## Fraser Companies
Limited

**6% First Mortgage Gold Bonds**

Maturing January 1st, 1950

The Company, with a wholly-owned subsidiary, is one of the largest Canadian manufacturers of high-grade sulphite papers and bleached and easy bleaching sulphite pulp. Its manufacturing capacity has been largely increased through new construction and installations made during the current year.

Common stock equity junior to all funded debt of the Company has a value, based on present market quotations, in excess of $26,000,000.

We offer these bonds as a sound and desirable investment at—

101½ and accrued interest, to yield 5.88%

*Descriptive circular will be supplied upon request.*

**Royal Securities Corporation**
Limited
Riley Building, Charlottetown

Montreal Toronto Halifax Saint John Quebec Winnipeg
Vancouver New York Three Rivers Ottawa Hamilton Calgary
Edmonton Regina Victoria St. John's, Nfld. London, Eng.

K-118



WESTERN SECURITIES COMPANY LIMITED 1930

## *All High Grade Investment Issues*

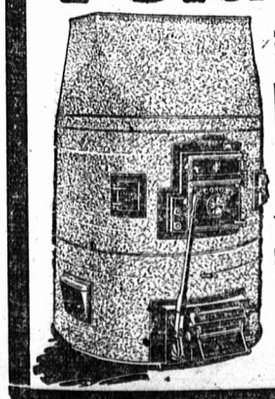
Bought—Sold—Quoted

***Eastern Securities Co., Ltd.***
INVESTMENT BANKERS
CHARLOTTETOWN
ST. JOHN HALIFAX MONTREAL



Very Adaptable for General Use

# Pease
PIPELESS
# FURNACE



The following letter from a very satisfied user gives several reasons for the efficient economy of the Pease Pipeless Furnace:

"I consider the Pease Pipeless Furnace very adaptable for general use. It has given me every satisfaction and I consider it far better than the pipe furnace, as we get the direct benefit of the fuel. There are no cold pipes for the heat to travel through before it reaches the rooms."

The Pease Air Blast and other exclusive features enable this furnace to extract every unit of heat from the fuel. We will be glad to demonstrate—or will send you full details on your request.

A. HORNE & CO.
Distributors
Charlottetown and Summerside



## Carloads of GOODS

JUST RECEIVED

1 Car
Gliddens Paint.
1 Car
Ruberoid Roofing
and Asphalt Shingles.
1 Car
Wire Nails.
1 Car
Cement.

Wholesale and Retail

THE ROGERS HARDWARE CO.,


## Stock Quotations

HALIFAX, Nov. 6.—Quotations furnished by Johnson and Ward, Members Montreal Stock Exchange.

**Montreal Stock Exchange**

| | |
|---|---|
| Abitibi | 44 |
| Mis. Kan. & Tex. Ry. | 295 |
| Montreal Power | 103 |
| National Breweries | 144 |
| Winnipeg Electric | 114 |
| Brazilian Traction | 72⅜ |
| Steel Com. of Canada | 206 |
| Abitibi | 26¼ |
| Shawinigan | 84¼ |
| Dominion Bridge | 94½ |
| Massey Harris | 54 |
| Asbestos | 22 |
| Fraser and Co. | 81 |
| Chas. Gurd | 44 |
| Power Corporation | 80 |
| Foreign Securities | 40½ |
| Inter Utilities—A | 46¼ |
| Inter Utilities—B | 16 |
| British America Oil | 55 |
| Imperial Oil | 102½ |

**WHEAT**

| | |
|---|---|
| Dec. | 118¾ |

## The 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.**

### THE BALANCE OF TRADE

Sir,—In today's issue of the Guardian "Historicus" discusses a somewhat interesting subject, viz, "The Balance of Trade."

The general view of this subject is that when we export more than we import we are doing a profitable business and conversely, when we import more than we export we are doing an unprofitable business.

Without attempting to be dogmatic on the question, I beg to present to your readers a concrete case which will, I think, serve as an illustration of any number of cases.

For instance, suppose that I purchase and export a cargo of wheat, and for easy computation we will say it consists of 100,000 bushels at one dollar a bushel. I ship this cargo to Liverpool and sell it at a profit of fifty cents a bushel and instead of bringing back gold or a bill of exchange I bring back $150,000 of merchandise—the export entry would be a $100,000—and the import entry $150,000. The transaction would be very profitable to my country, but the imports would be 50 per cent greater than the exports, and the converse would be true. If I sold the wheat at a loss both my country and myself would be doing an unprofitable business, but "The Balance of Trade" would be in our favor.

Again, supposing I brought back gold or a bill of exchange, neither of these things would be any good to me or my country till I made some use of them, that is put them in a bank or gave them to somebody else who would use them, and this somebody else could bring in a bill of goods costing $150,000, and pay for it.

I am, Sir, etc.,
J. J. HUGHES

Souris.

### ALCOTT'S "POTATO GOSPEL"

Sir'—In the American Potato Journal for October just to hand appears the second of a series of articles on "The Food Value of the Potato" by Dr. J. H. Kellogg, Medical Director of the Battlecreek Sanitarium, which reads as follows:

When Carlyle, the famous English essayist, ridiculed Bronson Alcott's "damned potato gospel," he helped to block the wheels of a dietetic progress which would have meant far more for England's possperity than the discovery of gold in the Transvaal or the founding of a new colony. Alcott was right. The potato has made good. It is proving itself to be one of the choicest of all American's gifts to the world. If corn is king of cereals, the potato is certainly queen of vegetables; and there is good reason for believing that the country would be much better off, economically as well as from the standpoint of health, if this wonderful tuber one of Nature's most amazingly efficient devices for capturing and storing solar energy, occupied a much more conspicuous place in our American dietaries.

For some unaccountable reason, the potato has always been opposed by asurd and wholly baseless prejudices. When first introduced into Europe, the potato met great opposition. It was even accused of being the cause of leprosy, which was then more or less prevalent in various European countries. In more recent years, the potato has been charged with being the cause of indigestion and rheumatism. All of these accusations are equally unfounded.

The idea that root vegetables, particularly roots such as the potato, are inferior foodstuff and indigestible, is a serious error which somehow has attained wide currency. The fact is that root starches when cooked are by far the most easily digestible of all foodstuffs.

Some years ago, Professor Grierson, an eminent German physiologist, made a careful study of the digestibility of starches from various sources. He found that the starch of rice, wheat and corn requires two hours for digestion; the starch of oatmeal, eighty minutes; while arrowroot digests in thirty minutes, and potato starch is completely digested in ten minutes. In other words, the starch of wheat, corn and rice requires twelve times as long for digestion as does the starch of potatoes; and the starch of oatmeal, eight times as long.

No doubt the substitution of cereal breakfast foods for the old-time griddle cakes, fried potatoes, fried pork and other indigestibles, has been in the interest of the conservation of the American stomach, but there is much reason to believe that the Irish potato, steamed or baked, might well fill a larger place in the national bill of fare, especially as a breakfast food.

A baked potato digests in much less than half the time required for the digestion of a slice of bread and affords nutritive substances in some respects superior to those provided by wheat.

The above mentioned results were fully confirmed by tests made in the laboratory of the Battle Creek Sanitarium by an expert German chemist. So it appears that the potato, far from being hard of digestion, is one of the most easily digestible of all foods. If it seems at any time to disagree, the cause will generally be found in the mode of cooking or in indegestible combinations. Frying greatly lessens the digestibility of the potato; but on the whole, it is less easily spoiled by ignorant or careless cooks than are most other foodstuffs.

When Sir Walter Raleigh sent his first cargo of potatoes to England nearly 350 years ago (1586), Europe was frequently suffering from the great and frequent prevalence of scurvy. After the potato had come into general use, this great scourge of the Middle Ages almost disappeared.

The housewife adds potatoes to her bread sponge because it encourages the growth of the yeast plant and so makes the bread rise better. The growth-promoting vitamin B which the potato supplies in great abundance is as active in encouraging growth of the children as in helping bread to rise. It is equally useful to adults in maintaining good nutrition and in promoting the repair of the tissues.

A research undertaken by Ross and Cooper of Columbia University showed the potato to posses a high nutritive value, and fully capable of meeting the protein requirements of the body when taken in the quantity of about three pounds daily by a person weighing one hundred and ten pounds. The only other article of food eaten were butter and sugar the latter in very small quantities.

The observations of Ross and Cooper have been recently confirmed by studies of Ken and Klein, of Warsaw, Poland, whose subjects, two adults, lived for five and a half months on a diet of potatoes, with fat, and a small allowance of fruit. The subjects remained in excellent health, with good digestion and every evidence of good nutrition.

Dr. Hindhede, the eminent Danish physiologist, observed a subject, the Danish athlete, Frederick Madsen, while on an exclusive diet of potato and mararine during eleven months. He remained in excellent health and suffered no serious inconvenience from his diet. Of course, its monotony was not altogether pleasant; but, as Dr. Hindhede says, "Madsen is a hero," and one result of his experiment was to convince the Danish people of the high value of the potato as a foodstuff and to induce them to eat it themselves instead of feeding it to pigs and eating it at second hand. The result was a most notable improvement in the mortality rate. The death rate during the period or rationing at the time of the World War, fell more than one-third, reaching the low level of 10.4 per thousand, the lowest death rate ever attained in any country.

As a transformer of sunlight into human food, the potato stands high in the list of food plants. An acre of ground planted to potatoes may be made to produce two or three times as much nutrient material as is ordinarily produced by oats, barley or wheat. Under some circumstances, it may even yield a larger return than corn, its only rival among foodstuffs generally cultivated in this country.

The chief defect of the potato as a complete nutrient, is its lack of lime. It is also deficient in vitamin A. Both these defects are supplied by dairy products. The Irish combination of potatoes and buttermilk is almost ideal. With the addition of greens, nothing is lacking, and on such a diet a man would be as healthly and enduring as his forest relatives, the gorilla and the chimpanzee. Old Parr, who lies buried in Westminster Abbey, lived on this simple fare, with rye bread, for more than a century and a half. His tablet reads, "Here lies Old Parr, who died at the age of 152 years and nine months."

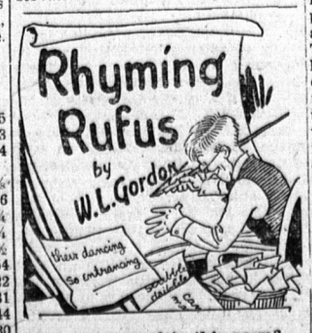
More potatoes, greens and milk, and less meat and cereals, is the diet formula which up-to-date scientific research in nutrition laboratories prescribes for Americans who wish to live long and well.

With the prominence being given to the food value of the potato today in the United States and other parts of Canada, it would seem that the present time was opportune for Prince Edward Island, which produces the finest product in the world, to capitalize on this fact, and through the means of publicity in the press and at exhibitions, impress the consuming public that we are in the market to supply a quality product, put up in convenient packages and with full instructions as to how best prepare and serve. The more we investigate the markets of Central Canada, the more conclusive the evidence of the great possibilities awaiting our Growers to dispose of their product, at a price that its quality merits. There is no question of the need of an educational campaign, especially to convince our own people of the veritable gold mine that is being allowed to slip by default.

I am. Sir etc.
J. O. HYNDMAN

Charlottetown, P. E. I.,
Nov. 6 1928.


Persistent Asthma. A most distressing characteristic of this debilitating disease, is the persistence with which recurring attacks come to sap away strength and leave the sufferer in a state of almost continual exhaustion. No wiser precaution can be taken than that of keeping at hand a supply of Dr. J. D. Kel-


**Can you complete this poem?**

The definition of "plenty",
Within the average——
Is just to have a little more
Than what the neighbors——

**Yesterday's Poem**

## *The Daily Argument*

### AUNT HET
BY ROBERT QUILLEN

"I reckon most every woman finally dies without ever usin' the napkins she was savin' for some special occasion."

### POOR PA
BY CLAUDE CALLAN

"Ma an' me make the children write to their poor Aunt Sue, but we're not as careful of what they put in the letters as we are when they're writin' to their rich Aunt Betty."

## *150 Delegates Expected at Convention*

(Special to The Guardian)

TORONTO, Nov. 5.—One hundred and fifty delegates representing trade unions in British Columbia, the Prairie Provinces, Ontario, Quebec and the Maritimes, are expected to be present when the second convention of the all Canadian trades union congress opens this morning in the Prince George Hotel.

President A. R. Mosher reached Toronto yesterday and spent the day with local officers of the congress. "We expect to have delegates from Vancouver, lodges of the Canadian brotherhood of railway employees, the lumber workers, general workers' unions in different cities, miners' unions in Alberta and northern Ontario and building trade unions," he said. The one big union of Manitoba will also be represented at the convention.

"The congress has made progress during the year, as our reports will show. Our membership is now 60,000. We believe in adopting tolerant views. We are willing to listen although we may not agree."

## *Livestock Market*

(Canadian Press.)

MONTREAL, Nov., 6.—There were 653 cattle, 137 calves, 1077 hogs and 718 sheep and lambs for sale on the two markets today, and also through billed for South Africa, two Buffalos from Wainwright Park.

Cattle offered for sale were of common quality, canners and cutters and bulls and prices were steady. canners and cutters were sold from, $3.50 to 4.50, and common to medium cows, $4.50 to $6.00. Grassers were uneven selling from, $5. 50 to 7.00. With the bulk of the sales around, $6.00. Good veals were from, $12.00 to 13.00. Good lambs were sold for $11.00 with culls out. Lambs of fairly good average quality including bucks sold for, $10.50 to $10.75 and culls as low as $ 9.00. The bulk of the hogs were sold for $10. 25 with a strong undertone and an odd sale up to $10.50, sows were mostly $8.50 to 8.75.


## A Sudden End to Stomach Trouble

PAIN or discomfort following a meal doesn't mean you must go on a "diet." Nine times out of ten indigestion, acidity, flatulence and heartburn are caused by excess stomach acid and food fermentation.

After too hasty a lunch, or too hearty a dinner, a little "Pape's Diapepsin," instantly neutralizes excess acidity, stops that fermentation, and soothes and heals the acid-inflamed stomach lining as if by magic. Your recovery is quick and complete. Make a special point of getting a 60-cent package of "Pape's Diapepsin" from your druggist today, and so follow the example of millions all over the world who use "Pape's Diapepsin" to end indigestion and allied stomach troubles.

With "Pape's Diapepsin" handy you can eat and enjoy whatever you fancy


## The Land We Love
By Frank Yeigh

**SIR ALEXANDER MACKENZIE**

Q. Who was Sir Alexander Mackenzie?

A. Sir Alexander Mackenzie's great achievement is chronicled in the historical tablet placed on a rock overlooking the Pacific Ocean: "This rock is the western terminus of the first journey across the continent of North America. It was made by Alexander Mackenzie of the North-West Company who, with his nine companions, arrived at this spot on the 21st July, 1793. Mackenzie, by observations, ascertained his position, spent the night here, and, after writing on the south-east face the words now cut therein, retraced his course to Lake Athapaska. This transcontinental journey preceded by more than ten years that of Lewis and Clark."

## Household Scrapbook
By Roberta Lee

**Sterilizing the Sink**

Purchase a solution of chloride of zinc at any drug store. Use one half pint to two gallons of water and pour through the pipes every week or two.

**Peach Patties**

Line the patty pans with puff paste and bake. For filling, use one-half of a canned peach and sweetened cream or whipped cream for each tart.

**To Whiten Clothes**

A spoonful of borax dissolved in hot water and added to the last rinsing water will whiten clothes wonderfully.

## That Car Of Yours
BY WILLIAM ULLMAN

Heart-to-Hear Talks With Automobile Owners and Drivers on How to Get the Most Out of Their Cars at the Least Expense.

**IT'S ALWAYS THE SAME**

Every year when the mercury begins to drop a bit lower daily motorists tell themselves that they must get anti-freeze for the radiator. Then, they pass up numerous opportunities to put their intention into action. Finally, that sudden bitter cold snap for which everyone has been waiting comes and many radiators are frozen. Then the big rush to the filling station gets under way. It is a task that cannot be put off forever without paying the penalty, with inconvenience as the lowest price.

**BOILING POINTS DIFFER**

Of the two most widely used anti-freeze compounds, alcohol and glycerine, each has its advantages. In the matter of initial price, alcohol leads. But, whether it costs less during the course of a Winter is another subject. Alcohol, with a boiling point of 180 degrees, evaporates quickly under some conditions and has to be replaced. Glycerine, with a boiling point of 225, will last the Winter on one filling. And, it can be used next year, too.

**PREPARE DRIVEWAY, TOO**

Getting the car ready for Winter is not the only form of preparation necessary to assure a happy motoring experience during the cold months just ahead. There's the garage driveway calling for attention. If it is concrete, nothing need be done, of course. However, the cinder or crushed stone driveway sees a hard time during the season of alternate freezes and thaws. A new top dressing helps.

**MAY START THE SKID**

Unequal tire pressures mean unequal brakes. Unequal braking friction means a skid in many cases. The motorist interested in safe bad weather car operation will remember this point.

**PROTECTS THE BATTERY**

Batteries, of course, get severe usage in the cold weather. Harder starting and more use of the lights are the two most serious drains. One thought that the motorist should carry in mind in connection with battery care is that a fully charged unit never freezes.

**NOT TO BE FORGOTTEN**

One form of choke abuse that is altogether too common, according to service experts, is that of which the forgetful driver is guilty. Failing to heed the warning that the choke never should be left out longer than the period required to give the cold engine a draught of rich fuel, he commits the worse offense of forgetting the choke altogether. He pulls it out and leaves it there until he reaches his destination. That's the worst of crimes in connection with the choke.

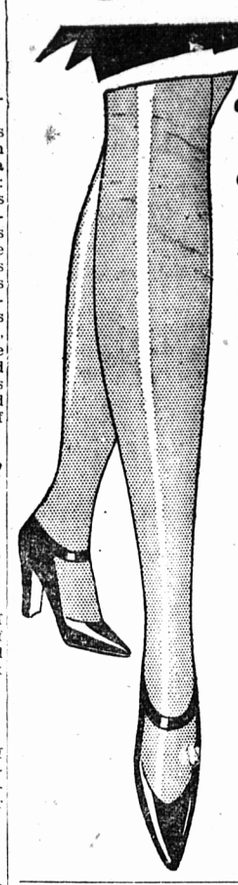
**LIGHT LUBRICANT NEEDED**

Oils and fluid greases congeal in cold weather. One of the items of Winter car preparation, then, is that of having the transmission and differential gear housings filled with a lighter lubricant.

**IT'S NEVER TOO COLD**

Many car owners make the mistake of thinking that the weather gets too cold for the auto thief.


# Silk Stockings



# FREE

Madam! If your husband or your brother enjoys a pipe, ask him to try Rosebud, the famous cut plug smoking tobacco, and save the "Poker Hands" packed with it. In exchange for four (4) sets of "Poker Hands" (Nos. 1 to 52) you will receive FREE *one pair of Kayser Pure Silk Full Fashioned Stockings.*

*These stockings are excellent quality, conform to the leg, and retain their shape. Sizes, 8½, 9, 9½ and 10; in various colours, such as fawn, flesh, grey, etc.*

The large 10c. package contains 1 "Poker Hand." The larger 15c. package contains 2 "Poker Hands."

**ROSEBUD**
CUT PLUG SMOKING TOBACCO

*Save the "Poker Hands"*



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