

# Now is the Time to Beware of Contagious Colds!

At a treacherous time like this, with contagious colds all around you, what you do today may save you and your family a lot of sickness, worry and trouble later.

Follow these simple rules of health: Live normally. Avoid excesses. Eat simple food. Drink plenty of water. Keep elimination regular. Take some exercise daily—preferably outdoors. Get plenty of rest and sleep.

Then use these two time-tested treatments when needed.

AT THE FIRST SNIFGLE, SNEEZE OR NASAL IRRITATION... put a few drops of Vicks VapoRub on each nostril.

IF A CHEST COLD OR COUGHING COLD DEVELOPS (some colds get by all precautions) depend on Vicks VapoRub to relieve misery. Rub VapoRub on throat, chest and back and cover with a warmed cloth.

Both VapoRub and VapoRub have been tested through years of use in millions of homes. When you use these two medicines you are not experimenting; you are not taking needless chances.

At the first sniffle, sneeze or nasal irritation... put a few drops of Vicks VapoRub on each nostril.

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Pictured above are members of No. 3 Platoon No. 6 A Veterans Guard of Canada. Reading Left to Right they are: Pte. Mason, Pte. Arsenault, Pte. McCoubrey, Pte. Gallant, Pte. Duncan, Pte. Bevan, Pte. Brooks, Pte. A. Douse, Jay. Cpl. Gregory, Pte. Walsh, Major R. H. Duvar, O. C., Sgt. McInnis, McEachern, Pte. J. LeClair, Pte. P. LeClair, Pte. McKenzie, Pte. Byers.

## Girl Guide News

### LOVE GUIDES ACTIVE

The 1st Prince Edward Island Love Guide Company has made the splendid donation of \$4.50 towards Red Cross War Work. This company is composed of handicapped girls in different sections of the Province with Mrs. J. E. Harris, Mrs. J. L. Curran and Miss Edna Gordon of Charlottetown as their leaders.

PLANES GROUNDED—Poor visibility yesterday grounded planes of the Canadian Airways Company, operating between this city, Summerside and Moncton.

SONS OF ENGLAND INSTALL OFFICERS—Mr. Roy B. White was elected president of Elton Lodge, No. 148, Sons of England, Benefit Society at the installation of officers for the lodge which was conducted by District Deputy, Bro. W. L. Henry assisted by Past President, Bro. Harry P. Drew.

Successful Play At Holy Name Hall—Despite unfavorable weather, a large turnout greeted players of the Basella Dramatic Club as they staged their latest comedy at the Holy Redeemer Hall last night.

PERSONALS—Mr. G. R. Keefe, representative of the Baird Drug Co. Ltd. is confined to his home through illness.

BRILLIANT RECITAL BY Doris Ann Dunlap—The Women's Music Club is to be congratulated on bringing Doris Ann Dunlap, well known Halifax Contralto, to this city where she was heard in a fine recital at St. Paul's Parish Hall last night.

Liner docks after Battling fierce storm—HAMILTON, Bermuda, Jan. 15—(CP Cable)—Battered by a fierce Atlantic storm, the Grace liner Santa Rosa docked today at St. George's, Bermuda, with 11 of her passengers injured and one of them in serious condition.

Too Late To Classify—WANTED—HEATED ROOM ON ground floor. Apply 248 Fitzroy. L-270-1-15-21.

BASE BURNER AND DOUBLE NUR for sale. Apply at 25 Elm Ave. L-273.

LOST—A SMALL BROWN female dog answering to the name of "Pickles". Return to 119 Rochford St. Reward. L-274.

## The Central Guardian

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

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## True Bills in 3 Indictments In Supreme Court

A true bill in the case of the King vs. Jeremiah Doucette, of Charlottetown, charged with murder, was filed by the Grand Jury at the opening of the January term of the Supreme Court yesterday.

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## Italian Destroyer

Italy's fighting was thus summed up tonight by a Greek Government spokesman.

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## Blackout Ventilation

When windows cannot be opened because of the blackout, bathroom doors should be left open, said a coroner in an inquest on a domestic overcame in her bath.

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## Buffet Supper Dance

At the Charlottetown Hotel Friday, Jan. 17, 9:30 to 12:30 Tickets \$1.25

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## Boy Scouts Memorial Service program

Plans have been completed for a memorial service to be held this Sunday at Trinity United Church in honor of the late Chief Scout, Rt. Hon. Lord Baden-Powell of Gilwell, Scouts and Guides of the Protestant Churches will take part in this service.

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## Red Cross Notes

Letters of Appreciation of Red Cross Socks

As the Red Cross is about to move its workroom from the Canadian Legion Building the ladies would appreciate it if those who have finished articles, would not send them in until after they are settled in their new headquarters.

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You can depend on

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THE COLOUR GUARANTEES THE QUALITY

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CHARLOTTETOWN TEL. 240

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**N. D. MacLean**  
UNDERTAKER  
EMBALMER  
Charlottetown and North Westshore Phone 149

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