DRESS UP HOME-CANNED VEGETABLES WITH THIS GRAND SAUCE

SOUR CREAM DRESSING

1 cup sour cream
1 egg
¼ cup Heinz White Vinegar
2 teaspoons salt
2 teaspoons sugar
2 teaspoons Heinz Prepared Yellow Mustard
⅛ teaspoon pepper

Combine ingredients in upper half of double boiler in order given, mixing thoroughly. Cook over boiling water 10 minutes, stirring constantly. Serve on hot buttered broccoli or other vegetables. Yield: Approximately 1½ cups.

C-6N

Heinz Mustard

2 KINDS—YELLOW and BROWN

57

Ask your grocer for a free copy of the booklet, "New Uses For Heinz Sauces," containing many attractive recipes.

Two Hospital Ships to Arrive Today

HALIFAX, N. S., March 21 — Two ships the hospital Lady Nelson, bringing 239 servicemen and 60 dependents and the Acquitania with 1,374 service men's wives and children, three Canadian soldiers, 174 British service personnel and 146 civilians, will dock in Halifax tomorrow, according to Canadian National Railway officials. Eight special trains will be operated out of Halifax over CNR lines six carrying dependents one the sick and wounded servicemen and one the civilians.

The largest number of army dependents 338 wives and 49 children arriving on the Aquitania will go to Ontario points on two special trains next will be those for western Canada 363 and 54 also travelling on two special trains there will be 91 and 16 for Quebec points requiring one special and 86 and 13 for the Maritime Provinces who will be handled on regular CNR trains. In addition there will be 249 wives and 16 children dependents of members of the R.C.A.F. going to all parts of the country on another CNR special.

When the Lady Nelson the former flagship of the Canadian National Steamships West Indies fleet arrives she will have completed her 66th crossing of the Atlantic and more than 300,000 sea miles in war services.

The 239 sick and wounded servicemen will be for the following points 17 for Saint John and Moncton, three to Quebec, 34 to Montreal, six to Kingston, 68 to Toronto, 22 to London, nine to Ottawa, 18 to Winnipeg, 12 to Regina, 26 to Calgary and 24 to Vancouver. Operating on a special slow schedule the hospital train will leave Halifax at one o'clock tomorrow afternoon westbound. The 60 dependents will be handled on regular CNR trains.

ARE THEY?

Wrinkles are attractive, says Roger Vergnes, New York city hair stylist, who is one of two featured stylists at the 22nd midwest beauty trade show there. Vergnes, a Frenchman who regularly styles coiffures for the Duchess of Windsor, Helen Hayes and Barbara Hutton, said in an interview today that the natural wrinkles give chracter to the face.

Canada Life Announces New Appointments

TORONTO, March 21 — Executive changes affecting six of the Company's top-ranking officers were announced today by the Canada Life Assurance Company.

Hon. Leighton McCarthy, P.C., K.C., retires as chairman of the Board of Directors, but will continue to serve as a member of the Board, and as chairman of the Investment Committee.

A. N. Mitchell, formerly President, becomes chairman of the Board.

S. C. McEvenue, formerly vice-president and general manager, becomes President.

E. C. Gill, formerly assistant general manager and treasurer, becomes General Manager.

J. G. Beatty, formerly Actuary, becomes Chief Actuary.

A. H. Lemmon, formerly Assistant Treasurer, becomes Treasurer.

In making the announcement, Company officials emphasized that the new appointments entailed no change in administrative policy.

Regarded as one of Canada's outstanding lawyers and business executives, Mr. McCarthy comes of a family which has been active in the Canada Life for 70 years. He was elected a member of the federal parliament in 1898 and represented North Simcoe until his retirement from politics 10 years later. In 1941 he was appointed Canadian Minister to the United States and in 1943 became Canada's first Ambassador. He retired from his post in Washington in January, 1945.

Mr. Mitchell is considered one of the most brilliant men in the life insurance business, and the position of the Canada Life today is regarded as a marked tribute to his leadership. With a background of school teaching and newspaper work, Mr. Mitchell joined the Manufacturers Life as advertising manager in 1901. He remained with the Manufacturers for 10 years, advancing to assistant secretary, and then became associated with the Federal Life as Assistant General Manager. He was appointed General Manager of that company the following year and in 1915, when the Federal was absorbed by the Sun Life, he joined the Canada Life as an Assistant Superintendent. Since then his record has been: Superintendent, 1924; Assistant General Manager, 1926; General Manager, 1930; Vice-President, 1935 and President, 1938.

The new President, S. C. McEvenue, was a prominent athlete at McGill University, where he earned his Bachelor of Science degree, and later coached Toronto Argonauts to a Dominion rugby title. He joined the Canada Life as western supervisor in 1927 after extensive experience in life insurance, underwriting and management. In 1929 he was appointed Assistant Superintendent, and as such his science training proved very valuable for he was closely identified with the construction of the Canada Life's head office building in Toronto. He became Superintendent in 1930, General Superintendent in 1936, and General Manager in 1938. Only a few months ago he assumed the responsibilities of Vice-President in addition to those of General Manager.

Mr. Gill became associated with the Canada Life in 1923 on graduating from Queens University where he won the Gold Medal in mathematics. He completed his actuarial examination three years later and in 1927 was appointed Assistant Actuary of the Company. The following year he was transferred to the investment department in charge of the Research and Analytical Division. He was named Assistant Treasurer in 1930, Treasurer in 1938 and Assistant General Manager and Treasurer in 1939.

J. G. Beatty is a graduate of the University of Toronto, where he obtained a Master of Arts degree in Mathematics. After graduation, he spent four years overseas in World War I, and was awarded the Military Cross. He joined the Actuarial Department of the Canada Life in 1919, was appointed Assistant Actuary in 1924 and Actuary in 1938. He is currently a vice-president of the American Institute of Actuaries.

A. H. Lemmon became a member of the company's investment department in 1928, following graduation from Queen's University. Six years later he was appointed Chief of the Bond Department and in 1939 was named Supervisor of that department. His promotion to be Assistant Treasurer came in 1940.

SPRING VALLEY SCHOOL

Following is standing for month of February.

Grade X.—1, Verna Bryanton.

Grade IX.—1, Elaine Sudsbury; 2, Lawrence Glover; 3, Dorothy Bryanton.

Grade VIII.—1, Dolly Cole.

Grade VII.—1, Brenton Cole; 2, Ethan Campbell.

Grade V.—1, Joyce Campbell; 2, Olive Champion; 3, Don Caseley.

Grade IV.—1, Shirley Bryanton and Don Sudsbury, equal; 2, Carmen Woodside.

Grade III.—1, Donald Gallant.

Grade II.—1, George Glover; 2, Harriet Campbell; 3, Edith Campbell.

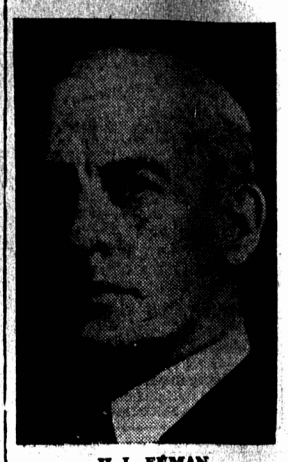
Grade I. A.—1, Wayne Woodside; 2, Gerald Sudsbury.

Grade I. B.—1, Rilla Brennan and Sylvia Profitt, equal.

Perfect attendance — Olive Champion, Leamon Cole, Shirley Bryanton, David Bryanton, Sylvia Profitt.

Adelaide M. Glover— Teacher.

Canada Life Director



H. L. ENMAN

Mr. Enman, General Manager of the Bank of Nova Scotia, whose election as a Director of The Canada Life Assurance Company has just been announced. Mr. Enman replaces the late J. A. McLeod who had been a director of the Company for more than 20 years.

MADE 128 QUILTS DURING WAR YEARS

SHEHO, Sask., March 21—(CP)—Mrs. H. L. P. Russell of Sheho believes she can rightly lay claim ot being the queen of Saskatchewan's quilters.

During the war years, Mrs. Russell was instrumental in fashioning 128 double-bed size quilts for shipment overseas. Now she is finishing eight more which will be presented to British war brides who will be taking up residence in the Sheho district.

THE 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

COOK'S for Photographs.

THE GUARDIAN IN HALIFAX.—Islanders and others in Halifax desirous of obtaining The Guardian may do so at Walker's White Spot, 11 Salter St. tf.

CHURCH SERVICES for Sunday, March 24th. St. Elizabeth's Church, Springfield. Morning Prayer 11.00 A.M. St. John's Church, Crapaud, Evening Prayer 7.30 P.M. Rev. B. Fream, Rector.

A CONGREGATIONAL MEETING of St. John's Church, Crapaud, will be held at the Rectory on Friday evening, March 22nd, commencing at 8.00 P. M. This meeting is important, and a large attendance is requested. Rev. B. Fream, Rector. 3-22-1i.

CHURCH OF SCOTLAND. — Services Sabbath, March 24th. Murray River 11 A. M. and 7 P. M. Wednesday, March 27th, Charlottetown (Orange Lodge Rooms) 8 P.M. followed by a business meeting of the congregation. Rev. J. H. Bishop. 3-22-1i.

CAR STOLEN — Mr. Eric Butler left his 1927 Chev. Coach in front of Hughes' Drug Store on Wednesday evening at nine o'clock. When he and his friends came out of the Prince Edward Theatre about eleven o'clock, the car was gone. The registration number is 5067. Mr. Butler immediately reported his loss to the police who are making investigations.

THE PRESBYTERIAN CHURCH IN CANADA. — Brookfield Charge. Services next Lord's day as follows: Hartsville 11 A. M. Hunter River 3 P. M. Note, that there will be no service in the Glasgow Road Church this Lord's day. Mr. Donald Nicholson will be in charge of the services. 3-22-1i.

HAMPTON UNITED CHURCH.—Services Sunday, March 24th. Minister, Rev. Peter Jackson. Bonshaw 11 A. M. DeSable 3 P. M. Victoria 7.30 P. M. 3-22-1i.

NORTH RIVER PASTORATE.—March 24th. Services will be held as follows: Fairview, 11 A. M. North River, 3.30 P.M. Kingston, 7.30 P.M. Y. P. U. at North River Parsonage, Friday, 7.30 P. M. You are welcome to all services. Rev. A. E. Todd, Minister. 3-22-1i.

TRYON — BONSHAW BAPTIST CHURCH. — Services for Sunday, March 24th are: Albany 11 A. M. Tryon 3 P. M. Westmoreland 7.30 P. M. Rev. C. A. Hicks, Pastor. 3-22-1i.

CATAPULT NUISANCE — Complaint is made that boys, with the advent of Spring, are resorting to catapults endangering the windows of citizens. An example might be made of anyone caught in the act.

HUNTER RIVER UNITED CHURCH CHARGE. — Services on Sunday, March 24th, are as follows: North Wiltshire 11 A. M. Wheatley River 3 P. M., and Hunter River 7.30 P. M. Rev. J. I. Morrison, Minister. 3-22-1i.

BRADALBANE United Charge. Sunday, March 24th, Pleasant Valley 11 A. M. Bradalbane 7 P. M. Owing to the condition of the road there will be no afternoon service at Rose Valley. Rev. Dr. A. D. MacKenzie. 3-22-1i.

DIPHTHERIA INOCULATION CLINICS will be held in the following schools: Monday, March 25th: Notre Dame, 1.30 P. M. Prince Street School, 2.00 P. M. Tuesday, March 26th: Parkdale School 1.30 P.M. Queen Square School 2.00 P.M. Wednesday, March 27th: Spring Park School, 1.30 P. M. West Kent School, 2.00 P. M. Thursday, March 28th: Model School 1.30 P. M. Rochford Square School 2.00 P. M. 3-22-23-25.

Dependable Quality—Always!

RED ROSE TEA "is good tea"

RED ROSE Orange Pekoe Tea is extra good!

NOTICE

Highways Closed to Motor Vehicles

Commencing Friday, March 15, 1946, and until further notice, all highways in this Province are closed for motor vehicle traffic, (including tractors and trailers), except in such cases where the total weight of vehicle and load does not exceed 5,000 pounds, and/or where the load on any wheel does not exceed 1,500 pounds.

Anyone driving on provincial highways contrary to this order shall be duly prosecuted.

DATED the 14th day of March, A. D. 1946.
By Order,

C. J. STEWART,
Acting Clerk of the Executive Council.

3-15-16-MWF-tf.

NOTICE

We have in our Warehouse a substantial stock of GOODYEAR PASSENGER AND TRUCK TIRES, HEAVY DUTY TUBES.
Enquiries Solicited

Maurice Block & Company
158 Kent Street
GOODYEAR TIRE DEALERS

WELLNERS

The Future Begins Today WITH DIAMONDS FROM WELLNERS

Happy is the bride who wears a Bluebird diamond fashioned by master artisans and set in mountings that are delightfully hand-sculptured.

Sparkling Bluebird Creations $75.

Modern in design . . . Modest in price . . . The diamond in the engagement ring is flawless.

SEE THESE FAMOUS BULOVAS

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Distinctively styled for discriminating men . . . Guaranteed dependable.

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Six flawless diamonds grace this enchanting Bridal Wreath ensemble.

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TO HELP PREVENT COLDS TAKE—

Many doctors agree that colds are often the result of lowered body resistance. To increase resistance to colds, these same doctors recommend the healthful properties of Vitamins A and D, found in McCoy's Tablets.

Because clinical research proved that vitamins work better in the presence of minerals, each McCoy's Tablet also contains the essential minerals, to help you get maximum vitamin benefit.

Buy McCoy's Tablets today. If you're not satisfied after taking one box, your money will be refunded. BUT—insist on the real McCoy's—the original and genuine. At all drug stores.

Ride like a King in a Monarch

IT'S CANADA'S NEWEST CAR —here Saturday!

Monarch

NOW you can meet the Monarch—the car built expressly for Canadians by Ford of Canada. It's a handsome car with the graceful good looks that will make a special hit with the Canadian motorist. It's a big car with a long-life 8-cylinder engine—that ticks off a smooth 97 horsepower.

You'll like Monarch even more when you discover all the hidden values Ford engineers have built into this fine new car.

It has advanced-type springing—and new shock absorbers and stabilizers which give you a gentle ride at any speed on any road. There is new soundproofing with rubber insulation at more than 200 points to give you studio quietness as you relax in Monarch's roomy interior.

The new, extra large brakes have self-centring shoes to bring you to a smooth, quick stop with just a touch of a toe on the pedal. You use less pedal pressure, less driving effort all along the way as you swing through Monarch's wide speed range from an effortless crawl to a ground-eating pace.

Monarch has a long 118-inch wheelbase; comes in 5 body styles; 8 striking colours; all with luxury interiors featuring deep carpets and rich, long-wearing fabrics.

Soon Monarch cars will be seen on Canadian highways from coast to coast. We suggest you meet Monarch now—as this distinguished new line of automobiles makes its first public appearance.

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FORD MOTOR COMPANY OF CANADA, LIMITED