

CIGARETTES, CHOCOLATES ARE POPULAR GIFTS

ARMY LIMIT 11 LBS. NOV. 10 IS DEADLINE

In the matter of sending Christmas parcels to the United Kingdom the soldier has a great advantage over the civilian.

For civilians there is a five-pound limit but for soldiers the maximum is eleven pounds at 12 cents a pound. Post Office officials point out.

In addition it is hoped that Canadians who wish to send parcels to the Canadian armed forces overseas do so at the earliest possible moment as it will conserve shipping space later in the season.

Only parcels, packages, and letters mailed before Nov. 10 can be sure to reach the United Kingdom in time for the Christmas season among the troops.

Post office authorities wish to warn against the enclosing of inflammable materials such as matches or lighter fluid in overseas mail.

Postal officials list cigarettes and knitted goods as the number one and number two choices for Christmas presents for service men.

Send That Overseas Box Now



This young lady, like thousands of others in Canada this month, is busy packing a Christmas box for her friends now serving with the Canadian troops in England. Items most needed by the boys overseas include: socks and handkerchiefs, razors and blades, tooth paste, flashlights and batteries, fountain pens and pencils, watches, vitamins, cigarettes and confections. All newspapers in Canada are co-operating this month in a campaign to urge that parcels be filled generously with useful gifts and that they should be mailed early.

Vitamin Products Declared Ideal For Christmas Overseas Packages

One of the main considerations of the Canadian armed forces now serving overseas in democracy's first line of defence is health.

At this season when Christmas parcels are being sent overseas, vitamin products have achieved a prominent place in the packages because they are packed with energy in a form convenient for shipping.

During the past twenty years the public has become increasingly conscious of nutritional requirements, and medical research has established the absolute necessity of definite amounts of certain food factors (vitamins) in the diet.

While the average peace-time diet usually contains sufficient of these vitamins to ward off actual deficiency diseases, all too frequently it lacks adequate amounts to ensure continued robust health. It is logical that adequate quantities of these important food factors are even essential under the added strain and stress of wartime conditions.

The following is a quotation from an article which appeared in the Journal of the American Medical Association, October 5th, 1940:

"England, locked in the struggle of total war and conscious of the importance of maintaining at high levels the strength and courage of its people, has fortified margarine with vitamin A and restored calcium and thiamin hydro-sulphide (vitamin B1) to flour. This action was taken on advice from the Medical Research Council and with the recommendation of leaders in nutritional research. Sir John Orr

with British forces in the U.K.; members of His Majesty's forces serving in the Middle East and other places outside the U.K.; members of the Canadian Army on duty in the West Indies; members of the Canadian Army on duty in Iceland; personnel of H.M. ships and H.M.C. ships abroad; nurses attached to units of these forces. It is to be noted that the limit for the West Indies is 20 pounds, and that the same limit applies to members of the Canadian Army on duty in Newfoundland for which the rate is only 10 cents a pound.

Nothing causes more headaches to postal authorities than inadequately packed parcels for overseas shipment. Often such parcels never reach their destination because of breakage or excessive damage. That in turn only means disappointment for the men overseas.

Postal authorities issue hints on packing from time to time, but poorly-packed articles will appear and regularly come to grief.

Thin, cardboard boxes, such as shoe boxes and thin wooden boxes should not be used; nor does a single sheet of ordinary brown paper afford sufficient protection. Cylindrical tin boxes are very liable to damage.

The following forms of packing are recommended: (1) strong, double-cardboard boxes, preferably those made of corrugated cardboard and having lids which completely enclose the sides of the box, or (2) strong wooden boxes.

Additional security may be obtained by applying an outer covering of linen calico, or canvas, which should be securely sewn or cemented up.

Foodstuffs such as cakes, biscuits, fruit, etc., which are liable to deterioration should not be sent unless enclosed in airtight receptacles. Further, honey, jam, and similar semi-liquids must be packed in tins with lids and joints well soldered down, and anything likely to become soft or sticky, such as chocolate or sweets, must be packed in tins with well-fitted, screw-down lids.

Addresses should be printed in bold letters in ink or indelible pencil in several places on the parcel itself.



REMEMBER THE BOYS IN UNIFORM

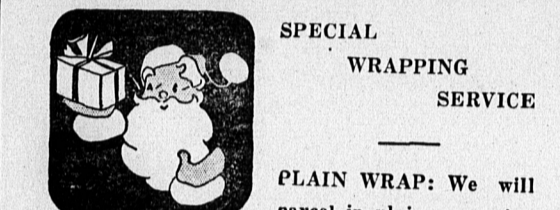
DON'T FORGET YOUR DADDY YOUR BROTHERS YOUR BOY FRIEND

Get YOUR Christmas parcel away early, the mails are heavy, the distribution is necessarily slow. To avoid disappointment make up your box NOW.

Suggestive Gifts :-

- SHIRTS, Army, Navy, Air Force.
- TIES, Army, Navy, Air Force.
- SWEATERS, Army, Navy, Air Force.
- SOCKS, Army, Navy, Air Force.
- SCARVES, Army, Navy, Air Force.
- GLOVES, Army, Navy, Air Force.
- SUSPENDERS, Army, Navy, Air Force.
- PYJAMAS, Army, Navy, Air Force.
- HANKIES, Army, Navy and Air Force.
- MONEY BELTS, Army, Navy and Air Force.
- TOILET SETS, Army, Navy, Air Force.

You will find a most complete choice for all three services



SPECIAL WRAPPING SERVICE

PLAIN WRAP: We will parcel in plain wrapping paper—extra heavy for overseas—label and address ready for mailing any purchases at this store. FREE OF CHARGE

FANCY WRAP: We will parcel in fancy Christmas gift paper and make ready for mailing any purchases, at a small nominal charge to defray cost of fancy paper, ribbon seals, etc.

MOORE & McLEOD Limited

All you have to do to obtain this service is to step in to your nearest tobacco store and ask the agent for an order blank. You are allotted a number, and, should you wish to repeat the order at a later date, all that is necessary is to mention that number.

Buy Your Overseas Gifts Now

See our splendid line of Christmas Gifts for Navy, Air Force or Army men Overseas or in Canada.

- SLEEVELESS SWEATERS. In Khaki, Air Force or White, pure wool — \$2.25 to \$3.00
- SWEATERS WITH SLEEVES in Air Force Blue, Khaki or Navy — \$2.95
- PYJAMAS WARM AND COMFORTABLE in a great variety of yama clothes \$2.25 to \$2.75.
- BROADCLOTH PYJAMAS both plain and fancy — \$2.50 up to \$3.95
- BATHROBES. In pure wool flannels all weights wine, Air Force blue and Navy shades — \$9.00 up to \$20.00
- FLANNEL SHIRTS in grey or khaki. Priced — \$2.50 to \$3.50
- UNDERWEAR ATHLETIC in light, medium or heavy weights — \$1.00 to \$10. Suit
- HAVERSACKS a gift he will need — \$6.75
- LEATHER JACKETS in Black or colors — \$9.75 to \$12.75
- CAPE GLOVES Brown or Black — \$1.50 up
- WARDROBE AND STEAMER TRUNKS Steamer trunks \$9.00 up, Wardrobe trunks \$22.50 to \$29.50 very luxurious.
- REGULATION SHIRTS in Khaki, Air Force and white — \$2 to \$3
- Khaki and Black Ties, wool gloves and many other gifts used by service men.

BUY EARLY TO ENSURE DELIVERY OVERSEAS

HENDERSON & CUDMORE MEN'S WEAR

Christmas Greeting Cards For Overseas

Those sending Cards early would do well to look over our stock as we have a nice selection with suitable messages from Canada.

Our usual large range of Christmas Greeting Cards will be on display earlier than usual this year for the convenience of our many customers.

For those sending parcels do not forget that we have many items suitable for mailing such as Fountain Pens, Pencils, Bill Folds, Boxed Stationery and Books to suit every taste.

CARTER'S Bookstore

Proper Addressing and Packaging

(Continued from page 6, Col 6) Rank, surname, followed by initials.

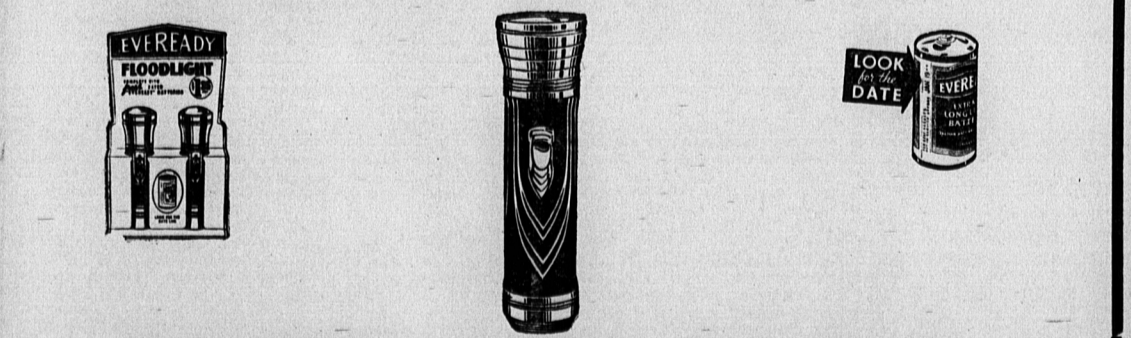
Name of Royal Air Force unit, Royal Canadian Air Force Overseas. Example: When R.A.F. unit is known. Example: R1926. LAC. Jones, A.M. No. 10 Squadron R.A.F. Royal Canadian Air Force Overseas. When unit of R.A.F. is not known Example: (Can.) R72176. A.C.I. Smith, W. F. Attached Royal Air Force, Royal Canadian Air Force Overseas.

In the case of Royal Canadian Air Force officers the form of address is the same except that the air force number should be written after the name and rank of the officer. Place-names may be used in addressing mail to officers and air-men with Royal Air Force units, but when place-names are used the name of the unit must be given. In the case of parcels, if a place-name is included in the address they will be handled through the civil postal service, overseas, and there is a possibility that custom charges may be imposed.

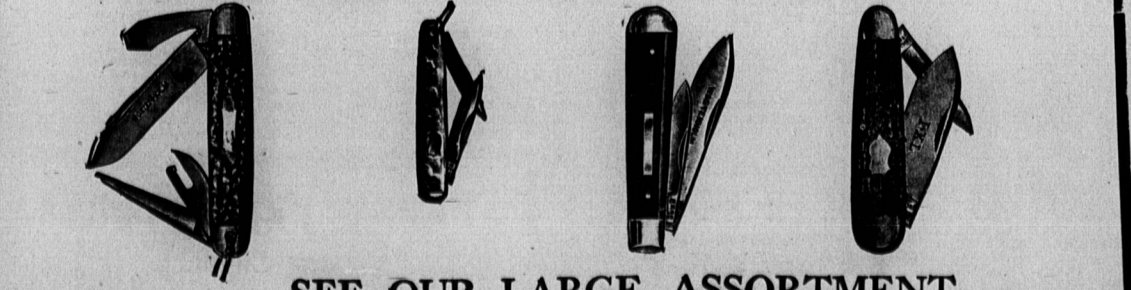
SPECIAL REDUCED RATE As regards cost, a special reduced rate of 12 cents per pound now applies to the following: (weight limit 11 pounds)—

Members of British, Canadian, Dominion, or other colonial troops serving in the United Kingdom; members of the official auxiliary forces in the U.K.; members of the forces of Gen. de Gaulle serving with British forces in the U.K.; members of Polish forces serving with British forces in the U.K.; members of other forces serving

REMEMBER OUR FIGHTING MEN AT CHRISTMAS

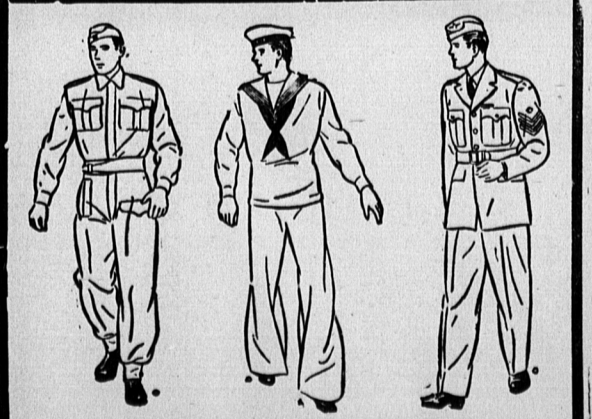


Flashlights in a Wide Price Range Famous English Pocket Knives I. X. L.



The Rogers Hardware Company Ltd. WHOLESALE & RETAIL

Phones 105-1308 Free City Delivery



YOUR PARCEL FOR OVERSEAS

Those special fellows "over there" deserve special service so we have arranged to package free of charge and handle mailing of your Christmas Overseas Mail.

Don't be caught like this! Let us handle the mailing of your parcels and ensure their safe arrival.

SHOP EARLY MAIL EARLY

RIX'S GROCERY

PHONE 1601-1602



HERE are a few suggestions that will make easy mailing, and they're gifts that are sure to please.

- SEWING KITS Contain needles, buttons yarn etc., in khaki or blue. Roll-up — \$1.00
- WRITING PORTFOLIOS From \$1.25 up
- MONEY BELTS KHAKI or BLUE For that Sweet Tooth Send them LAURA SECORD CANDIES MOIRS & GANONG'S CHOCOLATES Salted cashew nuts and peanuts in vacuum tins
- GILLETTE One piece TECH RAZOR with 5 Blades \$1.50
- GILLETTE SHAVING CREAM and 10 BLADES 90c Value — 59c
- SENT THEM VITAMINS in handy capsule forms NATOLA 100's — \$2.25 A. B. D. and G CAPS 100's — \$3.45
- Holdal Rubber-Lined Rollups Khaki or Blue — \$1.50

SHAVING SETS AT ALL prices also separate items such as, shaving soap in wooden or glass bowls, shaving creams, lotions, talcum, tooth pastes, tooth brushes, foot powder, moxema cream, etc.

Send them lots of cigarettes and tobacco, also look over our display of cigarette cases and tobacco pouches, bill folds, lighters, pipes, etc.

THE JENKINS PHARMACY THE Retail Store Dispensing Chemists PHONE 219 COR. ST. GEORGE & KENT STS. CHARLOTTETOWN P. E. I.