



REGAL FLOUR

Makes bread that pleases every member of the family

Furnacettes



If you want the best in one buy a FAWCETT, note the all CAST WATER PAN, also ASBESTOS between doors and many other advantages. Priced MUCH LOWER than others. Don't fail to see them if you want satisfaction. Different sizes to select from.

Samuel Kennedy

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and easily digested than eggs placed in boiling water and allowed to boil quickly for three minutes.

CANDY AS AN AID TO REDUCING FLESH

MEMPHIS, Tenn., Nov. 21.—Candy or other sweets as an addition to the diet of those who would reduce, was suggested by Dr. James S. Mc Lester of the University of Alabama in a clinical address before the Southern Medical Association here yesterday.

However, the sweets must come at the end of the meal, and be included in the caloric total, Dr. Mc Lester said. "The main thing in reducing," he added, "is to keep the patient satisfied, and to spare the pangs of hunger. A bit of sweets at the end of the meal gives him a feeling of satisfaction."

"Break Diets" are to be avoided, and one can reduce on milk, meat and eggs in scientifically regulated quantities as well as anybody else, at the same time protecting the body protein, he declared. Reduction of weight is a serious matter, the speaker continued. The weight of a child or an aged person should not be tampered with, nor should reducing be carried to an extreme. Ten per cent. above average will not hurt anyone, he believes.

When Health Gets Out Of Step

All nature is regular and works according to seasons. Only mankind is "wifful and pays the penalty in deranged health."

Vics Vapo Rub
Represents the one medication by stimulation and inhalation for stubborn coughs and colds in head or chest. There is nothing like Vics Vapo Rub.

Call and let us give you further details.

Harold L. Worthy

Sole Agent for Dr. Allan's Fox Remedies

GREETING CARDS

Not too early to make your selection.

We have just opened and now on sale the largest and finest display of

Greeting Cards

we have ever shown. Carefully selected from some of the largest manufacturers in the GREETING CARD LINE.

An Early Selection

is always the more desirable, especially when they are to be sent to friends abroad.

Christmas And Holiday Goods

large shipments arriving daily. Special and personal orders taken for GREETING CARDS.

CARTER & CO. LIMITED.



Used after Shaving
Dr. Chase's OINTMENT
Keeps the Skin Soft, Smooth and Velvety



I'M A PRETTY COLD OLD BIRD
BE PREPARED ORDER YOUR COAL NOW

OLD MAN WINTER IS RIGHT AROUND THE CORNER

Order your Coal now and be prepared.

Phone us today.

W. D. GILLIS & CO.

PHONE 176

Central Guardian

McLURE & MacKINNON have made all preparations for fur buying season. Buying dates will be announced later.

COME TO TRINITY CHURCH tea and bazaar Thursday.

LOADING LIVE HOGS at York Station on Tuesday, Nov. 22nd.—Harry Jenkins. 497-11-19-31

DAVIES TAXI — Phone 209-J or Reddin Bros. 86. 9849-1 mo.

A CLINIC for crippled children will be held at the Red Cross, 59 Grafton Street, on Tuesday, November 22nd. 339-11-14-71.

CHICKEN SALAD, ham, pheasant cream, served at Trinity Tea five to seven Thursday.

"CHAPTERS IN OUR ISLAND STORY" now for sale at the Maritime Stationers and at the bookstore of Carter & Co.

BE SURE YOUR foxes are prime before pelting. See that they have lustrous coats. Sell to McLure & MacKinnon.

POLICE COURT—Two drunks appeared before His Honour on Monday morning. They were each awarded ten dollars or thirty days.

FREE CHEST CLINICS will be held at the Red Cross, 59 Grafton Street, on Thursday, November 24th. Only cases referred by physicians will be examined by the specialist. 436-11-17-71.

TEACHERS STUDY GROUP—The Emerald Teachers Study Group held its second meeting in Emerald School on the evening of Monday the fourteenth. The president called the meeting to order and the minutes were read and approved. Then the teachers presented their lesson plans on the teachings of an Adjective to Grade 5. These plans were discussed and several suggestions offered. After a general discussion of several school problems, it was decided that the members would prepare a lesson plan on a local Geography lesson for the next meeting, which will be held in Emerald school, December 5th. The meeting was then adjourned.

BONSHAW WOMEN'S INSTITUTE.—The annual meeting of the Bonshaw Women's Institute was held in the hall on Wednesday evening, November 16th, and was attended by twenty-one members. Meeting opened with "O Canada", followed by the Creed in unison. Roll call was answered with the date and name of a battle fought during the Great War. The minutes of the previous year were read and adopted. This was followed by the report of the President and also of the secretary. The officers appointed for the ensuing year were: President, Miss Bessie MacPhee, (re-elected); Vice-President, Mrs. A. B. MacLeod; Sec'y Treasurer, Miss Irene Murchison, (re-elected); Auditors, Mrs. L. T. Beaton, Mrs. Elmer Carson, Mrs. J. MacDougall, Mrs. Clark Crosby. A bazaar is to be held on 8th December and a special meeting to be held on November 24th, at the home of Mrs. S. Beaton was called for. Meeting closed by singing the Ode.

Mirand's Lintment for scaly scalp.

PERSONALS

The many friends of Mrs. Angus Cameron will be glad to know she is doing nicely after a very successful operation in the P. E. Island Hospital.

Mrs. Doris Bordeaux left for Boston, after spending the summer months visiting her cousin, Florence Cameron. It was Mrs. Bordeaux first visit to the island for fifteen years.

Livestock Market

(Canadian Press)
MONTREAL, Nov. 21.—Dominion live stock-cattle receipts 1,659. Cattle were mostly canners and common cows. The few butcher cattle offered were in keen demand and sold at prices estimated to be 25 cents to 50 cents higher than last week quality considered. There were no tops, medium steers sold around \$8.00 and \$8.25, common steers around \$7.25 and \$7.50. Good cows were quoted at \$6.00 with an odd choice cow a bit higher. Canners were from \$2.75 to \$3.00 and bulls steady. Quotations:—Butcher steers, medium \$7.75 to \$8.25; common \$6.00 to \$7.50; butcher heifers medium \$6.00 to \$6.75; common \$4.50 to \$5.75; butcher cows, good \$5.75 to \$6.00, medium \$4.00 to \$5.50; canners \$2.75 to \$3.00; cutters \$3.25 to \$3.50; butcher bulls common \$3.50 to \$4.50. Calf receipts 1,519.

There were very few veals and prices were strong. Grassers were from \$5.00 to \$5.50, with the bulk at \$5.00. Quotations:—Good veal \$12.00 to \$13.00; medium \$10.50 to \$11.50; common \$7.00 to \$10.00; grass \$5.00 to \$5.50. Sheep receipts 3,494. Good lambs in car lots sold at \$11.00. A few small lots to butchers brought \$11.20. Common lambs in mixed lots \$10.00 to \$10.50. Quotations:—Ewes \$3.00 to \$5.50; lambs good \$11.00; common \$10.00 to \$10.50; bucks \$9.00 to \$10.00. Hog receipts 2,811. Hogs were lower and on one market where less than 400 hogs were offered up to \$9.25; packers paid \$8.75 on a graded basis. Hogs averaging around 140 pounds were sold for \$8.25; sows \$7.00 to \$7.50.

Mirand's Lintment for warts and Pimples

MORSES TEAS ALWAYS PLEASE

They have done so for 56 Years

Tomorrow's Radio Program

- WEDNESDAY, NOVEMBER 23rd
- International Radio Programs:
- CONCERTS
- 12.30 P. M. CFCF (41) Montreal. Concert. 12.45 P. M.
 - CKCL (357) Toronto. Orchestra. 1.00 P. M.
 - WIP (508) Phila. Recital. 2.00 P. M.
 - WTMJ (294) Wis. Tune Tinkers. 2.30 P. M.
 - WEEI (448) Boston. Musical. 3.00 P. M.
 - WJJD (366) Ill. Juvenile 2 to 4. 3.30 P. M.
 - WGN (303) Chi. Var 2.30 to 6.30. 4.00 P. M.
 - WEBH (366) Chicago. Music. 4.30 P. M.
 - WIP (508) Phila. Solos. 4.45 P. M.
 - KFAB (309) Lincoln. Orchestra. 6.00 P. M.
 - WOO (508) Penn. Grand Organ. 6.00 P. M.
 - WCAE (617) Pitts. Studio Recital.
- WRC (469) Wash. D. C. N. B. C. 5 to 11.
- WHK (265) Cleveland. Violin.
 - WJR-WCX (441) Detroit. Ensemble. 7.00 P. M.
 - WJZ (454) N. Y. Champion Sparkers to WJZ, KDKA, KVV, WBZ.
 - WBZA, WLW, WJR, KSD, WGMS
 - WBZ (333) Mass. Musical 6 to 9. 7.30 P. M.
 - WEAF (492) N. Y. The Sorcerer, to WEAF, WJAR, WTAG, WLIT, WRC, WCAE, WSAI, KSD.
 - WGY (380) N. Y. Syracuse Univ. 8.00 P. M.
 - WBAL (285) Baltimore. Ensemble.
 - WMC (517) Memphis. N. B. C. Pgms
 - KDKA (316) Pitts. N. B. C. Pgms.
 - WTMJ (294) Wis. Music 7 Kum 11. 8.30 P. M.
 - WOO (508) Penn. Hawatha.
 - KYW (526) Chi. Sylvan Foresters.
 - WFLA (366) Fla. Studio Musicale.
 - WCCO (405) Minn. N.B.C. Program. 9.00 P. M.
 - KYW (526) Chi. Spotlight Hour.
 - WMAK (545) N. Y. Columbia Chain.
- SPORTS—TALKS
- 11.00 A. M. KDKA (316) Pitts. U. of P. Address. 2.00 P. M.
 - WFI (405) Phila. Talks. 5.00 P. M.
 - WCAE (617) Pittsburg. Happy Hour. 7.00 P. M.

KDKA (316) Pittsburg. Address. 8.00 P. M.
WNYC (535) N. Y. Air College. DANCE ORCHESTRAS 8.30 P. M.
WTAG (517) Worcester Bancroft. 10.00 P. M.
WRVA (254) Virginia. Dancing. (Copyright, 1927, by International Radio Programs, Chicago.)

AN EASY JOB.
"Marie and I agree that after we were married I should decide the major questions and she should decide the minor ones."
"How has it worked out?"
"We have been married three years and I am grateful to say that there have been no major questions."

TO MANY THIRTEENS
"I've never had a chance," said the man with the hang dog expression. "No matter what I do my unlucky number pops up and gets me into trouble."
"And what is your unlucky number?"
"Thirteen. Twelve jurors and one judge."

One Drop Of "Putnam's"—Corns Stop Aching

Isn't it wonderful—Just a drop or two of Putnam's on any sore corn and out comes all the pain. After a few applications the corn shrivels up and drops off. No scar, no pain, no pinching from tight shoes any more. You can dance or walk in comfort. Be sure you use only Putnam's Corn Extractor. Satisfaction guaranteed. Sold by druggists everywhere. Refuse a substitute for Putnam's—it's the best.

Investigate this new Fairbanks-Morse home electric plant

HERE is a real light and power plant—the perfected result of long years of development. It is safe, simple, dependable, economical to buy and easy to operate. Supplies both electricity and engine power. Lights can be operated direct from generator, from storage battery or from both combined. Is self-contained, compact, completely enclosed, yet easily accessible. No moving parts exposed except belt pulley.

Write for full details THE CANADIAN FAIRBANKS MORSE CO., Limited
Saint John, Quebec, Montreal, Ottawa, Toronto, Windsor, Winnipeg, Regina, Calgary, Vancouver, Victoria

"Z" Engine
Powerfully built even to the smallest part. Will give the utmost in service. Over 400,000 farmers use the "Z". 2, 3 and 6 h.p.

Fairbanks-Morse Water Systems
Water systems and pumping equipment for every type of service. Electric or engine driven.

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This is Simply a Reminder That You Cannot Get Higher Prices, Better Service or More Courteous Treatment than When Dealing WITH

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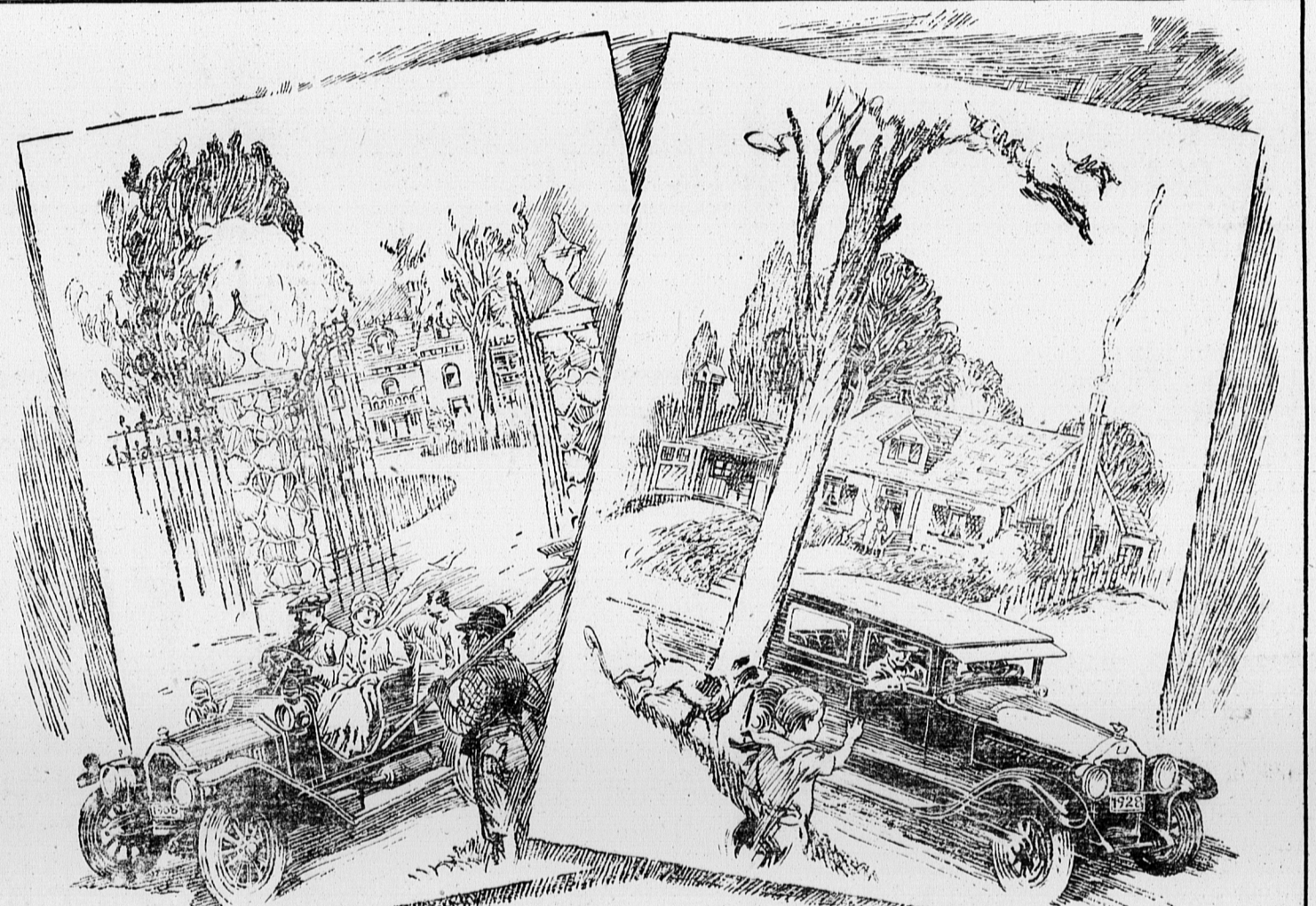
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At This Season, Special Attention is Given to

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1-2-3 Fulton Fish Market, New York, U. S. A.



Luxuries Once But Necessities Now

PRACTICALLY any Canadian citizen may own today an automobile possessing elements of beauty, style, comfort and efficiency which no amount of wealth could have commanded a dozen years ago.

to satisfy his sense of beauty, his desire for comfort, his need for dependability. General Motors has at its command the master minds of the industry. It has the finest automotive research laboratories and the greatest automobile proving grounds in the world, wherein have been pioneered and developed some of the industry's most revolutionary advances.

For the automobile industry has outgrown its original function as a supplier of transportation, and has in an amazingly short time, brought about the refinements which are exemplified in the present-day General Motors car.

And General Motors has used its prosperity and success unstintingly in improving the quality and increasing the value of its products.

Since its foundations first were laid sixty years ago, this institution has believed that every Canadian has a right to the best his country produces, has a right

It is thus that General Motors of Canada has played its part in translating once-inconceivable luxury into terms of every-day necessity.

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McLAUGHLIN-BUICK LA SALLE
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CADILLAC GENERAL MOTORS TRUCK

It's Better because it's Canadian

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