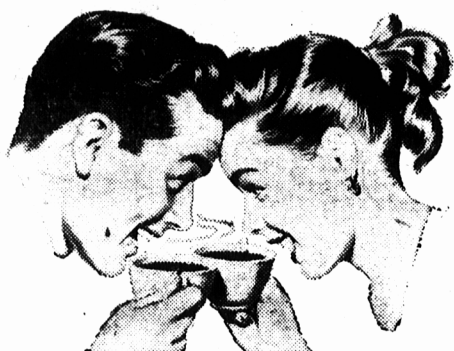
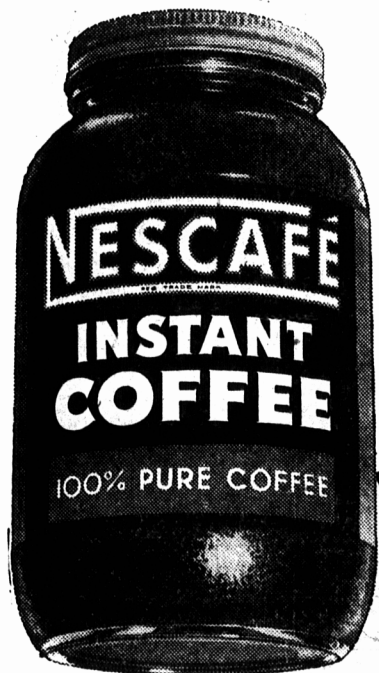


NEW NESCAFE

100% PURE INSTANT COFFEE

Guarantees, Cup after Cup, BETTER FLAVOUR THAN WITH GROUND COFFEE

So coffee-rich, we
guarantee you better
flavour in your cup
than with ground coffee
**OR YOUR
MONEY BACK!**



Now an amazing Jet Process explodes pure, choice coffee—the finest there is—into millions of gems of Nescafé. All the pure flavour, body and aroma of fragrant coffee beans at their best are sealed in. Even the deep, natural roasted coffee-colour tells you that nothing has been lost. The result is a flavour not "just as good" as ground coffee... but **BETTER.**

Here's the Nescafé guarantee. If you don't agree that new Nescafé gives you better coffee flavour than any brand of ground coffee, your money will be refunded. Just send the unfinished jar to Nestlé (Canada) Ltd., 80 King St. West, Toronto. Start today. Make new Nescafé your Family Coffee.

USE LESS... New Nescafé is so coffee-rich, 1/2 teaspoonful per cup is enough.

100% PURE COFFEE

**SAVE UP TO 40¢ A POUND
over ground coffee by drinking
Nescafé Instant coffee**

NOW! Two GREAT RINSO PRODUCTS... RINSO SOAP AND NEW RINSO DETERGENT



Even in hardest water, New Rinso Detergent gives you
WHITEST WASHES, SPARKLING DISHES!

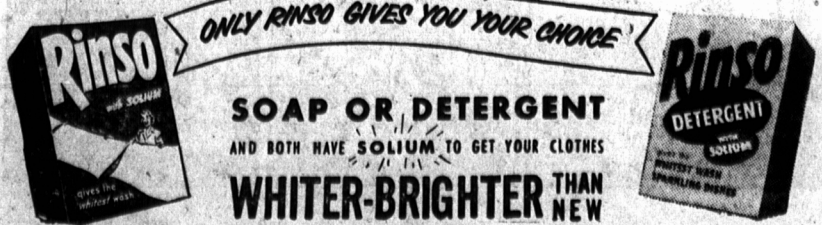
Thousands of you women prefer wonderful Rinso Soap and will continue to use it. And now, for you who prefer a detergent, here's sensational new Rinso Detergent.

Even in hardest water, New Rinso Detergent with Solium bursts into instant, rich suds.

It gets clothes whiter, brighter than new. Rinses out easier, leaves clothes so soft and

sweet-smelling. Safe for all washable colors. New Rinso Detergent is the new dish-washing wonder, too! These fast, busy suds simply *soak* away the dirt in seconds. Dishes dry sparkling-clean, without wiping. And it's so much kinder to hands.

Look for new Rinso Detergent in the bright yellow package!



Albany Man Starts Coast-To-Coast Trip For Government

—Mr. Ken Green, son of Mr. and Mrs. A. C. Green, Albany, P. E. I., active trades unionist has started a six-weeks' coast-to-coast organizing trip as the first big undertaking in a new post as national secretary-treasurer of the Department of National Defence Employees Association.

Mr. Green was elected to the post when the new association was formed at the national convention of the Civil Service Federation in June. He will move to Ottawa in January to open a national office.

In the present trip he will visit about 25 centres across Canada.

Mr. Green's tour of the Maritimes will be made on the return leg of his trip and will include meetings in Fredericton, Saint John, Moncton, Charlottetown, Sydney, Cornwallis and Greenwood.

That Body Of Yours

Continued from page 2

years, the underlying cause has not been found although infection, starch foods, cold and dampness and injury, are contributing causes. Although the cause is unknown, it has been proven that an early program of controlled rest and special exercises can prevent the development of deformities and serious disabilities in the great majority of cases. This treatment of rest and exercises aims at the maintenance of joint motion and muscle strength and at the prevention of joint damage and deformities.

"As the disease progresses, structures in and around joints become thickened and shortened, with lessened motion. For every group of muscles pulling a structure in one way, there is an opposing group pulling the structure the opposite way; in health the groups balance one another, but in arthritis there is imbalance which gradually bends fingers, arms, legs and even the spine making it difficult to keep full motion in a joint. However, much can be accomplished by rest and exercise."

The amount of rest needed by joint and body is best prescribed by the physician; all joints should be kept straight during rest. Patients must avoid sitting or lying in a curled, bent, or propped-up position. A bedboard running the full length and width of the bed should be placed between the mattress and the springs. Heat in any form, for 20 minutes, produces relief by reducing muscle spasm, immediately after which it is possible to move the joint more freely. Every affected joint should be moved through its full range of motion if at all possible.

A visiting physiotherapist obtains relief for a patient in less time.

BIG LIFT

Triple locks at the Atlantic end of the Panama canal lift ships 85 feet to the level of the Gatun lake.

IN MEMORIAM

In fond memory of my
Daddy—

JAMES M. GILLIS

who departed this life Nov. 5th, 1944.

Just a memory fond and true
To show dear Dad I think
of you.
Memories drift to things
long past
Time rolls on but memories
last.

Ever remembered by his
daughter Mary, son-in-law,
John Angus.

Don't Neglect Slipping

FALSE TEETH

Do false teeth drop, slip or wobble when you talk, eat, laugh or sneeze? Don't be annoyed and embarrassed by such handicaps. **FASTEETH**, an alkaline (non-acid) powder to sprinkle on your plates, keeps false teeth more firmly set. Gives confident feeling of security and added comfort. No gummy, goeey, pasty taste or feeling. Get **FASTEETH** today at any drug store.



Saves Time and Work!
Makes Ironing Easier

FREE BIG CO-OP COOKING SCHOOL

BIG FREE PRIZES

TONIGHT

At 8 P.M. at the Prince of
Wales College.

No Admission Charges,
Everything is FREE!

— Also —

FRIDAY NIGHT
SAME PLACE! SAME TIME!

CONDUCTED BY



MISS SUE DAYE

FAMOUS HOME ECONOMIST

MISS DAYE RECOMMENDS AND USES THESE PRODUCTS

CANADA PACKERS

- NEW DOMESTIC SHORTENING, lb. 27c
- ENTER CASINO QUIX, large pkg. 35c
- MAPLE LEAF WIENERS, 1 lb. cello. 42c
- MAPLE LEAF SOAP FLAKES, double size 69c
- DELICIOUS KAM, 12 oz. tin 35c

STANDARD BRANDS PRESENTS

- BAKING POWDER, Magic, 16 oz. 37c
- TEA BAGS, Tenderleaf, pkg. of 15 23c
- CHEESE, Ingersol, 1 lb. roll ... 59c
- COFFEE, C. & S., 2 oz. Instant ... 79c
- COFFEE, C. & S., 1 lb. tins ... \$1.19
- YEAST CAKES, Fleishman's, ea. . 05c

EASTERN PACKING CO., SOURIS, P.E.I.

QUICK FROZEN

- COD FILLETS, per lb. 27c
- HADDOCK FILLETS, per lb. 33c

TASTE OF SEA BRAND — ISLAND PACKED

NEW AMAZING — SEE THEM AT THE SCHOOL
ALROL 12" x 30"

FOILWRAP, per pkg. 29c

WONDER FOIL — 8" or 4" SIZE

PLATES, per pkg. 19c

SILVER SEAL PRESENTS

- MOLASSES, per qt. 39c
- VANILLA, pure, 2 oz. 23c
- CINNAMON, shaker 15c



GERBERS

THE NEW SENSATIONAL

- BABY FOODS, 3 tins 29c
- BABY CEREALS, pkg. 23c



PERFECTION

THE NEW SENSATIONAL

- MILK 6 TALL TINS 85c

LANE'S

VITAMIN ENRICHED

PACKAGE OF SIX

BREAD

DONUTS

18c Per Loaf

Per Pkg. 23c



ROBIN HOOD

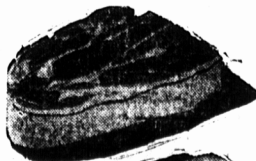
WHITE - CHOCOLATE - GINGER

CAKE MIX, pkg. 29c

ANGEL CAKE MIX, pkg. 63c

WE HAE MEAT! THAT YE CAN EAT!

Government Graded — Killed in Government Inspected Plants. Try Some.



ROASTS

SHOULDER ROAST
BLADE ROAST,
SHORT RIB ROAST

29c



All Steaks

T-BONE
ROUND
SIRLOIN
PORTERHOUSE

45c

Rump or Rib
ROASTS

A Treat
in
Meat LB. 37c

BRISKET OR RIBS
For STEWS or ROASTS

Your
Economy
Meal LB. 19c

HAMBURG
FRESH

Ground
White
You Wait LB. 25c

ALBERTON — BLOOMFIELD — ST. LOUIS — TIGNISH — ELLERSLIE — O'LEARY — WEL-
LINGTON — CARLETON — NORTH RUSTICO — CARDIGAN — CHERRY VALLEY — TRACADIE
— ELMIRA — VERNON RIVER — MORELL — ST. PETERS.

SUMMERSIDE DIAL 2117 AND CHARLOTTETOWN DIAL 8557

YOUR CO-OP STORE

"SHOP CO-OP"