

**Now! Take the family...
Enjoy Big Savings**

FAMILY TRAIN TRAVEL FARES



ROUND TRIP FARE For the "Head of Family".	ONE-WAY FARE for round trip by other parent.	1/2 ONE-WAY FARE for round trip, children between 5 and under 12; under 5 free.	ONE-WAY FARE for round trip by other members of family, 12 and under 22.
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Examples: Ch'town - Vancouver - ... and return

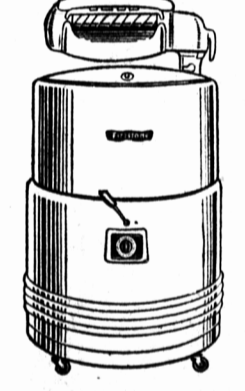
Family of four		Family of two	
FATHER	MOTHER	MAN	WIFE
DAUGHTER (18 yrs.)	SON (8 yrs.)		
Coach	Save	Coach	Save
\$430.30	\$172.75	\$275.50	\$89.10

Inquire about Family Plan Fares for Tourist and First Class.

- In effect June 1 to Sept. 30.
 - Leaving Mondays, Tuesdays, Wednesdays.
 - Stop-over Privileges.
 - Generous Return Limit—travel any day.
 - 300 lbs. Baggage Allowance.
- Complete information from any C.N. or C.P. Ticket Agent.

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Students Learn How to Glamourize Farm Homes



Two model farm houses, designed to make city sophisticates green with envy, are currently being displayed by household science students at Ontario Agricultural college, Guelph. The latest in kitchen gadgets and interior decorating ideas are included in the homes where the girl students practise keeping house as part of their course. Modern pitcher from Holland, shown here by Barbara Bennett, is one of the handsome artistic pieces on display.

Piano Results From Mt. A. Announced

The following students were successful in the Mount Allison Music Examinations held in Charlottetown on June 16:

Grade 8, Betty Foster, Honours.
Grade 7, Fay Hickox, Pass.
Grade 5, Gail Carter, Distinction.

Grade 4, Nancy Thompson, High Distinction.
Grade 4, Enid Chowan, Honours.
Grade 4, Lloyd Coffin, Honours.
Grade 4, Anna McAdam, Honours.
Grade 4, Louise Anderson, Honours.
Grade 3, Florence Mary Hughes, Distinction.
Grade 3, Sheila Roper, Distinction.
Grade 3, Ferne Vessey, Honours.
Grade 3, Marlene Stairs, Honours.
Grade 3, Shirley Vessey, Pass.
Grade 3, Arlene MacDonald, Pass.
Grade 2, Judy MacDonald, High Distinction.
Grade 2, Betty Carol Matheson, High Distinction.
Grade 2, Margaret Dawn Matheson, Distinction.
Grade 2, Bernice Newson, Honours.
Grade 2, Donna Lewis, Honours.
Grade 2, Donald Roper, Honours.
Grade 2, Carol Graham, Pass.

Child Training

A gradual introduction, gently encouraging and easing him into it, always remembering to praise him and to share his happiness when he's been successful through it. Familiar "props" are often a comfort. If he's holding a favorite article or is wearing a favorite piece of clothing, it helps reassure him and makes it easier for him to direct his thoughts away from his own feelings. Having someone close by he knows and trusts, such as his playmates, also builds up his confidence.

Avoid the "spotlight effect." Do away with too much comment or pointed remarks when you're introducing the child to new people or new situations. You will need, also, to accept his possible slowness, giving him time to make gains at his own pace as he breaks away from his dependent habits and develops greater poise and control. There's a limit to his abilities, and you can aid him by directing his attention from the things he can't do to what he can do, and make him feel that these are important. Often, it's quite effective if you let the child help out in some little way, be it with welcoming guests, or some detail, however minor, of a new undertaking (handicrafts, fixing shelves, etc.) or situation.

That Body Of Yours

25 per cent above the ideal and about one person in every 15 is in this group.

A follow-up was done on a large group who had been charged extra premiums on their insurance because they were overweight. In the whole group, the death rate was considerably higher than for "standard risks" and this was especially marked in the younger age group! For example, those overweighted aged 20 to 29 had a death rate 80 per cent higher than average and the age group 31 to 64 had a death rate 31 per cent higher than average.

What do we learn from this? The evidence would seem to point to the fact that when overweight begins at an early age it is a wise precaution to begin reducing the weight. This should prevent a high death rate and also those complications of adiposity such as high blood pressure and the possibility of heart or brain stroke.

thought as to how you can help him build up a better opinion of himself on foundations of security and self-confidence. Children who feel secure in their parents' love are free to use their energies to find out the what, why and how of the world about them and so satisfy most of their personal wants and needs.

(Next week's articles will discuss FEEDING HABITS.)

25th Wedding Anniversary

On June 11 the people of York pastoral charge gathered on the lawn of the York manse to tender congratulations to Rev. and Mrs. J. M. Sproule on their 25th wedding anniversary.

Mr. Leith Brown acted as chairman for the evening. Mr. Willie Gibson, Marshfield, read a very fitting address to Mr. and Mrs. Sproule and Mr. Keith Cudmore, Brackley, on behalf of the people of York charge presented Mr. and Mrs. Sproule with a well-filled purse. Lenore Crockett presented Mrs. Sproule with a beautiful bouquet of pink and white carnations. Mr. Sproule on behalf of his wife thanked one and all in his usual jovial manner. A beautiful three-tier wedding cake centered the table and a delicious lunch was served by the ladies of the charge. —BO

Summing Up

Meeting the problem of the shy child means giving considerable

**Science Shrinks Piles
New Way Without Surgery**

Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to stop bleeding—without surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And

among those sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a world-famous research institution. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

Now this new healing substance is offered in ointment form for hemorrhoids under the name Preparation H. The price is only \$1.19 a tube including an applicator. The name to ask for is Preparation H—at all drug stores. And remember—if not entirely satisfied—your money will be refunded promptly. *Trade Mark



Continued from page 8

Dorothy Dix's Column

girl is growing up and is entitled to more consideration than is forthcoming at present.

Your mother's intentions are probably good, Lois; it's just that she's so bound with a sense of duty—and according to her definition duty can never include anything pleasant—that she is losing sight of the human factor. Parents who share the joys and sorrows of their adolescents are indeed blessed. It is the time of gradual independence and the time for solidifying the relationship of the future when the children, too, will have reached adulthood.

Wise parents will make the most of these fleeting years; the foolish ones are those who set up a wall between themselves and their young. Perhaps your mother will read this, and it may make her realize that her little

Friday, June 18, 1954

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Household Scrapbook

By Roberta Lee

Buttonholes

A method for making buttonholes that will outwear any other is to baste a strip of cloth on the underside of hem; then cut and work buttonhole through both strip and hem; cut away surplus strip.

Lemons

To preserve lemons keep them in a jar of cold water, renewing the water every day. If packed in clean, dry salt, they will keep for several months.

Gray Hair

Gray hair should always be shampooed with a soap that is pure white. The majority of colored soaps will leave the hair yellow.

**Grow top-grade potatoes...
PROTECT YOUR CROP
with
C-I-L POTATO PESTICIDES**



Potato growers know they can rely upon C-I-L Potato Pesticides for effective, low-cost control of insects and blights. You'll harvest more marketable potatoes per acre, make a bigger profit per bushel, when you protect your crop with C-I-L field-tested Dusts and Sprays.

FOR BLIGHT, LEAFHOPPERS AND BEETLES

DEECOP DUST. A combined insecticide-fungicide containing 3% DDT and 7% Copper with a special carrier-sticker. Gives outstanding control of early and late blight, Colorado potato beetle, flea beetles and leafhoppers. For best results, use DEECOP Dust at the first sign of leafhoppers. May be used at any time except when raining or windy.

DEECOP SPRAY. Contains 15% DDT and 30% Copper. Like DEECOP Dust, it gives exceptional control of both insects and blights. Although developed especially for potato growers, it is also an excellent insecticide-fungicide for many other crops.

Other C-I-L Potato Pesticides

C-I-L 50% DDT Wettable Powder. Especially effective against leafhoppers, as well as beetles and many other insects. Because of its fine particle size, C-I-L 50% DDT Wettable Powder gives exceptionally uniform coverage and has superior suspension and adhesive properties. Mix with "Tri-Cop" for combined insecticide-fungicide spray.

TRI-COP. Water-dispersible powder containing 52% Copper for control of early and late blight. Compatible with DDT, Lead or Calcium Arsenate.

TROX. A 7% Fixed Copper dust with a special carrier-sticker. Gives dependable, low-cost blight control. Apply at any time except during wind or rain.

Your crop deserves the best protection. Ask your dealer for C-I-L Potato Dusts and Sprays, made by Canada's established leader in modern pest control.

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Agricultural Chemicals Department
HALIFAX
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