

Continued from Page 8

**Keep in Trim**

awhile. I'm starting again and have lost 5 pounds in the last 2 weeks by keeping at 1200 calories a day. My new breakfast routine is a great help. While I feed the children, and get them ready for the day, I have a couple of cups of black coffee only. I used to eat doughnuts or sweet rolls and heaven knows how many calories I had before I actually sat down to eat breakfast. Now I pick a time for breakfast when it will be quiet. I have fruit juice, two soft cooked eggs and coffee. I also take a Multiple Vitamin capsule every morning. I have more energy when I take them regularly.

"Late afternoon I have a piece of fruit or a glass of skim milk. I have lean meat and vegetables for supper, and then I have enough calories left for an evening snack while watching television.

"Dieting isn't easy when you have to dish up ice cream for the children and skip it yourself—but it can be done. I guess it takes more than the will power you hear so much about. You have to keep in mind your desire to be thinner. Your articles help a lot.

"I diet one day at a time and do the very best I can for that day. The feeling of satisfaction at the end of a day when I have done well is more than worth it."

That courageous young mother has hit upon the real secret of slimming. Desire, plus keeping your goal vividly in mind, gives the will power.

Continued from Page 8

**ELLEN'S DIARY**

enough to hug the ground. The seeds from summer gathering were scattered around in several places so it was a pleasant task this week to package them and store for next Spring. Sweet William, Foxglove, Rose Campion, Viola, and Hollyhock seed along with smaller quantities of other flowers. Country gardens are full of fruit and vegetables at this time and it is a busy job gathering and preserving. The fragrance of apples is so good when a door is opened to the storeroom. In 1918 William Lowman wrote:

"Comfort me with apples. What can your eyes desire to see, your ears to hear, your mouth to taste or your nose to smell, that is not to be had in an orchard? With abundance and variety? What shall I say? 1000 of delights are in an orchard, and so shall I be wary and than I can reckon the least part of that pleasure which one, that hath and loves an orchard, may find therein."

Many of us have read of Johnny Appleseed (Christened John Chapman) who was born in 1775 near Old Boston. He spent all of his life planting apple seeds in the Western States. He was a pioneer, and to many a rude wilderness hut far away on the outskirts of civilization, he brought comfort, beauty, happiness and home as he went about distributing apple seeds for the planting of orchards.

In "This Green Earth" by Arthur S. Bourinot we read:

"Orchards," said Johnny Appleseed. "Let there be orchards, orchards, everywhere, I've got these orchards in my hair. Orchards to bloom, orchards to bear.

And apple trees To scent the breeze In blossom time."

The apple seeds that he would sow They couldn't help but prosper, grow And apple trees sprang far and near To show that Johnny had been there. "His witness trees," he said with pride, "You'll find them, cross the country side. And settlers clearing near a glade At noon would lie beneath the shade

**Wellington**

Mrs. Minnie Peters, Mont Carmel, left for United States where she will spend the winter months.

—Her many friends and relatives will be pleased to see Mrs. Nelson Ryder home after being a patient in P. C. Hospital for some time.

Mrs. Fred Trenholm is spending some time with her son and daughter-in-law, Mr. and Mrs. Sterling Ryder, St. Nicholas, after being a patient in P. C. Hospital.

Miss Jean Cameron of Saint John, N.B., recently visited her parents, Mr. and Mrs. Russell Cameron of Riverside, Lot 16.

Mr. Elmer Ramsay, who for sometime has been employed in Labrador, has returned to his home in Southwest.

His many relatives and friends are pleased to see Mr. Harold Bigelow, Southwest, about again after his recent injury he received when thrown from a horse.

Mr. and Mrs. Major Gamble, Lot 16, accompanied by Mrs. Roy Grady, Summerside, recently spent some time in Halifax, N. S.

Messrs. William Derasp and Alphonse Doyle of Magdalen Islands were visitors of Mr. and Mrs. Leger Derasp.

Mrs. Urban Gallant, Egmont Bay, recently entered P. C. Hospital where she underwent an operation. A speedy recovery is wished her by her many relatives and friends.

Mr. and Mrs. Belonie Gallant and Mr. and Mrs. George Alcamp, Summerside, visited Mr. and Mrs. Amand Gallant, St. Gilbert.

Mr. and Mrs. Louis Perry, who have been visiting in Lot 16, left for their home in Medford, Mass., recently.

Mr. Wilfred Arsenault of Clova, Que., recently visited his parents, Mr. and Mrs. Hubert Arsenault, also his brothers and sisters.

Mr. George McKinnon, former resident of Southwest now of Summerside, left recently for Halifax, N. S., where he underwent a successful operation. Mrs. McKinnon accompanied her husband and is remaining in Halifax during his stay in Hospital.

Mrs. Ira Barlow and children, Beverly and Preston, returned home after a two-week visit with relatives in Bangor, Maine and Waltham, Massachusetts. While in Waltham she visited her aunt, Mrs.

shade

Of apple trees that he had planted, And take it more or less for granted.

And so it went from year to year Till Appleseed was in the sear And dawned the day when he must die

He laid him down beneath the sky Within an orchard of his trees In blossom time, on every breeze The fragrance of the bloom was blown.

The very bloom that he had sown, His broken helmet on the grass, The warrior is home at last. Some apple seeds lay at his side, He scattered them before he died, They did not move him from the spot,

For him no cemetery plot, He loved the fellowship of trees, The gnarled roots touched gnarled knees, A winding sheet of barrel staves That had held apples all their days, And so he chose his place of rest, An orchard, for he loved it best.

Perfection ICE CREAM IN BULK GALLONS HALF GALLONS

Inglis "Glasteel" glass-surfaced steel tank can't rust!

LOOK OUT for "Ruthless Rust". He wrecks thousands of ordinary water heaters every year.

BETTER BUY an Inglis Glasteel water heater...the only water heater with glass-surfaced steel tank that can't rust because glass can't rust!

BE SAFE! Enjoy instant hot water that's always crystal clear and clean as your water supply.

BE SURE you get an Inglis Glasteel water heater and avoid hot water failure caused by a rust-eaten tank.

REMEMBER—if it isn't an Inglis it isn't Glasteel.

NOW PRICED AS LOW AS \$99.50 ELECTRIC OR GAS MODELS



**Name Your Figure We Can Fit It**

Longs, Shorts, Slims, Stouts and Regulars

If you think you're "hard to fit", come in and let us change your mind. We carry such a wide range of sizes in popular numbers, that we're sure to have the style, fabric and color you prefer... in YOUR size. We specialize in fitting the "exceptional" build... to perfection!

**\$29.50 to \$69.50**

Wide Selection of New Fall Styles and Fabrics

Use Our Lay-Away Plan At Sale Prices — A Small Deposit Will Hold Any Garment.

**The GREENDAL Co. Ltd.**  
MEN'S STORE 144 GT. GEO. ST.

Ruby Lingley, who was a patient in Waltham Hospital due to a fractured hip she received in a fall at her home. Mrs. Lingley underwent a serious operation when a silver plate and pin were placed in her hip. Her many relatives here will be pleased to know her condition was satisfactory.

Mr. Herman McKinnon formerly of Southwest, now residing in Summerside, recently left by car for Halifax, N. S., accompanied by the following residents of Southwest: Messrs. John Gamble, Lawrence Campbell, Wilfred McPhee and Mrs. Minnie Campbell and daughter, Mrs. William R. Birch.

Friends regret to learn Mr. Beecher Ford of Summerside, was the victim of a unfortunate accident recently while engaged in painting a building, where the ladder on which he was standing, suddenly broke, throwing him with great force to the ground. A doctor was immediately summoned and he was taken to P. C. Hospital where it was found he had a badly fractured arm and other injuries.

Monthly meeting of Wellington

branch of C. W. L. was held in vestry of the Church on Sept. 18, with Pres. Mrs. Sadie Cameron in the chair. Roll call was answered by 12 members. In the absence of treasurer, financial report was read by Mrs. Herb McQuid, Mrs. Elsie Lawson donated a hooked rug to be lotteried at the chicken supper. President addressed the meeting and gave an excellent report on annual convention which she attended at Notre Dame Academy in Charlottetown.

Mr. and Mrs. Ancil Bernard of Baltic, P. E. I., were recent guests of their son-in-law and daughter, Mr. and Mrs. Harold Bigelow, Southwest Lot 16. They were accompanied by Mr. and Mrs. Frank Bernard, also of Baltic.

Mr. and Mrs. Georges Arsenault of Mont Carmel, had as their guests Mr. Arsenault's three brothers and their wives, Augustus and Mrs. Arsenault of Atholville, N. B.; Fred and Mrs. Arsenault of St. John, N. B.; Clovis and Mrs. Arsenault of Saint John, N. B. also his uncles, Messrs. Clovis Arsenault of Dalhousie, N. B., and Colymbine of Rhode Island U. S. A.

The friends of the Rita Mises, Rose Marie, Cecile and Lisa Lalonde gathered at the home of their grandparents, Mr. and Mrs. Stephen Arsenault, recently to bid them farewell before their departure for their new home in Aroide, Que. An address was read by Dina Arsenault and lovely gifts were presented to them, for which they thanked their many friends. Remainder of the evening was spent in playing games and singing.

Mr. Fidele Perry, who had spent his vacation with his parents, Mr. and Mrs. Paul Perry, has returned to Labrador where he is employed. He was accompanied as far as Moncton by Mr. Hubert Arsenault.

Ladies of North St. Chriopein Altar Society held their monthly meeting at the home of Mrs. Stephen Arsenault with attendance of seven members and two visitors. Roll call was answered by each member making a short speech. Minutes were read and approved, also financial reports. It was decided to begin the knitting circle on Sept. 9 at home of Mrs. Alyre

Arsenault. Lobster supper to be served by the society. Lunch was served by Mrs. Arsenault's daughter, Mrs. Aldona Lalonde.

Mr. and Mrs. Harold Bigelow and son, Bayfield and Mrs. John J. Bigelow, Southwest, recently visited Mr. and Mrs. Ancil Bernard, Baltic.

Mrs. Irene Noonan and family returned to her home in New York City after visiting her brother, Paul McNeill and sister, Essie McNeill of Grand River. —BM

**HIGHFIELD CEMETRY**

All interested in upkeep please send your dues to any member of committee.

**JOHN MacKINLEY, Secretary.**

**50-Yr. Old Formula to Relieve Pain of Arthritis & Rheumatism KRISTALL'S LINIMENT**

A fifty-year-old formula that brings relief from Rheumatism, Arthritis, Neuralgia and Muscular aches. Gently rubbed into painful areas, this LINIMENT penetrates so deep and completely that it actually vanishes, leaving the skin greaseless and odorless. A feeling of warmth develops and the whole area takes on a pleasing glow. This is the striking evidence of the power of this LINIMENT to penetrate quickly and to stimulate the circulation of the blood. This glow shows how it speeds up the flow of fresh, rich blood into the affected areas and drives away the pain—causing congestion and pressure. Write direct for a 4 oz. bottle at \$1.50 or 8 oz. bottle at \$2.25 C.O.D. or Postpaid with remittance. KRISTALL DRUG COMPANY, Box 187 Outremont, 8 Montreal, Quebec



**Be Safe with INGLIS "GLASTEEL" WATER HEATERS**

- the only Water Heaters with Four B.I.\* protection
1. Glass-surfaced steel tank can't rust because glass can't rust. Guaranteed for 10 years.
  2. Absence of dissimilar metals inside tank.
  3. Interior tank fittings shielded from electrolytic action, the cause of all corrosion.
  4. "Neutrolizer"...the anti-corrosion stand-by protector.
- \*Four Basic Improvements in water heater construction provided only by Inglis.
- (Manufactured under license from A. O. Smith Corp., Milwaukee, Wis.)

**You'll always be proud you own INGLIS**



**Inglis WRINGER WASHERS**  
with exclusive "Hercules Mechanism"—outstandingly efficient and dependable—guaranteed for five years!

Advance-design washers that wash better... last longer... set new high standards for performance and dependability. All have the famous "Hercules Mechanism"—the most important new development in wringer washers in years. And all have exclusive "Agi-flow Action"—the superior top-to-bottom washing action that washes clothes cleaner.

From \$179.50 up

Inglis Laundry Equipment is manufactured under license from Whirlpool Corp., St. Joseph, Mich.

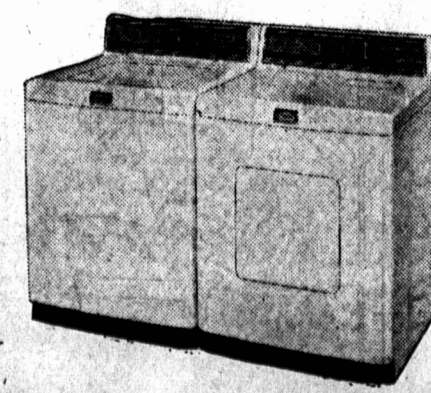
**Inglis Automatic WASHER and DRYER**  
with the advanced features that give you work-free washdays—without sacrificing cleanliness or economy!

**Inglis Automatic WASHER**  
with the famous SUDS-MISER

that saves you money on every load of wash automatically by storing hot sudsy water for repeated use.

**AGI-FLOW ACTION**  
the tried and proven method of washing clothes really clean—exclusive Seven Ribless combs, plately remove all suds, dirt and wash water, give clothes extra sparkle—and convenient Guide-Life Control—another famous Inglis feature.

As low as \$429.50 with Suds-Miser, a time saver.



**Inglis Automatic DRYER**  
with the wonderful DELICATE FABRIC CONTROL that lets you safely dry any washable fabric—everything from diapers to deers.

**PUSH-PULL CIRCULATION**  
The exclusive Inglis two-fan system that gives faster, more uniform drying, takes care of lint and dries dampness—Ultra-violet Sun-sterilizing Lamp freshens and sweetens every garment.

As low as \$339.50 available gas or electric models!

★ ARRANGE WITH ONE OF THESE INGLIS DEALERS FOR A FREE DEMONSTRATION TODAY ★

**DOUGLAS BROS. & JONES LTD.**  
155 Kent Street Dial 6565

**MILLER BROS. LTD.**  
Dealer for INGLIS Products 145 Great George St. Dial 5555