

Central Guardian

SHOP from Holman's Catalog.

SKATES SHARPENED at Weeks and Burns. 6422-3-61

RENEW YOUR SUBSCRIPTION TODAY and get your 1926 Calendar.

DE LUXE HOUSEWIFE RECIPE AND CALENDAR.—Get yours before they are all gone.

WE SHARPEN SKATES, not round them. Weeks and Burns. 6423-3-661

AULD LANG SYNE CALENDAR. A real pretty Calendar for any wall with large figures that can be seen from a distance.

ABEGWEIT ANNUAL MEETING.—Board of Trade Rooms Thursday, December 10th, at 8.30 p. m. 6483 12 5 att.

CALENDARS.—The Farmers Guide Book and Calendar combined is a very handy thing to have around a house. Renew your subscription and get yours.

A SABATINI STORY.—Bardelys the Magnificent starts this week. It will thrill you beyond your wildest expectations. Read this master writer's tale of love and adventure.

SUBSCRIBERS CALENDARS.—The Guardian has received a limited number of 1926 Farmers Guide Book and Calendars, the De Luxe Housewife Recipe Calendars and Auld Lang Syne Calendars. Each reader subscribing or renewing their Subscription may have their choice.

BORDEN L.O.L. NO. 2829.—On Monday evening, November 30th, 1925, after a special meeting in the Borden L. O. L. No. 2829 and several invited friends gathered at the home of P. M. Wm. MacLeod, where they convened to enjoy a most bountiful goose supper served by the members of "The Three Sisters." Rev. Edward Morris, Grand Organizer for the Maritime Provinces was present and favored the gathering with a talk on how much the ladies did to make things a real success. After everybody had done justice at the tables at the expense of the geese, all assembled in the large parlor where an impromptu programme was well carried out. Mr. John Murphy was moved to the chair. The first number was a short talk, followed by a reading by Mr. Morris. Miss Beatrice Murphy who had sang several selections during the feast was next called upon for a solo. She was accompanied on the piano by Mrs. John Sutherland. Mrs. Robertson next gave a reading followed by a solo by Mr. Doull. All then joined in a hearty sing-song after which a vote of thanks was tendered Mr. and Mrs. MacLeod for having opened their home for the evening. Mr. Morris then tendered a vote of thanks to all the ladies who had provided the excellent eats for the event. All went away, well filled, and determined to keep up the good spirit in the Lodge and to try to win new members. The singing of the National Anthem closed the very pleasant evening, very near the midnight hour.



ACHING BACK AND LEGS GIVEN QUICK RELIEF

Policeman tells how to get rid of aches after exposure to wet and cold

A policeman, who has been a member of the Philadelphia police department for twenty-six years, writes that he has found a way to get rid quickly of the aches and stiffness caused by over-exercise and exposure.

"I do a lot of walking and am exposed to all kinds of weather," he says. "When all other remedies fail, Sloan's Liniment gives me relief for pains in the back and legs." (Name and address of writer on request.)

Sloan's gets results because it doesn't just deaden the pain—it gets at the cause.

Just put it on lightly, without rubbing. Right to the place that hurts, it sends a healing tide of fresh, new blood. Stiff muscles limber up, the aching stops, and you are as fit as ever in no time. Get a bottle today and have it on hand. All druggists—35c.

VERNON SCHOOL

Honor Roll for the month of November.

Miss Harrington's Dept. Grade IX—Moymie Masters, 2 Margaret Huntley, 3 Ruth Furness and Harold Fraser, equal.

Grade VII—Carmera Fraser, 2 Maria Jenkins, 3 Ruth Fraser.

Grade VI—1 Martha Enman, 2 Donald Huntley, 3 Dorothy Furness.

Miss McGillivray's Dept. Grade V (Senior)—1 Joseph McDonald, 2 Lalana Sullivan, 3 Leo Fraser.

Grade V (Junior)—1 Mary Martin, 2 Joseph McCormack, 3 Jack Sullivan, 2 George Sullivan, 3 Hazel Huntley and Gladys Huntley (equal).

Grade II (Junior)—1 Vincent Larkin, 2 Alphonso Larkin, 3 William Larkin.

Grade I (Senior)—1 Margaret McDonald, 2 Lora Fraser, 3 Florence Fraser.

Grade I (Junior)—1 Frederick Furness and Jay Sullivan, (equal) May Martin.

GRIPPE!

Stop it with Minard's the great preventative. Heat and inhale. Also rub on throat and chest.

MINARD'S "KING OF PAIN" LINIMENT

When you think of Christmas giving think of giving Photographs

ALSO BY BAYEF Passport Photos 163 GREAT GEORGE STREET

Professional Cards

McDonald & McPhee B. A. A. McDONALD. H. F. MCPHEE Barristers, Attorney, Etc. Money to Loan

Dr. C. C. Archibald Graduate of N. Y. Post Graduate Medical School and Hospital Practice limited to Eye, Ear, Nose and Throat

Mark R. McGuigan B. A. BARRISTER, SOLICITOR, ETC. Money to Loan

W. A. MORRELL CHARTERED ACCOUNTANT AND AUDITOR RHODES STEELE BLOCK AMHERST, NOVA SCOTIA

EATING WITH BRITISH ROYALTIES BY A LADY OF THE COURT (Edited by Elizabeth Craig)

These recipes are taken from the old household "Scrap Book" started by Queen Victoria in 1831. To this book various members of the Royal Family have contributed directions for the preparation of their favorite dishes. Contrary to general belief, the meals of the British Royal Family are not elaborate. The recipes can be utilized by any Canadian housewife.

A SIMPLE SALLETT (Salad)

(Of George the Third's)

Take one green vegetable such as a young lettuce, mix with cold boiled carrots, chives, and radish roots. Served plain on a dish with fresh olive oil, vinegar, and sugar.

A NOTE ON CABBAGE

If the cabbages to be cooked be of common folk they should be bleached with grated bread for "lord" the yolks of eggs should be used.

CHEROKEE SAUCE

Mix a quart of walnut pickle with 1/2 pint of mushroom catsup, 6 fine chopped anchovies, 1 oz. of cayenne pepper, 1/2 oz. minced garlic, 1 oz. minced shallots, 1 drachm of cochineal, and 4 spoonfuls of Indian soy. Bottle, cork tightly, and shake well once a day. The hotter it is kept before it is eaten the better.

WHITE OYSTER SAUCE.

Wash 50 oysters one by one in a basin of clean water, then run your oyster liquor through a fine strainer. Put oysters in a pan along with their liquor and half boil them, then remove them and some of the liquor, and add a pint of cream to the remainder of liquor alone, with a little maco and 1/4 lb butter worked up with enough flour to make sauce proper thickness. Boil up, add oysters, finish cooking, and when ready remove from fire, add a glass of white wine by degrees. When flavored to taste, set it over the fire again, stirring till piping hot but do not boil in case the boiling turns the sauce.

Fashion Fancies



By Marie Belmont

The gray cloth coat is very smart, either trimmed with fur or left untrimmed. The straightline model above is cut on generous lines, so that it wraps well about the figure. It needs no trimming, because of the decorative quality of the fabric, which combines a soft gray with gray of deeper tint. A tiny felt hat of the lighter gray completes a very smart outfit.

When frying doughnuts set a colander or large strainer into another pan and put the doughnuts in this to drain and cool. Always let them get cool, but not cold before putting them away, and keep in a tightly covered stone jar.

BRINGING UP FATHER—

Comic strip panel 1: A woman says to a man, 'THE MAN THAT LIVES NEXT DOOR IS CALLIN' TO SEE YOU - I THINK HE WANTS TO BORROW SOMETHING.' The man replies, 'THAT'S THE ONLY REASON HE CALLS - SEND HIM IN.'

Advertisement for Northern Electric Company Limited. Features illustrations of a streetcar, a factory, and a telephone. Text includes 'TRANSPORTATION and POWER COMMUNICATION' and 'Keystones of National Prosperity'.

Keystones of National Prosperity

WHAT visions of progress are conjured up by those words—Transportation, Light and Power, Communication!

The basis of transportation, light, power and communication is energy, and how richly Canada is endowed by nature with energy! The world's resources of coal and oil are being used up and cannot be replaced. Water power, of which Canada has such an abundance, will exist as long as the solar system lasts.

Both in the possession of power, and the utilization of that power, Canada stands pre-eminence in proportion to her population. The Water Power Committee of the Conjoint Board of Scientific Societies in Great Britain recently reported that 75,000,000 h.p. are used for factories and general industrial and municipal activities throughout the world. This statement throws into striking relief the fact that in Canada alone there is commercially available for development no less than 18,000,000 24-hour h.p. of hydro-electric energy—equal to about one-fourth of the power now used in all the factories of the world!

So far Canada has only scratched the surface of the possible development, but she is proceeding in this direction faster relatively than any other country. Of the total developed water power in the British Empire, seventy-two per cent is in Canada! A recent estimate showed that the developed hydraulic h.p. in Canada amounted to 386 h.p. per thousand of the population, as compared with 100 h.p. per thousand for the United States. The men who are harnessing our rivers in preparation for new developments, new industrial centres, new homes, are men with abiding faith in the Canada of tomorrow. Like the early pioneers in transportation, telephone communication and electrical development—like Bell, VanHorne, Beck—today's power geniuses are blazing new trails. They have their place among the builders of the nation.

Northern Electric COMPANY LIMITED. Equipment for transmitting Sound and Power. This is No. 11 of a series of advertisements issued in the interest of Canada's electrical development.

THE TEETH NEED ATTENTION. acidity of the mouth, bacterial growth, lack of brushing, cause decay. KLENZO DENTAL CREME. Is a perfect antiseptic dentifrice which corrects acidity, cleanses the teeth and keeps them in a healthy condition, by removing the causes of decay. PRICE 35c AND 60c SOLD ONLY BY

Mackinnon Drug Co. Phone THE REGALL 2080 219 KODAK STORE 332

Comic strip panels 2-4. Panel 2: A man says, 'I'LL FIX THIS GUY - WHAT EVER HE ASKS FOR - I'LL LIE ABOUT - THIS IS WHAT I'GT FER STAYIN' HOME!' Panel 3: A man asks, 'AH - MR. JIGGS - ARE YOU GOIN' TO USE YOUR GOLF STICKS TODAY?' The man replies, 'I AM - I WUZ JUST GITTIN' READY TO GO OUT WITH THEM - TO MY CLUB.' Panel 4: A man says, 'GOOD - THEN YOU WON'T BE USIN' YOUR LAWN-MOWER - I'D LIKE TO BORROW IT -'