



"Let's have 'em OFTEN!"

Your first dish of Shreddies leads to many more dishes of Shreddies, because these tasty crunchy morsels are not only swell to eat, but are just the thing to supply energy to active folks. And "often" means more than every breakfast. Shreddies are good at any meal—between meals—or before bedtime. Have *Shreddies often.



CHEESE DAINTIES
To perk up any party—serve these tidbits made by spreading cheese on Shreddies, putting them on a cookie sheet and popping them in the oven for a few minutes.

**Shreddies is a registered trade-mark owned in Canada by THE CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA*

Senior Closing West Kent School

School closing for the Senior classes of West Kent School. Grades 8 to 10 will take place this morning in the School's assembly hall, commencing at 10 a. m. Mr. J. W. Boulter, M. B. E. of the Board of School Trustees, will preside. A bright program of music, under the direction of Prof. A. Roy Kendall, will intersperse the presentation of certificates and prizes. The public are invited to be present. Here is the program: Chorus "A Song for Canada"—The School. Presentation of Certificates and Prizes to Grade VI. Two-part Chorus—"Sweet Affection"—Girls of Grades 8, 9, 10. Presentation of Certificates and Prizes to Grade VII. Chorus "Cowboy Song"—The School. Presentation of Certificates and Prizes to Grade VIII. Chorus—"Green Hills of England"—Pupils of Grade VII. Presentation of Certificates and Prizes to Grade IX. Chorus "When It's Summer at Green Gables"—Girls of Grades 8, 9 and 10. Valedictory—By Carl Brown. Chorus "Land of Our Birth"—The School. Presentation of Certificates and Prizes to Grade X. Remarks by the Chairman. The King.

Gifts Appreciated

The members of The Queen Mary Needlework Guild have received the following letter from Miss Beers, Matron of the Protestant Orphanage.

"Once again it is my happy privilege to acknowledge your annual gift, to the children under our care. Having just finished unpacking the boxes, I am amazed with the difficulty of getting materials you must have Aladdin's Lamp up your sleeve, and it must be gratifying that your band of workers have been so faithful, down through the years. I feel quite sure the children here will carry through life the memory of the pretty clothes, on display, and deciding which dress looks best on the wearer. They are very happy about the whole thing today. Visitors from a country district were much impressed and readily saw why our children look so smart, when they get out in public. I am sure the Queen Mother was no happier than the boys and girls. Once again a grateful thank you on their behalf."

Sincerely,
EVA L. BEERS,
Matron.

June 14th, 1947.

Aching, Burning Feet

You Get Complete Satisfaction Or Your Money Back.

Two or three applications of Moore's Emerald Oil and in double-quick time the pain and soreness disappears. A few more applications at regular intervals and you get rest and comfort again. And best of all it overcomes offensive odors. It's a wonderful formula—this combination of essential oils with camphor and other antiseptics—so dependable that thousands of bottles are sold annually. Hughes Drug Co. Ltd., The Jenkins Pharmacy, and every good druggist guarantees Moore's Emerald Oil or money back.

The Central Guardian

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

COOK'S for Photographs.

PHONE SAUNDERS 1806 for group and wedding pictures on location.

BRECK Hair and Scalp Preparations now available at S. A. McDonald's.

PIANO RECITAL.—Senior pupils of Miss Suzanne Brenton, Friday, June 27th, Hearts Hall.

THE REOPENING SERVICES of Highfield Church have been postponed until July 6th.

BRECK Hair and Scalp Preparations now available at S. A. McDonald's.

BLUE OVERALL COMBINATIONS, week end special \$2.65 at Jack Cameron's.

THE SACRAMENT of the Lord's Supper will be observed in Wood Islands Presbyterian Church on Sunday, June 29th at 11.00 A. M. Preparatory Services on Thursday and Friday evening at 8.00 P. M. and Saturday morning at 11.00 A. M.

NORTH RIVER PASTORATE.—Sunday, June 29th. Service follows: Fairview, 11 A. M. North River 3 P. M. Long Creek 7.30 P. M. Mr. Ackland, speaker.

CORNWALL PASTORAL CHARGE.—Services Sunday, June 29th are as follows: Cornwall 11.00 A. M. Sunday School 11.00 A. M. Kingston 3 P. M. New Dominion 7.30 P. M. Rev. A. D. MacKenzie, speaker.

THE PRESBYTERIAN CHURCH IN CANADA.—Services on Sunday, June 29th will be as follows: Wood Islands 11.00 A. M. and 7.30 P. M. Murray Harbour 3.00 P. M. The Sacrament of the Lord's Supper at the morning service. Rev. T. A. A. Duke, Minister.

A MEETING of the Official Board of Windsor United Church will be held in Highfield United Church on Friday, June 27th, at 8.00 P. M. Rev. Mr. Nicholson, the Interim Moderator of the Charge will be present.

ENGAGEMENT.—Mrs. Frank MacFarlane, Murray Harbour, announces the engagement of her daughter, Corinne Lucille White to George Arthur, son of Mr. and Mrs. Herbert Lowden, Montreal, wedding to take place August 6th, 1947, at the Presbyterian Church, Murray Harbour.

NEW GLASGOW, Fredericton, Bradalbane. Services Lord's day, 29th (D. V.) as follows: New Glasgow 11 A. M. Fredericton 3 P. M. Bradalbane 7.30 P. M. Friday night 27th, Dr. C. H. Phillips, president of Alberta Bible College, Calgary, Alberta, speaks at Bradalbane at 8.30 P. M. J. W. Hayter, Minister.

LIVING & LEISURE

(Continued from Page 2)

massaging in cream start at the base of the throat and massage up, using an up and out circular motion—might just as well help counteract gravity while you're about it. Continue massaging up under the tip of the chin and along the jawline. Work firmly along the cushion of muscle that rounds the chin bone, using the heel of your hand. These involuntary muscles respond to deep massage says Ida Jean Kain.

But you never get something for nothing... even when you pay for it, and creams, be they ever so costly and richly perfumed, can't keep the chin from doubling if too many calories snuggle under there. And if you let your head droop forward, there will be soft folds of flesh under the chin, willy-nilly. So that's where exercise and posture comes in. Tone the muscles that support the skin under the chin... and keep your chin up!

In exercising, go after that thin sheet of muscle smack under the chin, the platysma, for it's up to this muscle to keep the throat snug. When it gets flabby, you've got a head start on chin troubles. The secret of chin exercises is to work the muscles under the skin without any unnecessary pulling of the skin. The technique is to tense the throat muscles in all throat exercise, and add a resistance exercise for good measure.

Try it out for yourself. A good exercise is to turn the head slowly to one side then the other, especially when offered chocolate layer cake—but I got off the track—put your hand under that soft spot under the chin, then merely turn your head to the right. See, that spot is still limp. Back to centre, now tense the muscles in that area by "setting" your jaw as if you meant business, then turn your head slowly to the right. See the difference? Now you're getting some place. Try it again, this time tipping your chin in the air, pulling the lower jaw so strongly, and slowly circle the head around to one shoulder, then very slowly circle back to centre.

To add resistance, cup the chin in the heel of the hand and, resisting with the throat muscles and pushing with the hand, push your head back; then resisting with the arm muscles and pushing with the chin, return to starting position. Three times will be sufficient.

Head carriage is basic in keeping a nice throatline. Keep your head up, with that line at the back of the neck straight, and you'll find it twice as easy to keep the throatline young.

Consult your doctor before starting any strenuous course in diet or exercise.

CONFEDERATION LIFE INSURANCE.

CENTRAL PARISH.—Sunday, June 29th, Nine Mile Creek 3 P. M. Rev. T. W. Goodwill, Minister.

CIVIC TAXES.—The second installment City of Charlottetown taxes is due and payable on June 30, 1947.

WOOL SWEATERS, V neck, sleeveless pullovers, week-end special \$1.35 at Jack Cameron's.

CIVIC TAXES.—If second installment City of Charlottetown taxes is not paid on or before June 30, then all remaining installments becomes due and payable immediately thereafter.

TRYON—BONSHAW BAPTIST PASTORATE.—Services for Sunday, June 29th, are: Westmoreland 11 A. M. Albany 3 P. M. Tryon 7.30 P. M. Tryon Sunday School 11 A. M. Rev. C. A. Hicks, Minister.

SERVICES OF WORSHIP.—Sunday, June 29th. Presbyterian Church in Canada, Montague 11 A. M. and 7.30 P. M. Cardigan 2.30 P. M. The Sacrament of the Lord's Supper will be observed at the morning service in Montague. Preparatory service Friday, 8 P. M. R. D. MacLean, Minister.

Seven Sailed For Pleasure

By Graham Yorke

THIS STRANGE GIRL

There was something oddly practical about this girl's conversation. She was evidently a shrewd observer of life and it was true that she knew Lady Kitty much better than he did. "It is sometimes difficult to follow a woman's reasoning when she is arguing about another woman," he said, slowly and deliberately. "Then will you answer me one question?" she asked. "If I know the answer," he replied. "Do you still feel the same about Lady Kitty Pointer?" A pause insulated question from answer. Stephen was picturing Lady Kitty as he had seen her about an age leaning on the arm of Claude Greatrix. Lady Kitty of the painted face and the harsh voice. "Not about the Lady Kitty I have seen to-night," he told her, truthfully. "But as regards the Lady Kitty I knew a few days ago—well, I am not so sure."

"I see," continued the girl, slowly, as though she was pondering a problem. "Thank you for being honest with me. On the other hand don't you think you are being just the least bit foolish over the whole affair?"

Stephen laughed. The humour of the situation began to occur to him. Here he was discussing his own personal affairs with a young woman who had been little more than a name to him during the whole of the voyage. But what surprised him more than anything else was the commonsense way she talked.

Just then sounds of dance music floated invitingly down to them from the deck above. Moyna's eyes brightened and she sprang from her chair with a gesture of vitality in every movement. "Let's dance," she suggested, eagerly.

"I've not danced for ages," he told her.

"Then it's time you began again," she said, with an air of finality.

She took his hand and pulled him from his chair.

"Come," she whispered, "my toes are tingling."

Stephen smiled up into her eyes. He suddenly wanted to dance, too.

CHAPTER XIV

THE REAL GREATRIX

Claude Greatrix was no fool. A man who has lived by his wits for something like ten years can usually be expected to make the fewest possible mistakes. When he had launched the little project that had resulted in his being invited to join the small, select party aboard The La-wing, he had realized the importance of having a friend in court. Ursula de Bolville had so contrived to interest the old man that Greatrix had little doubt that Sir Timothy would do precisely as might from time to time be suggested to him.

Greatrix was not one of those men possessing over much confidence in women. His dealings with Ursula de Bolville had so far been uniformly pleasant and mutually advantageous from a business point of view. There were times when Ursula's manner made him grow unusually confident, and the things they told her about themselves were invariably used to some advantage by Greatrix who, of course, paid Ursula either outright for the information or on a percentage basis on the subsequent blackmail pickings.

When Greatrix had first discovered Ursula's friendship for Sir Timothy Pointer, he preened himself with fastidious thoroughness. To Greatrix, Sir Timothy looked as good as the Bank of England, and while Ursula was occasionally disappointing regarding the matter, she calmed Sir Timothy to such a degree that Greatrix tilted the ground astiduously, and in the cultivation he learned many things. There was, for instance, Sir Timothy's political ambitions. To Greatrix these were of far greater importance than his business dealings which, viewed commercially from an easy money point of view, were commonplace.

Politically, however, things were different. Greatrix happened to know that Sir Timothy was anxious for further honours. He had an idea that some day he might ask the party to find him a safe seat for Parliament but the Party Chief was known to be a man of the highest possible integrity, and while he had no objection to any wealthy man saving his political conscience by such generous donation to the Party fund as he could

Here—for your saving is an interesting Sale of "SECONDS" in SHEETS

These Sheets are in the medium and better grades and if they were in "first" quality would be worth up to \$8.50 per pair.

Being "seconds" that is to say slightly imperfect here and there you will make a saving as you see in the list below.

Finished size about 54 x 95"—1.39 each	Finished size about 80x96"—1.89 each
Finished size about 76x86"—1.49 each	Finished size about 81x96"—1.98 each
Finished size about 63x95"—1.59 each	Finished size about 72x95"—1.98 each
Finished size about 72x95"—1.69 each	Finished size about 81x96"—2.09 each
Finished size about 81x96"—1.69 each	Finished size about 90x104"—2.39 each
Finished size about 76x96"—1.79 each	

FIVE BIG VALUES for those who prefer "First" quality

IMPORTED PLAIN HEMMED SHEETS	WABASSO SHEETS
Here's a chance to replenish your linen closet with long wearing, quality sheets.	With hand drawn hemstitched hems, are recognized for their enduring qualities.
Size 81x90", worth 5.50, for 4.50 pair	Finished size 63x95", worth 5.00 for 3.95
Size 81x108", worth 7.50, for 5.50 pair	Finished size 72x95", worth 5.50 for 4.50
	Finished size 90x104", worth 8.50 for 6.50
CLEARING AT HALF-PRICE	WHITE TABLE DAMASK
Irish Pure Linen Damask Table Cloths. A good medium weight linen with attractive damask floral designs.	A good medium weight and an exceptional value at—
Size 72x72", Regular 10.00—	58" wide 69c yard
Clearing at 5.00 each	IRISH LINEN TEA TOWELS
Size 72x90", Regular 12.00—	A timely offering in highest grade Irish Linens with attractive multi-colored stripes.
Clearing at 6.00 each	Size 18x32" 59c each
WHITE DAMASK LUNCHEON CLOTHS	WHITE COTTON HUCK TOWELS
Imported from England—are finely woven of a quality that will give excellent service and wear.	With plain hem ends—
Size 52x52" 1.49 each	Size about 18x36" 69c pair
Size 52x68" 1.98 each	

Special Values in Large BATH TOWELS

One of these special values is made in Canada—One imported from England and the other from the U. S. A. All are thickly looped for drying qualities and extra wear.

BATH TOWELS—White with colored borders and stripes. Made in Canada. Size 23x45" 1.29 pair

BATH TOWELS—in natural colored backgrounds with multi-colored stripes. These towels have been very difficult to obtain for the last number of years. Made in England. Size 22x45"—1.49 pr.

BATH TOWELS—One of the better American makes in white with assorted colored borders. Made in the U. S. A. Regular 2.50. Size 22x44"—1.98 pair.

Ibex Flannelette BLANKETS \$3.98 Soiled and Odd CURTAINS HALF PRICE

60 pair only. Best quality blankets. White with colored borders. Choice of Pink or Blue. Size 70 x 84. Reg. priced at 4.50, on sale at per pair 3.98

These are broken lines in colored frilled curtains of Marquisettes and Voiles. Also a few plain tailored in the lot.

Moore & McLeod Limited

Ellen's Diary

By an Island Farmer's Wife

(Continued from Page 2)

ed? Tomorrow then the women kind of stint in the la.

This was a day when the set cutting became tiresome—and I was not exactly so though one longed to be out doors in the sunshine and loveliness of the day. I found myself thinking wistfully in the words of a verse of a poem sent me by a good friend who though of necessity must have "Martha hands, she has a Mary mind." Yes, this was one of the days when, I decided.

"I'd like to sit where flowers blow. Beside a babbling brook— But who is there to tidy up The cluttered breakfast nook? I'd like to lean against a tree—

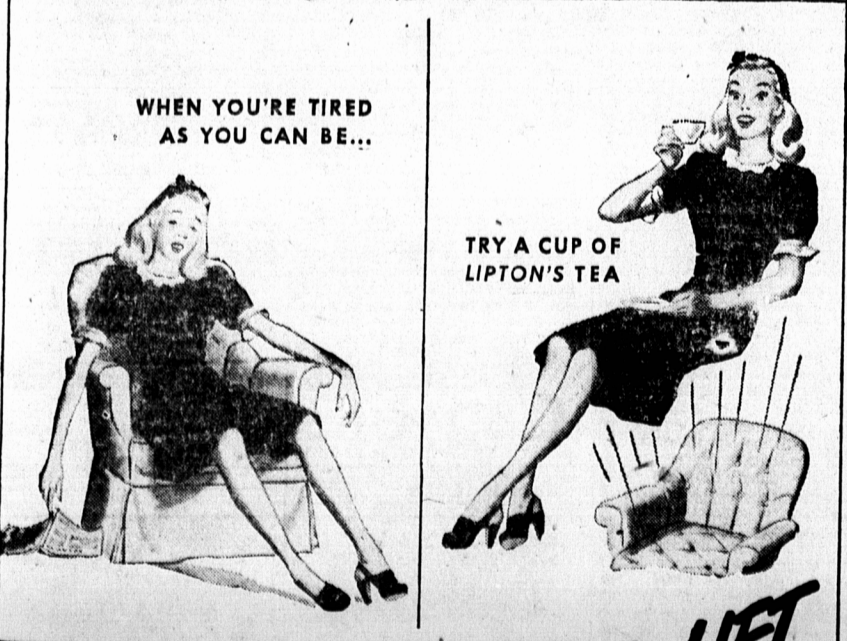
A maple would be best But James needs some buttons on His growing threadbare vest." The call of the outdoors was alluring and hard to resist, but as James had said "You women had better speed up your set cutting today, Ellen!" And so we shall be at the planting tomorrow.

Until tomorrow — Diary — Good-night.

PENICILLIN FOR V. D.

WINNIPEG, June 26 — (CP)—Penicillin will cure 85 per cent of early syphilitic cases and will also prevent congenital cases if given to the prospective mother in the third and seventh months of pregnancy, the Canadian Medical Association was told today. Dr. Paul A. O'Leary of Rochester, Minn., said that in the latter case more than 85 per cent of the children would be born normal.

LONDON — (GP)—On show at the Institute of Mechanical Engineers' centenary exhibition will be scale models of the liner Queen Elizabeth's turbine engines.



ONLY LIPTON'S BRISK-TASTING TEA GIVES YOU THAT FLAVOR-LIFT

What a lift you get from famous Lipton's Tea! It's Lipton's FLAVOR-LIFT... a delicious, stimulating combination of brisk, mellow flavor... plus a lift that sends exhilarating new energy right through you, from head to toe. Lipton's Tea is a wonderful "pick-me-up" when you're tired—wonderful anytime, morning, noon and night. And only Lipton's gives you that FLAVOR-LIFT—because it's the blend that makes Lipton's and the blend is Lipton's own secret! Get Lipton's, the tea with the FLAVOR-LIFT, at your grocer's today!

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GIVE YOUR FEET AN ICE-MINT TREAT

Wonderful, cooling relief for your tired, aching feet with ICE-MINT. Burning callouses, painful corns, and all the foot pains that take the joy out of life can be forgotten if you use creamy white medicinal ICE-MINT. You can feel it start to act while you are still applying it—try it a few times and you'll find it twice as easy to keep the foot-throatline young.

Consult your doctor before starting any strenuous course in diet or exercise.

QUEEN STREET MEAT MARKET

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T.M.O.

next week