

ATTENTION FARMERS

The Government has decided to carry on the same policy in regard to limestone as was in operation in 1938. Limestone will cost you \$2.80 per ton in bulk at your railway station. This price will be available during the balance of 1939 only.

The results obtained from the 8000 tons of lime distributed last year justifies the Government in continuing this policy.

You will order lime direct from the Company, either the Brookville Lime Company Ltd., or the Snowflake Lime Co., both of Saint John, N.B. Your car will be shipped sight draft attached to bill of lading for the net cost to you. The Department of Agriculture will deal direct with the Company for the balance of the cost. Estimate your requirements and place your order at an early date.

Department of Agriculture

Market for Cranberries

We are asking the cranberry growers of the Province to hold your cranberries and sell them to the Berry Growers' Association, Mount Stewart. They are the only parties in the Province who have the equipment and facilities for cleaning the berries and preparing them for the market in the way they should be prepared. Write them, making inquiries as to how you should ship. Do not place the berries in deep containers; positively do not ship the berries in bags; they should be in small boxes that would hold about 20 to 25 pounds and should not remain in those boxes too long.

Department of Agriculture

That Body of Yours

By James W. Barton, M.D.

VALUE OF TIGHT ABDOMINAL MUSCLES

For a number of years I lectured to high school teachers (all university graduates) on health and fitness, which information was handed on to the students whom they would teach. I tried to point out that if a boy and girl were taught to sit and stand correctly, attain proper posture—they would likely keep this in mind for themselves throughout life and would likely watch the posture of their children. An upright carriage means more room for heart, lungs, stomach and intestine, thus providing for those vital needs of the body—a strong heart and lungs, good mixing and absorption of food, and the prevention of constipation.

It is interesting therefore to read in *Fit*, the health magazine, of the training of the West Point cadets, as recorded by William J. Bremer, Jr.

"The purpose of the Academy's athletic life is three-fold. Besides developing the cadet physically, it must instill within him the urge for lifetime fitness and it must teach him through instruction and practice how to teach others to take care of themselves physically and hygienically. Through all his activities he is being constantly reminded by his superiors, the upper cadets, to double time (very rapid marching twice as fast as the ordinary quick march), or to sit up straight in the mess hall, eat slowly, pull in his chin, raise his chest, and 'drag in his stomach'."

"It is this 'holding in' or 'dragging in' of the stomach that most physical directors emphasize in teaching correct posture. The West Point cadet learns this his first day and never forgets it during his training and, in most cases, never forgets it during his life time. The drawn in stomach or abdomen carries the shoulders back naturally, lessens the curves in the spine, and draws the chin backward which keeps the head erect."

It would be worth while for all of us to stand side by side in a mirror in our "natural" manner. Then do just one thing: draw in the stomach and abdomen. This one simple act—drawing in the stomach or standing "flat"—will give us the correct posture. How can you keep this "flat" posture? Developing the abdominal muscles by various bending exercises—keeping knees straight—and lying on the floor and raising legs—knees straight—will strengthen the abdominal muscles. Tight abdominal muscles will give you correct carriage.

Eastern Guardian

"This column is reserved for news of local interest but advertising of a new nature may be inserted at 2 cents a word strictly payable in advance."

"SUBSCRIPTIONS to the Charlottetown Guardian may be handed to their Rept. Archie Hume."

"SAVE HALF what you usually spend for Drug Store items at Mabon's Retail One-Cent Sale, Monday, October 23rd. Buy 250 items to choose from. And two for the price of one, plus only one Cent, October 21st to October 25th inclusive. L-1371-10-20-11.

The Central Guardian

This column is reserved for news of local interest but advertising of a new nature may be inserted at 5 cents a word strictly payable in advance.

CONFEDERATION LIFE INSURANCE

HALF PRICE / Limited Time Offer. Helms Rubenstein's Nova Scotia Night Cream, 1/2 lb. jar, now \$1.10. Jamieson's Drug Store, L-1507.

POLICE COURT — There was only one case in the Police Court yesterday. A man charged with theft was remanded for a week.

ACCEPTS CALL TO ST. PAUL'S The Rev. A. LeDrew Gardner has accepted a call to St. Paul's Anglican church in Charlottetown and is expected to arrive January 1st. He comes here from Armadale, N. S., and succeeds the Venerable Archdeacon H. D. Raymond.

TO STAND TRIAL—Maurice Walsh, recently committed for trial to the Supreme Court, has been elected to be tried by speedy trial and will appear before Judge Edwin C. Duffy of the County Court at 11 o'clock Saturday, Oct. 21st. He is charged with breaking and entering in connection with the recent break at Patterson's jewelry shop.

AUTUMN THANKS OFFERING—The Autumn Thank offering service of the Evening Auxiliary of the W. M. Trinity United Church, was held in Heart's Hall on Wednesday evening last. The devotional service was led by the President, Mrs. Hugh Miller, and the Chancel Choir assisted in the musical part of the program. Miss Audrey DeBlais of Kargra, India, gave a very interesting talk on her work in the Anglican Mission at Kargra. Mr. Walker Mutch who spent the past two years teaching in an Indian Mission school spoke of his work among the Indians. At the conclusion of the service the members and friends adjourned to the Social Hall where refreshments were served and a pleasant hour was spent.

SEED 65¢ PER BUSHEL—Farmers in the Province are receiving 65¢ a bushel for seed potatoes. Dealers are buying in large quantities and storing the tubers in warehouses awaiting the arrival of the first frost. The expected Saturday at Summerside. Another arrival is expected in Charlottetown the last of the month. The Norfolk, Virginia, Table King potatoes are paying the farmer from 45 to 50¢ a bushel at present. There is very little movement reported in the market for turkeys. The low price in squash in Boston. Squash this year is replacing turkeys in some markets selling for 25¢ a lb. in Boston as against 20¢ last year for the product. The price quoted on turkeys now is 13¢.

ITALY, NEUTRAL OR WITH BRITAIN—Italy would not become involved in a war against Great Britain was the impression he gathered while on a visit to that country in June and July of this year. Dr. John Andrew, told members of the Y's Men's Club last night. Dr. Andrew, native of East York, Ontario, graduated in medicine from Dalhousie University in Halifax in August from Europe. He made a tour of the continent in conjunction with post-graduate work in medicine in England. He has been taking the work for the past three years. A hearty vote of thanks was tendered the speaker, moved by Ernest Dunning and seconded by Harold Heart. Heart, former classmate of Dr. Andrew. During the meeting last night club president Roy Cudmore announced an invitation had been accepted for the Charlottetown Club to attend ladies night at the Summerside club next Thursday. Rev. Harvey L. Denton was chairman at last night's meeting.

QUARTERING OF TROOPS—A recent general meeting of the Charlottetown Junior Board of Trade held on October 16th. A resolution was passed which resulted in the following exchange of telegrams: October 17, 1939. Hon. Norbert Kennedy, Minister of National Defence, Ottawa, Ontario. Re: Charlottetown. It is a critical situation has developed owing to weather conditions and the present unsatisfactory quarters in which our troops are billeted. The following resolution was adopted: That suitable quarters be made available to recruits of Prince Edward Island for their housing for winter quarters. The troops to be stationed here and given all possible training here. We respectfully request immediate action. J. W. MacKenzie, President, Charlottetown Board of Trade. The reply was October 18, 1939. J. W. MacKenzie, President, Charlottetown Board of Trade. Reference your wire. Action has already been taken for winter quarters. It is possible to be done to expedite action towards comfort of troops. (A similar telegram had been sent to J. L. Douglas, M. P.)

PERSONALS

Mask. Joseph E. Roberts four year old son of Mr. and Mrs. David Roberts has been employed on the staff of the Custodian Trust Co. Limited in Charlottetown, since last May, has been transferred to the Montreal office and will be accompanied by his wife who came to Charlottetown recently.

MUSIC HATH CHARMS — NORTHCOLE, Australia — (CP) — While attendees stalked a bewildered rat around the floor of a concert hall, Dr. Malcolm Sargent, conducting an orchestra, was carried on and soothed frightened women in the audience.

Too Late To Classify

MAID WANTED. TELEPHONE 1477. L-1505-10-20-21.

WANTED MAN FOR FARM work. Apply M. Guardian. L-1506.

KENT BEAUTY SHOPPE SPECIAL. Oil permanents \$1.50 up. Fingerwaves 35¢ up etc. L-1504-10-20-21.

1c SALE

PERMANENTS 1 WEEK ONLY
Reg. \$7.00, 2 for — \$7.01
Reg. \$5.00, 2 for — \$5.01
Reg. \$3.50, 2 for — \$3.51
Finger Waves — — — 35¢

Modern Beauty Shoppe

Phone 73
L-1508-10-20-31

BINGO

Holy Name Hall
TONIGHT
No Better Prizes Given
L-1508.

Bible Society Executive Holds Supper Meeting

The Rev. J. B. M. Armour was guest speaker at a supper meeting last night of the executive of the British and Foreign Bible Society for the Province. The supper was held at 8 1/2 o'clock at the Social Hall and was presided over by the Rev. J. B. M. Armour, of Toronto, general secretary of the Bible Society for Canada and Newfoundland. He stressed in his address that adequate supplies must be kept up and that obligations must be met in Europe despite the war. Finally the Rev. J. M. Murchison, Saint John, district secretary for New Brunswick and P. E. I. also spoke describing a visit to various centres of Bible Society work in England and Scotland.

Mr. W. G. Hogg, president of the Charlottetown branch of the Society for Canada and Newfoundland, was present together with the following of the Island executive, Dr. J. H. Ayers, president of the Island branch, Venerable Archdeacon D. Raymond, both of Charlottetown, Rev. George Ayers, Summerside, Rev. R. H. Stavert, Woodville, Rev. D. K. Ross, Bonaventure, Rev. William Ve Wolfe, Summerside, Rev. E. R. Woodside, Cornwall, Mr. J. A. Thompson, Kensington, Mr. J. P. Gordon, Mr. H. G. D. Johnson, Charlottetown, Mr. L. B. McElish, Montague, Milton Stewart, Charlottetown, W. E. Johnstone, Long Point, and Mr. W. L. Warren, Charlottetown.

Islanders Take Leading Part At Nfld. Exhibition

Prominently participating in the 3rd All- Newfoundland Agricultural Exhibition now in progress at St. John's are two Prince Edward Islanders, both bearing the same family name. Mr. Lloyd W. Shaw, M. A., Secretary for Education in Newfoundland, was formerly on the staff of Prince of Wales College, Charlottetown, and will be remembered here as one of Prince Edward Island's leading educationists. He is mentioned in the St. John's Evening Telegram as having taken prominent part, along with His Excellency Vice Admiral Sir Humphrey Walwyn Hon. J. H. Gorvin, M.B.E., Commissioner for Natural Resources, and Mr. George R. Williams, M.B.E., chairman of the All- Newfoundland Agricultural Committee, at the opening of the Exhibition on Oct. 10.

Mr. W. R. Shaw, who is acting as judge of horses, cattle, foxes and dogs in the exhibition, is in the Newfoundland paper. "Mr. Shaw is a gentleman of great prominence in the Maritimes. He holds the positions of Deputy Minister of Agriculture for P. E. I., Director of Livestock, Secretary and Manager of the P. E. I. Fox Exhibitors Association, Secretary and Manager of the P. E. I. Horse Breeders' Association, Secretary of the Provincial Branch of Canadian Saddle and Light Horse Improvement Society, and for the past ten years inspector of breeding horses for the Provincial Government. Mr. Shaw has judged at some of the biggest exhibitions in Canada."

The poultry exhibits are being judged by Mr. Leslie Wood, Superintendent of the Poultry Division of Agriculture.

The exhibition is on a sea more comprehensive than anything previously undertaken in Newfoundland, and includes vegetables and home-grown products of various kinds as well as livestock and fur-bearing animals.

WARING NATIONS' ALLOWANCES VARY
NEW YORK, Oct. 19—(CP) — Government allowances in Great Britain, France and Germany for those who stay at home, while the British are on war duty, are roughly, as follows: —

Great Britain — 55 cents a day for the wife; 16 1/2 cents for one child.
France — 25 cents for the wife; 12 cents for one child.
Germany — \$1.12 for the wife; 71 1/2 cents for one child.

The figures for Germany are based on a nominal rate of exchange between the mark and the Canadian dollar and bear little reference to the purchasing power of the war allowance. High prices and scarcity of foodstuffs in the Reich lessen the value of money. (In the Canadian Active Service Force the minimum allowance for dependents is \$35 a month and the soldier must also assign to dependents not less than 15 days pay each month.)

Earth Tremors Felt In West Prince, Report

From Alberton in west Prince County, near the extreme north west part of the Province came reports last night that the earthquake which was felt over eastern Canada and the Eastern States yesterday was felt "quite distinctly" there.

J. H. Myricks, general merchant at Alberton, said last night that in his office just before eight o'clock yesterday morning when he noticed the earth tremors. He was sitting down at the time. Pictures on the wall and suspended electric light bulbs swung for a short time. The shock lasted only a "few seconds," Mr. Myricks said. At the time he had an office girl note the time, five minutes to eight, he said, for future reference. He recalled saying then they would "hear more about it."

Other parts of the Province, except for the area around Alberton apparently did not notice the tremors.

Red Cross War Time Activities

During the past three weeks the Work Committee of the Prince Edward Island Division, Canadian Red Cross Society, has distributed over 500 pounds of Island yarn for the knitting of socks and sweaters. Besides the yarn, handkerchiefs for hospital bedpans and pneumatica packets together with samples and patterns have been given out. So far the Work Committee has been unable to supply the demand for these articles as there have not been enough completed samples to go with the material. However, the samples are now coming in well and it is hoped that all orders will be filled without delay. Red Cross directions must be followed when using materials obtained through the Society, but the Red Cross welcomes gifts of suitable well-made articles from other resources.

To date materials have been given out to 42 Women's Institutes, 5 Catholic Women's Leagues, 5 Ladies' Aids of Charlottetown Churches and several other kindred organizations. Junior Red Cross members are making triangular bandages as well as knitting scarves and washcloths and making personal property bags for use in hospitals. Wristlets and neckties are also being made. L. O. D. Chapters in Charlottetown and Summerside are busily engaged in war-time work.

Red Cross Branches have been formed in North West River, Eleonors and are actively carrying on.

Plans are well under way for the National Appeal for Funds which is to open in November. All Provincial Divisions have been asked to submit a statement of the finished supplies on hand by the 1st of November and in view of this it is hoped that completed articles will be sent to the Red Cross Office, Charlottetown, just as soon as possible.

Red Cross Regulations For Men's Sleeveless Sweater
For average knitter — No 7 needles by Bell Gauge.
For loose knitter — No 8 needles by Bell Gauge.

BACK:
Cast on 80 stitches. Knit 2, purl 2, rib knitting for 4 inches. Then in stocking stitch (knit 1 row, purl 1 row) for 10 inches. Then cast off 3 stitches at beginning of next two rows. From now on keep 5 stitches knit plain at each end of needle every row to form borders around armholes. Continue to knit in stocking stitch and knit 2 stitches together inside the 5 stitches of border every 4th row three times. Continue to knit until the armhole measures 8 inches, then keep centre 34 stitches, knit plain on purl rows same as armhole edge for 1 more inch. Then knit 22 stitches, cast off 24 stitches in centre for neck, knit 22 stitches. On one side, now knit front. Keeping 5 stitches at neck end knit plain on purl rows to form border same as armhole. Knit 8 rows for shoulder. Then in stocking stitch knit 8 stitches from neck end every 4th row twelve times, and when last decrease on armhole at back is reached increase 1 stitch at armhole edge every 4th row three times. Break off. Repeat for other front. Then put stitches all on one needle and cast on 3 stitches at each end of needle, (80 stitches again on needle.) Knit in stocking stitch but keep centre 10 stitches knit plain on every purl row for 5 times to finish V neck neatly. Continue to knit until same length as back finishing with knit 2, purl 2 ribbed knitting for 4 inches. Cast off. Sew up side seams neatly.

ALTERNATE TOE FOR SOCK
(This May Be Used Instead of Kitchener Toe.)

Decrease 1 toe. On front needle, knit 2, knit 2 together. Knit 1, then 4 stitches from end of second side needle, knit 2 together, knit 2 stitches together, knit 2. On first side knit 2, knit 2 together, knit 2 to end of needle. Knit to 1/2 in 4 stitches from end of second side needle, knit 2 together, knit 2. Knit 3 rounds plain. Then 1 round decreasing. Then 2 rounds plain. Then 1 round decreasing. Then 1 round plain. Repeat until there are 10 stitches on front needle and 8 on each side needle. Now in stitches from one side needle to the other, making 10 stitches on 2 needles. Break wool and finish as for Kitchener Toe.

NOTE: To join wool, splice, do not "NOT."

DIRECTIONS FOR MAKING SCARVES
UGE No. 7 or No. 8 needles. Cast on 40 stitches. Scarf should be 1 1/4 yards long. Coloured by 6s at ends. No fringe.

TIGNISH DALTON SCHOOL
Honor Roll of Tignish Dalton School for September.

1. Elmer Bernard.
2. Harold Doucette.
3. Howard Shea.
Grade VIII:
1. Dewey Doyle.
2. Chester MacLeod.



"Now Girls... I'll Tell You"

"This Moore & McLeod basement is a wonderful place to shop... I've been getting things there for myself and the children, and believe me... I've saved plenty!" "Now here are some of the things that are just in... new!"

- Children's 3-piece Snow Suits. Sizes 1, 2 and 3. Colors yellow, Nile green, light blue and pink. Price \$2.95
- Infants Tiny Tot soft finished Flannel-ette Nite Gowns. Colors white with blue and white with pink. Price each 33c.
- Infants Bathrobes. Pink and Blue. Price each 59c.
- Ladies' White Scarves. Price each 59c.
- Ladies' Flowered Silk Scarves. Regular 75c. To clear at 69c.
- Ladies' Calots and Turbans. Colors Scarlet, Navy, Royal Blue, Brown, Green and Wine. Price 29c.
- Stanfield's Yarn. Assorted colors. Skein 25c.
- Stanford's Yarn. Assorted colors. 1 oz. ball 10c.
- Thistle (Scotch Worsted) Yarn. Fourply Fingering. 1 oz. ball 10c.
- Children's Fleece Lined Bloomers. Navy, White and Peach. Per pair 35c. and 29c.
- Ladies' Cardigan all wool Sweaters. Assorted colors. Price \$2.19
- Ladies' Satin Dressing Gowns. Assorted colors. Small, medium and large. Price \$2.95
- Ladies' Plaid Dresses. Assorted colors. Price \$1.95
- Ladies' Bed Jackets. Pink, Peach and Blue. Price 98c.

Basement---Cash Only---No Charges or Approvals

Odd Lots WALL PAPER \$1.59

Four, five and six roll lots, bundled up with matching borders. Papers for kitchen, bedroom, dining room and living room. They are all good quality "SUNWORTHY" Wall Papers. For the Room \$1.59 lot

2nd Floor Annex

Heather KENWOODS \$3.95

These attractive heather Kenwood Blankets are size 60 x 80 inches, weighing 3 1/2 lbs. each. They are still selling at the old bargain price. If we are ever able to get any more of them they'll cost us \$3.95 much more

2nd Floor Annex

MOORE & McLEOD limited

3. Gilbert Hart Jr.
- Grade VII:
1. Chester Skerry.
2. Seymour McGrae.
3. Roy Gallant.
- Grade VI:
1. Cyril Arsenault.
2. Alton MacDonaid.
3. Gregory Gavin.
- Grade V:
1. Melvin LeClair.
2. Marcus Gaudet.
3. George Gavin.
- Grade IV:
1. Henry Perry.
2. Hector McInnis.
3. Arthur Arsenault.
- Grade III:
1. Freddie Arsenault.
2. Freddie Fitzpatrick.
3. Patrick Buote.
- Grade II:
1. Victor Gaudet.
2. Francis Richard.
3. Junior McGrae.

Daily War Survey

(Canadian Press)

A constant stream of German troops and war materials moving up to the western front suggests the German high command may still have in mind a serious push against the French army before winter sets in. Indications are such an offensive would be welcomed by the Allies. Their own strategy at present appears to be purely defensive.

The French have now had seven weeks in which to consolidate their advance positions in front of the Maginot Line and the British mechanized army with its immense fire power is with them. A German offensive, if it comes directly along the Franco-German border would have the objective of achieving a victory over the French sufficient to keep up the spirits of the German army and people through the winter.

The Allied defenses are so disposed as to make any appreciable advance costly. The advance positions are designed to cushion any attack on the main fortifications. The retreat of the French forces of a few days ago to lines previously settled was an illustration of the tactics which might be followed on a large scale in a

BIRTHS

MACNEILL—At the Prince Edward Island Hospital on Oct. 18, 1939, to Mr. and Mrs. John MacNeill, Mt. Albion, a son.

DEIGHAN—At the Prince County Hospital on Oct. 15, 1939, to Mr. and Mrs. E. H. Deighan, Summerside, a son.

HILL—At P. E. I. Hospital, Charlottetown, on Oct. 19, 1939, to Dr. and Mrs. S. A. Hill, a son, Leroy Raymond.

MARRIAGES

PROUDE-YOUNKER—At the United Church Parsonage, Winsloe, by Rev. J. R. Skinner, on Oct. 18, 1939, Alice Marie Younker, daughter of Mr. and Mrs. R. W. Younker and Dale Proude, son of Mr. and Mrs. Chas Proude.

DEATHS

MACDONALD—At Wellington, Oct. 19th, 1939, Miss Martha Macdonald aged 76. Funeral Saturday at 9 a.m. from the Roman Catholic Church, Wellington.

HARDING—At Summerside, Oct. 19th, 1939, Rev. William Henry Harding, aged 70 years. Funeral Sunday at 3 p.m. from the Trinity United Church, Summerside following a short service at the house.

MCCORMACK—At Pointe d'Orchard, Oct. 19, 1939, Angus R. McCormack. Funeral Saturday at 9 a.m. to St. Andrews.

McLEOD—At 243 Pownall St., Oct. 18th, 1939, Mrs. Angus N. McLeod in her 83rd year. (Formerly of Brookfield). Funeral today (Friday, Oct. 20th.) Short service at 1.30 p.m. M. thence to Brookfield Church for service at 2.30 P. M. Interment Brookfield Cemetery.

N. D. MacLean

UNDERTAKER
EMBALMER
Charlottetown and North Wilshire
Phone 149