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**BUCKLEY'S** CINNAMATED CAPSULES  
EASIER SWALLOWED... ACT FASTER

**Ellen's Diary**  
By an Island Farmer's Wife

(Continued from Page 2)

my dough. I was delayed by a bad beginning scraps for his own and if playthings were scattered on my familiar paths between pantry and cupboards and drawers they were really no trouble at all. Lads grow up and are gone and houses are empty and empty with only these left alone. It was a tearful holiday for him and not even a cloud came up to bother him. His moods were varied and tiring of one, he took up another, whose lustre presently fading, gave him to a new one. With James and though a snow flurry, he visited the house across the lane and then hearing twilight, as together we placed the supper dishes on the table, we saw the returning horse and sleigh some down along the hill.

The mail came today in the millinery and annoying drifts, and I found it difficult to credit Fred's welcoming bark when the familiar sleigh came over the hill. Teams came top with gear. The mill, their drivers muffled well against the searching wind and cold. The snow of the extra day, in the morning, fell to instead, in the road well instructed as to the care of the Mutt-dog and the cats and rabbits as well. I am not too partial to running imaginary threshing gears or engines or building small houses according to exact and laborious methods which necessitate strict attention to detail and no original work or suggestions on his part. I fancied more to the outdoors than was necessary in the inclemency of the weather, though he came in at times to help entertain and to wonder if "they will try to get across the ice before dark."

So today's story has had the best of endings. Rob's returned from their trip to the city to find every last animal and fowl and pet, fed and cared for and their house and family comfortable. And now, a bit lonely James, who drew chairs near to the kitchen fire. Traces of Jamie's visit remain with us, a red slipper over-looked in the packing and a red scarf that made a belt for some machine. James smiles as he reads on the couch nearby. "He's pretty old-fashioned, isn't he, Ellen—places of course because he is ours!" Lights shine to the lawn from the house across the lane and a beacon twinkles down from the house atop the hill. It is not yet ten and our night goes. No small crescent of moon, like last night's hung and not a single star this evening grey of the heavens. James rises to turn off the radio with its world news, then begins the use of oxide of winding the old clock, which continues to tick its way into the new month at hand. "What do you say Ellen? James asks me if you cup of something—milk or tea perhaps and what were you and Jamie making this morning? Doughnuts? Well—a couple of those and, heigh-ho!" he says by way of hurrying me. "I didn't get too much sleep myself last night!"

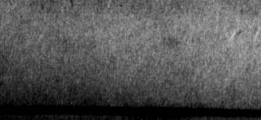
Until tomorrow — Diary — Good-night.

Pacific halibut are widely distributed and occur from San Francisco northward to the Gulf of Alaska and the Aleutian Islands. The Atlantic halibut, a slightly different species from the Pacific fish but similar in habits and life history, ranges northward from New Jersey to Nova Scotia, Labrador, and Davis Straits. Much the larger part of Canada's halibut catch is taken by British Columbia fishermen.

**ADVANCED BACKWARDS**

The porcupine advances into a beetle backwards.

**For Easier Seeing**  
**GENERAL ELECTRIC LAMPS**



**CENTRAL GUARDIAN**

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

**COOKS for Photographs.**

**CONFEDERATION LIFE INSURANCE.**

**THE NAME OF B. Earle MacDonald is on the top of every ballot. Vote early and vote MacDonald for Mayor.** 2-11-46

**CITY POLICE COURT NEWS—**

At the City Police Court Saturday morning two cases of assault, one against a woman and the other against a police officer, were remanded until today. Drummond also had his case remanded until this morning.

**TO ATTEND MEETING—** Two Charlottetown men, Mr. P. W. Turner and Mr. L. W. Shaw, Supervisor of Education for the Province, are leaving today to attend a meeting of the Board of Regents of Mt. Allison University at Sackville.

**IT COSTS money to try experience. Vote for B. Earle MacDonald for Mayor. A man with practical knowledge of city finances.** 2-11-46

**Former Canadian Boxing Champion Mulls Over Career**

By ALAN HARVEY

**CHURCHILL, Man., Jan. 28—** Thumbing clippings yellowed by time, Frankie Martin travelled mellowly down Memory Lane today to a decade of prize-fighting that made him Canadian bantam-weight champion and led to the outdoor life he loves.

Over coffee and frosted cakes in a canteen bright with Eskimo headwork, the man who held Canada's bantam and feather titles in 1936-36 mullied over a ring career launched 19 years ago when he boxed in open air for "a piece of pie and a soft drink."

Those were the days when Frank and his brother Fred had to fight to get to school in Montreal's tough Griffintown section, before Frankie uncovered a sudden-death left hook that placed him next to Puerto Rico's Sixto Escobar and Baltimore's Harry Jeffra in world bantam ratings.

"Couldn't get a fight with either of them," recalled Martin who operates a lumber yard and \$2,000 hardware store in this sub-Arctic settlement more than 600 air miles north of Winnipeg. Now 30, he bearing no traces of ring warfare beyond a damaged right hand, Frankie of the short-cropped dark hair and jutting forehead lives near frozen Hudson Bay with his wife, the former Margaret Tremblay of Montreal and their two children, Robert, 16, and Thelma 14.

He is prouder now of his eight northern-type dogs and the sealing and whaling he does in summer than his 10 of the international reputation he built with bouts in Madison Square Garden, Miami and Nevada. He says he and his dog team have done 40 miles in 6 1/2 hours.

"Churchill may seem an odd place for a prize fighter. But I always liked the outdoors and when the chance came I left a good job in Montreal to come north. We all like it here. You don't feel cooped up."

His son Robert and brother Fred once held the Quebec provincial flyweight crown and a consolation, Bobby, was city and provincial titlist.

Frankie lost his bantam crown to Baby Zack in Toronto June, 1937. His deep-set eyes twinkling, Martin added: "I was robbed—and I've got the clippings to prove it." He showed a story by Andy Lytle, sports editor of the Toronto Daily Star, to support the claim.

Martin broke his right hand and was advised to take a one-year layoff but he had a doctor freeze the hand just before the return bout.

**SPIDER BEETLE PESTS**

Among the most destructive pests of flour and cereal products in warehouses are spider beetles. Several species are concerned, and their seasonal abundance and geographic distribution vary considerably. In general, the outbreaks have been most common and the losses most severe in the Prairie Provinces. According to the work of the Stored Product Insect Investigations carried out by scientists of the Dominion Division of Entomology, experimental paper containers and the use of oxide dusts and DDT are promising as methods of control. Contact sprays using organic toxicants such as Lethane are the main protection in use against these pests.

**Pilchard Oil Much Used As Stock Food**

Production of industrial fish oils runs into pretty big figures in British Columbia nowadays, and if pilchards have conspired in their makeup they do a bit of business about that. More fish oil, both industrial oil and vitamin oil, is manufactured in British Columbia than in any other part of the Dominion and out of 77,466,700 pounds of industrial oil produced in the province in 1944 more than 19,000,000 pounds were made from pilchards. And, at that, the '44 pilchard oil output was about two and a half million pounds smaller than the output in '43.

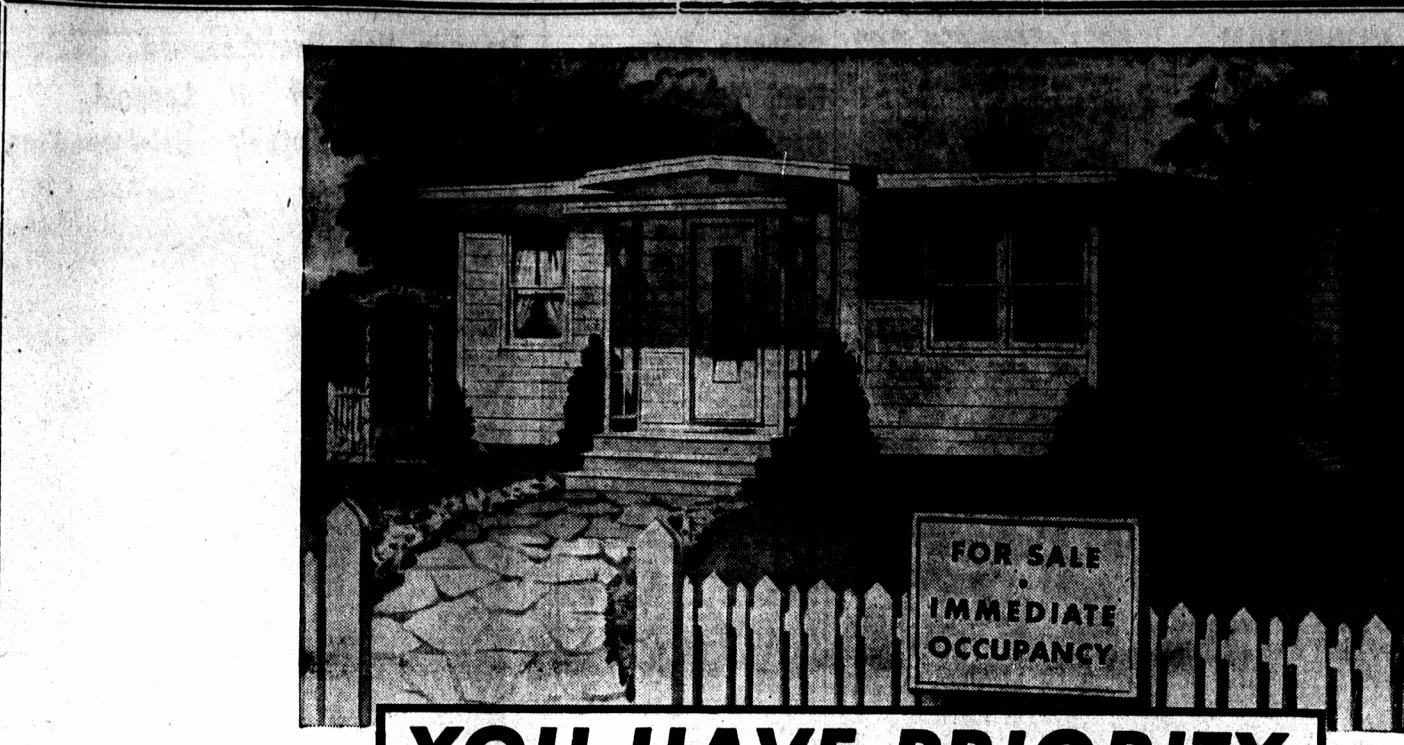
Nearly all of the other industrial oil produced from British Columbia fish last year was made from the pilchard's cousin, the herring, although about 840,000 pounds were made from salmon waste and a comparatively small quantity was produced from halibut also. In some years whales are also used in oil making but no whaling operations were carried on from British Columbia ports in 1944.

More expensive, of course, than the industrial oil turned out on the Pacific coast are the vitamin oils made from fish livers and viscera, but vitamin oils are another story.

As a matter of fact, pilchard oil does carry some vitamin content itself and for some years the Dominion Government has been supplying Indians in some western areas with mixture of pilchard oil and a fish liver oil, the combination of the two increasing vitamin content. Pilchard fish contains small amounts of both vitamin A and vitamin D, and the liver, though rather small and yielding little oil, has both vitamins in it, too.

Good Stock Food

However, there are much richer sources of vitamins and it's as a source of industrial oil that the pilchards are the leaders in the British Columbia fisheries by-pro-



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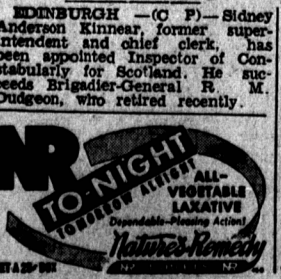
**Canadian Fishes**

The Speckled Trout (Salvelinus fontinalis) Taking the country as a whole, the Speckled trout is Canada's most common game fish. It is native to the Maritime Provinces, Quebec, Ontario, Manitoba, and Saskatchewan, though that is not to say, of course, that it occurs in all the waters of all these provinces, and it is present also in some waters in Alberta and British Columbia where stock from other parts of the Dominion was introduced by man from time to time in the past and seems to have done well—in the Banff region of Alberta, for instance, in some Vancouver Island streams, for another example, and in the Medicine-Maligne Lake section of Jasper National Park which was stocked by the Fish Culture Branch of the Dominion Department of Fisheries. A North American species, not purely a Canadian fish, the Speckled trout has a natural range in the United States broadly similar to that in Canada, and many United States areas to which it is not native have been stocked with it. The fish is also indigenous to Newfoundland and Labrador. Very similar species occur in some parts of Europe. The North American species itself has also been introduced in some countries beyond this continent.

**TACKLES FARM PROBLEMS**

The Division of Chemistry, Science Service, Dominion Department of Agriculture, dates from 1886 when a small laboratory was established in the City of Ottawa. In 1888 the laboratory was transferred to the main building on Central Farm. After a fire which destroyed the interior of the laboratory, a Chemistry building was erected, occupied in 1896, enlarged in 1913, and further enlarged in 1933. The scope of the work of the Division has been broad and practical. The application of chemistry, in the laboratory and in the field, to the solution of every day problems of the practical farmer, has been featured.

**EDMUNBURGH—(C.P.)—**Sidney Anderson Kinnear, former superintendent and chief clerk, has been appointed Inspector of Constabulary for Scotland. He succeeds Brigadier-General R. M. Dudgeon, who retired recently.



**What They Look Like**

As a group, Speckled trout are handsome fish but individual specimens may vary a good deal in external coloration. As a general thing, the ones in brooks and streams show brighter coloring than those which spend their time in deeper lake waters. Sea-run specimens lose their bright coloring during their salt water stay and become silvery, only to have the silver turn dull when they come back to fresh water. Subject to the reminder that individual Speckled trout may differ a good deal from one another in appearance, the following description may be given of one such as might be taken in a brook: Body colour olive with shading of red, sometimes the red shading quite pronounced; upper part of the body darker and mottled with olive spots; red spots on the sides; breast and tail fins mottled; orange markings on the lower fins. In weight and length there is a good deal of variation. The fish may be a foot and a half long, or even a little longer, and may weigh several pounds. In many cases, however, the length and weight figures run under those given, even well up coast. Some times, of course, big fellows are taken by lucky fishermen, and the biggest on record in Canada is an enormous one, a 14-pounder, caught some years ago in Lake

**Keeping Up The Family**

Speckled trout are fresh water, autumn spawners. They spawn in shallow depths, the females depositing their eggs on gravel stretches of the bottom where they are fertilized by the males. Egg production varies with the size and age of the spawners and runs from, say, 300 to 3,000 eggs. In some instances, however, females from selected hatchery stock have yielded over 4,000 and at one of the Dominion fish hatcheries a 1944 spawner produced 5,100 eggs. Incubation time is approximately six months—in other words, eggs spawned in one autumn will hatch out in the following spring.

**BECOMING HATS FOR MALE TYPES**

Hints for men when choosing new hats are given herewith by an expert, who also suggests that women, when buying headgear for their husbands, study this advice:

**Average face—Should wear a square face with modified taper crown, high enough not to accentuate length of face. Brim should be wide and have a lot of snap so that it dips considerably over the face and band should be narrow. Short men should wear a 3 3/8-inch brim with not too much snap over the eye, so that it won't cut height.**

**Long face—Should wear a tapered crown, high enough not to accentuate length of face. Brim should be wide and have a lot of snap so that it dips considerably over the face and band should be narrow. Short men should wear a 3 3/8-inch brim with not too much snap over the eye, so that it won't cut height.**

**Wide face—Should wear a 3 3/8-inch slightly tapered crown, with 2 5/8-inch brim. Both well edge or white binding is suitable. There's not much of a problem here.**

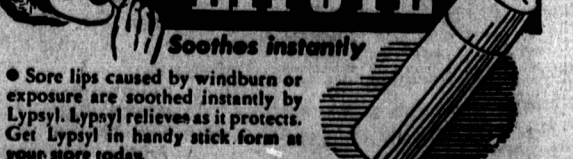
**Round face—Should wear a 3 3/8-inch snap-brim and 5 5/8-inch tapered crown. If face is very full, choose semi-square crown with not too much of a point and brim slightly snapped in front. If he is short, crown should have a wide band to conceal height of crown, and wait edge to give full width to brim.**

**Square face—Should wear a square crown with modified taper crown, high enough not to accentuate length of face. Brim should be wide and have a lot of snap so that it dips considerably over the face and band should be narrow. Short men should wear a 3 3/8-inch brim with not too much snap over the eye, so that it won't cut height.**

**Now Taken**

In general in Canada it is forbidden to fish for Speckled trout except for sport purposes, using rod and line.

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