

CENTRAL GUARDIAN

This column is reserved for news of local interest, not advertisements of a newsy nature may be inserted at five cents a word, strictly payable in advance.

CRASWELL for Photographs. CONFEDERATION LIFE INSURANCE.

HOWARD McENNIS. Fitted Footwear now located at 175 Queen Street.

LISTEN in to a Book Week Broadcast, Over CFCY tonight at 7.45.

KENNEDY'S Ladies Wear will be open all day Wednesday, Nov. 13.

TUNE IN CBA 9:30 p.m. A.S.T., Wednesday November 13. The next Progressive Conservative Broadcast Series "The Nation's Business" The speaker will be Mr. John C. Diefenbaker, K. C., M. P.

SORORITY DINNER - The members of the Alpha Chapter of Beta Sigma Phi held a banquet on Wednesday evening, November 6th at the Charlottetown Hotel, in honour of four new pledges, Mrs. Earle Taylor, Marion Shaw, Adele Calbeck and Eileen Burke. The table was prettily decorated with the traditional yellow roses. After dinner the initiation ceremony was conducted by Mrs. Keith Rogers, Educational Director and Jean Macdonald, President, and a sincere welcome extended to the new members.

FUNERAL AT STANCHÉL - The funeral of the late Miss Margaret Lamont was held on Monday afternoon Nov. 11th from the home of her sister, Mrs. J. R. White, Stanché. Services at the home and grave were conducted by the Rev. Mr. MacPhail. The pallbearers were: Neil Nicholson, Wesley MacNeil, Erskine Champion, James Campbell, Hugh Campbell and John Campbell. Interment in Springton Cemetery.

Roy N. MacKenzie of Charlottetown, left this week for Trenton, Ont., to take up his duties as wireless operator in the permanent Air-Force. His many friends wish him continued success in his future work.

Sun Life Assurance Company of Canada. TAKE CARE OF TOMORROW BY THE WISDOM OF TODAY. ASK ABOUT SUN LIFE ENDOWMENT POLICIES.

Sun Life of Canada. H. C. BOHAKER, District Supervisor, 148 Richmond Street, Charlottetown, P. E. I.

MOSTLY IMPORTS. Few food plants in Hawaii are believed to be of native origin.

QUICKIES

By Ken Reynolds. A cartoon showing a woman at a 'WANT AD DEPT.' counter talking to a man. Caption: 'Has a frantic woman been in to place a Guardian Want Ad for a little boy?'

SCHOOL REPORT. DAYS ABSENT - NONE. ... thanks to GENERAL ELECTRIC GERMICIDAL LAMPS. Health records will improve when G-E Germicidal Lamps are installed. The ultra-violet rays of this lamp kill airborne bacteria, greatly reducing the possibility and spread of contagious diseases.

It was the talk of the quilting bee!

When the girls got together back around 1900 you should have heard them talk about the way their families revelled over that maly-rick nut-like flavor of the new cereal Grape-Nuts! Folks are raving about that grand, really different flavor more than ever today, because now they can enjoy it in two temptingly delicious cereals - curly, golden-brown POST'S GRAPE-NUTS FLAKES as well as Post's Grape-Nuts.

Post's Grape-Nuts Flakes. There's nourishment you need in every spoonful of Post's Grape-Nuts Flakes: carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; other food essentials. Post's Grape-Nuts Flakes are made of two grains - wheat and malted barley - specially blended, baked and toasted. They're remarkably easy to digest. Recipes for delicious cookies etc., too, on every package.

Address, Presentation Art Week Arranged To Miss Ada Harris By National Gallery For Charlottetown

The following address was presented Miss Ada Harris last week by Dr. J. A. Clark on behalf of the trustees of the P.E. Island Hospital.

It is with extreme regret we have learned of your final and definite decision to tender your resignation as Secretary of the Board of Trustees of the Prince Edward Island Hospital.

We have gathered here today for the purpose of extending to you a formal farewell as Secretary of the Board, but in doing this, we feel certain that after your long term of office, your interest in the welfare of the Hospital will remain with you.

For not less than twenty-four years you have conscientiously performed the duties—many times onerous duties—connected with your office, and have at all times held faithful to the trust imposed in you. Not always have your duties been easy—nor even pleasant—but with the interest of this situation at heart, you have done your work faithfully and well.

Mindful of the fidelity and devotion you have displayed, we ask you to accept this purse as in some small measure expressing the appreciation of this Board, and trust you may enjoy in fullest measure, the leisure that you have so well earned.

SOUTH AFRICANS SENDING FRUIT TO U.K. MARKET

CAPE TOWN, Nov. 11 - (CP) - The South African Deeds Fruit Board has announced justification of arrangements for the resumption of exports of grapes, pears, plums and peaches to the United Kingdom in the 1946-47 season. Total cubic tonnage exported will represent little more than half of South Africa's pre-war exports.

North McCullough to give talks on art and art education throughout Prince Edward Island. This project has been arranged in co-operation with Mr. H. B. Chandler, Director of Adult Education for the Island.

The sending of a lecturer and art material here is a free national service intended to make people more fully aware of the distinction Canadian art has won for Canada. It is also the purpose to encourage more art activity for every community, for children both in schools and out and for grown ups as an absorbing hobby. Art for the community may be thought of in the widest possible sense to include all creative interests from music to town-planning. Thus art can serve both a cultural and social purpose.

BANANA NUT LOAF

1/2 cup butter, 1/2 cup white sugar, 2 eggs, beaten, 1 1/2 cups flour, 1 teaspoon cream of tartar, 1/2 teaspoon salt, 1/2 cup chopped nuts, 1 cup crushed bananas, 1/2 teaspoon soda, 1/2 cup hot water. METHOD: Cream the butter and add the sugar and the beaten eggs. Beat well. Sift the flour with the cream of tartar and the salt; then add the chopped nuts. You will need 2 or 3 bananas to make 1 cup of crushed fruit. Add the soda dissolved in the hot water to the bananas. Add the dry mixture alternately to the creamed mixture with the banana mix. When well blended, turn into a greased loaf pan and bake in a moderate oven (350 deg. F.) for about 50 minutes, or until the loaf is done.

SITTERS' PROBLEMS

Fathers and mothers must go out occasionally for a bit of fun. It is as necessary for them to break routine and enjoy a dance, a show and a meal outside of home as it is for them to stay at home and attend to its management. Somebody must stay with the children, somebody who likes them and whom they like and trust. The selection of the person should be made with care, with consideration of the children's feelings and attitudes, and with particular care as to the sitter's character and education. Grandma and Auntie are often the very right people. Sometimes not. The idea is to find the right one and keep her and make her part of the household says Angelo Patri.

The caretaker of children should know what to do. If the children are in bed she must stay close by ready to speak the instant a child cries, ready with the drink, with

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the comforting, assuring word. That she may be acceptable to the children she must be known to them beforehand. Nothing so shocks a child as to wake up in the night, and find that his mother is not at hand and a stranger in her place. That must not happen.

If the children are left to the caretaker for a day or more she should be well acquainted with the routine of the household before taking over. It is scarcely possible for a stranger to step into a home and take charge of the children and make a success of the job. The children must know her, accept her, and she must be well acquainted with their diet, hours, habits and temperaments. Caring for children is a grave responsibility and not to be undertaken lightly.

High school girls and boys are often engaged for this job and fathers and mothers should think well before allowing a child to undertake the task, and the parents of the little ones should make very certain of the qualifications, the character, the habits of the student they are considering for the situation.

Whether the children's caretaker is a mature person or a student she should be experienced in the care of children under the circumstances of the home situation. She should know what to do in emergency; how to comfort a frightened child; how to tell a

EGG SHAMPOO DOES WONDERS FOR DRY HAIR

An egg shampoo does wonders in improving the condition of dry hair. Add one egg to a cupful of soapless shampoo and rub the mixture into the scalp. Wrap the hair in hot towels. Leave on for about an hour, then remove the towels and massage the scalp. Wrap your head in hot towel again and leave for five minutes. Remove towels and massage the scalp again.

Now, wet the hair with lukewarm water and use half of your shampoo solution, working it into the scalp. Use cool or lukewarm water for thorough rinsing, otherwise the egg might curdle. After rinsing, repeat the whole process, using the

G. F. Hutcheson & SON OPTOMETRISTS. "Specialists in the fitting of glasses for the correction of ocular defects." 53 Grafton Street

Unequaled for ATHLETE'S FOOT SORES • ULCERS INFECTION • BURNS BOILS. Soothing Healing Pain-Relieving

"I'd like 11,506,651" others to hear this"

"NO post mortems" warned Ida, glancing at Ruth. "The game's over. Besides, your husband looks as though he has something on his mind." "I sure have," said Bill. "Only I'd like the other 11,506,651 Canadians to hear this too. To-day I got hold of some figures that made me proud of the business I'm in. We Canadians now own more than 10 billion dollars worth of life insurance. And payments? During 1945 alone, the companies paid out about 66 1/2 million dollars to widows, children and other beneficiaries. And another 95 million dollars was paid to living policyholders through matured endowments, dividends, disability claims, annuities and cash surrender values. That's what life insurance is doing for us Canadians."

"These life insurance benefits helped to pay off mortgages on homes, sent youngsters off to college, settle older people into comfortable retirement. Countless families have thanked their stars for life insurance in time of need. Many, many others who are now building future security through their policies will be glad of it. But I want every living Canadian to realize the importance of Life Insurance."

Every life insurance dollar, while waiting to be paid out to its claimant, is working and growing in the service of the public, creating more jobs and more goods for more Canadians. Of that dollar about 57 cents is now invested in Government bonds, 5 cents is laboring for municipalities, 20 cents is building industries and public utilities from coast to coast, 8 cents is in farm and urban mortgages, another 5 cents is on loan to policy holders, 1 1/2 cents is represented by real estate and 3 1/2 cents is in cash and miscellaneous assets.

Life insurance not only grows in the scope of its protection, year after year, but is continually being employed for socially desirable purposes.

A message from the Life Insurance Companies in Canada and their agents.

*Population of Canada, 1941 Census, 11,506,651



Newly-appointed executive commissioner of the Boy Scouts of Canada, Major-General Daniel Spry, right, is seen with Bill Moore, a King Scout, at a rally in Toronto, Ont., which was attended by more than 700