

Born of Sunshine

FOR RICHER FLAVOR

"I'm Mr. Sunshine... bringing my delicious, goodness to your table... in those red-ripe and summer-fresh tomatoes that go into AYLMER Catsup. You'll love its richer flavor."

Your Family deserves Aylmer quality

Aylmer catsup

As Many Nervous Disabilities As Common Colds In Canada

The problem of poor mental health is not surprising that the total annual loss to Canada from incapacity due to poor mental health has been estimated as between half a billion and \$700 millions.

For 34 years the Canadian Mental Health Association has been attacking this vast problem. Surveys have been made in all ten provinces. As a result of recommendations made new treatment facilities have been established and mental health programs have been organized in communities.

Despite the unquestioned progress that has been made, the fact remains that two-thirds of the job in the mental health field still remains to be done. And most of this unfinished work lies in the field of prevention. While we are spending approximately \$50 millions a year to treat existing cases of poor mental health, we are only spending a pittance for the all-important task of prevention.

Fortunately the C. M. H. A. has been carefully laying the foundations for a sound preventive program in Canada. Research and experimental demonstrations have already revealed the outline of practical techniques for this work.

Provincial divisions have now been established in five provinces and are about to be organized in two or three more. Local branches are already busy working at the details of this preventive program.

Take the Ontario Division as an example! The Ontario program calls for three main activities: (1) Preventive activities as applied to children; (2) Prevention as applied to the aged; and (3) Rehabilitation of discharged mental hospital patients. These will be in addition to a broad educational program aimed at developing a closer participating relationship with the public generally.

The children's work will be largely geared to the schools, working in close cooperation with the teachers as well as with the children themselves. The mental health of our children must be protected now when these problems are just beginning. Children who don't know how to play... the "outsiders"... the "unhappy ones"... the "quiet ones"... they need help so that their school days may be truly happy days.

Our older citizens must be freed from the claims of loneliness, the feeling that no one wants or needs them. The mental breakdown rate among older citizens is the chief factor in our rising rates of mental hospital admissions.

The rehabilitation of patients who have recovered must be facilitated so that they may resume their work and their family life as quickly as possible.

Unightly Pimples Skin Eruptions

Here is a clean, stainless, penetrating antiseptic oil that dries right in and brings you fast, effective relief. Not only does MOONE'S EMERALD OIL promote rapid and healthy healing in open sores and wounds but boils and simple ulcers are also relieved.

In skin affections the itching of Eczema is quickly stopped. This is true of Salt Rheum, Skin Rash, Cracked Itching Toes and Feet and many other skin disorders. Pimples—skin eruptions—dry up and scale off in a few days.

Moone's Emerald Oil is sold at satisfaction or money back by all good drug stores.

HUGHES DRUG CO., LTD.
JENKINS PHARMACY
REDDIN BROS.

COMPLETE VISUAL
REFRACTION AND
ANALYSIS
**G. F. HUTCHESON
& SON**
Optometrists
58 Grafton Street

MENTAL FIRST AID

LEARN TO TELL YOUR TROUBLES:

Find an experienced person to whom you CAN and WILL talk honestly and fully,—your doctor, your pastor, a psychiatric social worker, a public health nurse, a wise friend.

OPENING THE FLOOD GATES

Relieves tension. Strong emotion should not be kept bottled up.

It also relieves guilt, because in talking with others we discover that they too have hidden fears, loves and hates similar to our own and we no longer feel quite so ashamed. — "The Colonel's Lady and Judy O'Grady are sisters under the skin."

"Know the truth and the truth shall make you free."

National Health Week

Department of Health and Welfare

Break O'Day Iron

Reginald Wright Kauffman
CHAPTER THREE
Continued

"And who's your friend Sunbonnet Sue glowering at you from the store steps?" he inquired, merely by way of making talk.

The proprietor craned a cross-hatched neck. "Oh, that there?" he mumbled, pulling a drooped mustache that was white where it wasn't stained by tobacco juice.

"That there's Miss Angela Slinn."

"WHAT? That one?"

It was a relief to find that the pretty girl hadn't the ugly name. Host Hassler of the local hotel smiled knowingly.

"You're vunderin' about the ozer. I seen you come out o' her store. Well, efferbody likes the looks o' Rosie."

Jerry was wondering about Miss Walker. He knew that his interest ought to center on this Slinn woman, but he was quite content to hear whatever his loquacious landlord would tell of the younger person.

It had to do, more or less, with that one mine which, at a distant and happier day, gave Ironburg its name. Merrily launched by a firm of Philadelphia promoters, the Break o' Day Iron Company—people around here seemed to like the morning—started with a yield plentiful and high grade. Then the Philadelphians quietly unloaded, and Phineas Walker, a rich man for those times, used nearly all his fortune to buy in.

"I can guess the answer," said Jerry.

Precisely. The quality of the ore became useless for industrial purposes. The mine was flooded, too; a mysterious lake appeared, bottomless, folks said, without inlet or outlet. Then the inevitable, a receivership with nothing to receive except Walker's beautifully engraved stock certificates, and no money to redeem them. Walker died of a broken heart.

"So your pretty postmistress is his daughter?"

"Granddaughter. An orphan, inheriting a practical head from her mother. When she grew up, there was just enough money to buy the store, and she bought it. Congressman Plasius, down to Doncaster, got her the p. o. She's a smart girl; she's doin' fine..."

Hassler wandered on to other and less interesting topics; hard hotel times, the heat. This was the district's driest summer in thirty years.

"His guest pulled himself up short. What was the success maximum?" "The boss' business is your business." Especially when he's trying to fire you! "What," asked Jerry, "about this Slinn woman?"

"Oh, Angie just helped Rosie tend store now an' then. Lived, rent free, in a Walker shack out around the old mine."

"Does Mrs. Slinn—"

"Miss? Anyways so she calls herself. And then let's look at her." Jerry couldn't, luckily, as Angela Slinn had gone indoors. But he quite realized she wasn't the sort men marry.

"Lives alone?"

"Nopody else'd live there. It's awful desolate like. Jes' that there mine vis a lake in it visout a bottom. Ain't anuzzer house fer a mile around. Angie's got a kitchen garden, but it dakes her to farm it."

"Any relations?"

"Neffers heard tell o' none. She don't pelong here. We don't know vore she's from, she's that close mouthed. She talks like Rosie or you!"—Hassler consulted the register that Jerry had just signed, the first arrival in two months—"or you, Mr. Glidden—and she kin swear like a motorman."

"When did she come here?"

"Fife year' ago—mebbe six."

Of course there was not one chance in a thousand that this creature should turn out to be a near relative of the deceased Joseph. In his application for insurance he had written himself down as an only child, and any discovered lies in that application would invalidate the policy.

Nevertheless, there appeared to be some mystery about her. She was a Slinn; Doncaster, where Joseph had said he was born, lay not too far away, and, finally, she was the sole clue to information obtainable. To be continued

SAVE ON ODDS & ENDS

We have completed stock-taking and we have decided that all broken lines must go regardless of cost. Out they go at this Big Sale. Read over below and save your dollars and cash them at this Sale.

Ladies' Fall and Winter COATS—
Odd sizes, assorted patterns 1/2 Price

Ladies' Fall and Winter SUITS—
At 33 1/3 OFF

Ladies' Crepe BLOUSES—in white and colors—
Regular prices to \$5.95—SALE PRICE 1.00

One Rack of Ladies' Crepe and Wool DRESSES—
Odd sizes—Prices to \$26.95—SALE PRICE 5.95

One Rack of Ladies' Crepe DRESSES—
Sizes 18 1/2 to 24 1/2. Reg. prices to \$21.95—SALE PRICE 9.95

One Special Counter of Odds and Ends in Ladies' UNDERWEAR, GLOVES, BED JACKETS and BRASSIERES—
Clearing at low prices of 50c to 1.00

REMNANTS in SHEETING, CURTAINING, CRETONNE, POPLINS, NETTING, SATINS, CREPES and FLANNELS—
—Out they go at 1/2 Price

BATH TOWELS with red, blue and yellow stripe—
Size 22 x 42. Price—a pair 1.49

CURTAINING—white background, with red, blue, green and yellow. Clearing—Less 1/3 OFF

LINEN DISH TOWELLING—18 inches wide with blue or green stripe. Special—Per Yard 39c

SPECIALS IN MEN'S and BOYS' DEPARTMENTS

50 MEN'S SUITS—Odd lines and sizes.
Values to \$55.00—Clearing at 35.95

Men's and Boys' WINTER OVERCOATS—a good assortment of patterns and styles. Out they go—Less 25%

Boys' Odd TWEED PANTS—
Special at 3.49

Men's Medium Weight COMBINATION UNDERWEAR—
Sizes 36 to 44. Sale Price—a suit 2.59

Men's Fancy SOCKS—Wool and Cotton.
Sale Price—a pair 75c

Men's Heavy Crew Neck Pullover
SWEATERS 2.95

Men's Satin Quilted Lining BOMBER JACKETS—
Reg. \$19.95—Sale Price 11.95

See Our Special Table of Children's DRESSES, ROMPERS and SWEATERS—Out they go at 1/2 Price

Balance of Children's SNOW SUITS—
Sizes 1 to 4 1/2 Price

Ladies' NYLON STOCKINGS—New shades.
51 gauge, 30 denier. Reg. value \$1.65—Sale Price 1.09

SPECIALS IN FLOOR COVERING DEPARTMENT

MONK'S CLOTH—Striped design, 48 in. wide. Assorted colors. Reg. price \$3.25—Sale Price—per yard 2.19

SOILED CURTAINS and COTTAGE SETS—One pair in each design—Clearing at 1/2 Price

Discontinued lines in COTTAGE SETS in shades of green and blue—Special 2.98

INLAIN LINOLEUM ENDS—All different sizes up to 6x9 ft.—Clearing at 1/3 OFF

REMEMBER—SHOP EARLY AS THIS IS ONLY AN ODDS AND ENDS SALE—WILL SELL OUT QUICKLY AT THESE PRICES.

Prowse Bros. Ltd.

Tasty? Sure, they're
MAGIC baked!

GINGER CUP PUDDINGS

Mix and sift twice, then sift into a bowl. 1 1/2 c. one-sifted cake flour, 2 1/2 teps. Magic Baking Powder, 1/2 tsp. salt, 1/4 tsp. ground ginger, 1/2 tsp. ground cinnamon, 1/4 tsp. each of ground cloves and grated nutmeg. Cut in slowly 5 tbs. chilled shortening and mix in 1/4 c. lightly-packed brown sugar. Combine 1 well-beaten egg, 1/4 c. corn syrup and 1/4 c. milk. Make a well in dry ingredients and add liquids; mix lightly with a fork. Two-thirds fill greased cup-cake dishes with batter. Bake in moderate oven, 350°, about 25 minutes, or cover each pudding with wet cookery parchment paper, tie down and steam for 25 minutes. Serve hot with vanilla sauce. Yield—4 servings.

ROYAL

the world's most advanced typewriter



"Magic" Tabulator. Operate the tab with 1 finger, or palm without moving hands from the guide-key positions!

Carriage Control. Adjust the carriage tension yourself to suit the individual job!

Extra "Personalized" Key. At no extra cost! A 43rd. key in your choice of three combinations of symbols!

Plus "Magic" Margin, "Touch Control," Time-Saver Top and a host of other modern features that make typing a breeze!

F. A. McCOURT
182 QUEEN STREET

PINEAU'S NEW ENRICHED BREAD



BAKED IN OUR NEW
REVOLVING TRAY OVEN

AUTOMATICALLY WRAPPED FOR
YOUR PROTECTION.

DELIVERED FRESH DAILY TO
YOUR GROCER.

TRY A LOAF TODAY

REMEMBER MOTHERS, ASK FOR PINEAU'S ENRICHED BREAD

FIRESTONE TIRE SERVICE

Flats Fixed
Vulcanizing - Retreading
Phone 747
We Trade Tires.
FIRESTONE
BRYNTON & MCKAY
COMPANY
187 Great George St.
Wholesale and Retail
for P. E. Island.
Your Friendly FIRESTONE Dealer