

THE CENTRAL GUARDIAN

Children make constipation a habit—relieve them with Kellogg's Bran

Children punish themselves terribly by ignoring nature's demands. They bring constipation upon themselves. They invite the many other diseases which can be traced to constipation. Immediate steps should be taken to rid them and keep them free from this disease.

It takes ALL bran to be 100 per cent effective. That's what Kellogg's Bran is. That is why doctors everywhere recommend Kellogg's Bran. That is why Kellogg's Bran carries a money-back guarantee to bring permanent relief. If eaten regularly, in the most chronic cases of constipation, that is why Kellogg's Bran, cooked and branbled, has brought serious, glowing health to thousands—because it is ALL bran.

No matter how long one has suffered with constipation, Kellogg's Bran will bring permanent relief IF EATEN EVERY DAY—at least two tablespoons—in chronic cases, with every meal.

Kellogg's Bran is delicious. It has a crisp nut-like flavor that simply delights the taste. It is a wonderful surprise if one has been used to ordinary, unpalatable bran.

There are many ways to serve Kellogg's Bran. Eat it with milk or cream. Sprinkle it over other cereals. Cook it with hot cereals. Look for the recipes on every package and try it in muffins, bread, griddle cakes, etc.

Kellogg's Bran, cooked and branbled, is made in Toronto, Canada and is sold by grocers everywhere. It is served by the leading hotels and clubs.



—For Real—
Clean Clothes

SURPRISE satisfies the particular housekeeper. It thoroughly cleanses every article in the weekly wash; leaves that truly clean odor; and does not yellow or discolor the goods.

A Sure Thing

Ranchers! TAKE NO CHANGES on feeding your young foxes at this season. Imperial Fox Biscuit was a proven success last year in Prince Edward Island ranches; a Cod-Liver-Oil Biscuit is the right thing for sick puppies or as a preventative of rickets and digestive troubles. Many losses can be averted by starting your puppies young on a solid food mixed in milk. As the puppies grow older increase Imperial Biscuits and feed less liquids. This is the experience of ranchers who made a high score last season in breeding foxes.

Imperial Biscuit Co., Ltd.
Charlottetown, P. E. I.

SHOP from Holman's Catalog

WANTED URGENTLY all returned men to be at Board of Trade rooms Tuesday, May 20th at 8 p. m.

A CARGO OF MOLASSES is now landing for Carvell Bros, as will be seen by their advertisement in this issue.

FOR PRINTING OF EVERY description call on the Guardian Central Job Printers, Phone 133, 2889 5 st

ADVERTISERS are kindly asked to have copy of their advertisements in this office at 10 a. m. to insure insertion on following day.

RETURNS FROM THE WEST—Mr. Arthur Wright, who has spent two years in Winnipeg, and the two returned recently to his home at Wright's Mills, New Annan, K.

COAL—Fresh mined in run of mine, screened and nut sizes at lowest prices. When you need a ton or a carload please send up your order. A. Pickard & Co. Phone 240, Charlottetown. 3165-5-19-31

THE "WINONA" COMING—Attention is called to the local ad of Carvell Bros re S. S. Winona which is sailing from St. John's, Nfld, for this port about May 22nd.

THE SISTERS OF ST. VINCENT'S ORPHANAGE wish to convey their sincere appreciation and thanks to Messrs. Proves Bros for donation allotted the Home after their recent Anniversary Sale.

S. S. "WINONA" is due to leave Montreal for Charlottetown and St. John's Nfld, about May 22nd arriving in Charlottetown about May 26th. For further information apply to CARVELL BROS, Agents, 3127-5-20 St.

GLYNDE RIVER AND GRANVILLE—Mr. Archey McKenzie is making preparations for lobster fishing. Mr. Darcy Flemming, Stanley, paid a short visit to Mr. Ernest Farris. Miss Dorothy Smith has returned to her home after visiting the city. The many friends of Mr. Kenneth Gunnare are pleased to hear that he is improving in health. Mr. Leslie Adams was a recent visitor to Glynde River. Mr. George Murphy is busily engaged in hauling lumber for his new barn. Miss Grace Doucette, teacher has resumed her duties after spending two weeks at her home. Miss Hazel Cousins, Glynde River, is the guest of Mr. and Mrs. Malcolm McLeod, Granville. South. Misses Gladys and Norman McKenzie and Mr. James Ernest Cousins were recent visitors to Granville. The pupils of South Granville school are making good progress under the skilled teaching of Miss Loretta Brown, teacher.

RETURNED MEN—Don't forget meeting in Board of Trade rooms Tuesday, May 20th at 8 p. m.

UNDESIGNED—The Guardian has received undesigned notes from Blooming Point, which awaits the sender's name.

HOME RENOVATIONS—Mr. Herbert Vesey, York, has made a great improvement in his residence under the direction of Mr. Stewart, Dunstaffnage.

JUST ARRIVED—Vessels with Old Sydney screened, Albion Nut and Inverness Screened coal for A. Pickard & Co., Phone 240, 3190-5-20-21

COAL CARGOS to arrive for A. Pickard & Co: Schooner "Carl Richards" with Inverness Screened "Kaimo" and "Ambition" with Old Sydney Screened and "J. W." with Albion Nut. 3165-5-19-31

WANTS PERMANENT WORK—The bog in Holmes' Hill St. Peter's road, has greatly improved during the past few days. A little permanent work there under the direction of the government engineer, would be greatly appreciated by the public.

BURIAL YESTERDAY—The funeral of the late Mrs. John Wedge was held yesterday morning from her late residence, Highland Avenue to St. Dunstan's Cathedral where a High Mass of Requiem was celebrated by Rev. A. Arsenault. The pall bearers were Messrs. Frank Dillon, G. Arsenault, J. Gallant, J. Dillon, F. Arsenault and Prof. Blanchard. Services at the grave was conducted by Rev. P. Walsh. The following floral and spiritual offerings were received by the family of the deceased: From the Office Staff, Patriot Office; Spiritual Bouquets—Mrs. Leo Chaisson, Mr. and Mrs. Joseph Gallant, Mrs. W. Brydges, Mr. and Mrs. John P. Wedge, inmates of St. Vincent's Orphanage.

Minard's Liniment For Corns

NAME THE MAN

PERSONALS

Mr. and Mrs. V. M. Hudson, St. Avaris, spent Sunday at York.

Mrs. H. Henderson, York, is visiting friends and relatives in Boston and vicinity.

Miss Marguerite Wood, Vernon River, was the guest of Miss J. Ryan, city, over the week-end.

Miss Mabel Richards, Cherry Valley, left Thursday morning on a visit to her aunt Mrs. Chester Robinson, Rockland, Mass.

Mr. Peter Curran, Detroit, is spending the week in the city, the guest of his brother Mr. Wm. Curran.

Cost of Living Chart
What were YOU paying for Roast Leg of Mutton, during the past month. The latest figures from Ottawa give these as the average prices.

ROAST LEG OF MUTTON	20¢	30¢	40¢
Halifax	28.0	30.0	32.0
Charlottetown	28.0	30.0	32.0
St. John	28.0	30.0	32.0
Quebec	28.0	30.0	32.0
Montreal	28.0	30.0	32.0
Sherbrooke	28.0	30.0	32.0
Ottawa	28.0	30.0	32.0
Brockville	28.0	30.0	32.0
Kingston	28.0	30.0	32.0
Belleville	28.0	30.0	32.0
Peterboro	28.0	30.0	32.0
Toronto	28.0	30.0	32.0
S. Catharines	28.0	30.0	32.0
Hamilton	28.0	30.0	32.0
Brantford	28.0	30.0	32.0
Galt	28.0	30.0	32.0
Guelph	28.0	30.0	32.0
Kitchener	28.0	30.0	32.0
Woodstock	28.0	30.0	32.0
Stratford	28.0	30.0	32.0
London	28.0	30.0	32.0
St. Thomas	28.0	30.0	32.0
Chatham	28.0	30.0	32.0
Windsor	28.0	30.0	32.0
Sarnia	28.0	30.0	32.0
Cobalt	28.0	30.0	32.0
Ft. William	28.0	30.0	32.0
Winnipeg	28.0	30.0	32.0
Regina	28.0	30.0	32.0
Moose Jav.	28.0	30.0	32.0
Saskatoon	28.0	30.0	32.0
Prince Albert	28.0	30.0	32.0
Edmonton	28.0	30.0	32.0
Calgary	28.0	30.0	32.0
Lethbridge	28.0	30.0	32.0
Vancouver	28.0	30.0	32.0
Victoria	28.0	30.0	32.0

CLARK'S SOUPS
Your choice of thirteen delicious soups.
"Canada Approved" on all meat soups. 7-24
W. CLARK LIMITED, Montreal

THIS IS SANDAL WEEK AT ALLEY'S

Child's Tan Sandals, sizes 3 to 7 1/2 \$1.00
Child's Tan Sandals, sizes 8 to 10 1/2 \$1.25
Boys and Girls Sandals, sizes 11 to 2 \$1.49
Boys and Women's Sandals, sizes 2 1/2 to 5 1/2 \$1.80
Boys and Men's Sandals, sizes 6 to 10 \$2.25

Patent Leather Sandals
Infants sizes 3 to 7 1/2 \$1.35
Child's, sizes 8 to 10 1/2 \$1.65
Misses, sizes 11 to 2 \$1.75
Women's, sizes 2 1/2 to 7 \$2.25

ALLEY & CO LIMITED
FASHIONABLE FOOTWEAR

DANDRUFF
Minard's applied four times a week removes dandruff and stops hair from falling out.

MINARD'S "KING OF PAIN" LINIMENT



ROYAL YEAST CAKES
STANDARD OF QUALITY FOR OVER 50 YEARS
MAKE BETTER HOME MADE BREAD

PARK CORNER SCHOOL

The following is the standing of Park Corner School for April.

Grade VIII.—1, Ethel MacLeod, 2, Ola Harding, 3, Hazel Bernard, 4, Helen Stewart, 5, Joan Sharp, 6, Grade V.—1, Glennie MacKenzie, 2, Arthur Pidgeon, 3, Alvie Holm, 4, Grade IV.—1, Eileen Howatt, 2, George Stewart, 3, Muriel Montgomery, 4, Grade III.—1, Warren Sims, 2, Kenneth Pidgeon, 3, Grade II.—Pr.—1, Elsie MacKay, 2, Jean Stewart and Muriel Harding (equal), 3, Jennie Howatt, 4, Grade I.—Sr.—1, Glenwood MacLeod, 2, Jr.—1, Maud Campbell, 2, Preston Stewart, 3, Perfect attendances:—Hazel Bernard, Myrtle Bernard, Ola Harding, Ethel MacLeod, Joan Sharp, Lillian MacKenzie, Harold Bernard, Exeret Bernard, Helen Stewart, James Campbell, Mury Harding, Olive Holm, Arthur Pidgeon, Muriel Montgomery, Eileen Howatt, Elsie MacKay, Jennie Howatt, Muriel Harding.

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The Robb budget is quite sufficiently discredited within the Liberal camp even were Mr. Fielding present in the House in health and strength to defend it. His proxy support, reversing and discrediting his own record will weigh but lightly in the scale against the defection of such stalwart Liberals as Sir Lomer Gouin, Hon. Mr. Mitchell and Messrs Raymond, Marler, Euler and others of the ablest men in the party. Postponing the general election will leave twelve seats vacant in the provinces beyond the Lakes which ought to be filled. That is an unprecedented course and will necessarily arouse protests and will place additional weapons in Opposition hands. What would happen if in Ontario, Quebec or the Maritimes twelve seats justly due by constitutional right were thus left unfilled?

Furthermore Premier King's accuracy and reliability in regard to Mr. Fielding is not strengthened; when he is openly charged with a breach of faith toward prominent Liberals of Quebec who in 1919, at the flood tide, had given him only a cabinet not one of whose members rises above the level of mediocrity in talents or influence. This shattered remnant of a government controls Canada today and is dominated by an alien party that has no governmental responsibility. How long will a self-respecting elector submit to such humiliating conditions at the head of our national affairs?

BROKE HIS FALL

Moss Lightfoot, one of the best road-carriers on the job, lost his footing and fell to the street, four stories, below.

Moss lit on his head, struck the cement pavement and went through to the basement.

When the forman went to the basement, expecting to find Moss cold and stiff, he met Moss coming up the steps.

"Great Scott, man, aren't you killed?" he cried.

"No," Moss replied, "dusting off his clothes. I guess dat concrete pavement musta broke mah fall."

Out of 113 Liberal supporters King 75. Six other provinces, even

The market for Mabou coal

UNQUESTIONABLY, the principal market for Nova Scotia Coal is eastward from the Ottawa river.

Ontario cannot be a factor in the marketing of Nova Scotia coal until coal can be water hauled from the mines without breaking bulk, or until coking plants can be established on the St. Lawrence or further west.

But last year—for 12 months ending March 1st, 1924—Quebec used 6,517,000 tons of steam coal, of which only 1,700,000 came from Nova Scotia. The balance, 4,800,000 tons, was imported from the United States at no saving in cost, and with a duty of 53 cents a ton against United States bituminous coal.

The total output of Nova Scotia mines last year did not equal the consumption of Quebec.

It is obvious, therefore, that if Quebec could secure coal of the desired quality at a price equal to or less than that of coal imported from the United States, Quebec would purchase such coal. The market for Nova Scotia coal in Quebec is, therefore, limited only by the capacity of Nova Scotia mines to produce coal of satisfactory quality and at the right price.

Equally clear is it that under present conditions, United States coal is simply able to compete with the present supply of Nova Scotia coal in both quality and price. This is borne out by the complaint of one of the largest producers in Nova Scotia that it cannot find a market for half a million tons of its production of the current year.

In order to extend the market for Nova Scotia coal in Quebec two factors are necessary. They are simple but vital and may be stated in four words:—

Better and Cheaper Coal

This better and cheaper coal will be available to Quebec and the Maritime Provinces by the development of Mabou coal fields by **Atlantic Coast Collieries, Limited**

These coal measures contain 150,000,000 tons of easily mineable coal, 25% of which is better than any other coal in Nova Scotia and all of which can be brought to the surface for 50 cents a ton less than by any of the chief producers in Nova Scotia today—and enough of it to supply the entire Quebec and maritime markets at present rate of consumption for many years.

The coal from Mabou 8 ft. seam is the highest grade coal in Nova Scotia. It is higher in heating quality and lower in ash and sulphur than any other coal in Nova Scotia, or steam coal imported from the United States. Mabou coal, sold on an analysis basis, will command a premium over any coal now being used in Quebec.

The Mabou mines being practically a new operation will have a minimum underground haul in extracting coal, as the workable coal begins almost at the pit mouth.

W.A. MACKENZIE & CO. LIMITED
INVESTMENT BANKERS
35 KING ST. WEST - TORONTO, ONTARIO
153 Sparks St., Ottawa, Ont. 505 Transportation Bldg., Montreal, Que.
207 Royal Bank Bldg., London, Ont. 91 Hollis St., Halifax, N.S.

W. A. Mackenzie & Co., Ltd.,
38 King Street West,
Toronto, Ont.

Please mail me your booklet on "Coal, the Big Factor in Canadian Economics."

Name.....
Street.....
Town.....
Province.....