

Here's a Way to Combine Economy with Nutrition

HAVE QUICK-SERVE BEANS OFTEN

SAVORY BEAN-LAMB STEW

A hearty dish your family will enjoy

- 1/2 pound stewing lamb (small pieces)
1/2 cup chopped onion
3 cups boiling water
1 teaspoon salt
1/2 teaspoon pepper
3 cups Van Camp's Tomatoes or 2 cups Van Camp's Tomato Juice
1-12-oz. pkg. Van Camp's Quick-Serve Beans

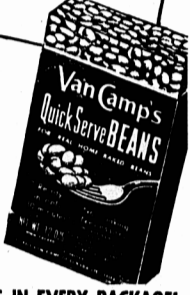
METHOD: Brown meat and onion in pan, adding tomatoes or tomato juice. Simmer gently, covered, 1 hour. Add beans and simmer 25 minutes more. Serve it tomorrow.

HOME-BAKED BEANS TO YOUR OWN TASTE

Van Camp's Quick-Serve Beans are not a substitute for canned pork and beans, but a new product made to give you finer home-baked beans—in 30 minutes! Easy recipes with every package. Ask your grocer for Quick-Serve Beans.

Made only by Van Camp's in Essex, Ont.

6 TO 8 DELICIOUS SERVINGS IN EVERY PACKAGE!



QUICKIES

By Ken Reynolds



"If you're lost I would suggest usin' a Guardian Want Ad."

SUFFOLK SCHOOL

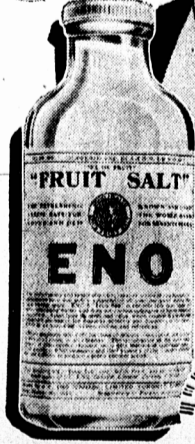
- Grade V (Sr.)—1. Mary Reid; 2. Vera Coles.
Grade V (Jr.)—1. Myrtle Coles.
Grade IV—1. Miriam Reid.
Grade III—1. Gordon Coles; 2. Ian MacArthur.
Grade II—1. Marina Coles; 2. Norma Bralder.
Perfect attendance: Scott MacArthur and Miriam Reid.
Teacher, Evelyn Carr.

For an Aid TO BEAUTY ENO IS THE ANSWER

VITALITY, a clear complexion, bright eyes and a buoyant step are the basis of beauty so much admired by all men. And inner cleanliness is the one real foundation for this outward sparkle and beauty.

A dash of pleasant-tasting ENO in a glass of water every morning before breakfast helps overcome constipation and headaches, corrects acidity, aids digestion and assures inner fitness for each new day.

Sparkling and refreshing, ENO is pleasant to take—free of harsh, bitter salts such as Epsom and Glauber—no sugar or artificial flavouring of any kind. Today, start your beauty treatments the right way—from within. Take ENO's 'Fruit Salt' regularly. Sold by all druggists.



ENO'S 'FRUIT SALT' FIRST THING EVERY MORNING

Reviews Benefits Of Transportation Under Improved Conditions

The following remarks "in de- construction and maintenance of either a tunnel or causeway and I think perhaps many of those talk- ing and writing in favor of such position should be granted. I either a tunnel or a causeway," were made by Mr. R. E. Mutch at a recent meeting of the Men's Association of Trinity United Church.

"When Mr. Lord, chairman of the programme committee, asked me to speak to you tonight in de- fence of the present system of transportation between our Island Province and the Mainland, I thought he was joking. To ask any Islander to defend the service we are being given, and me in particular, is about the limit, but when he explained that I was to be fol- lowed by two others; one to speak in support of the building of a tunnel and the other in support of the building of a causeway, I began to see through his planning.

I am generally looked on as likely to avoid the use of the word "necessary" to make my point and being so critical of the service provided. I would likely have very little to say and thus do the following about S.S. "Charlotte" as a all the time at our disposal this evening, and he knew, as we all do, that they would need a lot of time to put either of these projects across.

However, before agreeing to his proposition, I had it clearly under- stood that would be permitted to speak in defence of our present system properly handled, as com- pared with our position, should we succeed in persuading the Federal Government to construct either a tunnel or a causeway, and our present system properly handled, an entirely different thing from what we have had handed us.

The subject is one that cannot be properly dealt with in the short time at my disposal and I am therefore obliged to omit com- pletely many of the important points and refer to the others very briefly.

Too Much Politics

Our Province holds a bond for faithful performance of the matter of transportation by the Dominion of Canada and if we have not in- sisted on our rights, who is to blame? We have played politics and our politicians have side- stepped the subject, and we are having performance such as pro- mised, we have permitted the Canadian National Railways to do as they wish and we are get- ting about what we could expect from an Incorporated Company, we are not served by light diesel equip- ment into the commercial world and we are not getting what we all we have done about it is talk- ing about what we are going to have what our contract provides for, and instead of detracting from the efforts of those trying to en- force the contract we hold and if properly implemented, which give us a satisfactory service, let us unite in demanding that the present system be properly handled. Those associated in this respect are and my thought, is that we would in- stead have to complain about, then have to think what we mean if each section of the Dominion, and we have had the satisfac- tion of seeing a fairly good equal share made up as compared with the beginning. We carried more than 39,457 passengers and we have carried many more if the "Prince Nova" had permitted.

We, at present, are devoting our efforts and the resources of our country to a determined effort to "win the war" and when this task is completed, we will be faced with another which may be even more difficult, and that is "win- ning the Peace", and I am quite sure that indiscriminate spending by Governments, of borrowed money will not accomplish such.

Let me say, I know nothing of the possibility of solving the en- gineering problems involved in the construction and maintenance of either a tunnel or causeway and I think perhaps many of those talk- ing and writing in favor of such position should be granted. I either a tunnel or a causeway," were made by Mr. R. E. Mutch at a recent meeting of the Men's Association of Trinity United Church.

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"ENERGY COMES EASY To Folks Who Eat Wheat"

SAYS LIZ SAMSON



Zim-n-vip takes lots of energy. But it's a cinch to be energetic when you eat what's good for you. Like whole wheat. Willikerrst! Wheat's packed with carbonyl drates—which makes you vimful. Take it from me, Kellogg's All-Wheat is whole wheat with the tastiest, appetizing taste you could taste!



Growing Canuckers want husky muscles. N' husky muscles come from right eating—plenty of protein foods. It's no secret that wheat's top stuff here. Lucky for us, there's lots of wheat in Canada. Everybody can eat all they want—and more! It's also no secret that Kellogg's All-Wheat is strictly appetizing... more delicious than anything! Wait till you taste the taste! Mmmmm-swell!



Golden-brown, satisfying, with a lusty, he-man flavour, Kellogg's All-Wheat is a sure breakfast hit for your family! It's Canadian whole wheat in its most delicious form—flaked, toasted, and ready-to-eat! A pleasure, too! Your family will agree, when you serve this tasty, appetizing cereal at breakfast. Get a couple of packages from your grocer next time you shop. It's economical. Made by Kellogg's in London, Canada.

It's whole wheat— flaked, toasted, ready-to-eat!



WHOLE WHEAT CONTAINS muscle building proteins, bone building phosphorus and iron, every other carbonyl drate and other vital elements.

A quick look at a half a wheat grain, n' you see this! Nutrition men say it's what's inside that counts! Now you know why whole wheat is such top stuff to help you grow strongly.

Moncton, Attendance at a meet- ing used to involve three days absence from the Province but at present after a midday meal at home, I can cross by plane, attend a session and return by air in time for my evening meal, and this is only the beginning. If you want to know what is ahead in the way of air transportation, ask some of the boys who saw what was done in Africa and in the Mediterranean during the past year, and let us not forget that these boys will, we hope, be back with us shortly to show us what is going to be done here and let us not let their hands be compelled them to travel underground.

Let me suggest that air trans- port will, in the near future, be the method of moving many lines of goods saving time and the neces- sity of carrying large stocks expect at central points, and many here tonight, I am convinced, will see the benefit of this. I am con- vinced that each individual will own a private aircraft operating from his own yard and the problem of snow banks and mud roads will be gone forever.

In closing, let me suggest that I am convinced that ere long Premier Jones or someone else, will have found a method of utilizing the power of the sun or the tides on our shores and that our light, heat and power will come to us on a wire, or perhaps by wireless, and we will be free to talk with friends and business associates by wireless from any point to any other point, and that once each week a supply of vitamins in capsule form will be passed out to each individual in a pill box to be taken at stated hours or when the proper signal is given by the Town clock and thus eliminate all problems of food supply. When this time comes, what a mistake it would be to have the landscape cluttered up with the remains of a causeway. The tunnel, of course, would be out of sight, but it would still, when re- membered, permit the wise ones in the next generation to say, what back numbers our forefathers were.

In Conclusion I have been, for a number of years, one of the Island repre- sentatives on the Transportation Commission of the Maritime Board with headquarters at

During the recent tie-up in our transportation system, express mat- ter to and from the Province has been moved by air, and even though it was necessary to reach Char- lottetown via Summerside we were well served.

Looking To The Future The next thought I wish to pre- sent is that the future holds for us many surprises. Think of the devel- opment in the matter of trans- portation during the life of some of these presenters. I can recall the winter crossings to the main- land when mail and passengers were carried on ice boats propelled by the crew and some of the hard- y passengers, over the ice flows, and think of the planning in ad- vance that was necessary in pre- paring for a trip to even the neighboring Provinces.

Again let us recall the news given us 35 years ago, not by a radio but by means of perhaps weekly newspapers of the first flight in Canada of a heavier than

Winsloe and Vicinity The many friends of Mr. Sterling Yeo, Union Road, are pleased to hear that he has returned to his home after a lengthy illness in the St. Edward Island Hospital. Congratulations are being extended to Mr. and Mrs. Gordon Ford, Harrington on the arrival of a baby boy on April 8th, at the St. E. Island Hospital.

Messrs. Alton Younker and Leta Carter spent the week-end in Charlottetown, the guests of Mr. and Mrs. Percy Carr. Mr. Heath Craswell, Winsloe North, was the week-end guest of Mr. John Holroyd, Wytheb Cranee, Winsloe South.

Miss Vera North teacher of Winsloe North School is spending the week in Charlottetown. Friends of Miss Bertha Brackley Pt., are pleased to hear she is convalescing nicely after undergoing an operation in the St. E. Island Hospital.

Men, 30, 40, 50! Want Normal Pop, Vim, Vigor? Get these Tablets. Contains Vitamins, Phosphorus, Iron, Calcium, Sodium, Potassium, Magnesium, and other essential elements. Introductory 50c. 10c. 25c. 50c. 75c. 1.00. 1.50. 2.00. 2.50. 3.00. 3.50. 4.00. 4.50. 5.00. 5.50. 6.00. 6.50. 7.00. 7.50. 8.00. 8.50. 9.00. 9.50. 10.00. 10.50. 11.00. 11.50. 12.00. 12.50. 13.00. 13.50. 14.00. 14.50. 15.00. 15.50. 16.00. 16.50. 17.00. 17.50. 18.00. 18.50. 19.00. 19.50. 20.00. 20.50. 21.00. 21.50. 22.00. 22.50. 23.00. 23.50. 24.00. 24.50. 25.00. 25.50. 26.00. 26.50. 27.00. 27.50. 28.00. 28.50. 29.00. 29.50. 30.00. 30.50. 31.00. 31.50. 32.00. 32.50. 33.00. 33.50. 34.00. 34.50. 35.00. 35.50. 36.00. 36.50. 37.00. 37.50. 38.00. 38.50. 39.00. 39.50. 40.00. 40.50. 41.00. 41.50. 42.00. 42.50. 43.00. 43.50. 44.00. 44.50. 45.00. 45.50. 46.00. 46.50. 47.00. 47.50. 48.00. 48.50. 49.00. 49.50. 50.00. 50.50. 51.00. 51.50. 52.00. 52.50. 53.00. 53.50. 54.00. 54.50. 55.00. 55.50. 56.00. 56.50. 57.00. 57.50. 58.00. 58.50. 59.00. 59.50. 60.00. 60.50. 61.00. 61.50. 62.00. 62.50. 63.00. 63.50. 64.00. 64.50. 65.00. 65.50. 66.00. 66.50. 67.00. 67.50. 68.00. 68.50. 69.00. 69.50. 70.00. 70.50. 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