

Misconduct:

No running.
No walking.
No exercise.
No effort.
Penalty —
a shorter life.
No argument.

Fitness is fun.
Try some.



Breakaway:

Too much bench
time slows you
down. Get active.
Get in shape and
put yourself in
the clear.

Fitness is fun.
Try some.



Your Shell Agent brings warmth wherever he goes



Jim Mikus
825-3268

Today, before winter comes, call your Shell Agent. He can help keep your home comfortable—no matter how much it snows and blows outdoors.

Have a weekend holiday at Thunder Bay's indoor summer resort. Just \$14.00* per person, per night.

(double occupancy)

The Red Oak Inn has a huge and beautiful Solarium with a big, blue swimming pool, a whirlpool, a sauna and sun lamps—all surrounded by lush, tropical greenery. It's perpetual summer.

For dining and relaxing, we have the superlative Sir William's Dining Room, the Garden Coffee House and Crazy Dick's for top discotheque entertainment. This special weekend holiday rate (tax extra) for a luxurious room with 2 double beds applies to Friday, Saturday and Sunday nights only. There are a limited number of weekend rooms available. To get one you must request it and you must reserve 24 hours in advance. Call Toll-Free CP Hotels Reserve-A-Room Service 1-800-261-9411; or the Red Oak at (807) 577-8481.

"We'll be expecting you."

*Rates are effective from Sept. 30 to Dec. 26, 1977.

CP Hotels  **RED OAK INN**
555 West Arthur St., Thunder Bay



The Cocoa Butter in Cocréma! dry skin creme and beauty soap beautifies your skin and you.

Cocoa Butter marvellously formulated in both COCREMA Dry Skin Creme and Beauty Soap really moisturizes your skin. Rid your face and body of dry, flaky skin that gives that aging appearance. GET COCREMA COCOA BUTTER Dry Skin Creme and Beauty Soap to help you look more youthful.



Available at:

**WAGHORN'S
PHARMACY**