

# SALE SPECIALS

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### The Central Guardian

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

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CONFEDERATION LIFE INSURANCE.

RUMMAGE SALE, Market Building, January 29th, 3.30 P. M.

Y'S MEN CLUB Rummage Sale, Market Building, 6 P. M. today, Saturday.

R. T. HOLMAN LTD., Charlottetown Store will be closed all day Monday, January 31 for stock-taking.

FASHION SHOW, April 5th and 6th at the Charlottetown Hotel, sponsored by Junior Aid of the P. E. Island Hospital.

ST. JOHN'S PRESBYTERIAN CHURCH, Belfast, Sunday, January 30th. Service cancelled. Tuesday, February 1st, a meeting of Session and Trustees at 7.30 P. M.

MILTON-RUSTICO PARISH.—The services for Sunday, January 30th are as follows: St. John's, Milton, 11.00 o'clock Morning Prayer and Sermon. St. Mark's, Rustico, 3.00 Evening Song and Sermon. Rector Rev. A. E. Porey.

CHURCH NOTICE for the Parish of Springfield and Crapaud, January 30th. Holy Communion 11.00 A. M. St. John's Crapaud, Evening Prayer 7.30 P. M. Rev. B. Pream, Rector.

APPOINTMENT AT OTTAWA—Word has been received here of the appointment as foreign service officer of the Department of External Affairs of Mr. Victor C. Moore of Victoria. Mr. Moore is the son of Lieut.-Col. and Mrs. F. W. L. Moore, Victoria, B. C., and is a nephew of the late Mr. S. C. Moore of this City. He is a veteran of the last War, having gone overseas with the Canadian Scottish Reserve force and seeing action in Italy with the Seaforth Highlanders where he was mentioned in dispatches.

DEATH IN QUINCY, MASS.—Many friends throughout the province will regret to learn of the death of H. Hamilton MacLellan, of Quincy, Mass., formerly of Indian River, which occurred January 27. He leaves to mourn besides his wife, (nee Minnie Macdonald of Tracadie) one daughter, Mazie, two sons, Hamilton and Vincent, also three brothers, Dr. W. L. MacLellan of Roxbury, Mass., Herbert, Seattle, Wash., Albert of Windsor, Ontario; Mrs. J. Austin Trainor of this City is the only surviving sister.

### The Harvey Girls

By Samuel Hopkins Adams

"I am." "And you're Deborah Rapalje?" She turned to Hazel.

"No." "I'm Deborah," said the owner of that name shyly.

"The severe and sandy brows drew down. 'Then who are you?' she demanded of the third girl.

"Hazel Biggs. I didn't know I needed the job till I got here." "Sit down over there, please."

To the other girls she said, "Get your uniforms, and report back to me. Mrs. Cassidy."

At the summons, a swinging door flew open and a dark ruddy woman of thirty bustled in. She was buxom, hearty, and so abounding in health and vigor that her vitality in itself constituted a sort of rough comeliness.

"Sonora Cassidy, girls," Miss Bliss made the introduction. "She's our general factotum on the other side. That means kitchen and pantry. Sonora, here's an extra girl who is looking for a place. Is there anything for her?"

Sonora set her hands on her hips and considered. "That pearl diver we got is n. g. He'd oughta been fired the first day."

"Would she be strong enough?" asked Miss Bliss doubtfully. "I swung the ten-pounder Indian clubs in school," said Hazel anxiously. "Does pearl diving mean I'd have to open the oysters?"

The two women laughed. "You'll learn the lingo," said Sonora. "Pearl divin' is dish washin', and it's no fun."

"Give me a crack at it," begged the girl.

The two older women conferred while the three girls were sent upstairs. The accepted waitresses to change, and the other applicant to await her fate.

The room to which they were shown, an emergency dormitory until the building should be completed, was like a hospital ward, ranged with white cots and flanked by a bathroom at either end.

Hazel sat dependently on a chair, while Alma went to Cot 7 and Deborah to Cot 12 as instructed.

The uniform struck dismay into Alma's heart. It was plain to the verge of dowdiness. With it she must wear, according to directions, plain black shoes and stockings, and must arrange her hair without fluffing and without ornament other than a large, white bow at the top. "I'll look a fright," she lamented.

The effect upon the fugitive Deborah was quite the reverse. Her faintly but promisingly rounded spines fitted snugly into the plain black apparel. She slipped into her white apron, set the shoulder straps, settled her Elsie collar about her neck and deftly knotted the black bow into it. Examining herself in the tiny

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mirror, she gave a little gurgle of pleasure. "I never had such a pretty dress in my life," she said. "Oh, Miss Seelye, do you think it's too worldly?"

Resisting a desire to laugh, Alma assured her that she was still within the limits of respectability. Hazel lounged over to her. "Watch out, men," she said. "Here's Little Miss Trouble when she gets some meat on her bones."

"I could never be beautiful like you two," sighed the girl. "But I think I look kind of nice. And just think—seventeen—fifty a month! Why, I can buy all sorts of things."

A glance passed between the two other girls—both younger, but both more mature. It silently sealed an understanding that they would look after this strange and innocent child. So determining, they felt very old, experienced and worldly-wise.

Sonora Cassidy burst in. "You've got the job," she announced to Hazel Biggs. "And may the Lord have mercy on you, for that frog-ratin' chef" (she pronounced it as in church) "won't. If he gets too rough, come to Sonora. I can shoot with either hand, hide with either leg, and wink with either eye."

Have you got a steady company, Biggs?"

"No," said Hazel. "Why?"

"You hafta sign a contract you won't marry for a year."

"It's O.K. with me," said Hazel equably. "Show me those dishes."

"Listen, you kids," Mrs. Cassidy posed, lightly balanced on her heels, her favorite expository attitude. "Workin' for Fred Harvey is the dandiest job there is. The best of food, the cleanest livin' accommodations, and you're looked after like you was kids in a convent. Maybe a bit too much of that. I ain't sayin' but what the work ain't hard; but you'll get your tips and do good for yourselves. You'll be treated like ladies and expected to behave as such. Remember, the customer is always right, but you don't have to take any freshen' off'n nobody. There's one other Harvey rule: The trains must be fed; morning, noon or the middle of the night. That's ironclad. Here's some advice. Keep out of trouble. Or, if you can't come to Sonora, I've pushed hash from Altaville to Pilot Knob, and what I don't know about the business there ain't nobody can learn me. So be good little girls and

don't sit down on no cactuses till I see you next."

The door slammed behind Mrs. Cassidy, leaving three impressed girls.

(To Be Continued)

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# HEALTH WEEK JAN. 30 - FEB. 5

A Message For Health Week From The  
**HON. A. W. MATHIESON**  
Minister of Health and Welfare:

As Minister of Health and Welfare for the Province of Prince Edward Island it is not only a privilege but a pleasure to heartily commend to all our citizens the united effort put forward in our Dominion in fostering National Health Week. As Canadians we need to be vastly more "Health Conscious." Medical Science has made dramatic advances and we as citizens must become acutely aware of these benefactions and not be satisfied until these become a part of our health programme. Anything that tends to the betterment of the health of the public has my unqualified support.

A. W. MATHIESON,  
Minister of Health & Welfare

## HERE IS VALUABLE ADVICE FROM YOUR HEALTH DIVISION CHILDREN FROM BIRTH TO 16 YEARS NEED VITAMIN D MAKE EVERY DAY VITAMIN D-DAY

### WHAT IS VITAMIN D?

It is a chemical substance needed by the body to make use of the calcium and phosphorus in food in order to form strong, straight bones, good teeth and well-developed bodies.

### WHY IS VITAMIN D NEEDED?

It is needed to prevent rickets, a disease characterized by the following defects:

stunted growth	bow-legs
soft bones	knock-knees
poorly developed and defective teeth	protruding forehead
small dental arch	swollen joints
malformed chest	digestive disturbances

### WHAT ARE THE SOURCES OF VITAMIN D?

The chief source is fish liver oil, which can be obtained in capsule form as well as in liquids of various kinds. It can be taken in drops or spoonfuls depending on the kind of liquid. It is also made chemically. Limited quantities of Vitamin D may be derived from sunlight and certain foods, such as salmon and sardines.

### WHY IS SUNLIGHT NOT A DEPENDABLE SOURCE?

Smoke, fog, and dust prevent the ultra-violet rays from reaching the skin where they can form Vitamin D. The rays also have difficulty penetrating tanned skin.

### WHY IS FOOD NOT A DEPENDABLE SOURCE?

Vitamin D in food as ordinarily eaten is not present in large enough quantities to meet the needs of growing children.

### FISH LIVER OIL IS DEPENDABLE!

All Vitamin D preparations are tasted.

### DO CHILDREN NEED FISH LIVER OIL EVERY DAY?

Yes, because the need for vitamin D is ever present. By keeping it up during the summer the habit is formed.

### HOW MUCH VITAMIN D EACH DAY?

Infants to 2 years	400-800 International Units
Other growing children	400 International Units
Pregnant women	800 International Units

More than 800 units a day is wasteful except as specially prescribed by a doctor.

International Units are standards of measurement to indicate quantity. Choose the preparation which best suits your need for the least money. Different drug firms issue various concentrations. The label will always tell what quantity to take to get the desired number of international units.

If it is difficult to figure out from the label the amount needed ask your doctor, health officer, nurse or druggist to help you.

**HEALTH DIVISION**  
Department of Health and Welfare