



"Cheer! Just think of all the delicious Grape-Nuts Flakes I could eat if I had a mouth like that!"

"I could sail into a scowful of those malty-rich, sweet-as-a-nut Post's Grape-Nuts Flakes!"

"And boy! How I'd pack in the nourishment! All those carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; and other food essentials."

"They'd have to cut an acre of wheat and malted barley to get enough of those golden grains for a couple of mouthfuls of Post's Grape-Nuts Flakes."

"And they'd have to pack 'em loose in box cars instead of those big economy size packages."

"Come, come, Wilbur. You're making me hungry. Let's go home."

HAZELBROOK W. I.

The regular meeting of Hazelbrook Women's Institute was held at the home of Mrs. Harold Carver with eleven members answering the roll by an exchange of valentines. Meeting opened with the president, Mrs. Kenneth Paynter in the chair.

There were no minutes read and Miss Sue Jones was appointed secretary for the evening. Institute ode was sung and creed repeated in unison.

Proceeds from boxes \$11.00. Mrs. Harold Carver was appointed secretary for the year. It was decided to have films once a month in the school, night to be Thursday if suitable.

Plans were made for a crokinole party in the school. Proceeds for Grab Bag \$11.00. Collection 55 cents.

Mrs. Alvin Myers invited the next meeting and Mrs. Haldore Wood was asked to give a review of the Institute since its organization nineteen years ago. Next roll call to be answered by a house-cleaning hint and that we purchase a new sec. book.

Meeting closed with lunch and the King.

WAR ASSETS Bulletin

TO MERCHANTS

The Following War Surplus Items are Available:

FLYING SUITS

New flying suits made of blue Aerocord, wind and water resisting, full front zipper opening from right shoulder to crotch with inner flap. Zippers on legs and sleeves. Three pockets, ball-mace collar.

Address all inquiries to:

BRANCH SALES MANAGER, WAR ASSETS CORPORATION
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Safety Appliances—Breathing Apparatus

Light weight, one hour supply, oxygen breathing apparatus manufactured by Mine Safety Appliance Company. Both front and back of body type. Complete with the exception that some units lack oxygen tank. This apparatus has been used but is in good condition. This equipment is indispensable in emergency rescue work and for emergency repairs, for public utilities, steel mills, chemical plants, refineries, in steam ships, etc.

Utility hose mask. Manufactured by Mine Safety Appliance Company. This equipment consists of full vision black rubber face piece and 25 feet of one inch rubber hose, asbestos covered, with air intake filter screen. The mask is designed to provide fresh air to the wearer from outside the gaseous area. 138 of these breathing apparatus are complete, 4 lack minor parts. They have been used but are in good condition.

Address all inquiries to:

BRANCH SALES MANAGER, WAR ASSETS CORPORATION
Halifax Branch Sales Office
Masonic Building
Salter St.
Halifax, N. S.

NYLON CORD

A very large amount of new nylon braided cord on spools. Approximately 1-8" in diameter. Manufactured by C-I-L, Kingston, Ontario, for use as shroud lines on parachutes. This cord is extremely strong, white in colour and has a variety of uses, such as drapery cords, venetian blind cords, piping for slip covers for furniture, women's clothing, clothes lines, etc. Also suggested for use in the fishing industry.

Address all inquiries to:

BRANCH SALES MANAGER, WAR ASSETS CORPORATION
at
Charlottetown, Halifax, Moncton, Quebec, Montreal, Ottawa, Toronto, London, Winnipeg, Regina, Calgary, or Vancouver.

Articles such as these are directed to the public through regular wholesale and retail outlets and are subject to priorities.

Watch For Further Announcements.

WAR ASSETS CORPORATION

Y.M.C.A. Camp Committee Reviews Year's Activities

The year 1946 has marked a milestone in the history of Y. M. C. A. camping on P. E. I. During the winter of 1946 the Y's Men's Club—winter up to that time had been handling the camp and which had already purchased a site at Holland Cove—decided to invite the other Y Clubs, the Grads and the Phalanx, to join with them and put up a fine camp with modern facilities. This invitation was accepted, and a joint committee composed of members from the Y's Men's, Grads and Phalanx and a director of the Y was formed.

This was called the Y.M.C.A. camp committee. Under the leadership of this committee, plans were made to spend approximately seven thousand dollars on the camp this season. A contract was let to Mr. Borden Myers for the construction of six modern sleeping cabins, and another building for all year round use.

The cabins are of board and batten construction, and contain five double decker steel bunks. They have windows at each end, slide opening along each bunk, and two windows, a door, in front, all openings are screened and shuttered. Each cabin houses eight boys and two counselors. Each bunk has an individual locker, which enables the boys to keep the cabin neat and tidy.

All-Season Building

The all-season building is board and clap construction, and sheathed inside with insul board. It contains one large room with fire-place and stove, and two smaller rooms adjoining. During camp it housed the camp director's office and store. During the winter months it will be used for week-end parties by the different clubs.

The large dining hall and kitchen have been repaired. The dining hall will seat eighty people, and the kitchen facilities are adequate for the same number. A large amount of holding about a thousand pounds of ice, keeps food and milk in good condition. A large amount of painting, cleaning brush, etc., was done voluntarily on Saturdays and Wednesdays by members of the clubs.

It is the aim of the committee and directors to make boating and swimming the chief attractions of Holland Cove Camp. The camp is particularly adapted for this, in the fact that it is a sheltered cove on the South Shore, with a fine safe beach for swimming, and many places such as Governor and St. Peter's Islands, Bonshaw, Hyde's Creek, etc., within easy reach by boat. The camp has secured two boats, a life boat and a dory and hopes to secure more for next year.

Two camps were held this season: the first period from July 8th to July 22nd, was a paying camp, and the second period from July 23rd to August 2nd, was a free camp for worthy boys.

Very Successful

Both camps were very successful. The first, under the supervision of Camp Director J. J. McNeill, assisted by Counsellors Paul Cadmore, David Hurst, Stanford Downe, Harold Howie, Garth Crockett, Charles Alley, and Fred Hine, consisted of twenty-eight boys. They were in camp for a period of fourteen days.

The meals prepared by Mrs. MacNeil, assisted by Mrs. Leavitt, were plentiful and good. The camp routine included classes in art, nature study, belt weaving, leather work and archery. Games, such as soft ball, ping pong, paper tennis, etc. Swimming and overnight trips to outlying points. The camp discipline was good, and in all the boys had a useful, enjoyable and healthful time.

The second camp consisted of some sixty boys under the same leadership. This camp was made possible by the assistance of the Rotary Club and the Knotty Niners Club. It included ten boys from Mt. Herbert and St. Vincent Orphanages.

This camp being so large, it was not possible to give the boys as much instruction in the crafts, plenty of good fresh air, and use of good training. The size of the camp shows that the Y.M.C.A. Holland Cove Camp is filling a long felt need in the community.

During the first two weeks of August, the camp was used by the Girl Guides.

Week-End Parties

During the fall and winter months, week-end parties from different Y groups have been using the camp. In September an enjoyable corn boil and party was held at the camp site by the mon-

Georgetown And Vicinity

The many friends of Mr. R. Emmet Hessian, formerly of Georgetown will regret to hear that he was taken suddenly ill at his home in Milwaukee, Wisconsin. His sister, Mrs. E.J. McTague of Tienish left on Friday by plane for Milwaukee. Word of Mr. Hessian's illness was received by his brother, Mr. S.S. Hessian of Montague.

St. David's United Church, Mission Band under the superintendency of Miss Janie Llewellyn, held a successful Valentine social in the church hall on Wednesday.

Of interest to all ladies of Georgetown is the annual women's world day of prayer which will be held in St. David's United Church on Friday at 3:30 o'clock.

Constable Butler of the Montague detachment of the R.C.M. Police, visited Georgetown on Friday, where he spoke to students of our High School on Citizenship.

County Magistrate Joseph MacDonald was a visitor to Georgetown on Thursday and Friday.

bers of the Y Clubs.

The values of these camps cannot be estimated by the mere fact that the boys had a two week outing in the summer. Many of the boys who attended the camps are continuing on with work and classes of the "Y". When the new Y.M.C.A. building is completed next year the Holland Cove Camp will be a valuable adjunct to "Y", both in rounding out the "Y" programme and in introducing boys to the Y work.

The work which the "Y" clubs are doing in this camp is a valuable and important work for the young people, and the people of the community can feel that they are doing something well worth while, when they support these clubs in their efforts to raise money of which, by far, the greater part is being spent on the Holland Cove Y.M.C.A. Camp.

WALK AS IF YOU WORE A CROWN

"Walk just as if you were wearing a high diadem of jewels and a swaying cloak of velvet," says Claire Mann, the famous exponent of "relax-exercising." Claire Mann is a teacher of creative body proportioning and she says that you must "take off pounds and inches in the right places in an enjoyable, lazy way."

All of the exercises must be done while you are listening to music; soft strains which give you peace and poise. The music serves to create mental pictures. This makes the actual exercising attractive and the tired woman will feel renewed both mentally and physically.

This is a completely new idea of musical therapy as applied to body proportioning.

Before beginning your exercises in the musical atmosphere, wear an attractive outfit and drink a cup of peppermint tea and eat an orange. We all know that mental exhaustion leads to physical fatigue and often to overweight. And even when women are just mentally bored, they are also in need of physical relax-exercising.

"Deep breathing," says Claire Mann "is so important! You must relax and you must lose your nervous tension by emptying the mind. Then, breathing deeply, with long, smooth inhalations and exhalations," must be practiced.

In our great rush to get here and there (and often nowhere!) we have lost our poise and the important art of calm, unhurried walking. This new idea of soft music, to which you do NOT keep time, establishes a calm, relieved-from-excitement atmosphere, which should help! Try it!

HATS OBEY NEW STYLES

This fall of 1946 will be remembered by many a conservative woman as the first season when she could choose a sensible sort of hat and not seem ridiculous to other women. For the new hats stress the comfort and charm of snug head fit. Yet there are lots of alluring variations on the popular theme of well-proportioned fit and contour to please the most frivolous.

Fine feathers of every hat adorn many new fall hats with feminine elegance. Rich ribbons of velvet, grosgrain, satin, taffeta and novelty braids; discreet touches of fur and jewels; and above all, the supple softness of fine fur and wool felts have romance and glamor to the most discriminating.

The deeper, head-hugging crown

at HOLMAN'S

Sweaters FOR EVERY OCCASION

Beautiful cloud-soft, all wool Sweaters for daytime and date-time. - - - Cardigans, Slip-ons, Pullovers and exquisitely styled dressy models in the heavenly new colors for now and for Spring. Choose now at Holman's from a superb, hand-picked selection.



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that reveals the brow in front and fits snugly down at the back of the head is universal. Tall versions add an inch or two to minikin women, yet skyscraper crowns look decidedly passé. Off-side versions of the snug deeper crown have profile flattery, but the precarious forward-perched topper looks old hat when compared with the gentler tilted turbans, toques, bonnets and swaggar hats of Fall 1946.

Brimms tend to roll and curve, either down to one side or up from the face. An important revival is the swaggar hat with its saucy slanting brim. Homburgs, fedoras and derbies, as well as jaunty Robin Hood versions are seen in all price ranges. Most brimmed hats are modest in width, including all types of bonnets, brettons, sailors and profile hats. Even the Cavalier-inspired broader-brimmed hats trimmed with feathers and plumes never overstep the boundaries of good taste to become theatrically large.

BRIMLESS TYPES

In brimless types for wear with furs and high breeze-defying collars, the urban is a favorite. Bloused berets, tilting to one side, are a youthful favorite with women of all ages and there are many varieties of oversized pillbox or modified toque silhouettes, worn either straight on or slightly tilted.

White Smoke clearer and richer than last year's Winter White, is a leading neutral. Brown, copper and all sorts of earth shades ranging from sandy beige to almost black are very good both alone or in combination. Vivid atomic blue, forest green, blue spruce, Winter Olive and rich ruby reds make elegant monotone hats or combine attractively with black and neutral shades. For festive wear, occasional hats in turquoise, ice blue or pink trimmed with gold, silver and jet have great luxury.

Popular-priced hats for Juniors and their younger sisters follow the trends sponsored by leading modistes to conform to young tastes. Now derbies and fedoras vie with the indispensable schoolgirl clothes and berets are back with a bang. For schooltime, bright blue, red green and copper are in the groove net or soft velvet beret in sophisticated black or a dreamy pastel is the popular Junior choice. Trimmings, for the most part, are restricted to simple ribbon bands and bright feather quills, although touches of glittering gold still shine gayly on many bright young



Only building in all Christendom that every denomination can call "home" is Iona abbey, seen here, according to Canadian visitor Rev. George F. MacLeod, head of Scotland's Iona community.

Every year, ministers and craftsmen work three months in the summer to restore the abbey. They are seen in this picture unloading cut stone for the rebuilding of the ancient monastery on Iona Isle, in the inner Hebrides, off the west coast of Scotland.

Restoring hand-carving in Iona, a craftsman is seen at work on the abbey which was built by the Benedictines during the 12th century.