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FREE Send your name and address for the booklet 'How to Put 'D' in Your Diet' which contains many useful suggestions and recipes for healthful balanced menus.



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Because you get all original cream from the rich milk produced for SUNCREST by the renowned dairy herds of Leeds and Grenville Counties... plus the health value of Vitamin D added by irradiation, SUNCREST Milk is better for your cooking.

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CALEDONIA SCHOOL

Report for January. Grade X-1, Louise MacPherson; Victoria Walker; Grade IX (a) - 1, Viola Stewart; 2, Christine Cameron.

Grade III-1, Buddy Stewart; Grade II-1, Annie MacLennan; Grade I (a) - 1, Sally Stewart; 2, William MacLennan.



Like giant firecrackers, propaganda leaflet containers plunge toward Mezzanotte, Germany, from a U. S. Army bomber. But before these were dropped disks of real bombs struck up the Heines below.

This Army



'Cut out the singing, I can't hear a thing the O'Pip's sayin'.'

Official List of Casualties

ROYAL CANADIAN AIR FORCE OVERSEAS Killed On Active Service John, Irving Lawrence, F.-Sgt. Hensborough, Sask.

CANADIAN ARMY OVERSEAS (Maritime Provinces) Canadian Cavalry Corps Boyaner, Frank, Major, Saint John, N. B.

Canadian Armoured Corps Bolster, Harry Ivan, Lieut., Dalhousie, N. S. Killed in Action Canadian Armoured Corps Jardine, Lloyd Alexander, Tpr., Chipman, N. S.

Canadian Armoured Corps Smith, Charles Malcolm, Tpr., Little River, N. S. Royal Canadian Artillery MacGregor, James David, Cnr., Westville, N. S.

This War—Four Years Ago

By The Canadian Press. FEB. 8, 1941—Now contingents of Canadian, British and Australian graduates of British Commonwealth...

Women's War Work Committee of Red Cross

The following report of the Women's War Work Committee for 1944 was submitted at Tuesday's annual meeting of the P. E. I. Division, Canadian Red Cross Society, by Mrs. E. A. Foster.

Hilma Rubinsten introduces the NEW LARGE SIZE Film Impact

Now in a generous new size—this first size take-up created in a choice of blends—one for dry and one for oily or normal skin.

Introducing you to Film Impact... you that Film Impact not only creates day-long beauty, but provides special protection for your individual complexion needs.

Charlotte, P.E.I.

Record Year for North American Life

New business in 1944 of the North American Life reached a new peak of 40.9 million, a new over the record established in the previous year.

Worn Necessities

Here I would like to quote from a report given Mrs. McEachern at a meeting of the Council held in Toronto on January 7.

Excellent Service In expressing thanks to the women of this province as a whole, I would also like to voice appreciation to the Charlottetown and Summerside detachments of the Canadian Red Cross Corps who are rendering such excellent service to this organization.

HEY MOM! why haven't you sent in that form?



FAMILY ALLOWANCES will be paid every month for every eligible child under 16, to help parents provide nourishing food, adequate clothing and to assist in equalizing opportunities for education.

As well as to the office staff for their support. It is indeed a pleasure to have Mrs. Clara McEachern with us on this occasion of our annual meeting, and I know that all the women doing Red Cross work in this province join with me in welcoming her to our midst.

Want to make everyday meals taste better? Serve "ONIONS"

We're fortunate to have good food supplies in Canada... and now that Canadian onions are plentiful, you can serve all the delicious onion and onion flavoured dishes the family want.

DOMINION DEPARTMENT OF AGRICULTURE, OTTAWA Honorable James G. Gardiner, Minister