

HERE'S HELP TO KEEP HUSBANDS CONTENTED!

In these days of strain and worry see that you give your man the coffee that keeps husbands contented... Maxwell House! It has a satisfying goodness that men simply love.

There's extra satisfaction in Maxwell House because:

1. It's blended from the very finest coffees obtainable—specially chosen for their fuller body and extra flavor.
2. Uniformly roasted by a special process that brings out the full goodness of this fine blend.

For wartime reasons Maxwell House is now packed in bags—in an All Purpose Grind and at a lower cost to you.

This new grind is suitable for all ways of making coffee—coffeepot, percolator or glass coffee-maker. If using a glass coffee-maker you may prefer to brew the coffee a little longer.

Maxwell House COFFEE

A Product of General Foods

Both Food and Beauty In Lima Bean Vines



Heavy Yielding Pole Lima Beans Make Fine Garden Screens.

If your Victory garden has a wire or picket fence, it will provide an ideal support for pole lima beans. The rich green leaves of this vegetable will provide a beautiful background for your garden and they will bear a bountiful crop of luxury food in the late summer and fall.

Lima beans are the richest of green vegetables in vitamin B1. They are delicious when green, and if you have a surplus toward the end of the season, they can be allowed to mature and will keep through the winter.

Lima beans should never be planted before the ground warms up; they will decay without sprouting in cold soil. The seeds are so large they are easily spaced, and should be planted with eye down to facilitate quick growth. Otherwise they must turn over underground in order to grow, and some of them may not make it.

Bush limas do not bear well if crowded in the row. Plant them at least 18 inches apart. The pole limas may be a little closer, say 12 inches. All need plenty of footed, a teaspoonful of balanced plant food will bear a bountiful crop of luxury food in the late summer and fall.

Bush limas are of two classes: large and small seeded; the former bearing larger beans, but fewer of them. The small seeded limas have been improved recently, and while still producing them abundantly. For the home garden, it is best to consult your preference.

Small seeded bush limas mature in about 65 days, large seeded bush and pole limas in about 80 days. As they cannot be sown until late spring in most states, the harvest comes late. Pole limas have a long season of yield, and will provide beans for the table until frost kills them in the fall.

SKIN SUFFERERS

If you haven't tried ZEMACOL—try it tonight! Cooling, soothing, antiseptic and soothing—Zemacol quickly eases itching and burning of...

- ✓ ECZEMA
- ✓ DRY, SCALY SKIN
- ✓ ATHLETE'S FOOT
- ✓ CHAFING, CHAFFING
- ✓ BEEN BURNED
- ✓ SUNBURN
- ✓ POISON OAK, IVY
- ✓ WIND BURN

ZEMACOL

Your full purchase price refunded if you are not satisfied.

THE TWO MACS

149 Great George Street
Mail Orders Given Prompt Attention

VICTORY VEGETABLES

HEALTH LEAGUE OF CANADA

COOKING VEGETABLES FOR VITAMIN PRESERVATION

We now know that the method of cooking vegetables is just as important as the choice, in obtaining a maximum amount of vitamins and minerals. Baking is the best method as the least amount of vitamins are lost, but not every vegetable can be baked satisfactorily. But can we practically all vegetables and as they are not in the water, only the vitamins destroyed by heat (about 10 per cent B1) are lost. If we boil the vegetables and throw the water away as most of us do, we lose the vitamins and members of the vitamin B complex are lost because they are water soluble. Most of our cook vegetables in too much water but science tells us they need be just covered with water. In the case of leafy vegetables just the water that clings to the leaves after washing is necessary.

We should divide vegetables into two classes:

1. The leafy vegetables, chard, spinach, cabbage, broccoli, and string flavoured vegetables such as cabbages, turnips and Kohlrabi are cooked without a cover.
2. The other ones, peas, carrots, corn, parsnips, peas, potatoes, asparagus, squash, string beans are cooked with a cover.

If you follow these few rules in cooking you will be getting the maximum food value from your vegetables.

1. Use raw vegetables.
2. Bake or steam them frequently.
3. Boil vegetables in skins if possible, but the water away as most of us do.
4. Wash, peel or cut vegetables just before cooking.
5. Use the cooking water for soups or stews.
6. Serve immediately.

A post card request to the Health League of Canada, 111 Avenue Road, Toronto will bring you a free copy of its authoritative vitamin chart.

Religious Reception

The conclusion of an eight-day's Retreat, conducted by Reverend Donald McKay, O.S.B., was marked by a ceremony of Religious Reception in the Chapel of St. Dunstan's College on Monday, June 14th, when four young ladies were received into the Congregation of the Sisters of St. Martha.

His Excellency, Most Reverend J. A. O'Sullivan, officiated, assisted by Reverend Francis McQuaid. After the singing of the Psalm, the Holy Eucharist was celebrated. The prospective Sisters were blessed. When the white-robed brides had declared their desire to consecrate their lives to God, they were clothed in the sombre garb of Religious and given their new names.

In his sermon, Reverend Father McKay dwelt on the motives which inspired the sacrifice of the young aspirants. He reminded them of the gratitude they owed first to God and then to their good parents, and called attention to their life-long obligation of loyalty and devotion to the Community which afforded them the opportunity of following the call to the Religious Life.

He reminded them that the sacrifice they were making by renouncing the world and consecrating themselves to God was the most complete that a human creature could offer to her Creator, but, on the other hand, the recompense is the greatest that the Creator can bestow on his creature.

The Holy Sacrifice of the Mass was offered by His Excellency, Bishop O'Sullivan, who also congratulated the young ladies on the step they had taken. He impressed on them the sublimity of the vocation to which they were called and the magnitude of the human creature promised by Our Lord to those who have left all to follow Him, a hundred-fold even in this life and eternal happiness in the next.

The young ladies who received the Habit with their names in the region are: Dorothy Macdonald (Sister Mary Dorothy), Georgetown; Eileen O'Toole (Sister Mary Raphael), Bonshaw; Olive Gaudet (Sister Mary Louise) Ferner Road; Estlin McManus (Sister Mary Damian), St. Mary's Road.

The following were the flower girls: Agnes Arthur, Toole; Gudrun Margaret, Toole; Marion Toole, Teresa Gaudet, Celia Hearty, Betty McManus, Bernadette McManus.

War—25 Years Ago Today

(By The Canadian Press)

JUNE 18, 1918—Floods of the Rhine River washed away bridges and destroyed the Austrian army in danger on the Italian front; battle decreased in violence in the mountains, but Italians advanced and captured Cap Sile. American forces on the Marne repulsed German patrols.

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Gassy Stomachs Relieved

Every person who is troubled with gas in the bowels should get a bottle of Dr. Evans Stomach Mixture and see how quickly it will relieve all promoting symptoms.

It promotes the functional activity of the stomach, assists digestion and improves the appetite.

Don't delay. Get a bottle today. Price 85 cents.

SKIN SUFFERERS

If you haven't tried ZEMACOL—try it tonight! Cooling, soothing, antiseptic and soothing—Zemacol quickly eases itching and burning of...

ZEMACOL

Your full purchase price refunded if you are not satisfied.

THE TWO MACS

149 Great George Street
Mail Orders Given Prompt Attention

CENTRAL GUARDIAN

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

COOKS for Photographs

CONFEDERATION LIFE INSURANCE.

RECITAL TONIGHT, eight o'clock Kirk Hall. Pupils of Miss Lillian McKenzie, Mus. Sec. Interesting programme. 6-18-11.

ARRIVING TODAY—Three cars: Cement, Bar Iron, Wire, White Lead, Dry and Tarred Sheathing, Coal Tar Putty, Pennac and Chandler. 6-18-11.

RELAUNCH-BELLE RIVER UNITED CHURCH SERVICES Sunday, June 20th, 11 M. (one change of hour) Belle River 7:30 P. M. W. B. MacPhail, Minister. 6-18-11.

CHURCH SERVICES for Sunday, June 20th, Pleasant Valley 11 A. M. Rose Valley 3 P. M. Bradalben 8 P. M. Rev. D. J. Morrison, Minister. 6-18-11.

HAMPTON UNITED CHURCH, Minister Rev. Roy E. Vessey, B. Serv. Sunday, June 20th, Bonshaw 11 A. M. DeSable 3 P. M. Victoria 8 P. M. 6-18-11.

THE UNITED CHURCH OF CANADA—Hunter River Pastoral Charge. Services will be held on Sunday, June 20th as follows: 10 A. M. Wheatley River 3:00 P. M. Hunter River 7:30 P. M. Rev. L. Murray, Minister. 6-18-11.

WINSLOE UNITED CHURCH—Services June 20th. Highfield 11 A. M. Winsloe South 3 P. M. S. S. 2:15 P. M. Pleasant Road 7:30 P. M. S. S. 10:30 A. M. Winsloe North (Special) 7:30 P. M. S. S. 10:30 A. M. Rev. T. Constance, Minister. 6-18-11.

CENTRAL PARISH CHURCH SERVICES for Sunday, June 20th. Communion services at Clyde River 10 A. M. St. Michael's 3 P. M. Clyde River 7:30 P. M. Rev. T. W. Goodwill, Minister. 6-18-11.

THE PRESBYTERIAN CHURCH IN CANADA—Services will be held as follows on Sunday, June 20th. Alexander 10 A. M. Gaiscon 3:00 P. M. Murray Harbour 7:00 P. M. Minister, Rev. T. A. A. Duke. 6-18-11.

MRS. ALEX H. CAMPBELL, Burlington, announces the engagement of her daughter Alma Evelyn to William Wallace son of Mr. and Mrs. Cassey Adams, Dartmouth. Marriage to take place in July.

CROSS ROADS AND ALEXANDRIA CHURCHES, Sunday, June 20th. Service at Cross Roads Church, Sunday at 3 P. M. Service at Alexandria 10 A. M. and 7:30 P. M. Rev. A. E. Todd and Mrs. Todd will conduct the services. A cordial welcome to all. 6-18-11.

CHURCH OF ENGLAND SERVICES Sunday, June 20th. St. John's Church, Capraud, Church School 10:30 A. M. St. Andrew's Church, Springfield, Church School 10:30 A. M. Evening 8:30 P. M. St. Thomas Church Long Creek, Holy Communion 10:30 A. M. Rev. G. R. Hartman. 6-18-11.

NORTH RIVER BAPTIST CHURCHES, Sunday, June 20th. Fairview: Service 11 A. M. North River: S. School 11 A. M. Clyde River: S. School 11 A. M. Pleasant Valley: S. School 11 A. M. Please note that the service will be held in Fairview Church only, owing to absence of Rev. W. A. Stewart on account of illness. Rev. A. E. Todd, Minister. 6-18-11.

PRESBYTERIAN CHURCH IN CANADA—Brookfield Charge. Daily Worship at 10:30 A. M. Lord's Day as follows: Hunter River 11 A. M. Glasgow Road 3 P. M. Brookfield 7:30 P. M. Mr. Donald Stewart, Moderator. Ministry will have charge of the services. 6-18-11.

LEAVES FOR HAMILTON—Mrs. F. A. Stewart, wife of Mr. F. A. Stewart, left yesterday for Hamilton, Ontario on receipt of a telegram stating that their grandson, Mr. W. A. Stewart, who was in the G. G. F. was injured in a plane accident. Details of the crash were not included in the wire but an air mail letter which was received yesterday where the accident took place. Mr. Herring is a son of Mr. and Mrs. Herring of Hamilton. He is a grandson of John Herring of Murray Harbour. He enlisted with the Royal Canadian Air Force about two years ago and received a commission as a pilot officer at the same time.

HERE FROM OVERSEAS—Captain Dick Filmer of the P. E. I. Highlanders and Headquarters of the 2nd Canadian Corps overseas, who has been a guest of Mr. and Mrs. F. A. Stewart, left for Moncton by airplane yesterday afternoon to visit his parents, Mr. and Mrs. George Filmer. He then proceeds to Kingston to take the Canadian War Staff Course at the R. M. C. Captain Dick has been overseas for nearly two years having crossed with the H. Q. of the Division. Before leaving England he saw among other Islanders, Major Bill Reid, Capt. Bill Burnett, Major Dave Stewart, Capt. Fred Black, Major L. Duffy, and Capt. Buzzie Wellner "all in the pink" waiting for the "Big Push." Capt. Dick's brother, Lieut. Brian is a prisoner in Germany and his other brother, Lieut. David with his artillery corps in England.

SPECIALS FOR JUNE AT THE JENKINS PHARMACY

DAGGETT & RAMSDALL
Perfect COLD CREAM OR CLEANSING CREAM

Large \$1.00 jar **79c**

This offer is in effect for a limited time only!

Beautiful Legs with NO-HOZ Liquid Stocking Make-Up 6 Oz. Bottle only **65c**

Get a Beautiful Suntan Without Burning With **LIQUID SKOL**

Two sizes **45 and 83c**

NUJOL SALE!

GALLON SIZE ONLY \$3.30

Save 1/2 100 oz. (1 gal.) for the price of 90 oz. in 8 oz. bottles. So if you usually buy the 8 oz. bottle, you save you \$3.50! On sale for a limited time only. Ask for this size. It's the size of Nujol. It won't spoil!

SPECIAL!!

With every purchase of Pond's Extra Large Jar Cold Cream, a 30c box of Face Powder free. \$1.30 value

All for \$1.05

SUN GOGGLES

Polaroid \$1.95
Cool-Ray \$3.50-4.50
Tone Ray 3.00-8.00

Others
25c — 29c — 35c
39c — 50c — 75c — \$1.00

FOR BETTER SERVICE

THE JENKINS PHARMACY

FOR BETTER VALUE

CORNWALL PASTORAL CHARGE—Services Sunday, June 20th are as follows: Cornwall 11 A. M. School 10 A. M. New Dominion 3 P. M. School 2 P. M. Kingston 7:30 P. M. Rev. J. R. Skinner, Minister. 6-18-11.

PRESENTATION—Chief Justice Thane A. Campbell was honored with the presentation of a sterling silver tray at a luncheon held at noon yesterday by members of the Legislative Assembly. Premier J. Walter Jones presided. Practically all the members who were associated with the new Chief Justice during his seven years as Premier of the Province were present for the presentation which was made on behalf of the Assembly by Premier Jones. The address to Chief Justice Campbell was read by Mr. E. P. Foley of Summerside, deputy speaker of the House. Short congratulatory addresses were made by Premier Jones, Hon. Dr. W. J. P. Power, Hon. C. B. Leader of the Opposition, members of the government and others.

COUPLE OBSERVE 40TH ANNIVERSARY—Last evening a real surprise party was tendered Mr. and Mrs. Joseph J. Storey at their home, when about thirty friends assembled to honor them on the 40th Anniversary of their marriage. Among the guests were Mrs. James Lappin and Mr. Frank Currie who were bridesmaid and groomsmen in addition to twelve others who were present at the happy event. Members of the family arranged to have the jubilarians visit out-of-town friends during the afternoon and on their return shortly after 6 o'clock they were greeted by the thirty guests and escorted to the dining room where an attractive table decorated with a profusion of flowers and colorful streamers welcomed them. Of a family of six, four were present at the celebration, congratulatory telegrams being received from an absent son and daughter. A toast to the bride and groom, forty years ago was proposed by Mr. A. R. Cutcliffe and responded to by Mr. Storey. At the conclusion of the enjoyable repast piano music and vocal solos by Mrs. Lemuel Wood, Mr. Herbert were enjoyed, while Mr. A. R. Cutcliffe in a humorous speech extended congratulations on behalf of those present. The bride was engaged in dispersing Mr. Storey on behalf of himself and Mrs. Storey, heartily thanked all for the nicely arranged celebration.

KENNY-MACAULAY—A very pretty wedding took place on June 9th in St. Mary's Church, Souris, when Elizabeth Patricia daughter of Stephen J. MacAulay became the bride of William Jerome son of Capt. and Mrs. Kenny of Grand Pre, Nova Scotia. To the strains of Lohengrin played by Mrs. W. J. Power the bride was given in marriage by her father. She looked very charming in a street length dress of pastel blue lace over tulle with sweetheart neckline. Her shoulder length veil of tulle was caught by flowers of contrasting colors. She wore a corsage of bridal roses and carried a white pearl Dwyer bouquet. Her only attendant was Miss Bertha MacKinnon of St. Prayers Bay, who wore matching lace of shell pink with white accessories. Her corsage being of tallman roses. The best man was Hugh MacAulay, brother of the bride. The marriage was performed by Rev. Father L. MacKenna assisted by the pastor, Rev. Father D. P. Croken. During the nuptial mass many beautiful hymns were rendered by the choir. After the ceremony a sumptuous breakfast was served at the home of the bride to immediate relatives and friends. Later they motored to Charlottetown where they stopped at the "Charlottetown Hotel," afterwards leaving on a honeymoon trip of the Maritimes. Previous to her marriage Miss MacKinnon entertained at a kitchen shower given her by friends in Montreal. They will reside in Wolfville, N. S.

DWYER-DECATUR—A very pretty lawn wedding took place Sunday, June 6, at 4, at the home of the bride's parents, Mr. and Mrs. Joseph Decatur, 8 Draper Road, Tower Hill, Wayland, Mass, when their daughter, Miss Dorothy was united in marriage to Russell Dwyer, son of Mr. and Mrs. John Dwyer, 265 Greenview Ave, Jamaica Plain, Mass. Rev. Norman C. MacLean pastor of the Central Congregational Church of Chelsea, a cousin of the groom, officiated. The bride was given in marriage by her father, while her sister Miss Susan served as matron of honor, and another sister, Miss Beatrice, played the wedding march. The groom was supported by his brother Frederick Dwyer. About fifty guests were present at the reception. Mr. Dwyer is a graduate of Northeastern University and is employed by E. B. Badger and sons of Boston. Mrs. Dwyer was graduate from Amherst College. Mr. Dwyer is a grandson of the late Mr. Nell MacKenzie (of canoe Cove).

Mrs. William Walsh, who has been spending the past two weeks at Borden, the guest of Mr. and Mrs. Eldon Campbell, was a visitor to Charlottetown, yesterday and left this morning for her home in Montreal, P. Q.

Mr. Joseph G. Storey, Charlottetown, who has been a patient in the Prince Edward Island Hospital for the past few weeks left yesterday morning for Camp Hill Military Hospital, Halifax.

Card of Thanks

Mrs. Aeneas McKinnon and John David McDonald wish to thank their kind friends and neighbours for their many acts of kindness in their recent sad bereavement. 6-18-11.

Horrible! Yes--But Actual Picture From Greece

Emaciated by hunger this poor Greek woman lies dead in the streets of Greece, her only crime that she was a Greek living peacefully in the country before it was occupied by Germans. Contributions by Canadians to the Greek War Relief Fund will help send food to Greece to prevent such horrors as this.

IS THIS TO CONTINUE?

Your contributions to The Greek War Relief Fund will help.

Enclosed is my contribution of \$_____ to help feed the people of Greece. It is my understanding that the help sent through this contribution will go to the Greek People and only to them.

NAME _____

ADDRESS _____

Please make checks payable to Greek War Relief Fund and forward to Mr. A. Belcher, Bank of Montreal, Charlottetown.

In Prince County send remittance to

MR. W. M. BRUCE
Bank of Nova Scotia
Summerside