

SUNTER'S LADIES' WEAR OPENING TODAY



Exciting New Dresses

There's a wonderful promise of complimentary glamour in our newest group of Fall-into-Winter dusk-to-dawn dresses. You'll love the soft draping the lines that nip you in the right places, fall straight in others.

SEE THEM TODAY AT SUNTER'S

SUNTER'S is located at 162 Great George St. and will carry smart lines of milady's wardrobe.

For all the new autumn styles in Blouses, Skirts, Sweaters, Lingerie, Hosiery and Accessories—

CALL AT

SUNTER'S LADIES' WEAR

162 GREAT GEORGE ST.

IN MEMORIAM

MR. WILLIAM R. DENNIS

Mourning by his relatives, a vast circle of intimate friends and acquaintances, Mr. William R. Dennis passed away suddenly at the home of his stepson Stewart Mackay, Mt. Edward Road on September 24, 1949, at the early age of 35 years.

Although in ill health for about four years, he bore his sickness with unflinching cheerfulness and courage. The late Mr. Dennis was the son of Mrs. E. G. Dennis (nee Eliza Squarebrigg) and the late Enoch Dennis. He was born in Margate, Ontario, March 26th, 1894, where he spent the early years of his life, before moving to Marshfield with his family. He attended public schools in Margate and Marshfield following which he took a business course in Charlottetown. At completion of this course he worked for several business firms before enlisting in the Infantry in World War I. He went overseas with the 106th Battalion and saw service in some of the greatest battles of the war including Vimy Ridge. On his return from overseas he married Nellie Stewart Mackay and took up farming in Marshfield of which he made a huge success. In 1936 he began a farm implement business in Charlottetown, representing many firms for the Island, in this line. In the fall of 1932 he opened what is now the Cash and Carry Stores in Charlottetown. In 1935 he bought the Dunstaffnage Cheese and Butter Co. He also had many other business interests.

He was a devoted husband and loving father and will long be remembered by all who knew him for his kindness and cheerful smile. He was always willing to participate in all church and community activities. Besides his sorrowing wife and stepson, he leaves to mourn his mother and the following brothers and sisters: Herbert, Marshfield; Vernon, York; Ray, Dunstaffnage; Mabel (Mrs. Chester Simpson) Malpeque; Ruth (Mrs. Alexander Scott) Marshfield and Viola (Mrs. Irving Thompson) Dunstaffnage.

The funeral which was largely attended was held from Trinity United Church on September 25th. The services were conducted by the church pastor, Rev. E. E. D. Ashford and Rev. Dr. Rice. Rev. Ashford spoke very comforting words to the bereaved along the lines of the consolation to the living of the Great Beyond. The hymns sung were "The Lord's My Shepherd" and "Lead Kindly Light." Mr. George Johnson was heard very acceptably in the beautiful solo "Crossing the Bar." The very large concourse of sympathizing friends following the remains to its last resting place in the People's Cemetery bore silent testimony of respect to the deceased. Members of the Canadian Legion attended in a body, conducting a Legion Service. The Last Post and Reveille were sounded over the grave.

The pallbearers were Frank L. Punter, A. E. Saunders, Chas. Robertson, H. C. Muttart, Frank McKay and Gordon Wright.

FLORAL TRIBUTES

- Wife and Family.
Brothers and Sisters.
Mother.
Doris Broca.
Wreaths and Sprays—Helen, Duke and Family, Bertie and Emma, Pearl, Albert, Wes and Stella, Stanley and Ralph, Mary and Bob, Freda and Ernie Lord, Aunt Jennie, Frank and Endie Mackay, Florence and Marlon Punter, Esie, Winnifred and Nellie, Staff of Cash and Carry Employees of Dunstaffnage Cheese Factory, Mrs. Ferguson Robertson, Ross Family, Mr. and Mrs. Frank Jones, Sybil and Reg, Kitty and Bob MacKearney, John B. Andrew, Mr. and Mrs. Bren Sears, Mr. and Mrs. Lloyd Carleton, Mr. and Mrs. Cox and Margaret Ross, Nellie and Bernard Hughes, Belle and Gordon, Sandy and Family, Kinross Club, Y. G. Club, A. J. MacCabe and Son, J. W. Windsor and Co., Ltd., Atlantic Wholesalers Ltd., Canada Packers, Ltd., Clarke Fruit Co., Management of Central Creameries Ltd., Michael Bros., R. L. Mutch and Co., Ltd., Carvell Bros., Ltd.

CARD OF THANKS

Mrs. William R. Dennis and Family, wish to extend their sincere gratitude to the Doctor and Ministers and all those who sent flowers, cards or letters of sympathy or assisted in any way during their recent sad bereavement.

IN MEMORIAM

JOSEPH W. McPHEE

Joseph W. McPhee, 66, of 31 Dexter Street, died at his home Saturday morning after a long illness. He was a resident of this city for 46 years, and for the past 13 years has been in the grocery business. He was a member of the Grocers' Association, Bangor. Surviving are his wife Mary M., a daughter, Mrs. Regina M. Woolford, Hempstead, N. Y.; and two sons, James W., Milwaukee, Wis., and Philip J., Tucson, Ariz. Remains are at the residence, and funeral services will be held this morning at 9 o'clock at St. Mary's Catholic Church.

A central packing station located at Paddock Wood, Kent, which began last year on a restricted basis, will be in full operation this year, and will use four Canadian Bartlett grading machines.

National Temperance Study Course-1949

SUNDAY, OCTOBER 2nd, 1949 LESSON ONE (Senior)

ALCOHOL AND THE BODY

"Asleep on a railway track, oblivious to his danger, a man was arrested at 10.30 p.m. He pleaded guilty to a charge of drunkenness. "Fifteen-year-old dead drunk. Doctor and police saw the boy intoxicated at his home Sunday afternoon. Still in a stupor in the evening when his father returned, boy testified he was given several drinks of whiskey by a neighbor, and returning home, he went out like a light."

These are two items from an Ontario paper, published within three days, and similar accounts may be found in your local press almost daily. What is this alcohol that has such strange effects upon the bodies, minds and souls of men? And what happens to alcohol in the human body, to cause a grown man to fall asleep on a railway track, and a young lad to "go out like a light?" In this first lesson we shall try to discover the answer to these questions.

What is Alcohol?

Alcohol is a clear, colourless liquid, composed of the elements carbon, hydrogen, and oxygen. There are several different kinds of alcohol, which have many useful purposes in medicine and industry, but only "ethyl" alcohol is commonly used for beverage purposes.

Ethyl alcohol is easily produced, because the yeast plant, necessary in the fermentation process, is so widely spread, being present in the air. Yeast contains enzymes which speed up certain chemical reactions, changing sugars into alcohol and carbon dioxide. Any liquid containing sugar will ferment (become alcoholic) on the action of yeast. For example, wine comes from the fermentation of fruit juices, beer from the fermentation of grain starches, and so on. And, not satisfied with the comparatively low alcoholic content of beers and wines (not more than 15 per cent), man has used the distillation process to produce liquors of far higher alcoholic content (up to 50 per cent, or "100 proof.") In this way, rum is distilled from fermented molasses, brandy from wine, whiskey from barley, and gin from fermented grain and juniper berries.

IN MEMORIAM

ALEX. M. NICHOLSON

A gloom was cast over Valleyfield and surrounding districts on September 16th, when it was learned of the sudden death at his home of Alex. M. Nicholson. He was about 70 years of age, and had been stricken fatally ill and passed away within a few moments. Born at Victoria Cross, July 3rd, 1887, he was a son of the late Elexenia and Malcolm Nicholson. He was a man of fine character and an ideal husband and father. His home was a place of happiness for his family, and his long and helpful hand will long be remembered by a large circle of friends where now only cherished memories will remain. He will be sorely missed at his home as also by those who have passed on to his last reward. There are left to mourn his sorrowing wife two sons and four daughters. Myrtle, Mrs. Duncan, residing in their sincere thanks to their friends and neighbors in which he was held. The pallbearers were Gavin Reid, Leslie Campbell, William Lemont, Earl Keith, William MacLeod, and Archie Stewart. He was tenderly laid to rest in the Community Park Cemetery, Montague.

FLORAL TRIBUTES

- Pillow—The Family, Duncan and Family.
Wreath—Simon, Doris and Mack.
Spray—Dan, Mina and Family.
Spray—Myrtle, Stephen and Family.
Spray—Olive, Mac, Peggy and Katherine.
Spray—Vera and Russell.
Spray—Florrie and Archie.
Spray—Maggie and Peter.
Spray—Betty and Douglas Melish.
Spray—Preston MacLeod.
Spray—Teacher and Pupils of Grade VII and VIII, Montague.
Spray—Montague Church of Christ.
Cut Flowers—Annie and Lou Johnston.

Card Of Thanks

Mrs. Alex. M. Nicholson and family wish to express their sincere thanks to their friends and neighbors for their kindness and help during the death of their loving husband and father. Also wish to thank those who sent flowers, cards and letters of sympathy.

Alcohol in the Body

When the man and boy, referred to in the newspaper items, began to drink, they undoubtedly noticed a burning sensation, as the alcohol irritated the throat on its way to the stomach. Almost immediately they began to feel warm, and probably convinced themselves that they were being stimulated. That sensation of warmth has fooled many people into thinking that alcohol is a stimulant. As a matter of fact, however, what happens is this: the throat irritation causes a nervous reflex which makes the drinker feel warm. But the sensation of heat is misleading. Although the heart beats faster for a brief time, the small blood vessels of the skin are dilated, and as a result the body feels warm. Once the alcoholic beverage reaches the stomach, it is diluted, and from 30 to 40 per cent of the mixture is absorbed into the blood stream through the stomach walls. The remainder is absorbed very rapidly from the small intestine. It is because the absorption of alcohol is so rapid that its effect upon the system is almost immediate. Once in the blood stream, alcohol is carried to the brain in a very few seconds, where it begins to interfere with mental processes.

Instead of being a stimulant, the effect of alcohol upon the brain and nervous system is that of a depressant. It lets down, and does not lift up. You see, these bodies of ours are so constituted that they can convert food substances into heat and movement, and the body cells are specialized to perform these various functions. The tissues of our bodies vary in their sensitivity to different food substances. It is because the brain and nervous system are particularly sensitive to alcohol that people act as they do when intoxicated. When the alcohol in the system exceeds 0.05 per cent it begins to anesthetize (or put to sleep) the brain and nervous system. With increasing amounts, the brain (as we shall see in the next lesson) refuses to function properly, and the body fails to carry their messages from brain to muscles and back again. That explains why the drunken man could fall asleep on the railway track without realizing his danger, and why the fifteen-year-old boy, after "several drinks of whiskey," went "out like a light." It also explains why the Toronto Maple Leafs, in common with many leading athletic organizations, require the presence of a physician to examine players and why Cornelius Warmderdam, champion polevaulter, has said, "Athletics and alcohol do not belong together, and the sooner a boy learns this, the better off he will be."

Alcohol's Effect on the Body

By far the greater part of the seemingly physical effects of alcohol are really due to its stupefying effect on the brain. But its influence in alcohol any direct effects upon the body? Yes, we have already mentioned one: the irritation on the back of the throat as the alcoholic beverage is consumed. But there are others as well. Many habitually excessive drinkers suffer from certain physical diseases, largely because they are not receiving the right kind of food. You see, while alcohol does contain calories, (which release heat) it contains no minerals and vitamins, and thus has no value whatever as a body-builder. And when you couple this with the fact that heavy drinkers suffer from a severe loss of appetite, and usually from a faulty digestion, it is little wonder that they often suffer from such nutritional diseases as cirrhosis of the liver, gastritis, beri-beri, and pellagra.

To sum up: alcohol is a depressant poison, which circulates rapidly through the bloodstream; it has a peculiar affinity for the brain; and its action can result in loss of appetite and physical disease. Anyone who wishes to keep his body in really first-class shape should consider these facts carefully when he is tempted to accept his first drink.

QUESTIONS

- 1. How does alcohol, when used as a beverage reach the brain?
2. Why does alcohol not stimulate but depress the drinker?
Pupils 12, 13, 14 years answer question 15, 16, 17 yrs. answer both.

LESSON ONE

October 2nd, 1949. (Junior)

THE BOY WHO SAID "NO" TO A KING

By Mary I. Milne

For hundreds of years it has been the habit of conquering armies to carry off the treasures of the countries they defeated. At one time, long ago, Babylon was the strong country in her part of the world. Nebuchadnezzar, the king, led his armies against all her smaller and weaker neighbours. One after another they fell before the chariots of the Babylonians. The little country of Judah knew she could not hope to escape. The armies of Nebuchadnezzar camped round Jerusalem. Very soon they had captured the city, taken King Jehoiakim a prisoner and carried away many of the gold and silver treasures from the Temple, things which were very valuable and precious to the Judean people. But Nebuchadnezzar did not stop there. He called one of his chief servants and said to him: "Go and bring to me some of the boys of this people of Israel. Choose them carefully. Bring only the very finest children of the land... Lads without blemish, fair of face, strong of body and clever beyond their brothers. They must be worthy to become members of my own household, even to learning our speech, the tongue of the Chaldeans." The king decreed that the chosen boys should eat the same food and drink the same wine as was served on the royal table, so that at the end of three years they would be fitted to join the household as real princes of Babylon. Among the children of Israel chosen for their beauty and cleverness were four boys: Daniel, Hananiah, Mishael and Azariah. To them the chief of the servants said: "If you are to be princes of Babylon, you must forget all about your old life and everything that you were taught at home. You are no longer Jews. Begin by forgetting your Jewish names. From today you will have Chaldean names. You, Daniel, will be known as Belshazzar. The others will be Shadrach, Meshach and Abednego."

and Now... QUELQUES FLEURS by HOUBICANT the most beloved perfumes. Perfume—\$18.50, \$12.50, \$7.50, \$3.50. Eau de Toilette . \$2.50, \$3.95. Sachet Powder ..... \$1.75. Bath Softener ..... \$2.50. Talcum Powder ..... \$1.00. Dusting Powder ..... \$1.00. SPECIAL! Invitation Basket A dainty flacon of precious Quelques Fleurs Perfume in a basket of flowers. For a limited time—only \$1.75. Worthy's THE NYAL DRUG STORE 178 QUEEN ST. • PHONE 271

Now, one of the things Daniel and his friends had been taught in their homes was that if they were to be healthy and wise they should eat only simple foods and drink only water. They could not forget this teaching so quickly. Daniel braved the anger of the chief servant and said: "It is not good for boys of our age to eat rich food and to drink wine. We have been taught that these will make us grow too fat and lazy, that they will make our skin oily and spoil our teeth. Worst of all, if we eat too much and not the right things, we will be drowsy and sleep much of the time and not be able to think properly. So please excuse us." The chief of the servants was very surprised that a young boy would dare to question an order of the king, but he already liked the handsome Jewish boy, Daniel was the kind of boy everyone liked. "I like you, Daniel," said the servant, "and your friends, too. And I wish I could do as you ask. But you don't know King Nebuchadnezzar. If I disobey his order and you four boys grow pale and weak on your own food, he'll see that you are different from the others—the ones who eat the king's food—and he'll ask why... and do you know what happens to disobedient servants? They are punished severely. Daniel did not give up easily, especially when he knew he was right. So he tried again. "Please," he begged, "won't you give us a chance to prove that we are right? Isn't that only fair? For just ten days, let us eat vegetables, just as we always have, and drink water. At the end of that time, compare us with the boys who have eaten the king's food. If you think they look better than we do, then we'll do as you say." The chief servant agreed to the experiment. At the end of ten days Daniel and his friends appeared, "fairer and fatter in flesh than all the children which did eat the portion of the king's meat." So, by his courage, Daniel proved even to the mighty King Nebuchadnezzar of Babylon that children who eat simple foods and drink water grow up to have healthier bodies, handsome faces and better minds than do those who eat rich food and drink. The Continued on page 16

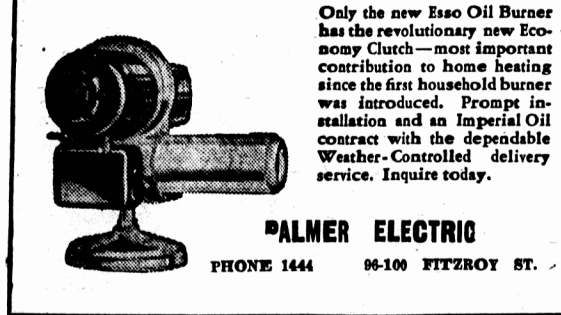
WARNING To Wise Shoppers THE CHOOSING of a Sterling Silver pattern is a very important matter... WHEN CONTEMPLATING buying Sterling see your Jeweller first... YOUR JEWELLER carries a complete stock of nationally advertised patterns... IMPORTANT TOO, is the fact that you are not forced to take any set quantity but may purchase only one item at a time if you so wish... YES... you would be a wise shopper indeed if you called to see your Jeweller before buying just any Sterling. IT'S WISE TO BUY STERLING FROM A MAN YOU KNOW — YOUR JEWELLER G. H. TAYLOR JEWELLERS For Four Generations W. W. WELLNER LIMITED Jewellers Since 1868

IFAP FILM

A documentary film entitled "50,000 for Breakfast" has been produced by the National Film Board from footage taken at the Conference of the International Federation of Agricultural Producers (IFAP) held at Guelph, Ont., this spring. The film has statements given by Norris Dodd, Director of FAO, and by Lord John Boyd Orr, and shows the Conference at work. In addition to being shown in theatres throughout Canada, the film will also be shown on the rural circuits. The rate at which milk can be cooled depends upon the rate at which the heat contained in the milk can be passed on to something else which will absorb heat.

PAY ONLY \$47.00 NOW for an Esso Oil Burner

...and the balance on our convenient deferred payment plan



Only the new Esso Oil Burner has the revolutionary new Economy Clutch—most important contribution to home heating since the first household burner was introduced. Prompt installation and an Imperial Oil contract with the dependable Weather-Controlled delivery service. Inquire today. PALMER ELECTRIC PHONE 1444 95-100 FITZROY ST.

NAPOLEON AND UNCLE ELBI



DON'T PAY ANY ATTENTION TO HIM, DOCTOR MENTAL CASE IS SPRINGING HIM — SAYS NAPOLEON MUST EXPRESS HIMSELF. I'LL JUST LET HIM BARK HIS FOOL-HEAD OFF.



HOLY SMOKE! MY SHIRT! I FORGOT TO TURN OFF THE IRON!