Mrs. Budget-wise

says:-

It is my special hobby to make three cents do the work of four. At very little cost I can make the most delightful desserts and top them off with this delicious table syrup.

CROWN BRAND SYRUP | CANADA CORN STARCH

The CANADA STARCH COMPANY LIMITED • Montreal • Toronto

HOUSEHOLD SCRAPBOOK

By Roberta Lee

A Cake Suggestion

A saltspoonful of ground ginger mixed with the flour when making a cake will make it very light. Or a tablespoonful of lukewarm water added to the eggs before mixing them in a cake will also make the cake light and spongy.

Prevents Tarnishing

Keep a piece of gum camphor in the drawer with the flat silver and it will not tarnish.

Copper and Brass

Copper and brass vessels are brightened by using vinegar and salt in the water when washing them.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "There was an innumerable number."
2. What is the correct pronunciation of "candelabrum"?
3. Which one of these words is misspelled? Cinamon, clandestine, cognizance.
4. What does the word "passively" mean?
5. What is a word beginning with sol that means "anxiety; concern"?

ANSWERS

1. Say, "a countless number." Innumerable means numberless. 2. Pronounce kan-de-la-brum, e as in me, second a as in lay, principal accent on third syllable. 3. Cinnamon. 4. Not actively; inertly. "The student is to read history actively and not passively." 5. Solicitude.

MOTHER! RELIEVE YOUR CHILD'S CONSTIPATION

Without Nasty-Tasting Laxatives or Harsh Purgatives that Cramp

Children's Own Tablets, the new corrective made especially for needs of growing youngsters from 3 to 15 years are so pleasant to take—act so gently and normally without violent upsetting reactions, that even fussiest child won't object to their use. Get Children's Own Tablets today and help your child to constipation relief this modern, easy way. At druggists 25¢

ELLEN'S DIARY

(Continued from Page 2)

in the house across the lane. Here beside window, I have watched the sunset's charm give way to the twilight when delicate pieces of cloud floated in a sea of amber high above the sky-line. I watched the flight of a plane 'till I lost it in the west. On what mission it flew I could not even hazard a guess. I could only follow it with a wish for happy-landings. Lights now twinkle from Jeanie's house and from the house on the hill. I like it here in the twilight—before the lamp is lit. But then this will never do. I'd better "snap out of it"—There are things to do.

Until tomorrow — Diary—Goodnight.

Put it on your shopping list

SUNCREST

IRRADIATED — EVAPORATED

MILK

FREE

Send your name and address for the booklet "How to Put 'D' in Your Diet" which contains many useful suggestions and recipes for healthful balanced menus.

BETTER for RICHNESS

● There's no finer milk in all the world than the yield from the tested herds of Leeds and Grenville Counties. That is the rich whole milk that comes to you doubly concentrated and fresh as a daisy in SUNCREST Milk. You get ALL the original cream, plus added quantities of Vitamin D. Discover how this concentrated richness imparts a special smoothness and finer flavour. Try SUNCREST in cooked dishes, in beverages, and for infant feeding in accordance with the formula recommended by your doctor. The whole family will like it better.

GENERAL MILK PRODUCTS OF CANADA LTD. BROCKVILLE, ONT

CENTRAL GUARDIAN

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

COOKS for Photographs.

CONFEDERATION LIFE INSURANCE.

RESERVE May 30th, 31st, June 1st and 2nd, Kinsmen, Red Cross Corps, Navy and Legion Auxiliaries Spring Carnival. 3-12-tf

DON'T FORGET GYRO Dance at the Charlottetown, Easter Monday. Dancing from nine to one. 3—20-22-26-28-29-31

COME TO THE GYRO Dance at The Charlottetown, Easter Monday. Dancing from nine to one. 3-20, 21, 22, 24, 27, 28, 29, 31

HELPING RED CROSS—In addition to the local Red Cross appeal, donations of West Covehead, the Red Cross unit of this community has donated the generous sum of $200.00.

CHURCH SERVICES. — Rev. Sterling Stackhouse will preach on Sunday, March 25th, at Alexandra at 11 A. M. Hazelbrook at 3 P. M. and Cross Roads at 7.30. 3-22-1i.

HOME FROM OVERSEAS — Sgt. Cecil Lawless who was wounded in Holland on October last, arrived on the Island last week to visit his sisters and his father, Mr. James Lawless, Grand Tracadie. He was accompanied by his wife and sister, Mrs. Helyn MacKenzie of Truro, N.S.

THAT $1,000 CHEQUE — Coun. B. Earle MacDonald, chairman, Finance Committee of the City Council, informs the Guardian that the $1,000 cheque referred to at the recent meeting of the Fire Board, represented part of the annual amount voted to the Fire Department. Originally, the annual amount voted had been $3,000 but in 1944 had been increased to $6,000, or $200 to each of the 30 members of the Fire Department. Usually the amount is paid in full, but occasionally, as in this instance, a partial payment is made. On this occasion it was done with the intention of helping the firemen because of the expense they had undergone at the Maritime Firemen's Convention held here last summer.

TRINITY MISSION BAND — The regular meeting of Trinity Mission Band was held in the Social Hall on Tuesday afternoon. Following the opening ceremony Harvey MacKinnon told about one of the special objects that the Mission Band Thankoffering will support. The account of the Kindergarten at Calgary was followed by a prayer for all missionaries. Barbara Michahalles read a poem and Erline Lavers led in prayer. Miss M. McDougall told another Study Book Story about "Tommy Two-Wheels". Mrs. MacFadyen displayed the afghan that had been completed. At the close of the handwork period, the meeting closed with "Taps." Mrs. H Howatt was in charge of the meeting.

B. Y. P. U. MEETING — The Charlottetown B. Y. P. U. held its regular meeting on Thursday at 8 P.M. The devotional period was conducted by Shirley Crosby and opened by singing "Count Your Many Blessings." A portion of scripture was read responsively followed by a prayer by the leader. The leader then read an interesting article "A Message To Young Canadians", selected. The period closed by singing "Give Of Your Best To The Master." The business period was conducted by the president. Mae Robinson gave a report on the returns from the play and several other business matters were discussed. A varied and very interesting Bible quiz was conducted by Rev. I. J. Levy. The recreational period was directed by Margaret Ballem. An enjoyable sing-song with Marguerite Brehaut at the piano brought the meeting to a close.

Personals

Mr. Wilfrid Hughes, Watertown, Mass., who was home for his mother's funeral at Dromore, leaves this morning on return to Watertown.

Awarded American Bronze Star Medal

A grandson of Mrs. Henry Burhoe, Alexandra, has been awarded the American Bronze Star Medal for heroic achievement in action. He is Pte. Gordon Dunbrack, 20, a wireman with an American infantry division now fighting somewhere in Germany.

His citation reads: "For heroic achievement in connection with military operations against an armed enemy near Bezange le Petite, France, on Oct. 22, 1944. During a First Battalion attack on a strong enemy defensive position near Bezange la Petite, the battalion was subjected to extremely heavy enemy artillery, mortar, and machine gun and small arms fire.

"As a result of this enemy activity, vital communication lines were in danger of being disrupted throughout the attack. Pte. Dunbrack, a Company C wireman on duty with the battalion wire section, worked tirelessly without let up, while exposed to this intense fire, repairing and maintaining those necessary lines.

"His heroic action was instrumental in maintaining almost continuous communication throughout the attack. His courage, skill, and unusual devotion to duty reflect the highest credit upon Pte. Dunbrack and the armed forces of the United States."

The citation was made by order of Maj. Gen. Paul of the 26th Infantry Division. Though the award was made in mid-January, notice of its presentation was not mentioned in dispatches for some weeks because of military precautions.

Pte. Dunbrack, who also holds the infantryman's Combat Badge, entered the American Army at Cape Blanding, Fla. He also underwent military training at Fort Jackson, S.C., before going overseas in September, 1944. His mother, Mrs. Hilda Dunbrack, lives at 17 Underwood Park, Waltham, Mass.

Another brother, Pte. Everett H. M. Dunbrack has been a prisoner of the Japanese since they took Corregidor in 1942. Since being taken prisoner his mother has been allowed to send him but one parcel which, he wrote her, he had received.

A third brother, Kelsey, is serving with the American Navy in the South Pacific.

Monthly Meeting Trinity Mission Circle

Trinity Mission Circle held its regular monthly meeting in the Social Hall on Monday, March 19. The meeting opened with the business period during which it was decided that the objective for this year be to provide a bursary for a non-Anglo-Saxon girl's training in Canada.

The study period took the form of a radio program and Circle members listened to a imitation broadcast in which the president of the commonwealth of the Philippines was being interviewed.

Mrs. Jean Fields as the announcer, introduced President Quezon of the Philippines now in Washington. Mrs. Helen Thompson, as the president gave a picture of the people, discussed their educational and health, programs and the future of the Filipino Church. A brief, summary of life in the Philippines and news items from 1896-1945 followed in which the Misses Dorothy Allen, Erma Mallett, Ary Harper, Edna Jenkins, Orva Gill and Mrs. Jean Garnhum took part.

The worship service was conducted by Miss Ruth Cudmore, after which the Mizpah benediction was repeated in unison.

Mrs. Fields, Advisory President, now surprised the members with a beautifully decorated Birthday cake bearing one lighted candle, signifying the age of the Circle.

The minutes of the first meeting were read by the secretary and Mrs. Fields expressed her appreciation of the cooperation received from the girls. Refreshments were served by Miss Marie MacDougall and Miss Irma Tait. The pianist was Louise Cox.

Members are to bring any pictures, headlines, clippings and radio news of Indo-China and Thailand to the next meeting.

Bristol and Vicinity

Friends of Mrs. Art Malone will learn with regret that she has been a patient in the Sanatorium at Charlottetown for several months. Mr. and Mrs. Malone resided in Morell for several years before war broke out where Mr. Malone carried on the Raleigh business over a long route. After war broke out he enlisted in the RCAF. He was a visitor here a short time ago having come all the way from the west coast to see his wife and family after learning of his wife's illness. Sgt. Malone has returned to his duties with the understanding his wife is well on the road to recovery.

Mr. and Mrs. W. A. O'Brien have returned to Charlottetown after a very pleasant trip to Boston and other cities in the U.S.A. including New York, combining business with pleasure.

It is understood that Mr. Lloyd S. Cox, lobster packer, who has carried on the business in Morell Village for several years is moving his packing plant to the shore at Red Head where the business will be operated this summer. Workmen are already removing the buildings and erecting a new factory. Cooks will start cooking for the workmen and fishermen on April 1st the earliest in history. Mr. Anslem Lapierre, Charlottetown, arriving this week to take up his position as head cook, a position he filled last summer. After the lobster season closes down at the end of June, cod fish and mackerel canning will go right along into the fall, giving employment to quite a number of men, women and girls with good wages.

Miss Ella Lapierre spent a few days in the city last week.

The paved highway has been opened as far east as St. Peter's Bay, eight miles east of here. Travellers are wondering if the busses will be in operation over the Easter holidays as the busses to and from Montague have been in operation for several weeks.

Mr. Art MacDonald, RCNR, arrived home last week from wartorn Europe on forty days leave. Art has not been home since he joined the Navy over two years ago. He visited his brother Bernard, also in the Navy, but at present in the hospital somewhere in England and his brother Ivan who is in Camp Hill Hospital, Halifax, having returned home some months ago with severe wounds.

Friends here of Miss Emily MacDonald, now residing at Lot 7 will learn with regret that her second brother Walter MacDonald, was killed in action a short time ago. This news was only a few months behind that of her brother James, who was killed in air operations over Holland and buried there. Miss MacDonald resided here with her uncle Bennett MacDonald for many years and her brothers were also well known here. This writer feels a sting of sorrow at their early deaths as James was a college pal a few years ago and roommate at the same time.

On a business trip to Boston a short time ago this scribe had the pleasure of calling on an old friend from Bristol in the person of James Drake. Jim as he is better known here and in Boston, left Bristol many years ago and today operates business on a big scale, but always finds time to welcome anyone from home and eager to get news of his old home in Bristol. He says he will visit the Island this year for a few days at least. —B.

Do You Know?—

Educational reform is on its way. What improvements should we expect in the new set-up? Watch this space daily for information about what a High School could do for us.

UNION ROAD W. I.

A meeting of the Union Road W. I. was held on February 6 at the home of Mrs. Thomas Mellish, meeting opened with Creed. Roll call was answered by nine members. Two visitors were present.

Correspondence was read and discussed. It was moved and seconded that all bills be paid. The Institute is grateful for generous donations of money and quilt material received from Mrs. (Rev.) Malcolm MacPherson and Mrs. Archie Bruce. Red Cross work for month was as follows: 2 large quilts, 1 crib quilt, 2 long sleeved sweaters, 1 pair socks. Members discussed the making of more quilts It was decided to have a quilting party at the home of Mrs. Robert Mellish the following week. Sick committee gave their report. Collection amounted to 65c.

Mrs. George Mellish invited members for next meeting, roll call to be answered by ten cent collection. Meeting adjourned and the hostess served an enjoyable lunch.

On March 6 the regular monthly meeting of Union Road W. I. at the home of Mrs. George Mellish. Meeting opened with Creed. Roll call was responded to by 10 members. One member paid dues. Collection amounted to $1.10. Minutes of last meeting were read and approved. Correspondence was read and discussed. Remnants of quilt material was received from the firm of T. Eaton Co., 3 large quilts, one crib quilt, four pairs gloves, 1 pair socks, 1 jumper dress and blouse were passed in for the Red Cross. New sick committee, Mrs. George Mellish, Mrs. Lloyd Mellish.

Mrs. Vernon Ross invited members for April meeting, roll call to be answered by a ten cent collection. After business part of the meeting ice cream and cake was sold by ladies amounting to $4.95.

VERNON RIVER W. I.

The members of the Vernon Women's Institute held their March meeting at the home of Mrs. A. S. Weir on March 7, with 15 members present.

The meeting opened with the Creed, followed by roll call and the minutes which were read and approved.

Correspondence, which consisted chiefly of letters from the Wartime Prices and Trade Board, were read and discussed.

The members decided to send Emmett Henry, who is in a hospital in Toronto, cigarettes for Easter. The secretary reported that cigarettes had been sent to the servicemen overseas. The discussion of a dance resulted in plans for a box social and dance which will be held on April 2. Mrs. Richard McRae and Mrs. Stanton Jenkins appointed as program committee for the next meeting. Hospitalization was discussed and will be further discussed at the next meeting. Two new members were welcomed to the Institute. A collection of $1.10 was taken up. Mrs. Samuel Martin kindly invited the members to her home for the next meeting. The meeting was then adjourned.

Mrs. Weir assisted by Mrs. Wilfred Furness served a delicious luncheon.

A JOB ONLY YOU CAN DO

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers. Persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. I have my rooms rented on a weekly basis to a woman who is very unsatisfactory in her conduct. Can I get her out by giving her one week's notice?

A. If this woman is renting and does not get any meals from you, you must give her six months notice. However, if her conduct is so unsatisfactory that she is either damaging your property or annoying your other tenants you may give her notice to vacate under provincial law. You must first make application through the office of the Wartime Prices and Trade Board to the judge for an order exempting the lease from the provisions of the regulations.

Q. The other day my wife went into a shop to buy a pair of hose. The woman standing next to her at the counter secured two pair of hose. When my wife asked for one pair she was told that the store was sold out. Is it all right that one person should have two pair of hose and another go without?

A. There is no regulation of the Board that deals with this type of distribution by a retailer to individual customers.

"My Choice for Children's Parties—

FRY'S COCOA

It's So Delicious and Nourishing"

ENJOY **Vita-B** WHEAT GERM CEREAL

A Tasty, Nourishing B Vitamin Cereal

IT'S ECONOMICAL

POUND PKG. 10¢ 3 POUNDS 25¢

Living & Leisure

THE WOMAN'S REALM

SPRING

On this Spring night if I went by,
And God were standing there.
What is the prayer that I would cry
To Him? This is the prayer,
Oh Lord of courage, grave
Oh Master of this night of Spring
Make him in me a heart, too brave
To ask for anything.

—Galsworthy

ORIGINAL CHERRY TREE STORY

Most of the tales that have grown up about George Washinton are apocryphal — built upon and descending from the fame that came to him in his later years. They came primarily from Parson Weems, one of the earliest Washington biographers.

The cherry tree incident, for example has been recounted time and again. But the first and oldest version is the least known.

Here's how Parson Weems recorded the original story:

When Washington saw that his favorite cherry tree had been chopped down he bellowed in a great voice, and George, "bravely cried out, 'I can't tell a lie, Pa; you know I can't tell a lie. I did cut it down with my hatchet.'

"Run to my arms, you dearest boy,' cried his father, 'run to my arms; glad am I, George, that you killed my tree; for you have paid me for it a thousand fold. Such an act of heroism in my son is worth more than a thousand trees though blossomed with silver and their fruits of purest gold.

Weems is responsible for still another legend which has been made immortal in story and picture, that of George Washington praying in the forest at Valley Forge.

Weems said that Isaac Potts, a Quaker, upon hearing a voice praying out loud in the near-by woods, cautiously drew near to behold General Washington, on his knees. He immediately rushed home and upon entering his house cried aloud that the war was won for he had seen Washington praying in the snow.

The biographer also related that Washington about to say prayers ordered a sentinel not to allow anyone to enter. But General Greene approached and brushing aside the sentinel, knocked on the tent pole. Whereupon George Washington drew his pistol, fired through the tent, and then continued his prayers.

HINTS ON ETIQUETTE

If someone offensively disagrees with you, it is good manners to pass it off lightly and with a smile.

PUMPKIN MATS

Oklahoma Indians weave edible mats from pumpkins. The pumpkins are cut in one continuous strip while still moist. These strips are dried and then woven together to form mats, which are stored away for future consumption.

Always leave your washing machine clean. If it is near a dust source like the furnace, be sure to cover it when not in use

The strength of copper when cast, forged or in sheets is approximately 36,000 pounds per square inch; in the form of wire it is approximately 62,000 pounds per square inch.

STICKY FEET

On the lower surface of the "feet" of houseflies and other insects are pad-like structures known as pulvilli. The skin covering them is traversed with minute pores through which exudes an adhesive fluid which enables the insects to walk on the lower surface of objects, for instance on the ceilings of rooms.

To save the inside of earthenware tea pots, pit dishes and pudding basins from becoming lined with tiny cracks, put them, when new into a pan of cold water. Then bring the water slowly to a boil and let it boil a minute or two.

QUALITY SECRET OF ECONOMY

It has long been proved that true economy is achieved only by quality . . that quality will not necessarily give good service, nor confidence for present or future use. The purchase of as good brand item, backed by performance and service to the public, is a comfort and a necessity for every Canadian housewife as much as is dollar-value. And the Canadian women has learned the need of quality merchandise to give long and dependable wear so that "storms" may be more easily weathered.

Just such "storms" today, as the conservation program which the government is asking us to adhere to, provoke added value of good labeled and brand merchandise. For example—the service, comfort and economy of a good blanket.

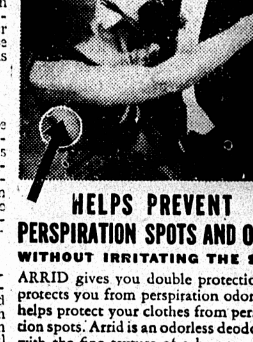
Blankets should be regarded as one of the most important purchases made for a home. They mean so much to one's comfort; also to the decorative beauty of one's bedroom. And we expect to live with them a long, long time. So we must consider all the fine points to get the best for maximum wear and service. which will help to maintain our high and envied standard of living

Place sprinkled and rolled-up clothes for ironing on a warm radiator for a short time before

COLDS

Relieve misery, as most mothers do. Rub the throat, chest and back with time-tested **VICKS VAPORUB**

A DEODORANT OF DOUBLE ACTION



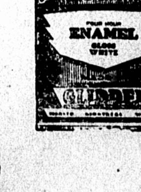
HELPS PREVENT PERSPIRATION SPOTS AND ODOR

WITHOUT IRRITATING THE SKIN

ARRID gives you double protection. It protects you from perspiration odor, and helps protect your clothes from perspiration spots. Arrid is an odorless deodorant, with the fine texture of a beauty cream. It vanishes instantly — giving immediate results. With Arrid, you are absolutely safe — can enjoy yourself wherever you are — regardless of the weather. Protect your daintiness and charm with Arrid. Start using it today. It is very economical. 15¢, 39¢ and 59¢.

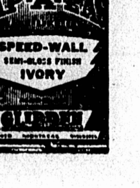
ARRID Guaranteed by Good Housekeeping. The Largest Selling Deodorant

If One of the Things You Have To Do This Spring is



PAINT

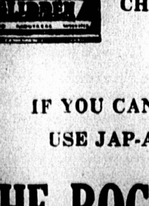
THEN LET US SERVE YOU.



Use JAP-A-LAC PAINT

ENAMELS OR VARNISH OF WHICH WE HAVE A LARGE STOCK

THERE WILL BE NO DELAY IN DELIVERIES



IF YOUR BED-ROOMS ARE TORTURE CHAMBERS JAP-A-LAC PAINT, ENAMEL OR VARNISH WILL SOON CHANGE THAT.

IF YOU CAN NOT GET A PAINTER, THEN USE JAP-A-LAC AND DO IT YOURSELF

THE ROGERS HARDWARE CO. LTD.