

\$5 For Your Old Mattress!

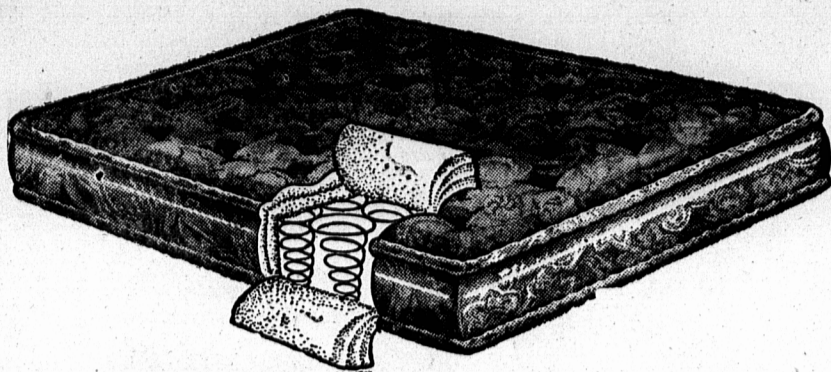
On the Purchase Price of a Spring Filled Mattress

IF IT IS USABLE

WE WILL TURN IT OVER TO THE FREE DISPENSARY OR THE SOCIAL SERVICE FOR THE USE OF SOME FAMILY IN NEED OF IT.

IF IT IS BEYOND USE

IT WILL BE DESTROYED IN THE CITY INCINERATOR



Choose From Canada's Best Spring Filled Mattresses

The "Red Crest"

Reg. Price ----- \$26.50
Allowance ----- 5.00
You Pay ----- 21.50
\$2.50 Now—\$2.50 Monthly

"Purple Crest"

Reg. Price ----- \$29.50
Allowance ----- 5.00
You Pay ----- 24.50
\$2.50 Now—\$2.50 Monthly

The "Gold Crest"

Reg. Price ----- \$32.50
Allowance ----- 5.00
You Pay ----- 27.50
\$2.50 Now—\$2.50 Monthly

The "Restwell"

Reg. Price ----- \$27.50
Allowance ----- 5.00
You Pay ----- 22.50
\$2.50 Now—\$2.50 Monthly

Sale Ends Positively
APRIL 17th.

The "Blue Crest"

Reg. Price ----- \$22.50
Allowance ----- 5.00
You Pay ----- 17.50

POSSIBLY - - - YOU

DO NOT REALIZ...

We are informed by those in touch with these things that there are many homes in the city that are in dire need and that they could use dozens of good old mattresses.

KILL TWO BIRDS WITH ONE STONE!

Save \$5.00 on the purchase price of one of these luxuriously comfortable mattresses and at the same time bring a bit of comfort to some one not so fortunate as yourself.

BUT ACT NOW!

Increased cost of materials and changes in present labor laws point to higher prices.

HOLMAN'S CHARLOTTETOWN

Queen Mother Opens Research Laboratory



Mary, the Queen Mother, as she left the Marie Curie hospital in London after officially opening the Helen Chambers research laboratory.

Reviews Year's Activities Of Local C. W. L.

The following is the text of the report of the recording secretary submitted at the annual meeting of the Charlottetown sub-division of the C. W. L. Tuesday night, Reverend Chaplain.

Madame President and Members. Your recording secretary has the honor to submit the following report:

It was with the deep sense of the responsibilities entailed that I assumed the duties of your recording secretary last April. With the great efficiency of your past Recording Secretary, Mrs. R. J. McDonald still fresh in my mind, you may appreciate the fact that my task was a delicate one but I pledged myself to give of my best to a work in which my belief is strong.

During the year 1936-1937 the Charlottetown Subdivision of C. W. L. functioned very successfully and satisfactorily under the efficient management of the President, Mrs. Frank Walker, assisted loyally by the co-operation of a capable executive and the support of devoted members.

Eight regular monthly meetings and two executive meetings were held during the year. From April 1936 until October 1936—Meetings were held in K. O. C. Hall. For the remainder of the year the Business Girls' Hall on Richmond Street was placed at the disposal of the Senior Sub.

Our year's work may be considered under the following headings:

Social Service

Although our activities during the year were greatly curtailed, due to the fact that the Rev. Dr. McMahon had scheduled all local activities to be for Parish needs and under his direction, nevertheless we were enabled to contribute to the Dept. of Social Service at the City Hospital, the handsome sum of one hundred and twenty-five dollars (\$125.00) besides two hundred and fifteen (215) articles of clothing from our sewing committee.

Much credit is due this Sub-division for its generous contributions at various times to this charitable work. Since the inauguration of this Department at the City Hospital over one thousand dollars in cash (\$1000.00) has been contributed by our Sub-division, to say nothing of the numerous articles of clothing donated also.

At Christmas the Catholic inmates of our Institutions were not forgotten, through the untiring efforts of Mrs. Curley and Mrs. John King. Generous, generous donations were collected and distributed to them. These two contributors speak in the highest terms of the courtesy and kindness of their reception by the officials in charge of these Institutions. Grateful thanks are hereby expressed to them and to all those who in any way made these donations possible.

Mrs. Sampel and Mrs. O'Neill, who are devoted to the task of visiting sick members have fulfilled faithfully their duties of office. Early in the year a generous member, Mrs. Leo B. Doyle donated a Communion Cassock for the use of the Catholic inmates of Falconwood. At the request of Rev. Louis Dougan a similar gift was presented to the Infirmary by this Sub-division. During the year ten masses have also been said for the repose of the soul of members or of some of their relatives.

Study Clubs

This phase of Adult Education would appear to be thriving in the Charlottetown Subdivision of C. W. L. where two apparently successful groups have been functioning since the fall. One group of twelve have been studying the Pope's Encyclical on Christian Marriage and the Christian Education of Youth. This is a very congenial group who find great pleasure in their study and discussions. Rev. Father McArdle, very kindly assisted at several meetings and the members of these groups hereby express their thanks and appreciation for his kindness. Other members of the Clergy who were guests of the Club during the year are Rev. Dr. Monaghan and Rev. Father J. Basil Doyle. The latter's visit and his words of encouragement for our efforts in this line of endeavor were greatly appreciated.

A second group which is sponsored by the League have been studying economics with Miss Mary McDonnell as leader, a group of six engaged in several meetings of the study of Credit Unions as an organization of thrift. The study of Consumers' Cooperatives is now under discussion by a group of twelve with Mrs. A. J. Howatt as leader. The grateful thanks of all members of this group are extended to Rev. Father O'Sullivan C.S.S.R., who has been kind enough to show an interest by attending meetings and helping in the discussions.

A greater interest should be shown by all members of this sub-division in this great work. We need more leaders and although one needs to have the courage of the covered wagon stock almost in order to welcome all the erroneously termed constructive criticism, a leader sometimes gets, still, being in a study club has its compensation.

Membership

Our membership has increased during the year. Fifteen new members have been added to the list. A cordial welcome is hereby given to these new friends. The recent election of Mrs. McAulay, a reputed live-wire, as convener of membership augurs well for the future increase in our membership list. The attendance at meetings however, could be improved. The absence from meetings of most of our members prevent otherwise constructive measures which this subdivision might attempt. May I solicit your interest in this regard in raising our average at meetings from the small number of eighteen to its full quota.

Education

The usual gestures in the cause of education have been made during the year. A prize of ten dollars from this subdivision was won by Leo Poirier of Grade XI of St. Dunstan's University in June. Prizes of \$2.50 each were given to Queen Square School, Notre Dame Academy and Rochford Square.

Beginning early last fall weekly educational meetings were held for Catholic College students in K. O. C. Hall with Father McArdle as Chaplain. Social evenings were held on Saturday nights sponsored by Mrs. Frank Murray. The C. C. Club is self-supporting, having its own executive to attend to all business. Noted public speakers and clergymen weekly addressed the meetings.

Magazine

Magazine convener reports the usual number of subscriptions. Two contributions from the pen of one of our members, Mrs. Frank Murray entitled, "The Value of Lay Retreats," and "A Sweet Interlude" have recently been published in

the League organ. Congratulations are in order for the gifted writer. These articles were read at our meetings greatly enjoyed by all.

Finance

The treasurer, Mrs. Evangeline Paquet whose term of office regrettably expires this term reports several donations of note besides quota for expenses and social service—the following may be mentioned:

1. In June last a Kenwood blanket to the bazaar organization.
2. A cash donation to Rev. Father Fallon of Toronto's Catholic Truth Press.
3. Ten dollars to Altar Society for flowers.
4. Cash donations to Dispensary and Santa Pal Fund.
5. Cash donations to Mt. St. Mary building fund.
6. Another to Memorial Chapel in West in honor of Miss Jones.
7. Subscription to Canadian League for Rev. M. Superior of N.D.A.
8. On Remembrance Day, as usual a wreath in memory of the fallen soldiers was placed on the monument, during the memorial service by our President Mrs. Frank Walker.

Along with the above mentioned and several smaller items there remains a goodly balance in the bank.

Correspondence

This report would not be complete without some word of appreciation for the conscientious discharge of the duties of our Corresponding Secretary, Mrs. E. Kelley. Never a notice of correspondence was overlooked by this zealous officer. Anyone called upon to fill this office knows how tedious a labor this is. Great thanks therefore to Mrs. Kelly for her devotion to office.

Miscellaneous

In this report I have tried to table all the important factors but I am loathe to overlook the splendid assistance rendered this subdivision by the Public Press, the Guardian and Patriot Pub. Companies. The gratitude and appreciation of this subdivision is hereby extended to these two Companies for their generosity. Another bit of tinsel on our year's banner is that splendid lay retreat given at Notre Dame Academy for our members in November last. For this splendid occasion we owe grateful thanks to Mrs. Frank Murray, National Convener of Lay Retreats, Rev. Father O'Sullivan C.S.S.R., our learned Retreat Master and last but not least to Rev. Mother St. Gerald, our generous hostess during the Retreat.

A summer outing at York Point for all the members through the genial hospitality of Mercedes F. Walker and P. Ready is another event which is outstanding on our program of last year. Need I say more.

Respectfully submitted,
MINNIE HOWATT.

MIX YOUR DRINKS IN SAFETY WITH THESE COCKTAILS

New York. — Daily rations of fruits, carrots, beets, spinach and other health-giving vegetables are contained in double cocktail-sized bottles of a new vegetable drink. Although they come with different labels, all the bottles contain the blended essence of several vegetables, beets being the predominant flavor of one, carrots of another.

Both beet and carrot drinks look like wine—one red, the other a mellow gold. Like wine, it seems, they improve with age. The formula was perfected by a trained nurse, Miss Louise Schucker, who started making it for her patients

Tryon And Vicinity

The usual amount of beautiful hooked rugs have been made in Tryon and vicinity this spring by the ladies who specialize in this kind of handicraft.

Mr. Austin Cameron, of Augustine Cove, was a visitor to Tryon this week.

The many friends of Miss Cicely Leard, Tryon, are pleased to learn that she is able to be about again following a severe attack of "flu".

Mr. and Mrs. Frank Harvey and children of Crapaud spent Sunday very pleasantly in Tryon, as the guest of Mrs. Harvey's parents, Mr. and Mrs. Joseph Rogerson.

Congratulations are extended to Mr. and Mrs. Newton Mayhew of Tryon, on the birth of a son on Friday.

Mr. William Pooley and Mr. Stanley Dawson, of Tryon, were recent visitors to Summerside.

The many friends of Mr. Albro Howatt, Tryon, are pleased to see him out.

There passed away at his home in Tryon on Friday evening April 2, Mr. Philip Holland, at the age of 76 years, after a prolonged illness. He was a prominent farmer and a highly respected resident. He leaves to mourn besides a sorrowing widow, formerly, Agnes Dunbar, two brothers, Samuel and Camden, both of Tryon, and three sisters, to whom much sympathy is extended.

The funeral was held on Sunday afternoon from his late residence to the Presbyterian Church, Tryon. There was a short service at the house. The service in the Church was largely attended. Rev. F. Young conducted the service. The Hymns sung at the Church, "The Lord is My Shepherd, I Need Thee; and Nearer My God to Thee." were beautifully rendered by the choir, Miss Jennie Waddell, was at the Organ.

The pallbearers were: Messrs Hamilton Leard; Albert Mabey; Webster Boulter; and Reginald Dixon. Interment was in the Presbyterian Cemetery.

Mr. Charles Rogerson, has returned to his home in Crapaud, after spending the winter months in Guelph, Ontario.

The many friends of Mr. Percy Delaney of Tryon, regret to learn that he is confined to his home with a severe attack of "flu" and hope that he will soon recover.

Mr. Herbert Lowther of Crapaud spent a pleasant few days visiting among friends in Tryon.

Mr. and Mrs. Earle Lawler and little son Richard of Tryon spent Sunday in Cape Traverse as the guest of Mr. A. Russell Clarke.

The many friends of Mrs. William Muirhead, Tryon, regret to learn of her continued illness.

Mr. and Mrs. William Anderson of Tryon were visitors to Westmoreland on Saturday afternoon as the guest of Mr. and Mrs. Chris Moore.

THEFT IS WOMAN'S VICE

(By The Canadian Press) WASHINGTON — Summarizing offences in 1936 the United States investigation bureau placed drunkenness as the most frequent among men and stealing among women.

with such good results that she got it introduced into hospitals. Now the grocers have it.



By James W. Barton, M.D.
GETTING OUT OF BREATH EASILY NOT ALWAYS DUE TO HEART DISEASE

Many individuals with a heart murmur are naturally afraid that as one of the heart valves is leaking they may die suddenly at any time. Their physician finds it difficult to make them believe that as long as the heart beats regularly, at a normal rate, and they do not get out of breath easily, they have nothing to worry about. However, once it is known that breathlessness on exertion is usually the first sign or symptom of a failing heart, many individuals with a normal heart who get out of breath easily begin to worry about their heart.

Dr. H. N. Jennings, Calgary, in an article "The Interpretation of Heart Symptoms" in the Canadian Medical Journal, says:

"Breathlessness on exertion is usually the earliest reliable symptom of a failing heart. It is also a symptom of anaemia (thin blood), of chronic lung disease, of increasing weight, of advancing age, and of most debilitating (or "run down") conditions."

Another condition that causes shortness of breath is acidosis, when the blood has become less alkaline than it should be due to eating too much acid food (meat, eggs, fish, cereals), or to living on a reducing diet to get rid of excess weight.

There are also those cases where the patients complain of breathlessness on slight exertion. "tire

That Body of Yours

very easily, complain of palpitation and the heart rate is too fast." These individuals are simply in poor physical condition, no heart defect being present, and no other cause found.

Then there are the cases where the individuals have had some acute infection such as influenza or bronchopneumonia who get out of breath easily for weeks afterwards. In the recent flu epidemic in Great Britain the flu symptoms only lasted four days, but the patients were weak or prostrated for two weeks. This is due to the loss of some of the reserve power of the heart. Dr. Jennings points out that these individuals will completely regain their heart reserve by a period of rest followed by graded exercise.

In other cases the breathlessness or getting out of breath easily soon disappears when some infection (teeth, tonsils, sinuses) has been removed.

Thus while breathlessness on exertion is the first symptom of a failing heart, it may occur in a number of other conditions also.

N. S. Improvement Weew May 1st

(C.P. By Guardian's Special Wire) HALIFAX, April 7 — Plans for beautification of Nova Scotia highways, including removal of all advertising billboards, were announced in the province's legislature today by Highways Minister A. S. MacMillan.

First week in May was set aside as "improvement week" in the western half of the province, he said, with the following week devoted to the eastern section. Booklets on beautification would be distributed.

"I may say I am instructing officials of the Highways Department to remove eyesores from the public highways and have given orders that all advertising billboards be removed from the public highways," the minister said.

PIMPLY SKIN? HERE'S GOOD NEWS!

This famous Medicated Cream has helped banish Pimples and other skin irritations for millions!

If you suffer from ugly disfiguring pimples, try this marvelous new kind of medicated formula that millions are raving about. It has swept the country! Over 14,000,000 jars are now used yearly. Surveys indicate that thousands of doctors use it themselves. It's called Noxzema Skin Cream.

Noxzema is a snow-white greaseless, stainless cream—containing real medication. It is wonderfully soothing—relieves itching, smarting—acts in quick healing not only pimples but other skin irritations from external causes.

Save 10¢. For a limited time each year, Noxzema makes a Special Trial Offer—a large 25¢ jar for only 15¢. Get your jar of Noxzema today—use coupon below.



SAVE 10¢
Clip this coupon as a reminder to get a large 25¢ jar of Noxzema Medicated Skin Cream for only 15¢. Limited Time Offer. On sale at All Drug and Department Stores

FOR A SOFTER, CLEARER COMPLEXION—USE NOXZEMA CREAM SOAP (Medicated)

TAKE BURDOCK BLOOD BITTERS THIS SPRING

For that tiredness, listlessness and sluggishness that comes over you as the warm weather approaches.

After the long winter months the system needs a general toning up by cleansing and purifying the blood of its impurities.

B.B.B. is just what you require to do this. It will make you feel bright and vigorous, and "full of pep."

Get a bottle at your druggist's and see how quickly it will rid you of those all-gone, don't care-to-work feelings of

"SPRING FEVER"

New Lower Price, 1.00 Per Bottle at All Drug and General Stores.
THE T. MILBURN CO., LIMITED, TORONTO, ONT.