

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

Get New Pep, Vim, Vigor

What a thrill! Hoop skirts all out; ugly holers no longer; body lines half-worn; dicky "bean-pole" look. Thousands of girls, women, men, who never could gain before, are now proud of sturdy, healthy-looking bodies. They thank the special "Vigor-Building, Fat-Building Tonic, Oatex, its tonic, stimulant, invigorator, iron, vitamin B₁₂, calcium, enrich blood, improve appetite and digestion so food gives you more strength and nourishment; put flesh on bare bones.

Get Lovely Curves
Don't fear getting 7000 fat. Stop when you've gained the 5, 10, 15 or 20 lbs. you need for normal weight. Oatex is the "get acquainted" size only diet. Try famous Oatex Tonic Tablets for new view and added pounds every day. At all drugstores.

Barbara BUYS AND WHYS

MONTREAL, June 25th—Have you ever thought that now is "rush period" for thieves? Yes, holiday-time is their busiest season. So many homes are left empty—ripe for the easy picking of valuables. Make sure you don't have to pay for thieves' overtime. Put your valuables and important papers away safely in a BANK OF MONTREAL Safety Deposit Box. I do! It costs so little and it's worth every penny! I can leave home at any time—back on some faraway beach—travel the highways and country roads to my heart's content... with no nagging thought of precious possessions left at home at the risk of fire and theft. All of my papers and the little things I care most about are safely stored away—in a B of M Safety Deposit Box.

What's More Troublesome in the "good old summertime" than a stuffy, snuffy head-cold? So here's what to do when a summer cold makes it hard to breathe. Spread MENTHOLATUM liberally inside each nostril and sniff well back for cooling, soothing relief. Mentholum's medicated vapours relieve irritated membranes almost immediately—ease the stuffiness—and, first thing you know, you can breathe easily again! Mentholum, with its combination of fast-acting ingredients in a bland, soothing base, relieves many other discomforts, too. Send for **GERNER'S FREE SAMPLE**—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

My Family Wouldn't Give A Fig for anything but my own home-made strawberry and raspberry jam. I guess they must be prejudiced. And I am, too. I wouldn't "do down" any way but the CERTO FRUIT PECTIN way. That's the only way I can be sure of results. I don't like risking my time, money and fruit on anything but certainties. The true fruit flavor is retained... not boiled away as so much of it was in the old-fashioned method. And I find I get up to 50% more jam or jelly from the same amount of fruit. Have you tried Certo Fruit Pectin? You'll save 2/3 the time of the former long-boil way of jam and jelly-making. There are grand recipes in the booklet under the label of each bottle of Certo.

Here's A Wonderful Way to get your family to eat breakfast every morning. Simply serve hot "CREAM OF WHEAT" with plump, mellow slices of bananas. Top with milk or cream. "Terrific!" they'll say. Yes, and easy, too. Quick! "Cream of Wheat" takes only five minutes of boiling to cook to perfect smoothness. And best of all, hot "Cream of Wheat" is truly good for you. It contains iron for good red blood and calcium and phosphorus for diets deficient in these elements. So give the family a good start—a quick start for the day. Treat them to hot "Cream of Wheat" for breakfast.

Everyone Enjoys A Buffet Supper—host and hostess included. It means no work for them after their guests have arrived... and preparing the supper is part of the fun. Particularly when they have the Heinz chef to help them. Here's a successful Buffet Supper Menu that will show you what I mean: Cold cuts (chicken, ham and cold roast beef); Tossed Salad (make the dressing with HEINZ WHITE VINEGAR); Potato Chips; Devilled eggs (made with HEINZ MAYONNAISE); Your guests' favourite variety of HEINZ PICKLES; Coffee and Cake. Try it for a wonderful party!

STRIKE LOSSES work stoppages in 1952. Seven strikes involving 1,084 workers made it the most costly year from a strike standpoint since 1944. REGINA, (OP)—The labor department reported Saskatchewan workers lost 13,782 days through

Strange But True

By F. H. MacArthur

There is a species of grasshopper in Africa that eats field mice, South American spiders that devour small birds, and Philippine pythons, although only eight feet long—have been known to kill and swallow a good-sized deer.

We are all responsible for all the good within the scope of our abilities, and for no more. As we advance in life we learn the limits of our abilities. Discased plants run a temperature like sick persons, fungus diseases producing a higher temperature than virus diseases. Sea gulls and crabs are efficient scavengers of plant refuse which may be the chief reason why the tropics are so free of diseases. Great armies of them working from the air and on land clear away immense quantities of objectionable material in a very short time. Believe it or not, but Canadians hold life insurance to a total greater by upwards of 10% than the country's annual overall income. Runner up is the U. S., some 12 points behind Canada, while the U. K., Switzerland and the Netherlands rank next with life insurance amounting to six month's national income.

Traffic speed now is recorded on a radar speed detector. Radio frequency radiation is beamed at the advancing vehicle and reflected back from the car to the receiver, where the exact speed is clocked on a dial. The current quiz programs now running daily except Sunday, from the Atlantic to the Pacific, show to what extent people are trying to get something for nothing. Your chances to win are slim indeed, and at the wars end the average contestant will end up just where he started minus a great roll of postage stamps and the cupboard piled high with goods he could well have got along without, or at least without a great deal of what he's piled up in order to keep these quiz programs on the air. The post office and the sponsors of these programs get the rich plums and Mr. and Mrs. John Citizen pay the piper.

Some of the quizzes are very enticing, to say the least, and the winners are dazzled by this nothing that falls across his or her path, but taking the contestants by the large they won't even get their cost back. Where this freakish illusionary, time-wasting habit will end this writer hasn't the faintest idea.

The quizzes have become a national habit and like other habits are hard to break.

Anyway, don't be taken in with the idea that you are going to be the lucky devil this week or the week after.—Of course you might be—but the chances are all against your winning the pot of gold.

The first record of the sun having spots occurs in the Chinese archives in A. D. 188, and the first Aurora in A. D. 194.

In 1870 chewing and pipe tobacco made up 79% of total sales. In 1953 cigarette production requires nearly twice as much leaf tobacco as all other Lush Nicotine products combined. The average smoker consumes about a package a day. The average woman smoking consumes 16 coffin nails a day while the average man puffs about 24 cigarettes in 24 hours. Two out of every three men use the weed while one out of every 24 adult women smoke.

Now what about that wonderful "pick up" a cigarette is supposed to give the smoker. Here are the hard, cold facts: they don't aid digestion, have little or no effect on blood sugar; have a slight narcotic effect on the nerves. So instead of helping you relax, the effects are just the opposite. Smoking raises the blood pressure, increases the pulse rate about 15 to 25 beats a minute.

Yet in spite of these warnings we are smoking more than twice as many cigarettes as we did before the second world war.

The average person doesn't know that all tobaccos are highly flavored. Take cigarettes for example, the flavoring used may contain sugar, honey, cloves, cocoa, licorice, tonka, vanilla, molasses, rum, brandy, oil of cloves, and many other agents too numerous to mention here.

Modern cigarette machines can pack and seal a carton in cellophane at the rate of 120 packs per minute!

"CARIBBEAN" STARS JOHN PAYNE AT CAPITOL SUMMERSIDE

—Alive with the rugged action and high-spirited adventure that has long been associated with the stories of plunder and piracy on the fabled Spanish Main, Paramount's exciting thriller "Caribbean" stars John Payne at the Capitol Summerside.

SCALDS • BURNS

Do on a paste of Baking Soda and water and cover with a damp cloth.

bean", opens at the Capitol Theatre today as a swashbuckling tale of deering-do that has ever been seen on a local screen.

Gloriously filmed in color by Technicolor and glistening with a cast of top-flight stars that includes John Payne, lovely Arlene Dahl and Sir Cedric Hardwicke, "Caribbean" easily rates with such great sea epics as "Mutiny on the Bounty" and "Two Years Before the Mast".

High up on the list of spectacular highlights in this slam-bang action film is a hair-raising knife duel between Payne and Willard Parker which comes as a prelude to the stunning climax.

GREEK ORIGIN

The word hymn, was used by the ancient Greeks to denote a song or poem in honor of gods or heroes.

Admiral Robert Peary was on his sixth attempt when he finally reached the north pole in 1909.

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 sedative. Sedical tablets—over 34-million packages sold first 18 months on the market. No prescription necessary, but sold by druggists only. Money refunded if Sedical fails to help you.

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Blue POTATOES, pk. 25c	Plastic APRONS, each 19c
Fresh Beef TONGUE, lb. 39c	Five Roses FLOUR, 98 lb. bag \$6.85
Fresh Plate BOILING BEEF, lb. 35c	Seedless RAISINS, 15 oz. pkg., 2 for 45c
Fresh Chuck ROAST BEEF, lb. 49c	Seeded RAISINS, 16 oz. pkg. 29c
Fresh ROAST PORK, lb. 49c	WAX PAPER, 100 ft. roll .. 33c
Shankless PICNIC HAM, lb. 55c	Fresh Ground Coffee, lb. .. 89c
FRESH FOWL, lb. 49c	ORANGES, 4 doz. 89c
Fresh VEAL and LAMB — All Cuts	ONIONS, 3 lbs. 25c
CHOCOLATE MARSHMALLOW COOKIES, lb. 35c	
CREAM FILLED COOKIES, lb. 35c	
DR. BALLARD CAT OR DOG FOOD, assorted flavours, 3 tins 41c	
Raggedy Ann PEACHES, 2 tins 35c	Maxwell House Instant COFFEE, 2 bottles 75c
SUPER-SUDS, 2 pkgs. 69c	TOILET TISSUE, 3 rolls 31c
MOLASSES, 1 qt. container 35c	Bulk, Pitted DATES, 2 lbs. 31c

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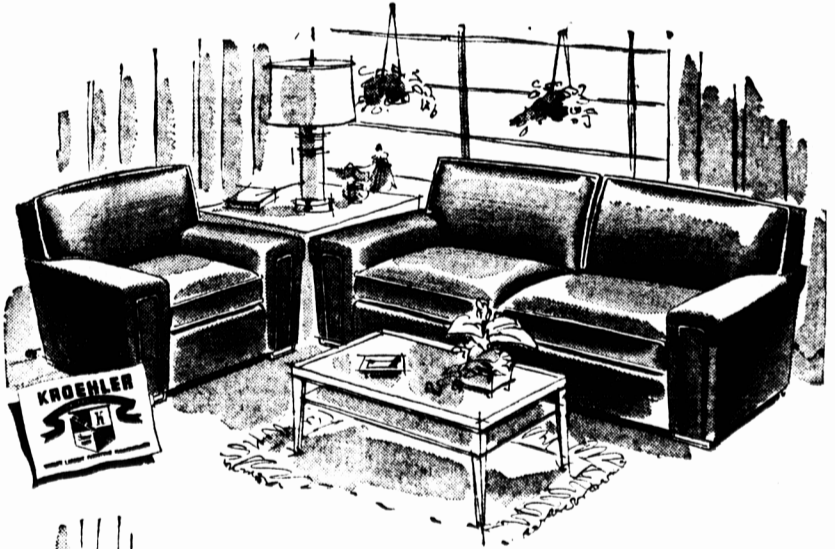


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THURSDAY FRIDAY SATURDAY

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In this Province, summer-time is "Guest Time"—the time we wish our homes to look their best.

Whether we like it or not our home tells its own story to the guests we receive into it—But most important of all it is our "Home", the best place in all the world.

By thinking things over carefully YOU may be able to "spruce up" somewhat. It doesn't cost so much to place in it a new rug, a new chair, a new davenport or best of all a new Chesterfield Suite.

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with Innerspring Mattress

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