

Oily fish are more nourishing but not quite as digestible as non-oily kinds.

Creamed finnan haddock on toast makes a good meal with baked potatoes.

Rice may be made a much more attractive dish if it is cooked with raisins.

Use up the by-products of meals as far as possible when making sandwiches.

Noodles and Italian paste make a good change from the more usual macaroni.

A good sandwich is made of cheese spread with French mustard—very thin.

A polished mirror casts reflections, but a polished man doesn't. That's the difference.

Lay a thin slice of onion on a roast of beef while cooking. This improves the flavor.

Baked beans crushed and seasoned with chopped pickle makes a good sandwich filling.

Never judge the taxes a man pays by the size of the diamond he wears in his shirt front.

When washing kid gloves, leave some soap in them. They will be much softer and more pliable.

To use left over mashed potatoes squeeze through the ricer directly into hot deep fat. They are delicious.

The average man's good story wouldn't go in a church paper.

FISH! FISH!



Everybody goes fishing on May 24th and we have taken all the precautions to have an up to the minute stock of fishing supplies for you.

The 2 Macs 149 Gt. Geo. Street.

THE CENTRAL GUARDIAN

IT PAYS to buy in this Province.

SEE OUR RANGE of fine China at W. T. Wellner's Queen St. 9045.

ALSYPKE AND RED CLOVER just to hand get yours while it lasts. Gill and Lantz. 9026-5-21 41.

YOUR LUCK LIES IN YOUR fishing supplies. Get them at Johnson and Johnson. 9044-5-22 21.

FOR THE 24th.—Our new fishing rods, hooks, flies, reels, etc. examine our new stock. Johnson have just arrived. Come in ana and Johnson, Druggists. 9044-5-22 21.

DON'T FAIL to get your tickets for the Country Club dance Monday night, May 24th; they are now on sale at Reddin Bros., or at the Club. 9023-5-21 31.

OUR SODA FOUNTAIN is now open for business. Bring your thirst to us and have it quenched; Johnson and Johnson, Druggists. 9044-5-22 21.

GOLF—A mixed foursome match will be played on Belvidere links this afternoon. Mackenna's large taxi will leave Bank of Commerce Corner at 2 p.m. for the links, via Grafton, Prince and Fitzroy Sts. Return trip, 40c.

TO TAKE A REST.—Friends will be sorry to learn that the Rev. Canon Simpson is in poor health, and was unable to preach at St. Peter's Cathedral yesterday.

IMPORTANT NOTICE to ADVERTISERS.—Advertisers are respectfully reminded that copy and instructions must be in the Guardian Office not later than twelve noon each day except Saturday, when the latest hour for changes or new copy is 10 a. m.

SCHOONER WANTED to carry coal to Newfoundland, St. Pierre, Prince Edward Island, and Bras d'Or Lake ports, on opening of navigation. Shipping pier in a naturally sheltered harbour at Foggy's Cove, entrance to Bras d'Or Lakes. Write, stating tonnage and rates to Anglo Coal Company, Limited, Campbellton, C. B. 7769-3-20ME361.

MT. STEWART CLUB.—Mount Stewart Social Club met in its annual meeting place on May 20th, with President Daniel in the chair. A report from the various committees was read, and showed the Club to be in a flourishing condition, financially and otherwise.

THE FUNERAL will take place this afternoon at 2 o'clock to Lower Montague Cemetery.

FISHERY INSPECTOR RETURNS.—Mr. S. T. Gallant, Inspector of Fisheries has returned from a trip to King's County where he had been examining canneries.

Minard's Liniment Co., Limited. I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it relieved me at once. I am never without it now.

Yours gratefully, MRS. C. D. PRINCE. Nauwigewauk, Oct. 21st.

STEWART PHONOGRAPHS are now on sale at W. T. Wellner's Queen St. 9045.

THE FLOOR IS better than ever; the music is the very best, at the Country Club. 9023-5-21 31

\$100 TO BE GIVEN AWAY BY THE EXAMINER.—The Examiner announces an interesting competition for \$100, divided into six prizes: 1st prize, \$50. Second prize \$25. Third prize \$10, and three prizes of \$5 each.

SUDDEN BEREAVEMENT.—Mr. George H. Sherwood, who has been in Charlottetown for the past few days in connection with the Protective Association of Canada, received a telegram yesterday announcing the sudden death of his brother Mr. A. F. Sherwood at Newmarket, Ontario.

IN MEMORIAM THE LATE MR. LESLIE AITKEN Mr. and Mrs. George W. Aitken, Stonehouse, Lower Montague, have the heartfelt sympathy of the whole community in the death of their son, Leslie, which occurred in the Royal Victoria Hospital, Montreal, on Thursday night last.

Ask for Minard's and take no other Fishing Tackle A BIG CATCH

Don't depend on "Luck," but insure a good catch by starting out with the right kind of equipment. Come in and see our FISHING TACKLE

We can show you the latest and most alluring flies, latest rods and street working reels, sinkers, floats, murecasts, baskets, landing nets, —no matter what kind of fish you are going after we can furnish just what you need. A few other suggestions needed for your outfit.

THERMOS BOTTLES, THERMOS CUPS, DRINKING CUPS, STERN OUTFIT, THERMOS OUTFIT, KODAKS AND SUPPLIES, CHOCOLATES CIGARS CIGARETTES TOBACCO, PIPES and hundreds of other things too numerous to mention.

BRING YOUR LIST TO US, AND RECEIVE PERFECT GOODS, PERFECT PRICES, PERFECT SERVICE. Johnson & Johnson

THE QUALITY DRUG STORE COR. KENT & PRINCE STS.

CHINESE ARE VERY THRIFTY

Numerous things which are not worthy of consideration by peoples of other nations are being turned into good use by the people of China, and the ingeniousness of utilizing things of no value whatsoever is shown by the scavengers who collect peachstones in the street. Children and women are to be seen in the markets picking up and treasuring the peachstones.

During the season one may see in the interior of South China the huts of poor people full of peachstones, the drying. After having cleaned their groups of small girls and boys pick out the big stones. The smaller ones are broken up and used for fuel when the kernel has been taken out.

When full, they will pick out fish shells and even broken potteryware, for everything has a market value in China. The broken bowls and cracked potteryware is broken into small particles and afterwards sold to masons for making foundations of strong walls after being mixed with cement.

Another interesting collection of waste material in Shanghai alone has brought in a small amount of the street cost of about 10 to 15 cents.

During the last few years the demand of waste foreign magazines, pamphlets, newspapers, etc., has been exceedingly great among the hawkers of very old foreign magazines, nearly at one-third of what they cost originally.

These heavy silk crepe suits frequently are entirely unlined. This is a boon to the women who feel she must have a suit for travelling or street wear, no matter what the temperature may be.

The blouse shown in today's sketch is not intended to be worn with a suit. It is an accompaniment of a separate skirt, either of dark silk or sheer cotton.

Today's sketch offers an exceptionally attractive idea for a warm weather separate blouse. It may be of organdy, voile, handkerchief linen, or any other dainty sheer material. One of the very pleasing features of this blouse is that it slips on over the head so that buttons or other fastenings, except a bit or ribbon to hold it together at the neck, are not required.

Among the other novelties in blouses are extraordinary good plain waist-length models made of real Japanese silk crepe. These blouses are extraordinarily good looking, with odd designs and figures on plain background. Although very little material is required to fashion one, when purchased ready made they are rather expensive.

CADET SPORT The rifle shooting season of 1920 opened Friday at Kensington Range when the West Kent Cadets had their first shoot. The following are some of the scores.

Possible 45. Gordon Hutchison, 41. Alton Stewart, 40. Ralph Harris, 34. Robert Weeks, 34. Harry McDonald, 30. Harold McLeod, 29. Arthur Spillet, 29. Frank Mutch, 29. Roy Jenkins, 29. Harold Shaw, 29. Gilbert Houston, 25. James Parquarson, 23. Wm. Hutchinson, 23. Peter Campbell, 23. Philip McDonald, 22. Harold Harper, 22. Lloyd Johnson, 23. Reginald Ayres, 21. Wellington Dixon, 21. Winston Langill, 21. Jack Lounan, 20.



The Family Smoke

"OLD CHUM" is a family friend. Grandfathers, Fathers and Sons have been smoking it for years and years.

During this half century, "OLD CHUM" has grown steadily in popularity and favour.

Every pipe smoker appreciates "OLD CHUM" quality—the choice Virginia Flake Cut tobacco—chosen by experts—stored away until the perfect tobacco taste and mellow flavour are fully developed.

It is this dependable, constant quality, maintained for years, which has made "OLD CHUM" the chum of all pipe smokers in Canada.

OLD CHUM

Canada's Favorite Pipe Tobacco.



FASHIONS FOR CANADIANS

So firm is the belief of designers that the temperature may be of blouse styles in a very heavy summer demand for this style of garment that they are bringing out novelties constantly in summer fabrics, regardless of the fact that fall and winter styles are now being given much consideration in all wholesale and manufacturing houses.

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Other Makers of Corn Foods have never equalled the popular flavor of these superior corn flakes

POST TOASTIES

Made by a patented process, they have a texture and appearance as distinct as their appealing taste. Post Toasties are a substantial food, ready to serve, and without a bit of waste.



Try them for breakfast or lunch Sold by Grocers Everywhere Made by Canadian Postum Cereal Co. Ltd., Windsor, Ont.

The Flavor of Hickey's Twist. Combined with its lasting quality and well bodied make-up are very noted characteristics which make it stand out the leader and the favorite tobacco among men today.

\$100 In Prizes Unique Competition For Everybody. 1st Prize, \$50; 2nd Prize, \$25; 3rd Prize \$10; and Three Other Prizes of \$5 Each.

MAKE IT A MODERN HAPPY NEW YEAR. In your home by installing electric light service there. You will not alone have the best light known, but will also have at your command many comforts and conveniences.

Summer Footwear DON'T JUMP to the conclusion that all the fine shoes can be found only in high priced stores. Take the time to come and compare our qualities and prices and you'll realize that there is at least one store where fine quality and low prices prevail and that this is it.

Dr. E. C. Harris Eye Specialist. Office, Royal Bank Building, Charlottetown. Office Hours: 9.30-12.30, 2-5. Phone 68-Y