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Come in and inspect the wide range of these boots we are showing TWELVE different styles to choose from.

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Charlottetown

Urges Use Of Christian Principles

(C. F. By Guardian's Special Wire) TORONTO, May 14—The principles of Jesus Christ, must be applied to "all our relationships in life—national, social and religious." Most Rev. Derwyn T. Owen, Primate of all Canada, told members of Toronto Synod today in his charge.

"There are a great number of public, religious, ecclesiastical and social questions before us in these days," he said. "I do not propose dealing with them in detail. I am much more concerned with the spirit in which we churchmen face them than with endeavoring to express my views upon them."

"Our business is a sacred business," he added. "It needs our best thinking; it needs our united thinking."

Referring to the late Rev. Dyson Hague, Archbishop Owen said: "He was a happy man, full of kindness, an ardent preacher, a great believer and a loving pastor."

The total number of clergy in the diocese is 255, of which 219 are licensed, he told the Synod. He had personally taken charge of 74 out of 118 confirmation services. In all, 3,032 persons were confirmed.

Warning was given "not to take upon ourselves to change or unduly shorten" the book of common prayer.

St. James Cathedral will become the pro-cathedral of the Toronto diocese if a report to be presented is adopted.

Police Chief Roughly Handled By Strikers

(C. F. By Guardian's Special Wire) WINNIPEG, May 14.—Thomas Donald, police chief of West Kildonan, today was attacked and thrown into a mud puddle when 50 relief strikers attempted to halt work on a relief project. West Kildonan is a municipality adjoining Winnipeg.

The recalcitrant unemployed attempted to prevent eight men going to work. Chief Donald and Constable Malcolm MacDonald were unable to handle the crowd but when hastily summoned Royal Canadian Mounted Police reinforcements arrived from Winnipeg the trouble was over.

I.O.D.E Reports Tell of Progress

(By The Canadian Press) OTTAWA, May 14—Reviews of various phases of the work of the Imperial Order Daughters of the Empire were presented at today's sessions of the National Chapter. Reports from the many chapters indicated achievements of the past year had added another valuable contribution to the history of the order.

Bessie M. Mullock, National Organizing Secretary, stated that 31 new chapters had been formed during the year. Sixteen of these were in Ontario, five in Alberta, four in British Columbia, two in Nova Scotia and one each in New Brunswick, Quebec, Manitoba and Saskatchewan. Five had been disbanded in Ontario and a similar number in British Columbia while Quebec and Saskatchewan had lost two each.

The first New Canadian chapter had been formed in Chatham, Ont., Miss Mullock said.

"This chapter consists entirely of Canadians with foreign born parents," she reported. "It marks a new and much to be desired policy in our organization work."

Provincial chapters had given various opinions regarding the establishment of hostels for ex-servicemen by the Dominion Government. Mrs. R. H. Brotherhood declared in submitting the report of the Service and Ex-Service Men's Committee, Alberta and Ontario strongly endorsed the project. Nova Scotia decided hostels were not necessary in that province while British Columbia and Manitoba replied that it was not practicable to do anything this year, but they were in sympathy with the idea.

Chapters had gone forward to meet the pressing needs, the continued demands and opportunities for greater service among the men and their families, so many in dire necessity and utterly discouraged, but not forgotten by our order," Mrs. Brotherhood said.

Interest in the League of Nations has been stimulated by study programs, monthly news sheets and other matter received by the chapters from the League of Nations Society here, Mrs. A. R. Tibbits of Ottawa, reported. "The order must

Avoid Trite Cooking

By BARBARA B. BROOKS

Combinations of foods are very much like apt phrases which are so good that they are overworked. When we find the same phrase cropping up again and again in talking or writing, we should take warning and express ourselves with more variety or we shall be uninteresting and boring to our friends. This is true about menus as well. Meals become monotonous if some of our favorite foods are always team-mates, such as lamb and peas, frankfurters and sauerkraut, pear and cream cheese salad, and so on.

Of course there are always exceptions to any rule. Certain things go together so well that we think of them almost as one and have no wish to do anything about separating them. For most of us, combinations like biscuits and honey, ham and eggs, liver and bacon, apple pie and cheese, are good even though served very often.

Sometimes a variety to keep meals interesting can be secured by changing the recipe for one of the foods in the combination. For instance, you may have a family which expects scalloped tomatoes whenever there is fish for dinner. We all find cooking more interesting if we can vary our recipes occasionally and the following one for Scalloped Tomatoes give variety with time-saving. The family will like the subtle flavor which the toasted and seasoned corn flakes furnish.

SCALLOPED TOMATOES

1-2 cups corn flakes
2 tablespoons butter (melted)
1 No. 2 can tomatoes
1 small onion (sliced)
1-2 teaspoon salt
1-8 teaspoon pepper
1 teaspoon sugar

Put a layer of corn flakes in the bottom of a baking pan. Add one-half the butter. Add tomatoes seasoned with the other ingredients. Cover with corn flakes and add the rest of the butter. Bake in a moderate oven (400. F.) for about 20 minutes. Yield 6 servings.

When a man cooks, if he is unfamiliar with the usual combinations, he often produces something which is as good as it is different. It was a man who decided that frankfurters and baked beans made an appetizing and hearty meal. The mounted police reinforcements arrived from Winnipeg the trouble was over.

combination, but made sure that the meal was balanced by adding bran muffins. Both agreed that a mixed green salad or cold slaw was perfect and that if there was enough of the salad, no other vegetable was necessary.

Nearly everyone has a favorite bran muffin recipe. The following is a basic recipe which has been popular in thousands of homes.

BRAN MUFFINS
2 tbsps. shortening
1-4 cup sugar
1 egg (well beaten)
1 cup sour milk
1 cup prepared bran
1 cup flour
1 tsp. baking powder
1-2 tsp. soda

Cream the shortening and sugar; add egg and sour milk. Add bran and let soak until most of the moisture is taken up. Sift flour with baking powder, soda and salt and add to first mixture, stirring only until flour disappears. Fill greased muffin tins two-thirds full and bake in a moderate oven (400. F.) for 20 to 25 minutes.

Note.—If sweet milk is used instead of sour milk, omit the 1-2 teaspoon of soda and use 3 teaspoons of soda and use 3 teaspoons baking powder. Raisins or dates may be added if desired. A small slice of apple, sprinkled with cinnamon and sugar, placed on top of the muffin before baking, makes a delicious variation of the recipe. Yield: 8 large or 12 small muffins.

When it comes to cream or cottage cheese in salad, there are so many possibilities that it is difficult to mention them all. Some people forget entirely that tomatoes and cream cheese make a perfect combination. The cheese can be added to French dressing and served with any kind of green or vegetable salad. This dressing is also good with fruit salads and gives them a piquant flavor that is sometimes lacking.

The subject of food combinations is a big one and discussion might go on and on. Our suggestion to the menu maker who is seeking new ideas and variety is to keep a notebook for combinations. If this is done it is easy to break down and rebuild to give a sort of new deal for better menus.

HEINZ "57" Popularity Contest

\$5,000.00 in CASH PRIZES

for those who can select the 15 most popular varieties

THE famous Heinz 57 Varieties of foods are on sale throughout Canada. Naturally, some of these sell in larger quantities than others. Which do you think are the most popular? See the list below and select the fifteen which you think enjoy the largest sales. Then place a number in the square opposite each which will be your estimate as to the sales standing of that variety.

For instance if you think Heinz Tomato Juice is the largest seller put a "1" in the square opposite that variety. If you think Heinz Chili Sauce is the second largest seller, put the figure "2" in the square opposite that product. If you consider Heinz Bottled Cider Vinegar the third largest seller put the figure "3" in the square opposite its name, and so on until your 15 selections are numbered.

Remember, you don't have to place a number in the squares opposite the entire 57 varieties. Select fifteen only and number them in the order of their popularity according to your estimation.

Enter this contest—see the simple conditions below. You may earn a handsome cash prize.

57 GRAND CASH PRIZES AND 275 OTHER CASH PRIZES TOTALLING \$5000

- First Prize—goes to the person whose list is nearest correct. \$1,000
- Second Prize—for the second nearest correct list. . . . \$ 500
- Third Prize—for the third nearest correct list. \$ 400
- Fourth Prize—for the fourth nearest correct list. . . . \$ 300
- Fifth Prize—for the fifth nearest correct list. \$ 250
- Sixth Prize—for the sixth nearest correct list. \$ 200
- Seventh Prize—for the seventh nearest correct list. . . \$ 150

Also the following CASH PRIZES will be given to entrants in order of correctness of their lists:
Ten Prizes of \$50 each. \$ 500
Ten Prizes of \$40 each. \$ 400
Ten Prizes of \$30 each. \$ 300
Ten Prizes of \$20 each. \$ 200
Ten Prizes of \$10 each. \$ 100
Fifty Prizes of \$5 each. \$ 250
225 Prizes of \$2.00 each. \$ 450
332 Prizes totalling. \$5,000

HERE IS THE LIST OF THE HEINZ 57 VARIETIES

(as prepared in Heinz Canadian plant at Leamington, established 1909.)
Select fifteen of these only, and place in the square opposite each variety a number from one to fifteen which will be your estimate of the popularity of the variety. Then cut out this complete list including the coupon below, fill in your name and address and your dealer's name and address, attach labels from 2 tins of Heinz Soups, (or well drawn fac-similes of same), and mail to "57" Popularity Contest, H. J. Heinz Company, 115 George Street, Toronto, Ontario.

No.	VARIETY	No.	VARIETY	No.	VARIETY	No.	VARIETY
<input type="checkbox"/>	Heinz Peanut Butter	<input type="checkbox"/>	Heinz Pure Spanish Olive Oil	<input type="checkbox"/>	Heinz Tomato Juice	<input type="checkbox"/>	Heinz Cream of Spinach Soup
<input type="checkbox"/>	Heinz Chili Sauce	<input type="checkbox"/>	Heinz Bottled Chow Chow Pickle	<input type="checkbox"/>	Heinz Tomato Ketchup	<input type="checkbox"/>	Heinz Cream of Asparagus Soup
<input type="checkbox"/>	Heinz Mayonnaise	<input type="checkbox"/>	Heinz Bottled Sweet Mixed Pickles	<input type="checkbox"/>	Heinz Sandwich Spread	<input type="checkbox"/>	Heinz Cream of Celery Soup
<input type="checkbox"/>	Heinz Salad Cream	<input type="checkbox"/>	Heinz Bottled Sweet Gherkins	<input type="checkbox"/>	Heinz Strained Vegetable Soup for Babies	<input type="checkbox"/>	Heinz Chicken with Rice Soup
<input type="checkbox"/>	Heinz Horse Radish (Evaporated)	<input type="checkbox"/>	Heinz Bottled Sour Gherkins	<input type="checkbox"/>	Heinz Strained Tomatoes for Babies	<input type="checkbox"/>	Heinz Chicken with Noodles Soup
<input type="checkbox"/>	Heinz Oven-Baked Beans with Pork and Tomato Sauce	<input type="checkbox"/>	Heinz Bottled Sweet Mustard Pickle	<input type="checkbox"/>	Heinz Strained Beets for Babies	<input type="checkbox"/>	Heinz Vegetable Soup
<input type="checkbox"/>	Heinz Oven-Baked Beans in Tomato Sauce without meat (Vegetarian)	<input type="checkbox"/>	Heinz Bottled Pickled Onions	<input type="checkbox"/>	Heinz Strained Spinach for Babies	<input type="checkbox"/>	Heinz Beef Broth
<input type="checkbox"/>	Heinz Oven-Baked Beans with Pork, Boston Style	<input type="checkbox"/>	Heinz Bottled Old Fashioned Pickle	<input type="checkbox"/>	Heinz Strained Prunes for Babies	<input type="checkbox"/>	Heinz Scotch Broth
<input type="checkbox"/>	Heinz Oven-Baked Red Kidney Beans, with Pork	<input type="checkbox"/>	Heinz Bottled Sour Mixed Pickles	<input type="checkbox"/>	Heinz Strained Cereal for Babies	<input type="checkbox"/>	Heinz Bean Soup
<input type="checkbox"/>	Heinz Cooked Macaroni	<input type="checkbox"/>	Heinz Bottled Genuine Dill Pickles	<input type="checkbox"/>	Heinz Strained Carrots for Babies	<input type="checkbox"/>	Heinz Oxtail Soup
<input type="checkbox"/>	Heinz Prepared Mustard	<input type="checkbox"/>	Heinz Bottled India Relish	<input type="checkbox"/>	Heinz Cream of Tomato Soup	<input type="checkbox"/>	Heinz Onion Soup
<input type="checkbox"/>	Heinz Bottled Olives (Plain)	<input type="checkbox"/>	Heinz Bottled Fresh Cucumber Relish	<input type="checkbox"/>	Heinz Cream of Mushroom Soup	<input type="checkbox"/>	Heinz Cooked Spaghettd
<input type="checkbox"/>	Heinz Bottled Stuffed Queen Olives	<input type="checkbox"/>	Heinz Beefsteak Sauce	<input type="checkbox"/>	Heinz Cream of Oyster Soup	<input type="checkbox"/>	Heinz Bottled Pure Malt Vinegar
<input type="checkbox"/>	Heinz Bottled Spanish Manzanilla Olives (Stuffed)	<input type="checkbox"/>	Heinz Worcestershire Sauce	<input type="checkbox"/>	Heinz Cream of Green Pea Soup	<input type="checkbox"/>	Heinz Bottled Pure Cider Vinegar
						<input type="checkbox"/>	Heinz Bottled Distilled White Vinegar

CONDITIONS OF THE CONTEST

- Contest will close midnight, June 29th, 1935, and all entries must be postmarked before midnight June 29th or be in our office by that time to be considered in this contest.
 - In awarding prizes the sales of the Heinz Varieties in Canada for a pre-determined period will be used as a basis. These figures have been placed in a sealed envelope in care of the Royal Bank of Canada, not to be opened until the contest period is over.
 - Contest open only to residents of the Dominion of Canada except employees of H. J. Heinz Company and their families, or employees of their advertising agents and their families.
 - Any number of entries may be made provided each entry is accompanied by labels from two tins of Heinz Ready-to-Serve Soups which you have purchased from your dealer, (or well drawn fac-similes of same).
 - In the case of ties, necessary prize money will be pooled and divided equally.
 - Names of prize winners will be announced in this paper. The decision of the H. J. Heinz Company will be final and correspondence cannot be entered into.
- Study the list of Heinz Varieties closely. Ask your grocer to help you with your selection if you wish. Buy two tins of Heinz Ready-to-Serve Soups and attach the labels, (or well drawn fac-similes of same), with your entry to this great Heinz "57" Popularity Contest.
- The reputation of the H. J. Heinz Company is behind this contest. It will be conducted with absolute fairness to the public.
- ADDRESS: "57" POPULARITY CONTEST, H. J. HEINZ COMPANY, 115 GEORGE ST., TORONTO, ONT.

Reich Building Whaling Fleet

(C. F. Havas) BERLIN, May 14—Whales are figuring in the Reich's efforts to assure the country a supply of essential raw materials. This was learned through announcement of the establishment of a modern whaling company near Cuxhaven. Six small, fast whalers are to be built for operations in Antarctic waters. A great floating factory for trying out the oil will also be a unit of the whaling company. The seven craft will cost altogether about 7,000,000 marks (approximately \$2,814,000). It will be the first time since the war that a German company has operated in the Antarctic whaling fields.

AT STUD Marshall Joffee

Premium Registered Percheron Stallion. Proven stock getter of the highest quality. Will stand at owner's stables during season of 1935.

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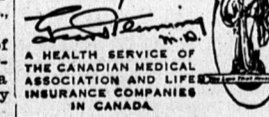
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BLUE BUS LINE

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HEALTH



HEADACHE

Pain means that some injury is being done to the body. The body may suffer from certain forms of injury without experiencing pain. The severity of the pain may have no relationship to the severity of the injury. For all practical purposes, we may take it as a safe guide that pain may indicate harm or injury to the body.

One form of pain with which most people are familiar is headache. Headache, like other pains, means that something is wrong inside the body. There are many varieties of headache described as sharp or dull, frontal or occipital (front or back of head), morning or evening.

Headache is the most common symptom which we experience. There is practically no illness which may not give rise to headache. It is often the first evidence of the onset of disease. Even more often it is the result of indiscretions in eating, drinking, lack of exercise, constipation, or neglect of some other health need of the body.

If a headache is severe or annoying, it is quite natural that relief should be sought. In many ways the public are informed as to how relief from pain may be secured by the use of this or that drug. Drugs however are of value only when properly used, that is, when prescribed by someone who knows the condition of the patient and the action of the drugs.

The victim of headache who knows that his headache has resulted from obvious causes from previous experience has no reason to seek medical aid. If it is exercise or fresh air he needs, then he knows where to get these; he can look after his diet and elimination if the year at fault.

There is another group of persons who, in spite of taking reasonable care of their bodies, suffer from persistent, severe or repeated headaches. Such a person is very foolish to rely upon self-medication. These forms of headache are so often a symptom of abnormal states inside the body that he should seek the cause rather than merely treat the headache.

One of the most common causes

Operetta Capably Staged in Alberton

Alberton audiences were greatly charmed with an Operetta of unusual character staged in the Institute Hall under the capable direction of Mrs. W. A. Gordon and edition of Mrs. W. A. Gordon and Miss Elizabeth Ross. This delightful presentation of our childhood story "Little Red Riding Hood", illustrated with song, story and dance was well enacted by a cast of 28 young folk assisted by three adults. The lengthy overture played by Mrs. W. A. Gordon at the beginning of the performance showed the music to be of a classic character and was listened to intently by the audience.

The rise of the curtain on the first scene showed 8 of the teenage girls as playmates in brightly colored sunbonnets singing and dancing in the open meadow—which took on a spring look with its large branches of artificial blossoms interspersed among the green trees.

Arch L. Ross entered as the woodman and upon the request of the playmates clustered about him, sang the well-loved nursery rhymes which were pantomimed by the children delightfully costumed as the Mother Goose characters. Lulu Wells and Mary Profit as Jack and Jill were outstanding in their Dutch Dance—wooden shoes and all.

In the latter part of this scene, Thelma Young, captivating in the role of Little Red Riding Hood and the wolf met—Mr. George M. Purdy admirably playing the rather difficult part of the wolf. This scene ended with Red Riding Hood and the wolf starting off in different directions to the Grandmother's cottage, but Red Riding Hood stopped to pick violets and sing her charming little "Song of the Violet", which was greatly appreciated.

The beginning of scene 2 "A Path in the Woods" disclosed 6 of the tiny tots as bunnie dancing among the trees. Miss Marion Wilson as their efficient dancing instructor deserves credit for the success of this number. They were one of the high-lights of the evening.

As scene 3 opened, Mrs. W. A. Gordon was observed standing before her cottage looking for her tardy grand-daughter. Mrs. Gordon then sang "When I was a Girl" a solo in which the modern child is contrasted with the habits of her generation in their habits of actuality and obedience to parents. It is in this scene that the wolf knocks at the cottage door and by disguising his voice is able to gain admittance, whereupon are heard great shrieks and cries, leaving the audience with the impression that the wolf has killed and eaten the Grandmother.

Red Riding Hood enters still singing to her violets and as she knocks upon the door enters at the request of the wolf whose voice is disguised to imitate the Grandmother's and the curtain falls.

The closing scene "Inside the Grandmother's Cottage" showed the wolf, as the Grandmother talking with Little Red Riding Hood and her very evident surprise at his changed features. When finally she realizes his identity he makes a rush for her—at this moment the woodman and the playmates enter and the wolf is killed.

Following this the Grandmother is heard knocking on the wardrobe where she has been hiding. She comes forward with the whole cast and the finale is sung the words of which are a moral to all young people to mind their parents and not loiter on the way as Little Red Riding Hood had done. The theme song "I'm Little Red Riding Hood Trying to be Good" closed the Operetta amid the cheers and clapping of a very satisfied audience.

The specialties between the acts were enthusiastically applauded. Little Roma Matthews, age 4, and Donald Cass age 6 in evening dress and tuxedo, doing the Rye waltz were applauded most heartily for their excellent performance.

Adelaide Matthews, Helen Hardy, Retta Leard and June Leard in the old fashioned minuet, gorgeously costumed, did credit to their instructor Mrs. R. H. Kennedy.

Jean Gordon in the "The Good Ship Lollipop" and Donald Cass, Ronald England, Jean Ramsay and Roma Matthews in Surprise Nursery Rhymes were very sweet.

The stage committee consisting of Miss Beth Waugh, Miss Beth Wells, Mr. Charles T. Green and Mr. George M. Purdy should be commended for their excellent ability as displayed in the attractive scenery used.

The ushers were Mr. James Irving and Mr. Donald Ross. Tickets were taken by Mr. Arlie Parks and Mr. Alfred Gordon.

The operetta was under the auspices of the United Church Mission Band, good sum was realized.

case with Alameda, Bridgeport, Bronx, Dallas, Denver, Miami, St. Louis, Reno and Forest Hills.

Paradise is in Nova Scotia, while such beauty spots as New Jersey, Nevada, Ohio, Texas, California, Brooklyn, Oakland and Newport are also situated in the Maritimes.

Traveler's Rest is a quiet country spot in Prince Edward Island. On a long trip it is possible to visit Old England, London, Scotland, Ireland, Paris, Holland, Germany, Italy, Genoa, Warsaw Moscow, Utrania, Amsterdam, Stockholm, Venice, Malis, Madrid, Cairo, Wellington, New Zealand, Valparaiso and Porto Rico in a tour across Canada.

Among the many features to delight tourists on a visit to Canada are the familiar place-names met with on their travels. Boston, Newark, Florida, Akron and Baltimore, well known in the United States, have namesakes located in Ontario. Paradoxically, Welcome and Go Home are in the same province. Quebec and the Western provinces put the American visitor at

WALES TAKES AFRICAN IRON

CARDIFF, May 15—(C.P.)—More than 100,000 tons of iron ore were imported into South Wales from Spain and North Africa during January and February.

GIRLS AGAINST DOWRY

KARACHI, India, May 15—(C.P.)—At a private meeting of young women at Sindhi, some 25 girls declared in writing they will have nothing to do with young men who wanted any sum of money as dowry from girls' parents.

Home-Like Names Delight Visitor

MONTREAL, May 15—(C.P.)—Among the many features to delight tourists on a visit to Canada are the familiar place-names met with on their travels. Boston, Newark, Florida, Akron and Baltimore, well known in the United States, have namesakes located in Ontario. Paradoxically, Welcome and Go Home are in the same province. Quebec and the Western provinces put the American visitor at

LIME FOR ALL PURPOSES

We have just received a car of "SNOWFLAKE" LIME AND CAN SUPPLY IT BY THE CASK OR BARREL. ALSO SNOWFLAKE AIR FLOATED SPRAY HYDRATE BY THE BAG.

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