

first thing in the morning



It is a most refreshing and healthful practice to drink, first thing in the morning, a glass of water sparkling with a dash of Eno's "Fruit Salt".

But it must be ENO! Eno—never varying in quality and purity. Eno—containing nothing that may possibly do you harm.

ENO'S "FRUIT SALT"

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Sales Representatives for North America: Harold F. Ritchie & Co., Limited, 10-18 McCaul Street, Toronto

Central Guardian

DAUGHTERS OF EMPIRE—Fancy table will provide all your Christmas presents. Come early. 2152-19-31

HAM, TONGUE and Salads at Trafalgar Tea Thursday, Navy League Building. 2152-19-31

MONITOR GASOLINE—When you use Monitor Gasoline you are getting the best that money can buy. 2107-16-4

POLICE COURT—At the Police Court yesterday morning a number of non-payments of non-resident tax cases were before the court.

DAUGHTERS OF EMPIRE—High tea and bazaar Thursday 21st, Trafalgar Day at Navy League Tea 50 cents, admission 10 cents. Doors open 2.30 Tea at 5 o'clock. 2152-19-31

TRYON AND BONSHAW—Rev. F. Vanyard will conduct services next Sunday, 24th, in the Baptist Church at Bonshaw at 11 a. m. and Tryon Baptist Church 7.30 p. m.

FUR SALES—Messrs. C. M. Lamson & Co., report by cable the following: Beaver, same as last Spring; Otter, 10 per cent. lower than last Spring; Fisher, ten per cent. lower than last Spring; Lynx, Russian, 40 per cent. higher; Wolverine, 50 per cent. higher; Sable, Russian, 10 per cent. higher; Marten, 15 per cent. lower than last Spring; Opossum, Australian, 10 per cent. lower; Opossum, Australian, Ring-tail and Red Fox, Australian, same as last Spring.

PASSED EXAMS—Forty-seven graduates in medicine have successfully passed the October examinations of the Medical Council of Canada, held in Montreal and Winnipeg, and are registered on the Canadian Medical Register, which entitles them to be licensed to practice in any province in Canada, it is announced by the Registrar of the Council, Dr. R. W. Powell, Ottawa. Among the number is J. P. Lantz of Charlottetown.

PERSONALS

Mrs Russell Clark, Mt. Stewart left yesterday on a visit to Montreal.

Mr. and Mrs. Alexander Cairns Stachel, spent a very pleasant week end with friends in Borden and vicinity.

The Messrs Waldon Davison of Kensington and Darrell Picketts of Wilnot Valley, motored to the city Sunday, spending the day with the latter's brother, Willard, who is attending P. W. College.

Mrs. Angus Campbell, North Wiltshire, accompanied by her son E. M. Campbell of the C. N. Railways, Borden, have returned from a two weeks vacation spent with relatives in Boston and Attleboro, Mass., and in Providence, R. I.

Mr. and Mrs. E. Stewart Macphall announce the engagement of their eldest daughter, Mary Estelle, to Charles Russell McKenzie, of Montreal, only son of Hon. Mr. Justice D. D. McKenzie and Mrs. McKenzie of Halifax, N. S. The marriage will take place quietly this month—Ottawa Citizen. (Mr. Macphall is a native of Prince Edward Island).

Camel Myers has been "a woman without an equal" in "Ben-Hur" Camel was an Egyptian; in "A Certain Young Man" she is English; in "The Gay Deceiver" she is French; in "Tell It to the Marines" she is a South Sea Islander, and in "The Understanding Heart" she is American.

The Oil for the Farmer. A bottle of Dr. Thomas' Electric Oil is the farm house will save many a journey for a doctor. It is not only good for the children when taken with colds and croup and for the mature who suffer from pains and aches, but there are directions for its use on sick cattle. There should always be a bottle of it in the house.

For PSORIASIS

Take Our Herbal Remedies Book on Skin Diseases, New Treatise on Chronic Diseases by Herbal Remedies. Pamphlets on Loss of Hair and Diseases of men. Booklet on Female Ills and advice, free by mail, 30 years' experience. (Without criticizing or disparaging your doctor write us, before losing hope. Treatment by mail our speciality. English Herbal Dispensary LIMITED, 1359 Davie, Vancouver, B. C. (The Oldest Herbal Institution)

Don't Neglect The Cold

Dangerous Sicknesses often start with a cold. Ward off your cold with Nyal's Remedies at the first sneeze. Take Nyal's Syrup of Tar and Cod Liver Oil. It fortifies the system against further inroads and then Nyal's Laxacold it is a safe dependable laxative. We have it in sizes for self and family.

Harold L. Worthy
PHONE 271
178 QUEEN STREET

Grocery Specials

PEANUT BUTTER
TOY PAIL 29c EACH

TOMATOES 18c 2 TINS 29c

PEAS OR CORN 18c 2 TINS 29c

CLAMS 18c 2 TINS 29c

CLARK'S BEANS ... 2 for 45c	SLICED BEETS ... 2 for 55c
ASPARAGUS TIPS ... 2 for 90c	GAGE PLUMS ... 2 for 35c
WAX BEANS ... 2 for 45c	BLUEBERRIES ... 2 for 39c
CARNATION MILK ... 2 for 29c	SPINACH ... 2 for 25c
CORNED BEEF ... 2 for 55c	SARDINES (Best) ... 2 for 45c

PILCHARD'S 18c 2 TINS 29c

Campbell's TOMATO SOUP 15c 2 TINS 25c

Clark's TOMATO SOUP 10c 3 TINS 27c

LOBSTER ... 2 for 75c	SARDINES ... 4 for 25c
MACKEREL ... 2 for 40c	KIPPER SNACKS ... 3 for 22c
Tomato Sauce	SALMON ... 2 for 85c
HERRING ... 2 for 55c	LOBSTER PASTE ... 2 for 25c
KIPPER SALMON ... 3 for 25c	PUMPKIN ... 2 for 35c
BATH BRICK ... 3 for 25c	

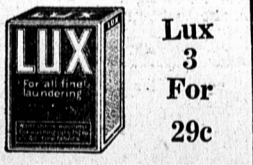
DESSERT PEARS 25c 2 TINS 35c
PEACHES 30c 2 TINS 55c

3 Cakes 25c **Sunlight Surprise P & G or Gold**



7 Cakes 50c

4 Cakes 25c



Lux 3 For 29c

Chipso 3 For 25c

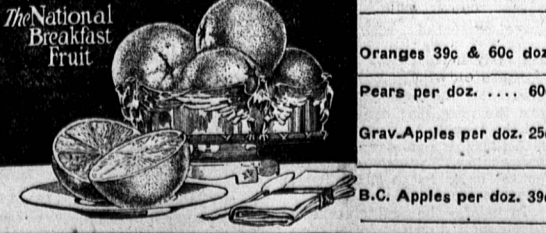
CASTILE SOAP LARGE BARS 2 FOR 29c

ISLAND FLOUR

Crushed Wheat. The entire Wheat crushed fine.
Whole Wheat Flour. The wheat ground minus the outer shell or bran.
Graham Flour. The wheat ground including the outer shell or bran.

6c per lb.—10 lbs. for 55c

ISLAND COD FISH 10c per lb.



Jenkins & Son Ltd GROCERS

Tomorrow's Radio Program

THURSDAY, OCTOBER 21
International Radio Programs
EVENING CONCERTS

7.45 P. M.
WGY (380) Schenectady. Syracuse U. Program.

8.00 P. M.
WBAF (492) N. Y. Orchestral Concert with Vocal Selections, to WUI, WGR, WUY, WOC, WSAI and WIP.

KDKA (357) E. Pitts. Sacred Song Concert.

8.15 P. M.
WPG (300) Atlantic City. Concert Program.

8.30 P. M.
WEZ (333) Springfield. Twilight Song Trio.

CNRM (411) Montreal. "An Evening of Chamber Music," C. N. P. M. Trio.

8.45 P. M.
WJZ (455) N. Y. Royal Salon Concert.

WCAU (278) Phila. The Go-Getters. 9.00 P. M.

WGY (380) Schenectady. Royal Hour.

WBAF (492) N. Y. Cliquet Club Eskimos, to WEEL, WJAR, WTAG, WFI, WCAE, WSAI, WTAM, WGR, WWJ, WOC, WCCO, KSD and WGN.

WSB (428) Atlanta. Studio Program.

KDKA (357) E. Pitts. KDKA String Quartette.

WEZ (333) Springfield. Joint Recital.

9.15 P. M.
WNYC (526) N. Y. Vocal.

WBAO (294) Columbus. Music.

11.00 P. M.
WCAU (278) Phila. Club Cadix Revue.

11.30 P. M.
WPG (300) Atlantic City. Organ Recital.

WKRC (423) Cincl. Popular Songs.

11.35 P. M.
KDKA (357) E. Pitts. Concert Program.

11.45 P. M.
WSB (428) Atlanta. Concert.

WLW (423) Cincl. Popular Musicals.

12.00 Midnight
WIP (509) Phila. Organ Recital.

WPG (300) Atlantic City. Organ recital.

12.30 A. M.
WLW (423) Cincl. Missouri Kinney and Florence Kinney.

FEATURE TALKS
6.30 A. M.

WHEAR (275) Atlantic City. Lecture "Footlight and Lamplight."

8.00 P. M.
WJZ (455) N. Y. "Silent Drama" WANT TO DANCE?

7.30 P. M.
WGY (380) Schenectady. Dance.

10.00 P. M.
WIP (509) Phila. Steeplechase Pier.

WBAF (492) N. Y. Goodrich Zipers to WUI, WFI, WCAE, WUY, WGR, WOC, WCCO, WTAG, KSD, WSAI, WJAR, WGN, WCSH and WTAM.

WJZ (455) N. Y. Royal WBY, WGY and WIC.

10.30 P. M.
WLW (423) Cincl. Castle Farm.

11.00 P. M.
WPG (300) Atlantic City. Silver Slipper Club.

WTAM (390) Cleveland. Bamboo Gardens.

12.00 Mid.
WKRC (423) Cincl. Louisville LOONS.

12.15 A. M.
WLW (423) Cincl. Castle Farmers.

1.00 A. M.
KGW (492) Portland. Spanish Ballroom.

KPO (428) San Francisco. Mandarin Cafe.

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TRYON CONSOLIDATED SCHOOL

Honor Roll of Tryon Consolidated School for September.

Grade X—1 Gertrude Howatt, 2 Amy Lea.

Grade IX—1 Marlon Howatt, 2 Asher Howatt.

Grade VIII—1 Charles Wright, 2 Dorothy Woodside, 3 Lloyd Luman.

Grade VII—1 Norman Wright.

Grade VI—1 Florence Callbeck, 2 Annie Callbeck, 3 Margaret Rogerson.

Grade IV—1 Alice Pooley, 2 Vivian Dawson, 3 Erma Kidson.

Grade III—1 Lilla Wright, 2 Corinne Crossman.

Grade II—1 Eric Robinson, 2 Ruth Robertson, 3 Calvin Howatt.

Grade I, sr—1 John Fell, 2 Roy Mabey.

Grade I, Jr.—1 Falconer Howatt, 2 Elizabeth Nelder, 3 Arthur Pooley

Teachers Mildred Toombs, Bertha Carruthers.

HURT?

Ease the pain with Minard's—it relieves inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

BARRELS BARRELS

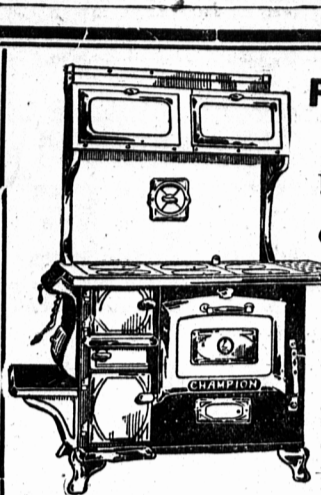
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MACKEREL

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Pour hot milk over it
A warm, nourishing meal



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won the Gold Medal in Vancouver in 1925 and 1926

The completeness, workmanship, high grade materials and beautiful appearance of Fawcett ranges, won for them the gold medal in one of Canada's largest exhibitions, both in 1925 and 1926. The Fawcett line is made in the Maritimes by Maritime workmen, has a variety of styles and sizes which will enable you to secure the one which will meet your particular need no matter what it is. Though Fawcett products are the best they cost no more.



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FASHIONABLE FOOTWEAR
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INSIDIOUS EYE STRAIN
We use this adjective advisedly. Sufferers from Eyestrain may have perfect vision and therefore do not suspect the presence of any eye defect.
The motive power of the entire human organism is Nerve Energy.
Normal eyes, it is computed, utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy, may seriously affect the functioning of other organs of the body, and produce ill health.

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Optometrist

Save the Child and Build the Nation

Why do the Red Cross and all Health Organizations advocate Pasturized Milk?

If you ask them, they will tell you it efficiently performed it is free from all disease germs, and the only safe milk, and retains all the food values of raw milk.

Quoting from a magazine sent out by the Red Cross Society we read: "It is hard to believe anyone would oppose pasturization."

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You must not fear our milk is safe.
Garden City Milk, Cream and Butter sold off our wagons and from our Plant. We also fill crocks and salt to please your taste.

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