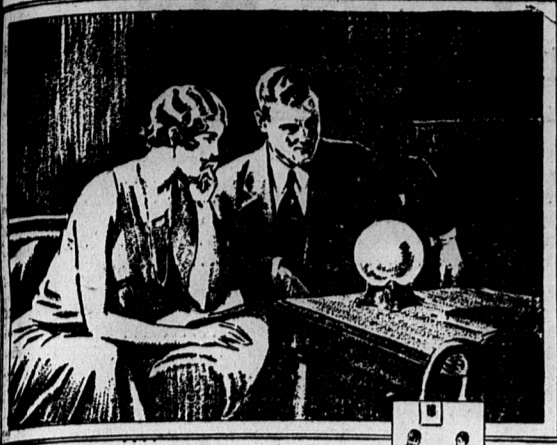


# MODERN CRYSTAL GAZERS



Find their future in their food

ON your table lies the key to your future . . . but not in a crystal or tea-cup. Your future is concealed within the food you eat. It is decided by what you eat! Health, energy, and vitality are necessary to success and genuine happiness. Good health is largely dependent upon right food. That is why Grape-Nuts has first place on millions of breakfast tables every morning.

Grape-Nuts is a joyful Fortune Teller. It pictures a future of good health and happiness. For it teems with precious elements which mean so much to the enjoyment of life.

And it's a joy to eat! Never was such nourishment combined with such deliciousness. And remember, as you are tempted to *chew* its golden, nut-like kernels, you are doing just as your dentist would have you do . . . giving healthful exercise to your teeth and gums. Let's make it Grape-Nuts tomorrow. It's ready-to-eat . . . satisfying and nourishing. It's made in Canada from Canadian wheat. 19 servings to a package.

*There's a Reason*

## Central Guardian

GAS 27c at Belvedere Filling Station. 4996-4-27-21.

**POLICE COURT.**—At the Police court yesterday morning two men charged with being drunk and incapable were each fined \$5 and costs.

**ROADS DRYING UP.**—The roads leading from Rocky Point on the shore side, as well as West River are in very poor condition for about a mile or so. On Saturday several men were out with shovels clearing away snow-drifts. Two cars from the city passed through but were compelled to take the fields in several places. However it is expected that the last of the week it will be quite passable.—R.

**BELVEDERE FILLING STATION.** St. Peters Road, now open for the season. 4996-4-27-21.

**—SENT UP TO SUPREME COURT**  
—The case of Frank Richards of Tignish charged with breaking and entering and stealing goods from four stores in Tignish was concluded on Saturday. Messrs Carruthers and Campbell, J.P.S., at the close of the evidence for the Crown sent the prisoner up to the Supreme Court on all four charges. His accomplice, Joseph Blanchard, who gave evidence against the prisoner in all cases was also sent up to the Supreme Court as an accomplice of the prisoner. The case of J. H. Myrick and Co. was concluded Saturday morning, the evidence being of a similar nature to that taken in the previous three cases. Mr. C. D. MacCallum appeared for the Crown and Mr. L. G. Lewis for the prisoner.—S.

**RED CROSS MEETING.**—The weekly meeting of the "Small but Mighty Juniors" was held in the Cherry Valley School on Saturday morning, April 11th. The president Clara McIsaac occupied the chair. The meeting was opened by singing a health song named "Clean up Song". The secretary Hazel Ings read the minutes of the last meeting. The roll call was answered with an autograph verse and there were five members present. It was decided that roll call next day is to be answered with each member's favorite flower. Estelle McIsaac read the health officers report which reported all hands clean. On account of the treasurer being absent no report was read. Hazel Ings was appointed health officer for the following week. Willis Judson was appointed collector for the next meeting. Estelle McIsaac, Sharen McDonald and Willis Judson were appointed programme committees for the next meeting. The circulation manager sent an order in to the Red Cross Society Ch'town for six copies of May's Junior Red Cross Magazine. It was decided at the meeting to spend some of the Collection in getting fruit for a sick person in

the community. It was also decided to buy some crepe paper to cover the flower boxes in the school. The meeting was closed by singing a health song named Exercise.

**MRS. OWEN G. MACCARVILLE.**  
The entire community extend there sincere sympathy to the bereaved relatives and large circle of friends of the late Mrs. Owen G. MacCarville of Kinkora, at the age of 76 years. Mrs. MacCarville was a native and former resident of Free-town and was before her marriage, Miss Bridget Murphy. She was a lady of sterling qualities, bright and cheerful, mother, wife, and friend; she had endeared herself to all old and young, alike by her loving disposition, in her home she will be sadly missed, a large circle of friends will deplore the loss of a friend that in her place, will never be filled. The deceased had suffered a paralytic stroke about two years ago and had never recovered completely when her death came on Saturday, up to that time she had been very healthy and had devoted her strength and time to the benefit of her loved ones. The deceased had resided in Kinkora, during her long married life having celebrated her fiftieth anniversary of her wedding, about two years ago. It is an interesting fact that a long married life was the happy lot of several members of the Murphy and the MacCarville family, many of whom celebrated their golden weddings, within the past few years. There are left to mourn, the loss of a devoted wife and mother; besides her sorrowing husband; three sons, namely; Farnell on the home-stead; James in Western Canada and Dominic in the United States; and one daughter, Mrs. MacEwen also of United States; and one sister in the United States; also one brother Mr. John Murphy, to all of whom the community and a large circle of friends join in extending their heartfelt sympathy in their sad bereavement. The funeral took place at the parish church, in Kinkora, Rev. M. J. Smith officiated, and was very largely attended, which testified the esteem in which the deceased was held, during her entire life in Kinkora. The remains were tenderly laid to rest in the family plot, in the Kinkora Parish Cemetery.—May her soul rest in Blessed Peace.

## Take Long Walks Fat Men are Told

How can you walk off your fat if you haven't any energy to do it? You can take off fat with Kruschen Salts if you will take one-half teaspoon in hot water every morning before breakfast, modify your diet and exercise regularly.

There are six different salts in Kruschen that your body organs must have if you are to enjoy good health. While you are losing fat you will be gaining in vigor, energy, vitality and power of endurance.

That means that soon you will be able to walk many miles without fatigue and enjoy every step you walk.

Drug Stores all over Canada sell Kruschen Salts, and a jar costs but 75 cents—it's a real blessing to fat people.



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The rattling and banging of doors and windows owing to insecure fastenings is a nuisance. Do away with it by installing the kind of door and window hardware we sell and recommend. These are absolutely safe and reliable and in every way satisfactory. We have anything that you want in up-to-date hardware.

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## Transformer

"Touches that change."  
Red Apple Garnishes.  
When you would garnish roast pork, goose or ducks most handsomely, select small apples of even size (a kind that will hold their shape when cooked) and stew gently, a few at a time, in a small saucepan containing syrup enough to cover them; in the syrup dissolve a few of those red cinnamon or clove candies the children love so much; this will color the syrup and in turn, the

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Next time you need molasses insist on the "BEMA" brand—the difference will surprise you.

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## CUBES

Tins of 4  
~~25c~~ 2 for 25c  
Tins of 10  
30c - 25c

apples, and the spice flavor is a still further improvement.  
**Marshmallow Top**  
Everyone knows what an addition a spoonful of whipped cream is dropped on top of a cup of coffee or chocolate. But have you tried a marshmallow as a topping for cocoa or chocolate? It should be fresh, of course—and will soften and puff in most attractive fashion.

**Mallow Dices.**  
A few marshmallows, cut in pieces, are a delightful addition to the usual fruit salad mixture. Another use for them is to spread them over the top of the casserole dish containing, for instance, a sweet potato, or squash or corn mixture, or on top of a baked pudding.

## HISTORIC ESTATE CHANGES HANDS

LONDON, April 26.—(By the Canadian Press)—For over a century the Billing Estate, a mile or two from Northampton, has been the property of the Elwes family. It is now about to change hands. The estate consists of some 1,100 acres, and includes the village of Great Billing. Major Geoffrey Elwes, the present owner, gives as one of his reasons for selling that he cannot afford to live there owing to the enormous death duties and impossible taxation. It is

understood that the Roman Catholic Church and priest house, in which the family have taken great interest, are not included in the transaction. Major Elwes intends to tape up residence at Roxby Hall, near Briggs, an estate of over 11,000 acres, which has been in possession of the Elwes family for 500 years.

Ward's Liniment for Rheumatism.

## WILD BOARS ATTACK AUTO

**MOURMELON, Marne, April 27**  
—Five wild boars attacked an automobile on the state highway near here and fought the five occupants. The chauffeur succeeded in riding over the animals, killing one, but was stopped when a second was jammed in the steering rods. The other three escaped.

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- Hudson Touring ..... \$ 150.00
- Overland 6 Cylinder Coach, 1927 .... \$ 300.00
- Dodge "8" Special DeLuxe Sedan, 6 wire wheels, ran 4000 miles cost \$1880.00 ..... \$1350.00
- Whippet "6" Coupe ..... \$ 500.00
- Plymouth 1930, ran 2000 miles ..... \$ 675.00
- Ford, 1924 Coupe ..... \$ 100.00
- Dodge, 1926 Sedans \$200., \$250., and \$ 300.00
- Dodge, 1928 Standard Sedan ..... \$ 450.00
- Chev. Coach, 1928, Disc. Wheels .... \$ 350.00
- Dodge DeLuxe "6" Coupe, 1930, 6 wire wheels, ran 5,200 miles, cost \$1430.00 ..... \$ 925.00
- Dodge DeLuxe Sedan, 1926 ..... \$ 200.00
- Nash Coach, 1927 ..... \$ 350.00
- Dodge, 1924, Sedan ..... \$ 150.00
- Chrysler "70" Sedan ..... \$ 400.00
- Studebaker Coach ..... \$ 300.00
- Dodge "6" Sedan, 1930 ran 8000 miles \$ 875.00
- Graham Bros. 1 1/4-ton Truck, 1928 .. \$ 350.00

When Used Cars can be bought on our plan it is teetotally foolish for you to buy them any other way. We guarantee because our Used Car customer is considered by us to be just as valuable as the New Car customer. Buying by mail with us is just as safe for you as buying after a thorough examination. So do not hesitate to make a contract with us by mail, if it is inconvenient for you to come in to see us. Because your money is never ours until you are satisfied.

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