

Now for a GOOD BREAKFAST

You'll make a bee-line for VITA-B every time! For flavour and energy it's 'tops'! Costs so little, feel



NEW ECONOMY PACKAGE
One Pound 10¢
3 Pound Size 25¢

It's OGILVIE-It's GOOD!

WHAT IS HOME WITHOUT A GARDEN?



PICK FLOWERS FROM THIS LIST FOR PEACE GARDEN

Garden planning is best done in the winter when the gardener has most time for it. Here is a list of flowers, classified according to type, color and habit, which may be valuable aid in planning a garden on paper.

For edges and borders— Sweet alyssum, dwarf nasturtiums, lobelia, dwarf marigold, ageratum, Virginia stock, forget-me-nots.

Long stems for cutting— Aster, calliopsis, mourning bride or marigold, fragrant ranunculus, annual phlox, verbena, stock, aster, and double gailardias.

Short stems for cutting— Marigolds, snapdragons, calendula, sweet peas, annual chrysanthemums, bachelor buttons, carnations, lupinus albus, annual pink, sweet sultan, salpiglossis.

For color masses— Petunias, geraniums, impatiens, annual pink, salpiglossis, verbena, stock, aster, and double gailardias.

For light or poor soil— Nasturtium, Clarkia, godetia, poppy, poppies, and sinningia.

For fragrant— Monarda, heliotrope, nasturtium, alyssum, ten weeks' stock and sweet peas.

For sunny places— Sunflowers, cornflowers, nasturtium, geranium, forget-me-not, nemophila and varieties of annuals.

For hot situations— Sunflowers, heliotrope, portulaca, ice plant, petunias, balm and annual pink, gailardias.

Vines— Morning glories, moonflowers.

TRIBUTE TO PRINCE EDWARD ISLAND

Fair Island, I salute thee
Lonely Isle, in the midst of the sea
Thy bright colored orchards and ivy
Beauty enfolds you and blossom
entwines vines.

Birds fly to you, when summer
draws near
In fall they depart, to await an
other year
They bring farewell to their friends
Promising to fly back when the long
winter ends.

Your evergreen fields, where cattle
graze free
Not to disturb them but the breeze
over the sea
The warm sandy beaches, where
children play
Their voices re-echo, so happy and
gay.

Beautiful island, who gives to the
treasures abundant, laughter and
mirth
Grateful are we your people so
true
Thankful to Him, for all he gave you
—Anna Ahearn.

BANISH TENSION BY STRETCHING

Ever see a tense dog or cat? If
pets could talk, can you imagine
them saying, "I'm so nervous I
could simply s-c-r-e-e-m?"

Of course not. That's why you
can learn how to relax from them
when you need to let off steam,
strain acid out of your disposition,
or banish vague muscular aches.
All of these nervous reactions are
symptoms of tension. But by
imitating Tower's habit of shaking
yourself as your pooch does stand
up, bend over, drop your arms
limply to sides, and swing like
mad.

You can banish tensions the way
a kitten does by standing on tip
toes with feet apart and pushing
arms overhead as though you were
straining to touch palms to the
ceiling.

CENTRAL GUARDIAN

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

CRASWELL for Photographs.

CONFEDERATION LIFE INSURANCE.

SAVE FUEL with "Strip Seal" the magic weather strip. Fennell & Chandler. 1-23-31.

KIDDIES' Snow Shoes. Fennell & Chandler. 1-23-11.

THERE WILL BE lots of good songs and dances at the Burns' Concert at the Burns' Concert at the Burns' Concert elsewhere in this paper. 1-23-31.

STEP LADDERS and Extension Ladders now in stock. Fennell & Chandler. 1-23-31.

TICKETS for Burns' Concert on sale at R. H. Old Spain, Mayfair, Hughes Drug and Jenkins Pharmacy. 1-23-31.

RETURNS TO POST HERE

Lieut. Norman Black, R. C. N. V. who has received his discharge from the Navy and is returning to his former position at the Experimental Farm, Lieut. Black, who enlisted here in 1914, is in command of a minesweeper. His wife and child, from Fredericton, N. B., will join him shortly.

CITY POLICE COURT

At the City Police Court yesterday morning a man charged with common assault was fined \$20 and sentenced to 30 days. A drunk and incapable was fined \$10 and costs or 10 days and ordered to repair damage to a front of three dollars. A man charged with operating a motor vehicle while intoxicated was remanded one week. Bail was set at \$50.

COMMITTEE ON HOUSING MEETS

The committee selected by Mayor J. E. Blundell at the last Council meeting to set up a City Housing Planning Commission met Tuesday night in the City Hall. Several prominent citizens were interviewed, it is expected several other organization meetings will be held to discuss the housing problem. Councilor B. Earle MacDonald, chairman of the committee, presided.

VETERANS PURSUE STUDIES

Almost two hundred veterans have returned to educational pursuits in the city. Through the vocational training program 30 men are training on the job. Ten are engaged in tutorial classes, 10 are in night school classes, 21 in carpentry at courses under way at Prince of Wales College. In addition 106 are doing pre-matriculation at the college. The vocational building is expected to be available for students the first of March.

MACLEAN-WILLIAMS

— Knox Presbyterian Manse was the scene of a pretty but quiet wedding Saturday, Jan. 12th, when Rev. A. G. Farquhar officiated in marriage Ruth Williams, daughter of Mr. and Mrs. J. W. Williams, New Brunswick, and Charles Archibald MacLean, son of Mr. William MacLean and Mrs. M. A. MacLean, Charlottetown. Prince Edward Island witnesses at the ceremony were Mrs. A. Farquhar and Donald Govan, Montreal.

CORNWALL Y. P. U.

The regular meeting of the Cornwall Y. P. U. met at the home of Mr. and Mrs. J. W. Williams on Friday evening, Jan. 18th. Meeting opened by singing hymn 288. O' Master How Good Thou Art. The prayer was read from the first chapter of Corinthians, 1st to 15th verse. Canon Hall read the first chapter in the new study book, "Rehabilitation and Post War Adjustment." The president, Gordon Boyle, presided over the business period. Minutes of last meeting were read and approved. Roll call was answered by 27 present. Twenty-five members paid their dues. Mrs. Ford Wilson and Mrs. Arthur Howard were appointed to send cards to the sick. It was decided that our next meeting be held in the hall in the form of a practice for a Burns' Concert to be presented by the members. A dainty lunch was served by the committee in charge, and the remainder of the evening was spent in practice and games.

ARMY CADET OFFICIAL HERE

Capt. C. S. Thompson, assistant district training officer from M.D. 6, Halifax, arrived in the city Monday to confer with cadet officials regarding future activities. Capt. Thompson, who recently returned from overseas before accepting his new appointment, last night carried out an inspection of the Charlottetown Corps at the Armouries. The Corps has been under command of Capt. J. W. Dixon who has held the post of instructor for the past several years. Capt. Thompson will return to the city February 1st when he expects to meet with the local Cadet Committee headed by Major L. W. Goodwin, and other interested citizens to discuss mutually future plans and organization. Capt. Thompson was accompanied on his visit here by Sgt. S. E. Oakley, Monday afternoon. Capt. Thompson inspected the Saint Dunstan's Cadet Corps and last night inspected the Charlottetown Army Corps also.

TO THE ELECTORS OF THE CITY OF CHARLOTTETOWN

Ladies and Gentlemen:—

Having served as Councillor for the past six years at your Council Board, it is my intention to nominate as a Candidate for the Mayoralty.

My efforts have been to keep the citizens informed of all expenditures and to keep these as low as possible.

If my services have been satisfactory I will be honored by your vote.

B. EARLE MACDONALD

Women's Institutes of P. E. I.

MT. MELLICK W. I.

The monthly meeting of the Mt. Mellick W. I. was held at the home of Mrs. Malcolm MacRae on January 18, 1946. The president presided and opened the meeting with the Institute Ode followed by the Creed. Fourteen members responded to the roll call with "The first thing I remember." Minutes of December meeting were read, approved and signed.

The Sick Committee reported that three persons to whom treats had been sent in hospital or under a doctor's care. Bills for fruit, children's Christmas treat and balance due on soldiers' presentations, were presented and paid.

It was decided to hold a welcome home party for Sgt. Stratton Cannon of 124 home on Tuesday, January 15th, and Mrs. Albert Bruce, Mrs. W. J. Mutch, Miss Olive Finlayson and Mrs. Edna Robertson were appointed to collect the district for a presentation to be made to him in the Canadian Army Overseas. Messages of thanks were received from three persons to whom treats had been sent when they were ill.

Materials for sewing and knitting were distributed. Some discussion took place re: reading funds and the annual collection. The next meeting is to be held at the home of Mrs. Edna Robertson on Friday, January 19th. The meeting will be answered by naming one member of the Federal Cabinet at Ottawa. A special collection will be taken for the National Anthem. The hostess served apples and a delicious lunch.

NORTH RIVER Y. P. U.

On Friday evening, January eleventh, the members of North River Y. P. U. met at the home of Mr. and Mrs. J. W. Williams.

The President presided and opened by singing, "What a Friend We Have in Jesus." The Devotional period, which was opened by Scripture reading, followed by prayer by Rev. A. E. Todd gave the members an opportunity to read the "New Year's Message" by Rev. J. W. Williams.

Rev. A. E. Todd gave an interesting talk on the missionary life of the early Christians. The business period opened with the reading of the minutes of the previous meeting. Minutes of last meeting were read and approved.

Roll call for next evening is to be answered by a Bible question. The program for next evening is as follows: Program, Mrs. John Mackinley and Hilda Owen. Lunch, Mrs. Ernest Bulman. Program, Mrs. Jewell and Keith Wheatley. Devotional leader, Lois Mutch. Study period, Scripture reading, Rev. J. W. Williams.

Offering for the evening was taken amounting to one dollar and several members were present. Program for the evening consisted of games and contests. Refreshments were served by all.

Refreshments were served by the hostess. Next meeting is to be held at the home of Mrs. and Mr. John Mackinley. (Patriot please copy.)

NORTH WILTSHIRE W. I.

The annual meeting of the North Wiltshire Y. P. U. was held at the home of Mr. and Mrs. Leith Easter on Friday evening, Jan. 18th. Rev. J. W. Williams had charge of the worship period which opened by call to worship. Scripture reading followed by a prayer. The minutes of the last annual and regular meetings were read and adopted. The treasurer reported that the amount carried over from last year was \$116.85. Amount in bank Jan. 1, 1946—\$104.08 and amount in the hands of the treasurer, \$12.77. It was moved and seconded we hold the first meeting of the month on Friday, the 22nd, on our regular night which is Thursday. It was also moved and seconded we hold the next meeting on Friday, the 29th, at the home of Mr. Morrison was then called upon to act as chairman for the remainder of the meeting.

The election of officers resulted as follows: Honorary President, Rev. J. W. Williams, president, Hon. J. W. Williams, secretary, Mrs. L. M. (elected) treasurer, Mrs. Spurgeon Moore.

Programs and convocations are as follows: Christian Fellowship Convocation—Mrs. Lee Roy MacNeil, Christian Mission Convocation, Mrs. Wm. Clark, Christian Citizenship Convocation, Leonard Bowman, Christian Citizenship Convocation, Gordon Swan, Leadership Training Convocation, Rev. J. W. Williams, Convocation, Mrs. L. M. (elected) Easter, Publication Convocation, Dorcas Campbell. Collection for the evening amounted to \$1.95. Several members paid dues. The meeting closed with a prayer by Mr. Morrison.

CLINTON W. I.

The January meeting of Clinton Women's Institute was held at the home of Mrs. James Smith on

To Our Policyholders

As a member of the Canada Life, you will be glad to know that 1945 was another year of very satisfactory progress. The return of peace finds the Company fully prepared for still greater expansion of its services.

You and the owners of more than 375,000 other policies have joined together in the Canada Life to guarantee for your families and yourselves a measure of security and financial independence which very few people could possibly achieve in any other way. Last year this cooperation resulted in the payment of over \$24,000,000 to policyholders and beneficiaries.

The story of the year's operations is told graphically in a new booklet "The Canada Life Reports to Policyholders", a copy of which will gladly be sent to you on request.

The Canada Life Assurance Company

Established 1847

ELLEN'S DIARY
(Continued from Page 2)

James hauled wood home in his spare time, which with his chory and brushing and cleaning of animals kept him so busy, he was obliged to do his wood chopping by the light of the silvery moon. There for Jeanie and me he cut some of the "trees" to mix with the seasoned. I thought at the time he unwittingly selected a nice silver birch and to the rear of the house across the lane. The pattern on the snow to one side of the chopping block, the moon flashing axe and for a background the trees ranged along the hills, then having gone with croaking the sligh runners and a jingle of bells down the driveway. "And what were you sending to the store for, tonight, Ellen?" James asked, when he came in to stop only briefly, the responsibility of the tending to the fire in the house across the lane having been added to his other cares. "A box of flour, James—a cake flour," I explained though I never can be certain that all of my words are not lost to him on an occasion like this. Pat was at the corner store, smoking a friendly pipe with other farmers, forgotten there. He guessed this cold snap would "kape up" and said "I'd like to see you expect this day at the year" and was of the opinion that it was too cold to work in the bush. The sick in the community continue to improve, and even if as report has it that the smelt refuse to come in with the tides as thickly as earlier, there is once more, after illnesses that seem to come even with a white Christmas, an air of well being restored to the district. No new babes have been added recently to our population—which considering the present cold world is just as well, and Pat's dream of a funeral he could see "as plain as day" which is supposed to indicate a wedding has taken neither form nor substance within our borders. Sara still has her passage on the highway and the bus again carries passengers to and from the city.

And now our young folk have gone in the freest, to the house across the lane, James removing a step in our behalf from break of dawn until recent moon and star light, cast a sight of a fluff of white and a dark nose beneath the couch. "Have you forgotten something?" I ask him a shade of amusement coloring my words, he reaches for his slippers with no wavering of intent and returns: "Not I!" and adds suggestively "Perhaps you have" so "Until tomorrow—Diary—Good-night."

WIRE CELEBRATING OUR 1ST ANNIVERSARY WITH A SALE!

Commencing 14th. January and Ending 6th. of February

- 2 Piece Dresses, brown and rust only, reg. \$4.50, sale... \$2.98
- Children's mitts, reg. 85c, 95c, \$1.25, sale... .69
- Snow Suits, one and two piece, reg. \$7.50, \$7.75, sale \$5.98
- Snow Suits, one piece, reg. \$9.50, sale... \$6.78
- Snow Suits, three piece, reg. \$11.95, sale... \$7.75
- Chenille House Coats, reg. \$4.50, \$4.98, sale... \$3.75
- Infants' Bunting, reg. \$3.25, sale... \$2.49
- Children's Silk Bloomers (small only), reg. 69c, sale... .45
- Boys' Cotton Jersey Suits, 2 piece, reg. \$1.89, sale... \$1.19
- Children's Sweaters, Coat and Pullover, reg. \$1.35-\$1.60-\$2.10-\$2.35, reduced to... .98

ALL SIZES UP TO AND INCLUDING SIZE 6X

PRICES SLASHED

Children's Wool Parkas, reg. 89c, sale .75

WOMEN'S SKI JACKETS, red and gold only, reg. \$9.50, sale . \$6.79

WOMEN'S SKI CAPS, reg. \$1.25, sale 89

Goods Purchased inclusive these dates are not exchange-ble.

THE SPORT TOGGERY

169 QUEEN ST. PHONE 501-L

Get sweeter, tastier bread!

FLEISCHMANN'S FRESH ACTIVE YEAST



FULL-STRENGTH! Fleischmann's fresh active Yeast starts working right away! All the strength of the yeast brings out all the flavourful goodness of your bread. Be sure of sweet taste — light texture — fragrant freshness every time!

IF YOU BAKE AT HOME, insist on Fleischmann's full-strength, fresh active Yeast with the familiar yellow label. Dependable—Canada's favourite yeast for over 70 years.

Always fresh—at your grocer's

MADE IN CANADA

SO EASY to make ICE CREAM

Without a refrigerator or other special equipment, you can make delicious ice cream in a few minutes. The only special equipment you need is a dasher and a bowl. Delicious, delicious, delicious!

FREEZE IT OUTDOORS!

LONDONBERRY
108 DOMINION SQUARE, MONTREAL

TRINIDAD AND TOBAGO TRADE

TRINIDAD —(CP)—The first schooner to be built in Trinidad was launched recently off the reclaimed lands near the East Dry River. She is the 60-ton Irene, and will engage in inter-island trade.