

### 30 DAYS

**MONTREAL, October 19th**—Guests for dinner? Just right for the occasion is a gorgeous dinner whipped up in no time with JELL-O JELLY POWDER. Simply open a tin of your favourite fruit or fruit cocktail. Then set them in a mold of tempting sparkling Jell-O. Garnish with whipped cream and serve on your prettiest plates. M-mmm!—such a gala dinner for any and every occasion! Those seven exciting "locked-in" flavours make Jell-O one of the most versatile products on the market. Yet you can enjoy Jell-O for less than 3c a serving.

"Gee-whizz!" won't help the sneezes that warn of a cold—but I know something that will... ANOHIST! Taken at first sneezes or sniffles, Anohist can stop cold symptoms in a single day! And by taking Anohist immediately on contact with anyone who has a cold, you may avoid spreading cold symptoms. Thus colds need no longer pass from one to another in a family if Anohist is taken promptly! So get Anohist from your druggist's today! Costs only about 3c per tablet! Remember: all anti-histamines are not alike. They vary greatly in performance. Anohist is the antihistamine formula recommended for family use because of its success in actual clinical tests.

**Save Money** by using delicious, nutritious LIBBY'S EVAPORATED MILK in your cooking! Libby's costs less yet contains all the nutrients you expect from fresh, whole milk, plus added Vitamin D. And here's another Libby "Money-Saver"! Save your Libby's labels and get famous Wallace Brothers Silver Plate in the lovely "Laurentian" Pattern... 8 teaspoons (\$2 value) for just \$1 and 8 Libby's labels—OR—a 16-piece Set (\$15 value) for only \$3 and 24 Libby's labels. (Labels from both large and small cans are acceptable.) Simply send labels and money order to—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

**Smooth As Cream** and mild as May... these are just two of the reasons why I'm in love with WOODBURY FACIAL SOAP. Best of all, my skin loves it, too. You see, Woodbury Facial Soap is the soap with the famous beauty cream ingredient. This precious substance is the same skin smoother used in the finest face creams. So Woodbury's mild lather just can't help being kind to your skin... leaves it satiny-soft and lovely to look at. No wonder Woodbury Soap is the choice of those lovely Woodbury brides. They keep their complexions smooth and glowing with daily Woodbury facials. Why not try it? Use Woodbury Soap in your bath, too! Just 10c a cake.

**Buy Security On The Installment Plan?** Yes, you can do it now by subscribing to the new series of Canada Savings Bonds through the BANK OF MONTREAL. And not only does the B of M make it convenient for you to buy Canada Savings Bonds in easy installments for a moderate charge it will also hold your bonds in safekeeping once you've bought them, clip the coupons and credit your account with the interest. I started today to buy myself a brand new sense of security in easy stages... Canada Saving Bonds at the B of M. How about you?

**Want Your Home To Look Like A Million?** Here's one way to give it a beautifully prosperous look... keep your furniture bright and shining with LIN-X. NO POLISH. Costs just 43c—but what a million-dollar job it does! In fact it does three jobs—all in one application! It cleans—all it polishes—AND it protects your fine furniture. And, for your floors—there's nothing like Lin-X Paste Wax (59c). It brings out the gleam in the duldest of hardwood floors. On your linoleum, composition or mastic tile floors, use Lin-X Anti-Slip, Self-Polishing Wax (59c). It's a wonder-worker! Where can you buy the new Lin-X Home Brighteners? ... At grocery, hardware and department stores everywhere.

**Oops!** ... there comes the rain—just after you've washed your car! Cheer up! ... You can wash it again so easily—simply by sponging it with the brand new, grand new C-I-L SPONGE. And, if your husband is the Official Car-Washer in your family, I'm sure he'll agree with me that this C-I-L cellulose sponge is the grandest thing ever invented for cleaning or polishing a car. It's dirt-softer than any other sponge. And when rung out, it can be used as a chamois. There are lots of other things you'll like about this durable C-I-L sponge... why not try it and find out for yourself? You'll find C-I-L Sponges in five convenient sizes at hardware, drug, variety, department or grocery stores. Be sure to look for the C-I-L label—it's your assurance of quality.

**Say Good-bye** to big cleaner's bills! Keep Emergene Cleaning Fluid on hand, and you won't have to call in the cleaner's at first glimpse of a spot or stain! Emergene removes grease spots, tar or fresh paint from fabrics of all kinds... cleans rugs and drapes—hats and dresses quickly and easily without leaving telltale rings or clinging odour. And it's so safe... for Emergene contains no acids nor caustics... it's kind to the most delicate fabric. What's more, it won't affect the colour of any fast-dyed material. And—here's the real news—EMERGENE CLEANING FLUID costs as little as 25c at drug and department stores.

**Absolutely Free!** ... here are cardboard cut-out toys your youngsters will be thrilled to own! Designed by the folks at Heinz (and very well, too!) ... there are big cardboard cut-out trains or make-believe model kitchens to delight both boys and girls. All you do to get yours is purchase 6 tins of that delicious HEINZ CREAM OF TOMATO SOUP at regular prices. The tins are packed in "toy-maker" cartons... the toys are printed in colour and semi-cut on the carton. There are four kinds of cut-out toys:— 1. locomotive and Freight Car. 2. Stove and Sink Unit. 3. Refrigerator and Oven. 4. Refrigerator and Cabinet. Ask your grocer for 6 tins of Heinz Cream of Tomato Soup in the new, toy-making carton... OR—write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—enclosing 6 labels from any variety of Heinz Soups—telling me which of the four toy-making cartons you'd like (you can have all four for 24 labels)—and I'll send your "toy-makers" to you—post-haste.

**Planning A Fall Wedding?** You've probably been told that it's the "little things" that count in married life. That's why I think you'll be glad to hear about this modern method of feminine hygiene... GONITORS. These graceful, stainless-steel, vaginal supporters are daintier, more convenient, powerfully germicidal, yet absolutely safe to delicate tissues. Thousands of happily married women have discovered this truly satisfactory method of feminine hygiene. Ask your druggist for Gonitors tomorrow... and write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for a free booklet giving frank facts on feminine hygiene. It will be sent to you in a plain wrapper.

**STOP COUGHING TONIGHT!** If you're weary from gasping, choking, fighting for breath caused by asthma or bronchial phlegm here's GOOD NEWS! NEWBORN'S RAZ-MAH will ease your congestion, give you fast, comforting relief. One 60c box will convince you.

### In The World of Books

With WIL R. Bird

Sheila MacKay Russel, author of "A Lamp Is Heavy", thinks "people don't use the mind to a fraction of its capacity. She said she has found that "training your mind is like training a muscle—the more you use it, the more you can do with it." Her book sold out the first printing in six weeks, and she says her biggest thrill came from finding that nurses bought her story.

**THE CASE OF COMRADE TULAYEV**, by Victor Serge; 306 pages, \$3.00. This unusual novel was translated from the French by Willard R. Trask, and could not have been released at a more fitting time. Everyone is asking about the Russian and his intentions, about what sort of fellow the Russian is and whether or not he can be trusted. This book provides a glimpse of Russian political strategy and Russian morale and character. A glimpse that becomes a real view if one reads slowly enough. It is a most intriguing novel, with all the drama and color and possibilities of high-class fiction, and the arresting power of fact. One soon realizes that the author has a vast knowledge of European affairs, and a definite flair, for entertaining writing.

The reader need not fear that there is any dangerous propaganda hidden in the paragraphs. It is a story of a purge of the Bolsheviks during the latter part of the '30's, when war shadows were looming largely and the Spanish adventure was dying slowly. The book becomes more important as one reads for it is readily realized that Serge himself was a Bolshevik and, was exiled. Therefore he knows well whereof he writes, and he has much talent in his way of telling a story. He had wonderful powers of description, and can build characters with ease of a master craftsman. He does so as he begins his tale by having an influential party member shot by a factory worker who escapes. The search for him proves unavailing, and so it is decreed that a victim must be found. Some official is ordered and the officials rush to bring him some luckless individual who will serve as the guilty party. With such a beginning, Serge builds his tale around the various persons who were seized to satisfy the demand for "justice."

The head of the secret police was grabbed, showing that no individual was safe from suspicion. The second to be taken was the present manager of an area in the Ukraine. Then a clever historian was hauled in. The fourth, believe it or not, was an exile in Siberia. Then came a military expert serving with the Spanish forces. Women could be considered as well and a young party woman, on a mission in France, was grabbed by the Russian embassy. The crude work goes on and on, with brutal disregard for honesty or fair play and the prosecutors themselves get caught up in the spider's web they manufactured.

Strong characterization goes a long way in making a book plausible, and this book has everything needed. One is shown Russian life in every strata of society. The reader learns about interviews the big bosses give to the lesser peoples. He gets to have a clear mind picture of daily life in a Russian city. The clerks and mechanics have their turn, and distrust rides everywhere. Serge makes a pretty fair picture of the "confession" business, showing how such bogus things are produced. He has his people "confess" without being clubbed or tortured in any way. They sign any document placed before them, no matter what wrong is being done to whom. One gathers from the story that the Russians are sincere in their belief that the entire world outside of the Soviet Union is against them, and also have a fanatical that their leaders cannot make a mistake. It is the Oriental mind. If any project fails it is never the fault of the officials who planned it, and some culprit must be produced or shot. It is nothing more or less than the Dishonorable Departure, akin to the somewhat similar exit chosen by the Japanese. This has gone on until the entire country is

### Hughes-Steele Nuptials

On Monday, October 9 a pretty wedding took place in St. Dunstan's Basilica when Frances Jean Steele, R.N., daughter of Herbert and the late Mrs. Steele, Charlottetown, was united in marriage to Joseph Gregory Hughes, son of Mrs. and the late Frederick Hughes, Bedford. Rev. Dr. McMahon performed the ceremony, also celebrated the Nuptial Mass. The bride, given in marriage by her father, was becomingly dressed in a floor-length gown of ivory satin with shoulder-length veil and carried a nosegay of red roses. Her bridesmaid was her sister Miss Theresa Steele, who wore a gown of blue pink taffeta with cap and mits to match. She carried a bouquet of mixed gladioli. The groom was supported by Mr. Edward Creighton. During the Mass and signing of the register Mr. Harold Wood rendered appropriate hymns with Albert Blanchard as organist. Mr. George Steele and Mr. Tony Gallant ushered the guests. Immediately following the bridal party left for the home of the bride's aunt, Mrs. J. H. Wood where a reception was held and breakfast was served. Father Leo Herrell proposed the toast to the bride which was responded to by the groom. The young couple left on a motor trip to the United States. The bride travelling in a burgandy suit with grey hat and accessories. Her coronation was of white roses. On their return they will reside in Charlottetown.

**Former Island Lady Dies in Dorchester, Mass.** Catherine V. Sutherland of Dedham, Mass., formerly of Cable Head East, P.E.I., died in Dorchester, Mass. Sunday, October 8th. Funeral took place on Wednesday, October 11th. Interment was in St. Joseph's Cemetery. She leaves to mourn the two brothers, A. J. of 445 Adam St., Dorchester, Mass. and John Francis of Prince George, B.C. Their host of Island friends join to express their deepest and sincerest sympathy. (Patriot please copy)

### GLEN VALLEY NOTES

The school is progressing nicely under the skillful management of Miss Addie Halliwell. Mrs. John Nicholson and Mrs. Ella Abbott were visitors to the city on Tuesday. The many friends of Mrs. Christopher Higgins regret that she is a patient in the P.E.I. Hospital and all wish her a speedy recovery and return to her home. Mr. and Mrs. Arthur MacLean were recent visitors to Hunter River. The Pleasant Valley Women's Missionary Society met at the home of Mrs. Whitfield Abbott with a good attendance present.

The school has been moved to a new site and completely renovated inside and out. Much credit is due the contractors, Messrs. John MacLennan and John Gillis. Mr. Alton MacLean spent the week-end at the home of Mr. and Mrs. Wm. Pound, Hazelgrove. Miss Dorothy Smith is a welcome visitor at the home of her sister and brother-in-law, Mr. and Mrs. Roy Frizzell.

Mr. and Mrs. Vernon Gillis and small son and daughter were week-end visitors at the home of her parents, Mr. and Mrs. Beecher Graham, Shamrock. Mr. and Mrs. Cyrus Martin and two children are visiting at the home of her brother Mr. and Mrs. Clayton Tremere, Hunter River.

Mrs. Norman MacDonald has returned home after a pleasant visit with friends and relatives in the U.S.A. a devil's realm of double dealing, spying, hatred, suicides and lies. This book is needed reading in every Canadian home. It has a fair warning for everyone living in a free country.

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### Highfield United Women's Auxiliary

The postponed September meeting of Highfield United Women's Association was held on the evening of October 3 at the home of Mrs. Eric Hurry with an attendance of 10 members and one visitor. The devotional period, conducted by Mrs. Albert Weeks, opened with the hymn "The Church's One Foundation", followed by a prayer and the reading of the 22nd chapter of 1 Chronicles.

The theme of worship was "I sit when I neglect God's House" and the leader read a selection based on this thought. The hymn "Take Time To Be Holy" ended this part of the meeting. The business period opened with the roll call and the minutes of the last meeting, which were read and approved. The treasurer then gave a report as follows: The sum of \$41.50 had been realized from the recently held cake sale, a light bill had been paid, and the \$50.00 previously voted for the purpose had been forwarded to the manse repair committee. It was then moved and seconded that a further \$40.00 be paid on this debt. The Friendship secretary reported having sent two cards to sick persons. It was decided to hold the annual election of officers in the month of December.

The next meeting is to be held at the home of Mrs. Bentley Creed on Tuesday, Oct. 24, when the lunch committee will consist of the hostess, assisted by Mrs. Roland Sellick. The devotional leader will be Mrs. Sillman Frizzell. The meeting closed with the hymn "Come Ye Thankful People, Come", followed by the Mizpah Benediction. Lunch was served by the hostess, assisted by the committee in charge, and a pleasant social time spent.

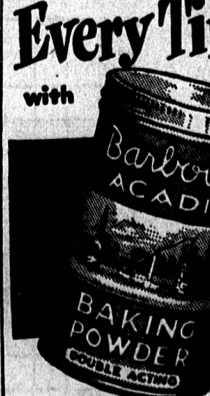
### It Started With The Ancients

Cheesemaking goes back as far as recorded history. In the earliest records there is mention of the use of cheese as a food. The Greeks and the Romans provided cheese for their armies a thousand years before the Christian era and the Greeks urged their famous wrestlers to eat great quantities of cheese as they recognized the strength-giving properties of this milk food. In the Old Testament cheese is mentioned frequently.

Some wandering nomad is credited with discovering the process of animal could be placed in a skin, agitated for a certain length of time and produce a palatable food which could be kept for a considerable period. Because of its quality this substance, made first from the milk of yaks, goats and reindeer, became an article of barter and commerce. It was one of the earliest foods to go into international trade, certainly was the earliest form of dairy manufacturing. Over a period of time a substantial trade in cheese among the nations was built up and many distinct forms of cheese came into being.

From the earliest times milk had been recognized as a natural human food but there was no known method of keeping milk in its natural state. Cheese on the other hand kept well for long periods and was an excellent food for armies and for the great caravans which roamed the known world in the early days. It soon spread into the most universal use, each tribe or country making its own favourite variety. Although the early makers knew nothing of milk chemistry they did know by instinct that almost all the good in fresh milk was preserved in cheese. For this reason it became one of the staple foods of workmen throughout the world. Today there are between 400 and 500 known varieties, many of them only differing in shape or size, flavour or texture, but all the result of about 18 basic formulas. Practically every country in the world has some distinctive cheese. Many varieties are still made in small quantities on the farm or in small cheese factories but the

### Better Cake Every Time



Thrifty is the word for Barbour's Acadia Baking Powder because it's double-acting. You use less to get perfect baking results every time. Money-back guarantee. Tested and approved by The Chateaus Institute.

**Barbour's ACADIA BAKING POWDER DOUBLE ACTING**

### CLINTON W. I.

Mrs. Bruce Clark entertained the members of Clinton Women's Institute on Wednesday evening, Oct. 11. With the president in the chair, meeting opened by the singing of the Ode and repeating the Creed in unison. Roll call was responded to by ten members paying cents corresponding to the size of shoe worn. This amounted to ninety-five cents which goes to show the Clinton women have very good understanding. Five visitors were welcomed. Minutes of last meeting were read, approved, and signed. Sewing was given out by the Red Cross convener. Two members donated fifty cents each. A report of the recent pantry sale was given, the proceeds amounting to \$41.57.

The appointment of committees was as follows: Lunch, Mrs. Ernest Pickering, Mrs. Mary Warren and Mrs. Charles Woodside. Program, Mrs. Bruce Clark and Mrs. Keir Duggan. Next meeting to be held at the home of Mrs. C. B. Goss, when the roll call will be answered by payment of membership fee.

Donations were received for the Protestant Orphanage and the Cancer Fund and were to be completed at the next meeting. Orders were taken for Christmas Cards, etc. Correspondence was read including a letter from the adopted Institute in England, acknowledged with thanks a parcel received. A parcel of Institute News was received from them and these were distributed. A letter was read asking for blood donors for the clinic on Nov. 2 and the members

were asked to try and secure contributors. Collection was taken. Meeting closed with "The King", after which a dainty lunch was served by the hostess and her committee. WELSH CHURCH The Calvinistic Methodist Church of Wales is the only Church of purely Welsh origin.

### COFFEE COSTS OUT!

Remarkable New Instant Coffee Saves as much as 40¢ a lb.!

**Exceptional Flavor**—Now at your grocer's—Instant Chase & Sanborn saves you time, saves you fuel, saves you washing-up, saves you grounds, saves you MONEY! Get some today.

There's a brand new way of serving fine coffee—with savings almost sensational! Chase & Sanborn, makers of fine coffee for over 85 years, has perfected Instant Chase & Sanborn. This means an Instant Coffee made by coffee experts—people with a tradition for fine, rich, full-flavored coffee! And the new Instant Chase & Sanborn fully lives up to its name! The most jealous coffee connoisseur will drink it gratefully and exclaim, "Man, that's real coffee!" Housewives acclaim the saving—as much as 40 cents a pound over regular coffee! It's like pouring every 3rd cup free! And such wonderful coffee!

The only "instant" backed by 85 years of coffee experience



**FALL FOOD Round-up**  
ROPE IN THESE GREAT VALUES!

- ON SALE THURSDAY - FRIDAY - SATURDAY**
- AYLMER TOMATO JUICE, 15 oz. tin 10c; 6 tins .. 55c
  - 40 OZ. CONTAINER
  - MOLASSES ..... 28c
  - GRAVES' WAX
  - BEANS, 15 oz. tin 13c; 2 for .. 25c
  - 12 Tins ..... \$1.45
  - OAKLEAF
  - CORN, 20 oz. tin 15c; 2 tins .. 29c
  - 12 Tins ..... \$1.69
  - LYNN VALLEY
  - PEAS, 20 oz. tin 15c; 2 tins .. 29c
  - 12 Tins ..... \$1.75
  - BAKER'S CHOCOLATE, 1-2 lb. cake ... 39c
  - PAPER NAPKINS, 2 pkgs. .... 33c
  - SHELLED WALNUTS, 1-4 lb. .... 23c

**Drink NESCAFÉ** and enjoy the finest cup of coffee you ever tasted!

Demonstration held at our Store Thursday, Friday and Saturday. Enjoy a cup of Coffee while you are shopping, made from this fine product.

- Quality Meats**
- Large Lemons, 6 for 29c
  - Choice — lb. 20c
  - Local Celery, each . 15c
  - Tomatoes, 2 lb. 25c
  - Grapes, 2 lbs. 39c
  - TRIMMED PORK CHOPS, lb. .... 59c
  - SHOULDER ROAST BEEF, lb. .... 55c
  - CORNED PORK HOCKS, lb. 25c; 2 lbs. 49c
  - BREAKFAST BACON, sliced, lb. .... 49c

PHONE 2248 2247 **H. C. ATKINSON** 111-115 (Grocereria) Grafton St.