



"For all washing and cleaning you can't beat this soap —"

says Mrs. Experience, who chooses soap for its economy and labour-saving value.

"Sunlight puts the sunshine of cleanliness into the home! For washing clothes, dishes, wood-work, linoleums, in fact, for anything that can be cleaned with soap and water—I call on Sunlight. And Sunlight does its work so well and leaves everything sweet and clean.

"Sunlight really is economical, too! You see, every bit of it is pure, cleansing soap, containing no filling or hardening materials, which are only waste as far as we women are concerned.

"You get greater cleaning value out of a pure laundry soap—and so I say, 'Always keep a good supply of Sunlight on hand!' It really improves with age. And because of its purity, Sunlight is kind to your hands and keeps them smooth and comfortable." Sunlight is made by Lever Brothers Limited, Toronto.

Sunlight Soap



OLD GENTLEMAN. "Don't cry, my little man—I haven't really hurt myself."
URCHIN: "Boo-hoo! I bet you 'Orae the rest of me, but ana that you wouldn't go down at —The Passing Show."

A Large Lobster Pack Predicted

Are You Prepared to Handle and Care for the FISH the **SANITARY WAY?**

Have Us Make Your **METAL SUPPLIES** BOILERS, TRAYS, STOVE PIPE, SINKS, ETC.

Made at Short Notice—**FRED H. TRAINOR**

Phone 393 J. Opp Prince Edward Theatre 80 Grafton Street

Imperial Fox Biscuits
CONTAINING PURE COD LIVER OIL

Manufactured By **The Imperial Biscuit Company**
Charlottetown, P. E. I.

THE PROOF OF THE PUDDING.

The actual results of scientific fox feeding are now seen in Prince Edward Island ranches where large litters of virile puppies are being born and suckled by healthy robust mothers whose diet consists largely of Imperial Cod Liver Oil Fox Biscuits. The Biscuits supply energy and the necessary vitamins and other mineral food accessories which are essential throughout the gestation and lactation periods.

The Imperials stimulate the milk veins, increasing the flow of milk, at the same time they supply nourishment and have a laxative effect upon the bowels—the great secret of normal health.

Order early either from our Distributors or direct from factory.

THE IMPERIAL BISCUIT CO., LTD.
CHARLOTTETOWN, P. E. I.

THE CENTRAL GUARDIAN

SHOP FROM Holman's Catalog

WRITE FOR PRICES of Farm Fence delivered at your station. The Rogers Hardware Co. Ltd. 573-4-23-31

MARSHFIELD—Young People's League will meet in the Church on Monday at 8 p. m. Special programme. "An Evening with Longfellow."

FOR SALE—House and lot, on Upper Prince Street, Charlottetown. For further particulars apply to McLean & McKinnon, Charlottetown. 546-4-2-41.

CAVENDISH SERVICES—Service in the Presbyterian Church, Cavendish Sunday, April 26th, at 11 a. m., and New Glasgow at 3 p. m. The Young People's Progressive Group meets at Rustico Church on Friday evening at 8 o'clock.

SCARLET FEVER—The Secretary of the School Board reported that there are only a total of eight pupils absent from the city schools on account of Scarlet Fever, divided as follows: Rochford Square, 1; Queen Square, 3; Prince Street, 2; and West Kent, 2; a total of 8 cases.

THE STEAMER "DIEUZE" consigned to Carvell Bros., and now loading at their wharf, is the first opportunity to get Island Produce and Cattle direct to the Newfoundland market. This steamer will remain here until Saturday and shippers are advised to book their requirements at once as the space is being rapidly taken up. 587-4-23-21

At Rotary

It was "Save the Forest" day at the Rotary Club yesterday, the speaker being Mr. R. H. Rogers, a member of the "Save the Forest" committee for Prince Edward Island.

He first spoke of the campaign of education which is being carried on as one of the first fruits of the conference held at Ottawa. He then dwelt on the value of our forest industries, which are second only to those of agriculture, and worth both in the form of raw and finished products, \$407,000,000. Our exports of lumber are \$227,000,000 yearly and our imports \$31,000,000, leaving a favorable balance of \$196,000,000. A large part of the trade with the United States, and the balance in our favor tends to keep the rate of exchange satisfactory.

The utility of forest products and the destruction of forests by fire were then touched upon.

The enormous amount of 3,600,000,000 feet of lumber is thus wasted, being equal to a third of the quantity cut. 95 per cent of the fires are due to carelessness on the part of smokers and campers. In Prince Edward Island forest conservation is needed to conserve our springs and streams, to beautify the landscape, shelter in dwellings, and preserve bird life from extinction. Mr. Rogers then read a letter from Hon. John E. Sinclair, dealing with local conditions and stressing the need of the farmer encouraging and improving his wood lot, which is sure to increase in value.

The importance of tree planting around our dwellings and on the highways was next dealt with, and a number of practical suggestions given.

Rotarian T. W. Morris presided and the club heartily welcomed back a fellow member, Mr. Fred Burke, who had been absent for some time owing to illness. Rotarian R. H. Jenkins sounded the "last call" for the District Convention at Yarmouth at which the Charlottetown Club will be represented.

As it was the anniversary of the Battle of Zeebrugge, "Rule Britannia" was heartily sung.

PERSONALS

The Fitchburg Sentinel says: Mr. and Mrs. B. Roy Holman and Mrs. Ira J. Yeo of Charlottetown, P. E. Island are the guests of Mr. and Mrs. Wm. R. Rankin, 20 Merriam Parkway.

Will Investigate Islander's Death

(Worcester Mass)

Investigation into the death of Henry J. Rogers, 39 of Watt road, instantly killed when struck by a Worcester-bound car of the Fitchburg-Leominster line of the Worcester Consolidated Street Railway Co., on West Boylston Street, Thursday night, is now in the hands of the Claim department of the Consolidated and Inspector H. E. Bryant at Worcester, according to Division Superintendent G. H. Burgess of Leominster.

Mr. Burgess said last night that he had submitted a report on the testimony of Motorman Hugh Foster and Conductor Frank Daley, that the victim of the accident stepped in front of the car when it was within three or four feet of him, and though the trolley was travelling only between six or eight miles an hour, the front truck passed over his body before the car could be stopped.

Patrolman Charles P. McGovern of Station 4, narrowly escaped death near the same place last week when struck by a car in charge of Motorman Foster.

Rogers was born at Mayfield, Prince Edward Island, January 2, 1886, the son of John and Matilda Rogers. He came to Worcester five years ago as manager of a store in Norton village, Greendale. He leaves a wife, Mary Elizabeth (MacLeod), and three children, Jean, Bruce and Lloyd, his mother, two brothers, Raymond and Thomas and two sisters, Annie and Phoebe, all of Prince Edward Island.

Funeral services will be Monday morning with high mass at 9 o'clock in Holy Rosary Church, Greendale. Arrangements have not yet been completed.

STOCK QUOTATIONS

HALIFAX, April 23.—Quotations furnished by Johnson and Ward members Montreal Stock Exchange.

| | |
|-----------------------------------|----------------------------------|
| Ach. Topeka & Santa Fe Ry 120 1/4 | American Can Co. 172 1/2 |
| Am. Smelting & Refining Co. 93 | Am. Telephone & Tel. Co. 11 1/2 |
| N. Y. Central & H. R. R. 11 1/2 | Cuba Cane Sugar Co. Pfd. 52 |
| Pan-American Petroleum Co. 73 1/2 | Reading Co. 102 |
| Southern Pacific Co. 103 | Union Pacific Ry 137 1/4 |
| United States Steel 114 1/2 | Cruick's Steel Co. of Am. 66 1/2 |
| Bell Telephone 135 | Brompton 23 |
| Brazilian Fraction 62 1/2 | Abitibi 40 |
| Laurentide Pulp 43 | Canadian Steamship Pfd. 80 |
| Asbestos Co. 59 | Montreal Power 176 |
| Winnipeg Electric 43 1/4 | National Breweries 51 1/2 |
| Consolidated Smelters 68 1/2 | |

BANKS

| | |
|-----------------------|----------------------|
| Bank Commerce 197 1/4 | Bank Royal 235 |
| Bank Montreal 243 | Bank Nova Scotia 283 |

Wheat, May, 153; July, 140 1/4; Sept. 133 1/4.

Corn, May, 107 1/2; July, 110 1/2; Sept. 110 1/2.

Oats, May, 42; July, 43 1/2; Wheat, May, 159 1/4; July, 155 1/4; Oct. 131 1/4.

SENDING DRUGS BY RADIO

Is Not Possible

But **SENDING DRUGS BY MAIL**

is a feature of our business which receives prompt attention.

INSIDIOUS EYE STRAIN

We use this adjective advisedly.

Sufferers from Eye-strain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye-strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy, may seriously affect the functioning of other organs of the body, and produce ill health.

HAVE YOUR EYES EXAMINED

G. F. Hutcheson
Optometrist

IN MEMORIAM

ETHEL MAY BUELL

Ethel May Buell, daughter of Mr. and Mrs. William J. Buell, White Sands, passed from the earthly to the heavenly home on April 15th, 1926, in the 22nd year of her age. She was dearly loved and fondly cherished by her parents, whose only child she was. Life for her, had many joys and was full of bright hopes. But, about a year ago, her health began to fail. All that medical skill and careful nursing and parental love could do to arrest the progress of the disease, was eagerly afforded. But in spite of all human effort, her strength gradually gave way under the terrible strain of her constant sufferings. She bore her affliction with exemplary patience and resignation to the Divine will and when the end drew near, she was glad to go to be with her Saviour.

(While quite young, Ethel united with the Methodist Church and walked worthy of her vocation as a follower of Christ. She was a member of the Mission Circle and a faithful teacher in the Sunday School. In these spheres of Christian work she was much needed, but the Master has seen fit to call her to the higher service of His Heavenly Kingdom.)

Her funeral was held from her late home on Friday, April 17th, and was conducted by her pastor, Rev. S. Howard, assisted by Rev. M. McDonald of Murray River. Friends and neighbors, for miles around, gathered to express their regard for the deceased and their sympathy for the sorely bereaved parents and other sorrowing ones. To the parents, especially the hearts of the entire community turn in tenderest sympathy in this time of trial. No one but God and themselves know how greatly the dear one is missed from their home, but heaven has a new interest for them now that she is there.

MRS. RONALD NICHOLSON.

The death occurred on Sunday, March 29th, of Mrs. Ronald Nicholson, a highly esteemed resident of Glen Martin.

The deceased, who had been in feeble health for many months, was in her 78th year and all that medical skill, tender loving hands and kind attention could do proved of no avail. She accepted her lot without complaining, but with true Christian resignation entrusted herself to the care of "Him Who doeth all things well."

The late Mrs. Nicholson was a member of the Valleyfield Presbyterian Church and took a great interest in its work. Her kind and loving nature endeared her to all who knew her and her passing will be keenly felt by many relatives and friends.

Her husband predeceased her seven years ago.

There are left to mourn two sons and five daughters: Angus, of Glen Martin, with whom she resided; John Dan, of Golden, B. C.; Mrs. Charles Martin and Mrs. Malcolm Gillis, of Glen Martin; Mrs. Finley Matheson, Grandview, Mrs. Alex. Scarbrough, Quincy, Mrs. John Ross, Nevada.

The funeral took place on Tuesday, March 31, at Valleyfield cemetery. Service at the home and grave was conducted by Rev. Dr. Davidson, of Caledonia.

MRS. MARTIN M. FOLEY

The death at Alberton on April 1st, of Mrs. M. M. Foley, marks the passing of a most estimable lady who will be greatly missed in church and social circles as well as in the home. Deceased was born in 1864, daughter of the late John Foley of Kildare and had been a resident of Alberton for the past fifteen years. She was always deeply interested in lighter and religious work and was a past president of the Ladies' Aid of Sacred Heart Church in her home. She was ever most gracious and kindly and enjoyed a wide circle of friends who will long cherish her memory. Besides her husband Mr. M. M. Foley there are left to mourn five sisters and one brother—Mrs. P. M. Foley, Kildare; Mrs. Joseph Kennedy, Staten Island; Mrs. John Duffy, New Bedford, Mass.; Sister Evangelist of the Sisters of Mercy, Mass.; Mrs. Harry O'Brien, Alberton and Mr. Peter Foley of East Overton, N. J. Her funeral was held on April 3rd at Sacred Heart Church, Alberton, and was largely attended. A Solemn High Mass of Requiem was sung by the Pastor, Rev. Dr. T. Campbell, assisted by Rev. Dr. Gauthier as Deacon and Rev. Father Gaudet as sub Deacon. The pall bearers were: Dr. E. J. Keir, W. S. Lawson, J. E. C. Hunter, J. J. McQuaid, Alfred Gillis and James Whalen.

The following Spiritual and Mass Offerings were received:

Mass Offerings:—Ladies' Aid Sacred Heart Church, Catholic Women's League, Knights of Columbus, Summerside, Mrs. P. M. Foley, Kildare, Miss Laura Gillis, Miscouche, Mr. and Mrs. J. A. Hackett, Tignish, Mrs. Joseph Keefe and family, Alberton, Mrs. Harry O'Brien, Alberton, Mrs. A. McGrath, Alberton, Mr. and Mrs. E. P. Foley, Summerside, Misses Adele and Florence Hughes.

Spiritual Offerings:—Rev. Sisters St. Charles and St. Mary Winifred, Newcastle, Rev. Sister St. Philip, Charlottetown; Rev. Sister St. Paulinus, Chicago, Ill., Mr. and Mrs. J. B. Cunningham, Alberton, Mrs. Margaret White, Alberton, Misses Adele and Florence Hughes, Alfred Gillis and Sisters Monrose, Miss McArthur and Miss Deignan, Mrs. W. D. White, Alberton, Mr. and Mrs. J. J. McQuaid and family.

BUSTER KEATON THE NAVIGATOR

20,000 LEAGUES OF HILARITY IN A SUBMARINE!

PRINCE EDWARD
TODAY AT 3.15, 7 AND 8.45
MATINEE—16c, 11c
NIGHT—26c, 21c, 11c.
ONE AND ONE HALF HOURS OF LAUGHS.

Hurry for the voyage on the sea of hilarity! Roll along with Buster on the tide of joy!

"Wolves of the North" NINTH CHAPTER

"Tire Trouble" "OUR GANG" COMEDY

FREE LIFE SAVERS TODAY.

Life Savers provided to keep you from being drowned in the tears of laughter: Be sure and get your package.

BREADS OF YESTERDAY AND TODAY

By Barbara Brooks, Kellogg Home Economics Department, London, Can.

Bread has been a common food for longer than we can imagine. In museums throughout the world there are preserved loaves of bread taken from the Egyptian tombs of 2500 B. C. Probably the first written reference to bread is in the Bible, where Abraham tells Sarah to "make ready quickly fine meal, knead it, and make cakes upon the hearth."

It is a far cry from the unleavened bread of Biblical times to the well risen and well baked modern loaf. However, unleavened bread is still used to some extent. The Matzo which the Jews eat during the Passover, the oat cake of Scotland, the round crisp Swedish bread, and the corn dodgers of our South, are examples of this type of unleavened bread—but these are not staples in our diet as is bread made with leavening.

As civilization has progressed, the quality of our bread has kept strides with it until today the bread a nation uses is a measure of its advancement. We have passed through various stages and our bread has become lighter and whiter. Although the former makes it digestible, there is doubt as to whether the latter is a real achievement, and for health reasons people are urged to return to the darker breads. The reason for this is that the dark breads contain the bran of the cereal from which they are made, and this bran provides minerals and laxative material.

Both quick breads and yeast breads are made from coarse cereals. Bran, whole wheat, oatmeal, corn meal, and rye may be used. Today nearly every pantry has its package of bran to be served as a cereal. This is equally good for cooking purposes, and may be combined with an equal measure of white flour. Some of the recipes for quick breads which lend themselves to its use are muffins, griddle cakes, waffles, and gingerbread. Bran yeast is especially delicious.

Oatmeal is adapted to muffins, cookies, and bread. Left-over cooked oatmeal may be utilized in puddings and soups.

The following recipes show some

Oatmeal Muffins

1 cup rolled oats,
1 cup sweet milk,
2 tablespoons molasses,
1 egg,
1/4 teaspoon salt,
2 tablespoons fat,
1 cup flour,
4 teaspoons baking powder.
Scald the milk. Pour over rolled oats, and let stand one-half hour. Add molasses, salt, fat and beaten egg. Sift together flour and baking powder. Add to the mixture. Drop in hot greased muffin tins. Bake in a hot oven about twenty minutes. This makes 15 muffins.

Oatmeal Yeast Bread

2 cups rolled oats,
1 1/2 cups boiling water,
1/2 cup molasses,
1/2 tablespoon salt,
1 cake yeast softened in 1/2 cup lukewarm water,
5 cups flour.
Cover the oats with boiling water and let stand thirty minutes. Add molasses, salt, shortening, yeast and flour. Knead until smooth, let rise, until it is double in bulk. Shape into loaves, put into greased bread pans. Let rise again. Bake in a moderate oven (400 to 350 deg. F.) for fifty-five minutes.

Bran Griddle Cakes

1 cup bran,
1 cup flour,
1 tablespoon sugar,
2 teaspoons baking powder,
1/2 teaspoon salt,
1 egg,
1 1/2 cups milk,
1 tablespoon melted shortening.
Mix and sift flour, sugar, baking powder, and salt; add the all bran. Combine with egg with milk, and add to the dry ingredients. Add melted shortening. Beat thoroughly and bake on a hot griddle.

Bran Waffles

1 1/2 cups flour,
1/2 teaspoon salt,
1/2 tablespoon sugar,
3 teaspoons baking powder,
1/2 cup all bran,

"SAVE THE FOREST"

Be sure your match is out before you throw it away. Matches have heads but they can't think. Do it for them.

Carters Seeds Grow

About two hundred Merchants on Prince Edward Island sell Carters Seeds. If you cannot get what seeds you want from them send to us.

Our Seeds and Seed Grain are tested at Ottawa for purity and germination.

Ask for Carters No. 1 "Nickel" Timothy No. 1 "Queen" Mammoth Clover, No. 1 "Rose" Alsike Clover, No. 1 Early Red Clover.

No. 1 Seed Wheat, Seed Oats, Barley, Field Peas, Vetches, Fodder Corn, Buckwheat and a full line of Vegetable and Flower Seeds, and Field Seeds.

Shallots, Onion Sets, Potato and Gladiol.

Bulbs, etc. Don't neglect the Lawn and Grass Plots, use our "Evergreen" Lawn Grass and Lawn Fertilizer.

Carters & Co. Limited
Seedmen to the people of P. E. Island

MR. TAXPAYER: "Please Dad, give me the core of that apple."
WINSTON CHURCHILL: "There ain't going to be no core!"
—John Bull.