

Spend Your Money Wisely

The average family's food expenditures

	NOW ARE	SHOULD BE
MILK AND ITS PRODUCTS	20%	44%
MEAT AND FISH	35%	12%
BREAD AND CEREALS	15%	13%
VEGETABLES, FRUITS	13%	17%
EGGS	6%	6%
SUGAR	5%	3%
MISCELLANEOUS	6%	5%

If you will use MORE MILK and MILK PRODUCTS and more vegetables and fruits

You will have Better Health—Be more Efficient—and Save Money.

Garden City Milk Is Safe Milk

Save this ad. It is one of a series

Poole Pen Leads

Report of the Prince Edward Island Egg Laying Contest for the week ending Jan. 30, 1932.

No.	Name and Address	Breed	12	3	4	5	6	7	8	9	10	Eggs	Eggs	Points
1.	John B. Poole	W. L.	41	41	11	23	3	39	155	228.8				
2.	John B. Poole	W. L.	54	46	33	33	53	3	38	328				
3.	Mrs. J. F. Lanson	W. L.	64	54	42	4	4	3	32	218				
4.	The Roe Poultry Ranch	H. R.	5	5	3	4	6	5	3	28	357			
5.	William Sanson	H. R.	5	6	7	7	6	5	6	57	487			
6.	Exp. Farm, Fredericton	H. R.	3	6	5	5	6	5	6	39	326			
7.	Harold Laird	H. R.	6	3	4	3	4	4	4	39	279			
8.	Int. Fox and Animals Foods	H. R.	14	5	5	3	4	3	3	25	348			
9.	S. R. Pendleton	H. R.	5	6	5	4	4	2	2	39	459			
10.	S. R. Pendleton	H. R.	5	2	2	3	5	4	4	43	484			
11.	William Brown	H. R.	5	3	2	4	5	4	5	37	375			
12.	Exp. Station, Charlottetown	H. R.	4	6	4	6	5	3	1	2	40	579		
13.	Exp. Station, Charlottetown	H. R.	3	5	4	5	4	4	4	41	605			
14.	Exp. Station, Charlottetown	H. R.	6	5	4	5	6	1	5	2	45	574		
15.	Exp. Station, Charlottetown	H. R.	4	5	6	5	6	7	5	4	53	611		
16.	Exp. Station, Charlottetown	H. R.	3	1	6	7	6	4	4	3	36	568		
17.	Exp. Station, Charlottetown	H. R.	4	1	3	3	4	4	3	29	443			
18.	Exp. Station, Charlottetown	H. R.	5	3	3	4	4	6	5	37	561			

F. A. Dretholl, Manager of Contest, Production 53.3 per cent. Dr. J. A. Clark, Superintendent.

GERMANY 2 POLAND 1

OLYMPIC STADIUM, Lake Placid, N. Y., Feb. 4.—Germany defeated Poland 2 to 1 today in the second Olympic hockey matches of the opening day, joining Canada, conqueror of United States by the same score in overtime this morning in the undefeated class.

The game was played through a swirling snow storm in the bitter cold of the outdoor rink and was hard and close throughout. The German victory placed the Teutons in a tie with Canada, each with two points to start the 12 game round robin for the Olympic crown between the four teams.

Bread: Bread of flour is good but there is a bread, sweet as honey, if we would eat it, in a good book, and the family must be poor, indeed, which cannot for such multipliable barley loaves pay their baker's bill.—Ruskin.

Canadian Safe

(Canadian Press Cable via Reuters) SHANGHAI, China, Feb. 5.—(Friday)—Henry Benson Currie, Canadian who was reported missing on February 2, after he had entered the Chapel section of this embattled city, today returned to the international settlement and told officials he had been twice arrested, once by Chinese who detained him for a day, and again by Japanese, who held him another day.

Currie, who had entered the Chapel area bearing a Union Jack, was seeking the mother of a Chinese friend whom he had previously brought to the international settlement after rescuing his own wife and child.

The Canadian was unharmed, he said. He at once took up his duties with the volunteer corps guarding the border of the settlement.

Ambition: Ambition often puts men upon doing the meanest offices; so, climbing is performed in the same posture with creeping.



"FATIGUE?"
"I just postpone it!"

"No, I don't have 'nerves.' You can't have them, and hold this sort of position. My head used to throb around three o'clock, and certain days, of course, were worse than others."

"Then I learned to rely on Aspirin."

The sure cure for any headache is rest. But sometimes we must postpone it. That's when Aspirin saves the day. Two tablets, and the nagging pain is gone until you are home. And once you are comfortable the pain seldom returns!

Keep Aspirin handy. Don't put it away, or put off taking it. Fighting a headache to finish the day may be heroic, but it is also a little foolish. So is sacrificing a night's sleep because you're an annoying cold, or irritated throat, or grumbling tooth, or neuritis, or depression. These tablets always relieve. They don't depress the heart, and may be taken freely. That is medical opinion. It is a fact established by the last twenty years of medical practice.

The only caution to be observed is when you are buying Aspirin. Don't take a substitute because it will not act the same. Aspirin is made in Canada.



WESTERN GUARDIAN

—BUY HORSE RUGS, robes and wraps at Brac's, Feb. 5-21.

—SPECIAL LEAF YEAR skate in Kensington Rink Monday evening, Feb. 8, at 8 p.m. Admission 25 and 15c. 510-2-5-31

—FANTRY SALE—The I. O. D. E. will hold a Fantry Sale in Brice's Furniture Dept. Saturday afternoon, Feb. 6th in aid of the Public Library. Sale starts at 3 o'clock. 535-2-5-21

—BEDEQUE UNITED—Church of Canada, Services for Sunday, February 7th; Bedeque, 11 a. m.; Searletown, 3 p. m.; Capt. Travers, 7 p. m. The Minister, Rev. L. P. Archibald will preach at all services.

—FUNERAL SERVICES—The funeral of the late Mr. J. A. Brennan, was held Monday morning from his residence in Tignish to the church of St. Simon and St. Jude, where High Mass was served by Rev. A. J. McDonald. The pallbearers were Messrs. C. F. Morrissey, J. A. McGrath, J. J. Arsenault, Edward McGrath.

EASTERN GUARDIAN

—MILK AND CREAM for sale. D. F. MacDonald, Souris. 179-1-20-1 month.

"Jog On, Jehosophat"

(An Appropriate Ditty)
Road gets rougher every mile;
(Cluck!) Jog on, Jehosophat, an' show some style.

Mule's gone lame an' the hen's won't lay;
Corn's 'way down an' wheat don't pay;

Hogs no better, steers too cheap;
Cows cut milkin'; meat won't keep.
Oats all heated, spuds all froze;
Fruit crops busted, wind still blows;
Sheep seem puny, an' I'll be darned.

Rye field's flooded an' the hay stack's burned!
Look's some gloomy, I'll admit—
(Cluck!) Jog on, Jehosophat, we aint down yet.

Coal's in high an' crops in low;
Rail rates doubled, got no show;
Money's tighter, morals loose;
Bound to git us—what's the use?
Sun's not shinin' as it should;
Moon ain't lightin' like it could;
Air seems heavy; water punk;
Tests yer mettle; shows yer spunk;
No use stoppin' to de-bate—
(Cluck!) Jog on, Jehosophat, its gittin' late.

Wheels all wobble; axle's bent;
Dashboards broken; top all rent;
One shaft splintered; tother sags;
Seats all busted; end-gate drags;
May hang t'gether—believe it will;
Careful drivin'! make it still;
Road's some better; not so rough—
Trot! Gosh ding ye! That's the stuff!

Old trap's movin' right good speed—
(Cluck!) Jog on, Jehosophat, you're some old steed!
—Griff Crawford.

Periodic—Eye Examinations

Don't wear your glasses for five or ten years, as some do, without re-examination, for in that time serious changes are vitally important, whether one's eyes are good or otherwise.

may take place, which if not discovered, may work permanent injury to the most precious sense you possess.

Guard your eyes.

G. F. HUTCHESON OPTOMETRIST

BRINGING UP FATHER



Mr. Lewis W. Goff Addresses The Livestock Raisers

A special meeting of the Livestock Raisers was held in Iona hall on Tuesday, February 2nd, Mr. Lewis W. Goff manager of the Lewis W. Goff Co. Ltd., Charlottetown, gave an interesting address on the raising and marketing of livestock.

About one hundred farmers braved the cold on Tuesday evening to attend the Farmers meeting held in Iona hall.

Mr. James Daly who operates the Experimental Station, at Iona, acted as Chairman, called the meeting to order at 8 o'clock sharp and addressed the meeting as follows: "Gentlemen: This meeting is being held in the interests of the Livestock raisers of Iona and the surrounding districts. We have with us this evening a gentleman who will address you on the raising and marketing of Livestock."

I take great pleasure in introducing to you, Mr. Lewis W. Goff of Charlottetown."

Mr. Chairman and Gentlemen: This meeting is being held this evening in the interests of the Livestock raisers of Iona and surrounding country and it gives me great pleasure to be able to meet you all here this evening in one gathering and to be able to say a few words to you, which I hope will help you to solve the many problems that the Livestock raiser has to deal with under present conditions.

You will all agree with me that the year 1931 has been one of the most discouraging years that the farmers have ever witnessed in this province, with no price for their livestock and in a lot of cases, no sale, in the past year. This is the reason that today, we find seventy-five per cent. of the Livestock being placed on the market, only a little better than half finished and as long as the farmers continue this practice, it will be impossible for the exporter to find a foreign market for the farmers Livestock and it is going a long way in helping the Exporter from other Provinces to ship well finished beef into this province and take our own home market away from us.

What prices will the Livestock raisers get for their Livestock this present year? This is a question that all Prince Edward Island farmers are asking right now. No one, of course, can predict with accuracy what the prices are going to be. Our Company will do everything possible and spare no expense to find the best market obtainable and to keep the price of beef at least above the cost of production, providing the farmers throughout the whole Island will co-operate with us at this time.

The farmer who lets his Livestock go for the sake of growing root crops and taking a chance on the price of potatoes and turnips every fall is starting on the biggest gamble any man ever undertook and is doing an injustice both to himself and to his farm. I do not mean by this that the farmer should stop growing root crops, far from it, but as you all well know, Prince Edward Island has no market to speak of, of its own and must depend on a failure in some other country to dispose of its root crop to any advantage, whereas in other places where they grow potatoes, they have a home market where they can dispose of them, even if the price is small. In other words, the farmer of Prince Edward Island should raise the same quantity of root crops each year and try and have sufficient Livestock so that when there is no sale for the root crop, like this present winter, the largest part of the root crop could be fed at home, turning out for the farmer a better grade of pork and beef and therefore getting a better price for Livestock, which would cut down the farmers loss to less than half, when he cannot find any sale for his root crop.

There is always sale for young cattle from two to four years old, especially Heifer beef, weighing from eight hundred to twelve hundred live weight and when well finished, it will always command a good price, well above the cost of production.

The mistake that most farmers make is that they try to run a young animal through the first year and a half as cheaply as possible. The first six months is the most important in a calf's life and if properly fed up to that time, there is very little trouble and only takes one half the feed to finish them off at the required weight and every time, the owner will always receive a fair market price.

The Lewis W. Goff Co. Ltd., is owned and operated by the farmers of Prince Edward Island, five of its six Directors, all large farmers located in different parts of the Island and the whole business is run to protect the best interests of its Shareholder members, and every farmer in this hall tonight, will be given a chance to join up with us right here at the close of the meeting, when I have explained to you how fully the work we are carrying on to the best interests of our Shareholders and customers as a whole. (Mr. Goff then went on to explain fully the work his Company was doing to better conditions for farmers throughout the Island).

I have fully and carefully covered the whole ground and now I would like to hear from some of the farmers who have been shipping Livestock to us for the past few months and whether they are satisfied with their returns, no matter whether it is good news or bad news you have to tell us, now is the time before any new farmers join up with us, also, if there are any questions you would like to ask, I will be only too glad to answer them.

A large number of farmers throughout the hall spoke for a few minutes and said that they were well satisfied with the good work The Lewis W. Goff Co. Ltd., were doing in Iona District and that they were all well satisfied with their returns.

A number of questions were then shot at Mr. Goff from all corners of the hall, which he answered to the satisfaction of all, showing his good "Irish humor" in many cases, to the delight of his audience.

The meeting was then brought to a close, after Mr. Goff had announced that he would call on each one personally the following day, who had any Livestock they wished to sell, as he wanted to buy a car-load before returning to town.

WELLINGTON AND VICINITY

Mr. Geo. Nelson, Charlottetown is visiting Mr. and Mrs. John A. Barlow.

Miss Faustina Gaudet, of the firm of Arsenault & Gaudet, is spending a few weeks in Moncton, visiting her sister Bernice, nurse-in-training at the Hotel Deau Hospital.

Dr. Delaney has purchased the well known trotting mare Sylvia Peters, formerly owned by the late Dr. Garland, Milton, Ont.

Mr. Alward Barlow, of Springfield, Mass., has returned home.

A very interesting hockey game took place Friday, 28th, a double header between the Richmond Rovers vs. Muddy Creek Rivals and the Lennox Island Mic Macs vs. Wellington Skin Em Alive. A large crowd witnessed the game, the score was as follows: Richmond, 1; Muddy Creek, 0. Mic Macs, 2; Wellington, 5. All four teams showed wonderful speed and with a little practice, no doubt would give the Boston Bruins a hard run.

Monday, Feb. 1st, the Wellington Battlers cross sticks with the Alberton Regals. This game is looked forward to with great interest, the Wellington Battlers are coming to the front fast and an interesting game is expected.

The many friends of Mr. Alex. Gallant, are glad to hear he is making speedy recovery.

Our side walks are in a very dangerous condition owing to the recent heavy thaw.

A whist party held in the Hall Tuesday night was not largely attended, owing to the severe cold night. Prizes were as follows: Ladies' First, Mrs. Arcade Arsenault; Ladies' Cons., Mrs. Carrol Delaney;

Lingerie Sale

SEE OUR RICHMOND STREET WINDOW



The Biggest and Best Sale of Ladies Underwear Ever Offered Each Article 69c

Pyjamas, Slips, Nightgowns, Brassiere Sets, Vests and Bloomers at 69c each

An Unusual Good Buy Has Made It Possible To Offer You These Garments at Such a Remarkable Price

Remember the Price Only 69c For Any Article at Our Big Sale

Pyjamas: New style Pyjamas in Black and Scarlet, Black and Gold, Bordeaux and White. Special 69c

Nightgowns: Lace trimmed Nightgowns, many colours, all sizes. Price Only 69c

Brassiere Sets of Pantie and Brassiere to match. Sale Price 69c

SALE COMMENCES FRIDAY AFTERNOON Prowse Bros. Ltd.

Gents first, Mr. Emile L. Gallant; Gents Cons., Mr. E. F. Arsenault.

Mr. Wilfred Gaudet is indisposed with a severe cold.

The men in charge of the ice making in our new rink deserve great credit. They work day and night to have the ice in good condition. Mr. John K. Day, in charge of the engine and Mr. Elmer Gaudet ice making.

Mrs. Laurier Peters and infant daughter, Summerside, spent the week end at the home of Mrs. Peters' parents, Mr. and Mrs. Emile Arsenault.

Mr. Garfield Day has accepted a position as a section hand on the Ellerslie line and leaves Monday for that place. We are sorry to see Mr. Day leave the village.

Auction Bridge and skating is the latest fad for the married folks. The married ladies of the village have their weekly skate and what a merry bunch and a jolly good time they have.

The friends of Mr. Jas. B. Gallant will be sorry to hear he is confined to his bed.

Tests: What we can do for another is the test of powers: what we can suffer for another is the test of love.—Westcott.

Slander: A spiteful word cuts both ways. A slander hurts the man or woman who spreads it in a more deadly though unseen way than it hurts its intended victim. Victor Hugo nobly says—"Every sword has two edges and the man who wounds with one, wounds himself with the other."

Patriotism: Patriotism is the passion which aims to serve one's country, either in defending it from invasion or protecting its rights and maintaining laws and institutions, vigour and purity; it is characteristic of a good citizen, the noblest passion that animates man in the character of a citizen.

By George McManus

