



When you're Healthy, you're happy

THINK back over the last six months. The days that you were the happiest were days when health was at the peak. Enjoy more sunny days.

Poor health is so often due to common constipation. Yet this condition can be overcome by simply eating a delicious cereal.

Laboratory investigations have proved that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further assist elimination. ALL-BRAN is also twice as rich in iron as an equal weight of beef liver.

This "bulk" in ALL-BRAN is similar to that in leafy vegetables. Biological tests have demonstrated that it is mild in action.

Two tablespoonfuls of Kellogg's ALL-BRAN daily are usually sufficient. With each meal in chronic cases. If not relieved this way, consult your doctor.

Isn't this pleasant "cereal way" better than taking pills and drugs — so often harmful? Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.



"When you're healthy, you're happy"

"How you feel—and how well you look—depends largely upon the food you eat. Be sure your diet is balanced—with sufficient 'bulk' to promote regularity."

H. H. Kellogg

CENTRAL GUARDIAN

This is reserved for news, but advertisements of a news character may be inserted at the rate of 4c. per word, strictly payable in ad-

HOLT RENFREW & CO. of Quebec will hold demonstration here Thursday, Friday and Saturday. Moore & McLeod, Limited. 5940-11-3-21.

CORNWALL CHARGE, Nov. 6th. New Dominion at 11 a.m., Kingston at 3 p.m., Cornwall at 7.30. Rev. D. K. Ross, minister.

RAW FURS—We are now open to buy all kinds of raw furs at our office on Grafton St. above Purdie & Ferguson's Shoe Store. Harry Kirsh. 5908-11-1-31

FUR REPAIRS and alterations. Mr. Tremblay of Holt Renfrew & Co. will give you an estimate. See him, Thursday, Friday and Saturday of this week. Moore & McLeod Limited. 5940-11-3-21.

CHURCH OF ENGLAND SERVICES in the Parish of New London on Nov. 6th will be as follows: Kensington, Holy Communion 10.30 a. m. Sunday School 2 p. m. French River 2.30 p. m. Burlington 7 p. m. G. T. Spriggs, Rector.

FURS AND FUR COATS, ladies interested in purchasing furs are invited to see Mr. Tremblay of Holt Renfrew & Co. here on Thursday, Friday and Saturday of this week. Moore & McLeod, Limited. 5940-11-3-21.

BELLE RIVER-BELFAST pastoral charge Sunday, Nov. 6th, services are as follows: Belle River at 11 a.m.; Eldon at 3 p.m. Rev. E. J. Chisholm will be the speaker.

POLICE COURT—At the Police Court yesterday morning a man charged with unlawful possession of liquor was fined \$200 or 3 months. An offender in a breach of the sanitary by-law was dismissed. A juvenile case was also disposed of.

STUDYING FOR MINISTRY—There are 56 young men studying for the ministry at Mount Allison University this year: 8 from Prince Edward Island, 20 from Newfoundland, 3 from Saint John Pres., 1 from Truro Pres., 2 from Woodstock 5 from Sydney, 3 from Pictou, 5 from Miramichi, 2 from St. Stephen, 2 from Moncton, 2 from Windsor, and 1 from Cumberland-Presbytery.

HOCKEY IN SCOTLAND—A clipping from Edinburgh, Scotland, gives a description of a hockey match in which the name of MacDonald is prominently mentioned. The MacDonald referred to is "Wen" MacDonald, son of Mr. and Mrs. P. J. MacDonald, City, who is continuing his studies in medicine at the University of Edinburgh. The game is probably one between two teams from the University, and judging from the write-up the fans were very favorably impressed by MacDonald's brand of hockey.

MISS MARJORIE FRASER and Messrs. John Mathews, Alfred Linkletter and Fred Lard returned home Monday evening from Mount Allison University. She is a delegate from Prince of Wales College, the week-end Student Christian Movement Conference for Maritime students. While there they also had the pleasure of attending the Junior Prom which was held Friday evening. These students speak very highly of the hospitality received at Mt. A.

STUDY CLASS—A study group was organized by Supervisor James R. Murphy on Oct. 19th, at Crapaud. A study of primary reading and writing was taken up after the officers were elected who are as follows: President, Mr. G. Harding, Crapaud; Vice-president, Chas. McPhee, Hampton; Secretary, Miss Wilkinson, Crapaud; Press Committee, Conventor, Chas. Bell, Hampton, Assistant, Mr. S. Inman, Westmoreland; Question Box Committee: Conventor, Mr. MacVinn, Kelly's Cross, Assistant, Mr. Murray, Inkerman. The Biography of Champlain and The Conquest of Canada are to be studied at the next meeting to be held November 9th, at five o'clock.

REMARKABLE RECORD — In

HOW TO CARE FOR HARDWOOD FLOORS
No matter how faithfully the hardwood floors are swept with a soft brush and wiped with a dust mop, they acquire a soap and water bath and re-waxing every few months or they will soon become dingy and worn looking.
Wring cloths or a mop out of warm soapy water. Do not put enough water on the floor to soak into the wood, but change the soapy water frequently to prevent streaking. And of course the rinse must be clean. When the floor is clean and dry, moisten a flannel cloth with a good quality soft wax and rub over the floor. Leave on an hour or more, then polish with a weighted brush.

BOILS SO BAD Could Not Work

Mr. Wm. Davyduke, Smeaton, Sask., writes:—"Three years ago I was troubled with boils which were so bad I could not work. A friend told me my blood must be bad and advised me to take Burdock Blood Bitters. I didn't know any medicine could put such a sudden stop to such misery, as one bottle put the boils to an end."

For sale at all drug and general stores; by The T. Millburn Co., Ltd., Toronto, Ont.

\$2,500.00 IN CASH PRIZES

Given for arranging these 7 uses for Fry's Cocoa in the order of their popularity—

HERE ARE THE PRIZES:

- 1st \$500.00
- 2nd \$350.00
- 3rd \$300.00
- 4th \$250.00
- 200 Prizes, \$2.00 each
- 5th \$200.00
- 6th \$150.00
- 7th \$100.00
- 50 Prizes \$5.00 each
- TOTAL \$2,500.00



Here are seven different and well-recognized uses for Fry's Cocoa, arranged in alphabetical order:

- Cake Icing
- Cakes and Puddings
- Children's Drink
- Chocolate Fudge
- Chocolate Sauce
- Hot Cocoa Drink
- Iced Cocoa Drink



DISREGARDING the above order entirely, write down these seven uses in what you think is the order of their popularity in the average home. Study the uses and figure out for yourself what is likely to be the popular order.

Send your entry to us (see conditions below) to be included in our \$2,500.00 Prize Competition. The use you put first will be given a score of 7 points; the use you put second will be given 6 points; the use you put third will be given 5 points; the use you put fourth will be given 4 points; your fifth choice will be given 3 points; your sixth choice will receive 2 points and your seventh or last choice, 1 point.

Each and every entry received will be treated in exactly the same way. When the Competition closes (which will be November 15th, 1932) the totals from all entries will be added up and the use securing the highest number of points will be adjudged the most popular one. The use securing the second highest number of points will be adjudged the second most popular use. The use securing the third largest number of points will receive third place and so on down the line.

The \$2,500.00 in cash prizes will be awarded to those who have listed all seven uses in the order nearest to the order determined by popular vote.

How to Enter the Contest

Simply remove the label from a tin of Fry's Breakfast Cocoa (either a one-pound or half-pound size) and write on the back of it the seven uses in the order of your choice and number them accordingly. Below that write your name and address plainly—preferably in printed characters. Then mail your entry to Dept. C, J. S. FRY & SONS (Canada) Limited, 2025 Masson Street, Montreal.

AN EASY WAY TO WIN A HANDSOME CASH PRIZE. SEND IN YOUR ENTRY TODAY

J. S. FRY & SONS (Canada) Limited

2025 Masson Street - MONTREAL

Slightly Damaged OATMEAL
Regular price \$3.00 per bag 98 lbs. We offer this lot for \$1.50 Bag. A great bargain! The best feed for FATTENING HENS and CHICKENS. GREAT HOG FEED "makes them grow". This price while it lasts.

FOX FEEDS
IMPERIAL FOX BISCUITS.
P. E. ISLAND FOX BISCUITS.
FOX CUBES, SHREDDED WHEAT MEAL and other fox feeds.
WHOLESALE & RETAIL LOWEST PRICES.

Barter & Co. LIMITED

Owns Boston's Front Doorstep
BOSTON, Mass., Nov. 2—Charles W. Harper, Cambridge business man, owns Boston's front doorstep, Green Island, the last dot of land in Boston harbor. He is the only individual who owns one of the 17 islands in the harbor and he acquired it through a joke. It happened this way:
One sunny afternoon about 20 years ago Mr. Harper visited his lawyer, the late James E. Young, in the Kimball building. When they finished the legal business at hand the lawyer asked facetiously: "Say, Charlie, you wouldn't like to buy a nice island, now would you?"
"Sure I would," answered Mr. Harper.
"Do you mean that?" queried the lawyer, who had little hope of disposing of an acre and a half of land 13 miles from Atlantic avenue.
"Certainly I do," said Mr. Harper. "I've had a motor boat for a good many years and I've been looking a pond for some place in the harbor where I could put it in."
Thus it happened that perhaps the only man in Boston who was in the market for a harbor island talked business with the only person who had one to sell.
It is only on the enlarged naviga-

tor's charts of the harbor that you will locate Green Island, a little speck of rock, sand and grass between the Boston and Graves lights. It had been in the Young family for 100 years before Mr. Harper acquired it and he has been too busy manufacturing and distributing electrical hearing devices for the deaf to delve into the early history of his little domain.
He told a story about visiting the island one Sunday afternoon and seeing two strange row away with his tender which he had left in the little harbor on the shore side. He went over to the visitors and explained that he didn't mind them borrowing the boat to visit another island but they really should ask permission. He added that he didn't really mind if they landed but they should have some regard for private property, for he owned the island.
"You own this island?" echoed one of the strangers. "That's a good one. Say: you can't fool me. I own Boston on Common."

EYES TESTED AND GLASSES FITTED
J. S. TAYLOR
E. W. TAYLOR
Optometrists
142 Richmond Street

Fighting Cancer With Knowledge
NEW YORK, Nov. 2—As a move to fight cancer with knowledge, the New York City Cancer Committee today issued an illustrated book intended for both laymen and physicians.
"Cancer Then and Now" is its title. It shows pictorially the advances made toward curing cancer and it contains also brief explanatory articles by more than 30 physicians and cancer experts.
As a result of last week's symposium at St. Louis announcing curability of many types of early cancer to the American College of Physicians and Surgeons, Dr. John C. A. Gerster, chairman of the New York committee, said today his organization has had the busiest week in its history. The St. Louis symposium reported 8,500 known cancer cures.

RELIABLE HEAT GOAL
We have in stock and receiving regularly by cars COAL of the best quality.

ANTHRACITE—Hard Nut, Readings Famous Anthracite for base burner. Welsh Anthracite Egg size, double screened for furnaces. Welsh Anthracite Nut size for jacket heaters, ranges, etc. Scotch Anthracite Egg size, highest quality double screened.

BITUMINOUS—Genuine Old Sydney Screened. Springhill Screened. Inverness Screened. Albion Nut, Stove, and Round.

COKE—Dominion household Coke.

You cannot go wrong on buying any of the above well known brands of Coal. New low prices. Special prices in Car lots. Prompt deliveries. Try us on your next order.

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the course of a single year for a business to reach four-fifths of its capacity, especially during the past year, is a matter of wonder. Yet this is the record of the Health Pasteurized Milk Co., East Royalty. The promoters have as their object a perfect dairy. In order to accomplish this they have begun at the source; they have their own milk cows housed in modern sanitary barns. The pasteurized process is similar to that used in up-to-date factories, but through new methods in handling the product, Health Pasteurized Milk has a cream line; that is, a large percentage of the cream gathers at the top of the bottle. Today congratulations are in order as this is the first anniversary of the pasteurizing firm.

WEDDING BELLS—On one of our fair autumn days, Oct. 26th, a very pretty wedding was solemnized at Sturgeon, when Rev. William McCabe united in marriage Mary Marguerite, eldest daughter of Mr. and Mrs. James Wright, Sturgeon, and Joseph Sinnott, son of Mr. and Mrs. John D. Sinnott, Morell. The bride who was given away by her father, looked charming in a gown of glass blue chiffon velvet, carried a beautiful pearl Rosary and was attended by her cousin, Miss Stella Murphy, attractively gowned in Burgundy crepe and velvet, while the groom was ably supported by his brother Michael. Many friends and relatives of the bride were present in the church, which was prettily decorated for the occasion. It was

Christie's PREMIUM SODA CRACKERS
Men like these finer-flavored crackers, oven-fresh and flaky with just a trace of salt. Have them handy in the pantry always.

Christie's PREMIUM SODA CRACKERS

In Massawa, on the Red Sea, 120 degrees in the shade was registered recently.

Student Nurse Class Reduced

VANCOUVER, Nov. 2—Limit of 75 will be placed on the 1933 nurses' training class at the General Hospital, directors of the institution have decided.
Lack of employment among nurses at present was the main factor in the board's decision, which was reached on recommendation of Dr. A. K. Hayward, general superintendent, and Miss Grace Fairley, director of nursing.
During the last three years the average has been 88, of which about 70 per cent. finish the three-year course.
Dr. Hayward hesitated to recommend any reduction in classes, as there is at present a tendency for

EAST ROYALTY SCHOOL

Honor roll:
Grade X.—1, Esther Harper; 2, Mildred MacWilliams and Sadie Shaw (equal); 3, Jean Bradley and Dorothy Roper (equal).
Grade IX.—1, Nora Harper; 2, Ruth Roper; 3, Malcolm Darrach.
Grade VIII.—1, Louise Andrew; 2, Muriel Lefurgey; 3, Arthur Love.
Grade VI.—1, Zila Morrissey; 2, Walter Morrissey and Irene Smith (equal); 3, Oliver Holmes.
Grade V.—1, John Gratto; 2, Edward Roper; 3, Evelyn Gallant.
Grade IV.—1, Jessie Wheatley; 2, Alvin Andrew; 3, Ursula Morrissey.
Grade III.—1, Florence Roper; 2, Ralph Robertson; 3, Ernie Moore.
Grade II.—1, Lillian Gratto; 2, Bernice Moore and Doris Clements (equal); 3, Orwell Morrissey.
Grade I (Sr.)—1, Ethel Roper; 2, James Gallant; 3, Allie Holmes.
Grade I (Int.)—1, Irene Roper; 2, Elmer Roper.
Grade I (Jr.)—1, Rita Welsh; 2, Olga Smith; 3, Laurene Gratto.
Hollis H. Jenkins, principal.
Emma O. MacNevin, assistant.

smaller hospitals to abandon training schools. He suggested that training schools be limited to about six large cities in the Dominion where nurses would have advantage of the best instruction.
The employment situation among nurses in the Dominion, Dr. Hayward said, has been aggravated considerably by the fact that the United States is not taking any Canadian nurses.
"At one time they absorbed all of our surplus, but now they refuse them," he stated.

Do you know that you can make unique footstools out of the single spring seats of an old automobile? Cover the old seat with upholstery and attach castors at the four corners. This will give you a comfortable fireside seat or footstool.