

MISERABLE FROM A COLD?



Do This Quick for Relief!
If you are sneezing and sniffling from a cold... all stuffed-up, with your nose and throat raw and sore—combat this distress, as thousands do, by gargling with new Pepsodent Antiseptic.

Thereason it's recommended is this: Standard laboratory tests prove new Pepsodent Antiseptic kills millions of germs that go with colds. The very type of germs that many medical authorities say often *heighten* the misery and *prolong* the effects of a cold.

Isn't it only common sense then, to gargle with new Pepsodent Antiseptic at first sign of a cold! What better way

to combat millions of germs that swarm on mouth and throat surfaces as far back as you can reach... back where illness often strikes first!

Sotreat a cold this sensible way: Get plenty of rest, avoid exposure, dress warmly, drink plenty of liquids... and gargle frequently with new Pepsodent Antiseptic. See if you don't relieve discomfort almost at once!

PEPSODENT ANTISEPTIC

Joins British American Oil



MR. J. G. GOODSOE
Executive Vice-President
The British American Oil Co., Ltd.,
Toronto 1, Ontario
(Photo by Karsh)

J. Goodsoe, Chairman of the Wartime Industries Control Board and Co-ordinator of Controls in Munitions and Supply, has accepted a position with British American Oil as Executive Vice-President.

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QUICKIES

School Improvement League Activities

A busy year for the School Improvement League was reported by the president, Gordon MacDonald, in her report submitted at the League's annual meeting recently.

"At our first meeting," Mrs. MacDonald reported, "the executive committee was organized and a number of city schools, whose heads and teachers were contacted on a favourable and the new light and fire facilities were found to be most satisfactory, with the exception of the fire escape door for ladders. At the beginning of the year and continuing all the way through, our League resumed its regular efforts of campaigning for a Composite High School for Charlottetown.

"At one of our early meetings," she reported, "Mr. J. G. Goodsoe, our Minister of Education, who was informed of our Composite High School project, was suggested to both the Department of Education and the Charlottetown School Board, that such a high school might be considered as a very suitable memorial to the service men and women of this province.

Guardian Article Cited

"Just at this time, a succession of articles appeared in the Public Forum of the Charlottetown Guardian. This appeared to be a happy opportunity to present some of our League's views on this question, and also to press home the need for a Composite High School for Charlottetown. A series of thirteen articles in all were prepared and published, after considerable editing, and appeared twice weekly in the morning and evening papers.

"Our series began by acquainting the public and I believe for the first time, with the startling facts, that less than ten per cent of our island youth receive their elementary schooling. Two great weaknesses of our educational system we held mainly responsible for these results—the low rate of teachers' salaries and the inadequate number of schools. The needs of the majority of our island youth.

Local Conditions

"In the latter part of our series we narrowed our view down to our local school situation. Here, we might have been expected to report school conditions infinitely better than those of our neighbouring communities, with their more limited resources, but here improved, while we had an additional and immediate problem to solve—that of the over-crowding of our city schools.

"We prescribed a Composite High School as the most expedient public and I believe most desirable solution to our problem. We sincerely hope that it had its desired effect on the public mind and that we have played some small part in preparing the public to pay substantially more for education, when improvement is put before them.

"I should like to take this opportunity to thank the members of the writing committee, Mrs. Creelman, Mrs. Lantz, Mrs. MacMillan and the members of the public and I believe most desirable solution to our problem. We sincerely hope that it had its desired effect on the public mind and that we have played some small part in preparing the public to pay substantially more for education, when improvement is put before them.

"At the close of this project, a slogan contest was conducted. Mrs. Stewart, Mrs. Holman, and Mrs. Dew prepared sixty items, which were published in daily sequences, and the majority of the Guardian. Each slogan presented a pertinent fact, pointing to the need of a Composite High School for Charlottetown. The slogans were an excellent follow-up of our Public Forum series and a great success in themselves, and we hoped would reach an even wider reading public than our previous series could be expected to reach.

"Our League meetings during the past year were greatly increased in interest by timely addresses from different speakers. Mr. Lloyd Shaw gave us a very stimulating address on education in P. E. I. Later we heard Col. Rogers on school broadcasts and Miss Hilda Gillis on educational films, which the latter very ably demonstrated to us on the part that Home Economics should play in our schools. We also had a very interesting address from one of our members, Mrs. Creelman, on Art in the schools.

School Broadcasts

"As a follow-up of Col. Rogers' address, the school broadcasts were listened to and broadcast pamphlets studied by our members. These met with very favourable reaction by our League members. The broadcasts visited by Mrs. Hurst was quoted to find the school broadcasts a most useful supplement to the usual classroom lessons.

"At that time, we heard Mr. Lusty, director of the Maritime school broadcasts had recently addressed the Charlottetown Kinmen Club and that they had shown considerable interest in the school

broadcast series. Our League decided to contact the Kinmen Club and inquire of them if their club might become interested in financing the project of supplying radios for the city schools. However, before taking this step, we thought that we should inquire from the principals of the four different schools, how their staffs might feel about the proposed radios for the schools. They were favourably inclined in all cases.

"We then requested and later received permission from the Charlottetown School Board for the League to borrow the Kinmen Club in this matter. At our last meeting, it was reported that the Kinmen Club had very generously undertaken the project of financing the complete installation of the radios for the city schools. The equipment is now on order at C.P.C.T. Such a system makes provision for one central machine for each school and will be individually controlled, the radio to each classroom. Each system, will serve in an additional way as a public address system, which will enable the principal to get in touch with the different members of his staff at will, rather than having to resort to the old noisy carrying fashion of communication.

Art Exhibition

"In the spring, as a result of our League's interest in Art in connection with the schools and also as a result of the personal initiative of our vice-president, Mrs. Creelman, our School Improvement League purchased a used school exhibition, at a greatly reduced price. In considering this transaction, we were very fortunate in being able to call upon one of our own members, Mrs. Creelman, for an authoritative opinion and we were persuaded that our League was making a sound investment in the buying of this collection. Furthermore, Mrs. Creelman most kindly offered to undertake the necessary touching up of the pictures that was necessary.

"A committee was appointed consisting of Mrs. Holman, Mrs. Kemp, Mrs. Stewart, and Mrs. MacNeil to help prepare the pictures for framing. Mr. Tait and Mr. Barlow have kindly promised to have their manual training classes make the frames for the pictures. All this will entail a goodly amount of work, but I am very proud to present the finished collection to the schools, where we are confident that it can be of great advantage.

"The present collection of pictures, we hope will serve as a nucleus to which other reproductions may be added from time to time by ourselves, or other interested parties; so that eventually, we may build up a representative collection of each period in Art. At the present we plan to have at least one picture in each classroom to be rotated monthly. At the end of the school year, we hope to have each school exchange its collection with another.

"Our only money-making ventures throughout the year were two rummage sales carried out under the capable leadership of Mrs. Aard. These sales were participated in by most of our members and provided the means for buying our school exhibition.

"Last spring, our League was honoured by an invitation from the Rotarians, to our executive, to attend one of their regular luncheon meetings. There, your executive was encouraged to hear the guest speaker, Dr. Steele, on the League's project for a Composite High School for Charlottetown.

"High School Brief Presented
"While the Reconstruction Committee was in session last year, our League drew up and presented a brief, recommending certain essential changes in P. E. I. educational system, stressing particularly the need for a Composite High School for Charlottetown and improved teacher's salaries and qualifications.

"Coming within the scope of our League's interest has been a desire for improved status for the school children of Charlottetown. Mrs. Whitehead and Mrs. Dew were appointed last spring to look into a matter and this fall brought in a very comprehensive report of steps which might be taken to bring about improvement. Certain measures, our League is now carrying out.

"During the year the immediate needs of our city schools were kept well in mind by our League—lack of proper school equipment, cessation of music instruction, absence of regular fire drills, necessity for public bars, and the increasing congestion of our city schools, were taken up by our League and brought to the attention of the School Board.

"In June, Mrs. Lantz and I were appointed to the Charlottetown School Board by the City Council. It is Mrs. Lantz's and my earnest desire to serve to the best of our ability in this new capacity.

"Improved Salary Survey
"Late in the spring, the School Improvement League was approached by Miss Estelle Bowness, President of the P. E. I. Teachers' Federation, who asked our League to undertake a provincial survey to ascertain public opinion, as regards improved salaries and qualifications. This proposal is still under our consideration.

"In May, we were also approached by the Editor of the Red and White Review of St. Dunstan's University, who asked us to outline the growth of our organization, its activities and plans for the future. This summary appeared in the May edition.

"I am pleased to report, at this time, that our membership has increased during the past year. I should also like to report that our telephone committee, Mrs. Bell, Mrs. Bear, Mrs. MacNeil, Mrs. Hyndman and their substitutes, Mrs. Kemp and Mrs. Holman, have performed their duties faithfully and can be credited to a large extent for our satisfactory attendance record throughout the year. Our lunch committees have been a great success and have provided a much appreciated lighter touch to our otherwise strenuous meetings. Here, too, I should like to thank the different hostesses who have been kind enough to open their homes to us for our meetings, throughout the year.

"In summing up, it would appear that our interests have been spread rather broadly but I believe that we can quite truthfully say that our one main cause, the improvement of school conditions in Charlottetown, has not been neglected, nor have we overlooked, in so far as we know, any opportunity to further our objective of a Composite High School for Charlottetown. In this latter respect, I hope that we shall, this coming year, press nearer our goal and that we may be able to see a definite likelihood of its construction at that time.

"Mrs. MacDonald concluded by thanking the members of the executive, the different committees and all concerned in furthering the success of the League's efforts.

A SVELTE FIGURE
Several years ago when Sonja Hentle first arrived on this side of the skating star was what you'd call pleasingly plump. Today, she's as svelte as can be, thanks to a sensible but rigid diet and exercise.

Take your time about dieting down to your former slimmness, she warns. Just remember your probably put that excess weight on over a period of a year or more, and it shouldn't be taken off in too much of a hurry.

Sonja's reducing diet includes drinking eight glasses of water a day. Yes that's right—eight! Don't say to yourself five is enough or six should do the trick. Drink the eight glasses.

Eat plenty of fresh green vegetables, too. You won't miss potatoes, rice and macaroni if you have two cooked vegetables and a green salad along with plenty of protein—meat fish or eggs.

Sugar in some form is necessary for energy. But use it sparingly. If you take two or three lumps in your coffee, cut down to one. If you must eat candy, have but one piece a day, and skip desserts or eat fresh fruit, which is much better for your complexion.

And while losing weight, Sonja says, be sure to keep up your exercise so that your flesh will remain firm.

HOW LONG HAS THIS BEEN GOING ON?

"Somebody should have told me long ago about the brisk flavour of Lipton's Tea."

Yes, you're missing something if you haven't tasted Lipton's Tea... the tea with the lively, brisk flavour, fresh and full-bodied, never flat or insipid. Brisk is the tea experts' word for the spirited flavour of Lipton's. Change now to brisk tasting Lipton's Tea.

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QUICKIES

By Ken Reynolds

"He found my watch — and won't give it back to me — I offer a reward in the Guardian Want Ads!"