

The famous 30-day test  
has convinced thousands  
how important it is  
to remember  
one simple fact  
of diet . . .



THREE TO ONE SAY KELLOGG'S ARE FAVORITE! Yes, in a recent survey, 3 times as many housewives voted "Kellogg's" their favorite Bran Flakes as named any other brand. Look for the golden-yellow package at your grocers - try the large, thrifty size!

and how downright good  
Kellogg's Bran Flakes TASTE!



ON EDGE ALL THE TIME . . . because I forgot one simple fact. Then I tried Kellogg's 30-day test. That simple change of diet really helped me keep fit . . . feel grand during working hours, too!

MAKE THIS 30-DAY TEST

1. If you've really ill, see your doctor! But if you are just feeling dull and headachy, depressed or cranky all the time, you may only be suffering from incomplete elimination. This is especially true if you're over 35! Yet there's no need to let it make your work a grind or spoil your fun! Just take this simple precaution:
2. Start now, to eat Kellogg's Bran Flakes every morning. To keep fit the natural way, get more of the "bulk" your system needs by eating delicious, gently laxative Kellogg's Bran Flakes With Other Parts Of Wheat. They help keep food wastes moving promptly, supply valuable minerals and proteins, too.
3. Just thirty days and you'll prove it for yourself! Simply eat a big, crisp bowlful of Kellogg's Bran Flakes every morning. You should soon see what it's like to feel on top of the world again—with lots of energy for extra things. And Kellogg's are so downright delicious you'll never want to give them up!

Keep fit with Kellogg's every day in the year!

CENTRAL GUARDIAN

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

COOKS FOR PHOTOGRAPHS.  
CONFEDERATION LIFE INSURANCE.

KNIGHTS OF COLUMBUS Soc. in Evening, Thursday evening, 8:30.

WATCH FOR announcement, Kilmoran's Pre-Lenten Dance at The Sporting Club. 2-20-21

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

WATCH FOR announcement, Kilmoran's Pre-Lenten Dance at The Sporting Club 2-20-21.

SOCIAL EVENING for Knights of Columbus Members, their wives and friends, this Thursday evening at 8:30 P. M. 2-21-21.

WE ARE NOW SELLING below cost, Child's Sleighs, Carts and Wheelbarrows. The Rogers Hardware Company Limited. 2-20-41.

HOME FOR BURIAL - Mr. George E. McLean and Mrs. Marion McLean, North Wiltshire were in the city yesterday to accompany the remains of their brother, D. McLean to North Wiltshire for interment today at 2 o'clock. The burial being in Hartsville Cemetery.

SUDDEN DEATH - Word was received by Mr. Allan MacSwain, Dundas Centre, on Monday, Feb. 11th, that his sister Sarah, Mrs. David A. Gallagher had suddenly passed away at her home, 20 Columbus St., Newton Highlands, Mass., on Sunday, February 10th. Her husband and two brothers survive. Allan of Dundas Centre and John D. of Toronto.

CITY POLICE COURT - At the City Police Court yesterday morning Robert MacKenzie charged with indecent assault was committed for trial to the Supreme Court. A case of non-support was adjourned until today. The accused was granted bail at \$100. The accused in an adjourned case of reckless driving, causing bodily harm, was remanded until today. A drunk and disorderly was remanded to jail until the 26th.

C. W. L. MEETING - The Wellington Sta. Unit of the Wellington division of the C. W. L. held their regular monthly meeting on Feb. 5, at the home of Mrs. C. F. Gallant, 19 members and one visitor were in attendance. The President presided and opened the meeting by prayer. The minutes of the previous meeting were approved as read. The treasurer reported \$115.24 on hand. All committees reported satisfactorily and new ones appointed are as follows: Sick; Mrs. Arcade Arsenault, Mrs. Emily J. Arsenault, School; Mrs. Clifford Gaudet, Mrs. Leo Gallant. A bill for polonaises bought for the church at Christmas was paid. A letter of sincere thanks from the Sisters of the Precious Blood for our Christmas gift was read by the secretary. One new member was cordially welcomed. It was decided to hold the March meeting on the 12th at the home of Mrs. E. F. Gaudet. There being no further business the meeting was adjourned by prayer.

W. M. S. MEETING - The W. M. S. of South Winsloe met at the home of Mrs. Ira Auld on Saturday evening Feb. 18th. With the President in the chair the meeting opened with "The Call to Worship" and hymn "Blest are the pure in heart," followed by "Lord's Prayer" in unison and scripture reading found in 91st Psalm. The program on "Africa" was taken by three of the members and was very interesting. Minutes of last meeting were read and adopted. The roll call was responded to by the word "bulld" for answer to roll call next meeting. A report from Mrs. Crawford which was both helpful and inspiring. Collection amounted to 55 cents. Mrs. Earl Rodd invited next meeting to be held at her home. Meeting closed with "Breathe On Me, Breath of God" and Mizpah Benediction. The hostess served lunch and a social hour enjoyed.



NO DOCTOR'S BILLS!

He's always healthy and full of pep, he's growing fast and developing well - thanks to Mother, who knows the value of vitamins A and C. She gives him lots of Libby's "Gentle Press" Tomato Juice which is an excellent source of these vitamins. They help ward off the colds and infections which run up doctor bills and run down vitality. They are essential to keen eyesight, sound teeth and healthy skin. He drinks Libby's by the tumblerful - without coaxing - because it tastes so good! Serve Libby's every day. It's a garden-fresh flavour treat . . . the easy way to get your children to take what's good for them.

DOUBLE YOUR MONEY BACK if you don't agree that Libby's "Gentle Press" Tomato Products - Juice, Catchup, Chili Sauce and Soup - are the best you've ever tasted.



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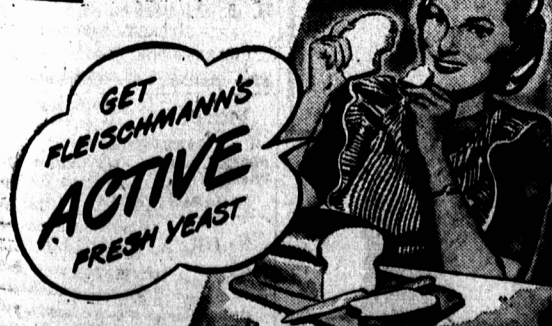
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HINTS ON ETIQUETTE

It is never "smart" to be late for dinner. Whether it is your hostess or the cook who prepares the meal, it is planned to serve it at a certain time, and if held over it is likely not to be as good. Guests should try to arrive at least 15 minutes before the scheduled time, and the hostess need only wait for a late guest 15 minutes.

In ancient Russia, as a part of the wedding ceremony, the father took a new whip, and after striking his daughter gently with it, told her that he did so for the last time and then presented the whip to the bridegroom.

EXTRA TASTY BREAD!



GET FLEISCHMANN'S ACTIVE FRESH YEAST

BECAUSE IT'S FULL-STRENGTH this active fresh Yeast goes right to work. No waiting - no extra steps! And Fleischmann's fresh Yeast makes bread that tastes sweeter, is lighter, finer-textured every time.

IF YOU BAKE AT HOME - get Fleischmann's active fresh Yeast with the familiar yellow label. Dependable - Canada's tested favorite for over 70 years.

Always fresh - at your grocer's

Fashion Horoscope by Colette



Of chubby teen-age - Don't - Do slim in princess lines. Don't accentuate bulk.

A Remembrance

Mrs. J. W. Boyce, formerly of Bonshaw, now residing at 79 Spring Park Road received a lovely gift from the Bonshaw W. I. as a token of appreciation for the work done by her as a member and Secretary for some years. Before leaving Bonshaw the friends of both Church and Community gathered at the home of Mr. and Mrs. Boyce to bid them farewell. An address was read by Mrs. Everett Crosby and Mrs. Hickox presented Mr. and Mrs. Boyce with two lovely gifts from the Bonshaw Baptist Church. An address was read by Miss MacInnis and Mrs. Teoph. Easton presented Mrs. Boyce with a lovely gift from the United W. M. S. of which Mrs. Boyce was a valued member and the first president. An address was read by Mr. Daniel MacPhee and Mr. Daniel MacPhee presented Mr. and Mrs. Boyce with a well filled purse from the Community. They all expressed much regret at losing the Boyces, whose place in the church and choir that was very seldom vacant will be hard to fill. Rev. Mr. Hicks from Tryon was present and expressed the hope that Mr. and Mrs. Boyce would soon return to Bonshaw. Lunch was served by the ladies and the singing of Bist Be the Tie that Binds brought a pleasant evening to a close.

On the eve of their departure the Bonshaw Y. P. U. met at the home of Mr. and Mrs. Boyce after the meeting an address was read by Isabelle Crosby and Lella Moore presented Mrs. Boyce with a lovely Bible. They too expressed much regret at losing the Boyces from the churches and community. Mrs. Boyce being one of the leaders of the different young people's societies and Sunday School. Lunch was served by the young ladies after which they all departed wishing Mr. and Mrs. Boyce much happiness in their new home.

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HELPS PREVENT PERSPIRATION SPOTS AND ODOR WITHOUT IRRITATING THE SKIN

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ATTENTION HOUSEWIVES "Happy Monday" JAVEL

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