

Grandmother finds way to grow old gracefully



"I don't try to keep up the pace of the younger generation," says this 65-year-old woman. "I leave that to my grandchildren."

from forming, but aids in their removal. All of us—old and young alike—lead more or less sedentary lives. But Nujol helps make up for this lack of exercise. It keeps the body functioning as Nature intended.

When people become less active, Nujol becomes even more important for good health. For Nujol not only prevents the excess of body poisons (we all have them)

Central Guardian

HOCKEY AT NORTH TRYON Rink tonight, Cape Traverse vs. North Tryon. 2839-3-1-21

GRAPE FRUIT, 4 for 25 cts. Cudmore Bros. 3-2-21

I WILL BE LOADING live hogs at Mt. Albion Tuesday, March 6th. Fred Robertson. 2833-3-1-31

NEW UNIVERSITY DICTIONARY to Guardian readers for 95 cents and one coupon. Every home should have one.

THE BEST OLD Sydney Screened coal, discharging today at A. Pickard & Co. Phone 240. 2856

TURNIPS—Loading in bulk at Railway Dump every day at highest market price. Newsom & McLeod, Boston. 2836-3-1-31

CRAPAUD AND SPRINGFIELD—There will be a celebration of the Holy Communion in St. John's Church on Sunday at 11:00 and Evening Prayer in Springfield at 7:00. Sermon subject, "Church and the Believer", which is the second of the series, "The Adventure of Life". Midweek Lenten Service in St. John's Church on Wednesday evening at 7:30, when the subject of the address will be "Light."

INSTITUTE MEETING—The Tryon Institute met at the home of Mrs. Edward Sharkey on Feb. 8, with ten members and two visitors present. In the absence of the president the meeting was led by Mrs. Elmer Gamble, Vice-President. Several ways of raising money were discussed. Finally it was decided to hold a Valentine Social at Mrs. M. LeFurgey's on Monday, February 13th, as Monday would not be a skating night at the rink. A committee of five was appointed to arrange a program for a concert and box social. Several interesting papers were read on Red Cross work. A report of the Social Evening on Jan. 19, was given by the Treasurer. The meeting was closed by all repeating the Institute Ode.

"BONSHAW STUDY GROUP"—The last meeting of the "Bonshaw Study Group" was held at the School on Wednesday, February 22nd, at 7:30 p. m. There were five teachers present. Each teacher presented a lesson plan on "Teaching Canadian History to the Junior Grades." A special lesson on teaching "Multiplication Tables" was given by Miss McPhee which proved very instructive—many new ideas being learned. A "Question Box", the centre of interest, contained many questions which were asked by Miss Marchison and which will enable one another to help solve others' difficulties and prove very beneficial indeed. The "Group" have decided to obtain "Fundamentals on Methods." The next meeting will be held at the same centre and usual hour on March 14th. Each teacher is asked to bring a "Lesson Plan" on teaching Canadian History to the Senior Grades, and a special lesson, "How to Salute the Flag", not forgetting to have a "sticker" for the "Question Box." —Mary Casack—Secretary

UPS AND DOWNS IN TRYON AND VICINITY

Radio enthusiasts in Tryon and vicinity have been enjoying many concerts of unusual interest this winter. The service broadcast from Trinity United Church of Station C. F. C. Y. at Charlottetown each Sunday morning is very much enjoyed by all those who are unable to attend the services here.

The Misses Margaret Callbeck and Marion Waddell of North Tryon returned on Saturday evening after spending a few days in our Provincial Metropolis—Charlottetown.

It has been truly said "Man works from Sun to Sun, but women's work is never done." Almost everywhere one calls now one sees the womenfolk engaged in the lab-

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Mrs. George Easter 50
Mrs. R. Baker 1.00
Mrs. W. A. Pidgeon 1.00
Mrs. John Townsend 1.00
Mrs. John Bernard 1.00
Mrs. Elias Schurman 1.00
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Mrs. Jessie Jardine 1.00
W. L. Delaney 50
John A. Thompson 1.00
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Mrs. Daniel MacKinnon 1.50
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John Brown 1.00
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Mrs. Charles Huestis 1.00
Patterson Walker 1.00
Harry C. Caldwell 1.00
A Friend 1.00
Total 66.25
Total Kensington Coll. \$135.00
E. W. Easter, Wilshire 1.00
Aquilla Bowman, North Wilshire 1.00
Rod McLeod, Hartsville 1.00

rious work of hooking mats, some of which are extremely well designed and should command good prices should they choose to sell.

Mrs. V. D. Howatt, of Tryon, returned on Saturday evening, after spending a fortnight vacation with relatives in Summerside.

The host of friends of Mrs. May Dawson of Tryon, are very glad to know she is recovering after being confined to her bed for some days.

Maybe you had the idea "That Summer was lurking round the corner," but apparently "Old Man Winter" thinks otherwise and so do I, after the cold snap of last week-end. But lets hope the worst is over.

Among the fans from Tryon and vicinity who attended the Oxford-Clystal game in Summerside Friday evening were: Dr. E. A. Belle, Claude Howatt, Nathan Bell, Clinton Howatt, Douglas Bell, Russell Bell, Johnny Mulligan, Fred Irving, William Irving, from Cape Traverse; W. A. Pooley, Colson Sharkey, Eldon Lord, Walter Bell, Johnny Lyman, Victor Howatt, Kenneth MacDonald, Elmer Gamble, Stanley Howatt from Tryon. The boys report a good, fast game, with the Crystals having the edge on the visitors. The visitors, however, were good losers, and took their defeat like heroes.

Mr. and Mrs. Elmer Dawson, of Augustine Cove, were visitors to the adjacent community of Tryon on Thursday of last week.

On Wednesday night of last week a hockey match was played on North Tryon Arena between the Junior Sextette from Victoria and a mixed team from North Tryon, composed of some of the senior men. The game ended 3-2 in favour of North Tryon. The youngsters from Victoria played a brilliant game of hockey and the Senior teams of these parts will have to look to their laurels in the near future if these youngsters stack up against them.

Our local radio dealer, Mr. Heath M. Chisholm, has installed a De Luxe Crosley Radio in the far famed North Tryon Arena. So Old Girls and Old Boys don't hesitate to don your skates and engage in the healthful pastime of skating. And I will venture to say it will undoubtedly renew your youth and add years to your life.

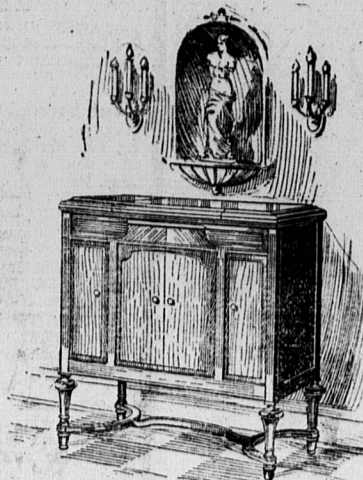
Mr. John Dawson of Bedeque, P. E. I., was a visitor to Albany on Saturday evening.

The Sewing Circle of the United Church at Tryon, which was organized some time ago, is now in full swing and the Ladies are busily engaged in hooking, quilt making, etc. They are also making a beautiful Daisy Bedspread, which is a wonderful prize of handiwork. I understand this is to be sold to anyone wishing to buy. Meetings are to be held every two weeks. Anyone interested please come along and enjoy a social time and help the ladies on Friday.

Friends of Mrs. Wallace Toombs, who has been very ill most of the winter, regret to learn that she has had a slight setback, but they all hope she may steadily regain health and strength from now on.

Mrs. Jessie Chisholm, of North Tryon, recently spent a short holiday, the guest of her sister, Mrs. her home with a very bad cold. Erie Boulter of Miscouche, P. E. I.

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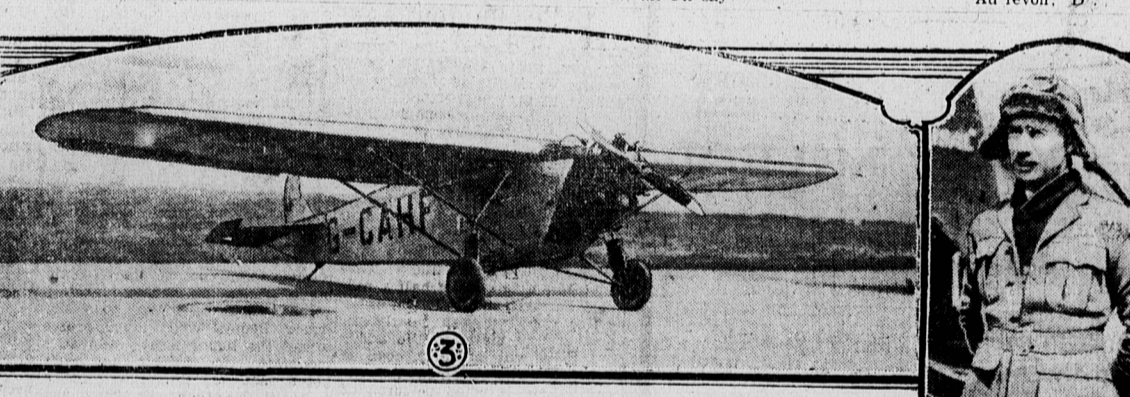
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Stomach Troubles That Are Dangerous

(CUT THIS OUT) Some forms of stomach trouble, if neglected, often lead to dangerous conditions—ulcers or cancers—then a surgical operation is about the only hope. For this reason, even the most slight stomach ailments should be given prompt and careful attention. So, don't neglect acid stomach, sourness gas or bloating! And don't waste time with unproven or unreliable treatments. At the very first signs of distress, go to any good drug store and obtain a few cents' worth of pure Bismarck Magnesia. This special Magnesia Compound is safe and pleasant to take—quickly, almost instantly effective and does not act as a laxative. Be sure and ask for BISMARCK Magnesia for stomach troubles only.



Despite the untold hardships involved and the peril they themselves incur, airplanes of the Royal Canadian Air Force Hudson Straits expedition are sparing no effort in the endeavor to find Flying Officer A. Lewis (1) and Flight Sergeant N. S. Terry (2) crew of the Fokker plane Saskatchewan (3) missing since February 17, when a dramatic distress message was picked up at Ottawa and two northern posts. The message stated the plane was forced down in the treacherous ice in an unknown position and with gasoline supply near exhaustion. The plane may have come down at any spot in a very wide area and the dearth of information on which to operate is providing a great obstacle to the rescue efforts. The message is considered a very hopeful factor. (4) is Flight-Lieutenant F. A. Lawrence, who is in command of the Hudson Straits expedition. Below is a map illustrating the area and showing the three air bases, Nottingham Island, Waiken Bay and Cape Burnell. The latter point forms the centre of the circle in which searching activities are being carried on.

Here's something for that nasty headache. Although not serious headaches often cause as much misery as a bad sickness. Here's a way to get rid of them and enjoy life. Take GRAPE WAMPOLES EFFERVENCE SALTS and remove the cause. Acidity of the stomach, sluggish liver, etc. You will swear by it once you've tried it. H. L. WORTHY 233 Queen St. SOLE AGENT FOR DR. ALLAN'S FOX REMEDIES.