

THE SUNDAY SCHOOL DISTRICT CONVENTION

The Sunday School District Convention was held in North Granville United Church on Wednesday afternoon, October 8th, beginning at 1:30 p. m.

The convention opened with a devotional period conducted by members of Pleasant Valley Sunday School. The president Mr. Gordon Crews presided, and in the absence of the secretary treasurer, Miss Ella Semple, due to illness, Miss Martha Brown was appointed to act as same.

Mr. Crews then introduced the guest speaker, Rev. L. M. Murray who spoke on the theme of the convention, "Ways of Using the Bible in Teaching," followed by a discussion. Books were introduced which could be used to advantage by teachers. The importance of correspondence and literature was discussed.

At 7:30 the evening session began with a Hymn Sing led by Mr. Murray, followed by a lantern slide entitled "The Child and the Bible".

WHEN PAIN STRIKES

At the first twinge of rheumatic pain—take Tempton's T-R-C's. Over a million T-R-C's used every month, for speedy relief from pain caused by rheumatism, arthritis, neuralgia, lumbago and sciatica.

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LIBBY SPAGHETTI, reg. 18c—2 for 39c
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QUAKER OATS—Special—pkg. 47c

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ELLEN'S

The committees then gave their reports, and the following officers were appointed: president, Mr. Gordon Crews; vice-president, Mrs. Howard Ling; secretary treasurer, Miss Ella Semple; Boy's Work secretary, Rev. Howard Christie; Girl's Work secretary, Mrs. Jeremiah Simpson; Children's Work secretary, Mrs. Millar Stevenson.

Each representative present was made to feel that his or her part in Sunday School work was an important part and a greater sense of responsibility and service was felt as each returned to his or her respective community to carry on the important work of the Sunday School.

Canadian Consumer

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for wool or very fine fabrics.
(3) The light duty synthetic detergent or "soapsless soap". Dret and Vel are the only two on our store shelves in powder form but there are many more sold for hair shampoos.

These are excellent for washing wool, and good for dishes as the latter simply slips off, leaving the dish without a smear and they are good for any kind of water-hard or soft.
(4) Heavy built detergents—Tide, Fab, Surf, Bye. These not only contain one of the synthetic detergents plus alkaline and other builders to increase their soil-removing power, but generally a fluorescent dye. The advantage of these detergents is that they are just as good in hard water as in soft, for they do not form scum as does soap. They have certainly captured the market in the hard water areas.

All this valuable information comes direct from the research department of the C.A.C. and not from the soap companies. It is an example of what her membership fee of 50c is doing for the busy housewife. C.A.C. pleads with its members and all consumers to be more careful in the use of these soap flakes and detergents—learn to measure the correct amount needed for the specific job in hand and look for the weights marked on the carton to be sure you aren't being fooled when buying the "giant" size package.

I don't know how others feel about all these coupons and double packages which are flooding the market at present; personally I think they are a nuisance. Wouldn't it be much fairer if the price of a single package were reduced so that the person with less to spend and those who don't get those coupons could benefit too? Did it ever strike you that the introduction of these synthetic detergents and synthetic shortenings

MEATS

- SPARE RIBS, reg. 17c—2 for 25c
PORK HOCKS, reg. 23c—2 for 39c
VISKING BUTTS (Cottage Roll)—lb. 59c

That Body Of Yours

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more than 500 critically ill patients.
"On this regimen of diet treatment, amino acids and other nutrients in balanced solution are administered 'continuously' at a constant rate through a small tube inserted into stomach and intestine. The typical feeding formulas contain protein, carbohydrates (starch foods), calcium, potassium, phosphorus, magnesium, sodium acetate and ethyl alcohol in measured amounts.

When a starved or critically ill patient, without any effort on his own part, can have these special building blocks (amino acids), poured into him, drip by drip, over the entire day, or even during the night, it can be seen how his opportunities of building up the body are the very best possible, as he is not using up his energy by work or exercise.

THE STARS SAY-

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proper consideration. "Vis medicatrix Naturae" is a wise old saw. A child born on this day may require a regimen for strengthening of physical conditions as well as a rousing lift of spirit and emotions. Plenty of play would be its

WINDSOR, N. S.—(CP)—Some hobbies here can expect help with the household carpentry chores. Eleven women are among a class of 23 registered for the wood-working course at the handicrafts school, and most of them are married, with families.

Day After Tomorrow

The horoscope holds augury of a particularly lively and perhaps eventful day, with much stirring about, in travel new adventures, stimulating scenes, and perhaps renewal of energies and mentally through refreshing environs. There could be much benefit in contacts with inspiring even exciting or romantic personalities or viewpoints. Replenish the spirit by a tonic.



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Men's All Wool SWEATERS, reg. \$5.75 .. \$4.39
Men's DRESS SHIRTS, reg. \$3.98 \$2.49
Men's TIES, reg. 98c - \$2.00—each .. 59c -.98c
Men's OVERALLS, reg. \$4.95 \$4.19
Men's SMOCKS (lge. sizes) reg. \$4.95 ... \$3.95
Boys' GOLF HOSE, reg. 98c 69c
Ladies' SWEATERS, reg. \$5.50 \$3.95
YARN (Lena), reg. 43c 29c
PRINT COTTON, reg. 55c—yard 39c
PRINT-PAK (4 yd. packs) reg. \$2.45 \$1.98

- DRY MOPS, reg. \$2.50 \$1.95
C-I-L PAINT, reg. \$2.20—qt. \$1.75
PAINT—Extra Special—Gal. \$3.75
KEM-TONE, reg. \$1.69—Qt. 98c
WHITE LEAD, reg. 39c—lb. 29c
AXE'S (single bit), reg. \$2.25 \$1.75

32-Piece Set DISHES \$10.95
Domilite, TABLE CLOTH, reg. \$1.25—yd. 59c
TABLE OILCLOTH, reg. 89c—yd. 69c

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