

# P. J.'s HOUSECLEANING SALE

## 10 Days of Grocery Bargains

Buy At P. J.'s **Robin Hood FLOUR** AND WIN \$25.

<b>BEANS</b> WHITE HAND PICKED 10 Lbs. 25c	<b>TOMATOES</b> 3 tins 29c	<b>CLAMS</b> Tin 10c	<b>PLUM JAM</b> 32 oz. 25c
<b>Marmalade</b> Orange 32 oz. 25c	<b>RAISINS</b> Bulk 2 lbs. 23c	<b>PEAS</b> 3 for 29c	<b>Shaker Salt</b> 4 pkgs. 25c
<b>CAKE FLOUR</b> Per pkg. 30c	<b>DATES</b> Fresh Bulk 4 lbs. 25c	<b>HEINZ Cream of Tomato Soup</b> 3 for 25c CANADIAN MADE	<b>TOMATO JUICE</b> 25 oz. 29c
<b>CORN FLAKES</b> Kellogg's 3 for 25c	<b>PRUNES</b> 4 lbs. 25c	<b>Laundry SOAP</b> 10 for 29c	<b>TOILET PAPER</b> 8 rolls 25c
<b>Island String BEANS</b> Per can 10c	<b>PEACHES</b> 2 tins 29c	<b>PALMOLIVE SOAP</b> 5 for 23c	<b>PINEAPPLE</b> 2 tins 25c

**FLOUR** QUEEN CITY FLOUR THIS SALE ONLY 98 lbs. \$2.60

**P. J. MacDONALD**  
Cor. Kent & Prince Phone 888-889

### The Central Guardian

CONFEDERATION LIFE INSURANCE. L-6798-7-12-312.

**ACTING MAYOR**—During the absence of His Worship Mayor Turner in Ottawa, Councillor George W. MacLeod will act as Mayor.

**THE PRESBYTERIAN CHURCH SERVICES**, Sunday March 22nd. Cardigan 11.00 A. M. Montague 7.00 P. M. The Minister Rev. T. Owen Hughes, B. A., will preach.

**MONCTON HEADQUARTERS**—Mr. Frank Curry of Halifax, who has just been appointed assistant manager of the Mutual Benefit, Health and Accident Association for the Maritime Provinces, and who will have direct supervision over New Brunswick and Prince Edward Island, has arrived in the city. Mr. Curry expects to make Moncton his headquarters.—Moncton Times.

**EARLY BUTTERFLY**—In the window of P. J. MacDonald, grocer, is displayed a large butterfly brought in to Mr. MacDonald by Messrs. Dan and Russ Saunders, Royalty. The cocoon was found by one of the children and brought into the house where it emerged a little later. Yesterday the butterfly seemed quite satisfied resting in a glass bottle and feeding on a cabbage leaf.

**PERSONALS**

Mr. John McFadyen, Augustine Cove, was in the city yesterday.

Mayor P. W. Turner and Mr. G. P. Nicholson leave this morning for Ottawa on official business.

**P. E. I. Hospital Fund**

The Board of Trustees of the Prince Edward Island Hospital gratefully acknowledge further subscriptions as follows: Fortune Bridge, collected by Mrs. Leon Johnston, Mr. Henry Warwick \$2.00, Mr. E. S. Johnston \$2.00, Mr. S. F. Johnston \$1.00, Mr. Earle C. Johnston \$1.00, Mr. Douglas Aitken \$1.00, Arthur Francis \$1.00, Miss Elizabeth Francis \$1.00, 50c. each from Mrs. Charles Townsend, Mrs. Clayton Bourke, Mrs. Harry Bourke, Mrs. Herbert Jackson, Mrs. Ray Bourke, 45c. Miss Mildred Townsend, 25c; Mr. E. J. Campbell, 25c.

Donaldson, collected by Mrs. Theodore Ellis: \$1.00 each from Lorne Quick, Wm. Dover, J. H. Court, 50 cents each from Fred Court, Mrs. Emma Ellis, Theodore Ellis, 50c.; Miss Emily Stewart, 40 cents.

ization causes changes in milk which makes it less digestible and less wholesome. It is no answer to dismiss such opposition as "rubbish," "unfounded," or anything else. The only answer that can fairly and properly be made is to call up the evidence of impartial research chemists.

It would be difficult to attempt to estimate the number of investigations that have been made to determine what changes occur in milk during the simple process of heating to 145 degrees Fahrenheit and rapidly cooling it to 50 degrees Fahrenheit. E. W. McHenry, M.A., Ph.D., of the Department of Physiological Hygiene, University of Toronto, issues a note of caution to anyone seeking such research opinions when he says: "The value of many of the reports has been lessened because the work was sponsored by interested parties—groups opposed to pasteurization or in favor of it."

Accepting that candid warning as a reality he can be quoted as stating: "The vitamin most abundantly contained in milk, vitamin A, is heat stable and is unaffected by pasteurization." Dr. McHenry is also authority for the assurance that the "most thorough and reliable study of the effects of pasteurized milk on the growth of children was published last year by the United States Public Health Service." That study consisted of an investigation of two large groups of children between the ages of 10 months and six years. One group of 1,866 received certified raw milk; the second, numbering 1,886 were fed pasteurized milk. Supplementary diets were identical for each group. The findings, after a year, were that the growth-promoting capacity of pasteurized milk was not measurably less than that of raw milk and carried this highly interesting observation, the incidence of intestinal disturbance was 106 per 1,000 in the certified raw milk group and 101 per 1,000 in the pasteurized milk group.

Dr. Philip Rupp, M.D., Ph.D., United States Department of Agriculture, substantiated this practical demonstration in the laboratory. "Milk pasteurized by the holder process at 145 degrees F for 30 minutes does not undergo any appreciable chemical change." Summarized his findings are: Soluble phosphates of lime and magnesia in both raw and pasteurized milk are the same; at the required temperature the albumin does not coagulate—there is a slight coagulation at a temperature of 150 degrees but this does not effect digestibility; the acidity is slightly diminished in pasteurized milk.

What pasteurization achieves is the destruction of 99 per cent of the bacteria. The sacrifice for that extensive protection is the loss of a small part of the vitamin C content and negligible precipitation of calcium. Milk has never been considered an adequate source of the C vitamin and supplementary diets are arranged to make good its absence just as cod liver oil is fed to supply the deficiency of vitamin D.

It is for three reasons that pasteurized milk has nothing to fear from its opponents, that it has been authoritatively endorsed as the food-equivalent of the raw unprotected product. And it is for these reasons that, with the spread of education, its universal use is inevitable.

## A WORD TO THE WISE..

Smoke **WHITE OWL** Cigars

SHAPES INVINCIBLE 5 STREAMLINE

Mr. Mellick collected by Miss Laura Macqueen: Miss Laura MacQueen \$1.00, W. H. Drake, 75c., Miss Viola Ballen 50c., Samuel Lane 50c., William Wood 50c., J. E. McEachern \$1.00, William J. Mutch \$1.00, Wilfred Wood 50c., W. A. McRae 50c., Louise Nelson 50c.

Rocky Point, collected by Misses Constance Currie & Anna McEachern: Mr. and Mrs. Nelson Currie \$1.00, Mrs. Wm. Mutch \$1.00, Mr. and Mrs. William McEachern \$1.00, Mr. and Mrs. H. Corvett 50c., Mr. and Mrs. Garnet Campbell 50c., Artie McKinnon 25c., James Smith 35c., Brice Smith 25c. L-3245-3-20-11

### C.W.L. Study Group Meeting

FRIDAY, MARCH 20

7.00 P. M. — Choir Rehearsal — Hearts Hall.

8.00 P. M. — Young Peoples Society — Social Hall.

**Mothers Allowance Act Saved Many Homes**

(C.P. By Guardian's Special Wire)

HALIFAX, March 10—Many Nova Scotia homes that otherwise would have been broken up have been maintained through the Mothers' Allowance Act, according to the sixth annual report of the director, tabled in the legislature today.

Other homes have been assisted so as to provide a more equitable standard of living.

During the 14-month period ended Nov. 30, 1935, mothers' allowances totalled \$413,997.35 and the cost of administration was \$13,455.54 or 3.2 per cent of the allowances. Families assisted numbered 1,239, comprising 3,729 children.

Since the act was proclaimed in 1930, allowances totalling \$1,753,939.81 have been paid, with the total cost of administration for the five years \$84,379.16 or 4.8 per cent.

Although the government's 1936 budget has not yet been brought down, the report contains estimates of \$368,890 for allowances, \$7,250 for travelling expenses and miscellaneous and \$6,500 for salaries in the 12-month period ending Nov. 30, 1936. Compared with the last report on a 12 month basis, the estimates are slightly higher.

### Trinity United Church

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## OPEN FOR BUSINESS

### QUEEN STREET MEAT MARKET

# SATURDAY, MARCH 21st.

Our policy will be to give our customers the better grades of meat at reduced prices by the saving we can effect in our overhead expenses.

We would like our customers to feel that they can trust us to deliver exactly what they want when they place their order by phone.

We have secured the services of Mr. Sheldon Duncan, who has had previous experience in the meat business and your order will receive his personal attention.

Get your meat, fish, poultry and vegetables where you get the best in service and quality for the least money.

### FRESH VEGETABLES

CELERY — LETTUCE — CARROTS — PARSNIPS  
CABBAGE — POTATOES — TURNIPS

BONELESS COD 10c	Fresh FILLETS lb. 18c
SALMON lb. 25c	Smoked Fillets, lb. 15c
Sirloin STEAK lb. 22c	Cooked HAM Sliced lb. 47c
Pork Chops lb. 20c	HAM, Sliced Boneless lb. 25c
Chuck Roast BEEF Boned and Rolled lb. 18c	LOIN OF PORK ROAST lb. 20c
Breakfast BACON Sliced lb. 29c	Fresh Pork SAUSAGES 2 lbs. 29c

## QUEEN STREET MEAT MARKET

223 QUEEN STREET

PHONE 1301 WE DELIVER

YOUR PATRONAGE APPRECIATED

### Railway Refrigerator Car Vital Link In Marketing

The great part played by railway transport combined with the science of refrigeration in assisting in the marketing of perishable goods and the paradoxical appliances by which this is brought about was portrayed for the British Columbia Fruit Growers Association at their convention held recently at Esquimalt, B.C., by B. T. Chappell, General Superintendent of the Canadian National Railways, Vancouver, B.C.

In these days the people of Canada are able to obtain fresh fruits and vegetables throughout the year, irrespective of season, some of which are brought long distances such as those from other countries and, in turn, produce of Canada is shipped to other lands. In this service the paradoxical nature of the modern railway refrigerator car was explained by the speaker. During the early Fall, when domestic fruits and vegetables are ready for market, the refrigerator car lives up to its name, ice and salt being used to maintain proper temperatures in the car. With the coming of colder weather and winter, it becomes a sort of greenhouse with artificial heat supplied to keep the contents from freezing or at the proper temperature. The modern refrigerator car is practically a cold storage plant on wheels and extends the advantages of cold storage while the perishable goods are in transit. It was essential that the temperature of the cold storage plant be maintained in transit to properly preserve the nature of the contents.

A great deal of research work has gone into the modern refrigerator car on the part of the railways to make it applicable to the proper preserving of perishable goods both during the summer and winter seasons. The latest appliance in the way of artificial heating is an "underlung" heater—a large charcoal heater secured to the outside of the car below the side doors from which pipes filled with an anti-freeze mixture radiate

around the walls of the car underneath the floor boards, the anti-freeze mixture being heated by the charcoal heater similar to a hot-water furnace. An ingenious contrivance, known as a Liquidometer, enables the temperature inside the car to be read on the outside, thus assisting the inspectors in maintaining the proper temperature within the car.

Early in December a test run was made with a car of fruit so equipped from Peniticon, B.C., to Halifax, N.S., passing through all the climatic changes which are experienced across Canada, and the fruit remained at practically the same temperature as it was when it left the cold storage plant throughout its long run across the continent. Similarly a car of mild-cured Wilshire bacon sides for export travelled all the way from Edmonton, Alta., to Halifax and the temperature never varied from 35 to 38 degrees, the temperature at which it was required to be carried on the boat. For the greater part of the time the car was in transit across Canada, the outside temperature was well below zero and fell as low as 45 degrees below.

### Research Gives The Answer

During the intensive campaigns of the various health organizations in this and other countries, designed to educate the public on health topics and community welfare, much has been said and written of milk. So much, in fact, that it can be presumed that Canada generally is well aware of the nutrient properties of that food and, while it is not used to the extent that its consumption averages the desired quart per child, plenty per adult per day, its use is steadily on the increase.

Beyond emphasizing that the quart of milk supplies "more than an ounce of fat, an ounce of protein, more than an ounce of milk sugar, large quantities of calcium phosphorus," which makes it the valuable source of the nutrient food that it is, the authorities have been careful to stress the disease carrying habits of that food. Simultaneously they have encouraged the individual consumer and the community to counteract that unfortunate tendency by the thoroughly tested safeguard, pasteurization.

In doing so they have encountered opposition. That opposition professes to believe that pasteur-

### Sunnyside Beauty and Chiropody Parlor

109 Grafton St. Phillips Bldg. Phone 613

Now is the time to think about your Spring Permanent. We give Eugene, Nestell, Nestle, De Mur, (all well known Systems), also a Sunnyside SPECIAL.

All other lines of beauty work performed and your feet treated here.

All experienced Operators.

MAE SMITH LILY A. FAIRCLOUGH

### MINARD'S LINIMENT

"KING OF PAIN"

for SPRAINS

Put on your feet!

### PACK UP WOOLLENS In Air Tight Bag

There is no royal road to combat moths in the household. The best control lies in extreme care and cleanliness. Certainly, naphthalene and its cousin with the formidable name, paradichlorobenzene—pronounced para-di-kloro-ben-zen— are helpful because moths do not like them, but at the same time, unless they are properly used, after the precautions have been taken, these chemical substances are as useless as many other popular remedies which include tobacco extracts, dried lavender leaves, cayenne pepper, black pepper, allspice, salt, borax, eucalyptus leaves, and red cedar leaves. The mere sprinkling of evil-smelling substances means little in the way of life of a moth. In the knowledge of how and when to sprinkle lies the justification for extraneous aids. This knowledge may be obtained by reading the circular "Clothes Moths and Methods of Controlling Them," which can be obtained from the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

A moth bag does not kill moths but it does not stop the entrance of moths from the outside if it is absolutely hole-proof and air tight. Winter clothing will soon be put away for the summer, and, unless the moths are thoroughly cleaned before being stored it is only asking for trouble. With a forgotten garment and a nice quiet dark place, the small caterpillars of the moth will work incredible havoc. All woolen clothes should be washed, dried, carefully brushed, and stored, preferably in paper bags and fur should be aired and thoroughly brushed before being put away in bags or other air-tight containers. If clothes are to be stored in drawers, they should be wrapped in heavy unbroken paper—newspaper of several thicknesses will do—and the edges of the paper should be gummed or taped. Where there is an opening a moth will find it. With regard to carpets and furniture covering, brushing or the constant use of the vacuum cleaner is an effective preventive.

Two species of moths—the webbing clothes moth and the case-making clothes moth—occur in Canada, the webbing species being the more common. They are seen in largest numbers in spring and summer, but the winged moths do not feed. During their brief life which varies from a few days to a month, they deposit tiny, oval, pearly-white eggs, sometimes as many as 150, among the hairs or meshes of the material on which the larvae feed later on. The eggs hatch in about a week to ten days, and the young larvae which are very sensitive to light seek protected situations in the folds of fur and woolen garments, or in the interior of upholstered furniture, and commence feeding at once. They may be found in all stages of development throughout the year, their larval life varying from a few weeks to as long as nearly two years prior to pupation and final emergence as winged moths.

Often moths will be found issuing from neglected trunks or forgotten pieces of clothing in attics, basements, and closets and in the collections of lint in floor cracks and behind baseboards. Infestations also occur in the woolen lint and debris that collects in the horizontal portions of cold air shafts connected with hot air furnaces in houses.

### HEALTH IN THE PALM OF YOUR HAND

It's as simple as that... getting rid of the headache, half-well feeling that keeps so many people from enjoying life. This condition usually comes from some "The palm of your hand" refers to the way thousands of men and women take "Eno's Fruit Salt." They pour Eno into the palm of the hand and the dash of pure white powder into a glass of water where it quickly dissolves and bubbles. Then they drink it. Eno makes a pleasant-tasting drink and this is a mighty healthful thing to do. One woman who has made an enviable place for herself in Toronto's business world says:

"I feel I can never be grateful enough for the health-benefits I have had from Eno's 'Fruit Salt.' It's the most pleasant drink imaginable... so mild, so refreshing. Eno keeps my inner system fresh and regular, keeps me well and able to cope with each day's business problems with cheerful courage."

Eno quenches thirst, sweetens the stomach, frees the intestines from poisonous build-up, effectively and gently. Eno is an alkaline, hence neutralizes acids of foods, never upsets the stomach. To be normal, healthful, vital—take Eno every day. Handy size 50c. Household size 85c.

### Canada's Birth & Death Statistics

(C.P. By Guardian's Special Wire)

OTTAWA, March 19—Live births in the nine months ended last Sept. 30 totalled 168,221, a birth rate of 20.6 per 1,000 population compared with 169,988 and a rate of 20.9 in the corresponding period of 1934, the Dominion Bureau of Statistics reported today. Illegitimate births numbered 6,494, a rate of 3.9 per cent of total live births against 6,396 and a rate of 3.8. Still births totalled 4,300 or 2.8 per cent of total births against 4,886 and 2.8 per cent the same period in 1934.

Deaths totalled 79,604 with a rate of 9.6 per 1,000 against 76,129 and a rate of 9.4. Marriages numbered 53,871 a rate of 6.5 compared with 52,224 and 6.5.

Deaths of children less than one year old numbered 13,176, a rate of 72 per 1,000 live births against 11,881 and a rate of 71 the corresponding period in 1934.

Maternal deaths totalled 861, a rate of 5.1 per 1,000 live births, against 894 and a rate of 5.3 the previous year.

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### R.O.P. Dairy Test

Abegweit Pauline, who led a list of fourteen mature cows completing R. O. P. records during the month of January is one of the outstanding individuals in the herd of J. Walter Jones, Charlottetown, P. E. I., her breeder and present owner. She has completed, at the

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### FOR SALE

For sale by auction at 278 Fitzroy St. on Friday, March 27th at 1:30 p.m., nice large lot 169 x 42 ft. JOHN P. BRADLEY & CO., Auctioneers.

## THE WEATHER 20° BELOW 90° IN THE SHADE

# WHO CARES!!

## I Own a Combination Kitchen Heater and Electric Range

OUTSIDE TEMPERATURES NEED NEVER INCONVENIENCE YOU IF YOU INSTALL THIS COMBINATION. IT PROVIDES PLENTY OF HEAT FOR THE KITCHEN IN COLD WEATHER, YET YOU ALSO HAVE COOL COOKING IN HOT WEATHER, AND IN ADDITION, YOU CAN HAVE LOTS OF HOT WATER AT ANY TIME!

### Questions

How much would it cost to operate the Electric Range pictured, under the new Inducement Rate?

Can I use up my "No Cost" kilowatt hours cooking on this range?

Call a Company Representative for an explanation.

See This Splendid Range at Our Store.

It May Be Purchased For As Little As \$2.00 Down—Small Monthly Payments. Completely Installed. LIBERAL ALLOWANCE FOR YOUR OLD COOK STOVE

## Maritime Electric Company Limited

CHARLOTTETOWN, P. E. I.

