

THE CENTRAL GUARDIAN

HELP YO

SELF TO HEALTH



W.K. Kellogg

This thing will dull the brig

YOU probably know this story, or one amazingly like it. It deals with a young man who started out "with everything" who made brilliant progress for a time—became a "star"—had his little hour... and then faded...

in diet. Its delightful, it good as a cereal, cream, or with fresh or sprinkle over other cereals...

Constipation ruins so many promising persons—a dread disease which saps life and strength. The fortunate fact about constipation is that it can be conquered—safely, permanently. Kellogg's ALL-BRAN is the answer!

As Kellogg's ALL-BRAN journeys through the system, its fiber remains unchanged. Doctors call ALL-BRAN a bulk food. You know the importance of "bulk"

Be sure to get Kellogg's ALL-BRAN! Only ALL-BRAN brings sure results. A part-bran product can, at best, be but partially effective. Kellogg's is the original, genuine 100% ALL-BRAN. Doctors recommend it. All grocers sell it. Leading hotels and restaurants serve it.

Made by Kellogg in London, Canada

Kellogg's ALL-BRAN

The original ALL-BRAN—ready-to-eat



Radio Program section listing various stations and programs such as WWOAW, WRCO, WBOB, etc., with their respective broadcast times and program titles.

THE POTATO GROWERS Association will continue taking fertilizer orders at the low prices up to April 17th.

HOLEPROOF HOSIERY, the best hose made at the price, every pair guaranteed, see our ad on page 8. Purdie & Ferguson's.

SCOTSMEN SHOULD BE PARTICULARLY INTERESTED in the Handel Lecture Recital on Thursday for the vocal numbers are taken from the oratorio "Judas Maccabaeus".

EMERALD HOTEL.—Following were recent arrivals:—H. D. Gillis, Charlottetown; Sterling Beaton, Summerside; Lillian Clarke, Summerside; Annie Arsenault, Montreal; Geo. D. Pope, Summerside;

ENJOYABLE GATHERING.—A pleasant social evening was spent in the Orange Hall, Craupaud, on Thursday eve, April 8, when the ladies of Princess Mary Lodge entertained the members of Prince of Wales Lodge and their friends.

MAYFIELD.—A meeting held in Mayfield on April 8th for the purpose of organizing a Women's Institute. Miss Matheson, the Supervisor, who was unable to be present, authorized Mrs. Blair Anderson to conduct the meeting.

HELEN ELIZABETH PETERSON.—The death occurred in the city Sunday, April 11th, 1926, of Helen Elizabeth Peterson, only and dearly beloved child of Mr. and Mrs. G. Arthur Peterson, aged 19 months.

VISITING PASTOR.—Rev. E. J. Kerr, of Saint George, N. B., preached at both services in Zion Presbyterian Church, Sunday. His morning subject was "God's Revelation and Man's Response," and in the evening he preached on "God's Special Care of the Faithful".

PERSONALS section containing various short notices and news items.

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CONGOLEUM GOLD SEAL ART-RUGS. Big Value—Big Variety. Big Economy—Big Satisfaction. THAT'S what makes Congoeum Gold Seal Art-Rugs so popular with Canadian housewives.

CONGOLEUM ART RUGS give you a well furnished home. Buy yours at PROWSE BROS., Ltd.

An Ounce of Performance is Worth a Ton of Complaint. You will have no cause to complain if you fortify your system against April's damp and changeable weather by taking Wampole's Emulsion of Cod Liver Oil.

Harold L. Worthy DRUGGIST. TYNE VALLEY SCHOOL. The following is the report of the Senior Department of Tyne Valley School for the months of February and March.

CONSTANT CURLING AND WAVING RUINS HAIR. Girls just must curl and wave bobbed hair to appear their prettiest. But constant curling and waving burn and dry the luster, vitality and very life from the hair.

Malpeque. Patricia Cullen; 3. Fred Jardine; 4. Ruby Rogers. Grade IX, Sr.—1. Keir Dugan; 2. Mary Murphy; 3. Jean Sharpe; 4. Ruby Bernard.

Grade IX, Jr.—1. George Sims; 2. Irene Champion; 3. Vera McLéon; 4. Oliver McKenzie.

Grade VIII.—1. Elna Champion; 2. Jeanne Paynter; 3. Lillian Walker; 4. Gerald McKenzie.

Grade VII.—1. Isabel McLean; 2. Kenneth McFadyen; 3. Hattie Clarke; 4. Myrtle Hughes.

Grade VI.—1. Margaret MacMahon; 2. Ellice MacKenzie; 3. Jenny Clark; 4. Blanche Hughes.

Grade V.—1. Herbert MacKenzie; 2. Doris MacKenzie; 3. Catherine Murphy; 4. Miller Waite and Elva Caseley equal.

Grade IV, Sr.—1. Urban Hickey; 2. Lorne McKay; 3. Lester Chapman; 4. Margaret Stewart.

Grade IV, Jr.—1. Rena Kennedy; 2. Billie MacLean; 3. Irene Caseley; 4. Gertrude Gillis.

Grade III, (a)—1. Bruce McLeod; 2. Barbara Reeves; 3. Donald Chlow; 4. Stewart Hunter.

Grade III, (b)—1. Glen Inglis; 2. Olive Reeves; 3. Harold McFarlane; 4. Norman Hogg.

Grade II.—1. Grace Semple; 2. Grace Clark; 3. Helen Watson; 4. Velda Caseley.

Grade I, (a)—1. Marjorie Kennedy; 2. Albert Thompson; 3. Boyce White.

Grade I, (b)—1. Norma Clark; 2. Jean Millman; 3. James Higgins.

Grade I, (c)—1. Joan Moffitt; 2. Paule McKenna; 3. Ella Flahaven.

Grade I, (d)—1. Glennie Bernard; 2. Donald McKay; 3. Percy Hunter.

Honour Roll for month of March. Grade IX—1. Marion Cousins. Grade VIII—1. Everett Donald; 2. Marion Simpson; 3. Thelma Donald.

Grade VII—1. Margaret Riley; 2. Barbara Ramsay; 3. Jennie Mathews.

Grade VI—1. Lulu McDonald; 2. Edmond Delaney; 3. Jean Simpson.

Grade V—1. Clara MacKenzie; 2. Grace McGillivray.

BEECHAM'S PILLS QUICK RELIEF for CONSTIPATION. Do you feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it.

If Teeth Lack Gleam Just Do This Gives sparkling whiteness quickly. Please accept full 10-day tube free of this remarkable new method that leading dental authorities urge... note the difference in teeth and gums as dingy film coat goes.