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CANADIAN NATIONAL RAILWAYS

CHANGES TRAIN SERVICES
EFFECTIVE MARCH 18

CHARLOTTETOWN — SOURIS	
Train No. 215 Lv. Charlottetown	6.20 A. M.
Ar. Souris	11.25 A. M.
Train No. 216 Lv. Souris	1.15 P. M.
Ar. Charlottetown	5.50 P. M.
GEORGETOWN	
Train No. 217 Lv. Mt. Stewart Jct.	10.00 A. M.
Ar. Georgetown	12.45 P. M.
Train No. 218 Lv. Georgetown	1.20 P. M.
Ar. Mt. Stewart Jct.	4.10 P. M.

ABOVE SERVICES ALL DAILY EXCEPT SUNDAY.
INSTEAD OF MONDAYS, WEDNESDAYS AND FRIDAYS.

BEAUTY ARTS

Continued from Page 8
Hands Betray Age

Her hands betray a lady's age even though her face may retain its girlish beauty. If they are wrinkled, thin and dry they make her seem older than she is. The skin on her hands tends to become darker as the years roll by, and the skin shrinks and wrinkles as the subcutaneous fat and flesh fall away. They may be greatly improved and preserved by local treatments. The earlier these treatments are given the better. Some hands begin to grow old looking after their owner has passed 25 years of age, while others retain their beauty all through life. In any case, special attention must be given regularly to keep them soft and white. The problem is to keep them plump and smooth as long as possible, and this may be done by giving them suitable treatments.

The owner of thin, bony hands usually suffers from cold hands and feet in wintertime. The skin on the hands seems to shrivel up and is furrowed with innumerable creases; it looks red and rough. The remedy lies in stimulating the circulation of blood throughout the whole body. This may be done by brisk exercises, and by friction baths given with a coarse dry towel. Hand and arm massage will also help bring blood to cold fingers. Shaking the hands loosely on the wrist warms up these members. A simple exercise for overcoming a sluggish circulation in the hands consists of opening and closing the fingers rapidly twenty-five times in succession.

Improve Arms by Stretching Exercises

Much can be done to improve the outlines of one's arms, but the carriage of the whole body and especially of the shoulders must be perfected to begin with. Special arm-flinging exercises and stretching exercises combined with deep breathing will bring the shoulders, chest and back into correct position, so that the arms will hang gracefully. The arm movements in any swimming stroke will improve the shape of the arms if it is practiced regularly; nothing is better for developing skinny arms into well-rounded ones and reducing flabby tissues from fat, ungraceful arms.

To keep the shoulders straight a splendid exercise for developing poise and grace is the stretching movements. Stretch well and thoroughly over and over again, with the arms above the head until the muscles of the arms and shoulders feel quite loosened. This exercise may be done lying down but it is best when stretching shoulders to stand. After you have exercised the back and shoulders in this way you will find it hard to sit, stand or walk in a stooping attitude and you will without effort square your shoulders and hold yourself correctly at all times. Flabby underarms are in need of exercise



Spread on the bleach paste

daily. An excellent exercise may be done with a pair of dumbbells. Hold the dumbbells in the arm pits, elbows bent. Very slowly straighten arms downward, holding muscles tense. Bend elbows again and raise arms over head, lower the dumbbells as far behind the neck as possible, elbows bent. Very slowly straighten level and shoulders well back. Repeat twenty to thirty times.

Bleaching Packs

Those who have been unfortunate enough to acquire a pair of rough red chapped hands will find relief by bathing them with equal parts of warm olive oil and sweet oil. The oil may be used daily and supplemented by a thorough massage and bleaching pack once a week. After washing the hands and drying thoroughly apply a little hand lotion and massage them for several minutes. There are several hand creams and lotions available on the market. A simple home-made lotion calls for the following ingredients: 1 tablespoonful fuller's earth; 2 teaspoonfuls boracic acid; 4 ounces glycerine; 8 ounces rosewater. Dissolve the fuller's earth in the rosewater, add the boracic acid and then the glycerine. Shake well.

To soften and whiten your hands arms and elbows, give them a thorough massage every week using a reliable tissue cream or skin food followed with a bleaching pack made from cornmeal, almond meal or oatmeal mixed to a smooth paste with rosewater, witch-hazel or buttermilk.



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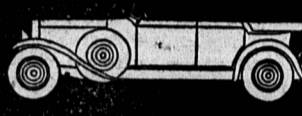
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THE BIOGRAPHY

(Continued from Page 9)

There were other alterations to plan for the little house was to be enlarged rededicated and a billiard-room built on since "George must have his billiards" as the Duchess said.

A fine set of apartments had been assigned to them in St. James' Palace to which the name of York House was given, but it was York Cottage which was dearest to them both, and the Duke became boyish, eager Prince George again for all his twenty-eight years, as they discussed plans, quite a different person to the almost too grave and serious Duke who engaged in duties of State. But that has always been the way with King George; it was Mussolini who said of him that he was two men in one, he who was grave and he who smiled.

The smiling man was in the ascendancy now as he found new happiness in the love of his wife. No wonder that even official visits were transformed, that at Edinburgh in October, when the Duke commented in surprise on the extraordinary warmth of their welcome by the people, his host answered:—

"They're not so much seeing a Duke and Duchess as a happy lad and lassie."

(In the next instalment of his great work, Major Kipling finds the future King George shaping his destiny as a world figure. An historic event is the birth of the present Prince of Wales. But into the father's happiness, the clouds of war on the African front intrude ominously. Don't miss this chapter.)

apply the pack and leave on until dry, then wash off with tepid water. Dry the skin and apply your hand lotion and massage until dry.

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NERVILINE**

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FROM the standpoint of dollar-for-dollar value, no other car can match the new Chevrolet Six. For Chevrolet combines the smooth, quiet, powerful performance, which nothing less than a six can give, with low first cost and the keenest economy.

Its sturdy, six-cylinder engine has been stepped up to 50 horsepower with correspondingly improved acceleration and hill-climbing ability. Yet this increase in power is accompanied by no increase in fuel consumption. Definite new advancements in carburetion and manifolding and new cylinder-head design ensure unsurpassed economy.

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The new Chevrolet Six offers, too, the beauty and luxury characteristic of high-priced cars. Its fine appearance is distinguished by the long, low lines and beautiful colorings of its new Fisher bodies by larger balloon tires, distinctive radiator design, and chromium-plated bright-work, inside and out. Wide, deeply-cushioned seats with form-fitting backs give unusual riding comfort intensified by Delco-Lovejoy shock absorbers, front and rear. The driver's seat is adjustable. The Fisher non-glare windshield is but one of many safety features.

Before you buy your next car, drive the new Chevrolet Six and weigh its assurance of greater beauty, finer performance, economy and long life against all that any other car in its price field can offer you. Eight beautiful new models to choose from at extremely low prices and all available on the G.M.A.C. Deferred Payment Plan.

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