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British Consols

PLAIN OR CORK TIP

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Charlottetown Premium Office
29 Queen Street

"Manhattan Moon" At The Capitol

With comedy and music predominant, although it contains some tense as well as laughable situations, Universal's gay and colorful romance with a Broadway background, "Manhattan Moon" opened to enthusiastic audiences last night at the Capitol Theatre. Many who attended came to see Dorothy Page, the sensational screen find introduced to motion picture audiences after three years of singing on national networks.

The story running through the well-mounted picture concerns the adventures of one, Dan Kelly, Broadway millionaire who wants to crash society. He attends a concert, sees Miss Page, in the role of the French singer, Yvonne, and decides that he must meet her at all costs. He prevails upon Reggie Vandorset, delightfully played by Henry Holtzsch, a newcomer from the British stage and screen, to perform the introduction. Reggie, knowing that Yvonne is as much of a recluse as motion pictures own Gable, arranges with the double to do the honors for Yvonne. But Yvonne herself becomes interested and the sparks begin to fly.

Miss Page is supported by Richard Cortez, who does an admirable job. Cortez's assistant, Hugh O'Connell, is very funny.

The settings are interesting and at times beautiful. Night scenes of New York City, including Brooklyn Bridge, an exotic establishment known as the "High Hat," a night club owned by Moore; theatres, luxurious apartments, and even Broadway itself form part of the backgrounds.

Twelve Christmas New Year Cruises

Christmas and New Years at sea is always an event of great interest to ocean travellers, no matter what part of the festive season may be enjoyed as regally aboard a "Lady" liner of the Canadian National Steamships, or on shore at a southern colony, as by one's own fireside. Festivities aboard ship and the joyous spirit of native life ashore is as much in evidence throughout the voyage at the Christmas and New Year season as anywhere in the north.

Aboard every "Lady" liner a Christmas dinner, with all the trimmings pertaining thereto, including the proverbial plum pudding, is shared by all in a spirit of camaraderie so that no one need feel as a stranger in a strange land, and when the traveller steps ashore at any of the colonies the same spirit prevails. "Lady" liners are in reality "floating clubs" in which every passenger is a member, and hence the lonely person, far away from home or relatives at the festive season, may enjoy all the jovial hospitality typical of good fellowship.

This year the Canadian National Steamships have arranged a series of 12 Christmas and New Year cruises, including 11 voyages from Halifax via Boston to Bermuda, the British West Indies and to British Guiana, these extending from 9 to 30 days, according to the destination chosen by the passenger. These cruises on "Lady" liners provide an opportunity to enjoy the real spirit of comradeship that is so accentuated by the festive season and any one of them, whether short or long, will prove quite an innovation during the holiday period.

NEW PERTH SCHOOL

Report of New Perth School Kings County for the month of September and August.

Grade X-1. Fred Martin; 2. Catherine Corcoran; 3. Gertrude Power.

Grade VIII-1. Marjorie Martin; 2. Roy Kennedy; 3. Elliot Smith.

Grade V-1. Mildred Smith; 2. Gordon Wilkie.

Grade IV-1. Ruth Minchin; 2. Bessie Stewart; 3. John Corcoran.

Grade III-1. Aeneas Corcoran; 2. Doris McLaren; 3. Carl Kennedy.

Grade II-1. Lorne Minchin; 2. Leo Corcoran.

Grade I-Sr 1. Alice Moor; 2. John Minchin; 3. Olive Myers.

Grade I (Jr)-1. Eldon Minchin; 2. James Corcoran.

Perfect Attendance Fred Martin; Ruth Minchin; Aeneas Corcoran; Lorne Minchin; Eldon Minchin.

Teacher, L. Lincoln Dewar.

NOTICE

For service this fall, one Pure Bred Berkshire Boar.

CALVIN BISHOP
Mt. Buchanan

J. D. TAYLOR
PRINTER

Phone 606-L
169 1/2 Queen Street

Fashions Changed For Soviet Women

(By The Canadian Press)

LONDON, Oct. 14.—An Englishwoman who became an Austrian princess may be appointed official State dress adviser in Moscow. She is the Princess de Rohan, formerly Miss Dilkusha Wrench, whose husband is a descendant of the French Cardinal de Rohan, of the "Queen's Necklace" fame.

The Princess has a dress shop in Paris and has just returned from Russia, where she spent part of the summer designing dresses for "Angel," a play to be produced soon in the Kamerny, the State theatre in Moscow.

Among the many things that struck her was the fact that money did not seem to count on expensive dressing and cosmetics—a thing unheard of in Russia; not so long ago.

"Shakespeare is now acted, and as the result of a severe tightening up of the formerly lax marriage laws, 'Romeo and Juliet' is now the model for perfect love and devotion," Princess de Rohan said.

Canada Introduces Gaiters to Scotch

Canadians are generally accustomed to the wearing of rubbers as a protection in wet weather. In the British Isles rubber coverings for the feet are not so common, the general practice being to wear the heavier soled boots and shoes. This is particularly the case in Scotland which specializes in wet weather. The women of Scotland are taking to the wearing of raincoats or gaiters introduced by Canada to the market last year in place of the old Wellingtons which are now being relegated to the country and for use by children. Canada supplies the major proportion of the rubber footwear imported into Scotland with Hangkong occupying second place, according to the Industrial Department of the Canadian National Railways. A part of the trade is supplied by domestic manufacturers.

Color and Business

What's in color? Red has usually been associated with fire, war, cruelty—the sterner qualities of mankind and the more extreme passions and vices. White suggests light, purity, truth, innocence, peace and related ideas. Blue symbolizes dignity, solitude, sadness, and with its correspondence in color with the heavens, hope, constancy, piety. Purple signifies loyalty, pomp, stateliness, while black suggests evil, gloom, wickedness and outer-darkness. Yellow is an exciting color suggestive of gold, power, and is a symbol of supreme wisdom, prudence, inspiration. In China yellow has been employed as a regal and sacred color. The telegraph blank with its envelope from the very first was printed in yellow, why, is not definitely known. In the earlier days, states the Canadian National Telegraphs, telegram was associated with dread news, illness, death or some other misfortune, but with the tremendous expense in the use of the telegraph not only for business but social uses as well, this concept has largely disappeared and now its yellow coloring symbolizes importance, urgency, a more marked personal emphasis.

Give Raisins as Goodwill Token

(By The Canadian Press)

WINNIPEG, Oct. 14.—A quarter of a ton of raisins was presented to the city of Winnipeg recently. The presentation was made to Mayor John Queen by L. E. MacGregor, Australian trade commissioner in Canada, as the mayor opened a local Australian exhibition.

The raisins are to be distributed among the public institutions of the city, among those on relief, or among the poor. Mr. MacGregor said. The gift was being made as a mark of appreciation of Canadian goodwill towards Australia.

Doll Library For Tiny Tots

(By The Canadian Press)

LAPORTE, Ind., Oct. 14.—The four-year-old miss who frequents the playgrounds here has been getting her doll babies through a doll library.

She sits on one of the type of doll, all she has to do is to go to the library and exchange it for another one. There are nearly 100 dolls available, ranging from a tiny baby model to a huge sun-bonnet maiden and a dancing lady.

The idea of the doll library originated with Miss Kathryn Miller, an emergency recreation supervisor for the governor's commission on unemployment relief.

Women's clubs, sororities and individuals provide the dolls, which are available through the library system in five playgrounds.

Trinity United Church

TUESDAY, OCTOBER 15
3.15 P. M.—Mission Band — Social Hall.
7.30 P. M.—Senior C. G. I. T.—Social Hall.

The Central Guardian

This column is reserved for news of local interest but advertising of a serious nature may be inserted at a cent a word strictly payable in advance.

ON TUESDAY, OCTOBER 15th Georgetown Bus after leaving Charlottetown will go by way of St. Terence, Penikese, Clarktown, Fort Augustus, etc. L-1250-10-11-41.

FOXMEN.—Feeding Sungleo Rations exclusively, has given superior results wherever fed. The cost is lowest. L-5681.

BEST SILVER FOX FELT.—Arch London Sale out of 80,000 skins, was from a 1934 Pup Fed exclusive on Sungleo as cereal part of Ration, from weaning to pelting, according to owner, E. S. Coffin. Sat-Tues-tly. L-1251-10-11-41.

BUYING Turnips, Potatoes daily from October eleventh till October seventeenth at Railway Wharf. Highest market prices. Henry C. Smallwood. Phone Charlottetown 1589-11. L-1251-10-11-41.

FIRE YESTERDAY.—Fire from unknown cause completely destroyed a large barn owned by Mr. P. M. McCaull. Tyne Valley, with all its contents of feed and lumber. Mr. McCaull was away from home at the time. L-1251-10-11-41.

FUNERAL YESTERDAY.—The funeral of the late Eleanor Rice was held yesterday afternoon from the residence of her parents. Services were conducted at the house and grave by Rev. Mr. Webster, assisted by Rev. Mr. Barbour. Interment in People's Cemetery. The pall bearers were Herbert Douglas, Hayden McLeod, Harold Dougan, Keith Langill.

SCOTT—MACNAUGHTON.—A quiet but pretty marriage ceremony was solemnized at Zion Manse at six o'clock Wednesday evening, Oct. 9th, by the Rev. G. Carling. Interment in People's Cemetery. The bride was Miss Marian Edith MacNaughton, daughter of Mr. and Mrs. George MacNaughton of Winsloe was united in marriage to Mr. Lorne Archibald Scott, only son of Mr. and Mrs. Harry Scott of Marshfield. The bride was very becomingly gowned in turquoise blue chiffon with matching shoes to match. Her coat was of navy blue with grey fur trimming. The young couple were attended by Miss Hannah MacNaughton, sister of the bride, and Mr. Vernon Ford, the bridesmaid wearing brown silk crepe with accessories to match. Previous to her marriage Miss MacNaughton was tendered a miscellaneous shower at the home of Mrs. A. MacWilliams, Charlottetown, where she received many beautiful and useful gifts. Mr. and Mrs. Scott will reside in Marshfield. Their many friends wish them good luck.—(Patriot please copy).

A QUIET WEDDING.—The residence of Rev. J. M. MacLeod was the scene of a happy event when Miss Jennie Irene MacKinnon, daughter of Mr. and Mrs. Bruce MacKinnon, Graham's Road, was united in marriage to Mr. John T. Murray, youngest son of Mrs. John T. Murray and the late Mr. Murray of the same place. The winsome bride was becomingly attired in a gown of brown silk velvet with metallic trimmings and was attended by her sister, Miss Ada MacKinnon dressed in wine crepe. The room was ably supported by Mr. Lionel Ford of Emerald. After having supper in town, the party motored to the bride's home, where they were met by a merry band of charivariers, who, after extending their best wishes, honored the groom and best wishes of the generous treat provided for them, proceeded quietly to their homes wishing the popular young couple every happiness. Previous to her marriage the bride was tendered a miscellaneous shower at her home, which was tastefully decorated with flowers and plants and an arch of autumn leaves. The bride's dress of russet shade blended perfectly with the background of autumn foliage. Assisting the bride in opening and arranging the many and beautiful gifts were the bridesmaids Margaret MacLeod, Jessie Ready, Jennie MacKay, Winifred Orsborne, Kathryn Colley, Evelyn Brown and Mrs. G. Bonness, while Miss Robina Whitehead read the verses. The gifts included a sum of money from the Women's Institute of which the bride was a member. The bride, in her usual charming manner, thanked all for their lovely gifts, after which "For She's a Jolly Good Fellow" was sung. A pleasant evening was then spent in music and social intercourse.

Display Bronze In Early Church

(By The Canadian Press)

LONDON, Oct. 14.—Priceless possessions never before out of China are being privately and almost reverently unpacked at the Royal Academy for the International Exhibition of Chinese Art opening in November. There are 96 boxes of sealed treasures and every article was encased in a silk-lined container.

Only a few famous connoisseurs were permitted to watch the unpacking. The first case opened contained magnificent Sheng Yin bronzes 4000 years old. One of the articles was a bell which first rang in the ears of the illustrious ancestors of China 2500 years ago and now stands within the sound of the motor horns of modern Piccadilly. It first belonged to the Duke of Yu, a contemporary of Confucius in the fifth century B. C.

Beautiful jade and carved stones were among the treasures later revealed. There is a lovely silver figure of a great Chinese sage, Chang-Chen sitting on a tree trunk which he is using as a raft, his pigtail blowing in the wind. This figure was wrought in 1361.

LEATHER BELTS HAVE PURSES

(Canadian Press)

LONDON, Oct. 14.—New leather belts shown here have little change purses to the left of the buckle. Quaint little matching leather "tabs" trim the bodice and cuffs of the dress.

CONFEDERATION LIFE INSURANCE
L-6798-7-12-312

FUNERAL MONDAY.—The funeral of the late Mrs. Alexander E. Campbell was held yesterday afternoon from her late residence. Services at house and grave were conducted by Rev. E. MacDonnell, interment in People's Cemetery. Pall bearers were George McLeod, Henry Laphorn, Neil Robinson, Samuel French, J. G. McFadyen.

The Central Guardian

PERSONALS

Rev. Phalen McKenna, St. Mark's P. E. I., accompanied by Rev. Joseph Rooney of Cardigan Bridge, P. E. I., were recent guests of Father McKenna's cousin, Mrs. William Devine, Sussex.

Mrs. Russell and young daughter Eleanor who spent the summer with the former's parents Mr. and Mrs. C. A. Large, City have left on return to their home in Summerville, Mass. Enroute they visited Mrs. Russell's sister, Miss Margaret Large, nurse in training at the St. John General Hospital.

Mr. and Mrs. Harvey Estabrooks and son, Harvey, Jr., have returned to Sackville after visiting their daughter, Mrs. Lawrence E. Dunfield, and Mr. Dunfield, and Rev. and Mrs. John L. Lum, Tyrone, P. E. I.—Saint John Telegraph Journal.

Famous Raider Meets Old Foes

(By Thomas T. Champion) (Canadian Press Staff Writer)

LONDON, Oct. 14.—Count Felix von Luckner, whose exploits as commander of the German raider Seeadler earned him the title of "Sea Devil," visited England recently with Countess von Luckner.

During his stay in London the Count met British naval officers, including Sir Reginald Hall, who, as chief of the British Naval Intelligence Department during the War years, endeavored to capture the "Sea Devil" while he was raiding British shipping.

Count von Luckner, asked how he managed to evade capture for so long during the War, said: "You see, I was sailing in British, Scandinavian and every other kind of ship. I know what a reputation the British have for chivalry, so I had my 16 year old boy on board a Norwegian ship dressed as my wife. When I had a gramophone playing 'Tipperary' it was real good fun. But never during all my raids did I take a single human life."

The Count began his adventures early, for he ran away to Australia when he was 13. There he joined the Salvation Army. In 1903, when he visited England, he was working as an ordinary sailor on a boat which took cargo of clay to Plymouth, 16 years later he was in London in this country, for between the Spring and Autumn of 1917 he sank ships worth \$400,000. He captured 17 ships within a few weeks and sank them, but made sure that the crews were safe first.

"You see," he explained, "I have always regarded myself as a citizen of the sea, and when I have come across an enemy ship, those manning her, too, were citizens of the sea."

Coach Excursions Are Popular

(By The Canadian Press)

MONCTON, Oct. 14.—Two choice bargain fare excursions are being offered to the people of the Maritimes to visit relatives and friends and do some sightseeing, one to Montreal, Ottawa and Toronto, including also Quebec City and Three Rivers, leaving on Friday, October 18th next, from stations in the province of Quebec east of Riviere de Loup and Monk, including the Gaspere Peninsula, in addition to stations in Nova Scotia, New Brunswick and Prince Edward Island.

The other excursion will be operated to Boston and New York, leaving the following week, on Friday, October 25th, and will mark the first occasion on which one of these popular coach excursions has been operated from the Maritimes to take in New York City. It is anticipated many will take advantage of the low fares offering to see the metropolis of the New World where there is so much to attract the visitor, the tallest building in the world (the Empire State Building), along with other skyscrapers, Radio City, the numerous public buildings, the theatres, and other places of interest.

A generous return limit has been allowed on both coach excursions. In the case of Montreal and Ottawa, including Quebec City and Three Rivers, tickets are good to return leaving those cities the following Tuesday, October 22nd, and Toronto, Wednesday, October 23rd. For the Boston and New York excursions tickets will be good to return leaving Boston not later than special train departing at 8 30 P. M., E. S. T., the following Tuesday, October 29th, and from New York, Wednesday, October 30th.

Centuries Old Silt Removed Reviving Port

(By The Canadian Press)

SAINT JOHN, N. B., Oct. 11.—To the illustrious Talaralle, carrier of the line and oil between Canada and South America, has fallen the honor of re-opening navigation from the Caribbean Sea to the Magdalena River in Colombia after a lapse of four centuries. Talaralle officers told the story when the tanker completed her latest routine trip to Saint John.

The tanker was a silt bar had clogged the mouth of the mighty Magdalena, as important to northern South America as the Amazon is to the central part of that continent. Since the last previous ocean-going vessel sailed up the river in the 16th century the rich northern coast of the New World.

To reach a port outlet the people of the Magdalena River valley were obliged to ship their coffee and other merchandise over 17 miles of railway from Barranquilla to Puerto Colombia.

An ingenious engineering feat finally solved the centuries-old problem and revived Barranquilla as an ocean port. Two parallel jetties, each a mile and a half long, were run into the ocean, confining the river mouth to a channel about 100 metres wide. The outgoing tide ripped away the bar, thus opening the inland waterway to ocean traffic.

When the sombre-colored Talaralle

When Poisons Clog KIDNEYS and Irritate Bladder

OCTOBER 15th to 22nd

SPECIAL Anniversary

A Big Week of BARGAINS!

Don't Miss the Biggest Sale of the Year.

CLARK BROS.
Montague, P. E. I.

JUST DO THIS

Go to your druggist today and get this safe, swift and harmless diuretic. It is a potent and powerful diuretic. It is a potent and powerful diuretic. It is a potent and powerful diuretic.

Phone Calls Echo Britain's Famous

(By The Canadian Press)

LONDON, Oct. 14.—The new Willesden Telephone Exchange, in the northern outskirts of London, is to be called "Eggar" after the composer, following government policy developed during the last 12 months, of commemorating the great by naming London exchanges after them.

Recently a "poets corner" was formed round Harrow with the opening of the Byron, Arnold and Wordsworth Exchanges. Others signalized in this way are Frobiisher and Flaxman. At the Flaxman Exchange, which stands near where the sculptor lived, operators and supervisors have collected many of his works, and a commemorative plaque has been placed on the building.

The Post Office department—which controls government telephones—also continues to christen new exchanges with names worthy of bachelors, such as Advance, Liberty, Reliance and Speedwell. Two new exchanges covering the New Southgate and Parsloes Green districts are to be called Enterprise and Renown respectively.

Sir Edward Elgar—as Byron had with Harrow. But local associations have little bearing on the matter. Only one thing is essential—that the name shall not begin with O. Thus there will never be exchanges named after Ople, Orpen or Omar Khayyam.

Honors Pioneers In Early Church

(By The Canadian Press)

POPE DOVER, Ont., Oct. 14.—Honoring the saddle-bag preacher and the pioneer church worshippers of 135 years ago, Woodhouse United Church, first Methodist meeting-house in what is now Norfolk County, will celebrate its anniversary Oct. 27.

Methodist meetings were started around Woodhouse in 1799 or earlier. The parents of Rev. Egerton Ryerson, one of the fathers of education in Ontario, were among the members of the congregation. To the first log meeting house, erected in 1805, pioneers trekked 20 miles each way to service. Before the hut was constructed, service was held in a school house. The present building was erected in 1860.

Rev. John Ryerson, brother of Egerton, is reported to have presided in the church on several occasions, thus drawing the fire of his Anglican father, Col. Joseph Ryerson. Perhaps the son's preaching changed the father's heart in time, for he later turned Methodist and his name, with that of his wife, is in the steward's book of 1818. Both lie buried in Woodhouse Cemetery.

What a sensation the Colonel's "conversion" to Methodism must have caused in the pioneer backwoods, thus drawing the fire of his Anglican father, Col. Joseph Ryerson. Perhaps the son's preaching changed the father's heart in time, for he later turned Methodist and his name, with that of his wife, is in the steward's book of 1818. Both lie buried in Woodhouse Cemetery.

Famous Explorer Seriously Ill

(A. P. By Guardian's Special Wire)

WASHINGTON, Oct. 14.—Fifty-one years ago major general Adolphus Washington Greely waged a seemingly hopeless battle against the terrors of an Arctic winter.

Today, in an ivy covered wing of Walter Reed Hospital here, death is near the 69-year-old explorer. He is semi-conscious much of the time, his heart irregular.

When aroused, however, and asked how he feels, the famous explorer smiles weakly and usually replies that he "feels pretty well." Today, only a few hours ago, he said he was "very pleased" that the nation still remembers his expedition of another century.

It was on July 4, 1881, that the Greely expedition ship, The Proteus, cleared Newfoundland with a party of 25. After penetrating farther into the Arctic than man had ever gone before and carrying out their plan to explore Grinnell Land, due north of Hudson Bay and far beyond the Arctic Circle, Greely and his men returned to their base camp to await the return of their sledging party, which was to remain at his base camp until Sept. 1883, and if he then had received no word, was to trek southward.

Potato Potent Energy Source

(By The Canadian Press)

LONDON, Oct. 14.—One of the most important sources of energy in a mixed diet is the potato. It is a rich source of many of the necessary mineral salts. These are facts stressed by Dr. H. K. Archbold in a booklet, "The Potato as an Article of Diet," issued by the Potato Marketing Board.

For slimming, it is said, potato constitutes the ideal carbohydrate. "A very satisfactory diet" would be fish, eggs, and potatoes, eaten as desired.

"Opinion is united that potatoes are best cooked in their jackets or steamed, next comes frying and lasting boiling," states Dr. Archbold. "In preparing potatoes by peeling as much as 20 per cent of the tuber may be unnecessarily wasted, and the outside layers which are cut away are more nutritive than the inside."

Recently one observer lived for four years on a diet consisting chiefly of potatoes and milk.

CURED BY HERBS

COLOMBO, Ceylon.—Madame Lul Gano, of Russia, who is said to have spent \$20,000 seeking a cure for an ailment diagnosed as cancer and various other diseases, says she was cured in a month by an Ayurvedic doctor who used herbal remedies.

Duke's Bride Buys British

(Canadian Press)

LONDON, Oct. 14.—Lady Alice Scott has decided to have British-designed dresses for herself and her bridesmaids when she marries the Duke of Gloucester Nov. 6.

Details of the gowns are not yet settled as there are many points to consider when the setting is to be an ancient Westminster Abbey. Lady Alice has returned from Scotland and will spend several days in London to attend to the business of rousseau buying and make her final choice from several designs submitted to her for the wedding gowns.

Various materials will be taken to the Abbey, so that the most important autumn brides may see the lighting effects on satins of different shades and choose the one that harmonizes best with the mellowed stone walls and sombre light.

There will probably be eight bridesmaids, including Princess Elizabeth, Princess Margaret Rose, whose first appearance this will be in a bridal procession; the Earl and Countess of Dalketh's daughters, Lady Elizabeth and Lady Caroline Scott, nieces of the bride; and the schoolgirl daughters of Lord and Lady Francis Scott, cousins of the bride.

Many Industries Depend on Women

(By The Canadian Press)

NEW YORK, Oct. 14.—At the 14th annual Woman's Exposition of Arts and Industries held here recently cookery contests competed for attention with lectures on economical buying and fashion shows with the United States merchant marine.

One of the speakers said women controlled all industries dependent upon style. "We spend \$700,000,000 for cosmetics, \$11,000,000,000 for food and \$4,000,000,000 on wearing apparel. Yet how do we look in spite of it all," she said.

The clubwomen turned their attention on one day from economics to cookery, especially pumpkin pie and devil's food cake. It was Northern States Day in the contest, and these were the dishes which the committee had decreed were characteristic of the section.

Southern cooks showed sponge cake, pecan pie and corn bread.

A \$50,000 collection of hooked rugs, displayed by Mrs. Caroline E. Saunders, of Clinton, Mass., occupied one of the booths. The central exhibit was a flight of stairs each step and tread covered by a tiny rug, representing one episode in a woman's life, or one phase of her interests.

From North Bennington, Vt., came a collection of maple and hand-fashioned furniture, no two pieces of which were alike, and in which old cobblers' benches and farrier's traps were adopted to modern use.

How Much Is Enough?

Is Your present LIFE INSURANCE PROGRAMME adequate to meet the needs of your family—or yourself?

Analyze your own Life Insurance Programme now. Let the "INCOMETER" help you. It is a device which quickly tells you what income your present insurance will provide—or how much added protection you need to meet your family's income requirements.

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HEAD OFFICE • WATERLOO, ONTARIO

Please send me the "INCOMETER" as offered. 17

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Address _____

FIRST POLICY ISSUED 1839

Potato Potent Energy Source

(By The Canadian Press)

LONDON, Oct. 14.—One of the most important sources of energy in a mixed diet is the potato. It is a rich source of many of the necessary mineral salts. These are facts stressed by Dr. H. K. Archbold in a booklet, "The Potato as an Article of Diet," issued by the Potato Marketing Board.

For slimming, it is said, potato constitutes the ideal carbohydrate. "A very satisfactory diet" would be fish, eggs, and potatoes, eaten as desired.

"Opinion is united that potatoes are best cooked in their jackets or steamed, next comes frying and lasting boiling," states Dr. Archbold. "In preparing potatoes by peeling as much as 20 per cent of the tuber may be unnecessarily wasted, and the outside layers which are cut away are more nutritive than the inside."

Recently one observer lived for four years on a diet consisting chiefly of potatoes and milk.

Duke's Bride Buys British

(Canadian Press)

LONDON, Oct. 14.—Lady Alice Scott has decided to have British-designed dresses for herself and her bridesmaids when she marries the Duke of Gloucester Nov. 6.

Details of the gowns are not yet settled as there are many points to consider when the setting is to be an ancient Westminster Abbey. Lady Alice has returned from Scotland and will spend several days in London to attend to the business of rousseau buying and make her final choice from several designs submitted to her for the wedding gowns.

Various materials will be taken to the Abbey, so that the most important autumn brides may see the lighting effects on satins of different shades and choose the one that harmonizes best with the mellowed stone walls and sombre light.

There will probably be eight bridesmaids, including Princess Elizabeth, Princess Margaret Rose, whose first appearance this will be in a bridal procession; the Earl and Countess of Dalketh's daughters, Lady Elizabeth and Lady Caroline Scott, nieces of the bride; and the schoolgirl daughters of Lord and Lady Francis Scott, cousins of the bride.

Many Industries Depend on Women

(By The Canadian Press)

NEW YORK, Oct. 14.—At the 14th annual Woman's Exposition of Arts and Industries held here recently cookery contests competed for attention with lectures on economical buying and fashion shows with the United States merchant marine.

One of the speakers said women controlled all industries dependent upon style. "We spend \$700,000,000 for cosmetics, \$11,000,000,000 for food and \$4,000,000,000 on wearing apparel. Yet how do we look in spite of it all," she said.

The clubwomen turned their attention on one day from economics to cookery, especially pumpkin pie and devil's food cake. It was Northern States Day in the contest, and these were the dishes which the committee had decreed were characteristic of the