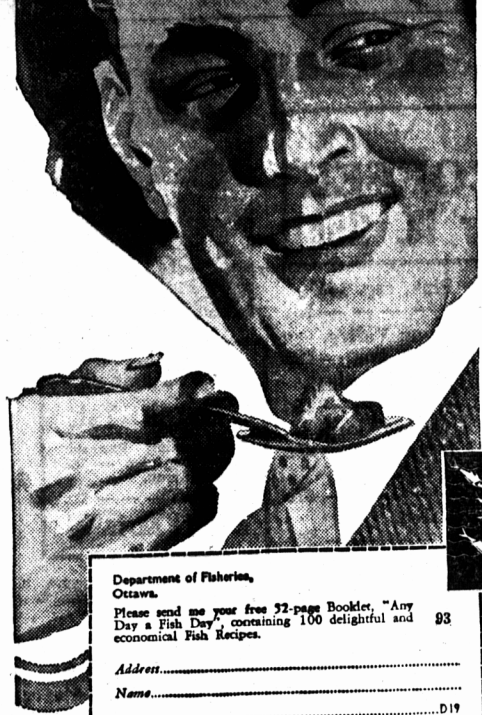


A MESSAGE TO MEN

Eat FISH FOR FITNESS



PHYSICAL FITNESS... that rare old "up-and-at-em" feeling... depends a lot on what you eat.

So whisper to the lady of the house: "How about having Fish a couple of times a week?" If she is surprised, tell her about the wonderful health value of Fish.

Surprise the little lady by telling her that there are over 60 kinds of Canadian Food Fish and Shellfish... that these can be served in more than 100 different recipes that her skillful touch will make into a new dinner-time thrill!

Tell her... if you want to... that fish costs less, because it contains more nourishment in every pennyworth than any other food. And you can hint... just hint, mind you... that she might send for the new FREE 52-page book of Fish Recipes prepared by the Department of Fisheries...

DEPARTMENT OF FISHERIES, OTTAWA

Form for requesting a free 52-page book of Fish Recipes from the Department of Fisheries, Ottawa.

ANY DAY A FISH DAY

CUBAN PLOT UNCOVERED

(C. F. by Guardian's Special Wire) HAVANNA, Feb. 27—The Cuban military secret service announced Saturday the arrest of 27 Leftist Spaniards and Cubans and charged them with a plot to stage a revolutionary general strike and overthrow the Government.

For Health's Sake

serve your family BEN HUR MEAL ROMOLA VITAMANNA The new Health Foods Manufactured from Prince Edward Island Grown Grains, by Prince Edward Island Labor and Capital.

DEBLOIS BROS. Island Distributors Sold on a Premium Coupon Plan

Professional Cards

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FUNERAL DIRECTORS AND EMBALMERS Hunter River and Bradshaw. Day and Night Service. Phone R 10-22 E 7-22.

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Address And Presentation To Mr. J. R. St. John

At McQuaid's Hall on the night of Feb. 1st, the business men of Souris together with other friends held a social evening for Mr. J. Russell St. John, who has been collector of customs there for a number of years and who has been transferred to the Charlottetown office.

Mr. John J. Ryan was appointed chairman, and after stating the object of the gathering he called on Dr. A. A. McDonald who read the following address: To J. R. St. John, Souris, P. E. I. "In the lives of most men there comes a time when pleasant associations must be severed and old ties, no matter how binding, must be broken, at least temporarily, and it is with the deepest regret that we who are assembled here this evening, realize that in the near future the close relations which we have enjoyed for the past number of years are to be severed.

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Eastern Guardian

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

BONSHAW WOMEN'S INSTITUTE

The regular monthly meeting of the Bonshaw Women's Institute was held at the home of Mrs. George Carson, with an attendance of eight members and two visitors. Meeting opened by singing "It Is A Good Time To Get Acquainted."

NORTH SEEKS AIR LINE

FLIN FLON, Man., Feb. 17—(CP)—An airmail route linking northern Manitoba with Winnipeg is asked in a resolution passed by the Flin Flon Municipal Council recently.

Dry, Hacking Coughs A Menace To Health

That dry, hacking cough that sticks to you in spite of everything you have done to relieve it is a source of danger, and the longer the cough sticks the more menace it is to your health.

Don't neglect the hacking cough. Get rid of it by using Dr. Wood's Norway Pine Syrup. It helps to stimulate, soothe and heal the bronchial tubes, allay irritation, subdue inflammation, loosen the phlegm and mucous, and aid nature to dislodge the morbid accumulations.

Mr. ALEXANDER A. SORM, 84-1st Ave., North Bay, Ont., writes: "I had a very severe head cold accompanied by a dry, hacking cough. I tried various medicines to get rid of it, but they were useless until a friend told me to take Dr. Wood's Norway Pine Syrup. After using one bottle the cold was considerably relieved, and the dry, hacking cough had entirely disappeared."

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

Eastern Guardian

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SUBSCRIPTIONS

to the Charlottetown Guardian may be handed to their Rept. Archie Hume.

*ROBIN HOOD FLOUR is economical. More loaves of better bread from each bag.

*MONTAGUE vs. Cross Roads at Montague, final playoff game, Eastern Intermediate section, Tuesday, March 1st. L 456-2-28-21.

*VISITING PASTOR—Rev. C. E. Armstrong conducted the services in Montague United Church on Sunday in the absence of the pastor, Rev. Arthur Long. L

*EARLY CHICKENS—Mr. Milton Mellich, Montague, reports chicks hatched out on Feb. 6th. Out of a setting of thirteen eggs of White Leghorns and Hampshire he had twelve chicks. Eight are still doing well. This breed of chickens who reported a hatching on Feb. 20th. L

*BRIDGE PARTY—Mr. and Mrs. W. A. MacLagan, Montague, entertained very pleasantly in their cozy home at four tables of mixed bridge. Mr. and Mrs. Parks being the guests of honor. Mrs. L. H. Coffin carried off the ladies' prize and Dr. L. A. Johnstone the gentlemen's prize. Mr. and Mrs. Parks received the guests' prizes. L

*RECEIVES R. N. DEGREE—Miss Rita Mary MacLean, daughter of Mr. and Mrs. W. H. MacLean, Montague, P. E. I., has recently appeared on the list of nurses who have been successful in receiving their R. N. degree. Miss MacLean is a graduate of Jeffery Hale High School, Quebec City, and was affiliated with the Children's Memorial Hospital, Montreal. L

*ISLAND LADY DEAD—Word was received Saturday by Mrs. William Johnstone, Montague, of the death in Somerville, Mass., of her brother Mr. John Bourke, formerly of Montague. Brothers residing here are Mr. William, George, and James Rourke, also another sister, Miss Lillie, of Montague. L

*FUNERAL SERVICES—On Sunday, Feb. 27th, a large concourse of people followed the remains of Mr. James MacLaren, brother of Mr. Sidney MacLaren, Montague, to his last resting place in the new cemetery. Rev. Laurence Ray officiated at the house. The hymns were "Asleep in Jesus," "Nearer My God To Thee," and "Jesus Lover." The Oddfellows, members of the Hillside Lodge conducted the service at the graveside. L

Personals

*Rev. Arthur Long of the United Church, Montague, was called to St. John on business and left Thursday morning accompanied by his mother, and intended to make the trip by plane from Charlottetown. L

The Central Guardian

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KENT BEAUTY SHOPPE bargain Permanents. Also student work. L-426-2-26-21.

GRASWELL for Photographs.

CONFEDERATION LIFE INSURANCE. L-6788-7-12-312.

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

REV. MALCOLM GALBRAITH will preach at the People's Church, Wednesday, March 2nd, at 7.30. L-462-3-1-11.

ADVERTISERS ARE REMINDED that advertisements for insertion in The Guardian should be received at the office not later than 11 A.M. the previous day. L

WEATHER FORECAST—1 to 5 month begins clear and bright, 6 to 12 cloudy days but not much rain, 13 to 19 frequent showers this week 20 to 26 some fine, clear, sunny days. 27 to 31 cloudy with rain.

MRS. ALTA ROOD, Charlottetown, announces the engagement of her daughter, Eileen Edith, to Gordon Harrison Garnham, son of Mr. and Mrs. John Garnham of Charlottetown. Marriage to take place in March. L-478-3-1-11.

ANNUAL MEETING POSTPONED—Owing to the weather, the annual meeting of the Tron Dairy Co., will be held in the creamery on Thursday, March 3rd, at 1.30 p.m. instead of Tuesday, March 1st. C. E. Gamble. L-449-2-28-31.

Personals

Miss Florence Vickers of Hermitage is visiting in the city for a few days.

Miss Rachel McBeath, has returned to her home in Campbellton, N.B. after visiting in Souris, as a guest of her sister, Mrs. John R. McLean.

Miss Teite MacDonald of the staff of Eaton's C.D.S. recently enjoyed a 10-days trip to Charlottetown, guest of Mr. and Mrs. Gerald Hartien. — Sydney Post-Record.

Shrove Tuesday

Dates St. David For Welsh Folk

(By The Canadian Press) While the rest of the world is observing customs associated with Shrove Tuesday, Welshmen may tomorrow a dual festival, honoring also St. David, the nation's patron saint. With lent almost three weeks later than last year, St. David's Day falls on the eve of the mid-Lent season.

A wealth of legend has grown around the few historical facts known about St. David. The dates of his birth and death are uncertain. He is generally accepted to have lived in the sixth century. Records indicate he presided at two Welsh synods and as primate of Wales moved the seat of ecclesiastical government from Caerleon to Myrnyw, or Senedd, which, under the name of St. David's, has remained the cathedral city of the western sea.

Through the years the bishop's fame increased and his shrine at St. David's became a notable place of pilgrimage. By the time of the Norman conquest his importance and sanctity were fully recognized and he was formally canonized by Pope Calixtus II about 1120.

As to Shrove Tuesday, its customs are numerous. In English speaking countries every young man knows the day before Ash Wednesday as Pancake Day. It is Mardi Gras or Fat Tuesday to the French and to the Germans, Fastentienstag. In all cases it is connected with feasting in a preliminary to Lent.

Edward IV, according to all reports, had a good appetite and particularly for pancakes. In fact it was he who put them on the map. In olden times they were called Jack-a-Lent.

There used to be a pancake bell in every parish in England—actually the summons to a great feast of which the day formed a minor course. They still ring pancake bells in some places.

But the ceremony of tossing the pancake is most familiar nowadays. It is a highlight in the year's doings at Westminster School, the old London college. Nineteen pupils are selected for the annual battle staged in the Great Schoolroom.

The pancake brought in with traditional ceremonial is tossed high in the air and the student grabbing the largest portion in the mad scramble that follows, gets a reward from the Dean. With a day of paper currency a pound note has taken the place of the original golden sovereign.

WHICH ARE YOU? Monday's child is fair of face, Tuesday's child is full of grace; Wednesday's child is sure and slow, Thursday's child has far to go; Friday's child is loving and giving, Saturday's child must work for a living; Sunday's child is brave and true, Kind actions all his life will do.

Plavets-McInnis

Nuptials

MISS PLAVETS BECAME BRIDE OF MR. ANGUS MCINNIS IN CHURCH CEREMONY IN DES MOINES, IOWA

In an impressive and beautiful ceremony performed before the candle-lit altar in St. Patrick's Catholic church at nine o'clock on St. Valentine's morning, Miss Mary Plavets, daughter of Mrs. Rose Plavets, 1920 Fifth Street, became the bride of Mr. Angus T. McInnis, son of Mr. and Mrs. Hugh L. McInnis, Des Moines and formerly of Southport. P.E.I. Rev. Daniel A. Gorman, pastor of the bride, performed the ceremony and celebrated the nuptial mass in the presence of the relatives and intimate friends of the bridal couple.

Mrs. H.E. Shaffer played the wedding march from Mendelssohn as a professional and used the Bridal chorus from Wagner's opera "Lohengrin" as a recessional. She accompanied for the hymns sung during the nuptial mass and sang as a duet with the bride and groom. The hymns were "We Are Thankful and I am My Loves," "Mr. Donnelly sang the Latin hymn Domine Non Sum Dignus during the Communion.

The bride was beautiful in a floor-length gown of white satin, made princess style with high standing collar of lace, and with trim of lace insertion in the bodice and sleeves. Her full length veil, which was double to the waistline, was held in place by a coronet of orange blossoms. Her arm bouquet was of white bride's roses, white lilies and acacia. A tiny gold cross was her only jewelry.

Miss Helen Plavets, sister of the bride, was her maid of honor. She wore a coral taffeta dress with sleeves and bolero jacket trimmed in ruffled mesh and matching accessories. Her arm bouquet was of Hollywood roses and freesia.

Misses Beatrice McInnis and Mary McInnis of Des Moines, sisters of the bridegroom, acted as bridesmaids. The former wore a gown of yellow chiffon and the latter one of peach lace, both with matching accessories. Their hand bouquets were of Kokoma carnations and jonquils.

Greenery in all the bouquets was provided by plumose. The maid of honor and bride's maids wore halo head dresses made of tulle.

The bridal procession was met at the altar by the bridegroom and his best man, Mr. Theodore Bengtson of Des Moines, who came from the vestry. The men were attired in dark suits. They and Mr. Joseph Wheeler of Nevada who acted as usher, wore gardenia boutonniere.

Following the ceremony a three course wedding breakfast was served at the Story Hotel to the bridal party, their immediate families, and Father Gorman.

A three tier wedding cake served as a centerpiece on the wedding breakfast table and on either side of it were crystal bowls containing sweet peas. White candles, tied with pink tulle, in crystal candelabra were used at either end of the table. A pink and white color scheme was carried out in the nut cups, doilies and the menu.

Mr. and Mrs. McInnis left shortly after the breakfast on a honeymoon trip. Upon their return they will establish their home in Goshen, Indiana.



IN THE HYGIENE COURT OF JUSTICE

Ill-Health Charge Withdrawn

(Before Mr. Justice Kruschen)

JUDGE: All the evidence proves conclusively that this unhappy woman has been consistently neglecting her health. In this Court preventable illness is treated as a crime. Ignorance of the remedy cannot be accepted as an excuse. Kruschen is sold by all drug stores.

PRISONER: (Excitedly, undoing her handbag) I have a bottle with me now, sir!

JUDGE: (Sensation in Court.) A bottle of what? Pass it up to me, please.

(The Judge examined the bottle and handed it on to the jury.)

JUDGE: (continuing) This is an amazing development. We have here an unopened bottle of Kruschen. (Turning to the Prisoner) When did you buy it?

PRISONER: This morning, my lord. I intended to take it with my coffee tomorrow and every day. I thought it might put me right.

JUDGE: Prisoner, your timely good sense has earned you your acquittal. You will leave this Court without a stain on your character. (At this juncture there was an outburst of clapping, which was rapidly suppressed.) You have yourself done precisely what I should have ordered you to do; you have adopted a good remedy for your present affliction, a splendid precaution against a recurrence of it. I am very glad. I have one word of advice to add: do not, on any account, miss the little daily dose of Kruschen, and then, indeed, you will be the happy possessor of good health for less than a day.

PRISONER: Thank you, my lord. I shall never forget what you say.

KRUSCHEN SALTS

relieve constipation and rheumatism

Kruschen is a combination of several mineral salts which your body must get, in some way, to keep the blood pure, the inside clean, and the system generally toned up, but which you can't get in Nature's own way without abundant exercise and fresh air. You should have these salts every day; hence the importance of the "little daily dose". Every drug counter sells Kruschen in 25c, 45c and 75c bottles. It's the little daily dose that does it.

MR. BENJAMIN F. COOMBS is survived by three sisters and three brothers, namely: Mrs. George Wightman, of Smith's Cove, with whom he made his home; Miss Nellie Coombs, who also makes her home with Mr. and Mrs. Wightman; Mrs. C. M. McMillen, Yarmouth; F. W. Coombs, Saint John; H. L. Coombs, Los Angeles, Calif.; and C. G. Coombs, Wolfville, N.S. Funeral services will take place tomorrow afternoon, with interment in Fairview (United Church) cemetery, Digby.

A FREE TRIP TO CHARLOTTETOWN

The Canadian National Railways are offering special low fares to Charlottetown on March 5th returning March 7th. You may get yours FREE.

THE ROGERS HARDWARE

will refund your return fare if you present your ticket stub and the sales slip for \$15.00 worth of merchandise in their retail store at the office.

Some lines that will interest you:

- FARMER: Forks, Shovels, Cross-cut Saws, Axes & Handles, Peavies, Wire, Fencing, Fox Wire, Poultry Netting, Pliers, Stretchers, Staples. HOUSEWIFE: Enamelware, Tinware, Galvanized Ware, Glass Ware, Silverware, Household cutlery, Mops & Polishers, Wax & Polish, Paint & Varnish & Enamel, Brushes. Many lines of Enamelware at half price. AUTOMOBILE OWNER: Tires, Tubes, Batteries, Simoniz, Spark Plugs, Brake Lining, Auto Wiring, Reliners, Patches, Bulbs, Chamois.

EVERYTHING THAT YOU WILL FIND IN A WELL-STOCKED HARDWARE STORE

THE ROGERS HARDWARE

Company Limited

By George McManus

BRINGING UP FATHER

