

TONIGHT
and every Thursday night

10:30 p.m.

CBI, CBH

CBA, CHJS, CENB

and CBC Trans Canada Network



CANADA'S FAVOURITE
network comedy show

WAYNE and SHUSTER

presented by
CHRISTIE'S BISCUITS

**WOOD ISLANDS-CARIBOU
FERRY SERVICE**

(Sailings Oct 26 to Nov 30
Inclusive).
Daily including Sundays—
Standard Time.
From Each Terminal.

8 a.m., 11 a.m., 1 p.m., 3 p.m.
RESERVATIONS: May be made
for a limited number of vehicles
by contacting Head Office in
Charlottetown, at least 48 hours
in advance for—

(1)—First and Second sailings
from each terminal each
morning.

(2)—For perishables and/or Live-
stock in truck loads on any
sailing.

(3)—For all sailings on Saturday
and Sunday until Oct. 25.
For Daily Report listen to CFCY
first Weather Broadcast each week
day.

**CATCH AN EARLY CROSSING
AND AVOID DELAY.**
NORTHERN FERRIES LIMITED,
Charlottetown, P. E. Island

That Body Of Yours

Continued from page 2

ously hungry, the physician will
prescribe small daily doses of a
drug that will lower or depress the
appetite — digitalis, amphetamine,
atropine.

In regard to exercise, the phy-
sician has to be careful as so many
overweights have a poor muscular
heart and high blood pressure.
However, as every minute of exer-
cise uses up some of the excess fat
and too much rest will slow down
liver and gallbladder, which may
be followed by constipation, some
simple bending exercises (keeping
the knees straight) are prescribed
together with a short walk around
the bedroom several times a day.

Although water has no food
value, the physician knows that fat
holds water in the tissues and he
therefore cuts down by over 50 per
cent on the fluid intake during the
day and night.

Finally, the physician, in chat-
ting with the patient, may discover
that she is worrying about
something, is living in a state of
anxiety, and as she has nothing to
do but think about herself, will

THE CENTRAL GUARDIAN

COOK'S for Perfect Pictures.

JIMMY'S TAXI — Dial 7370 or
7870.

**GOING OUT OF BUSINESS
SALE** at Jack Cameron's.

ISLAND GRILL, Queen Street.
Dial 5228. Serving full course din-
ners. Specializing Chinese dish.

TURN to a box of candy, if avail-
able, in an effort to appease her
anxiety. The physician, understand-
ing this natural habit, will try to
solve her problem or help her meet
the conflict as best she can, point-
ing out that as overweight is per-
haps her biggest worry, eating
candy or extra food will surely
put on extra weight.

From the above we can under-
stand why obesity must be treated
as a disease and the physician must
therefore have to handle it from
several angles: (a) cutting down on
all foods, cutting down on all liq-
uids, increasing the meat intake
and cutting down on the starch
foods, (b) increase the exercise
slightly if this is safe, (c) use thy-
roid extract to heat up the body,
(d) cut down on sleep and rest
periods, (e) use a drug to drive
water out of tissues if heart be-
gins to fail.

CRASWELL for Better Photo-
graphs.

FINDLAY coal and wood furn-
aces. Douglas Bros. and Jones.

**"YOUR DOLLAR BUYS MORE—
at the HUGHES DRUG STORE."**

COLORFUL SCARVES selling
below cost at Jack Cameron's Sale.

VISIT HI-STYLE MILLINERY,
163 1/2 Great George Street. Every
style hi-style.

FUEL OIL. For prompt deliv-
ery of fuel oil call A. Pickard &
Co. Phone 5341.

SERVICE TO SICK, Dial 5132.
Cantwell's Pharmacy, next to
Gloria.

COLEMAN FLOOR FURNACE
and space heaters. Douglas Bros.
and Jones.

ENGAGEMENT. — The engage-
ment is announced of Miriam
Cooke of Newmarket, Ontario, to
Dr. Blais C. LePage, son of Mrs. E.
C. LePage, and the late Mr. Le-
Page, Charlottetown, P. E. I. Mar-
riage to take place November 11th,
1953, at Grand-mere, Quebec.

ANNUAL MEETING P. E. I.
Arts and Crafts Guild. Thursday,
October 29th, 8.15 P. M. in the Art
Centre.

**How To Hold
FALSE TEETH**

More Firmly in Place
Do your false teeth annoy and
embarrass by slipping, dropping
or wobbling when you eat, laugh
or talk? Just sprinkle a little
FASTEETH on your plates. This
alkaline (non-acid) powder holds
false teeth more firmly and more
comfortably. No gummy, gooey,
pasty taste or feeling. Does not
sour. Checks "plate odor" (den-
ture breath). Get FASTEETH to-
day at any drug store.

**Have Your Clothes
DRY CLEANED
PRESSED ONLY
at
RITE-WAY
CLEANERS
DIAL 7387**

**XMAS STOCKING
GIVEN
FREE
with 2
SUCCESS**

**PROOFS-OF-
PURCHASE:**

Closing date:
December 7th
1953

SUCCESS WAX LIMITED 8-16-53
2102, Dufferin St., Toronto, Ont.

Please send me **ABSOLUTELY FREE** Xmas
stocking(s). I enclose with this coupon
"SUCCESS" proof-of-purchase.

(If complete proof-of-purchase for each Xmas stocking ordering)

NAME _____
ADDRESS _____
CITY _____ PROV. _____

PLEASE PRINT.
CLOSING DATE: December 7th 1953

Don't delay! Mail
the opposite cou-
pon with your
"Success" proof-of-
purchase NOW!

THE BRIGHTEST FLOOR WAX EVER MADE

Reach for
the jar with
the stars on
top!

**INSTANT
MAXWELL
HOUSE
Coffee**
GOOD TO THE LAST DROP

A Product of
General Foods

Revolutionary New Coffee

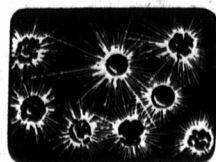
★ Not a powder! Not a grind! But millions of tiny
"FLAVOR BUDS" of real coffee... ready to burst
instantly into that famous **MAXWELL HOUSE FLAVOR!**

Here's the revolutionary new coffee... just as quick to fix
as old-style "instants" but tastes so different. Instantly
soluble but deliciously rich and full-bodied.

100% PURE COFFEE — NO FILLERS ADDED

It's all pure, roaster-fresh coffee... brewed for you in the spotless Maxwell
House kitchens. When it reaches peak perfection the water is removed —
leaving the miracle "Flavor Buds". JUST ADD HOT WATER to get perfect coffee
every time. Never again the fuss and muss of "brewing your own" or the
disappointment of old-style instants.

See how the "Flavor Buds"
"Come to Life" in your cup!
MAGNIFIED VIEW of miracle
"Flavor Buds" at the instant hot
water is added. See how "buds"
release famous Maxwell House
flavor.



SAVES YOU MONEY, TOO
A regular jar of Instant
Maxwell House makes about
as many cups as a pound of
ordinary ground coffee—yet
it costs you up to 30¢ less!

ASK FOR
Instant MAXWELL HOUSE
... the only instant coffee with that
"Good to the Last Drop" flavor

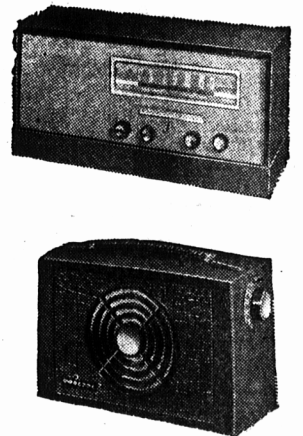
HOLMAN-MARCONI RADIO WEEK!

Saturday, Oct. 24th Thru Saturday, Oct. 31st

BIG SAVINGS ON ALL FAMOUS MARCONI MODELS

**Merchandise Certificate
Given With The Purchase
Of Any Marconi Radio
or Radio-Phonograph...**

SAVE UP TO 35.00



Buy On The
HOLMAN HOME PLAN
ONLY **10%** DOWN
Balance Monthly



Use The **HOLMAN
LAY-A-WAY PLAN**
Small Deposit Holds Any
Radio or Radio-Phonograph
Lay-A-Way For Christmas

Something New, Novel and Different! Purchase your Marconi Radio or Radio-
Phonograph during Radio Week—October 24th to October 31st inclusive. When
you invest in your Marconi you will be given a **MERCHANDISE CERTIFICATE**
which may be used in any department of Both Holman Stores... This Merchan-
dise Certificate is as good as money to you—it will buy your needs according to
the amount you spend for your Marconi and you can figure it as being a definite
Saving on your initial purchase... So Shop for your Marconi and the Merchan-
dise Certificate during "Radio Week"!

Look What You Save!...

Buy A New Marconi Radio, Priced —	You Get A Certificate To The Value of —
Up to 30.00	4.00
30.00 to 40.00	5.00
40.00 to 65.00	7.00
65.00 to 80.00	10.00
80.00 to 110.00	12.00
110.00 to 150.00	15.00
150.00 to 200.00	20.00
200.00 to 300.00	25.00
300.00 to 400.00	35.00

**Certificates May Be Used To Purchase
Merchandise In Any Dept. — Either Store**

ORDER NOW — THIS OFFER FOR ONE WEEK ONLY

HOLMAN'S

S' SIDE and CH'TOWN

HARDWARE
DEPT.
FURNITURE
DEPT.