



Watch Out!

Kay Gallant sings "That same old Shilalah" and Foster Burke sings "Molly Malone" at the Irish Minstrels of '56 presented in P.W.C. Auditorium, Feb. 1 and 2 before capacity audiences.

Guardian Photo.

City and Central Guardian

Page 2, The Guardian Friday, Feb. 3, 1956

TREASURE PACKAGES at Taylor's Jewellers only 50 cents.

WE TREAT THE SICK WELL. Giggy's Pharmacy, open 8 a.m. to 8 p.m.

LISTEN TO Councillor Johnson speak on "Civic Affairs" over C.F.C.Y. Saturday evening at 6.15.

JUST ARRIVED shipment of sweaters and slacks. Kennedy's Ladies Wear.

ARRIVING DAILY spring dresses, suits and skirts. Kennedy's Ladies Wear.

TAYLOR'S TREASURE Packages - Values to \$5.00 for only 50 cents.

ISLAND GRILL - Queen Street. Serving full course dinners; specializing in Chinese Dishes. D.I.A. 6228.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

PROTESTANT Welfare Bureau organization meeting will be held at the Y.M.C.A. at 8 p.m., Monday, Feb. 6th. Special speaker, Miss Mary L. McLeod, Director of the Halifax Welfare Bureau.

ADDITIONAL CLASS to musical Festival Syllabus. Class 138 B. Piano Duet (open to amateur or professional) Sonata in B Flat major by Mozart (taken from classical album for piano (four hands) Shirmer.

LISTEN TO Councillor Johnson speak on "Civic Affairs" over C.F.C.Y. Saturday evening at 6.15.

TRYON UNITED Churches Sunday February 5th. Cape Traverse 11 a.m. Crapaud 3 p.m. Tryon 7.30 p.m. Church College Sunday will be observed. Rev. Lloyd Archer.

SPECIAL MEETINGS in Gospel Hall, Upper Prince Street continuing each night except Saturday at 8 p.m. All are heartily invited. R. McIlwaine, speaker.

HOSPITAL FORUM. Panel discussion on hospital administration and Blue Cross over CFCY on Thursday February second at 8 p.m.

POWNAL UNITED Pastoral charge. Services Sunday Feb. 5, 11 a.m. Bunbury, 2.30 p.m. Mt. Herbert, 7 p.m. Pownal. Rev. T. R. Goudge, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

"YOUR DOLLAR BUYS MORE at the Hughes Drug Store."

"CRASWELL for better photographs."

CAKE SALE R. T. Holman Ltd. tonight 7 p.m. Sponsored by Trinity Y. P. U.

MUSICAL FESTIVAL. Questions answered by Mrs. Wendell Wood on Institute broadcast Friday night 10.45 over CFCY.

MUSICAL FESTIVAL. Questions answered by Mrs. Wendell Wood on Institute broadcast Friday at 10.45 over CFCY.

ORWELL-VERNON United Church. Rev. John M. Sheen, Minister. Vernon River 11 a.m.; Eldon 2.30 p.m.; Orwell 7.30 p.m.

LISTEN TO Councillor Johnson speak on "Civic Affairs" over C.F.C.Y. Saturday evening at 6.15.

YORK PASTORAL Charge United Church of Canada. Minister Rev. J. M. Sproule. Sunday Feb. 5, 1956 11 a.m. Central; 2.30 p.m. Pleasant Grove; 7.30 p.m. York.

BRADALBANE UNITED Church Sunday, February 5th. North Granville 11 a.m.; Rose Valley 3 p.m.; Bradalbane 7.30 p.m.; Rev. H. S. Raynor, Minister.

COVEHEAD PASTORAL Charge United Church of Canada. Service Sunday, Feb. 5. West Covehead 11 a.m.; Union Rd. 3 p.m.; Stanhope 7.30 p.m. Rev. N. R. Green.

MT. STEWART United Church Pastoral charge services for Sunday, February 5th are as follows: Mt. Stewart 11 a.m. Bristol 2.30 p.m. Rev. R. H. Bell, Supply minister.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

HUNTER RIVER Pastoral charge. The United Church of Canada. Services on Sunday, February 5th (Church College Sunday) as follows: North Wiltshire 11 a.m. Wheatley River 3 p.m. Hunter River 7.30 p.m. Hunter River Sunday School 10.30 a.m. Rev. C. R. Mease B.A., B.D. Minister.

MURRAY HARBOUR - Murray River Pastoral Charge United Church of Canada Services Sunday, Feb. 5th. Murray Harbour 11 a.m.; Little Sands 3 p.m. A meeting of the local elders at the close of the service. Murray River 7 p.m.; Congregational hymn singing and sermon. A meeting of the local elders at the close of the service. Rev. L. S. Woolfrey, Minister.

THIS IS NATIONAL Health Week - Relax: Most people do not relax sufficiently. They work, eat, play and live at high tension, hurrying more than is good for them and taking insufficient rest to compensate for their activities. One result of this intensive way of life may be high blood pressure, which can put a serious strain on the heart and extra wear and tear on the body's organs. Dyspepsia, nervous indigestion and fatigue may also result. Living normally, eating wisely and taking sufficient rest will help to prevent many of the ailments that accompany middle age and later years.

HAMPTON PASTORAL Charge The United Church of Canada. Services Sunday, February 5. Bonshaw 11 a.m. DeSable 3 p.m.; Hampton 7.30 p.m. Rev. R. H. Baxter, Minister.

EASTERN LOCAL - AH ST. PETER'S Bay Pastoral Charge The United Church of Canada. Services for Sunday, February 5th. Greenwiche service at 11 a.m.; Marie Service at 3 p.m.; St. Peter's Service at 7.30 p.m.; Members of Tryon and Sigma - C will take part in the services. At the afternoon service. There will be a report on the Older Boys Parliament by Wendell Coffin. Rev. Russell A. MacLeod, Minister.

NEW GLASGOW Christian Church Sunday, February 5. Morning worship and communion 11 a.m. New Glasgow Community Sunday School 12.15. Cavendish United Baptist Church worship service 3 p.m. Rev. Bryer R. Jones, B. D. Minister.

MARSHFIELD Pastoral charge The Presbyterian Church in Canada. Sunday, Feb. 5th 11 a.m. Harrington; 3 p.m. Mount Stewart; 7.30 p.m. Marshfield. Everyone Welcome. Rev. Lee M. MacNaughton, B.A. Minister.

TRYON BAPTIST Pastorate. Dr. E. J. Barras, Minister. Services: Sunday, February 5th. 11.00 a.m. at Tryon (Communion). 1.30 p.m. at Westmoreland. Sunday School at Tryon at 9.45 a.m.

30TH. ANNIVERSARY Year, Worth's Pharmacy, 200,000 Medical Prescriptions Dispensed. Proprietor, J.E.H. Worth, Registered Pharmaceutical Chemist since July 1941.

ALEXANDRIA. Hazelbrook Cross Roads. Services for Sunday, Feb. 5th. Alexandria 11 a.m.; Hazelbrook 3 p.m.; Cross Roads 7.30 p.m.; All are welcome to these services. Rev. E. E. Armstrong, Minister.

THE PRESBYTERIAN Church in Canada, Central Parish. Services next Lord's Day are as follows: Canoe Cove 11 a.m. S.S. 10 a.m.; Nine Mile Creek 3 p.m. Clyde River 7.30 p.m. Rev. Donald Nicholson, Minister.

ACTING MAYOR - Coll. E.C. Johnstone is acting mayor in the absence of His Worship Mayor J. D. Stewart who is on a brief business trip out of the Province.