



...these hands took care of you... will they have the skill to take care of him..?

THESE are young hands... reliable hands... they held a hot rifle and fought for your freedom. BUT unless they are trained in the skills of peace, they will not be able to provide a good living for their owner.

One of the big jobs your Victory Loan dollars can do is to provide thousands of returned men with training in paying skills... men who were fighting for us during those years that might have brought them trade or business experience. Who can refuse to sign for Victory in such a cause?

Now the war is over, but the fight to win the peace has just begun. Now is the time to show our appreciation, to give our men a good start in civilian life, to repay in some measure what they gave up for us. Remember, there is now only one Victory Loan in the 12 months' period, so you can buy twice as many bonds this time.



Sign your name for Victory

BUY VICTORY BONDS

NATIONAL WAR FINANCE COMMITTEE

MUST EXERCISE FOR SLIM HIPS

Here are some tailor-made exercises guaranteed to iron out too supple hips. Allow 15 minutes a day to the...

stunt, and remember that regularity is a must. If fresh is flabby, you can apply the tape-measure test at the end of seven days, but if fresh is stubbornly firm, give exercises at least two weeks to prove their worth.

No. 1—Sit on floor with torso in half-lying, half-sitting position, weight on hands turned in towards the body, diaphragm and abdomen contracted. Raise legs toward chest, bending knees and keeping toes pointed. At the same time,

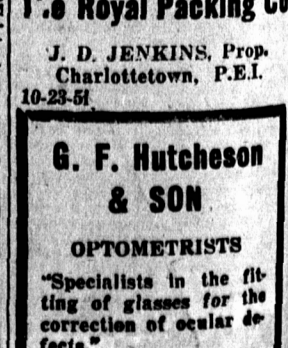
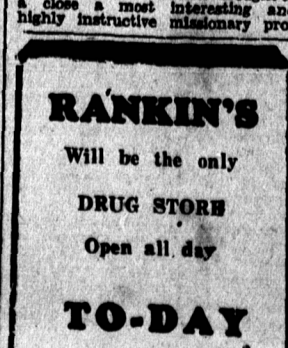
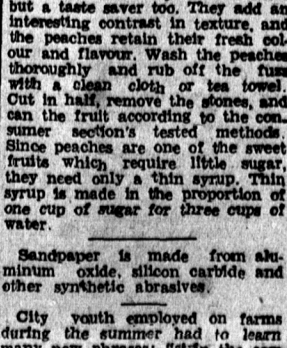
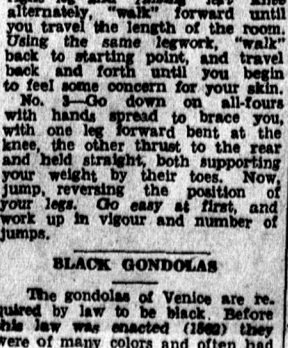
throw your head back to stretch neck muscles, and slowly raise legs straight forward and up, keeping toes pointed and head back. Inhale as you begin, exhale when finished. To finish, you slowly bring legs downward and back to original position—flat on the floor. Repeat 10 times and go into the next exercise, which is:

No. 2—Sit with legs outstretched and hands behind you with palms flat on the floor to balance your body. Raise right knee and keep foot flat on the floor. Lowering right leg and raising left knee alternately, "walk" forward until you travel the length of the room. Using the same legwork, "walk" back to starting point, and travel back and forth until you begin to feel some concern for your skin.

No. 3—Go down on all-fours with hands spread to brace you, with one leg forward bent at the knee, the other thrust to the rear and held straight, both supporting your weight by their toes. Now, jump, reversing the position of your legs. Go easy at first, and work up in vigour and number of jumps.

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CENTRAL GUARDIAN

This column is reserved for news of local interest... at five cents a word, strictly payable in advance.

GRABWELL for Photographs

CONFEDERATION LIFE INSURANCE

AGRICULTURAL STUDENTS

The following Island students are enrolled as first year students in the Truro Agricultural College: Murray A. Creed, Bridgetown; Morris Deacon, Freetown; David Graham Gillespie, Charlottetown; John Maxwell Gillis, Freetown; Thomas McLaren Kesting, Charlottetown; Stuart Edwin Pappin, Charlottetown. Second year pupils: Lawrence Boyd Yee, Central, Lot 16.

A FAREWELL PARTY

On Tuesday evening, Oct. 18, Mrs. Patrick MacIntyre and Mrs. J. J. Rooney were pleasantly surprised when a splendid and nostalgic Newport tendered them a farewell party before leaving to take up residence in Montreal. The meeting was called to order by Mrs. A. J. MacDonald and a well-worded address was then read by Miss Mary Sloan. Mrs. MacIntyre was presented with a beautiful prayer-book and rosary beads by Mrs. Jerome MacDonald, and Miss Isabel Campbell presented Mrs. Rooney with a handsome Aladdin lamp. Mrs. MacIntyre and Mrs. Rooney thanked the ladies for their kindness and thoughtfulness and expressed regret for leaving their good neighbours in Newport. Following the presentation a delectable lunch was served by the ladies and after a social hour the pleasant evening was brought to a close by singing "God Save the King."

WINSLOW SOUTH W.M.S.

The October meeting of Winslow South W.M.S. was held at the home of Mrs. Archie Auld, on Oct. 17. The president, Mrs. Earl Rodd presided. The meeting opened by singing Hymn 28, "The Heavens Declare Thy Glory Lord." Mrs. Earl Clark presided at the organ. The responsive reading was taken from Hymn 754. The study book, "Church of Angels" was discussed and the first chapter studied. Mrs. Earl Rodd asked questions about that church and the members answered them from the study book. A map was used in finding places discussed. The parts were taken by five members. The minutes were read and adopted and the roll call answered by five members. There were two visitors. The thankoffering and business were opened and the sum of \$2.25 was realized. The next meeting will be held at the home of Mrs. Earl Rodd. The roll call will be answered by a verse containing the word "word". The closing hymn 508: "The Day Thou Gavest Lord Is Ended," was followed by Miss Soga's Benediction.

ST. PAUL'S A.Y.P.A.

On October 17th, at 8.00 in St. Paul's Parish Hall, Miss Mary Lawson, president of St. Paul's Anglican Young People's Association opened the meeting with prayers for blessing and guidance in the election of new officers. Before the meeting was thrown open for nomination of the new Executive, the work of the past year was reviewed. Amendments and reports were moved and seconded, and the Association were reminded of their duties and responsibilities as officers that they were about to elect. Miss Nancy Simpson was chosen as chairman to take charge of the election and Miss Ann Duffy and Miss Dilly Worth acted as scrutineers. The results of the balloting are as follows: President, George Anderson; vice-president, Ann Duffy; treasurer, Beverly Vandenberg; recording secretary, Gerry Hillion; correspondence secretary, Molly Lewis; publicity, E. M. Duffy; worship committee chairman, Mary Lawson; education committee chairman, Mary Lawson; work committee chairman, Nancy Simpson; fellowship committee chairman, Betty Bear. In a short outline of the program for this year, Mr. Anderson said he intended to have a flexible working unit composed of four committees representing the fourfold pledge of the A. Y. P. A.: Work, Fellowship, Education and Entertainment. The meeting closed with a vote of thanks to Miss Mary Lawson for her work and service as president during the past term of 1944-45.

UNITED BAPTIST W. M. S.

On Friday evening, October 19th, the Baptist Women's Missionary Society of Tryon and Westmoreland met at the home of Mrs. Warren Inman, Hampton. The president, Mrs. Inman presided and conducted the devotional period. The meeting was opened by singing "Work for the Night New Coming," followed by the reading responsively of Psalm Thirty-four. The president read a poem, "Our Missionary's Need," circle of prayer followed in which Rev. and Mrs. C. A. Hicks, Mrs. E. C. Holm, and Mrs. Inman participated, all uniting in the Lord's Prayer. Mrs. Jack MacEachern and Mrs. James K. Gordon sang as a duet, "Anywhere With Jesus." Mrs. George Carson gave a most interesting reading, "Faith Is Needed." This was followed by a duet by Mrs. Sturgeon, Hicks, and Mrs. George Carson, "I Heard the Voice of Jesus Say." Mrs. Russell Boyce then gave a reading, "Women and Missionary Work." Mrs. Crook and Lela Moore were then heard in a very sweetly rendered duet, "Have Thine Own Way Lord." Mrs. E. C. Holm followed with a very instructive reading, "Our Faith." The hymn, "Fight the Good Fight" and the Misses Benediction brought to a close a most interesting and highly instructive missionary program.

SLOAN'S LINIMENT GIVES FASTER RELIEF FROM SPRAINS, STRAINS, AGES AND SORENESS!

grams Mrs. Hickox and Mr. Inman were the plaintiffs. Mr. Howard Calbeck, Tryon, on behalf of the visiting Societies, extends to the Bonshaw W.M.S. a very sincere vote of thanks, which was responded to by the President. A delicious lunch was then served by the ladies of the Bonshaw Union. A social hour followed and after the singing of the National Anthem all departed, hoping to meet soon again at another such meeting.

VISITING FAMILY—Mrs. William Coulson of Montserrat, P.E.I., has been visiting her daughter, Mrs. Percy MacConnell, View St. and Mrs. Jack Diamond, Stellarton Road. Her son, Ralph Coulson, of the Air Force at Yarmouth, had been home on a visit and she accompanied him back this far. She is leaving on the return trip with in a day or two. — New Glasgow News.

PERSONALS Mrs. Vera E. Murray left yesterday morning for Montreal when she has accepted a position. She was accompanied by Miss Mildred Ross.

Miss Helen MacDougall left for New Glasgow, N.S. by plane on Friday where she spent the week Stewart.

Lieut. N.S. M.E. Mitchell and Mrs. Mitchell, P.E.I. are among the Ile de France passengers arriving in the city Monday night.

To extract onion juice, cut the onion in half and squeeze on a reamer as for orange juice.

The caterpillar of the asure butterfly carries a bodyguard ante ride on its back for the honey it secretes and in return, protects the worm from parasites.

Children's COUGHS Relieved Quickly

Wise mothers know that early treatment is the important factor in ridding a child of a cough or cold. The medicine must be pleasant to take and give fast relief. These requirements are amply met in Polson's Cough Syrup, a remedy children like to take because of its pleasant and aromatic taste. No one has to wait long for results from Polson's Cough Syrup; not only does it help to soothe and ease the cough, it has the additional advantage of acting as a tonic.

With the first sign of a cough, train your children to ask for Polson's Cough Syrup; it brings faster relief. For young and old alike Polson's Cough Syrup is a remedy dependable and efficient for Coughs, Colds, Irritable Throat, Bronchitis and kindred ills due to cold. Sold by all Dealers in Medicine in 35c bottles.

POLSON'S COUGH SYRUP



ATTENTION FARMERS

As our plant has a capacity of 2000 birds daily, we need large quantities of chicken and fowl, both alive and dressed. We have large orders to fill and must secure a heavy volume of poultry during the next few months.

Crates supplied and returns made daily.

T. & Royal Packing Co

J. D. JENKINS, Prop. Charlottetown, P.E.I. 10-23-51

G. F. Hutcheson & SON OPTOMETRISTS "Specialists in the fitting of glasses for the correction of ocular defects." 83 Grafton Street

RANKIN'S Will be the only DRUG STORE Open all day TO-DAY

BLACK GONDOLAS The gondolas of Venice are required by law to be black. Before this law was enacted (1862) they were of many colors and often had gold embroideries on their awnings.

Sandpaper is made from aluminum oxide, silicon carbide and other synthetic abrasives. City youth employed on farms during the summer had to learn many new phrases: "stip the cow clean" and "pen the broody hens".