



DRIVING A DELIVERY TRUCK IS NO REAL EXERCISE - YET I KEEP FIT!

Even outdoor workers get their "down" spells, headachy feelings, and miserable blue days... especially when their work is trying and yet gives them no real exercise.



FOLLOW THESE TWO RULES OF HEALTH

1. To get well, see your doctor. 2. To keep well, watch your habits. Especially if your work is inactive, make it a rule to eat this crisp, toasted, mildly laxative cereal every day.

KEEP FIT THIS WAY! STEER CLEAR OF HARSH CATHARTICS. INSTEAD, EVERY MORNING, EVERY MONTH, EAT TASTY KELLOGG'S BRAN FLAKES!

Boy, what a flavour! You'll get a real taste-thrill from this crisp, new-flavored Kellogg's Bran Flakes. So it's easy to make this treat for them every morning for a month.

The Central Guardian

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

CONFEDERATION LIFE INSURANCE. L-9789

COOK'S for Photographs. L-139-6-4-11-21.

REMINGTON TYPEWRITERS for sale at Miller Bros. Ltd. L-205-6-6-21.

MEN'S SUITS Special for Friday and Saturday \$20.00 up. Henderson & Cudmore. L-217-6-6-21.

HAMPTON UNITED CHARGE. Services on Sunday, June 8th, 10.30 A.M. follows. Bondar, 11 A.M., DeSable 3 P.M. Hampton 7.30. L-192-6-6-11.

REV. I. J. LEVY will speak in Alexandra Baptist Church on Sunday, June 8th at 7.30 Standard Time. L-128-6-6-11.

SEE OUR SHOWING of Remington Portable Typewriters from \$39.50 up, at Miller Bros. Ltd. L-205-6-6-21.

YOUR SUIT is here at special prices Friday and Saturday. \$20.00 up. See them. Henderson & Cudmore. L-217-6-6-21.

POWNAL CHARGE, June 8th. Pownal S. S. at 10.30 A.M. conducted by Y. P. U. Pownal at 7.30 conducted by Y. P. U. Rev. D. K. Ross, Minister. L-180-6-6-11.

YORK UNITED CHARGE. -Rev. J. A. Nicholson, Minister. No service on Sunday. Minister at Conference W. M. S. York Tuesday. Mrs. E. J. Vessey, quarterly board and parsonage committee will be at parsonage on June 11th at 8 o'clock. L-194-7-9-11.

NEW GLASGOW CHRISTIAN CHURCH SERVICES. - Sunday, June 8th, Sunday School 10.00 A.M. Worship 11 A.M. Fredericton 3 P.M. Breadalbane 7.30 P.M. Rev. R. E. Shaw, Minister. L-209-7-6-11.

UNION ROAD - COVEHEAD SERVICES, Sunday, June 8th, 11.00 A.M. West Covehead 9.00 P.M. Union Road, Standard Time. Rev. Thomas A. Wilson, Minister. L-216-6-6-11.

WHOLESALE CLOSING ALL DAY. - As Monday 9th June is being observed as the King's Birthday the Offices and Warehouses of all Wholesale Grocers, Fruit & Confectionery Merchants will be closed all day. L-195-6-6-21.

YORK-The serious illness of Mrs. West, York, is regretted. Mrs. Thomas Woolridge is spending a week in the City. Her daughter, Mrs. John Munn. Her friends regret to learn of the illness of Mr. Frank Watts, C. N. R. York.

MR. ROBERT HENDERSON, Assistant Manager, and Mr. F. F. Wright of the Canada Permanent Mortgage Corporation will arrive in the City this evening. Parties interested in financing new homes in the City might get in touch with them at the Office of Hyndman & Company on Saturday. L-214-6-6-11.

THE UNITED CHURCH OF CANADA, Hunter River Pastoral Charge. Services will be held on Sunday, June 8th, as follows: Wilshire 11 A.M. This service will be the auspices of the Young People's Union. Hunter River 7.30 P.M. under the auspices of the Young People's Union. Rev. Lewis M. Murray, Minister. L-160-6-6-11.

NURSES GRADUATE - Four of the eight nurses who received their diplomas at the graduation exercises of the British Columbia Nurses' Association at the St. Joseph's Hospital Saint John, N. B. Wednesday evening have already obtained registration in New Brunswick. Having passed the registration examinations held recently. The exercises were held in St. Vincent's auditorium and the members of the graduating class were: Miss Eleanor Magee, R.N., 255 Carmarthen Street, Saint John; Miss Barbara McLaughlin, R.N., Perth; Miss Katherine Driscoll, R.N., Summerdale, P. E. I.; Miss Mary Gallagher, 255 St. John Street, City, the leader of the class; Miss Beryl Lean, 240 Duke Street, City; Miss Margaret Heenan, Lancaster Avenue; Miss Gertrude Gillis, R. N., Kensington, P. E. I., and Miss Madalyn Green, Penobscot.

RETURNS TO CAMP - Mr. and Mrs. F. J. O'Neill have returned to their home, 109 Elliott Row, after attending the closing exercises of St. Dunstan's University where their son Francis B. O'Neill is a student. Mr. O'Neill is to spend a few days and has since left for Beach Grove Inn, Charlottetown where he is with the C.O.C.T. Mr. O'Neill was awarded the sophomore prize as leader in the graduation year in Arts at St. Dunstan's and the silver trophy for the senior athlete at the university. - Saint John Telegraph-Journal.

STEVES GOVANG - A quiet but pretty wedding was solemnized at the home of Mr. and Mrs. Sylvester Govang, Edgett's Landing, on Friday afternoon last, when the officiating clergyman, Rev. J. E. Hogan ministered in marriage of their only daughter, Miss Geraldine Louise to Sergeant Milford B. Steeves of the R.C.A.F., son of Mr. and Mrs. De Forest Steeves, Albert Mines. The bride was attended in a dusty rose sheer. After a wedding supper the bride and groom left for a motor trip to P. E. I. The bride's travelling suit was of blue boucle with matching accessories. The bride is a graduate of the Provincial Normal School. The groom has recently graduated from Wireless and Gunnery Schools. - Moncton Transcript.

WALTER DALE - A pretty wedding was solemnized at the parsonage of Shawville United Church on Saturday afternoon, when Miss Evelyn Rebecca Dale, graduate nurse of Grace Hospital, Ottawa, and daughter of Mrs. Dale, of Shawville, and the late Mr. Robert Dale, was united in marriage to Sergeant Pilot Harold Allen Walker, of the R.C.A.F., Prince Edward Island, son of Mr. and Mrs. G. Walker, of Hartington, Ont. The bride wore a gown of powder blue crepe in redingote style cut street length with white accessories and a shoulder knot of American Beauty roses. She was attended by the sister of the bridegroom, Miss Theilma Walker, of Hartington, whose dress was of dusty rose crepe with rose colored hat and accessories and a shoulder knot of tea roses. The bridegroom was supported by the bride's brother, the late Mr. Robert Dale, later going to points in Central Ontario. The bridegroom expects shortly to go overseas, and the bride will reside in Ottawa. - Ottawa Journal.

SOLDIERS!

For Feet That Sweat, Burn and Give Off Offensive Odors

Tonight do this—give your tired aching feet a good hot foot bath. Rinse and dry thoroughly. Next pour about a teaspoonful of Moone's Eucalypt Oil into the palm of your hand and rub thoroughly over the foot, rubbing well into the soles—repeat the process quickly for that aching burning soreness—you get about your work again and comfortable again.

Moone's Eucalypt Oil does not stain—is economical and sold satisfactorily guaranteed or money back. Any progressive drug store will be glad to supply you.

W.I. CONVENTION—With a program built on the general theme of an "all-out" war service and a survey of emergency developments to date in the view of the emergency, the biennial convention of the Federated Women's Institutes of Canada will be held in Fredericton N. B. June 16-19 in conjunction with the national convention of the New Brunswick Federation of Women's Institutes. The Federated Institutes represent a membership of 76,000, mostly country women, of more than 3,000 branches from Prince Edward Island to Vancouver Island. Command to the convention will be in the form of round tables in as many joint sessions as possible with the New Brunswick convention. National conveners include: Mrs. Fred McLaren, North River P. E. I. Canadianization and Immigration; Mrs. Guy Humphrey, Hampton, N. B. Legislation; Mrs. W. B. Leatherdale, Coldwater, Ont. Canadian Industries; Mrs. Alton MacMillan, Fairview, P. E. I. Home Economics; Miss Mabel Childerose, Rosser, Man. Peace Education and International Relations; Mrs. H. R. Evans, Innisfree, Alta. Child Welfare and Public Health; Mrs. J. P. Ferguson, Trochu, Alta. Education; Mrs. E. Ducie, Dundurn, Sask., Agriculture.

A bad fire in the St. Peter's Harbor, section on Sunday destroyed the dwelling house and outbuildings on the estate of the late Ronan Drake, Mr. Drake's daughter who was making her home there, was away at the time of the fire and nothing was saved. Several tons of lime stored in one of the outbuildings was destroyed. Part of the estate today it is a sad sight to see since run after the years of hard work by the late owner to build it up.

This is not the first bad fire St. Peter's Harbor has had. Many years ago the late John Sinnott, dropped a lighted lantern in the hay house at Stockley farm causing the worst fire in the district ever saw. Horses, cows, pigs and hens perished in the blazing furnace. Men hurried from miles around to help, but many of the frightened animals that were let out raced madly into the burning building again and perished.

A few years ago fire destroyed the outbuildings on the property of Horace McEwen, everything but the dwelling house being destroyed.

Mr. Gus McDonald has entered the Charlottetown Hospital for treatment.

Mr. Gerald Barry, foreman at the Morell packing plant has answered the call of the armed forces and left here on Thursday for a training center somewhere in Canada.

Fishermen report better fishing very slack last week as the cod have struck. Several of the fishers were given hearings last week for taking lobsters under the size limit.

HEADACHES - Stop suffering needlessly from splitting headaches. Do as countless thousands are doing—get FASTER relief with Backley's Chiropractic Capsules. THREE ingredients in these convenient capsules relieve pain almost instantly, stimulate and refresh, induce a beneficial relaxation of nerves, and RELIEF WITHOUT REACTION! 15 doses 35c.

Ganongs Candies BULK COCA CAKES COCOANUT WITH CHERRY TOPS MACAROONS DAINITIES ASSORTED CHOCOLATES

JAMIESON'S DRUG STORE

and several fines were handed out.

This week those who follow the mackerel fishing will set their nets out as the mackerel generally strike around the first week of June.

Mr. James F. McDonald, carpenter, who went to Halifax a short time ago has returned home again and reports work in his line very quiet.

Thousands of bushels of potatoes are going to the starch mills at St. Peter's. The factory has been operating day and night since opening, sometime ago. Despite this, there are thousands of bushels piled outside.

Mr. James A. O'Brien is able to be out around again after his long illness.

A large crowd attended the dance in Morell, hall on Friday night including a number from the city. St. Avards New Orchestra supplied the music. George Chappell is a new member of the band this season.

Several more young men from Morell, have received the call to report for service with the R. C. N.

Mrs. Patrick McKenna has returned to her old home here after spending the winter months in the city.

Many friends have learned with regret that the Rev. S. J. Boyce, minister of the United Church here has been called to a new charge on the mainland. Mr. Boyce, not only made friends with his own congregation but with every one who had the pleasure of meeting him regardless of denomination. Your agent who has had the pleasure of knowing the Rev. Mr. Boyce, for several years, takes space in this column to extend his personal regrets at his leaving and wish him every success in his new field of labor.

Schoolmates of Miss Jean McKenzie, St. Andrew's will learn with regret that she has entered the P. E. Island Hospital for an operation. Jean is the daughter of Mr. and Mrs. George McKenzie.

The habit of breaking bottles on the paved highway still goes on. It would be well for those who delight in this work to remember that bottles are among the things asked for in the "save everything" drive for war purposes.

The road leading to St. Peter's Harbor and the road across the beach that was built some years ago are both in a very bad state at present and should be attended to.

Many farmers and fishermen are missing this spring having sown up and no doubt before the end of the struggle many more will have to answer the call.

TENDER LEAF Tea Balls 18 Orange Pekoe. YOUNG leaves for finer flavor in a new tea ball that FILTERS. Blended and packed in Canada.

At your grocer's - 18 or 100 to the package - also Tender Leaf Tea in 7- and 12-oz. packages.

Mr. Roy Jay, who served years with his father John Jay at Marie, and he is very busy at present time.

Mrs. Gerald Barry, was a visitor to the city over the week-end. The first potatoes to be planted here were put in on Saturday last May 31st. With a week of continued fine weather most of the farming should be done. Mr. Irwin Drake is doing the work on several farms this spring with his new tractor.

Many farmers and fishermen are missing this spring having sown up and no doubt before the end of the struggle many more will have to answer the call.

WEEK END FOOD SAVINGS STOCK UP AT THESE SAVING PRICES ON SALE FRIDAY and SATURDAY

Table with food items and prices: Eaton's Cairo Palm Soap 3 for 11c, Arrow Brand PEARS 16 oz. Tin 10c 2 for 19c, Aylmer APPLE SAUCE 15 oz Tin 10c, BAKING POWDER 1 lb. Tin 21c, SHREDDED WHEAT Pkg. 12c 2 for 23c, Ideal Apple and Raspberry JAM 4 lb. Tin 43c, Schwartz PREPARED MUSTARD Large 30 oz. Jar 24c, Kellogg's ALL BRAN Large Pkg. 23c, Culverhouse Pie, Peaches or Cherries 12 oz. Tin. Each 13c 2 for 25c, Old City PEANUT BUTTER 3 Lb. Tin 45c.

TRY THIS FOR HEALTH Fleischman's High Vitamin Yeast Each 4c

Table with food items and prices: Canada CORN STARCH Pkg. 10c, SUNLIGHT SOAP Each 6c 3 for 16c, SALADA TEA YELLOW LABEL 1 Lb. Pkg. 7c 1/2 Lb. Pkg. 38c, MEAT COUNTER: Corned PORK HOCS. Lb 9c 3 Lbs. 25c, ROASTING PORK Lb. 23c, PRIME RIB ROAST BEEF Lb. 25c, Picnic Style PORK SHOULDERS. Lb. 27c, ROUND STEAK. Lb. 25c, FRANK FURTS. Lb. 25c, COOKED CORNED BEEF. Sliced. Lb. 27c, COOKED HAM. Sliced. Lb. 55c, Eatons' Select Young Pork SAUSAGE. Always Fresh. Lb. 25c.

Table with food items and prices: Fresh Fruits and New Vegetables: Fresh PINEAPPLES. Each 19c, GRAPE FRUIT. Small Size 5 for 25c, Large CELERY HEAD 25c, New Leaf LETTUCE Bunch 12c, STRAWBERRIES BOX 35c, CUCUMBERS' Each 25c, TOMATOES Firm Ripe. Lb. 25c, New CABBAGE Lb. 10c, CANTELOUPE. Each 25c, -New CARROTS. Lb. 10c 3 lbs. 29c, Heinz MAYONNAISE 6 oz. Jar 21c, HEINZ SANDWICH SPREAD Med. Size Jar 21c.

In Memoriam

MRS. T. A. PEARSON WOLFVILLE—June 4—the death occurred on Saturday afternoon of Mrs. T. Andrew Pearson, one of the oldest and most highly esteemed residents of Greenwich, following a year's illness. Before her marriage she was Miss Minnie Isabel Shaffner, daughter of the late William and Azubah (Phinney) Shaffner of South Williamson where she was born in 1872. She spent her early life at South Williamson and studied music at Acadia Ladies Seminary in 1879. In 1889 she married T. Andrew Pearson, and after living for 25 years in Annapolis County they moved to Greenwich, where they have since resided and where she made many friends.

Surviving besides her husband are three daughters, Essie (Mrs. Chas. Fenwick), Charlena (Mrs. Brenton Merry), both of Greenwich, and Nan (Mrs. Darrel McGuire), of Charlottetown. P. E. I.; one son, Ernest, of St. Paul, Minn., and six grandchildren. The funeral service was held at the Greenwich Church, conducted by Rev. Dr. F. H. Eaton, of Wolfville, assisted by Rev. R. S. Gregg, of Port Williams. The pallbearers were two sons-in-law, Darrel McGuire and Brenton Merry (the other son-in-law, Chas. Fenwick, being a German prisoner of war), two grandsons, Eugene and John Merry, Eric Bacon of Wolfville, and Jack Morse of Kenville. Burial was in the family lot in the Baptist cemetery at Nictaux.

CAMEL STEAKS

Settlers in the American west of the 1870s and the 1880s relished wild camel steaks. Descendants of a herd imported from Egypt by the army in 1856 and turned loose because they caused horses to stampede, the camels multiplied rapidly until wiped out by hunters in search of meat.

Benzine will remove stains from real parchment without injuring the paper at all; try it for your lampshade.

Turpentine will remove stains on your hearth tiles quite easily.

Kelp, a kind of seaweed, is the longest weed known, it sometimes attains a length of 1,800 feet.

ONLY Westinghouse HAS TRUE-TEMP. WHAT HAPPENS When you do THIS. Look at the True-Temp Control on a Westinghouse Refrigerator. Note that it's marked in actual degrees of temperature. No other refrigerator control has any temperature markings. That's why True-Temp is the only refrigerator control that allows you to select the temperature you want for your food. It is the only control that automatically keeps your food at the temperature you select. It is the only control that automatically adjusts the freezer temperature to take care of changes in the temperature of your kitchen. When you set your True-Temp control you are assuring yourself of constant, automatic and trouble-free food protection. Only Westinghouse TRUE-TEMP Automatically Maintains FOOD Temperature. Come in and learn what True-Temp means to you in the proper preservation of all your foods. See this and other Westinghouse advancements, including high speed Sanalloy Freezer, Dual automatic protection, extra large, covered Meat Keeper—Glass-topped Humidrawer and dozens of other convenience features. MILLER BROS. LIMITED

WESTINGHOUSE TRUE-TEMP CONTROL. 7 NEW MODELS TO CHOOSE FROM. ECONOMISER MECHANISM Sealed in steel. Life-time lubrication. Only three moving parts. 5 ZONES OF COLD Proper conditions of cold and humidity for frozen foods; meats; milk; staples and left-overs; vegetables and salads.