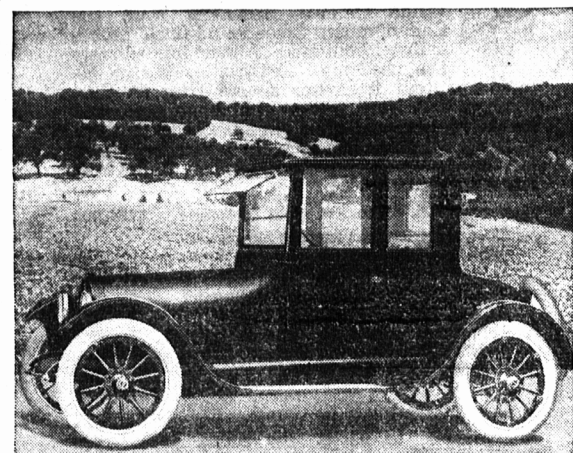


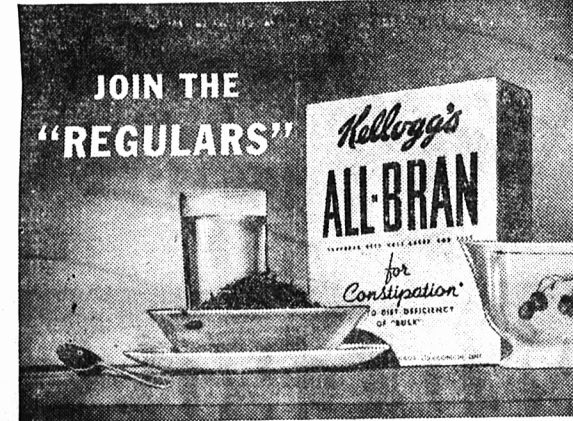
THOUSANDS OF FAMILIES MUST BE RIGHT!



In Every Neighborhood in Canada there are men and women who've found a way to combat what has been called our "most common ailment"—constipation due to lack of bulk in the diet. It is simply to eat a crisp, crunchy cereal for breakfast—the famous KELLOGG'S ALL-BRAN. Is there a reason for this national swing to All-Bran? There certainly is!



Years ago, when motor cars looked like this, a great research project was conceived by W. K. Kellogg. It has become one of the costliest and most extensive studies ever made of common constipation. Eminent nutritionists, food chemists and medical specialists of great universities have contributed. And the verdict has been the same as that of thousands of All-Bran users over the last 15 years—here is a tried and proven way to combat the common form of constipation (due to lack of "bulk" in the diet).



Thousands of Canadian families eat this crunchy cereal for breakfast. Experience has shown them, through years of trial, that this cereal actually does help them avoid constipation due to lack of "bulk" in the diet. In thousands of homes a primary rule is: Eat ALL-BRAN for breakfast with milk or cream, and drink plenty of water. Make it your rule, too, if you have this common difficulty. Look for the red Kellogg signature on the package. In two convenient sizes at all grocers. ALL-BRAN is made by Kellogg's in London, Ontario.

"Kellogg's All Bran—The Island's Favourite."

RIX'S GROCERY STORES

"Ask for Kellogg's All Bran."

CUDMORE BROS.

"For a tasty breakfast treat your family to Kellogg's All Bran".

CASH & CARRY GROCERY

"To all our customers we say Use Kellogg's All Bran every day."

L. S. COFFIN
316 Euston St.

Cranberries Wanted

We want a few barrels of Cranberries. Write us for prices stating quantity you have to offer.

The Royal Packing Co
J. D. JENKINS, Proprietor

The Central Guardian

This column is reserved for news of local interest, but advertising of a new nature may be inserted at 5 cents a word strictly payable in advance.

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GRAND DANCE at Oddfellows Hall To - Nite. Refreshments. Bianchard Orchestra. L-359-11-10-11.

HEADQUARTERS FOR AMMUNITION. Imperial, Maxim, Canon, Meteor in all sizes shot. Fresh stock just arrived. The Rogers Hardware Co., Ltd. L-479-11-10-11.

A. PICKARD & CO. Coal Office will be closed all day Saturday, Remembrance Day. Order your coal requirements today. L-396-11-9-21.

ST. JOHN'S BELFAST, Saturday 10:45 A.M. Armistice Service at the Cenotaph, Sunday 11 A.M. morning worship. P. M. Song service of narratives and hymns by the choir in "Favourite Hymns and how they were written." L-473-11-10-11.

FLAGS SHOULD FLY TOMORROW.—The Guardian gladly passes on the suggestion of the Canadian Legion that flags be flown generally tomorrow, Remembrance Day.

PRE-NUP TIAL SHOWER—A prettily arranged shower was held at the home of Mrs. Mary MacIntyre, Milton on Wednesday, October 18th, in honor of Miss Jean Sentner, one of the community's most popular young ladies, who is to be married in the near future. The bride-to-be was ushered to the seat of honour by Miss Lorna Crabbe while Miss Mary Doyle played the Wedding March. The heavily laden baskets prettily decorated were carried in by the Misses Dorothy MacLean and Irene Farris. The gifts were opened by Mrs. Austin Sentner and Miss Dorothy MacLean, while the accompanying verses were read by Miss Irene Farris, cousin of the bride-to-be. The gifts being arranged on the table by Miss Lorna Crabbe. Many of the costly gifts, including a beautiful set of dishes, silver, cut glass, and linen, and also several envelopes with money. After all gifts were opened and read Jean in her usual good style thanked the donors for their gifts and extended a cordial invitation to all to visit her in her new home. All joined in singing "For She's a Jolly Good Fellow." The remainder of the evening was spent in dancing, the violin music being furnished by Messrs. Redvers Stewart, Francis Doyle and Lyman Dunford. The guitar accompanist for the evening was Charlie MacKinnon. After a delicious lunch was served by the ladies, they departed for their homes, again wishing the guest of honor many years of future happiness.

Bear and Beaver To New Zealand

Aboard a steamship somewhere on the Pacific Ocean are three bear and two beaver en route to New Zealand, according to the National Parks Bureau, Department of Mines and Resources, Ottawa. These animals have been taken from Jasper National Park in Alberta, and are being sent "down under" at the request of the Wellington Zoological Gardens, Wellington, New Zealand. The bear and beaver were captured by the park warden service, and were shipped to Vancouver by rail for transfer aboard ship. During the long ocean voyage the animals will be fed and tended by a member of the ship's crew. Food supplies provided for the journey include bundles of poplar wood, vegetables, fruit, and bread. Each beaver will receive six sticks of wood, a quarter of a cabbage and four carrots per day, while the daily menu for each of the bears will be a pound of apples, a pound of carrots, and two loaves of bread. Early in December of last year buffalo and elk from Elk Island National Park were shipped to New Zealand. The bear and beaver were requested at the same time, but owing to the fact that these animals had already gone into winter quarters their shipment had to be deferred until this year.

MacLeod, Mrs. Wm. Morrissey and Mrs. Wm. Brown. It was decided to write to the Institute Office for information re knitting for soldiers. The following committees were elected: Sick, Mrs. MacLeod and Mrs. J. Morrissey, Mrs. F. Rooney and Mrs. W. MacLean; programme, Doris Rooney and Mrs. MacDonald; School, Mrs. Wm. Morrissey and Mrs. Charles MacLeod. The next meeting will be held at the home of Mrs. Wm. MacLeod.

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- Inverness Screened
- Springhill Screened
- Yorkshire Screened
- Albion Round
- Albion Nut
- Dosco Coke
- Hard Nut
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Prompt deliveries and lowest prices.

W.D. Gillis & Co.
Phone 176

New War Units Join Veterans To Honor Dead

OTTAWA, Nov. 9.—(CP)—Veterans of the war that ended with armistice 21 years ago will be joined in their Remembrance Day services, Saturday, Nov. 11, by thousands of young men in uniform on active service for the first time.

Across Canada the Canadian Legion is planning even more extensive celebrations than usual as the country girds itself for war with the same enemy of 1914-18.

The Dominion council for the Legion has suggested that "the day dedicated to the memory of the fallen in the First Great War and commemorating the armistice that ended it should, if anything, be observed with more fervor than in others years."

A national service in Ottawa, followed by a national broadcast at night, and remembrance services in almost every city and town, many of them around memorials to the last war's dead, will mark Canada's observance of the day.

In the Dominion capital, the 20-minute service, beginning with the minute's silence at 11 a.m., the hour that the armistice became effective, will be held as usual on Parliament Hill in the shadow of the Peace Tower, where the names of the Canadians who died are inscribed in the Book of Remembrance.

Decision to hold the service on Parliament Hill instead of around the War Memorial dedicated by their Majesties May 21, was made chiefly on the ground that the Lew monument is more than a memorial to the dead—it is commemorative of Canada's whole war effort. The memorial chamber in the Peace Tower with its precious record is more particularly to the fallen.

Veterans in the capital and the surrounding district will remember the happier times last May when their Majesties mingled freely with them as the war memorial was dedicated. Bright are the recollections of the day when the King and Queen stepped out of the official program to chat with the veterans, and walk among them in a precedent-making departure from royal formality. Walter Woods, chairman of the Ottawa legion committee, announces the whole garrison will join in the Parliament Hill ceremony. It is expected there will be similar joint celebrations of past and present fighting men in other military centres.

The poppy campaigns start today, and will be continued for one week, the local dates being left to local executives. Sales of the red poppies finance the Legion's various benefit enterprises.

Remembrance Day will be observed as a statutory holiday over all the Dominion, despite another war. The law designating Nov. 11 Remembrance Day is still on the statute books. It would take parliamentary action to alter it.

Deb And Duchess Sew For Wartorn

By BETH CAMPBELL
Associated Press Staff Writer

WASHINGTON, Oct. 8.—(AP)—Countesses take turns at sewing machines. Debutantes scurry about on errands. A former first lady and a cabinet wife report for work. Foreign women chatter gaily over the click-click of their knitting needles. That's the picture at Washington Red Cross chapter. There's a boom again in work for war sufferers in the United States, and women from the official "upper crust" are in the thick of it.

The first shipment of 99 cases of gauze bandages, assembled from similar production points all over the country went to the French Red Cross and the next shipment of supplies and clothing was scheduled for Polish refugees in Bulgaria and Rumania.

The United States Red Cross has received requests for clothing and medical supplies from Polish and French Red Cross societies. The British society has asked principally for medical supplies and the German Red Cross has requested medicines.

Mrs. Franklin D. Roosevelt answered the Red Cross call with a substantial check for materials. Dozens of officials' wives and social leaders marched into production rooms here to sew or knit. Some give one morning a week; some two or three. Luncheons, shopping excursions and beauty parlor appointments have to play second fiddle when millady's "Red Cross day" comes around.

Mrs. Woodrow Wilson who as president's wife knitted wool helmets for naval convoy crews 20-odd years ago, was one of the first to offer her services to Miss Mabel Boardman, still national Red Cross volunteer chief as she was in the First Great War.

Red Cross officials had another sort of job for Mrs. Evelyn Walsh McLean when the famous party giver volunteered her help. They used her famous home, "Friendship" for a three-day school for state leaders here to obtain instructions for making bandages. Quick to volunteer were the diplomatic wives, particularly those of the warring countries. Groups from the Canadian, Polish, French and British embassies and from the Netherlands legation organized sewing and knitting groups for women from their countries.

Debutantes and post debts not only are qualifying as volunteers, but are taking their knitting to teas and lunches.

A FITTY
"What—all girls and no boys?"
"I'm afraid so. There will be no one to carry on the family name."
"And what is your name?"
"Smith"

New Mineral Map of Canada

Canada's diversity of mineral wealth and the widespread distribution of the mineral resources of the country are both shown to excellent advantage in a new mineral map of the Dominion issued recently by the Department of Mines and Resources, Ottawa. Measuring 18 by 35 inches, the map, which is on a scale of 100 miles to the inch, shows the active sources of supply of the long list of metals and minerals being produced in Canada, together with the known, but as yet nonproductive sources of supply. On it are shown also the location of lode gold and placer gold areas; of all lead, zinc, copper, nickel, precious metals, iron and steel, and other metallurgical plants; and of cement plants, petroleum refineries, and fertilizer plants. Shown in colours are the geological divisions of the Dominion, the largest and most important of which from the viewpoint of mineral production is the Canadian Shield, which covers a total area of approximately two million square miles.

Viewed alongside a similar map issued several years ago, the new map brings to light much evidence of the rapid headway that has since been made in Canadian mining. One instance is the appearance on the map of many new fields of mining activity, among them being the radium-silver operations at Great Bear Lake, and the new gold camp in the Yellowknife River area in the Northwest Territories. Another is the appearance of the many air routes serving the mining fields across the Dominion. Few such services had been developed when the former map was issued. One of the longer of the air routes is shown extending from Edmonton to Resolution south of Great Slave Lake, from where it branches off to Aklayik and to Port Radium and Coppermine. Another extends from Edmonton to Whitehorse and other centres in Yukon.

A glance at the map shows that most of the principal metals and many of the principal non-metallic minerals are being produced in the Dominion, some of them, including sulphur, rock wool, nepheline syenite, radium, and magnesite dolomite being fairly recent additions to the list. Chief among the metals are gold, silver, copper, lead, zinc, nickel, and the platinum metals, while the non-metallics include such important minerals as coal, petroleum, natural gas, asbestos, gypsum, salt, limestone, and sodium sulphate. It is evident from the map also that vast areas of the Dominion, notably portions of the Northwest Territories, yet remain to be explored for minerals.

Englishmen consume approximately 4,000 tons of tobacco annually. Use Minard's for aches.



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THE IMP AGAIN!
"A man called while you were out, sir—said he wanted to thrash you," said an office boy to the editor.
"Well, remarked the editor, "what did you say to him?"
"I was sorry you were not in sir."

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Bulk ICING SUGAR	Lb. 10c.	2 Lbs. 19c	Lynn Valley Sour Mixed, Sweet Mixed or Mustard PICKLES, 27 Oz. Bottle	19c
PASTRY FLOUR FLOUR	7 Lb. Bag	29c	Eatons ORANGE MARMALADE, 2 Lb. Jar	21c
SCOTIA GOLD APPLE JUICE	20 Oz. Tin	10c	EATONS CHERRY JAM, 2 Lb Jar	27c
PURE LARD	1 Lb. Block	15c	DEEP SEA TROUT 15½ Oz. Tin	23c
EATONS WHITE NAPHTHA SOAP	Each 4c.	10 for 39c	Mephisto Ungraded PEAS, No. 2 Tin Each 11c. 2 for	21c
BREAKFAST BACON	Sliced Lb.	28c	Sugar Crisp CORN FLAKES, Pkg. 8c. 2 for	15c
CANADIAN CHEESE	Per Lb.	21c	Evaporated 16 Oz. Tin MILK, Any Brand. Each 9c. 3 for	25c
SMOKED FILLETS	Lb. 13c.	2 Lbs. 25c	CUT MIXEED PEEL, 1 Lb. Pkg.	28c
			JEWEL SHORTENING, 4 Lb. Block	55c
			Aylmer Tomato and Vegetable SOUP 10 Oz. Tin. Each 8c. 3 for	23c
			GILCHRIST RICH FRUIT CAKE 2 Lb. Cake	25c
			— MEATS —	
			HAMBURG STEAK, Lb.	15c
			Trimmed PORK CHOPS, Lb.	28c
			Sweet Pickled CORNED BEEF, Lb.	14c
			PORK HOCKS Lb.	11c
			POTTED MEAT Bowl 15c. 2 for	29c
			FRESH BACON Lb.	21c
			Swift's Brookfield SAUSAGE, Lb.	25c
			CHICKENS AND DUCKS	
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			Choice GRAPES Lb. 14c 2 Lbs.	27c
			Sunkist ORANGES, Doz.	35c
			Small Size GRAPEFRUIT Each 7c. 4 for	25c
			McKintosh Small Size APPLES, Doz. 12c. 2 Doz.	23c
			Local CABBAGE Head	7c
			CRANBERRIES Lb. 12c. 2 Lbs.	23c
			Local CARROTS 10 Lbs.	29c
			HEAD LETTUCE Each	19c

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