"

"You don't have to. I don't have to be a detective—not even a lousy reporter—to put two and two together. What I can't get over is why they've let it slide along to this late day. You're a bit on the tardy side, aren't you?"

"I'll say. The wedding is next week, so I'm running around in circles—but fast. What can you tell me about him?"

"Very little, I'm afraid. He hits the high spots, does a lot of gambling, plays around fast and loose. Spends lots of dough."

"Where does he get it?"

"Search me."

"Oh, come now."

* * *

"Well, rumor has it that it comes from the Bigelows mostly."

"I doubt that."

Tate shrugged. "Some other old gal, then."

"What about his antecedents?"

"Don't know. Springs from Chicago, I am told."

"How did he get aboard the Mayflower—that is, how did he burrow his way into the bosom of the Bigelow fam'ly?"

"Well, now, let's see. First time I remember him around the Gay White Way, he had Victoria Bigelow in tow. Vicky seemed to have the upper hand there for a while. Then there were whispers—very soft—but whispers, my friend, that Mrs. Stephen Bigelow was interested—in a purely platonic way, we hope."

"The knave!" Karen."

"If you like that type—pardon me."

(To Be Continued)

ISSUE 11—1947

WANT TO LOOK LIKE A PRINCESS?

If you fancy looking like a princess, here are two frocks made especially for the South African tour of England's Elizabeth. At left is a day dress of turquoise rayon crepe by Molyneux. Collar and cuff decorations are knitted threads of the material. At right is a dance dress by Hartnell, a lime green taffeta with low decollete and low-set bouffant sleeves. It is embroidered with antique gold motifs.

Sunday School Lesson

Intimate Fellowship with Christ

John 14: 1-6, 12-18; 15: 1-6.

Golden Text.—Ye are my friends, if ye do whatsoever I command you.—John 15: 14.

The True Vine

The source of fellowship with Jesus is pictured in the vine. Jesus is the perfect vine; not merely the vine stock, but the stock with its branches. The Father is not only the vine-dresser but the owner of the vineyard. He plants, protects and prunes the vine in its branches, plucking in due season the fruitage.

The connection of the branches with the true vine is vital. Therefrom we draw the nourishment necessary to the larger and higher life, and it is through the branches that the vine bears fruit on earth. For this purpose the vine was planted and cultivated; and for this purpose the branches are filled with living sap and crowned with foliage. And yet pruning is necessary in order that the vine through its branches may bear more and richer fruit.

Pruning of The Vine

True to the picture there must be the cutting off of certain branches, not so much because they are lifeless but because they are fruitless. With the useless limbs removed there follows the cleansing and stimulation of fruitful branches. The hand of the husbandman may at times be painful but it is always helpful.

After the pruning process has taken place, the Saviour could say to His disciples that they were clean through the Word which He had spoken unto them. But in order to maintain the life thus begun, it was necessary for him to abide in Him and for Him to abide in them.

If there is no union with the vine, there can be no fruit for the husbandman. But if the union with Christ is intimate and sincere, the result will be satisfactory.

The Life of Love

Life with Christ is the life of love. There is the commandment of love. It summarizes our duty: "That ye love one another." He laid down His life for us that we might have life eternally. There is the obedience of love, for our hearts tell us we ought to do the things which He commands us to do. There is the friendship of love since we have in Christ the "friend that sticketh closer than a brother." There is the knowledge of love since He has made known to us all that He heard from the Father. There is the faithfulness of love, for our Best Friend has chosen and appointed us to bear the good fruit that will abide. Finally, there is the reward of love; for as we fulfil our compact of friendship with Christ, we are assured of the blessings we ask of the Father in His name.

How Can I?

By Anne Ashley

Q. How can I keep the water from running through the flower pots too fast?

A. Place a layer of small stones in the bottom of the flower pots, or the flower box.

Q. How can I remove automobile grease stains from a garment?

A. Rub lard on the spots, then wash in cold water, followed by a washing in warm water. This will remove all stain.

Q. How can I make parsley chip finer?

A. When chipping parsley, add a little salt to it. It will chip much finer and the salt also freshens it.

Q. How can I brighten the nickel trimmings of the gas range?

A. Wash with warm water in which two tablespoons of kerosene have been stirred.

Q. How can I remove kerosene spots from cloth?

A. If kerosene oil has been spilled on cloth, scour the spot with turpentine, then with soap and warm water.

Modern Etiquette

By Roberta Lee

1. What kind of place-cards should be used at the bridal table to indicate where the guests are to sit?

2. When a man who is wearing gloves meets a girl who offers him a gloveless hand, what should he do?

3. If the hostess is unmarried, or a widow, who should act as host?

4. What is one of the most common acts of ill-breeding while attending the theater?

5. How long should the hostess wait if any of the guests are late for dinner?

6. Should wedding invitations be sent to the bridesmaids and ushers?

ANSWERS

1. Plain white cards, embossed with the bride's initials.

2. Remove his glove as quickly as possible.

3. The hostess asks a relative, if there is one present, or the man she knows best, to act as host.

4. That of repeating a joke or remark heard on the screen or stage. This disturbs others who have heard just as well as you.

5. Twenty minutes.

6. Yes, it is the courteous thing to do.

There's a Method

Ephraim's front gate had always been rather difficult to open. His neighbors accepted the inconvenience and attributed it to Ephraim's shiftlessness. A brash young newcomer to the village frankly asked why it wasn't repaired.

"There's nothing the matter with it," blandly replied Ephraim.

"Of course there is. Why, I can hardly push it open," sputtered the brash one.

"Naturally, young feller," came the answer, "that's because everyone who comes through that gate pumps a gallon of water into the tank on the roof."

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GIRLS! WOMEN! TRY THIS IF YOU'RE NERVOUS, CRANKY, TIRED-OUT

On 'CERTAIN DAYS' of The Month!

Do female functional monthly disturbances make you feel nervous, fidgety, cranky, so tired and "dragged out"—at such times? Then *do* try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. This fine medicine is *very effective* for this purpose! For over 70 years thousands of girls and women have reported benefit. Just see if you, too, don't report excellent results! *Worth trying.*

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USE THIS COUPON!

SAVE 5¢ on a package of Post's BRAN FLAKES

HERE'S your chance to get acquainted with this different breakfast cereal that's as good for you as it is good to eat. This coupon saves you 5c on a package. Good news for better breakfasts!

Post's Bran Flakes provide roughage you need to help keep food wastes moving promptly . . . help you keep fit and on your toes. And that "come-again" flavor—malty, nut-sweet, *different* —keeps folks coming back morning after morning for another bowlful of these delicious bran flakes.

Try Post's Bran Flakes at once. Take advantage of this coupon offer while it lasts.

A Product of General Foods

B-287

This Coupon NO. 56

WORTH FIVE CENTS!

Your grocer will allow you 5¢ for this coupon on the purchase of a package of Post's Bran Flakes, if used before March 31st.

PRESENT IT AT YOUR GROCER'S TOMORROW!

To the Grocer: This coupon, bearing your signature, will be redeemed for 5c cash by your General Foods salesman, or by General Foods, Limited, Federal Bldg., Toronto, if mailed.

"For this coupon I allowed 5c to a customer who purchased a package of Post's Bran Flakes."

Signature of Grocer