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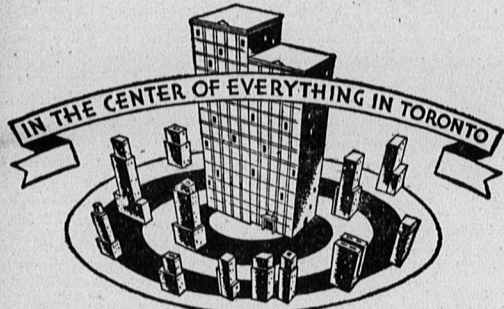
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INFORMATION COUPON

GENTLEMEN:  
Kindly send me receipt books for taking subscriptions to my local paper, The Charlottetown Guardian, and full details relative to the free offer of valuable Cash awards to be made in the great profit-sharing campaign.

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EVERY ACTIVE MEMBER PAID CASH EACH WEEK  
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### National Temperance Study Courses For Sunday Schools 1933

Lesson 1. October 8th, 1933  
(Intermediate-Senior)  
A MODEL TOWN  
By A. E. GILES

To develop the natural resources of a district in Northern Ontario a picturesque site for an industrial town was chosen on the bank of a river. Under the direction of engineer, architect, and landscape gardener, the town was planned for beauty and utility. Numerous groups of men were employed to build roads, excavate foundations, construct the brick, stone and wooden portions, install the water, heating, and lighting systems. These completed, new groups of men and women, boys and girls, were busy in the schools, churches, stores, various places of business, and many different groups on the great manufacturing plant. This last was placed on the outskirts of the town, so as not to mar the beauty of the whole. Provision was made for groups to enjoy both indoor and outdoor recreation and sports.

Probably there is not another town in Canada so carefully planned. Excursionists were brought from all over Ontario to visit this Model Town, Iroquois Falls.

Did you ever think of comparing your body to a town? It is quite wonderful to notice in how many points they are similar. While a town is made up of people differing in age, size, color and occupation, so each person is made up of almost innumerable cells. One of these is so tiny it can be seen only with the aid of a microscope. A cell is a minute mass of living matter called protoplasm, covered with a fine skin called the cell wall, and near the centre is the nucleus. It lives its own life, eats, breathes, grows and works like a person. These cells differ in age, shape, color and work. They work in special groups to form blood, bones, skin, heart, etc.

To keep itself alive the body must have three things:—(a) Power to do things, called Energy; (b) Heat; (c) Material for repairing and building cells. For these are needed oxygen, water, and food. The living cells take all these things and break them up in different parts to build and repair just as people build with sand, stone, metal and wood. After using all the good they throw out the things they do not need, like carbon dioxide and urea, just as fast as possible. We breathe to get air, drink to get water, and for food we eat cereals, meat, eggs, bread, butter, vegetables, fruit, etc. If one of these three is missing the cells are helpless. If we walk, run, play or work hard we breathe more quickly are thirstier and hungrier because the cells must have extra oxygen, water, and food to supply the extra energy they need or we tire out. When cells become old, new ones grow up to take their places. Cells are very fine and delicate and are quickly hurt and killed by poisons. A poison is something which taken in to the body has power to kill protoplasm. Some poisons are made by disease germs entering the body some are formed inside the body by indigestion, some come from the refuse left by the cells and not carried away quickly, and some we take into our body, like alcohol.

Healthy cells can take weak poisons before they have time to do much harm, break them into different parts with the help of oxygen and water, and leave various kinds of harmless rubbish. The constant use of such poisons damages the cells little by little until they cannot do their work and are killed. A strong poison kills the protoplasm at once.

Most strong poisons are labeled, but many are not, the chief being intoxicating drinks, including beer, wine, cider, whiskey, brandy, gin and rum. These all contain alcohol, a poison. Though pure alcohol looks like water, it differs from it in several ways. It will evaporate more quickly, will burn, will dissolve resins and oils and damage all living cells.

Alcohol hurts the cells in three ways: (a) It steals water from them drying the cells; (b) it steals oxygen from them, suffocating them; (c) it spoils the protoplasm, which, when healthy, is clear and transparent like the white of an egg, makes it cloudy and gradually hardens it. In time like these we need to keep this marvelous body of ours in the best working condition possible that every cell may be healthy to do its work, free from all rubbish

and poison. God made our bodies in his own image, a temple in which his Spirit may dwell. Memory Verses—1 Cor. 3:16, 17. Question 1. Describe three ways in which you think the cells of the body are most like the people of a town. Value 6. Question 2. How do cells build up the body? In what ways may cells be injured? Which injury can we always prevent? Value 9.

Lesson 1. October 8th, 1933  
(Junior)  
MAKING RUGBY PLAYERS  
By Muriel Mills Carscallen

Harry Taylor and Jack Harris were chums. They lived on the same street in the town of Morton, and they were both in the highest grade in Morton Public School. Every day Jack passed Harry's home on his way to school, and his shrill whistle always brought Harry on the run. "Hurry up, and we'll have time for some rugby practice before nine o'clock," Jack would say, and off the two boys would go towards the school-yard, where several other boys of their own age were practising rugby.

"I hope we pass the Entrance, and can make the High School team next year!" said Harry to his chum as they walked home from school that afternoon.

"Wouldn't it be great!" cried Jack, his eyes shining, "then we could go with the team when they play in Whiteside and Shensonville." The next day was Saturday, and Harry and Jack and several other boys had planned a trip to the woods to gather hazelnuts. Early in the afternoon they started out, laden with baskets, and with a lunch to be eaten in the woods.

Harry and Jack were with Tom and Arthur Beaton, and when they had left the other boys behind, and were in a sheltered part of the grove, Tom said, "Hey! Look what I've got!"

The other three looked, and in Tom's hand lay a package of cigarettes.

"Tom Beaton! Where did you get those?" cried his brother.

"One of the boys in High School gave them to me for lending him my baseball bat," said Tom, flushing.

"Well, you'd better throw them away right now!" said Arthur in disgust.

"I'm going to try one first," declared Tom.

"You're not. They'll make you sick," said his brother angrily.

Harry and Jack looked on quietly while the brothers quarrelled, and finally Arthur grabbed the cigarettes and threw them away. The day seemed a disappointment, somehow, and Harry and Jack spoke very little on the way home.

On Monday morning the school principal made an important announcement. There was to be a meeting that afternoon at four o'clock, when a student from one of Canada's leading Universities would talk to the boys of the school about rugby.

Harry and Jack were among the most excited of the boys who talked at recess and noon hour and four o'clock about Dick Harding, who was to speak that afternoon.

"He plays on the Intercollegiate team! He's the half-back!" said one of the boys, eagerly.

"Here comes Dick Harding now," whispered Jack. "His home is here in Morton. He's come down from the University just for a day or so. I heard him telling someone at noon."

"Say, isn't he strong!" whispered Harry to Tom Beaton. "Just look at him!"

Dick Harding was certainly a good-looking athlete, and as he stood before the boys in the assembly hall that afternoon and asked them what they would like him to talk about, they replied at once, "Tell us how we can grow to be good, strong rugby players like you."

Dick laughed. "There are plenty of players on the team as good as I am," he said, "but we all have to stick to the same rules of living." The boys looked at each other in surprise. They knew the rules of the rugby game, all right, but what had rugby to do with such stupid things as rules of living?

"When we go to the practice field to show what we can do," said Dick, "the coach gives us what we call 'a try out,' and if we are any good a tall, we are told to 'turn out' on certain days, for practice. Before very long the coach calls a meeting of all prospective rugby players to give us certain rules to which we must conform if we would be on the team. 'The most important of these

### DICK NEEDS A TONIC



Then if you need the Brock's, and people who know what is best, for their Canaries will show substitutes.

**BROCK'S BIRD SEED**

rules are: no drinking, no smoking, regular hours, plenty of exercise and fresh air.

"And now I shall try to explain to you why these rules are so important. You all know that the human body is the most wonderful machine in the world. No man has ever made anything to equal it. After hundreds of years of study, scientists have discovered that the human body, like every other living thing, is made up of tiny cells, so tiny that they cannot be seen without the aid of a powerful magnifying glass. The human body is like a colony, where millions of these tiny cells live together, and the cells are all made of a 'jelly-like substance called protoplasm.'

"Any poison which enters our systems injures this protoplasm. This is where the rules of living come in. We must make up our minds that we will do all we can to keep poison from entering our bodies. Beers, wines, and spirits contain a poison called alcohol, and this alcohol, if we drink it, poisons us. It numbs our brains, so that we cannot think quickly and clearly.

"Some people think that if they take only a little alcohol at a time, it will do no harm. This is not true. Every dose of alcohol tends to deaden the protoplasm of which our bodies are made. Although this protoplasm is wonderfully strong, if it is poisoned often by alcohol it finally becomes very unhealthy and the cell dies.

"Every rugby player must be able to think very quickly and clearly, or his chance to make a fine play is lost. The rugby coach knows this, and the players know it, so they leave alcohol alone.

"If a player is caught smoking or drinking, he is put off the team. Tobacco contains a poison called nicotine, which injures the health of the person who smokes, especially if he is not of mature age."

Tom and Arthur Beaton were in the front seat of the assembly hall. Arthur thought of the cigarettes which Tom had showed him on Saturday, and he knew that Tom thought of them too. Arthur was glad that Dick Harding had spoken about cigarettes.

"Perhaps you may have thought that, only the very strongest and healthiest boys are chosen as players," said Dick, as he gazed into the eager, admiring faces of the boys, "but quite often boys who have not been noticeably strong and healthy before they play on the team, become so because they are compelled to abide by the rules of living of which I have spoken."

"Your ambition is to become good, strong rugby players, but if you would be good and strong at any kind of game or at any kind of work—if you would be great surgeons, great engineers, or great scientists—it is all the same. The rugby rules of living hold good. Stick to them, and some day you will be the proudest men in the world."

The boys gave "three, cheers and a tiger" for Dick, and the meeting was over.

"Remember," said Dick as he said good-bye "I shall expect to hear great things of you some day!" "We'll do our very best!" promised the boys.

Question 1. What poison is contained in wines, beer and spirits? Value 4. Question 2. How does alcohol affect the cells of the body? Value 6.

She (admiringly)—Just look at that man's chest development. He—Chest development! He got that bulge patting himself on the back.

Ma, I'm engaged. Can she bake a cherry pie? Yes, and she can change a tire.

for **NEURITIS**  
One thing that helps is to warm a disk, pour in Minard's. Then rub the liniment gently in.  
Pain eases off!

**MINARD'S**  
"KING OF PAIN"  
LINIMENT

# Charlottetown's COMMUNITY CARNIVAL

## AND MERCHANT'S EXHIBITION October 2nd to 14th At The FORUM In Aid Of Senior Hockey Fund

THIS IS THE THIRD SEASON FOR THIS CARNIVAL OF FUN, FROLIC, SPORT AND ENTERTAINMENT AND IT WILL ECLIPSE ALL OTHER EFFORTS IN EVERY PARTICULAR.

New and novel features will be introduced and there will be never a dull moment on the opening on Monday night until its closing two weeks later.

A most generous response has been made by the merchants and citizens of Charlottetown. Gaily decorated booths with valuable merchandise attractively displayed will draw your attention and make you acquainted with many bargains.

A novel feature of this year's show will be an up-to-date rifle range, installed in the men's big dressing room, where you can test your skill with accurate .22 calibre rifles for a small sum.

A feature that will appeal to our golfers will be a putting green laid down by an expert at indoor golfing and this is expected to be one of the most popular features nightly.

There will be the usual games of other years with new ones that will give added interest. These will be run by popular young men who will make them attractive to the spectators.

### —THE DOOR PRIZE—

EVERY NIGHT A DOOR PRIZE WILL BE GIVEN TO THE HOLDER OF THE LUCKY TICKET, SO SAVE YOUR STUBS AS YOU MAY BE THE WINNER OF A VALUABLE PRIZE.

### Opening Night Monday Oct. 2nd, 7 p. m.

This will be the Firemen's Night and you know what that means. The Firemen never fall down, that is in any entertainment they put on. They may fall off a ladder or something of that sort, but when it comes to putting on a show they are the goods. Monday night they will have charge of the entire program and we look to see some fireworks!

### Tuesday Night, 8.15

Tire Changing Contest. Eight wheels, Chevrolets and Fords, will have eight mechanics from popular garages change tires in competition against time. This will be fun.

10.15—A roar—a scream—fun galore! The greasy pig contest, something never before shown on the stage in Charlottetown. A fair sized pig covered with a layer of fat to make him elusive. See the boys try to catch him! Hear the porker squeal and the crowd roar!

### Wednesday Night, 8.15

Big Blueberry Pie Eating Contest. Some of the boys wanted apple pie, but no sir, it must be blueberry, so that everyone can see that they are in earnest. The pies are being specially baked for the occasion. Great big fat pies too. The best fun you ever saw.

10.15—Brick Laying Contest. Real test of skill. All the champion brick layers of the city will compete. Will build a flue right on the stage. The fellow who builds the best flue in the quickest time wins the contest. The judges will be two leading builders and a leading architect.

### Thursday Night 8.15 and 10.15

Labor Union Night. The boys from down on Water Street and other streets will take full charge and give us one of the best nights in the entire program. They are sure to pack them in!

### Friday Night, 8.15

Friday night's programme will be announced at a later date.

### Saturday Night, 8.15

Battle Royal for the Youngsters. A real elimination contest with no-body hurt. Lots of fun, no damage done.

10.30—This will be real. Boxing bouts with contestants selected for their skill and hitting ability. No set-ups, evenly rated matches that will make you thrill and tingle and send you home to a good night's rest.

THE SECOND WEEK'S PROGRAM WILL BE PUBLISHED LATER. IT IS ALL COMPLETE AND WILL HAVE MANY EXCELLENT FEATURES.

Remember, Doors Open 7 p.m. Admission 10c AND SAVE YOUR TICKET BECAUSE YOU MAY WIN A BIG DOOR PRIZE AT THE DRAWING EACH EVENING.

SAVE OFFICIAL PROGRAM WHICH WILL BE DISTRIBUTED IN BOOK FORM AS THERE WILL BE A PRIZE FOR THE HOLDER OF THE LUCKY NUMBER.

Be on hand opening night and do not miss a night because you will get ten times the worth of admission in fun and entertainment.

**MACHINE OIL STAINS** used on the machine. After oiling the machine should always be used on an old piece of material in order to "work off" any surplus oil, but if it happens that new material gets spotted, the best way to remove it is to use cotton wool. Press a piece of the wool tightly over the oil stain and leave it on for about fifteen minutes. After this time the oil stain will have been absorbed by the cotton wool, leaving the material clean.

After a sewing machine has been freshly oiled it is not always possible to avoid a little of the oil staining the articles which are first