

To achieve an interesting color scheme for your home, use balance and contrast. Contrast light tints with dark shades. Balance patterns and textures with some colors and smooth surfaces.

**DANISH MACHINES**  
Danish exports of machinery surpassed imports for the first time in 1954.

**Eat And Keep Healthy**

When most people think of health foods they picture some tasteless concoction with no appeal to their appetites. In the Standard this week Food Editor Helen Gougeon shows this idea to be false by giving some hints for vitamin-packed dishes that will make it enjoyable to eat one's way to health. It will repay you to read and clip these tested recipes. Get The Standard on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents!

**The Standard**



**Freak accident causes loss of eye**

**Receives \$5,000**  
While on vacation recently, a young salesman from Toronto had a bad hiking accident. Ducking his head to avoid a branch of a tree, he brushed into another branch that severely damaged his left eye. He suffered complete loss of sight in that optic.

The \$10,000 Confederation Life Policy which he carries has an Accidental Death & Dismemberment Benefit. As a result, he received \$5,000 for the loss of sight of his eye.

**The only policy of its kind in Canada!**  
Confederation's Accidental Death & Dismemberment Benefit on a \$10,000 Policy pays:  
\$10,000 if you die from natural causes  
\$20,000 if you die by accident  
\$30,000 if you die by accident while a passenger in a commercial bus, streetcar, train or ship, or in a fire in a public place.  
Liberal cash payment for dismemberment accidents.

**Confederation Life ASSOCIATION**

For Free Booklet, "Triple Indemnity", call: S. W. WILLIS, Divisional Manager, Bank of Nova Scotia Building

**EAT MORE APPLES!**

**ISLAND GROWN APPLES**  
All tree-ripened and therefore fully flavoured.  
**LOVELY CROP -- EXCELLENT QUALITY**

**POPULAR VARIETIES IN ORDER OF RIPENING:**  
**MELBA -- HUME -- LOBO -- McINTOSH RED --**  
**CORTLAND -- DELICIOUS -- SPY, etc.**  
(MELBA and HUME now sold out.)

Our operating costs may be high, but our prices are reasonable—When you buy Island Grown Apples, you help an Island Industry, and your valued dollars stay at home.

**EAT MORE APPLES**

**MOORE & McLEOD limited**

(Continued from page 8)

**COUNTRY GARDEN**

The delicious aroma of a box of freshly-opened apples. Its light green leaves are scalloped with an exquisite, silky texture. A pleasing lime fragrance distinguishes the lime-scented geranium, which has small, soft, firm leaves with sharp teeth.

Noteworthy among the spice-scented varieties is the nutmeg-scented (P. fragrans) and ginger-scented (P. torontol).

Of wide fame is the rose geranium. Instead of a single variety, there is really a large number of varieties having rose-like perfume. Differing leaf shape, size and texture thus enables the collector to accumulate a number of "rose geraniums". In the rose-scented group is P. denticulatum, which has finely cut leaves, almost fern-like.

A similar situation exists among the so-called oak-leaf or pungent-scented geraniums. In this group the leaves are deeply lobed in varying degrees, besides being rough, hairy and distinct sticky.

A desirable plant is the apricot-scented geranium, which has smooth leaves, almost stiff in texture, with margins curled upward. Prince of Orange, with smooth leaves, is more delicate in texture than apricot-scented and has orange fragrance.

It is pleasant gardening for the winter months to collect all of these lovely geraniums possible, and slips can be exchanged among your gardening friends.

Perhaps the rootings of these scented geraniums is not always they are rooted in sand, or sand and peat moss they grow very well. They perhaps take a longer time to root but with patience on the part of the gardener a good collection is soon made.

Plants indoors make winter pleasant and all varieties of geraniums can make a home more lovely. In geraniums have become one of the most sought after plants because of their beauty and the many varieties and their uses.

In the garden here they are used in the window boxes and only two colors are grown, a lovely soft pink and a crimson red.

In hot countries they are used for lawns, as in Los Angeles, California where there are great masses of hillside plantings of Ivy-leaved Geraniums. In the lawns the varieties are kept to five or six recommended varieties which are practically spidermite resistant and are in colors of salmon, rose-pink, light pink and white. These are all long-trailing varieties and will cover the ground very fast.

New varieties are being added to the list that are suitable for this method of growing.

Next, are a group which is made up of the medium-trailing varieties. It is in this class that we find the delicate thin-wooded sorts which lend themselves to pot work, window boxes, borders, and a multitude of uses.

Only recently has there been proper appreciation of the Ivy and Martha Washington geraniums throughout the world. In these varieties are found the most spectacular beauty of the Geranium Family. One recently introduced variety is supposed to have individual florets up to five inches across when grown under proper conditions.

There is a wonderful exchange of geranium slips among all gardeners and anyone can have a large variety of these wonderful plants for home and garden by the exchange method.

**FALSE TEETH That Loosen Need Not Embarrass**  
Many wearers of false teeth have suffered real embarrassment because their plates dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you! Just sprinkle a little **FAST-TEETH**, the alkaline (non-acid) powder, on your plates. Hold false teeth over your mouth so they feel more comfortable. Does not sour. Checks "white odor" (denture breath). Get **FAST-TEETH** at any drug counter.

**CLEAN CLOTHES WEAR LONGER For Your Dry Cleaning Needs RITE-WAY CLEANERS Dial 7387**

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**PARKDALE W.I.**

The eighteenth annual meeting of Parkdale W.I. was held, on Nov. 3. Roll call was responded to by payment of dues, with each member telling what they gained from the programs during the year. After the reading of the minutes of the last meeting and regular monthly meeting the retiring President, Mrs. E. Cook gave her address. This was followed by the reports of the treasurer and secretary.

Reports from the Scouts, Brownies and Cubs noted good work being done by these groups. A tidy sum was realized from catering and card parties during the month. Reports were heard from School, sick, and hall committees.

For the N.C.O. banquet on Nov. 11 the following were appointed a committee, Mrs. Seaman, Mrs. Cook, Mrs. Burns, and Mrs. Pickard. For the navy on Nov. 17, Mrs. Dollar, Mrs. H. MacDonald.

Directors: Mrs. B. Westhaver, Mrs. Hogan, Mrs. H. W. Clay, Mrs. L. Johnston, Mrs. H. Douglas, Mrs. R. Compton, Press Sec'y, M. F. Rodd, Auditors, Mrs. A. West, Mrs. L. MacMillan, Hall Comm. Mrs. F. Matheson.

The leadership training course was held in the hall on Nov. 30. The program was held by the co-convenors for dinner served to delegates. The evening entertainment will feature a one act play.

Mrs. E. Cook, Mrs. Trewin, Mrs. J. Vessey, and Mrs. H. MacDonald were appointed a committee to prepare programs for the coming year. The wreath for Remembrance Day is to be paced on the Centaph by Mrs. E. Cook. The treasurer was ordered to pay the music festival dues.

A review of the years programs was artistically arranged by Mrs. F. Ross and many pleasing comments were heard during the evening.

Lunch committee for December, Mrs. Hardy, Mrs. Hudson, Mrs. Moore and Mrs. L. MacMillan. Meeting closed by singing the Queen with Mrs. F. Bertram at the piano.

**HAMPTON W.M.S.**  
The women's missionary society of the United Church met at the home of Mrs. Windsor Bell on Tuesday evening November 1st at 8.30. The president, Mrs. John Dixon, presided. A hymn opened the meeting.

The Bible study period was conducted by the president assisted by the members, closing with a hymn and prayer by Mrs. R. H. Baxter. Minutes of last meeting were read, and approved. Roll call was answered by 11 members, there were also two visitors present.

The treasurer's report was very encouraging as it indicated that the allocation has been attained. Community Friendship secretary, reported a large number of calls, cards and treats since last meeting. Subscriptions were taken for missionary monthlies. Miss Boxe were passed in at this meeting, which added greatly to the fund.

Meeting closed with Lord's prayer and Mizpah Benediction. Lunch was served by the committee, assisted by the hostess, and a social half hour enjoyed. Next meeting will be held at the manse. Roll call to be answered with a verse of scripture beginning with "I".

**FINE OPERA HOUSE**  
Called Europe's most modern opera house, a theatre opened in 1955 at Hamburg, West Germany, seats about 1,600 persons.

**WE AND OUR NEIGHBORS**

**RESERVE JUDGMENT**

A number of readers have requested a final (for the present) column on looks and personality. They feel that I have written as if appearance offers no clue to the make-up of the individual. "Surely," they say, "even though we can't judge by features or size or shape, we do get a general impression that tells us something about people."

They are quite right. General impressions can give an insight into personality—but then again, I take the privilege of quoting from Mr. Amram Scheinfeld's chapter, "Looks and Personality" in his "New you and Heredity." He says: "Various kinds of behavior including habits of occupation and living have specific effects on looks, ranging from the shaping and posture of the body as a whole down to characteristic movements, facial expressions and mannerisms. (Note: The "rolling gait" of the sailor; the heavy tread of the farmer; the mobile expressions and freer gestures of the actor; the walk and fixed smile of the professional model, etc.)"

Many of these effects come through what scientists call "muscle toning", the manner in which different sets of muscles become conditioned in their workings through repeated usage in similar ways. Every FACE, for instance, has beneath its surface an intricate network of muscles and fibers, acting variously to produce the expressions of smiling, weeping, laughing, frowning, affection, hate, chagrin, horror etc. Through use and habit starting from infancy, the facial muscles thus become "toned" by specific patterns of action, giving the face as a whole a characteristic expression even in repose which may well produce clues to the individual's personality. So you're often right in judging from a face that a person is "kind", "cold", "mean", "honest", "alert" or otherwise, but don't trust these surface clues too far!

From time to time magazines have published sets of photographs of criminals mixed up with those of readers have found it hard to judge which were which.

We are indeed often mistaken. A friend told me, without knowing about "muscle toning" that she had always believed our faces, as we grew older, tell the true story of our nature. I think most of us have that feeling. Well, at a party, she had met an elderly lady "from away" who had completely charmed her. Such a "sweet" expression; such "warm" brown eyes! But alas, her praises of the lady met with laughter from those who knew her well. It seems she was not sweet; not sincere; not warm—but she always put on a good act

**inside Job**

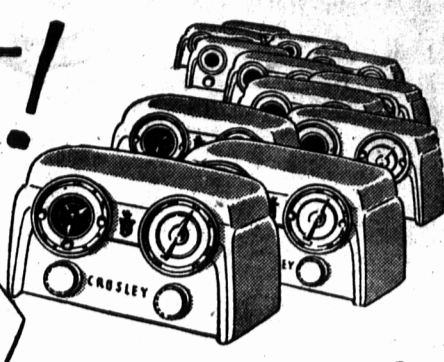


Chances are you get a "helping" of aluminum as part of your daily diet. Most cities use aluminum sulphate to purify the water from lakes and rivers. Oshawa, for instance, has used it for this purpose for 35 years. Usually, however, aluminum is associated with the outside of foods. In cooking utensils, cups and frozen food containers—in wrappings for cakes and candy and roasts and left-overs—in bottle tops and hoods—aluminum helps keep what we eat and drink fresh and pure and wholesome.

ALUMINUM COMPANY OF CANADA, LTD. (ALCAN)

**YOUR NOVEMBER Monarch mix CONTEST!**

**25 CROSLY CLOCK RADIOS TO BE WON IN ATLANTIC PROVINCES ONLY! CLOSING DATE NOVEMBER 30TH.**



**HERE'S ALL YOU DO:**  
Write on plain paper your name and address and the answer to this question:  
**Which British Monarch reigned during World War 1?**

Here's your chance to win a handsome, quality-built Crosley Clock Radio. It's the radio that gently wakes you in the morning and lulls you to sleep at night—with music! You simply set the electric clock controls—and it turns on and off automatically! This month 25 Crosley Clock Radios will be won by users of Monarch Mixes. Enter this easy contest now!

**CONTEST RULES:**

1. Each entry must be accompanied by the lion's head from any Monarch mix package.

2. Entries must be mailed to "Monarch Contest" Box 686, Saint John, N.B. and postmarked not later than midnight Nov. 30th, 1955.

3. Prizewinners will be the first 25 correct entries opened after the contest closes. They will be notified and asked one further question. A list of prizewinners will appear in this paper.

4. Employees of Maple Leaf Milling Co. Ltd., its advertising agency and their families are ineligible.



You get "the best home-made you've ever made" when you use a Monarch Mix. All Monarch Cake Mixes are complete even to the eggs and milk. You simply add water, mix and bake. Try them all—and use Monarch Pie Crust Mix for flaky, tender pastry made in seconds. . . . Tea-Bisk (the largest-selling baking mix in Canada for over 20 years) for dozens of easy-to-fix taste treats.

**ANY OF THESE FAMOUS MONARCH MIXES ENABLES YOU TO QUALIFY**  
• MONARCH WHITE CAKE MIX  
• MONARCH CHOCOLATE CAKE MIX  
• MONARCH GOLDEN YELLOW CAKE MIX  
• MONARCH ANGEL FOOD CAKE MIX  
• MONARCH FRUIT CAKE MIX  
• MONARCH CHERRY POUND CAKE MIX  
• MONARCH GINGERBREAD CAKE MIX  
and  
• MONARCH PIE CRUST MIX  
• MONARCH TEA-BISK

**Shop for MONARCH MIXES today!**

**Gift Wrap Her**  
**IN FEMININE FANCIES!**  
A Cascade of Christmas Gifts!  
Nylon and rayon briefs are still another Christmas gift suggestion and such a gay array of colors for your approval. Priced from 79c to 2.95.  
Lounging Pyjamas in quilted satins make an ideal Christmas gift for your favorite girl. Priced from 10.95 to 16.95.  
Nylon trunk style pants, so daintily trimmed. Priced from 2.95 to 3.95.  
Crinolines and half slips, that any lady will love to wear under her new fall dresses and skirts. Priced from 3.95 to 14.95.  
Bustiers of nylon, quilted satin and flannel are ever so practical, and so reasonably priced from 5.95 to 12.95.  
Housecoats that she will be proud to wear in a wide variety of materials and colors. Priced from 5.95 to 29.95.



**A Cascade of Christmas Gifts!**

