

Another **HOLMAN** Christmas Present!

A Full 66-Piece Set Beautiful English Dinnerware

REGULAR VALUE

62.65

FAMOUS CONNAUGHT

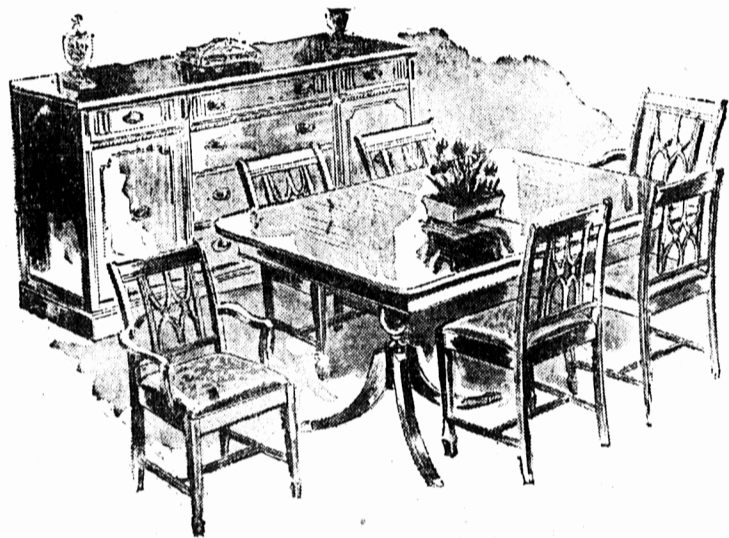
PATTERN



Yours Absolutely FREE



With The Purchase Of ANY DINING ROOM SUITE On Our Floors Priced at \$150⁰⁰ or Over



BOTH STORES
ONE WEEK ONLY
Saturday, Dec. 10th to Saturday, Dec. 17th

This Wonderful FREE Offer—Just in Time for Christmas—applies on any Dining Room or Dinette Suite in either the Summerside or the Charlottetown Store, priced at 150.00 or over. So, for Christmas this year buy the Dining Room Furniture that you've always wanted. Choose a Suite from the wonderful selection on display in Both Stores—they're distinctive and different. With the purchase of your Dining Room Suite you'll get the marvellous Christmas Present of a lovely set of dishes ABSOLUTELY FREE! The Dinnerware is a 66-piece of English manufacture—a complete setting for eight people. Take advantage of this Special Christmas Offer—it's good for one week only. . . . SHOP NOW!

Come! See! Buy! Save!

ONLY 10% DOWN
Buys Your New Dining Room Suite For Christmas
On The
HOLMAN
Monthly Payment Plan
Up To 18 Months
To Pay Balance
BUY NOW!

A Great Christmas Offering!

Order Your New Dining Room Suite NOW -- Get 62.65 Worth of Quality English Dinnerware ABSOLUTELY FREE

But, You Must Hurry -- Sale Ends Dec. 17th

HOLMAN'S **2 BIG STORES**
SUMMERSIDE & CHARLOTTETOWN

"Where Old Friends Meet and Shop For Christmas"

Lovely Marlborough
"Connaught"
English Dinnerware
Given FREE

The pattern of English Semi-porcelain that we have chosen for this Special Christmas Gift with the purchase of any Dining Room or Dinette Suite in Both Stores—priced \$150.00 or over is the Marlborough "Connaught" design, noted for its exquisite beauty of coloring, and shape. The set consists of 66 pieces—8 each . . . cups and saucers, bread and butter plates, dinner plates, tea plates, fruit dishes and oat-meals. 1 each . . . 10 inch platter, 14 inch platter, gravy boat and stand, scallop dish, baker, cream and covered sugar bowl — 2 each . . . covered vegetable dishes. The value of this lovely English dinner set is \$62.65.

Orange Pekoe Tea Bags
RED ROSE TEA
is good tea

Timely Notes
Continued from page 2
standards of the whole community. Teaching food habits out of readers is not effective, nor can teaching food habits be effective without an adequate knowledge of the food problems of the pupils. One of the most successful methods in interpreting desirable general food habits to school children is through the school lunch. However, before parents and teachers attempt to guide the children in good eating they must first correct their own faulty food habits. Unfortunately instruction in Nutrition is not yet a part of our general educational plan, but we can move closer to that goal by seeing to it that every pupil has a good mid-day meal, whether he carries it to school with him or

eats it at home. If he carries his lunch to school then it is up to you to see that there is a well-organized school lunch programme in your particular school under the supervision of the teacher or some other responsible person in the community. Organization of a school lunch programme can be very simple. A number of schools already have a smoothly working programme where both boys and girls take active part in the preparation of a hot dish, the cleaning up, etc. One of these schools is Lower Montague. They have an ordinary stove in the center of the room, on which the pupils are able to make cocoa, soup, and stew, heat up baked beans, scalloped potatoes and other simple dishes, to supplement the luncheon brought from home. This might not be a convenient arrangement for all schools, but there are other methods of giving

ing the child a hot dish at noon. One of these is known as the Jar Method. Mother can select some food that can be successfully reheated. This can be placed in a glass jar, labelled with the child's name, and heated in a hot water bath at school. Red Cross Nutrition Services has available for every school, material for organizing a school programme, and we are willing to give personal aid to any district which wishes to start such a programme. Briefly, let us be sensible, let us cut down on our too generous consumption of sweet foods and let us increase our usage of the more healthful foods. I am not advocating that children are suffering from lack of food, but that their health is being slowly impaired because the healthful foods are reduced in amount and the unnecessary ones are used too generously.

The Stars Say --
By Genevieve Kemble
For Thursday, December 15
A DAY of drama, sudden action, unlooked-for events, all rushing along at high tempo, may characterize the doings and happenings as dynamic. Because it will probably be drastic, radical and far-reaching, it is difficult to predict the nature of such abrupt visitation, possibly precipitated or aggravated by rash judgment and decisions, turbulent action, wild impulse and emotions. While it may be a day of "seeing red," rushing in "where angels fear to tread," with a modicum of composure, self-possession, and a pause for logic and reason, the inevitable "eleventh hour friend" may appear to season the turmoil, give sound advice or material support with the

"needful." Keep sane, balanced in crises.
For the Birthday
Those whose birthday it is, are urged to be ready for whatever may manifest, coming from clear skies with abrupt and breath-taking suddenness, demolishing all plans, concepts, ideas and programs, revolutionary and uprooting. In the excitement and turbulence it would be fatal to rush into wrong conclusions to make untenable decisions, or indulge in strange or wild tantrums or other show of rash impulses, of wayward emotions. A child born on this day may be high-tempered, reckless in his impulses and emotions, leading to dangerous crises, in which friendly aid may extricate it from distress and confusion at the eleventh hour.

The Flour that Blooms in the Oven
EASIER TO USE... BETTER RESULTS!
BLOSSOM
OF CANADA
FLOUR