



Some of the first metal that came marching along at war's end went into All-Metal Containers to protect ABSOLUTELY from all assaults by air the fresh goodness of Barbour's ACADIA Baking Powder.

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PERMANENT WAVE Your Own Hair at Home this Simple Easy COLD WAVE Method

**THE NEW Charm-Kurl SUPREME COLD WAVE**

CONTAINS KURLUM

Contains 60 Curls, 3 fullnesses, 100% type Cold Wave Solution with Keratin 60 End Tissues, Cotton Applicator, Neutralizer, fully illustrated easy-to-follow instructions.

**\$1.35**

- Complete Cold Waving process takes only 2 to 3 hours.
- Cold Wave results in longer lasting, softer natural-like curls and waves.
- Perfect comfort—no heat, no machines or heavy clamps.
- "Takes" wonderfully on soft, silky hair and on coarse hair, too.
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IN 1-LB. PACKAGES—Ready cut for your convenience

Now—sweeter, tastier bread with **FLEISCHMANN'S FRESH ACTIVE YEAST**

It's so easy to bake delicious, smooth-textured loaves if you use Fleischmann's active fresh Yeast. This fresh yeast is full-strength. It goes right to work to help you get best baking results every time.

IF YOU BAKE AT HOME—insist on Fleischmann's active fresh Yeast. The cake with the familiar yellow label! Dependable—Canada's favorite for over 70 years.

Always fresh—at your grocer's

MADE IN CANADA

**Lenten Meditations**  
from The Times, London

**POWER AND RESTRAINT**

Christianity is sometimes criticized on the ground that its ethical code, however admirable in theory, cannot safely be obeyed in a world where all that is good, including Christianity itself, must rely on force for its preservation. The doctrine of Christ is alleged to counsel indiscriminate non-resistance to evil benevolent weakness rather than strength, and the benediction pronounced upon the meek is quoted in support of this view. Such an argument is only made possible by a misinterpretation of the word. Clearly the meek man is not the weak man; rather, he is the man strong enough to keep his strength under restraint. When force is necessary, he will use it to the full, but he will hold it in reserve, preferring whenever possible to rely on persuasion, knowing that it can bring about changes of character which no compulsion can effect. A remarkable phrase in the 18th Psalm suggests that this beneficent restraint is exercised by God himself. Addressing Him the writer declares "Thy gentleness hath made me great." Such is the rendering in both Authorized and Revised Versions, although to some commentators the words seem meaningless. Yet the sense is clear enough: "Thy gentleness, the restraint of His almighty power, His gift of freedom to man instead of compelling his obedience, which have given man his dignity and greatness." It is this restraint of the divine power which allows the service of God by free choice, which creates man "in the image of God," truly great because uncontrolled and not a controlled automaton. This truth should help every thoughtful person to realize both his privileges and his responsibility. The gentleness of God will not force belief upon him or drive him to follow the right course in moments of temptation. The decisions to be made must be his own, a fact which increases his responsibility in making them. This does not imply that he will search for truth or battle against sin unaided. On the contrary his prayers, however faltering, will bring divine power to reinforce his human weakness. But the knowledge gained will be his own, transforming his character; the service rendered will be given in perfect freedom. Because God has used no other constraint with him than that of love, he may attain to a moral stature which had been impossible when he had understood and echo the Psalmist's words. "Thy gentleness hath made me great."

**Protestant Orphanage Annual Collections**

- Middleton by Louise Craig**
- Vernon Craig \$2.00  
A Friend 1.50  
\$1.00 Each: Wilfred Craig; W. J. Reid; J. S. Wright.  
75¢ Each: Mrs. Clifford Wright; Walter Craig.  
50¢ Each: Mrs. Melbourne Wright; Mrs. Elliot Wright; Mrs. Allen Wright; Mrs. Phillis Wright; Mrs. Edson Wright; Olga Wright.  
35¢ Each: Mrs. Ernest Wright; J. P. Wright.  
Total—\$17.00
- York Central by Shirley Cooke and Olga Froud**
- \$1.00 Each: Mrs. Peter Froud; Harold Waiter; Mrs. Claude Lewis; Louis Vessey; Raymond Vessey; Frank Waiter; Mrs. Ira Lewis; Mrs. J. L. Andrews; W. D. Cooke; Vernon Dennis.  
70¢ Each: Mrs. Archie Vessey; Mrs. Allan Swain.  
50¢ Each: Mrs. May.  
Total—\$12.00
- York South by Mrs. Minnie Foster and Frances Vessey**
- 75¢: Robert Chappell.  
50¢ Each: Arthur Bussy; Minnie Foster; Elmer Brown; Leith Brown; Ann McPherson; Winnifred Hayter; Mrs. J. A. Nicholson; Lloyd Vessey; Warren Vessey; Milton Vessey; Horace Vessey; B. A. Mallett; Edmund MacBean; Frank Vessey; Richard Vessey.  
25¢: Abner Vessey.  
Total—\$8.50
- York North by Mary Watts and E. J. Vessey**
- \$1.00 Each: E. J. Vessey; George Watts.  
50¢: Wes Cooper.  
30¢ Each: Mrs. Herbert Lewis; Mrs. Robert Crockett; Gordon Crockett; Leonard Newson; Mrs. A. Beaton.  
Total—\$5.05  
Total York District—\$25.55
- Specials**
- Kings County Orange Lodge 12.35  
Coll. Masonic Service Kensington—4.00

**CENTRAL GUARDIAN**

This column is reserved for news of local interest, but advertising of a newsy nature may be inserted at 50¢ a word, strictly payable in advance.

**CRASWELL for photographs.**  
**CONFEDERATION LIFE INSURANCE**  
**FOR JEWELRY Gifts Call at Crockett's. 1-21-46**

**RETURNED TO HER HOME**—Mrs. Charlie Gavin has returned to her home after spending the past month in the Charlottetown Hospital. She was accompanied by her husband who arrived at the City early Monday to accompany his wife to their home in Tignish.

**CITY POLICE COURT**—Yesterday morning at the City Police Court six men appeared before Magistrate K. M. Martin. Two were charged with vagrancy and were remanded in custody for one week. Another was charged with drunkenness and was fined five dollars and costs; a drunk and disorderly who was remanded in custody for one week and a case of non-support which was adjourned until March 26th.

**YORK Y. P. U.**—On Wednesday evening March 13, York Y. P. U. met in the hall of the Y. P. U. for the devotional period. Eleanor Hardy, opened the meeting with hymn, "We Sing The Praises of Him Who Died," after which Mary Watts led in prayer. Responsive reading was from Psalm 100, "Hymn in the Cross of Christ." "Gloria" was sung. Scripture reading read by Edson Watts, was from I Corinthians 13, "A reading of 'The Cross, the Power of God,'" was given by Olga Froud. Devotional with hymn, "Alas and Did My Saviour Bleed." The president, Anne MacPherson, had charge of the business period. Roll call was answered by a verse with "give or glory." The minutes of the previous meeting were read and approved. A Bible Quiz on Matthew 5:20-46 was conducted by Rev. J. A. Nicholson and highest standing had by Rupert Vessey. The devotional leader appointed for next meeting was Bill Crockett and the recreation committee, Raymond Watts and Eleanor Hardy. Roll call will be answered by Rev. J. A. Nicholson and the Bible Quiz will be on Matthew 6. The meeting closed with a benediction by Rev. J. A. Nicholson. Following the meeting, a period of games and contests conducted by Bill Crockett and Rupert Vessey was much enjoyed. The singing of "Auld Lang Syne" brought the meeting to a close.

**EAST ROYALTY SCHOOL**

- Report for January and February.
- Senior Department**
- Grade X—1, Anne MacLach; 2, Gladys Walsh; 3, Claire Morrissey; Grade VIII—1, Basil McCann; 2, Keri Smith; 3, Dorothy Smith; Grade VII—1, Isabella MacKinnon.
- Grade VI—1, Leona Morrissey; 2, Thelma Walsh; 3, Jean Parkinson.**
- Perfect Attendance for February.**—Anna MacRae, Claire Morrissey, Thelma Walsh, Irma Holmes, Lorraine Morrissey, Leona Morrissey, Thelma Walsh.
- Primary Department**
- Report for February.
- Grade V—1, Mildred Thompson; 2, Albert Walsh; 3, Marilyn Smith; Grade IV, Sr.—1, Melba Bennett; 2, Helen Walsh; 3, Melba Bennett; Grade IV, Jr.—1, Harry Love; 2, Alice Cudmore.
- Grade III—1, Olive Parkinson; 2, Cary Walsh; 3, Douglas Parkinson; Grade II, Sr.—1, Temple Weeks; Grade II, Jr.—1, Lottie Cudmore; 2, Arthur Walsh; 3, Billie Miller; 2, Charles MacKinnon.
- Grade I, Sr.—1, David Roper; 2, Norma Holmes; 3, David Roper; 2, Perfect Attendance—Helen Walsh, Freddy Corcoran, Arthur Walsh.
- Mildred MacLach—Principal.  
Mrs. Jean MacMillan—Assistant.

**ELLEN'S DIARY**

(Continued from Page 2)

ing part of the day, to be liked and admired and never feared. There's an eleven year old lad of a fellow, the baby in a sense, familiarly who sometimes visits us at Alderlea or comes to help us at a seasonal work, for whose pluck I have much admiration. He is kind and unafraid and I would say, loving the mystery that is night, he steps out alone over the fields and skirting the woody places, in the starshine of the haying or potato-planting. "Nervous?" I have asked him, about to set off. I would receive only a scornful laugh. "Who's here to be nervous about?" he would want to know "unless perhaps I might see a skunk—and he's O.K. if he keeps going the same way."

James gripped the arms of his chair but only to come to a more alert position. Our visitors listened attentively, straining ears, as I went to catch the strange sound again. Not so near now, but there it was. "What on earth, James?" I almost whispered. He only smiled with the assurance of one who knew. "That's that d... old black cat, Ellen. I must have shut him in the cellar when I fetched a basket of turnips from there for the new's supper. So James, my host of sleuths had tracked down last night's eerie wailing. "I've been looking with the night before this," he explained and went on to tell about his adventure. "I mind, one night in July, it was, when the air was heavy before rain, clouds were low-hanging and the moon was very dark and your house on the hill was vacant then. It leaves a lonely feeling when you have been used to a light in the house for years and years, and then one night it is all in darkness and deserted. Ellen and I

**FOR COUGHS COLDS**

YOU CAN'T BEAT BUCKLEY'S MIXTURE

**FAST SPEEDY LUSTER!**

**Ideal SILVER POLISH**

ANOTHER PRODUCT

were alone here, the children in bed, when George B. (who once lived on Rob's farm) came along on horseback for a "kay"; James paused long enough to light his pipe afresh. "Do you mind that night, Ellen?" he asked. My recollections were clear.

Our visitor, was about to leave for home at the "witching hour" of twelve, was about to mount his steed, when an awful wail like a child's cry of distress came to them in the yard. After careful consideration, not one, by two riders set forth in the darkness to find the source of that cry. It amuses me now, to think of the desperate nurse, James would make, if he had happened to get within reach of a ghastly creature if he would be as nimble at that as he is at catching an escaped farm-animal, say, a romping calf or a rooting, slavish, stubborn pig. I would have bound, if I had the courage at all, to "just miss him." The two horsemen rode bravely up the hill in the brooding dark of that Summer night in the long ago, when the weird sounds twined themselves about the fragrance of the air. They soon discovered the cause of it all. Two green eyes shone on that deserted verandah. "A ghostly figure? or perhaps a disappointed 'sleeping Tom'?" Not at all. Nothing but a prowling one of another species, sending a passionate serenade "to whom it might concern" by way of the air waves.

And if our Darkey-cat yowled in disconsolate tones from the cellar last night, it might have been that he was only forecasting this Spring, day, to come. Care-one especially from a neighboring home, which as its owner says "makes one-gosh-ful-noise" but is quite as dependable as our brown mare, rode the road, with apparent ease considering the darkness, a farm-car (the very first of them) heaped high with sacks, appeared at the gate. There was news too of a brand new foal's arrival, in another settlement and brooder houses are being put in order for the chick season in the offing. The smell of "the good earth," rare in March,



**Three of the Many Reasons**

THERE ARE a lot of good reasons why Carnation is so widely recommended for bottle-fed babies. Here are just three of the very important ones . . . digestibility, fine food values, and safety.

Easier digestibility because of heat-treatment and homogenization; all the fine food value of good, pasteurized milk plus an extra supply of "sunshine" vitamin D; and the complete safety of sterilization.

No matter where you buy Carnation Milk, no matter how long you keep it in the unopened can, even without refrigeration . . . it is always the same, always one of the finest foods for bottle-fed babies (and their brothers and sisters and parents, too).

Listen to the Contented Hour—Mondays—11 p.m.—CFCY.

**Carnation Milk**  
A CANADIAN PRODUCT "from Contented Cows"

came to me about my increased duties today. . . .

Susie fairly gulped the water I carried her, and then nibbled daintily at the vegetables, I offered. There was the youngest calf's drink to remember and Paul's welfare and the cats as well. And, now that I think of it, there was Jock, catering as I did to his special likes at the meal-times. He and his father have gone, as they said, "in along" for a brief visit home with their comrades-in-arms on an incoming tide—And now, it here, but with the fire's companionable crackling for company. Until tomorrow—Diary—Good-night.

**spring style show**

When Springtime comes a-calling you to join her Big Parade, you'll want to toe the mark with a "foot-look" that is perfect. That means the right shoes—the kind we're showing now—FASHION PLATE shoes! New triumphs in style, they've the thoroughbred lines and the air of distinction that win approval from admiring eyes. They come in such a sparkling array of different designs that you'll be sure to find just what you want . . . not only in eye-appeal and ease-appeal, but in budget-appeal, too—for every pair's a super-value, even at a store like ours, where value is the rule.

Get ready NOW to put your best foot forward . . . in FASHION PLATE shoes!

SIZES TO 9 ALL AVAILABLE IN AA TO C. GET YOURS NOW!

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SHOE STORES LIMITED  
85 STORES IN CANADA  
"WHERE THE SMART STYLES ORIGINATE"

Easy on the eyes, easy on the feet. Hi-Cuban heel, braided-fur bow, delicate fagot stitching, faultlessly fashioned in solid brown baby calf. Also in black. **5.00**

Trim and enticing. Suede Kid with matching bow bedecked with gem-like colored billions, high in heel and high in style. In black and cocoa-brown. **5.00**

Swish, sophisticated. All-over perforated vamp with matching butterfly bow. Natty, unfinished calf, fagot stitching, Cuban heel. In black and melangey brown. **3.95**

Fashioned for foot flattery. Smart suede with fagot stitching. Hi-Cuban heel and unique vamp treatment, featuring triangle moirée and colored nail-heads. In black and butternut brown. **5.00**