

GO 50 50 WITH OUR FIGHTING FORCES



LET'S WALK to the movies and ..

Save Gasoline

It's no hardship to walk or use a public conveyance when going to and from entertainments or visiting friends. But it is a real gasoline saver, particularly if you make it a regular part of your 50/50 Pledge programme. Yes, do as thousands of others are doing; walk more, drive less. Use your car only as a last resort and so help Canada's Fighting Forces.

REMEMBER: The slower you drive, the more you save!

Shortcuts to a 50% Gasoline Saving. (Approved by Automobile Experts) Reduce driving speed from 60 to 40 on the open road. Avoid jack-rabbit starts. Avoid useless or non-essential driving. Turn motor off when not in use, do not leave idling. Avoid useless or non-essential driving. Don't race your engine; let it warm up slowly. Don't strain your engine; change gears. Keep carburetor cleaned and properly adjusted. Tune up motor, timing, etc. Your regular service station man will gladly explain these and other ways of saving gasoline. Consult him.

Spare and Share your Gasoline for VICTORY!

How Are Your Eyes? If you are having symptoms of strain - headaches, sore eyes or dizziness - consult a specialist. At your service with years of experience and a thorough refracting service. Call in and discuss your difficulties. G. F. Hutcheson

Spinning and Weaving Send me your wool to be spun into yarn and woven into blankets. The charges are: 25 cents for single yarn, doubled 25 cents per pound. Blankets cost \$2.00 laundered. It takes five pounds of wool per blanket. Wool must be well washed, all burrs and dirt picked out. The size of single yarn, medium and coarse, also hooking yarn. Put shipper's name, address, owners name and instructions inside all parcels. Send by mail or freight. Freight will be paid on 100 pound lot. Highest price for well washed dry picked out wool. Auto robes, blankets and Fancy Bed Throws for sale. WM. CONDON & SONS P. O. Box 395, 65 Queen Street Charlottetown

NOTICE ROYAL CANADIAN AIR FORCE PRACTICE BOMBING RANGE No. 32 Air Navigation School—Charlottetown, P. E. I. The Public is hereby warned that PRACTICE BOMBING is liable to take place daily (Sunday included) from sunrise to sunset until further notice, at the practice bombing range situated at Tracadie Bay. No additional warning will be given. The "Danger Area" exists in the form of a circle having a radius of 1,000 yards, adjacent to the East Shore of Tracadie Bay. The exact location of the target and the danger area is as shown on placards which are to be erected at frequented points in the vicinity of Tracadie Bay. No unauthorized person is permitted to enter the danger area during the period stated. By Order of the MINISTER OF NATIONAL DEFENCE FOR AIR Ottawa, Ontario August, 1941.

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.

CRASWELL for Photographs. CONFEDERATION LIFE INSURANCE. L-9784

PRIN. MORAN, Union Commercial College, will be in the office each evening this week for the registration of students. L-82-8-26-11.

ARRIVES SAFELY.—Mr. and Mrs. Melville Andrew, Pownal Street, have received cable advice of the safe arrival of their son, Gunner Alan Andrew, in England.

MR. AND MRS. ARTHUR GOKIN, announce the engagement of their daughter, Margaret, to Wallace Ralph Stead, son of Mr. and Mrs. Harold Stead of Brackley. Marriage to take place early in September. L-70-8-26-11.

ON WEDDING TRIP.—Mr. and Mrs. A. B. MacPherson of Charlottetown, P. E. I., whose marriage took place recently, visited relatives in Pictou while on their wedding trip. Mrs. MacPherson was formerly Miss Freda MacMillan, daughter of Mr. and Mrs. James MacMillan, of Charlottetown, and granddaughter of Mrs. Alex MacMillan, of Pictou. (New Glasgow News.)

ON HOLIDAY VISIT.—Guests at the home of Mr. and Mrs. John A. Flemming, 55 Longworth Ave., include Mrs. V. T. McIntosh, of Toronto, who arrived Tuesday night; Mr. and Mrs. J. Earl Tays and sons, Stewart, Bobby and Gerald, of Boston, who arrived last Saturday night; Mrs. J. F. Townsend and daughters Edna and Fern, of Charlottetown; Prince Edward Island, who arrived Monday. Mrs. McIntosh and Mrs. Townsend are sisters of Mrs. Flemming while Mr. Tays is her brother. These guests intend to remain in Truro about two weeks. (Truro News.)

FUNERAL SERVICES.—The funeral of Mrs. Michael McCaughey was held from her late home in Bonshaw Wednesday, August 20th. Requiem High Mass was celebrated by the Rev. Wm. Kelly, Rector of St. Joseph's Church, Kelly's Cross. Mrs. McCaughey is survived by her husband Michael McCaughey also three sons and seven daughters. John McCaughey of Haverhill, Mass.; Michael of Summerville, Mass.; and James of Port Augustus, P. E. I. Mrs. Joseph Burke, Mrs. Harry MacLeod, the Misses Anna and Catherine all of New London, Conn.; Mrs. J. W. Daggett and Mrs. P. McCuskey of Haverhill, Mass.; and Mrs. D. T. MacDonnell of Haverhill, Conn., also by two sisters and one brother, James Carragher, Mrs. Alice Malone, Miss Theresa Carragher, Mrs. McCaughey was born in Charlottetown October 1883, daughter of the late Barney and Alice Hughes, Carragher.

Personals

Mrs. Beatrice Kelly and Miss Ruth Kelly of Pisquid, left for Montreal yesterday morning.

Mrs. J. J. Connolly, wife of Lieut. Commander Connolly is visiting in Charlottetown the guest of her uncle Mr. Justice Arsenault.

Mrs. Roy Boulter has received word from her son, Pte. Austin Boulter stating he arrived safely in England.

Mr. and Mrs. John McDonald of Hyde Park, Mass., arrived on the Island Saturday evening on a visit to Mrs. McDonald's parents, Mr. and Mrs. Daniel Driscoll of Johnston's River.

Mrs. Frank Masuire of Jamaica Plain, Mass., is visiting her sisters Mrs. Owen Kelly of Pisquid East and Mrs. Daniel Driscoll of Johnston's River.

Mr. and Mrs. G. Kern and Miss Verna Island and Dr. W. D. Bowers are holidaying in Charlottetown. P. E. I. (Hamilton-Spectator.)

Mrs. Horace MacEwen Vancouver, B. C., and Miss Evelyn MacEwen, who have been visiting Mr. and Mrs. J. E. MacEwen, Upper Prince St., leave for Pictou tomorrow en route home.

Miss Vera Warren, employee of Civil Service Commission, left on return Thursday morning, after spending the past three weeks at her home in North Rustico.

Mrs. J. W. Folland and little daughter Shirley Joan of Niagara Falls, New York, who spent a very pleasant holiday with her mother, Mrs. Mary C. MacInnis and brother Gordon of Winslow North has left on return to meet her husband in Portland, Maine. They intend visiting other cities before returning home.

Master Sonny McLeod, son of John D. McLeod of Quinny Mass., who has been spending the summer with Mr. and Mrs. Edward McLeod of Clyde Station is visiting in the city at the home of Mr. and Mrs. W. H. McLeod. Sonny will leave for his home this week with Mr. and Mrs. Sam Gantlo, who have been visiting relatives and friends in Murray River and vicinity.

WANTED ALIVE OR DRESSED

It is very important to produce eggs to help the war effort, so we emphasize the fact that you should keep your laying hens. But, Mr. Farmer, kill off your non-layers and ship them to us, alive or dressed. We need these birds. Prices are good, and we will pay full value on a graded or flat rate. The Royal Packing Co. J. D. JENKINS Prop. L38-8-23-61

CORRECT CONSTIPATION NATURALLY!

Stop "Dosing" Yourself!

LONDON, Canada.—Lack of the right kind of "bulk" in your meals is a common cause of constipation. Try getting this needed "bulk" with KELLOGG'S ALL-BRAN.

ALL-BRAN'S delicious cereal to eat with milk or cream and fruit, or in tender, tasty muffins! Enjoy it every morning. Drink plenty of water, too, and don't forget ALL-BRAN doesn't work like purgatives. It takes time. In two convenient sizes at your grocer's, or in individual serving packages at restaurants. Made by Kellogg's in London, Canada.

FAREWELL DANCE — On Aug. 20th a farewell dance was held at the home of Mr. and Mrs. John McQuaid, Lot 65 for their son, Ignatius who with his wife and son Joseph was home on a visit. Close to 75 guests were invited. A good time was had by all. Music was furnished by Gertie Costello, Maurice McQuaid, Russel Flood, Charles Toole, George Villet and Golden Graves. Mr. and Mrs. Ignatius McQuaid left on return to Boston, Mass., Friday morning.

Personals

Mr. and Mrs. C. Lonsdale who have been the guests of Mr. and Mrs. Andrew, Belmont Lodge, for the past two weeks left this morning for their home in Halifax.

Mrs. C. L. Partridge, City, received a cable from her son, W. W. Partridge, R. C. A., announcing his safe arrival in Great Britain.

Word has been received that Walter Ray Gougeley of Charlottetown has arrived safely in England.

Mr. and Mrs. Herb Jewell of this city received a cable from their son Rolly (Dan) announcing his safe arrival in Great Britain.

Miss Reta M. Leard, Freetown spent a pleasant visit in Charlottetown, the guest of Mr. and Mrs. Clarence Reeves.

Mr. and Mrs. Fred Drummond, Freetown and small son Garth, accompanied by Mrs. Drummond's mother, Mrs. G. W. Leard, were recent visitors to Charlottetown.

Miss Ruth Barclay, daughter of Mr. and Mrs. George Barclay of Winnipeg left the Island Monday after spending a two months' vacation at the guest of her grandmother, Mrs. Rose Vail, stop off at Montreal, Toronto, Niagara Falls, and Ft. William. Miss Barclay is a teacher on the staff of the Winnipeg School Board.

Acknowledgement

Members of Royal Edward Chapter, I. O. O. E. will be glad to know of the arrival in England of shipment of clothing sent on July 16th. Following letter was received yesterday morning— 41, Tothill Street Westminster S. W. 1.

Dear Mrs. Brehaut—I am so glad to be able to tell you that we have just received one case of clothing from your Chapter ex S. S. "Mendocino" We were delighted to receive your gift, which was a part of a very large consignment from the I. O. O. E., which we have distributed all round the country, according to a fixed ratio which has been worked out to allow each Region to have suitable clothing for their population. This ratio is kept up to date in order to cover any movement of people owing to air-raids or other wartime contingencies. We are, at the moment, building up large reserves of clothes in order that we may face the coming winter with sufficient stocks all over the country to enable us to supply the demands without having to rush clothing from one part of the country to another. With very many thanks, Yours sincerely, ELSA DUNBAR, Head of Overseas Department.

At Rotary

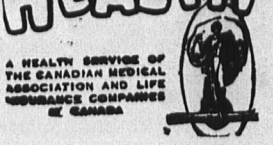
At the Rotary luncheon yesterday the guest speaker was Sub-Lieutenant Norman Black of the R. C. N. V. R. and Supervisor of Dominion Illustration Stations for Prince Edward Island.

He gave an interesting description of the work of the eleven illustration stations in this province. Among the objects of these stations are: (a) To bring to the attention of the farmers the practical findings of the experimental farm system which may be applicable to this province. (b) To operate as testing grounds for new varieties of farm crops. Illustrations of cultural methods, etc. In many instances they deal with specific and local problems which demand careful study and a solution. They also serve as breeding centres for poultry and livestock of a desirable type and quality, and also as centres where good seeds and suitable varieties may be obtained. Since the establishment of the illustration stations in this province a great deal of information has been assembled on crop rota-

What Doctors Prescribe

Should invariably be what is taken by their patients. You are sure of obtaining right medicines only at a drug store where real pharmacy is practiced—where compounding is done scientifically from pure drugs of standard strength. You can bring your prescriptions here with assurance that they will be rightly prepared and that the cost will be right. JAMIESON'S DRUG STORE

HEALTH



TORONTO—Nutritional surveys recently conducted in Canadian cities, show that "at least two-fifths of the Canadian population are now living on food supplies which, in nutritive value, lie between the low level required to produce deficiency diseases and the high level necessary for health," says a writer in the Canadian Health Journal. He adds: "continued subsistence on such mediocre diets causes lowered vitality, decreased working ability and abnormal resistance to disease."

This condition is due, not to lack of foodstuffs, he declares, but to poverty in some cases and to ignorance of nutritional values in a greater number.

Applying these facts to war conditions, the writer asserts that, "the preservation and improvement of the health of every Canadian is a vital part of the war effort; health cannot be maintained without adequate nutrition."

He points this moral by citing a special camp run by the British Government, in which 729 men out of 834 rejected by the army as physically unfit were restored by proper meals, light exercise and a healthy environment, and were subsequently classed as fit for front line duties.

Further asserting that faulty nutrition has been the most important cause of rejection in the United States, he voiced an urgent call for a national and immediate program to improve nutrition in Canada. "It is the patriotic duty of every Canadian housewife to see that her family is properly fed," he declares.

Toronto—Though the perfect substitute for the breast feeding of a baby has not yet been invented, there is no reason nowadays for a bottle fed infant's lacking any of the essentials to health and growth, says a writer in the current issue of "Health," official organ of the Health League of Canada.

Under the guidance of the physician, he declares, a formula can be devised which will include the essential vitamins C and D, and which will provide all other elements for good growth and development.

The discontinuance of the use of cod liver oil in the summer months is deprecated, since it is pointed out that, though sunshine is as valuable as cod liver oil in guarding against rickets, few babies get much direct exposure to the sun.

A milk diet is not sufficient for the baby after the first four or five months, says the writer, and one kept longer on such a diet is likely to develop anemia from lack of iron, cereals, vegetables, and cod liver and fruits, under the direction of the physician, should be added gradually.

Island and the necessity of sending out receipts the percentage of cost of collections is higher than in some of the other provinces and to prevent an excessive cost of collections the local officials would appreciate it very much if all who possibly can would endeavour to remit the balance they owe in one payment. Such a procedure will, of course, tend to keep down the postage account which has already run into a very large amount.

POULTRY ALIVE OR DRESSED

BUYING DAILY. Cull Your Flocks and Dispose of your Non-Layers while the Market is Good. Matthew & MacLean Limited Bridgetown, P. E. I.

RUSSIA'S EXAMPLE

LONDON—(CP)—Britons can still give up much of their accustomed diets and live, says a writer to the papers, pointing out that millions in fighting Russia live on black bread and cabbage soup.

When polishing a floor give the polish a little time to soak in.

Canadian War Services Fund

The latest returns from Dominion Headquarters in connection with the War Services Fund shows that Prince Edward Island is still at the top of percentage of quota subscribed with 208 per cent. The Island was asked to raise \$33,500.00 and subscribed \$70,000.00. The amount paid in cash already exceeds \$47,000.00 and payments are still coming in every day. Owing to there being so many small subscriptions throughout the

WANTED! More Hogs

We need more Hogs to supply product to regular customers and to employ the help in plant. Farmers who truck, or have their Hogs trucked to our plant, avoid all rehandling expense, delays, and shrinkage in transit, which must result to their advantage. Those who are doing so are aware of the saving. But We Need More HOGS! Bring or send your Hogs to us and secure the advantage, and also help support your local industry. Davis & Fraser

Speak to Her of LOVE WITH A diamond of "BLUEBIRD" quality from WELLNER'S. 1. A handsome "Bluebird" solitaire — \$25. 2. The new high setting in natural color — \$50. 3. Matched pair of \$75. exquisite quality. EVERY "BLUEBIRD" CREATION INSURED FREE! "Bluebird" diamonds are recommended by Wellner's because they are perfect. W. W. WELLNER Ltd. JEWELERS SINCE 1868.