. . . "ANOTHER PARAMOUNT PICTURE FOR YOU" . . .

Adolph Zukor presents

GARY COOPER · JEAN ARTHUR

Cecil B. DeMille's

"THE PLAINSMAN"

DeMille's most thrilling romance... the fiery story of Wild Bill Hickok and Calamity Jane, the world's most hard-boiled lovers, filmed on a tremendous background of stirring, breathtaking action.

A Paramount Picture with

JAMES ELLISON · CHARLES BICKFORD

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Directed by Cecil B. DeMille

PLUS "OUR GANG" COMEDY

Daily 3.15—7—9.: SAT. MAT. 2.30

TODAY — FRIDAY — SATURDAY

Prince Edward

MATS. 14c—25c Capitol EVES. 27c—33c

PLUS SERIAL and 3 STOOGES.

TODAY — FRIDAY — SATURDAY

DAILY 3.15 — 7.00 — 8.45: SATURDAY MATINEE 2.30

Island Motor Transport Ltd.

WINTER BUS SCHEDULE

EFFECTIVE MONDAY, OCTOBER 25th

BUS LEAVES CHARLOTTETOWN
(From White's Restaurant)
FOR SUMMERSIDE

Daily except Sunday — 9.00 A.M., 1.15 P.M., 3.45 P.M.
Saturday only — 10.00 P.M. Sunday only — 10.00 A.M.

FOR NORTH LAKE (Via St. Peter's and Souris)
Daily except Sunday — 4.00 P. M.

BUS LEAVES SUMMERSIDE
(From Gourlie's Drug Store)
FOR CHARLOTTETOWN
Daily except Sunday — 8.30 A.M., 11.30 A.M., 4.00 P.M.
Saturday only — 10.00 P.M. Sunday only — 7.30 P.M.

CHELTON WOMEN'S INSTITUTE

The monthly meeting of Chelton W. I. was held at the home of Mrs. Waldo Gardiner on Wednesday evening, Nov. 3rd. The meeting opened by repeating Creeds and the minutes of last meeting and the last annual meeting were read and approved. Roll call was answered by twelve members paying their fees for next year. School and sick committees gave their reports and it was decided to hold a special meeting to make Christmas gifts for sale. After some discussion it was also decided that the members would hold their annual supper at the home of Mrs. Roy Campbell on Nov. 11th. An election of officers was then held and resulted as follows. President, Mrs. Keith Webb; Vice-Pres., Mrs. Earle Pearson; Secretary-Treasurer, Mrs. Heber Schurman; Directors, Miss Norma Pickering, Mrs. Waldo Gardiner and Mrs. Helge Peterson; Auditors, Mrs. Roy Campbell and Mrs. E. C. Gardiner. The business part of the meeting closed by singing the National Anthem. Then the programme consisted of a contest conducted by Mrs. Earle Pearson and a reading by Miss Lowther. The hostess assisted by other members served a very appetizing lunch and the meeting adjourned.

The Central Guardia.

This column is reserved for news of local interest but advertising of a newsy nature may be inserted at 4 cents a word strictly payable in advance.

CONFEDERATION LIFE INSURANCE L-6789-7-12-31i

STEWARTS YEAST makes better bread. L551-9-14-tf

PATRONIZE refreshment, candy and book tables at St. Paul's Tea today. L-1171-11-18-1i.

ST. PETER'S BAY FOX BREEDERS field day November 19th, one P. M. L-1827-11-17-2i

HOLMES & BRADLEY Dollar Day Bargains. 20% off all merchandise. L-1177-11-18-2i.

CHILDREN'S CLOTHES, fancy work, novelties, spruce pillows, aprons, handkerchiefs, surprise parcels at St. Paul's Tea today. L-1171-11-18-1i.

CHARLOTTETOWN Fur Sales require 3000 or more good colored half to full silvers by Nov. 22nd. Liberal advances paid, quick returns and strong prices expected. L-1807-11-15-6i.

GAZETTED—In the list of appointments, promotions and retirements in the Canadian Militia recently gazetted appears the following: P.E.I.L.H.—to be 2nd Lts. (supy): Charles Arthur Brennan, 19th July, 1937; Arnold Dudley Taylor, 20th July, 1927. To be 2nd Lt.: Harlan Aubrey Found, 1st August, 1937.

HAMMILL-CURRIE WEDDING—The marriage of Miss Catherine Currie of this city to Emmet Hammill of the mechanical staff of the Patriot, took place at 6.30 yesterday morning in St. Dunstan's Basilica, Rev. Father Louis Dougan officiating. The bride was attended by Miss Annie Barrett, and the groom by Mr. M.F. Walsh.

ON HONEYMOON TRIP —Mr. and Mrs. W. L. Smith returned to Sackville the latter part of last week from a honeymoon trip through Nova Scotia. Saturday evening they were given an old-time charivari by their friends. The happy couple left again Monday by motor for Tormentine where they crossed to P. E. Island for a short visit. —Sackville Post.

FUNERAL SERVICES—The funeral of Mr. John T. Power, one of the largest seen in the city for some time, was held yesterday morning from his late residence, 241 Dorchester Street to St. Dunstan's Basilica, where Requiem High Mass was celebrated by Rev. G. McCormack. The pallbearers were: Messrs. William Scott, John King, James Lappin, Joseph Purcell, Thomas Power, and George Bell. The service at the grave was conducted by Rev. W. Keefe.

SOCIAL GATHERING—On Nov. 16th the St. John Jubilee Club celebrated their third annual meeting by a bridge at the home of the President Mrs. S. Rawley. The prizes were won by Mrs. D. Lawlor, Mrs J. Bowlan and Mrs. Harley. Later in the evening the members proceeded to the Nobana Restaurant where a room and tables had been reserved and a delicious dinner was served. Beautiful piano selections were rendered. At 12.30 after thanking the manager, the members departed, quite satisfied with their enjoyable evening.

VISITING FRIENDS—Rev. and Mrs. H. R. Bell of Chegoggin, N.S. have been visiting in Saint John for the last two days having recently returned from Prince Edward Island where they attended the funeral of their daughter, Mrs. Everett McDonald, formerly Miss Marjorie Bell. Mrs. MacDonald's death at 24 years of age was specially sad as she left two small children. Mr. and Mrs. Bell were accompanied by their son, Robert, and daughter, Marcella, and were guests of Mrs. Bell's brother, J. H. Stevenson and Mrs. Stevenson and Mrs. Bell's sister, Mrs. Murchison, and Rev. J. M. Murchison. Mr. and Mrs. Bell have many friends in New Brunswick where Mr. Bell has served as pastor at Centreville for eight years and at Hampton for four years.—Saint John Telegraph-Journal.

New Comfort for Those Who Wear

FALSE TEETH

No longer does any wearer of false teeth need to be uncomfortable. FASTEETH, a new, greatly improved powder, sprinkled on upper or lower plates, holds them firm and comfortable all day. No gummy, gooey, pasty taste or feeling because it's alkaline. Deodorizes. Get FASTEETH today at any good drug store. Accept no substitute.

Georgetown — Charlottetown Bus Service

STARTING MONDAY, MAY 10th

Leave	Georgetown	8.00 A.M.
	Cardigan	8.30 A.M.
	48 Station	8.40 A.M.
	St. Theresas	8.50 A.M.
	Peakes	9.00 A.M.
	Pisquid	9.10 A.M.
	Fort Augustus	9.30 A.M.
	Webster's Corner	9.35 A.M.
Arrive	Charlottetown	10.00 A.M.
Leave	Charlottetown	4.00 P.M.
	Peakes	5.00 P.M.
	Cardigan	5.30 P.M.
Arrive	Georgetown	6.00 P.M.

Passengers are fully protected by insurance for any accident that may happen while driving in this Bus.

Stops at

NOBANA TEA ROOMS

ALLISON HUESTIS
Great George Street

FIFTH ANNUAL

ROTARY RADIO AUCTION

FOR CHARITABLE PURPOSES
THURSDAY, DECEMBER 2nd.

OVER C.H.C.K.

DETAILS LATER

GOODS OFFERED WILL BE ON DISPLAY FOR ADVANCE BIDS AT: P. E. I.

TRAVEL BUREAU OFFICE

WATCH FOR FURTHER ANNOUNCEMENT

BRACE'S "Brayco" special made-to-order red label English fox netting for partitions and floors, in stock at Brace's. L-1696-11-18-2i.

CORNWALL UNITED CHARGE.—Kingston: S. S. 10 A. M. Service 11 A .M. New Dominion: Service 2.30 P. M. S. S. 3.30 P. M. Cornwall: S .S. 11 A .M. Service 7 P. M. Rev. E. R. Woodside, Minister. L-1183-11-19-1i.

ON RETURN JOURNEY — Mrs. James Gordon and her two children Pat and Douglas, and her sister, Miss Bessie Trenholm, all of Hamilton, Ontario, left Friday morning on the return trip home, after an absence of five or six weeks. They had been in Albany, P.E.I., called there by the death of their father, the late Mr. Trenholm and the past two weeks they spent in town with their sister, Mrs. Frank Herring. Mrs. Gordon and the children also visited her parents-in-law, Mr. and Mrs. James Gordon. Her brother-in-law, Mr. Douglas Gordon, and Miss Joyce Cooke, R. N., of the Sutherland Memorial Hospital staff, Pictou, accompanied them to Hamilton for a brief visit. — New Glasgow News.

PERSONALS

Mr. Neil MacLean, Somerville, Mass., Mr. Duncan MacLean, Somerville, Mass, Mr. John A. MacLean, Revere, Mass., Rev. Norman S. MacLean, Deaham, Mass., motored to the Island last week, to be present at the bedside and subsequent death of their mother, Mrs. Roderick MacLean, Coleman.

Mrs. Edward Trainor who was called home six months ago due to the illness and subsequent death of her father, the late Mr. Frederick Power, left yesterday morning accompanied by her little daughter Shirley Mae, on return to Everett, Mass. She was also accompanied by her mother, Mrs. Power, who will spend the winter with her.

HALLOWE'EN PARTY

Cross Roads School was the scene of much merriment on Friday afternoon Oct. 29th, when a much enjoyed Hallowe'en party was given by teacher and pupils. A large number of parents and other interested visitors were present who assisted by bringing a plentiful supply of eats. The Hallowe'en traditions were well observed both in the food and also in the school room decorations which were arranged very artistically preparatory to the entertainment by the teacher, Miss Margaret Huntley, and her pupils. Jack O. Lanterns, Owls, Black Cats, and Witches with brooms were in evidence everywhere.

The guests were met at the door and taken into the dimly lighted room by a shrouded figure and cautioned to beware, a witchy program is soon to follow.

A bean guessing contest was then put on which was won by Mrs. Presto.. Wood.

Writing contest (for visitors) won by Mrs. Rod MacDonald.

Writing contest (for pupils) won by Louise MacNeill.

The following is the program:

Recitation by Hobgoblin Sarah, Lucy Carver.

Song by Pop Corn Pat, Ralphie MacCallum.

Recitation by Spooky Cat, Ian Stewart.

Play Story by Brownie Folk, Pupils.

Recitation by Black Witch Faith MacDonald.

Song by White Elf Jackie MacRae.

Recitation by grinning Jack O'Lantern Blair MacRae.

The Singing ghosts will now perform Bryer and Margie Jones

Song by the Singing Waldorf Witch Allie Jenkins.

A hanging apple contest for the Junior pupils was not put on and won by Bryer Jones. For Senior pupils won by Buddy Molyneaux.

Apple race for Juniors won by Ian Stewart.

Apple race for Seniors won by Norma MacCallum.

ments are always enjoyed by the Mrs. M W. Wood.

Apple paring contest for visitors won by Mrs. Ed. Stewart Mrs. MacNeill and Mrs. F. Kennedy.

Apple paring contest for pupils won by Jean MacRae, Norma MacCallum and Louise MacNeill.

A fortune hunt was also enjoyed by ever one present, when each one's future was in turn interpreted to them by a witch to their own satisfaction and the amusement of the audience.

A balloon game in which all took part was also attended by much merritment and enjoyment.

A full course supper was at this time served by the pupils in good old Hallowe'en style and was much enjoyed by all. It is needless to say that this and similar entertainments are always enjoyed by the pupils of Cross Roads, and the visitors all joined in lauding Miss Huntley for the extra work on her part that had given them such a very pleasant afternoon.

RASHES

Irritation soothed, healing promoted by using effective, mildly medicated

CUTICURA SOAP and OINTMENT

SPRING TONIC AND BLOOD PURIFIER

Mac's Blood Food

A combination especially valuable in the treatment of those diseases where their origin is traceable to an impoverished condition of the blood.

One of the greatest remedies in the treatment of Rheumatism and a guaranteed appetite restorative.

Get a box to-day.
Box of 50 tablets 50c.

DR. L. B. EVANS

If you have any trouble with your stomach such as indigestion, dyspepsia, sour stomach, heartburn, gastric distress, etc., then don't delay getting a bottle of Dr. Evan's stomach mixture immediately.

Evan's Stomach Mixture is a prescription of Dr. L. B. Evans, noted English Physician of which we have the sole rights to and since selling it have received numerous testimonials from satisfied purchasers.

Try a bottle to-day. Price 85 cents.

THE TWO MACS

Mail Orders Promptly Attended to

That Body of Yours

By James W. Barton, M.D.

THE BREATHING EXERCISES FOR ASTHMA

There is no question but that the cause of asthma in many cases is allergy or sensitiveness to certain substances —foods, feathers, pollen of plants, and some drugs.

In other cases some defect or deformity of nose and throat appears to beafactor as the removal of this defect or deformity prevents or lessens the effects of asthmatic attacks.

While the exact cause of asthma in any or every case is unknown, it has been found that if the walls of the chest get loosened up so that the asthmatic breathes more deeply, much improvement results.

I have spoken before of the exercises for asthma as used by the asthma clinics under the supervision of the Asthma Research Council formed in Great Britain ten years ago.

"In an asthmatic attack the size of the little air tubes is lessened because there is a little spasm or tightening of the walls of these little air tubes. This causes an active congestion of the mucous in the tube and a little "plug" is formed." It is the getting rid of this little plug of mocous that is described as an asthmatic attack. The exercises enable the chest walls to press harder and the plug is coughed up more readily.

The exercises are as follows:

1. Sit with back supported or lie with knees drawn up. With hand on upper abdomen, feel fingers sinking in when breathing out; that is, contract or tighten the abdominal muscles.

2. Relax abdominal muscles by taking in a short (not a long) breath. Do not let upper part of chest move on breathing in.

3. In sitting position again. With hands over lower ribs, wrists well back and fingers pointing forwards, begin to breathe out. Continue to breathe out until you cannot breathe out any more air—tighten the abdominal muscles. Then squeeze the ribs to drive out any air that may still be left.

4. Relax abdominal muscles and expand lower ribs while taking in a "short" breath

You can see from the above simple exercises that only a small amount of air is breathed in and a great amount breathed out. And it is the lower part of the chest that should be used in driving out all the air possible.

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

COMMON COLD

The common cold is much more than an affliction of the individual who has it; it is a social nuisance. Just because it is "common" and because in most cases, it is not fatal, it is looked upon as a necessary evil; we accept rather than shun those who are sneezing, coughing and snuffling.

This wide-spread disease is an expensive trouble-maker. It causes more lost time from work and school than does any other disease. It interferes with education and costs millions of dollars in loss of production and wages. While it is annoying, it receives but little attention as compared with the rather rare, but more startling because unusual, diseases.

Considerable research has been carried on with the hope of clearing the way to an understanding of the common cold and how it may be prevented, or its severity lessened. So far, no great success has attended these efforts, and we are left to rely upon what we have learned from past experience.

Those who suffer from repeated colds should make sure that their nose and throat are in good condition. Faults in structure may lie at the root of repeated or continued head colds.

Clothing suited to the temperature, both in and out of doors, prevents chilling of the body from either too little clothing or the chilling which follows upon excessive perspiration due to overclothing while indoors. Cold wet feet predispose to head colds. By keeping the feet dry, or by drying them promptly if they do become wet, much trouble may be averted.

There may be argument as to whether or not all colds are due to infections ,but we have all seen colds run through the family and the workplace. It is not practical to isolate everyone who has a cold, although such a person would be more comfortable and better off in bed. We can however, do something to prevent them from passing on their colds to others .

Coughs and sneezes should be directed into a handkerchief and ,in all cases, at the floor rather than into people's faces. The person who has a cold should not prepare food, but if he or she must, then there must be a very thorough scrubbing of the hands with soap and water before food is touched .

There should be no common drinking-cups in the home or elsewhere. Dishes should be washed and then rinsed in boiling water. The hands should be washed before touching food, and kept away from the face at all times .

To some extent, such reasonable precautions will serve to lessen the number of common colds and other infections.

Questions concerning Health, addressed to The Canadian Medical Association, 184 College Street, Toronto ,will be answered personally by letter.

HINTS FOR HOUSEWIVES

MONTREAL, November 17 — "Making a ton of Christmas Pudding is the title of novel broadcast that will be carried over the National Hook-Up by the Canadian Broadcasting Corporation tomorrow (Thursday) from 12.45 to 1 P. M.

It will describe the mixing and cooking of Christmas puddings to supply the Dining Cars of the Canadian National Railways in the kitchen of a diner measuring 21 feet by 6 feet 6 inches. Chef Tommy Gear will tell how this culinary feat is performed. Gerald Arthur chief announced of the C. B. C. Station here and Virginia Fair Musician and Commentator will be in charge of the broadcast. It will be carried over C. B. C. Stations from coast to coast.

SPRINGFIELD WOMEN' SINSTITUTE

The October meeting of the Springfield Women's Institute was held in the school house Thursday evening, October twenty-first.

In the absence of the president Mrs. Everett Haslam presided, and opened meeting in the usual manner. Roll call was responded to by twelve members. Minutes of previous meeting were read and adopted. Report of school committee was given by Mrs. MacGregor.

On motion it was decided that Mrs. Norris Sinclair visit the school in November .Mrs. George Haslam kindly invited the members to her home for the next meeting. The following committees were appointed. Refreshment, Mrs. Everett Haslam, Miss Emily Howard and Mrs. George Haslam. Programme, Mrs. Clarence Haslam, Mrs. J .E. Sinclair and Mrs. Andrew Hughes. The questionnaire for this meeting to be "Peace Education." Roll call to be answered by paying fees and naming "a current event of world significance." The questionnaire on public health was discussed and filled in by the convenor. Report of delegates attending Annual Meeting of the P. E. I. Tuberculosis League was then given. Meeting closed by singing the National Anthem.

The Crippling Effect Of Rheumatism

Rheumatism is a constitutional disease caused by an accumulation of uric acid in the blood and is greatly aggravated by cold and dampness. It generally leaves in its train distorted joints, crooked limbs, crippled hands, and the intense pain and agony is almost unbearable.

Burdock Blood Bitters by invigorating the digestive organs, and eliminating the uric acid from the system will help in giving you relief from this torturing trouble.

MR. HENRY THORNTON, Beeton, Ont., writes:—"I have been a well digger for the past fifteen years, and five years ago I got rheumatism in my left hip and knee from the dampness in the wells.

I tried everything I could think of, but nothing seemed to do me any good until our druggist advised me to use Burdock Blood Bitters, which I did, and it was only a short time until the rheumatism was completely out of my system."

Put up by The T. Milburn Co., Ltd.

Heinz

HEARTY MEALS!

● Heinz Oven-Baked Beans are simply made to order for extra-hungry people. Mealy, golden-brown, warming, nourishing. Made the old-fashioned way — finest beans well soaked, baked in real ovens and sauced to perfection.

4 delicious kinds at your grocer's: (1) With tomato sauce and pork; (2) With just tomato sauce (vegetarian); (3) Boston-style with molasses sauce; (4) Red kidney beans.

HEINZ OVEN BAKED BEANS 57

"RUSH HOUR" HELP

● Heinz Cooked Spaghetti can be made ready for the table in a jiffy—just heat and serve. And it is grand food—appetizing—sustaining. With diced meats left "from yesterday" and Heinz Cooked Spaghetti you can make many an interesting, "different" dish.

Try Heinz Cooked Macaroni, too—tender—rich with creamy cheese sauce.

For baby

THE BEST OF EVERYTHING

● Only the finest quality vegetables, greens, fruit, cereal go into Heinz Strained Foods. They're perfectly cooked in their own juices and thoroughly strained. Always uniform in taste and consistency, which pleases baby. Wonderful time savers for you. 12 kinds.

H. J. Heinz Company has prepared a complete and interesting book on infant feeding entitled "WHAT SHALL I FEED MY BABY?" It is obtainable by sending three Heinz Strained Foods labels, any variety, with your name and address to H. J. Heinz Co., Toronto.

HEINZ STRAINED FOODS

Heinz 57

A PICKLE WITH A HUNDRED USES. Everybody likes the old-fashioned flavour of Heinz Fresh Cucumber Pickle! Here are just a few of its many uses: as hors d'oeuvre; garnishment for meat dishes; in place of salad; as a sandwich filler. Easily digested, even by children. Made to an old farm recipe, the good Heinz "home way." Extremely modest in cost. Order Heinz Fresh Cucumber Pickle for luncheons, "snacks," or dinners. Your dealer has it.