

Count the Hairs on Your Head... and Divide by 10

Neglect of your scalp can lead to severe hair loss

The ordinary healthy head of hair, for the average person, contains about 120,000 hairs. Blondes have the greatest number, about 140,000. Some redheads have as few as 90,000.

To keep your hair abundant and good-looking, you must have a healthy scalp. If it is too oily, or too dry, or clogged with dandruff, you can look to trouble. Neglect can lead to your hair thinning out so that instead of 120,000 hairs, you may end up with only a tenth as many—or even less!

Just as it pays to clean your teeth when young in order to keep them, so it pays to take care of your scalp right now to save your hair. Whether or not you have dandruff, your scalp will benefit from regular cleansing with Fitch Dandruff Remover SHAMPOO

Remover Shampoo. Use Fitch, the one shampoo guaranteed to remove dandruff.

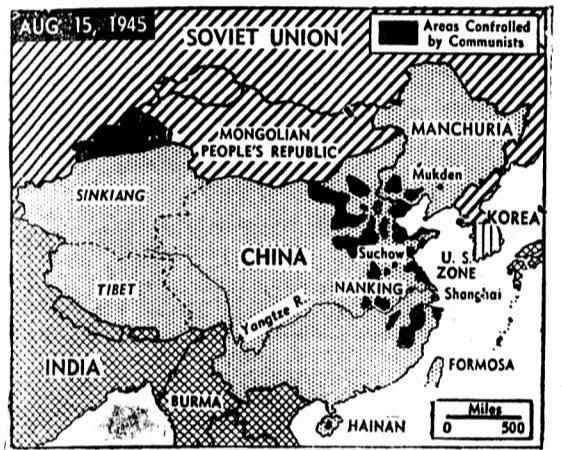
Scientific tests prove that Fitch's removes all dandruff, even from the thousands of tiny hair openings in the scalp—leaving your hair fresh, lustrous, and alive-looking.

Prove It Yourself Get Fitch Dandruff Remover Shampoo for good-looking hair—try the 6-oz. economy size, 69c. Take care of your hair—use Fitch tonight.

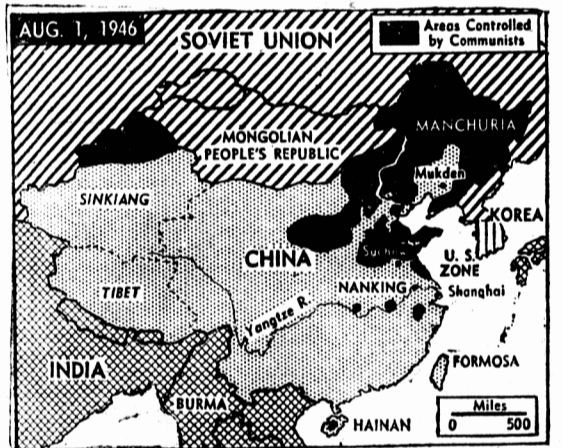


Red Stain Over China

The Chinese Communists' recent victories spotlight the tremendous amount of territory the Reds have taken since the end of World War II. The maps below show how they have advanced, how they have solidified their hold on Manchuria, how they now threaten all of northern China.



IN 1945 the Communists in eastern China were spotty, controlling a little territory here, a little there. They had yet to penetrate deeply into Manchuria.



IN 1946 they had swarmed over most of northeastern China, covering all of Manchuria except Mukden and a corridor south. They were close to Suchow, guardian of Nanking, Nationalist capital.



IN 1947 Chiang Kai-shek's Nationalist armies had driven the Reds back somewhat, recapturing much of Manchuria, breaking up their strong threat to Suchow.



TODAY the Red tide is again at flood level. All Manchuria is in Communist hands. Control of northeastern China is virtually complete. Chiang's future as top man in China is shaky.

Mt. Mellick W. I. Annual Meeting

The 19th annual meeting of Mt. Mellick Women's Institute was held at the home of Mrs. W. J. Mutch on Nov. 2nd. The president, Mrs. Arden Richards, presided. There were 15 members and three visitors present. Meeting opened with the Ode and Creed. Roll call was answered with membership fees, a quilt block and a bleached flour bag. Minutes of last annual meeting were read and minutes of October meeting were read, approved and signed.

The sick committee reported that two treats had been sent. Bill for \$1.04 was paid. The school committee had no report. The treasurer then presented her report as follows:

Receipts	
Balance from last year	\$ 15.89
Membership fees	4.50
Government grant	1.25
Collections	9.00
Donations	1.00
2 pantry sales	\$1.32
Sale of candy at Christmas	8.70
Cotton material & wax paper	4.50
Proceeds from social evenings	37.00
Received from musical festival	59.00
Ice-cream in school	55.73
Collected from community for ice-cream	21.95
Total	\$290.84

Expenditures	
School:	
Pump	\$ 35.65
Treat for children at Xmas and June	7.72
Kettle	2.50
Dustbane	3.35
Paper towels	1.00
Donations from Institute for prizes	10.00
Book of Knowledge	2.54
Entry to musical festival	1.00
Paid Mr. Johnson	10.00
Paid Mrs. Jack MacRae	49.00
Public Donations:	
Canadian appeal for children	17.00
T. B. League	5.00
Red Cross campaign	20.00
1 pair towels for P.C. Hospital	1.65
Cancer fund	5.00
Salvation Army Red Shield campaign	5.00
2 shows in Pownall Hall	20.00
Sick treats	5.45
Bags for candy at Xmas	25
Expenses to W.I. convention	1.50
Money orders, stamps, advertising, etc.	10.68
Bananas, ice cream and trucker	20.15
	\$238.45
Balance on hand	\$ 61.39

An additional sum of \$400 was handed in for the Salvation Army, making a total of \$21.50 collected for this appeal, including \$5.00 donated by the Institute.

A letter was read from Mr. John Martin of the National Film Board stating that the evening of November 17th is the only date available for a film program in our school. This date was accepted by members and it was decided to sell lunches and tea, each member to make 12 sandwiches, something sweet, and to bring tea, milk and six cups each. A committee was appointed to see about getting some chairs from Pownall Hall. Secretary was instructed to advertise the film and sale of lunches. Letters from the Institute office were read.

Election of officers was carried out with the following results: President: Miss Edna Robertson. Vice-president: Mrs. Jack MacRae. Secretary: Mrs. J. E. MacEachern. Treasurer: Mrs. Lodge Lane (re-elected). Directors: Mrs. Wilfred Wood, Mrs. Malcolm MacRae, Mrs. Edmund Robertson. Auditor: Mrs. Arden Richards. Mrs. Albert Bruce. Sick committee: Mrs. Lawson MacEachern, Mrs. Albert Bruce. School committee: Miss Margaret MacDougall, Mrs. Lodge Lane.

It was decided by a show of hands to dispense with having a lunch committee except for meetings at the school. The president agreed to ask Elliott to make a shelf in the school for the musical festival silver cup. There was considerable discussion in connection with obtaining a music teacher and a musical instrument so that the pupils might be instructed for the 1949 festival. It was finally decided that a committee be appointed to look around for a piano or organ and, on motion, Mrs. W. J. Mutch and Mrs. Jack MacRae were appointed on the committee, with instructions to report at December meeting. A letter of thanks for fruit was read from Miss Elizabeth MacRae, and Mrs. W. J. MacEachern expressed her thanks for treat received during her illness.

Plans were made to pack a Christmas parcel for the English Institute at the school. A vote of thanks was extended to retiring officers on motion of Mrs. W. J. Mutch, seconded by Mrs. Jack MacRae. Collection amounted to \$1.15, membership fees \$3.75. Mrs. Albert Bruce invited the next meeting, when roll call will be answered with an exchange of Christmas gifts.

The singing of the National Anthem brought the meeting to a close, after which lunch was served by the hostess and committee. (Patriot please copy)

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400 OTHER EASY-TO-WIN PRIZES!

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No Need To Spend A Copper

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Grand Relief FROM SNIFFLY, STUFFY DISTRESS OF Head Colds!

DOUBLE-DUTY NOSE DROPS WORKS FAST RIGHT WHERE TROUBLE IS!

Instantly relief from head cold distress starts to come when you put a little Va-tro-nol in each nostril. Also—it helps prevent colds from developing if used in time! Try it! Works Fine! You'll like it!

VICKS VA-TRO-NOL

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

AUGUSTINE COVE W. I.

The annual meeting of the Augustine Cove Women's Institute met at the home of the President, Mrs. Kenneth Cameron. Meeting opened by singing Institute Ode followed by Creed in unison. Roll Call was responded to by (thirty-three) members paying their fees also one visitor present. Minutes of the last regular and annual meetings were read and approved.

Reports of Secretary Treasurer were then read and approved. A bill of \$5.95 was paid. It was moved and seconded to give \$5.00 to the Salvation Army, \$5.00 to the United Emergency Fund for Britain.

The following officers were then elected for the ensuing year: President — Mrs. Kenneth Cameron. Vice President, Mrs. James Murray. Secretary Treasurer, Mrs. Donald J. MacDonald. Auditors, Mrs. Kenneth McNeill, Mrs. Harry MacFarlane. Directors—Mrs. Harry Dawson, Mrs. Vernie Webster, Mrs. Roy Cutcliffe.

Buying Committee — Mrs. Frank MacWilliams, Mrs. Roy Cutcliffe, Mrs. Life Clark, Mrs. Elmer Dawson. Next meeting to be held at Mrs. Frank MacWilliams, collection 4th.

Lunch was then served by the hostess assisted by committee in charge. Meeting closed with the national Anthem.

By Gagalay and Shorten

WHEN IN DOUBT, THROW IT OUT! IS THE SLOGAN OF GIMCRACK, THE INTERIOR DECORATOR

THROW IT OUT? BUT I JUST BOUGHT IT! IT'S A VERY EXPENSIVE ANTIQUE!

MADAM, IF THIS ROOM IS TO BE DECORATED IN GOOD TASTE IT MUST HAVE THAT UNCLUTTERED LOOK! NO NICKNACKS OR GEEGAWES! GET RID OF IT, I SAY.

LOOK WHAT I PICKED UP AT THE AUCTION, DEAR! JUST THE THING FOR OUR HIGHBOY!

Thanks to ARNETT H. BUTLER, CINCINNATI, OHIO.