

# The Central Guardian

**YOU WANT THE BEST** your money will buy. Ask your grocer for, and insist on getting Quaker Flour and Quaker Quick Oats (China-ware). 1422-1-10-sthusfri-1mo.

**25% OFF** all Ladies' Hand Bags and Neckwear for remaining days of sale. Prowse Bros., Ltd. 1668-1-22-31.

**TAKE ADVANTAGE** of the next few days. Extra special prices and buy your boys a new suit. Prowse Bros., Ltd. 1668-1-22-31.

**AT HOME**—Mrs. R. Moorhead Legate will be at home to callers next Thursday afternoon from 3 to 6 P. M. 2034-11.

**25% OFF** all Blankets, Bed Comforts, Auto Wraps, etc. Prowse Bros., Ltd. 1668-1-22-31.

**TRYON UNITED CHURCH** CIRCUIT—Sunday services Tryon: Sunday School, 10 a. m.; Public Worship, 11 a. m. Crapaud: Sunday School, 2 p. m.; Public Worship 3 p. m., J. L. Lund, pastor.

**SPECIAL CUT PRICES** on all Children's Coats, Prowse Bros., Ltd. 1668-1-22-31.

**GARDEN CITY BUTTER**—2 lbs for 70c. Buy your supply from our teamsters or at our salesroom. Pure Milk Co. Ltd.

**THE BAPTIST CHURCH**.—Tomorrow morning Dr. Vincent will speak on "The Constraint of the Cross." His evening sermon will be "Christ." The music of the day will include Coleridge Taylor's O Ye That Love the Lord, Edith Lang's "I Hear Thy Voice," Mrs. H. S. Henderson taking the solo, Hatton's Like as a Father. From 6:45 to 7 o'clock P. M. Miss Spencer will give an organ prelude, presenting the following numbers: (a) Grand Offertory, (b) Londenberry Air, (c) Ave Maria, Liszt. The Sunday School hopes for an attendance of 200 and urges the whole congregation to participate in this, the Bible study service of the Church. 11.

**LAI D TO REST**—The funeral of Capt. John Gillis was held Monday afternoon from Zion Presbyterian Church where service was conducted by Reverend Henry Cousins, B. A., assisted by Reverend Mr. Vincent and Reverend E. Moorhead Legate. The pall bearers were Messrs. Henry Craswell, Preston McLaine, Geo. W. McLeod, Murdock Ross, James Brodie and Donald McKinnon. Service at the grave was conducted by Reverend Mr. Cousins. The Caledonian Club in plaid and bonnet with pipers playing the "Lament" preceded the hearse. The Orange order also attended in a body their Service also being conducted at the Church.

**REMOVE CLARA BOW FROM FILM LEAD**

**HOLLYWOOD**, Cal., Jan. 23 Clara Bow was removed from the position of a costar with Gary Cooper in the film "City Streets," by officials of the Paramount-Public Corporation today. Her place will be taken by Sylvia Sydney, recently of the New York stage.

The announcement marked the first time since Clara became starring figure that she has been replaced in a picture.

Studio officials would not comment on testimony which was written into the trial of Daisy DeVoe, ex-secretary to the actress, on grand theft charges.

It was: "I wanted to keep Clara out of the papers because one more slam in the papers and Clara is through in pictures."

The actress is under contract to Paramount, but no announcement was made concerning her future activities with the studio.

**Nostrils Catarrh** faintly by Catarrh Quickly Spread disease

If your nose is unclean, or even tainted with the germs that cause colds and catarrh, you are likely to spread diseased conditions to other members of your family. Most colds start in the nose. Stop them in the nose and you avoid lots of trouble later on. The most effective disinfectant is the healing vapor of Catarrhazone. The medicated vapors of Catarrhazone spread a thin film of healing oils over the entire breathing apparatus; it cleans away nasty discharges, stops spitting and sneezing, does away with headache, coughing, throat trouble and catarrh. To prevent winter ills, to stop sniffles, to heal and strengthen the nose and throat, use Catarrhazone. Complete outfit you can secure in any drug store for one dollar. Smaller size 50c.

**Catarrhazone** Ends Catarrh, Coughs, Cold

## VERNON RIVER AND VICINITY

Mr. Guss O'Haron, Greenfield, was a recent visitor to Vernon River. Mr. and Mrs. Thomas McLean, Alberry Plains, are receiving congratulations on the arrival of a baby boy.

Mr. George Weatherbie, Lake Verde, was a recent visitor to the city.

The many friends of Mr. Robert Coady, Alberry Plains, are sorry to hear of his illness.

Miss Phoebe Richards, Vernon River, has returned home after spending a few days with friends in the city.

Mr. Billie Pollard, Beach Hill, was a recent visitor to Millview.

Mr. and Mrs. Mack McLeod, Uigg, were recent visitors to Vernon River.

The stork visited Mr. and Mrs. Wilfred Furness, Vernon, and left them a baby girl.

Mr. Bob Murphy, Hermitage, was a recent visitor to Vernon River.

Miss Martha Walker, Vernon River, spent the week end at Alberry Plains the guest of her sister, Mrs. Thomas Stewart.

One evening last week a few gathered at the home of Mr. and Mrs. John Currie, Vernon River, to raffie a fruit cake donated by the Institute and made by Miss Rose Foster. The cake was won by Mr. James Praught and Mr. Frank Hayse and made six dollars. This speaks well for Miss Foster's cake.

Mr. John Power, Elliotvale, is spending a few days in Alberry Plains, the guest of Mr. and Mrs. Robert Coady.

Mr. Jean Bradley, Vernon River, won first prize at the whist party last Friday night.

Mr. and Mrs. Ben Coady, Vernon River, spent Sunday in Alberry Plains the guest of Mr. and Mrs. Robert Coady.

Miss Mary Cummings, Alberry Plains, spent Sunday at her home in Lake Verde, V.

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## Meeting Women's Music Club

An evening with Mozart, during which a program of the compositions of this composer was given and an interesting paper on his life read, was the form that Monday Night's Music Club meeting took. Miss Pearl Currie was the hostess for that night and also read the paper.

All the members, with the exception of two, who are away from the city, were present, and the evening proved to be one of especial interest and enjoyment.

During the evening there was a brief business discussion, after which the following program was given by the members of the club.

Paper on Mozart, Miss Pearl Currie, from Sonata No. 5; piano, Turkish March, Mrs. Keith Rogers; song, Contentment, Mrs. F. M. Nash; piano, Sonata No. 4, Miss Lillian MacKenzie; Drink to me only, Mrs. H. S. Henderson; Violin, Minuet and Trio, Miss Kathleen Hornby; song, Lullaby, Mrs. J. A. Lawson; piano, Andante and Allegro, from Sonata No. 5, Miss Roberta Spencer.

Song, Alleluja, Miss Lillian MacKenzie.

After the program refreshments were served by the hostess.

The lady was telling the judge that her husband obeyed her.

"Obeyed you" asked the judge, raising his eyes.

"Yes," replied the wife. "We quarrelled. I said: 'You hit me! And he did.'"

**Nutty**  
A leading comedian in a new film is described as cracking jokes with his eyebrows. Some film tragedians look as if they could crack nuts with theirs.—Punch.

**25% OFF** all Ladies' Georgette Crepe, etc., dresses. All new styles. Prowse Bros., Ltd. 1668-1-22-31.

**20% OFF** all Men's Wool Underwear during remainder of Sale Days. Prowse Bros., Ltd. 1668-1-22-31.

**OUR BIG JANUARY SALE** ends on Saturday, January 24th. Buy now and save money. Prowse Bros., Ltd. 1668-1-22-31.

**CORRECTION**—In the Eaton Groceries add which appeared in this paper yesterday morning, Spinach was advertised as selling, 2 lbs. for 21c, while Cheese was quoted as selling at 25c per lb. This should have read Spinach, 2 lbs. for 25c; Cheese, 1 lb. for 21c. A corrected add appears in this issue.

**SPECIAL PRICES** on all Ladies' Silk Underwear during our Big Sale. Prowse Bros., Ltd. 1668-1-22-31.

## Loss of Appetite Quickly Overcome

By paying strict attention to the little every-day ills, you have the best chance of avoiding serious illness. Mr. J. A. Anderson of No. 1 Chamberlain Road, Kingston, proved this to be so. He was feeling poorly—not much wrong—but still wasn't well. He found relief in DR. HAMILTON'S PILLS. "I bought a box of Dr. Hamilton's Pills, and cannot be selfish in keeping from the public the good I derived from them. No pill made can compare with Dr. Hamilton's for indigestion, loss of night's rest and want of appetite."

## A Real Health-Bringer.

To enjoy your meals, to sleep well and have lots of energy to work with, use Dr. Hamilton's Pills regularly. No medicine for general family use so good. Sold everywhere in 25c boxes.

Almond Lincture for all Pain.

## IN MEMORIAM

LORENZO B. TOOMBS

On Tuesday, Dec. 16th, there passed away from the scenes of this life to the larger, fuller life, of the great beyond, Lorenzo B. Toombs of North Rustico, in his sixty-sixth year.

The deceased had been a great sufferer for some months past notwithstanding all that physicians could do and the best of attendance proved of no avail.

In his home he was a devoted husband and father and his kindly welcome will not soon be forgotten by his many friends and neighbors.

He was a life long member of the Presbyterian Church and took a keen interest in all its activities.

Besides his sorrowing widow, there are left to mourn three daughters and three sons, Gertrude, Mrs. Warfield Orr; Ella, Mrs. Frank Houston of Mayfield; Charles of Drinkwater; Chester of Portland, Oregon; William and Myra at home. One daughter, Amy, predeceased him twelve years ago. Also three brothers, George H. of Charlottetown, Hammond of Kensington, Herbert of Sask., and two sisters, Mrs. Janey Arthur, California; Mrs. George McKenzie of Vancouver. The funeral was held on Thursday and was very largely attended and was conducted by Rev. R. H. Stavert assisted by Rev. H. S. Bishop.

The hymns which were chosen by the deceased were: "The Lord is My Shepherd," "Hold Thou My Hand," "Abide With Me," and a solo "Will the Circle be unbroken," was sung by Mrs. Walter Buntain.

The pall bearers were: Gordon Laird, O. M. Eernard, Alex. MacNeill, Alex. Toombs, Fred Toombs, A. J. Rollings. Interment was in Cavendish Cemetery.

There as the shadows of evening were gathering around the body was committed to its last resting place.

## UNITED STATES EXPORTS DECREASE DURING 1930

WASHINGTON, Jan. 23.—Exports from the United States decreased during 1930 to \$3,841,207,000 from \$5,240,995,000 in 1929, while imports fell to \$3,061,369,000 from \$4,399,361,000.

## BRINGING UP FATHER

OH-DEAR! OH-DEAR! MY LITTLE DOG, 'FI-FI' IS LOST—WHAT SHALL I DO?

BY GOLLY! IF MAGGIE KEEPS UP THAT RACKET—THE WHOLE TOWN WILL BE OUT LOOKIN' FER THE DOG!

NOW LISTEN, MAGGIE! JUST STOP CRYIN' FER A MINUTE—CRYIN' WON'T BRING HIM BACK—YOU'LL HAVE TO OFFER A REWARD!

THAT'S A GOOD IDEA!

HOW TO PUT THE AD IN THE PAPER—GIT CASEY TO TURN OVER THE DOG AN' COLLECT THE REWARD!

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## On Indian Trails

The eighth of a series of articles originally written for The Guardian By Lucy Gertrude Clarkin

Medicine-makings are the big events of the year among the Indians who retain their ancient customs. On these occasions the Shamans display their magic to foretell the year, heal sickness, or return thanks to Those Above for prosperity. The Pueblo Medicine-makings are held in the Medicine-houses (or lodges), and the Navajos hold theirs in the Medicine hoganda—a cone-shaped hut devoted to such rites.

The first business of the Medicine-men is to pray to the Trues for the dispersion of evil spirits, then they proceed to heal the sick. A sick person is "bewitched" according to the Indian idea, and only Shamans are qualified to administer treatment.

Feathers from the wing of an eagle are necessary in this dispensary, feathers and nimble toes for dancing is an important feature of all ceremonies. The Medicine-man dances up to the patient and places the tip of the feather against him; the quill he places in his own mouth and sucks for a minute. The feather appears to increase in size, then to diminish; the Shaman coughs; puts his hand to his mouth and takes from it the "disease" of the patient. It may be a big stone, or a rag, or anything but the sick man is healed and the object is handed around among the audience.

The killing of witches is another strange ceremony of the Medicine-house. A large bowl of sacred water is placed before the Chief Shaman and in it he is supposed to see everything that is happening in the world; even the future is an open book to him. Looking upon the bowl he smokes the sacred cigarette and bends from time to time to peer through the smoke-wreaths. Ill is about to befall some Indian; the Shaman sees witches; one may see the arrows in the air where they are, immediately the Medicine-guards, (Cun-pah-will-lah-wen) rush out doors carrying their bows and arrows—insignia of their office—and return in a short time with the victims. They are "dead witches," one may see the arrows in their bodies as the guards drag them along by the hair, and they are horribly realistic. If it were not for their doll-sized bodies one might forget they were mannikins so closely do they resemble real Indians. Sometimes drops of blood fall from their wounds as the guards hold them aloft.

Other Ceremonies

The foretelling of the year is done by the Chief Shaman and two of his first assistants. This dance is usually in middle-march before there is any sign of green sprouting. Lummis saw this magic performed in Isleta and tells us, "The Chief Shaman and his two assistants go out from the meeting to the banks of the Rio Grande, and presently return with stalks of green corn and wheat which they declare was brought to them by the river direct from the Trues. These stalks are handed about among the people, then the Chief Shaman draws from them omens for the crops of the coming season."

The last service of the Medicine-dance before the benediction song is the "seed-giving" which is itself a sleight-of-hand trick. The chief fetish of the Shamans is the "Mother"—an ear of spotless white corn with a plume of downy white feathers bound to the head. It represents the mother of all mankind and during the whole Medicine-dance one of these queer objects has been sitting in front of each Medicine-man. Now, as all in the audience rise, the Chief Shaman and his assistants shake their "Mothers" above the heads of the throng in token of blessing and out pours a perfect shower of kernels of corn, wheat, and seeds of all kinds in vastly greater quantity than I would undertake to hide in ten times as many of these little tufts.

Another marvelous trick of the Shamans is the "staging" of a thunder storm in the Medicine-house when, outside, the sky is brilliant with stars. The candles that illuminated other ceremonies are extinguished, (all rites are held at night), and the audience sit breathless with expectancy. Suddenly there sounds a rumble of distant thunder that comes

nearer and nearer; then a sharp flash of forked lightning darts from one wall to another across the room; back and forth, back and forth many times, and the hall rocks with the force of great thunder-claps. These "magic" storms do not last long but people who have seen them say they are too realistic for comfort.

## Sword-Swallowers and Fire-Eaters

The Medicine-men of Isleta perform the feat of swallowing eighteen-inch, double-edged swords to the very hilt, wearing only a tiny breech-clout during the performance. And, clad in the same revealing costume, they dance on fire, even eat a little of it with apparent relish. This fire, of cedar-wood, is built on the floor of the Medicine-house very close to the audience. Then the Shamans, chanting weirdly, (they have innumerable chants which they use in all their ceremonies), dance in and out of the fire, holding out their bare arms to it and seemingly enjoying themselves. It is believed that they make some preparation for this fiery ordeal, just as the Moqui snake dancers make themselves immune from snake poisoning by drinking a secret herb-tea, (supposed to be Mah-que-be.)

The Navajos, too, perform a startling fire dance during which they wear only the breech-clout. This dance is performed in the open around an enormous fire. Each man carries a long bundle of shredded cedar bark which he lights at the fire before beginning to run at great speed around it. They use these brands as whips to scourge each other and hold them against their own nude bodies for two or three minutes at a time. As they chase each other madly around the fire their brands become as fiery banners streaming out behind them, and each dancer is practically bathed in fire.

Another Navajo trick is to "Stand a feather on end in a flaring, pan-shaped basket and dance with it as a partner. The Indian—in this case sometimes a very young boy—dances in proper fashion around the basket; and the feather dances too, hopping gently up and down, and swaying in the direction of its human partner. If he dances to the north the feather leans northward; if he moves to the south the feather tips southward, and so on as if the quill were actually reaching out to him."

The growing of sacred corn by Navajo "Wonder-Makers" is a trick that leaves the wisest guessing. At sunrise a kernel—supposed to be enchanted—is planted by the Shaman in the earth floor of the hoganda in full view of the audience. A ceremonial blanket is placed over it, and he sits in grave expectancy before it singing a "weird chant." After a while the blanket rises in the centre, and when it is lifted a green shoot is seen pushing through the cracked earth. Once again it is covered and the Shaman continues his "spring song." As the hours pass the blanket rises higher and higher and always the Shaman sings. When the chant ceases the growth stops, at least there is no movement of the blanket until he continues his song again. When the blanket is lifted at noon a vigorous stalk of corn is seen "already tasseled out." When the sun sets it is a perfect plant grown to complete maturity.

One who makes a business of "magic" may have some idea how this trick is performed; to the unversed it is a marvel-act that compels admiration for Indian magicians.

## FEARS HEALTH DECLINE

OTTAWA, January 23, Canadian

## RHEUMATISM SORE JOINTS Banished By NERVILINE

Accept only "Aspirin" package which contains proven directions. Handy "Aspirin" boxes of 12 tablets. Also bottles of 24 and 100—All drug stores.

# MORSE'S

Makes More TEA Cups



**Murdock Ross**  
Identifies every man who takes pride in his personal appearance. Yet to be well-dressed with faultlessly-fitting, custom-made clothes of character need not involve a large expenditure. On the contrary, when you have a suit made here, its long-wearing qualities will give you the greatest possible value for your money.

## TOO LATE TO INSURE

You Can Avoid This

When your property is unprotected by insurance you quake with fear every time you hear a fire alarm lest it be your property that the firemen are summoned to attempt to save from destruction. For your peace of mind and financial safety lose no time in coming to us for the insurance you know you should carry on all of your property.

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statesmen should give more time and thought to prevention, preservation and conservation, declared Sir George Foster in an address at the annual meeting of the Ottawa Social Hygiene Council. He stated that family life was being threatened and child life more than threatened by the shadow of disease.

Canadian children were the strongest, the most efficient and the best for the future of the Dominion. The speaker questioned the wisdom of spending millions in bringing partly grown youths and full-grown men and women from other countries. He affirmed that there was a place for a nation-wide campaign for Canada to keep what she has as regards native population, and mentioned the possibility of appropriations to make Canada's population stronger, healthier and more numerous.

# SAFE for COLDS

Prompt relief from HEADACHES SORE THROAT LUMBAGO RHEUMATISM, NEURITIS, NEURALGIA, COLDS, ACHES and PAINS DOES NOT HARM THE HEART

# ASPIRIN

TRADE-MARK REG.

Accept only "Aspirin" package which contains proven directions. Handy "Aspirin" boxes of 12 tablets. Also bottles of 24 and 100—All drug stores.

(Made in Canada)

By George McManus

# 10:22 P.M. \*L-S-T\*

between dances use Life Savers

they sweeten the breath...

CL-O-VE VI-O-LET LIC-O-RICE CINN-O-MON WINT-O-GREEN PEPP-O-MINT

"Some of the good people who dine here," said the hotel manager sadly, "seem to regard our spoons and forks as a sort of medicine—to be taken after meals."

## SOFTENING SORE THROAT

YOU should not wait for that sore throat to develop... as soon as you feel the slightest irritation or soreness, gargle with Antiseptic Absorbine, Jr. ... one part of Absorbine, Jr. to nine parts of water... and relief comes immediately... for the cause of soreness and irritation is quickly overcome by the power of Absorbine, Jr. And as a further precaution, rub this antiseptic liniment into the throat muscles externally to draw out the inflammation and reduce the swelling. Get a bottle at your druggist's to-day... and treat your sore throat both inside and out. Price — \$1.25 — hospital size \$2.50.

## Absorbine Jr.

THE ANTI-SEPTIC LINIMENT For swollen tonsils and chest-colds

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Ends Catarrh, Coughs, Cold