



She Was Laid Up With RHEUMATIC PAIN

"I had been afflicted with rheumatic attacks ever since I was a girl," writes Mrs. F. Rose, 54, of St. John's. "Four years ago I was in bed tormented by rheumatic pain and unable to work. Then I heard about Tempton's T-R-C's. Soon after I started taking T-R-C's I was able to get out of bed, and walk about and do my work. I only wish I had learned about T-R-C's years ago, for I feel they would have saved me a great deal of suffering."

This welcome relief from nagging pain can be yours. Don't suffer another day from Rheumatic, Arthritic, Sciatic or Neuritic pain. Get Tempton's T-R-C's—Canada's LARGEST-SELLING proprietary medicine for quick relief from such pain. Only 65c. \$1.35 at druggists. T-249

72 YEARS MARRIED

EDMONTON (CP)—Mrs. H. Worden has celebrated her 90th birthday and her husband is 98. They were married at Brockville, Ont., 72 years ago.

Smoothest Milk for Cooking



Children — and adults, too — like nourishing milk dishes better, when they're made with Carnation Evaporated Milk. Carnation is homogenized and heat-refined. So it gives food a creamy consistency and rich flavor that you just can't get with ordinary bottled milk.

And Carnation is wonderfully convenient. It is double concentrated — heavy enough to whip. So you can use it undiluted in cream recipes, or mix it with an equal amount of water, to use in milk recipes. Depend on Carnation for cooking.

"from Contented Cows"



BAKING SENSATION Cakes Made with Carnation For higher, lighter, richer flavored cakes, do this: In cake mixes or in your own cake recipes, use Carnation mixed with an equal amount of water in place of bottled milk. Carnation's "velvet-blend" consistency means more satisfying baking results.

FREE RECIPE BOOK 70 exciting cocoa and chocolate recipes



FRY'S COCONUT COCOA CAKE

Just one of the many chocolate-good treats in the free FRY'S COCOA recipe book.

Enjoy new chocolate treats... Learn new chocolate tricks from this 37-page illustrated Fry's Cocoa recipe book. 70 tested recipes for rich cakes, smooth frostings, desserts, sauces, beverages—all richer-in-chocolate flavor because they're made with Fry's.

- Sift together: 1 1/2 cups once-sifted, pastry flour, 1 1/2 cups sugar, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, 6 tablespoons Fry's Cocoa. Add: 3/4 cup shortening, 1 cup sour milk or buttermilk. Beat 2 minutes. Add: 3/4 to 3/8 cup unbeaten eggs (2 large), 3/4 cup shredded coconut. Beat 2 minutes. Pan Size: 2 round layer pans 8 x 1 1/2 inches. Temperature: 350°F (moderate oven). Time: 30 to 35 minutes. Frost with Cocoa Mocha Frosting. (see page 3, Fry's Recipe Book)

MAIL THIS COUPON TODAY!

Fry-Cadbury Ltd. Dept. RB-1, Montreal. Please send me a free copy of "70 tested cocoa and chocolate recipes." NAME: ADDRESS: CITY: PROV:

Barbara Brent's BUYS AND WHYS



MONTREAL, December 11th—Do you have that hurried, hurried feeling when you think of Christmas shopping? I know just the remedy for that "too little and too late" sensation. Do your shopping at the BANK OF MONTREAL. It saves you lots of time and frantic rushing about—AND you can be sure that, when you give these B of M Christmas presents, they'll be received with enthusiasm. First of all—for Aunt Miranda... a B of M Money Order! The B of M will "gift-wrap" it in a special Christmas envelope, and hard-to-please Aunt M. will love picking her present for herself. Then there's that special gift for Junior. Here's a tip—youngsters love to have their very own B of M Savings Account! So give Junior a Christmas Passbook with a dollar or more in it to start him off. And for niece Sue, at college—give her what she always needs more of—money—one of those holly-gay B of M Christmas cheques. Feel better about your shopping now? I thought you would. I've bought B of M Christmas presents myself, and I've always found them highly successful!

For The 'Big Shaver' on your Christmas list... for a gift he'll really enjoy... give the new REMINGTON 60 DE LUXE, the finest electric shaver yet! Talk about clean, smooth, fast shaves... why in 60 seconds whisker bristle just melts away! What man wouldn't cheer a one-minute morning shave? The secret is the three diamond-honed twin-cutting heads. Think of it! Six cutters—each two inches long... they get at those face angles with one clean sweep! Your special man will get a special thrill comes Christmas morning—and every morning... when you make his gift the new Remington 60 De Luxe... complete in its own distinctive carrying case.

Washing Dishes isn't nearly the chore it used to be now that those wonderful new chemical soaps do the job in a jiffy. So dishwashing doesn't bother me now—and the chemical soaps don't bother my hands any more, either. The secret? I just keep Jergens Lotion handy—use it after every watery job. Because Jergens is liquid, it quickly supplies the softening moisture that dry, thirsty skin needs. Truly, lovely, petal-smooth hands—all you need to do is use Jergens faithfully. It costs very little—just 15c, 37c, 65c and \$1.15. Why not take my tip and try it. Remember JERGENS LOTION... because you care for your hands!

The Bigger The Better?—not always, anyway! I don't imagine, for instance, that the Face-Elle paper, as the "best" in the tissue handkerchief business but their fine quality product certainly gets my vote as the best! Yes, FACE-ELLE is softer than anything you've ever used and yet stronger and more absorbent too. And Face-Elle has two exclusives: They make the only THREE-ply tissues and the only tinted tissues marketed in Canada. Personally, I'm a "pink-over" fan and the lightful Face-Elle "En Pastels" tissues. Their soft pastel shades add a welcome touch of color wherever you use them... try them next time you buy tissue!

Here's Wonderful News for all you busy Christmas shoppers! It's "quick meal" news from Heinz spotless kitchens. Heinz have a wonderful variety of thirty, delicious, main-course dishes for you. In addition to their five kinds of Oven-Baked Beans, there are two kinds of HEINZ COOKED SPAGHETTI and two kinds of HEINZ COOKED MACARONI. So if there were nine days in your busy shopping week (and don't you wish there were!)... there would be a special, fast-cooking, wonderful-tasting Heinz treat for each night of the week. Stock up now for rushed meals during these busy days. You'll be glad you did!

I Can't Get Along Without It when I'm entertaining. INSTANT CHASE & SANBORN COFFEE is so economical—so quick to make (it's as easy to make ten cups as one) and, above all, it's so good. You see, Instant Chase & Sanborn is the delicious result of almost 100 years of coffee experience. Yes, you'll agree... the flavour's there—and the body—and the real lift. So when friends drop in—or when you're planning your Christmas party... plan to serve Instant Chase & Sanborn Coffee. You'll save up to 40c a pound compared with ground coffee. The regular size jar of Instant Chase & Sanborn gives you the same number of cups as a pound of ground coffee, but there's a big difference in price.

Particularly Now, during busy Christmas shopping season, our bean suppers are a real treat (for both me, the cook—and the family). Because, though baked beans for supper date back to grandma's day—Heinz have made beans so much easier to prepare! Just empty a can or two of HEINZ OVEN-BAKED BEANS in a casserole, flip a switch, and before you know it, a bean treat for the family! Delicious? Even grandma sings the praises of Heinz Oven-Baked Beans. Yes, most any night is Heinz night in our house. You see, there are now five kinds of Heinz Oven-Baked Beans... the latest—Baked Beans with Sliced Wieners, delicious variety for loafs of quick meals!

How Scott's Emulsion Helps CHILDREN GROW STRONG, HUSKY!

More than just a tonic! CHILDREN THRIVE on Scott's Emulsion. When they get run down, catch colds or get sick—see what a difference it makes when you give them Scott's Emulsion. It contains natural A & D Vitamins in natural oil—real "gold from the sea." Helps them maintain resistance. Helps them build strong bones, sound teeth, a husky body! Helps them grow into fine, sturdy, lively children you're proud of! Try Scott's and see!

SCOTT'S EMULSION IS RECOMMENDED BECAUSE 1. It contains natural A & D Vitamins in natural oil—plus added minerals. 2. Easy to take, economical. 3. Four times easier to digest than plain cod liver oil, because of exclusive process. 4. Helps children build strong bones, sound teeth, a sturdy frame. Today—sure—get Scott's at your favourite store. TRY SCOTT'S EMULSION HIGH ENERGY TONIC

SKIN PROBLEM? You owe it to yourself to try CUTICURA Soap and Ointment. See blackheads, eczema, rash, pimples promptly relieved, clearer skin in 7 days. Buy!



FOR HAPPY, COMFORTABLE HOLIDAY TRAVEL GO BY TRAIN No worry, no strain—sit back and ENJOY every mile of your trip! CHRISTMAS and NEW YEAR'S For full information as to fares and train times apply to your local Agent. CANADIAN NATIONAL



COMPLETE OUR CHRISTMAS JINGLE

To contestant completing the correct last line in this Christmas jingle, Semple's Pharmacy will give out merchandise to the value of \$20.00. The contestant supplying nearest to the correct last line will receive goods to the value of \$10.00, with \$5.00 worth going to winner No. 3.

To enter this contest you have only to complete the last line and bring (not mail) your entry to their store, located at 178 Queen Street, Charlottetown. Contest closes Dec. 19th.

"If you will wed me, Maiden fair, Christmas gifts you'll have, I swear." "But where shall we buy 'em?" the maiden pressed. He

All gifts purchased during the Christmas season will be gift wrapped free of charge. In event of more than one correct answer being received, the person first making such submission will be adjudged the winner. The decision of the judges will be final.

SEMPLER'S PHARMACY, YOUR REXALL STORE 178 QUEEN STREET



Our LOW PRICES EVERY DAY Make Food Bills Easier to Pay

- Christmas Specials Ganong's Reg. \$2.79—3 lb. box Holiday Chocolates, box \$1.98 McCormick's Reg. \$2.75—3 lb. box Special Chocolates, box \$1.89 Ganong's Reg. \$2.49—3 lb. box Regal Chocolates, box .. \$1.79 Moirs—Reg. \$1.50 Pot-of-Gold, 1/ lb. box .. \$1.25 Weston's—Hard Candy Christmas Mix, 2 lb. pkg. .. 75c McCormick's—Best Quality Christmas Creams, 2 lb. pkg. 75c Fresh This Year—In Shell Mixed Nuts, 2 lb. pkg. 85c Dark Co-op Fruit Cake, 2 lb. slab ... 95c Decorate Your Christmas Table Christmas Table Cloths, ea. 35c To Match Table Cloths—Christmas Serviettes, pkg. . 20c Pkg. of 6—With Hats, Toys, etc. Christmas Crackers, pkg. .. 49c Maritine Maid—24 oz. Mince Meat, per jar 39c

- VALUES GALORE Fortune—Choice 28 oz. tins TOMATOES, 2 for 45c Silver Seal—11 oz. pkgs. CURRANTS, per pkg. 21c Clark's—20 oz. TOMATO JUICE, 2 tins ... 29c Reg. Price 2 for 43c KLEENEX TISSUE, 2 pkgs. ... 35c Reg. 25c Each—Canada Dry GINGER ALE, lge., 2 for .. 39c For Your Laundry SUNLIGHT SOAP, 3 for ... 28c Large Size—Choice PRUNES, 2 lbs. 49c These items also on sale at the following Co-op Stores: CHERRY VALLEY MORELL ST. PETERS TRACADIE VERNON RIVER TURKEYS Special attention and preference in Quality given to all orders placed well in advance. By The Piece 40c—BACON, sliced, per lb. .. 45c Premium Quality—Shankless PICNIC HAMS, per lb. ... 45c Brookfield Select SAUSAGES, per lb. 37c Red Ripe — Carton TOMATOES, per pkg. 21c Extra Large—Florida Juice ORANGES, 2 doz. bag ... 69c New Crop—Christmas EMPEROR GRAPES, 2 lbs. . 23c

- LOOK! Freshly Ground HAMBURG 2 LBS. 75c FOR EXTRA SPECIAL Robin Hood FLOUR 24 LB. BAG 1.49 LOOK! Fresh Graded SMELTS PER LB. 27c SPECIAL Medium Shred COCOANUT PER LB. 29c CHRISTMAS SPECIAL Flat 50's CIGARETTES ANY MAKE ONLY 99c

YOUR CO-OP STORE "SHOP CO-OP" Phone 2807 or 2808 For Prompt Free Delivery