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Selected from our stock, 500 pairs of discontinued shades of pure thread silk, silk and wool, and all wool Hosiery of the best makes, all full-fashioned, Regular \$1.00, \$1.25 and \$1.50..

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Consulting the Master Plumber gives you—in minutes— plumbing information that he gained only through years of experience and study.

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ONE OUT OF EVERY EIGHT

The law of average decrees that one person out of every eight shall be accidentally injured each year. You can't choose whether or not you will be the one to suffer this year. You can choose now to be ready to meet the emergency. ACCIDENT & SICKNESS INSURANCE

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A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES -

> Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income-Increase Purchasing Power-Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

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Make Warm Friends Wherever They Go.

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... OF ... Interest to Women

FURS TAKE DRESSMAKER SILHOUETTE

They are Molded to Figure With Fabric's Grace

(By Elinor Williams) graced a fur coat.

n the new fur coats.

Only a glance proved that furs were dresses in bright colors.

Fur coats have silhouette-at last. need it most for warmth, but no surplus weight to carry around your

not a single icy wind can penetrate and browns. them, but they are small enough to Beaver is a high fashion fur again, orretimes slightly padded.

al in beauty. And if there's any bulk other years. anywhere in this hourglass silhourips, and wear.

the difference in the world. Just as lovely in soft gray tones with just

Speaking of bushy furs-the new-There's a new fabric, and it's fur. est coat of the season is the chubby Fur so skilfully handled that it has short, straight and square in silhouall the dressmaker tricks of fabric to ette from the broadened shoulders to mold supple, lustrous skins into the the end of the coat, usually fingertip slimmest, youngest lines that ever length. Bulky only in cut-for the sake of chic-not in weight.

Yoke effects, slenderizing tuxedo | You've probably seen it already in toles, corded collars and shoulders, skunk, and it's also high fashion in ucking and shirring—they're all done Australian opossum, a dressy sports fur that is soft and becoming near It began at the openings in Paris, the face, and looks grand with wool

more difference, and as much figure evening coat you ever saw, with an signer fiattery as you'd get in your favorite ermine bow or collar made of two rows of cording to snuggle under your chin. Silver fox, Persian lamb, Bulky, heavy fur is a thing of the kolinsky, mink, squirrel, raccoon-Coats have fur where you they're all rejuvenated in chubbies. Colored Furs

In Paris, colored furs are the rage; neck in collars, awkward back full- violent green, red, blue and purple. As a result, there's also more chic in Collars are snug at the throat and subdued 'colored' furs like the grays

look young and flattering, framing especially in its new form, sheared to the face, not bundling you into shape- make it lighter and sleeker, and proessness. Shoulders are tucked, and cessed to keep it from curling after it has been wet. It is smart in boxy Marvelous unings are done in fitted coats, not quite long, with slight fullcoats. Smooth bodice, nipped in waist ness swinging from the shoulders in and flared skirt with graceful rippled back. Modified swaggers, yet much fullness that even velvet couldn't riv- straighter than the swaggers of the

Nutria is another brown fur returnette, it's in the sleeves, where it is ed to fashion's favor. Everything gray most practical, preventing straining is fashionable-Persian lamb, krimmer, caracul and squirrel.

Bushy coats of red or gilver fox- Ombre furs are appearing-some and some in Persian lamb-are made that you didn't dream could look that slim by applying the skins on soft way. There's on ombre Persian lamb, suede or fabric, instead of sewing for instance, natural, that blends from them together. You barely see the fa- smcky gray to black, effective in the bric between skins, yet it makes all matched skins. Ombre caracul is rich in effect, but svelte in clinging enough of the darker shades to be very slenderizing.

SOME FACTS ABOUT DIGESTION

Clearing Up Some Popular Misapprehensions About Some Of The Digestive Functions

(By Edith M. Barber)

Discussion waxed high the other day in regard to the digestibility of various foods. One person announced that fish was more quickly digested than meat and, therefore, better for the dinner of a brain worker who

burned the midnight oil! Actually both meat and fish dige as quickly as is necessary and so do most other foods, excepting in abnormal conditions. Of course, if either of these foods are fried and soaked with fat, digestion will be slower.

There seems to be a popular misapso that the work of digestion is pretty evenly divided. The saliva in the mouth starts the preparation of the starchy foods for absorption Thoroughly mixed with saliva, the food goes on its way to the stomach in the upper part of which starch digestion continues When the food meets the juices in the lower part of the stomach, the preparation of protein food is begun.

The intestines then take up the work and finish the digestion of walls into the bloodstream.

problem such as too much or too

Date Ginger Cake

4 tablespoons fat. ½ cup sugar

1 egg 1/2 cup sweet or sour milk

½ cup nuts

1 cup cut dates 1 teaspoon cinnamon

1/2 teaspoon salt

1/2 teaspoon soda 1% cups flour

Cream the fat, add the sugar gradu ally, add the egg and beat well. Mix the molasses and the milk. Mix and prehension in regard to the matter of sift dry ingredients, add alternately rapid digestion. It happens that the with the liquid to the creamed fat and digestive apparatus is well organized sugar. Add nuts and dates. Bake in a moderate oven 30 to 45 minutes.

Spinach Ring

½ peck spinach 2 tablespoons butter

2 tablespoons flour 1/2 cup milk

3 eggs, separated Pepper and salt 1 tablespoon grated onion 1/2 teaspoon nutmeg

Wash, pick over and cook spinach

until tender, about ten minutes then fat so that the nutritive qualities drain and chop or put through meat may be ready to pass through the grinder. Heat butter, stir in flour, thick, stir gradually into beaten egg gestion. Little thought need be given to it unless there is some individual the stiffly bestern hit beaten egg yolks. Add spinach and seasonings, grated onion and nutmeg. Fold in the stiffly beaten whites of eggs and problem such as too much or too place in a well greased ring or melon milds, intestinal direction is about unless intestinal digestion is abnor- boiling water; bake 20 minutes.



Canada's Favourite Tea

BOY FRIEND GOOD STYLE CRITIC

Man Takes a Woman in at a Glance But Woman Here's the rest of the test. How Has Eyes Only For Detail

(By Antoinette)

If you have any wardrobe problems man. Ask a man. For men know a lot more about the way women should perking up and taking a new interest | Chubbies are so smart that they're dress than women give them credit | And if he starts picking in life, for there was more variety, being made even in ermine, youngest for, according to Dolly Tree, film de-

Men take a picture of a woman at glance, while women focus on a hat, or a neckline, or some other your eyes were blue, gray, or yellow minute point, thus neglecting to obtain the entire effect.

The day of the man who thought Far-Sighted Wife that blush on the cheeks was a gift of nature is gone, thinks Miss Tree. Prepares For And what pointers he could give a Christmas girl, if she'd listen to him," she adds. Men don't object to bright lipstick. The only thing that they resent is the fact that it comes off.

Bright fingernails, they'll inform the girl friend, are distasteful. But ed out loud when the auctioneer at there is a shade that they could Fraser Brothers held up a box of cigchoose which would be much more are as part of the railway's unclaimbecoming to the individual woman. ed goods sale. Dust on the faded box

and ankles? Yet a man invariably dubious. But up stepped a woman and sizes up this point and could advise walked away with the box for \$1.25. weman much botter than another Ah, well, Christmas will soon be here

Del Maiz Corn

Green Giant Aspar-

Niblets

agus Tips

Colman

15 oz. Per Tin

hose and style of shoe.

And if he starts picking on you too card, self-respect. much, don't worry. It's simply because he's interested. If he weren't interested he wouldn't notice whether

MONTREAL, Nov. 17-Men laugh And how many women notice feet made vintage of the contents appear

Make Up Chart

You can judge a man by the company he keeps, and a woman by the contents of her purse. What is your handbag I.Q? Does it stamp you as chic, discriminating, intelligent, well groomed, with both common sense and foresight?

Try this test out on yourself in private and then on your friends at a party. A little emparrassment may breed a new beauty order.

First in importance, scoring chie; good taste and discrimination, is the makeup-powder, rouge, lipstick, mascara, and eye-shadow-and all matched. Key them to a definite idea. or to the color of your eyes.

can you measure up?

Ideal chart for personality makeup test: Matched makeup, coloring good woman could on the proper shade of sense (logical) feeling for harmony. Lipstick tissue, fastidious; pencil and She even advises women to allow memo pad, intelligence; comb, neatto be solved, don't ask another women to choose their perfume since ness; deodorant, daintiness; threadthe masculine 'sense of scents' is ed needle, foresight; nail file, grooming; handkerchief, daintiness; calling

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"dosing." Just massage VapoRub on throat, chest, and back at bedtime. Relief begins almost at once. And long after sleep comes, VapoRub keeps right on working. Its VICKS

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Store! Watch for our weekly specials in fine groceries, meats and

FOR THE

BLUE AND RED EMBLEM SIGN

GILLETTS

(Special)

11 oz.

30c Schwartz Mince-

15c

27c

Col-

man's

Mustard

1/4's, tin

meat 25c 2 Pounds Aylmer Tomato

Juice 10c 25½ oz. Per tin $10\frac{1}{2}$ oz. 25c



Kellogg's Bran Flakes 2 Pkgs. 25c

Ganong's Peppermint Patties 29c

Ganong's Milk Choc. 49c Almonds Per Pound ... Beaton's Scallops

15c l's Per Tin . 25c Magic Soap

Kirk's Castile Soap

With delicious, tempting meals made with foods from your M. M. A.

Look over today's list of suggestions, check it and buy more at

your M. M. A. Store! These are examples of typical values to be

ECONOMY

25c

Jaffa Currants 25c Pkgs. ..

(Special) Queen Royal Peaches 16 oz. 2 Tins

(Special) Green Giant Peas 17 oz. 29c

(Special) Marven's Hi Tea 25c Assortment



Challenge Corn Starch 1's, Pkg. 12c

Kellogg's Rice Krispies 15c

Loggie's Blueberries 2's, 2 Tins

Magee's Strawberries

EFFICIENCY Gillett's

> Lye 2 Tins 25c

(Special) Quick Quaker Rolled Oats 31c

Per Package (China or Cup and Saucer) (Special)



58c

Red Label 1's Per Pound .

Boneless Herring Per 15c Pound ..



COCOA

A CUP OF FRY'S IS A CUP OF FOOD

Drink and enjoy Gurd's beverage s—a good mixer in any company