

a tasty egg dish for meatless days

RECIPES
Scald 1 cup thin cream with 4 lbs. Heinz 57-Sauce, 1/2 tsp. salt, 1 tsp. butter, 1 tsp. chopped chives...

THE BAPTIST CHURCH
The service of morning worship was conducted by the minister the Rev. J. Judson Levy B.D. The theme of his sermon was the Sacrament of the Lord's Supper...

St. Peter's Cathedral

CENTRAL GUARDIAN

THE ANGLICAN ADVANCE MOVEMENT

On Tuesday, Dec. 4th at 2 p.m. Dean Waterman of Niagara will meet with members of the D. C. & W.A. Churchwomen and...

When things won't come right... IT'S MAXWELL HOUSE COFFEE TIME

To help you over the rough spots, there's nothing like a delicious cup of mellow, fragrant Maxwell House Coffee. It eases tension - soothes and cheers - picks you up for a fresh start.



Why do more people buy and enjoy Maxwell House than any other coffee brand in the world? It's because this lovely coffee gives you a THREEFOLD assurance of goodness.



CRASWELL for Photographs

AN EXCELLENT assortment of Ladies' Blouses available at Craswell Ladies Wear.

CONFEDERATION LIFE INSURANCE

COOKS for Christmas Photographs. Evenings by appointment 11-12-14.

SELECT your Christmas Gifts early and avoid disappointments.

GET YOUR NOVELTIES AT Crockett's Jewellery 105 Kent St. 12-11-12-31.

ALL HATS clearing at Half Price. Kennedy Ladies Wear 11-30-31.

AT ST. PETERS TEA and Sale Wednesday, doors will be open at 3. Tea will not be served before 12-3-11.

IT WILL BE in your best interest to inspect our line of hats before you purchase elsewhere.

GET YOUR CHRISTMAS GIFTS at St. Peter's Hall, December 5th. Also stamps for collectors. Tea served at 11-30-31.

POSTED TO QUEEN CHARLOTTE. Lieut. Commander Lemuel E. Frowe, R.C.N.V.R., at present visiting his parents in the City, has been posted to H.M.C.S. Queen Charlotte, effective 15 Dec. when he will relieve Lieut. Commander Charles Reed who has been posted to Montreal.

POLICE COURT-In City Police Court Saturday morning a man charged with assault causing bodily harm had his charge reduced to one of common assault by consent of both parties and was sentenced to 20 and costs or 30 days and costs or 30 days while a drunk and incapable was fined \$10 and costs or 20 days in the case of a party charged with uttering a forged cheque was further remanded for one week.

KENNEDY - DUMVILLE - A wedding of interest took place Thursday, Nov. 22 at the United Church Manse, O'Leary when Alice Annie, daughter of E. J. Dumville and the late Mrs. Dumville of West Cape, was united in marriage with James R. Kennedy, son of Mr. and Mrs. William Kennedy of Murray Harbor North. The bride was attractively dressed in blue wool crepe, featuring high neckline and bracelet-length sleeves with a corsage of pink carnations. She was attended by her sister, Mrs. Brent MacDonald, while Stanley Dumville, her brother, supported the groom. A wedding supper was served at the home of Mr. and Mrs. Stanley Dumville to about 40 guests. Immediately after the reception, the bride and groom left to visit points of interest on the Island. Tuesday evening previous to her marriage the bride was guest of honor at a shower at the home of Mr. and Mrs. Winifred Brooks.

PERSONALS

Mr. and Mrs. Chester McKay and little daughter Marilyn of Park Corner, were recent visitors to the City.

After a pleasant visit with his father, Lt. Col. D. Macpherson, D.S.O., Wing Commander Morris B. MacKinnon has left for his home in Winnipeg. Mr. MacKinnon received many old friendships after his sojourn overseas.

Mr. Albert Murphy, well known member of the Mobile X-Ray unit staff, recently underwent an operation for appendicitis. His many friends will be pleased to learn that he is making good progress, and wish him an early and complete recovery.

THE KIRK PULPIT

Preaching last night on the text "From him shall be taken even that which he seemeth to have" (2 Sam. 6:18) the minister, The Rev. T.H. Russell Somers, said: "Our Lord tells us plainly the fate of these fancied possessions. Sooner or later, as life advances, we shall have our eyes opened to the delusions. We are to be so led, each one of us that there will be no mistaking what is really ours. I want to ask them what are God's commonest methods for making clear to us what we only seem to have. One of the commonest of them all is action. We learn what we possess by what we do. There are powers within each of us waiting to be developed; there are dreams within each of us waiting to be dispelled, and it is by going forward in the strength of God that we learn our limitation and our gift. I am sure there is not one man in middle life here but has been surprised by the revelations of his past. He has been called to work he never dreamed of doing; his way had led him far differently from his wish. There were gifts which you were quite certain that you had, but the years have gone, and you are not so certain now.

Meantime, one of the depths of self some unsuspected powers have been moving, and the hand that has quickened them into life is there. The man who does nothing, always seem to have. So-and-so is a genius, we say; if he would only exert himself, what he might do. Well, probably he would cease to be called a genius if he did, and therefore, he is wise in doing nothing. I do not call that genius. I call it cowardice. Life is given us just to find out what we can do. And through a thousand tryings and a thousand failures that we come to find what is really our own. That is one of the great gains of earnest duty. We learn from it the confines of our kingdom. It is by action that there is taken from us that which we only seem to have. This, too is one great gain of life's venture. It shows us what is really our own. We are tested on every side as life proceeds, and every mood and chance and tear is needed, if we are to be awakened to what we seem to have. It is so easy to be content when there is no worry. When there is no pain, it is so easy to be brave. It is when the whirlwind of time brings its reverses and we discover more earnestly

THE SMALL SCALE INDIVIDUAL

The "Small Scale Individual" the minister developed the thought suggested in the words of Sir Alfred Zimmern when asked by Basil Mathews, "What is the greatest obstacle that stands in the way of the establishment of enduring world peace?" Sir Alfred Zimmern replied: "The Small Scale Individual." He meant, naturally, the person with a narrow, selfish outlook the man imprisoned in the cramped pettiness of a self centered life.

FACTS ABOUT ECUADOR

Ecuador is a mountainous republic on the Equator in the northwest of South America, its name being the Spanish word for Equator. It contains the highest active volcano in the world, Cotopaxi, 19,313 feet. Climate, very hot in the lowlands, temperate in the mountains. Capital, Quito, population 150,000. A beautifully situated city of steep, narrow streets with many houses actually built on the mountainside, 9,261 feet above sea level.

H. J. MABON

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Annual Collections Protestant Orphanage

Special

New Haven Women's Institute 15.00 Spring Valley Women's Institute 5.00 Margate Women's Institute 7.00

Carleton Siding by Gordon MacDonald

200 Rev. J. H. Bishop. 100 Each: Frank Muttart; Leigh Lowther; Nathan Bell; Hedley Muttart; Albert Muttart; Thomas Gillespie; Robert Carruthers; Herman Myers. 50c Each: Hazen Gillespie; Jack Stewart. 25c: Boyd Lowther. Total-\$11.25.

Carleton Siding by Mrs. Elsworth Newsum

200 - Mrs. Norman McWilliams. 100 Each: Harry Muttart; Mrs. Harry Doull; Mrs. Tom Bell; Charles Doull; Mrs. Irving Muttart. 75c: Mrs. Frank Quigley. 50c: Mrs. Earl Thompson. 50c Each: John Haslam; Mrs. Cook Howatt; Mrs. Geo. Campbell; Mrs. George Heffell. Total-\$10.35.

Belle River by Marlon Bell and Wanda Blue

B. Compton & Co. 4.00 \$2.00-Cook & Miller. \$3.00 Each: Mrs. Ernest Nicholson; D. J. Riley; Mrs. Margall Smith; Robert Compton; Mrs. Wm. MacRae; Bouge; Madson; Mrs. Lester; Sington; Mrs. Norma Bell; Mrs. M. F. Riley; Rev. T. A. A. Duke; R. H. Bouheid; Finlay MacDougal; J. W. Bell; Robert Nicholson; Tom Nicholson. 75c Each: Flora Stuart; Mrs. Beni Beach; Mrs. Vincent White. 50c Each: Fred Beaton; Mrs. Wallace Stewart; Mrs. Peter Beaton; Mrs. Wm. Smith; Andrew Hutchison; Mrs. Craig Matheson; Mrs. Nell Bell; J. W. Cook; Patricia Bell; Mrs. Simon Stuart; Allan D. Stewart; Goodwill MacDougal; 25c: Mrs. Frank Cook. Total-\$29.35.

Mermaid by Margaret E. McEachern

Mermaid Presbyterian Y.P.U. 5.00 2.00 Each: Mrs. Cyrus McDon. 50c: Mrs. W. L. McEachern; Mrs. Wilson McEachern; Major A. S. Robertson; W. S. McEachern; James McEachern, Mrs. M. Young; Charles Mutch; Howard Tweedy. 1.00 Each: Mrs. Joseph Matheson; Daniel Farquharson. 50c: Mrs. Margaret McEachern. 50c Each: Mrs. A. Buel; Leslie Boyce; Mrs. Gordon D. McDon. J. McEachern. Total-\$21.60.

Earncliffe By Reta I. Mutch

200 - Roy Mc Young. 1.00 Each: Harry Tweedy; Mrs. A. H. Mutch; Jean A. Mutch; Mrs. MacLeod; R. Roy Mutch; Leslie Young; Charles Mutch; Howard Tweedy. Total-10.00.

Alberty Plains by Mrs. Alex McMillan

1.00 Each: Mrs. Norman McMillan; Mrs. Thomas McLean; Mrs. Alex. McMillan. 50c: Earle Richards. Total-\$3.50.

Upper Freeport District by Mamie Hill

Asotin Scales 5.00 2.00 Each: Sarah Rogers; Gray

JOHNSTON'S RIVER W.I.

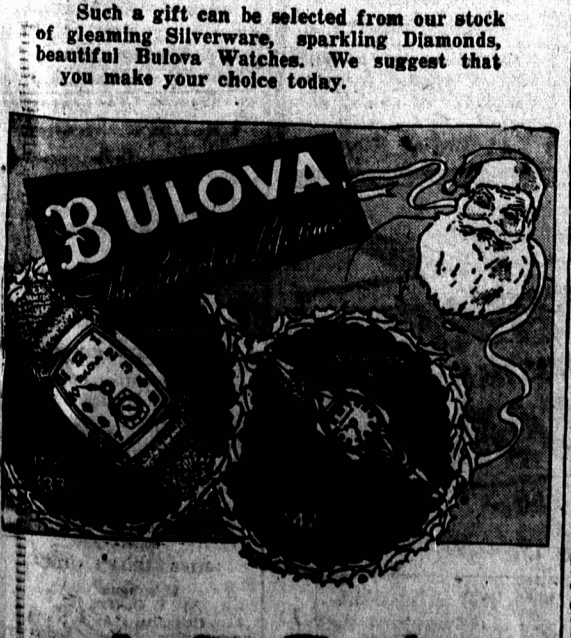
The annual meeting of the Leaves of Friendship W. I. met at the home of Mrs. Fred Trainor on Tuesday, Nov. 6. The meeting opened by reciting the Ode in unison. There were six members and one visitor present. The president thanked the members for their cooperation during the year and gave her annual report. The officers for the ensuing year are as follows: President, Mrs. Fred Trainor; Vice-President, Mrs. Walter Walker; Secretary, Mrs. Martin Driscoll; Auditor, Mrs. Willie Trainor; Directors, Mrs. Wilson McEachern, Mrs. John MacLeod, Mrs. Herbert Beagan. It was decided to have a group supper, members and their families at the home of Mrs. Wilson McEachern. The committee gave their report. Mrs. Martin Driscoll invited the members to her home for the December meeting. Roll call was answered by an exchange of Christmas gifts. A delicious lunch was served by Mrs. Trainor, after which the meeting adjourned.

ton Smith; Mrs. Leslie Simmon; John Lewis; R. C. Auld; Mrs. T. Schurman; Mrs. George Jas dine. 1.50: Frank Deacon. 1.00 Each: Mrs. Austin Rogers; Mame Mill; Mrs. Geo. Rogers; Mrs. Sterling Andrews; Mrs. Wm Francis; Mrs. John Faynter; Mrs. Cecil Faynter; George Deacon; Mrs. Brewer Auld; Mrs. C. B. Matheson; Mrs. Edgar Reeves; George Reeves; Mrs. Frank Reeves; Mrs. Cecil Reeves; Mrs. Truman Faynter; Mrs. Geo. Lewis; Mrs. John Campbell; Mrs. Jack Campbell and Minnie; Mrs. Reg. Reeves; J. S. Lewis. 75c Each: Mrs. Andrew Jardine; Mrs. Fred Reeves. 50c Each: Van McCaull; Mrs. Elmer McEachern; Mrs. Peter Reeves; Ada Simmons; Mrs. Everett Francis; Ralph Burns; Mrs. Albert Campbell; Mrs. Russell Reeves; Mrs. Clifford Francis. Total-\$2.50.



THERE IS NO FINER GIFT THAN A WATCH AND NO FINER WATCH THAN A BULOVA!

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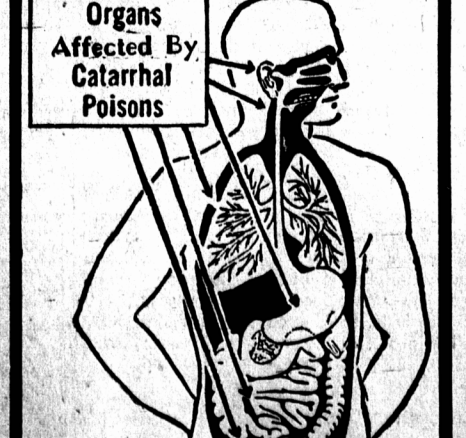
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What is LANTIGEN? Lantigen is a specially prepared dissolved vaccine and has been used successfully in the treatment of various diseases. Lantigen is not a patent medicine. Lantigen is a bacterial vaccine in a dissolved state, is devoid of drugs and safe to take. Lantigen is a natural aid. It is produced from the bacillus which are peculiar to the particular disease requiring treatment. In the preparation of Lantigen the organisms are destroyed by a process of dissolution thus releasing the active principles from the bacterial bodies. Being in a completely dissolved state the vaccine is operative locally by absorption into the tissues of the tongue, tonsils, throat, and the intestinal tract and is further operative by means of its distribution throughout the system. More than 150,000 people in Australia have enjoyed relief from the distressing effects of catarrh and allied conditions.

Organs Affected By Catarrhal Poisons



AN EMINENT PHYSICIAN Writing in the "British Medical Journal," speaks as follows in the issue of January 15, 1936: "In my experience, the oral antigens have been mostly employed for cases of Catarrhal infections, rheumatic conditions and catarrhal enterocolitis. Clinical response has been quite definitely marked." This important statement, however, heralds the dawn of a great release for Catarrhal sufferers.

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