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When your muscles and joints are sore, when your back is tortured with pain, rub on NERVILINE; it penetrates deeply into the tissues—it searches out the spots that are sore—gives quick relief to the nerves and sore muscles.

The back-weary sufferer gets ease and comfort after one rubbing with NERVILINE—the way it limbers up creaky joints and takes the stiffness out of sore muscles will surprise you.

Use NERVILINE for strains, sore muscles, neuralgia, rheumatism. Try it for lumbago, earache, toothache. Wherever there is pain in the muscles—rub on NERVILINE—the quick relief from pain will surprise you. Get NERVILINE from your druggist today.



EVERY DROP RUBS IN

EARLY BLACKOUT BRINGS TROUBLE

LONDON, Nov. 15—(CP)—Norway's blackout which starts early in the afternoon, is the most serious of the measures which the Daily Express says from Stockholm. The paper's correspondent there said that the blackout is not only a nuisance but also a danger and several have been beaten by Norwegian patriots.

Minard's kills pain.

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REDDIN BROS.

Pamphlet Tells For Young Mind War's Big Issue

FINDING THIRST FOR BASIC FACTS OF DEMOCRACY OTTAWA OFFICIALS ISSUE "TWO WAYS OF LIFE" TO FILL NEED.

By KEN CLARK Canadian Press Staff Writer

OTTAWA, Nov. 16—(CP)—The government is going into pamphlets. The first one, a 28-page booklet, mostly pictures, will be out shortly. It is called "Two Ways of Life," and shows on the smooth shiny paper used in the rotogravure magazines, what is the difference between the Canadian concept of life and that of the Nazi.

Interviewed by The Canadian Press, Herbert Lash, Director of Public Information, said "The purpose of this booklet is to show that the difference between these two ways of life is the sole issue of this war. We have found that there has been a thirst for some basic facts on democracy. The booklet contains four speeches made in the government's 'Face the Facts' radio programs.

These speeches illustrate four points of view, the director said. They were made by Dorothy Thompson and Robert Sheppard, citizens of the United States and respectively columnist and playwright, by James Hinton, the English author, and by J. W. Datoe, editor of the Winnipeg Free Press. Brief biographies of the authors are contained in the booklet.

For Schools' Use

The publication is designed for use in primary schools and the first two years in high school. Its aim is to demonstrate the issue in a simple plain and effective way. It contains little reading matter. "There is a brief introduction saying that Germany and Italy have declared war upon the Canadian way of life. There follow pages where the totalitarian theories are shown on the left hand page and the Canadian way of life on the right hand page.

For example on page four, extracts from Hitler's Mein Kampf are compared with statements made by the democrats in his Majesty the King, Prime Minister Mackenzie King and Justice Minister Lapointe. Pictures illustrate the points of

the booklet. Two comparative pictures are entitled "Religion Destroyed" and "Religion Exalted." The one shows churches ruined and the other demonstrates religious tolerance in Canada as among Roman Catholics, Protestants and Jews. Family prayers are featured. Another set of pictures shows the Reichstag burning and a photograph of the exterior and interior of Canada's parliament. The interior emphasizes the Opposition, illustrating the freedom of Canadian political criticism. Two clippings from the press tell the story of the Canadian way of life.

Two other illustrations show how, under Nazi rule, labor is gagged, and how the worker enjoys the Canadian freedom of speech. Still another shows the Nazi youth regimented and forced into a mould while the Canadian is allowed to develop his own personality in his own way.

The pictures are briefly explained in a text which has been made as simple as possible. Words of one syllable are preferred.

Translations In the text French and English are given equal prominence and for a general foreign language groups all captions are translated in German, Italian, Polish, Norwegian and Ukrainian, the six largest New Canadian groups.

The information branch of the Department of War Services, before putting out the book, discussed the whole matter with teachers and experts throughout the country and enthusiastically received. "For the benefit of teachers a short reference list of reading matter is contained in the booklet. The back cover is blank with the heading 'notes' so that pupils will be able to write in their own explanations and comments.

The booklet is expected to be ready by the middle of the month. "If we are successful with this booklet and another intended for primary schools," Lash said, "we pursue the idea and put out booklets whenever it seems advisable."

Forecasts Balanced Budget For B. C.

VICTORIA, Nov. 15—(CP)—A full balanced budget for the fiscal year from Jan. 1, 1941, was forecast today by the provincial legislature.

The present fiscal year ends March 31, 1941. No new taxation was called for in the budget, which was presented by Mr. Hart. He said that by not increasing provincial taxes in times of stress, the government was being of great assistance to the Dominion and to industries already subjected to dual income tax.

Mr. Hart detailed financial operations for an eight-year period ending March 31, 1941, which enabled the budget to be balanced this year.

During the eight-year period revenue surpluses totalled \$27,687,000 of which \$12,990,544 had been allocated to debt redemption and \$13,224,000 to employment relief, leaving credit balance of \$2,361,622 which would enable full sinking fund instalments.

Athlone Urges Call Of Country On Graduates

TORONTO, Nov. 16—(CP)—The Earl of Athlone told a convocation at the University of Toronto today that the services of those leaving the universities while the war is on should be given to the country "in some way or other."

"Your own consciences will require you to give to the Government-General told students at the convocation during which the university conferred on him an honorary degree of Doctor of Laws. He suggested that both in peace and war "there is no higher calling than the service of your country."

Whether you join the ranks of one of the services or enter politics or become civil servants, then I say the country expects, may be entitled to receive, the very best that you as a university can give them."

His Excellency said intellectual ability must be mobilized to make the best use of the resources of the civilized world which are being mobilized to defeat "an enemy that is not merely our enemy, but the enemy of all mankind."

Manhattan Has Hugest Raid Shelter

NEW YORK, Nov. 16—(AP)—The biggest and most completely equipped potential air raid shelter in the world is right in the middle of Manhattan.

It is the vast system of underground chambers and corridors extending below six city blocks that comprises the operations centre of the world's largest skyscraper development, Rockefeller Centre, which houses The Associated Press, The Canadian Press, the National Broadcasting Company, the Radio City music hall and thousands of smaller tenants.

Here, farther below ground than any bomb known could penetrate, and protected by the bulk of the buildings above, is a mass of engine rooms, workrooms, warehouses, loading platforms and ramps capable of sheltering 55,000 persons.

The labyrinth starts below the centre's underground shopping concourse and goes down for four levels 70 feet below ground—below level in some places.

The space is ventilated, lighted and heated by self-contained machine units which supply the buildings above. It contains a complete restaurant for building employees in addition to several kitchens of restaurants above.

The huge system of basements and sub-basements was an innovation, unique as Rockefeller Centre itself. The idea was to have all the daily necessities of the centre's 15 buildings, housing 25,000 workers, supplied not from above-ground and outside, but from below ground and inside.

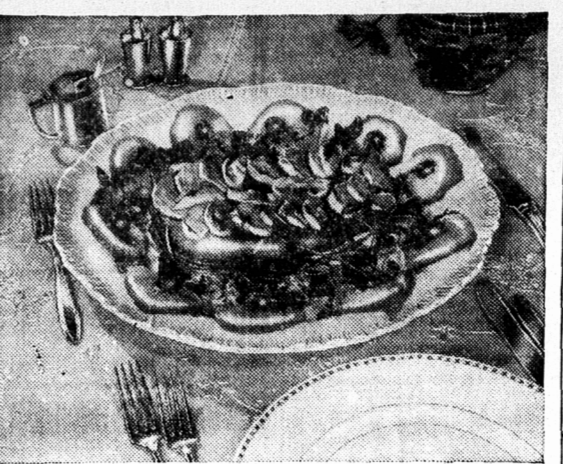
Eight-hundred truckloads of supplies every day roll from the street down ramps to unloading platforms, and from there are distributed through underground corridors to service elevators in the various buildings.

WHAT'S IN AN APPLE

Ancient Norsemen believed that apples were the rejuvenating food of the gods. According to Norse myth, the goddess Iduna kept a box of the rosy fruit, and whenever the gods got that "old" feeling, they helped themselves to the apples and became young again. Canada's national fruit, the apple

which we live, builds up resistance to infections of the nose and throat. Apples can be excellent source of the Vitamin A. Spitzenberg, Winesap, Yellow Newtown, and McIntosh apple varieties have a potency of 30 units or more of vitamin A per ounce. The potency of vitamin A in oranges is considerably less

which is discarded. The large amount of pectin obtained in every apple eaten by Canadians combines with water in its own magical way and thereby forms bulk, as a colloidal mass, in the intestinal tract. Giving bulk to intestinal waste in this way, it can easily be seen why raw apples are an aid in "summer sickness" and can prevent the weakening effect of "excessive" elimination. When cooked, Canadian apples prevent constipation.



APPLES WITH BAKED HAM

- 1 slice of uncooked ham (about 1 1/2 inches thick)
- 1 teaspoon dry mustard
- 2 teaspoons vinegar
- 2 apples
- 1/4 cup brown sugar
- 1 teaspoon butter

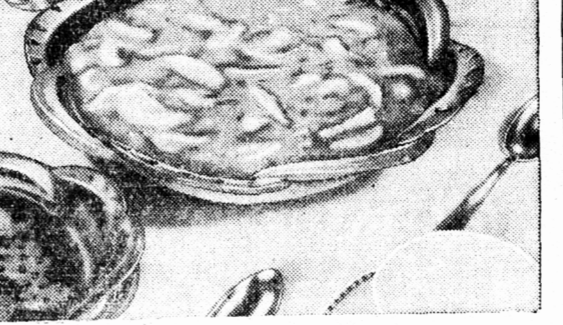
Trim rind from ham. Mix mustard and vinegar together, and spread on ham. Slice apples thinly and spread in layers on ham. Sprinkle with brown sugar and dot with butter. Bake in a moderate oven (350° F.) until ham is tender—about 45 minutes.

may not to-day possess such magical rejuvenating powers but modern scientific research is proving that the ripe rosy spheres which are the favourite fruit of all Canadians contain a number of important substances needed in every diet, as well as some surprising substances that help keep the human system out of trouble.

In an address given by Dr. I. A. Manville, M.D., Ph. D., before the International Apple Association members in Boston, this prominent

than this, weight for weight containing only two-thirds as much Vitamin A or 20 per ounce.

Vitamin C, the great fruit vitamin needed for keeping teeth and bones healthy, building up the body's resistance and preventing scurvy, is also amply found in Canadian apples. Spitzenberg and Yellow Newtown apples are particularly high in content of vitamin C, with a content of 7 or 8 units per ounce respectively. Gravenstein is also comparatively high with a



APPLE TAPIOCA

- 1/2 cup fine tapioca (or sago) or 1/4 cup pearl tapioca
- 1/4 teaspoon salt
- 3 cups milk
- 6 small apples
- Brown sugar

Cook tapioca with salt and milk in top of double boiler until tapioca is transparent.

Core and pare apples. Stick three or four cloves in each. Arrange apples in buttered baking dish. Fill cavities with sugar and pour cooked tapioca over apples. Bake in a moderate oven until apples are tender. Serves 6.

If using pearl tapioca or sago, soak in some of the milk for several hours before cooking.

scientist who holds the post of Director of the National Laboratory of the University of Oregon, told the gathered members of the association some of the startling facts about the famous Garden of Eden fruit.

For instance, no one has ever seen vitamins—these magical substances which rank in the same class as atoms for being important, yet invisible. Canadian apples contain vitamins in good measure. Vitamin A, important to Canadians because of the hot-cold climate in

similar content of 3.75 units. Baldwins contain 2.5 to 3 units.

Pectin, a familiar name to housewives who know its value in making jelly "stick together," is the substance which possesses the curious quality of being able to combine with a relatively large amount of water. From a nutritional standpoint, pectin is an exceedingly valuable material, and no other fruit contains as much pectin in its edible portion as the Canadian apple.

The pectin in citrus fruits, for example, is contained in the peel

Conary to popular, but erroneous opinion, eating raw apples does not cause acidity. Like many other superstitions of this kind, the idea has no foundation in fact, and modern science has proved conclusively that apples actually lower the acidity of the body.

Those who have found that apples do not agree with them are, in most cases, confusing the issue. Actually, the combination of heavy starches with apples is not a happy one. It is far wiser to eat less starch and commonest of foods and most people have greater need for the many extra substances found in the Canadian fruit than a need for extra starches.

Here's something else. The chemical analysis of a food for calcium or iron does not mean that all the elements so determined can be used by the body. For instance, spinach has nearly ten times the amount of calcium that apples contain, yet the calcium of spinach is almost a total loss as far as the body is concerned. Calcium in apples, on the other hand, is available in the body.

That isn't all the story of this wonderful Canadian fruit. Apples also contain iron in a form easily used by the body to enrich the blood and fruit sugar which supplies sugar to the system yet ranks high in its ability not to unduly increase the concentration of sugar in the blood.

So the Canadian apple becomes more than just a mealtime treat, or a gift for Johnny's teacher at school. This national fruit possesses in large measure definite therapeutic values, recognized by the medical and scientific professions, justifying the high place apples occupy in folklore, as well as Canadian eating and cooking.

Rhubarb In Winter

If you will look into the matter, right away you can enjoy rhubarb on your table in the very early spring, while the snow still flies and the ordinary rhubarb plants are still asleep.

Choose your plants now and dig them up with a lump of earth around the roots. Then cover them with litter or straw and leave them outside, exposed to the frost for two or three weeks. The covering keeps them in a frozen condition and is necessary in seasons of erratic weathering and thawing. Through freezing of the roots is essential if best results are expected.

C-rows that are from 3 to 5 years old are generally used, although satisfactory results are often obtained from one-year-old roots. In all cases, only the most vigorous or heaviest roots must be used.

A cellar, furnace room or under a greenhouse bench, all make ideal places for forcing the roots. When placed on a concrete floor, 2 or 3 inches of soil should be placed under the roots. The roots are spaced 3 or 4 inches apart and moist soil is filled in firmly between them. A covering of fine straw or excelsior has been found to be invaluable in reducing the evaporation of moisture from the bed. The roots are watered thoroughly as soon as they are planted and at intervals thereafter, depending on the room temperature.

The temperature of the room decides the length of time required to force rhubarb to the desired growth stage. Experience shows that at 60 deg. F. the stalks are ready for use in approximately 4 weeks, at 37 deg. F. it takes 12 weeks.



APPLE AND SALMON SALAD

- 2 tart apples, diced
- 2 cups flaked salmon
- 1 cup diced celery
- 1/2 cup grated raw carrot
- Salad dressing (about 1/2 cup)

Mix the ingredients lightly. Pile in nests of crisp lettuce. Serves 6.

Note: Lobster, tuna fish, or cold ham, veal or chicken, may be used in place of salmon

Railroad Men Never Starts His Run Without Buckley's Mixture as Protection Against

COUGHS, COLDS

When railroad men who are exposed to rain, snow, and bitter freezing cold depend on Buckley's Mixture you would be wise to follow their example. Mr. E. Harold, Moose Jaw, Sask., says: "I find Buckley's Mixture the finest cough remedy I have ever used, and never go out on the road without a bottle in my grip for protection against colds." Buckley's Mixture is a time-tested, proven remedy used in thousands of Canadian homes whenever coughs, colds, grippe, bronchitis, etc., are troublesome. It acts the cough almost instantly, turns rough phlegm into easily expelled fluid, soothes the air ducts, corrects over-acidity. Don't experiment—Buy Buckley's.

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BUCKLEY'S MIXTURE

New Glasgow And Vicinity

Mr. John Ross, New Waterford, C. B. who has been visiting his parents, Mr. and Mrs. Henry Ross, Wheatley River, returned to resume his duties last week.

Mr. Ron Norman, Montreal is at present visiting his home here.

Mrs. Lionel Wenzel and son Barrie, Halifax, N. S., who have been visiting her the guests of Mrs. Wenzel's parents, Mr. and Mrs. Robert Abbie returned to Halifax, on Tuesday this week.

Mr. and Mrs. Robert Sutherland and family, Sea View, were the guests of Mrs. Sutherland's grand mother, Mrs. Albert Stewart, on Sunday last.

A motor party consisting of Mr. and Mrs. Theodore Bayer and children, Charlottetown, Mr. and Mrs. Richard Dickleson motored to Sea View on Sunday.

The Young Peoples Study Group motored to Charlottetown on Tuesday evening where they were entertained by the Young People of the Christian Church. A good time was enjoyed and dainty refreshments were passed at the close of the entertainment.

Mrs. Henry Ross was a visitor here last week, the guest of her mother, Mrs. A. B. Dickleson.

The annual meeting of the New Glasgow Women's Institute was held at the home of Mrs. Robert Abbie with an attendance of fourteen members and five visitors. The President presided and the minutes of the last annual and monthly meetings were read and stood approved. The different committees gave satisfactory reports. It was decided that the members

would obtain more work for Red Cross and that members bring their Orphanage donations to the December meeting. The Secretary reported that some donations had been taken to the hospital. The election of officers for the coming year were named as follows: President, Miss Elsie Laird, Vice President, Mrs. Herbert Stevenson, Secretary, Mrs. Preston Campbell, Auditors, Mrs. W. J. McLeod, Mrs. S. D. Parkman, Directors, Mrs. Percy Dickleson, Mrs. J. B. Dickleson and Mrs. J. L. Stevenson. A vote of thanks was given the retiring officers. Mrs. Herbert Stevenson was named convener. Legislation Questionnaire it was voted that \$2.00 be sent to the B. League, Mrs. W. J. McLeod invited the members to her home for the December meeting where the call will be answered with G.N. suggestions. The lunch committee, Mrs. Richard and Mrs. Harold Dickleson, Programme, Mrs. A. Ward and Mrs. A. B. Stevenson. The following programme was enjoyed. Chorus, The Maple Leaf Folio. Readings, Mrs. Percy Dickleson, Mrs. S. D. Parkman, Instrumental Music, Miss Ruth Dickleson, Reading, Miss Ella Semple, Chorus, Annie Laurie, Reading, Mrs. P. L. Campbell and Miss M. F. Campbell. Refreshments were passed by the ladies in charge.

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