

GET 8 hrs. SLEEP

Nervous tension causes up to 75% of all sickness, particularly sleeplessness, jitteriness and irritability. Get a full night's sleep, calm the nerves, during the day with safe, non-opiate Sedin. Sedin in tablets—over 3/4 million packages sold first 18 months on the market. No prescription necessary, but sold by druggists only. Money refunded if Sedin fails to help you.

Runs Smooth and Free



- Made in Canada of selected blends of hard fibers.
- Guaranteed for length, strength and weight.
- Fully inspected for uniform high quality.
- Treated with insect and rodent repellent.

INTERNATIONAL Baler Twine ORDER EARLY

W. R. Jenkins Hudson & International Dealer.

Gr. Geo. St. — Phone 6563

Reviews Activities Of P. E. I Co-operative Union Limited

Following are excerpts from the report of Mr. J. G. Dennis, secretary of the Co-operative Union of P. E. I. Ltd., submitted at the organization's annual meeting here yesterday:

This co-operative movement of ours is a big, a wonderful thing. Wonderful because it is working for the people and not for the individual.

"We have always been in a preferred category because our business before beginning to operate has assured us of volume. Therefore the business should be assured of success.

"However with this advantage over the ordinary business we can and sometimes do in order to make profits, forget community control with its necessary hardships of business education and take the faster and easier way out by centralization of all essential community factors. Naturally this leads to higher profits less headaches but also to a movement controlled from the top and not by the people its members.

"Chain stores and their methods can easily be followed to a successful conclusion. They have pulled the ground and reaped the rewards. We have a different field to cultivate and our rewards have to be the education of the people to do their own business in competition to these chains. If we wander from this, we are failures in the idea which we helped to promote.

"Therefore we have to plan carefully for the carrying out of the objects which we wish to obtain. It may be somewhat hard and round about, but anyone can follow the pattern of modern business successfully, because the standards and methods have been tried and proven. But we are pioneering. We have to accept a percentage of errors in order to achieve that which we wish to accomplish. Let us not be impatient to sidetrack the main issue of membership control, in order to achieve success the established way.

Another Large Co-Op

"We hope that another large co-operative will be organized during the coming year, which should be a good inlet for consumer goods and an excellent outlet for farm pro-

duce both of which would be beneficial to its members.

"Marketing and our wholesale business has expanded in several directions and went over the three million mark in sales this year. We have had tremendous expansion here and it might be well to have a period of consolidation before taking on more services, other than those which will not require more working capital.

"There is a great service in provincial marketing yet to be done, such as livestock, fish, Irish moss, strawberries, blueberries, cranberries, and whatever other commodities can be produced by farmers and fishermen. All these things are visualized by the marketing organization, and producers should be ever helpful in assisting in the sale of such products through their organization.

"This coming year we are going to install certain systems which will insure control of stock, margins and net profits. Some of these have already been installed but due to unforeseen events in the stores were not continued. However beginning this year they shall be installed and they shall be accurately kept for it is one of the systems which will be the barometer of correct management. In addition we hope to have a report for each board of directors which will give to them the story of last month's operation. We will install them gradually until all stores are so systemized.

Finance

"We anticipated a revenue for

the past year of \$18,250 and we received \$13,722.92. We expected to transfer to the consolidated account \$18,600 and did transfer \$12,671.39. In the consolidated we expected to spend \$22,609.61 and we did spend \$21,230.81.

"We expected a surplus of \$1,390.39 but we had a loss in the consolidated account of \$1,131.90.

"We presented a brief to the Executive Council for their consideration in regard to increasing the grant to the League and Co-operative Union. At the time of our hearing it was not apparent that our suggestions of an increased grant were at all acceptable, rather the contrary. We feel however that we did make some impression on them and that a further demand may bear some fruit—especially if they are at all concerned with the economy of this Province which I believe they are and have to be.

"The Co-operative Life Insurance Company has made great strides in coverage during this past five years. In 1947 their total coverage was \$11,082,000. In force by 1952 their coverage was \$41,950,000, an increase of \$29,868,000 or an average of close to \$6,000.00 per year. The insurance in force is as follows: Individual Insurance \$20,799,608, Group Insurance \$16,789,261 and Group Pension \$4,361,841. These figures cover all of Canada except Quebec. Of this total of insurance in force, the Maritime which is now in this field has insurance in force of over \$5,500,000, or an increase of over \$1,700,000 during the past year.

"In the investment field 63 per cent of the mortgages held were in co-operative organizations. Besides Life Insurance we have Fire and Casualty Insurance which has done a very good business since its incorporation, a short time ago.

"The camel is not native to Egypt, but was introduced at an early period.

Whim Road and Vicinity

"Miss Betty Shaw returned to the R.C.A.F. base at Moncton, N. B., after spending her leave here. While at Whim Road she was the guest of Mr. and Mrs. Webb Nicholson.

Miss Isabel Farquharson, Charlottetown, spent a recent week-end visiting her parents, Mr. and Mrs. E. Farquharson, Kilmuir.

Mr. and Mrs. Robert Campbell, Whim Road, and Mr. and Mrs. Fred Aitken, Lower Montague, recently motored to Covehead to attend the car races there.

Miss Ida Moore returned to New York after spending her vacation visiting at Whim Road, guest of Mr. and Mrs. Garnet Moore. Miss Moore is the author of the well known book entitled "The Lucky Orphan", and has also written other children's stories.

Miss Jessie Nicholson, Cambridge, and Mr. Charles MacDonald, Quincy, Mass., returned to their homes after visiting Mr. and Mrs. M. J. Munro at Whim Road and other friends and relatives on the Island.

Mr. and Mrs. P. J. Emery, Melville, were Sunday visitors to Whim Road.

Mr. P. Clarey and son, Johnny, Montague, were recent visitors of Mr. and Mrs. George Clarey, Whim Road.

Mr. Howard Bell and children, Donald and Elaine, Toronto, were recent visitors to Whim Road, the guests of Mr. and Mrs. Leslie Stuart. They were accompanied by Mrs. L. Gordon, also of Toronto.

Mrs. Bell (the former Brenda Cosier, Montague) was unable to make the trip due to illness at this time.

On July 1 the Kilmuir District school picnic was held at Whiteman's Point. The usual fun and water sports were enjoyed by everyone, concluding with a bountiful picnic supper prepared by the ladies.

Mr. John Campbell, Whim Road, motored to Charlottetown where he visited his son-in-law and daughter, Mr. and Mrs. Reginald McLean.

Mrs. Webb Nicholson, Whim Road, is spending several days in Charlottetown, during which time she will attend the P. E. I. Women's Institute convention and visit with her son, Mr. Barry Nicholson, who is employed there.

Skinny men, women gain 5, 10, 15 lbs.

Get New Pep, Vim, Vigor

What a thrill! Boys think all our night boys, how do you look? No longer "skinny"; body firm, hair shining, skin "lean, pink". Look! Thousands of girls, women, men, who desire good gain before, are now proud of their bodies. They think the special "skin-building" health-inducing tonic, stores, in tonic, vitamins, iron, copper, zinc, calcium, iodine, improve appetite and digestion so food gives you more strength and enjoyment; put flesh on your bones.

Get Lovely Curves! The "skin-building" tonic, stores, iron, copper, zinc, calcium, iodine, improve appetite and digestion so food gives you more strength and enjoyment; put flesh on your bones.

Dorothy Dix's Column

(Continued from page 2)

and, since my husband is away a few nights a week, you can see I am quite lonesome. How can I make friends?

ETHEL S.

ANSWER: Your loneliness certainly is understandable, but you

are accepting it gallantly, especially in view of your tender years. You are located in a city that is practically dominated by the Navy. There must be hundreds of other young wives in your predicament, and there must be many opportunities to meet them. Doesn't your husband have married friends whose wives you could meet? Ask the chaplain to suggest some source of companionship—a club, canteen, or dance group. Take advantage of any opportunity to strike up an acquaintance; even the supermarket can serve as common ground. I'd like to know how you progress.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

EAT THE WHOLE ORANGE!



Sunkist Oranges are an excellent source of VITAMIN C, as well as the valuable PROTOPECTINS, which help you absorb more nourishment from other foods you eat.

Sunkist Tree-fresh VALENCIAS FROM CALIFORNIA AND ARIZONA

The finest oranges grown carry the Sunkist Trade Mark on the skin of the orange. Accept no others.



J. KEITH BOYCE GARAGE Beasley Ave., Parkdale Dial 7177 Repairs to all makes farm machinery. Haymower knives sharpened and repaired. Auto repairs, tires and batteries.

Alcoholics Anonymous Meetings as usual THURSDAY and SUNDAY, in the FIREMAN'S ROOM, City Hall, at the regular time.

MEAT SAVINGS For every Family! Shankless PICNIC HAMS, lb. 55c WIENERS, lb. 39c Cooked LUNCHEON MEAT, lb. 59c Cooked MACARONI & CHEESE LOAF, lb. 55c FRESH BEEF, LAMB — ALL CUTS EXTRA SPECIAL 1 GIANT SIZE PKG. FAB; 1 REG. SIZE PKG. FAB BOTH FOR ONLY 75c Limited Supply Carnation MILK, 6 for 89c; by the case \$6.85 NYLONS, 51 gauge 15 denier, pair . 99c Post Grape Nut—7 oz. pk. Seeded—16 pz. pkg. Flakes, 2 for . 39c Raisins 29c Post Bran—7 oz. pkg. Seedless—15 oz. pkg. Flakes, 2 for . 39c Raisins 23c Colgate Soap, 4 cakes . 29c Pitted Dates, 2 lbs. . . 31c Pure Black Pepper, pkg. . 39c Oranges, 4 doz. 99c Broken Pecan Tea, lb. 59c Hamilton's Sodas, lb. pkg. . 31c 38 Elm Ave. ANDREWS Dial 6588 6584 THE HOME OF PROVEN VALUES

AT LAST you can say "good-bye" to OLD-FASHIONED STARCHES! NO MORE MIXING! NO MORE BOILING! NO MORE STRAINING! NO MESSY POTS AND PANS! NO BLUEING OR WAX NECESSARY! NO STICKY IRONING! GLIDE Ready-to-use LIQUID STARCH IS HERE! LOOK HOW EASY IT IS to use GLIDE for starching! Simply mix GLIDE with water (hot or cold) and your starching solution is ready. It's the wonderful new work-saving product that will save you so much precious time on washday! GLIDE PENETRATES EVENLY It gives your clothes, shirts, curtains and all flatwork a custom-finished brand-new look without scratchiness or boardlike stiffness. GLIDE is safe for all starchable fabrics and you'll love its jasmine fragrance! YOU'VE "FREEDOM" TO GAIN—NOTHING TO LOSE! If, for any reason, you want to go back to old-fashioned starching methods after using GLIDE, your grocer will promptly pay back the full purchase price. (We re-imburse the grocer). PUT GLIDE ON YOUR GROCERY LIST NOW And then, on washday, and ironing day see how it saves you time and work, and gives you such a better finish! MADE BY THE MAKERS OF JAVEX