

That Body Of Yours

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creasing weight by one-half to one pound a week, they may add a dose of amphetamine after breakfast and lunch. Amphetamine is not usually prescribed after mid-afternoon as it brightens the individual up so that he may not get to sleep at the proper time. The fact that the overweight feels more active physically is also a great help in digestion and absorption and thus in preventing constipation. The first dose or two of amphetamine should be supervised by the physician.

However, notwithstanding the fact that amphetamine depresses the appetite and increases physical activity, physicians doing special work in obesity advise that the reducing diet be continued to a point where the weight is just a little

less than normal for height, weight and build, and then the food intake be increased gradually until normal weight is reached and that amount of food continued daily. In all reducing diets, proteins—meat, fish, and eggs—particularly should not be reduced. Starch and fat foods should be reduced.

PRINCE STREET SCHOOL

The following is the Honour Roll for November for Prince Street School.

Grade X — 1. Roberta Todd; 2. Arline Larter; 3. Irwin Buell. Grade IX (A) — 1. Jean MacPherson; 2. Sandra Currie; 3. Janet Matheson; (B) — 1. Harris Dingwell; 2. Arnold Llewellyn; 3. Wilma Carmody and Janet Carver.

Grade VIII — 1. Barbara Worth; 2. Earle Warren; 3. Donald Mill; VIII — 1. Frances MacPherson; 2. Beverly Block; 3. Carol Thompson.

Grade VII (I) — 1. Shirley MacPherson and Susan Whiteside; 2. Judith Davison and Joan Korrey; 3. Alvina Mobbs; (II) — 1. Fay Hickox; 2. Elizabeth Munn; 3. Carl Pickering.

Grade VI (I) — 1. Raymond MacLean; 2. Roddy MacLean and John Lane; 3. Gloria MacKinnon. (II) — 1. Eileen Diamond; 2. Donald Johnston; 3. Myrna Caswell.

Grade V (I) — 1. Judith MacDonald; 2. Pamela Stewart; 3. James Matheson; (II) — 1. David Rogers; 2. Diane Burgoyne; 3. Catherine Genge.

Grade IV (I) — 1. David Keenan; 2. Donna Moore; 3. Fred Davison; (II) — 1. Ronald Jenins; 2. Raymond Wenn; 3. Albert Bryanton.

Grade III (I) — 1. Brian Wonnacott; 2. Keith Matheson; 3. Holly Platts and Carol Thacker. (II) — 1. Gloria Waller; 2. Virginia MacNutt; 3. Jean Savdant.

Grade II — 1. Donnie Stevenson; 2. Billie Alexander; 3. Norma Stone; (II) — 1. James Cheverie; 2. Florence MacWilliams; 3. James Burnett and Katherine Kemp.

NEW GLASGOW W. M. S.

The Auxiliary of New Glasgow W.M.S. met at the home of Mrs. Louis Moffatt for their November meeting.

The devotional period was led by Mrs. Chalmers Laird, based on the theme "The Book of Life". Two verses of the hymn, "Let Everlasting Glory Shine" were read in unison, followed by singing hymn "Come Holy Spirit Heavenly Dove". Scriptural readings by Miss Elsie Laird and Miss Lynetta Brown were followed by prayer by Rev. George Gough, and "Break Thou the Bread of Life" was sung. Mrs. Gough offered prayer followed by the "Lord's Prayer" in unison.

The president was in charge of the business period, due to the absence of the secretary. There were no minutes of the previous meeting. Mrs. W. Orr acted secretary. Roll call was answered by seven members and eight visitors. Mrs. R. W. Stevenson invited the December meeting to her home, roll call to be answered with a verse of scripture beginning with "E". The friendship secretary's report was four calls made in hospital and twelve in homes. Mrs. Stevenson read an article on Christian Stewardship.

Mrs. Andrew reported attending the temperance meeting in Heartz Hall. As heralds, Miss Elsie Laird and Mrs. Chalmers Laird gave readings.

Those in charge for next meeting are: Leader, Mrs. R. W. Stevenson; heralds, Mrs. Stevenson and Mrs. W. Orr; prayer, Miss Elsie Laird; lunch, Mrs. Millar Orr and Mrs. Andrew. Repeating the Mizpah Benediction closed the meeting. Receipts for the evening were: Thankoffering, \$3.00; mite boxes, \$2.60, and collection \$3.30. A meeting of the Ladies Aid followed. With Rev. George Gough as auctioneer a sale which was successful financially, was conducted. A delicious lunch was enjoyed by all, served by the committee in charge, graciously assisted by the hostess. —A.Y.

IN MEMORIAM

MRS. FRANK LUND

It was with a feeling of sadness that friends and neighbours learned of the death of Mrs. Frank Lund which occurred at her home in Mount Herbert.

Despite all that medical skill could do, she was a great sufferer, especially during the last months of her long illness; she was never heard to murmur or complain but bore with patience and Christian fortitude, the heavy cross laid upon her. On Wednesday evening, November 10th, trusting fully in her Heavenly Father, she passed on to her Eternal Home, there to be with loved ones who had gone on before.

The deceased was formerly Ethel MacKay, daughter of the late Mr. and Mrs. Archibald MacKay of Charlottetown, and was one of the Island's most successful and highly respected teachers.

Her passing will be a distinct loss to the district in which she lived, as she was deeply interested in anything pertaining to its welfare and always gave freely of her time and talents in all of its social and religious activities.

She leaves to mourn besides her sorrowing husband and son, Erroll, three sisters, all of Charlottetown, Edith (Mrs. Elmer Foster); Pearl Mrs. Hugh MacKay; and Minnie, teacher at West Kent School.

The funeral services, which were very largely attended, were held on Friday afternoon, November 21, a short service being conducted at her late residence by the Rev. T. R. Gouge, following which a service was held at Mount Herbert United Church, with the pastor, the Rev. Mr. Gouge, speaking words of comfort to the bereaved taking as his text the 23rd psalm. Hymns sung were, "Unto The Hills" and "Abide With Me". The choir, with Mrs. Winston Wood as organist, beautifully rendered "The Lord's My Shepherd" a favourite of the deceased.

The flower bearers were Leu Driscoll, Peter Driscoll, Leonard Wood, Winston Wood, and two nephews, Eric, and Everett Foster. The pallbearers were Henry Jenkins, Russell Jenkins, Harry Wood, Sterling Wood, Leigh Ferguson, and Joseph Driscoll.

She was tenderly laid to rest in the family plot, in the church cemetery.

FLORAL TRIBUTES

The Family. Wreaths Minnie, Edith and Pearl. June, Lois, and Everett Foster. Eric, Betty, Barbara and Gail Foster.

Clive and Jean MacKay Gordon and Myrtle MacKay Fred and Erma Roper Mr. and Mrs. Neil MacKinnon Mary Gill Elinor Horton The staff of West Kent School Mount Herbert Young Married Couples Group Mount Herbert Ladies Aid Mr. and Mrs. Seymour Wood Sterling and Beryl Florrie MacLeod and Gladys Taylor Leonard and Laura Doreen Wood Harry and Lois, Winston and Marguerite Wood Mrs. Catherine Gill, Annie, Barbara and Walter Walker.

Card Of Thanks

The family of the late Mrs. Frank Lund wish to extend sincere thanks to friends and neighbours who sent cards and messages of sympathy, and helped out in every way possible, during their recent sad bereavement.

YOU CAN DEPEND ON

When kidneys fail to remove excess blood and waste, backache, tired feeling, disturbed rest often follow. Dodd's Kidney Pills stimulate kidneys to normal duty. You feel better—sleep better, work better. Get Dodd's at any drug store. You can depend on Dodd's. 30

Contract Bridge

By Josephine Cluerton

NO TIME FOR SAFETY

South's first play in the following deal would be correct in about 90 out of 100 cases in fact it was a standard safety play — but it was incorrect this time.

South dealer. East-West vulnerable. ♠ Q 6 10 9 5 4 2 ♣ K 8 6 5 3 2 ♢ A 6 10 5 3 ♣ Q 8 7 ♠ J 5 3 ♣ Q J 8 3 ♢ J 7 4 2 ♣ K 6 ♠ A 10 2 ♣ K 7 ♢ A Q 9 ♣ A J 10 8 4

The bidding: South West North East 2 NT Pass 3 NT Pass

South stretched in opening with two notrump, but many worse bids have been made. South felt that by opening with one club he might "place" the notrump contract — if that turned out to be the best — in the wrong hand. His profusion of honors and tenaces naturally made him want to get the lead up to his own hand.

However, while South's opening bid contained more than a germ of logic, his play of the three-notrump contract fell far short of par. West opened his fourth-highest spade and, to insure two spade tricks and stoppers for himself, no matter how the missing honors lay, South played low from dummy. He captured East's jack and then, with only one entry, the diamond king, in dummy, had to guess how to handle the club suit. Obviously, if he had gone to the diamond king and taken a club finesse, he later could have captured East's king, but this was a pure guess and Smith actually decided to lead the club jack from his own hand in the hope that West had started with a doubleton honor. When this decision went wrong West ducked the club jack and East took the trick — the contract was hopeless.

South, as far as he could tell, urgently needed two entries to dummy for club finesses; hence, he was virtually forced to risk the play of the spade queen — possibly abandoning the chance for a double stopper — so as to acquire an extra entry. In other words, safety had to be sacrificed to the time element.

MASON'S 49 for Coughs and Colds 45¢ — 75¢

FINEST WAXES for FINEST SHINES. SHUGGET'S SHOE POLISH AND LEATHER PRESERVATIVE. 10 POPULAR SHADES.

NOTICE. Due to illness, our representative, Mr. Lloyd James, will not be able to cover his P. E. I. territory until the first of the New Year. J. E. MORSE & COMPANY, LIMITED Halifax, N. S.

GIFTS FOR MEN. PIPES — We have them — B.B.B.'s — Irwins — C.B.D.'s — Dunhill — Dr. Plump — Jack O' London. CIGARS — All popular brands — in 5's, 10's, 25's and 50's. CIGARETTES — Also all popular brands — Regular and tins of 50's. TOBACCOS — Half pound tins for pipe and cigarettes. AND OF COURSE Many Smokers Accessories. We Shall Be Pleased To Serve You. FRED LAMBROS

War Surplus Trucks. DODGE AND CHEVROLET TRUCKS. 1 1/2 to 3 Tons. Priced lower than the value of the tires alone. MacKAY MOTORS. St. Peters Rd. Phone 1048

SEND Your Christmas Dry Cleaning —NOW— Last year's clothes will look like NEW again after being cleaned the SANTONE way. New Method Cleaners Limited. Phone 2448. "For 25 years the Island's finest dry cleaners"

SCOOP! JUST IN TIME FOR CHRISTMAS. Leading Canadian Manufacturer CLEAR'S Cedar Chests at the SPECIAL LOW PRICE of 46.50 or 40c WEEKLY. NEWWAY Furniture Co. Ltd. NO DOWN PAYMENT! Immediate Delivery. 161 Great George St. — CHARLOTTETOWN, P.E.I. — Phone 2817

HOLMAN'S Little Shop ON KENT STREET. Stag Night FOR MEN ONLY Tuesday, Dec. 16 7 to 9.30 P.M. MEN!... It's Your Night To Shop — FOR — But very definitely Without Women! FREE Coffee and Doughnuts For Your Enjoyment. MEN!... You'll really get a great "kick" out of this Stag Night Shopping Spree. Every little thing is being planned and done to make you feel at ease. You'll have two and a half hours to complete your all-important shopping list—unhurried and unmolested by curious feminine eyes! There'll be helping "guiding angels" to advise and serve you! Come on Tuesday Night—Stag Night—you'll polish off a lot of shopping and positively—but positively, There'll Be No Ladies Allowed! To save your precious time and uncertainty, here are some of the gifts you'll find in the Little Shop: Sheerest of Sheer Nylons—Interesting Costume Jewelry—Dainty Cosmetics and gift Toilet Sets—Luxurious Lingerie—Glamorous Housecoats—Harmonizing Handbags—And frivolous or tailored Blouses. You're sure and certain to find the "Right" gift for "her" in the Little Shop! For MEN Only -- No WOMEN Allowed Tuesday Nite 7 to 9:30 HOLMAN'S Little Shop