



FOR A DELICIOUS HEALTH-GIVING VARIETY

SEVEN FISH

Have you ever realized how many different appetizing dishes can be made from the more than sixty varieties of Canadian Food Fish and Shellfish?

The Department of Fisheries, at Ottawa, a division of the Dominion Government, has prepared a FREE 52-page booklet, "Any Day a Fish Day", containing 100 delicious recipes for the preparation of Canadian Fish and Shellfish dishes.

Fish is a wonderful health food... it is not only most enjoyable, but contains the elements and vitamins that promote joyous, glowing health for every member of the family. Rich in nourishment, it costs so little that you can enjoy it often with new enjoyment every time.

WRITE FOR FREE BOOK

Department of Fisheries, Ottawa.

Please send me your free 52-page Booklet, "Any Day a Fish Day", containing 100 delicious and economical Fish Recipes.

Name: Address: D16

DEPARTMENT OF FISHERIES, OTTAWA.

ANY DAY A FISH DAY

PUBLIC NOTICE Civic Election

Voters lists have been prepared for the Civic Election to be held on Wednesday, February 9th, 1938, and will be posted for the inspection of all electors at the City Court Room, City Building, up to and including February 4th, 1938, from 11 a. m. to 5.30 p. m. daily.

Voters are advised to ascertain that their names are properly listed in all Wards in which they are qualified to vote.

Voting qualifications (General)

All males and females must be:—

- (a) 21 years of age and upward. (b) Resident of City for One Year (except (4) below). (c) British Subjects.

(d) Not in arrears on January 16th, 1938 for Civic Rates, Taxes or Assessments.

And must be:—

- (1) Owner of freehold of lands or premises for 3 months previous to the Election to the value of One Hundred Dollars. (2) (Males) Tenant or occupant for 3 months at annual rental value of Fourteen Dollars. (3) (Males) Have paid Poll Tax of Five Dollars for 1937 on or before January 15th, 1938. (4) Male or female, non-resident but otherwise qualified as above, if doing business and occupying business premises in the City. If qualifications is freehold, to vote only in Ward or Wards where freehold lies, otherwise only in Ward of business occupancy.

Multiple Voting

Persons voting on sections (1) and (2) as above may vote in each Ward in which they are so qualified.

Persons voting on section (2) may vote only in the Ward of which they are resident.

Property or rental qualification sufficient in time but having removed from one Ward to another within 3 months next preceding date of Election, entitles vote in former Ward only.

Dated at Charlottetown this 29th day of January A. D. 1938.

(Signed)

W. A. SMITH.

ELECTORAL OFFICER FOR THE

CITY OF CHARLOTTETOWN

LIME

Nearly all Ground Limestone used on Island farms has been shipped from Brookville. You have seen the results.

Highest quality. Most finely pulverized Bulk or bags. Write for prices.

Brookville Manufacturing Co. Ltd.

Brookville, Saint John Co., N.B. H. G. S. ADAMS, Manager

The Central Guardian

This column is reserved for news of local interest but advertising of a newsy nature may be inserted at 4 cents a word strictly payable in advance.

CRASWELL for Photographs.

NOW FOR A REAL BREAKFAST with Robin Hood Porridge Oats, China, Silverware or Plain.

THE VOGUE.—Clearing the balance of our stock of winter coats at one-half price. L-2252-1-29-31.

RESERVE Thursday evening, March 3rd for Charlottetown Baptist Junior Brotherhood's Sunny South Minstrel. L-3320-2-2-1.

CONFEDERATION LIFE INSURANCE. L-6789-7-12-312

PRESBYTERIAN CHURCH IN CANADA.—Services next Lord's Day Glasgow Road 11 A. M. Hartsville 3 P. M. Brookfield 7 P. M. Presentation of Sunday School awards Brookfield during the evening service. Service Hunter River Wednesday, 7.30 P. M. L-3327-2-2-1.

ISLANDER DIES IN COLORADO Word has been received by relatives here of the death on January 29th, at Durango, Colorado, of Mr. Albert Bernard, in his eighty-seventh year. The late Mr. Bernard was born in North Rustico but has been a resident of Colorado, for nearly sixty years. The remaining members of his family are his brother, Mr. Oliver Bernard, North Rustico, and a sister, Mrs. Peter Brodie, York.

ASSISTED FIRE VICTIMS.—Friends and neighbors of Mr. and Mrs. B. C. Webster, Milton, lost their home on January 23rd in a fire from which they narrowly escaped with their lives. They have shown their sympathy by many acts of kindness to the fire victims. The thanks of the Webster family is due especially to Mr. and Mrs. Hammond Hooper and also to those who came so generously to the assistance of Fred and Kenneth Platt, two young men who were staying with the Websters at the time of the fire, and who lost all their clothing and possessions. Mr. Webster is still suffering severely from burns about the face and hands.

If you want better foxes, richer pellets and at the same time reduce costs, feed Ross-Miller Foods. Write the Ross-Miller Biscuit Co., Ltd., at Napane, Ontario for samples.

PUBLIC FORUM

This column is open for the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

(Continued from Page 4)

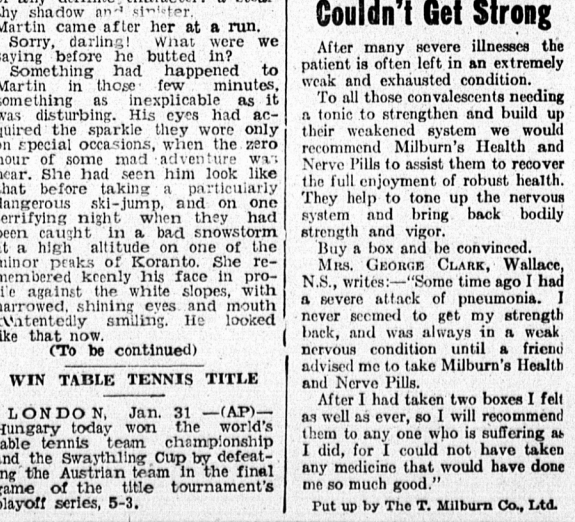
purpose Columbia College in New Westminster, a Methodist theological school then affiliated with Toronto University, was being successfully on my final teachers' examinations, I took a short course in applied science and philosophy through the University of Toronto. I soon decided that I preferred my own profession to any of these occupations, notwithstanding that the profession did not agree very well with my health. I accordingly applied for several rural schools, and if my memory now serves me rightly, I got the offer of all but one of them. My first choice was not a rural school, but a second one was, and after spending some time in a rural school on the Pacific Coast I applied for the position of teacher in the junior department of a school in inland town. I was agreeably surprised to get a telegram informing me that the principal of the school, I read, I accepted it, and after three happy years as principal of this school I was appointed to the teaching staff of the city of New Westminster where I was first put in charge of the night school just newly organized. At the end of the fall term I was given a day

After Pneumonia Couldn't Get Strong

After many severe illnesses the patient is often left in an extremely weak and exhausted condition. To all those convalescents needing a tonic to strengthen and build up their weakened system we would recommend Milburn's Health and Nerve Pills to assist them to recover the full enjoyment of robust health. They help to tone up the nervous system and bring back bodily strength and vigor. Buy a box and be convinced. Mrs. GEORGE CLARK, Wallace, N.S., writes:—"Some time ago I had a severe attack of pneumonia. I never seemed to get my strength back, and was always in a weak nervous condition until a friend advised me to take Milburn's Health and Nerve Pills. After I had taken two boxes I felt as well as ever, so I will recommend them to any one who is suffering as I did, for I could not have taken any medicine that would have done me so much good."

Put up by The T. Milburn Co., Ltd.

BRINGING UP FATHER



When passing through Moncton, N. B., on his way to Halifax to address the Board of Trade of that city at their annual banquet, Mr. G. Hungerford, Chairman and President of the Canadian National Railways, presented George P. Ward with the Imperial Service Medal which was granted to him in recognition of his long, faithful and meritorious service with the railway. Mr. Ward retired in October 1936 from the position of

Station Agent at Harcourt, N. B., after a continuous record of service of half a century. Photograph shows (left to right) Mr. Hungerford, Mr. Ward and J. E. Gibault, railway superintendent at Campbellton, N. B., under whom Mr. Ward was employed prior to his retirement. Before returning to Montreal, Mr. Hungerford visited Saint John, N. B., in company with officers of the Atlantic Region of the National System.

That Body of Yours

Why some have more colds than others. You have friends or acquaintances who seem to have colds very often and others who seldom have a cold; yet as far as you can see, the one with colds seem to be just as robust and healthy as the ones who seldom if ever have a cold. Research physicians are now of the opinion that some individuals are susceptible, or more likely to have, colds than others and so the reason for this is being sought.

These physicians report that "the individual suffering with repeated colds between October and April was found to have an altered action or condition of lining (mucous membrane) of the nose and throat when heat or cold were applied to the skin. When their skin is chilled there is a slow gradual closing (or tightening) of the little blood vessels in the mucous membrane of the nose and throat which lasts for from several minutes to two hours. This means that the little blood vessels in the lining of the nose and throat are not adjusted properly to the heat or protection of the body. You can understand that if these little vessels close up and do not supply the necessary blood to the mucous lining for any length of time, the organism that cause colds and other ailments get a good chance to cause trouble. And unfortunately, these organisms are in the nose all the time anyway, ready as it were to attack when they find this protective lining of the nose unfit to fight them off.

MEN WHO FEEL OLD

Get Back New Youth, Energy, Vitality. Too many men to-day feel tired out all the time—can't work, hate to get up mornings, haven't the vitality to do the things they used to do. A weak unhealthy liver caused by modern living, soft foods, lack of exercise, is the chief reason. Your liver is the storehouse for glucose or the "energy part" of the food you eat—it supplies energy to muscles, tissues and glands. If it is not strong and active no wonder you feel old! Take "Fruit-A-Tives", it will build up your liver like nothing else will. You'll be surprised how young you soon feel. 25c, 50c, all Drugists.

FRUIT-A-TIVES

FRUIT-A-TIVES LIVER TABLETS. I am, Sir, etc. L. T. LOWTHER Feb. 1, 1938.

Get more for your money Pick 'CLUB' every time It's just full of flavour And costs but a dime



CLUB CHEWING TOBACCO

YOU MIGHT AS WELL CHEW THE BEST

10 ANNIVERSARY SALE

WE ARE LISTING BELOW A FEW OF THE ITEMS NOW ON SALE. VISIT THE STORE AND SHARE IN THE MANY OTHER VALUES NOW ON DISPLAY.

- CHOICE CALIFORNIA PRUNES, Medium Size, Lb. 9c 2 Lbs. 17c APRICOTS, (EVAPORATED) Lb. 19c SUGAR CRISP CORN FLAKES, Pkg. 8c 3 Pkgs. 22c LAND-O-LAKE PEARS, No. 2 Squat Tin, Ea. 11c 3 for 31c Jewel Shortening lb. 14c 2 Lbs. 27c Choice Peaches No. 2 Squat Tin Each 15c, 2 for 29c London Cornstarch Pkg. 10c Marven's Waxtite Sodas 15 oz. pkg. 17c Fry's Cocoa 1/2 lb. Tin 20c Sunflower Pink Salmon Each 1lb 32c

- Island Brand No. 2 Squat Tin 33c PORK AND BEANS Each 9c 4 Tins 25c Heinz Assorted SOUPS Med. Size Tin 13c 2 Tins 39c ASPARAGUS CUTTINGS No. 2 Squat Tin Each 14c 3 Tins 25c Breakfast Bacon, sliced, Lb. 27c Minceed Steak 1 lb. 13c, 2 Lbs. 25c Fresh Bacon, Lb. 19c Round Steak Lb. 22c

THE CANADIAN STORES LTD

Where It Pays to Shop

Electors of Ward One

January 31st, 1938

LADIES AND GENTLEMEN:

I am nominating as Councillor for Ward One and I take this opportunity of respectfully soliciting your support.

Our City has been placed in a precarious financial situation resulting from the demands made upon it during the past eight lean years; our debt increasing the past year alone nearly one quarter of a million dollars. The demands for relief have been steadily increasing despite evidences of general recovery.

Thus it is clear that efforts should be vigorously made to reduce our outstanding debt, balance our budget each year and find a solution of our relief problem.

It is my intention, if elected, to follow the above general policy and to make every endeavor to have the City run in a modern businesslike manner; with improved conditions to help Tax returns and an extensive Provincial Government paying program to help our unemployed, this coming year offers an opportunity to return to normalcy and balance budgets thus it will not be necessary for us to continue our large outlay for Civic permanent improvements.

It is my opinion that a policy of rigid economy should be exercised by the incoming Council.

Yours sincerely, H. R. LARGE

By George McManus

