EAT QUAKER OATS FOR ENDURANCE

Still Costs Less Than 1¢ a Serving!

Serve a Hot Breakfast of QUAKER OATS EVERY DAY!

CARD OF THANKS

Mrs. Oliver Giddings and Family of White Sands, wish to thank their friends and neighbours for the kindness shown during their recent bereavement.

MALE NURSES GRADUATE

VANCOUVER — (CP) — Two men were among graduates at a "capping" ceremony for nurses here recently. James Bullen of Victoria and George Wallace of Vancouver will serve in men's wards of hospitals.

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, Jan. 20th—*A touch of colour,* I find, will do wonders towards pepping up winter meals. Why not let a sparkling mould of JELL-O do the trick for you? A particular favourite of mine is grapefruit sections moulded in partially thickened Lime Jell-O . . . or *any* of Jell-O's seven famous "locked-in" flavours . . . M-mmm — delicious and *so* economical. *Let* the wintry blasts blow . . . all will be *sunny* at your table and mine whenever Jell-O appears on the menu.

I'd Like to Tell You About a way to add *extra* whole wheat to your family's diet . . . and make them like it! It's a neat trick — done very simply by serving luscious Kellogg's ALL-WHEAT come breakfastime! You see, All-Wheat *is* made of Canada's choice whole wheat — magically transformed into toasty, crunchy flakes that everyone in your family will love! Dish All-Wheat generously! Pour on top milk, sprinkle with sugar and fruit! It's good tasting — good eating — good whole wheat cereal nourishment with what you'll call "come again" flavour!

You Wouldn't Dream of Buying an "appetizer" without flavour! So when you're buying for flavour . . . I'd suggest you head straight for the shelves where your grocer displays his cans of HEINZ TOMATO JUICE. Heinz Tomato Juice is made of rich, rosy "Aristocrat" tomatoes cooked and spiced to palatable perfection by Heinz chefs! Yes, Heinz Tomato Juice is a taste-treat that will give you the flavour goodness of September-picked "Aristocrat" tomatoes all winter long! It's an appetizer to start a banquet or a "family meal" with a flavour flourish! Look for the *new pack* at your grocer's now!

Look at Your Grocer's Shelves next time you're shopping . . . and see your favourite CROWN BRAND CORN SYRUP in its bright new containers! They're cone-topped for extra-convenient pouring and serving! So easy to open, you'll not have to fumble and fume when you're mixing ingredients for a cake . . . and so handsome that when you're in a hurry for Crown Brand to pour on waffles or pancakes . . . you can just put the tin on the table! Yes, you'll like the new containers Crown Brand Corn Syrup comes in! Ask your grocer for Crown Brand next time you're shopping!

Keep that Husband of Yours Proud of You with daily "Woodbury Facial Cocktails"! Yes, "WOODBURY FACIAL SOAP" made specially for *skin-beauty* by skin-specialists makes "Cinderella" complexions "Princess-lovely"! And here's why regular use of Woodbury is such a boon 'n blessing to tired complexions . . . its lather is extra-mild, extra-rich and extra-creamy. It actually contains a skin-smoothing, complexion-soothing ingredient of fine face creams! That's why so many women say Woodbury is a beauty treatment in cake form! All you do for all-year-'round skin-loveliness . . . Work up a creamy-rich Woodbury lather. Massage thoroughly over face to cleanse and soften. Follow with two rinses — a warm and a cold. Pat dry. That's all! . . . and such wonderful results . . . try it to-morrow!

A Tea-Wise Friend From England says "I know *good* tea, first sip!" Well, you should have seen her happy face when she first tasted the wonderful flavour of the new, improved TENDER LEAF TEA BALLS! She recognized the finest grade of Orange Pekoe . . . and raved over that "something extra" added by the *little top leaves!* Yes, Tender Leaf Tea Balls are made of young leaves that add something very "special" to the flavour. And Tender Leaf Tea Balls are so very easy to serve when friends drop in — or "between-chores". What's more, they're real economy! Just one of the tea balls gives you two cups of delicious Orange Pekoe! No wonder so many women I know are switching to Tender Leaf Tea Balls! Why not try them next time you buy tea?

This "Budget-Saver" Is One of My Favourites! And, since a *good* idea is worth a lot of repeating . . . here, again, is my favourite OXO "tip" on how to completely satisfy your family's appetite for "meat-full" meals . . . and at the same time *cut down* large meat bills! You see, Oxo is the goodness and flavour of prime, lean beef in concentrated form. So add Oxo cubes or fluid Oxo to stews. Add it to vegetable soups for out-of-this-world flavour. And make gravy — like this — with Oxo:—

OXO GRAVY

4 tbspns. dripping
6 tbspns. flour
2 Oxo Cubes or 2 tspns. Fluid Oxo
2 cups boiling water
1 tspn. salt
⅛ tspn. pepper

Melt dripping, add flour and brown richly, stirring constantly. Mix Oxo and boiling water. Add hot liquid, salt and pepper and bring to a boil. Yes, Oxo gives you so much for so little cost!

Let Your War Savings Snowball! Watch your youngsters making a snowball . . . rolling it around your back yard 'til it grows enormous. Your *War Savings Certificates* can be "snowballed", too . . . simply let the BANK OF MONTREAL look after them and, as they become due, use the proceeds to purchase a *Canada Savings Bond* in your name. The B of M charges very little for this service and it saves you the trouble of sending each certificate to Ottawa as it matures! You'll be surprised how big your snowball will become — a valuable reserve in these days! So why not let the B of M help you to start your own "snowball"? . . . when your next War Savings Certificate matures.

When the Sleepyheads in your family finally head for the breakfast table — they're heading straight for flavour delight when there's a jar of SHIRRIFF'S SEVILLE ORANGE MARMALADE to greet them! For this extra-flavourful, "bitter-sweet" marmalade offers the lively, "clear-cut" taste of specially selected Seville Oranges. The Seville Orange is very tangy . . . used only for making Marmalade, for no other orange can equal the "wide-awake" flavour of genuine Sevilles! Just imagine, tiny, tangy slices of Seville Oranges, cut wafer-thin and mellowed in pure cane sugar to make a marmalade that's a REAL taste treat at the start of the day! Ask for it next time you're shopping . . . Shirriff's Seville Orange Marmalade!

Yes, Even Husbands Are Romantics at Heart! Your husband will love you for your smooth, white hands that look like you'd never touched a dish-rag in your life! And it's easy to keep your hands this way with consistent use of JERGENS LOTION! Today it's even finer than ever, with two special ingredients that make my hands feel even softer and smoother. Protects them *longer,* too! And Jergens is so jiffy-quick to smooth on if you keep a bottle handy in bathroom and kitchen. Use it after every watery job . . . you'll find it's neither oily nor sticky . . . just right! Even the most hard-working hands can look attractive . . . with regular use of Jergens!

Good Grooming is a Lot of Good Habits . . . like the *new* one so many women have formed of using Sno-Mist Powder Spray Deodorant for the body . . . as well as an anti-perspirant under the arms. You see, the body perspires *all over!* And that's why well-groomed women say Sno-Mist is a real "find". For its atomizer-top squirts a fine spray of anti-septic deodorant on the feet, around the midriff . . . in fact, wherever good grooming suggests! So quick and easy to use . . . husbands like it, too . . . as a quick after-shower refresher. Ask at any drugstore tomorrow for SNO-MIST Powder Spray Deodorant.

THE CENTRAL GUARDIAN

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

COOKS for Photographs.

JIMMIE'S TAXI Phone 525.

CRASWELL for Photographs.

HOWARD McINNIS Fitted Footwear at 175 Queen Street.

TWEED SUITINGS $2.00 per yard. Prints $1.50 per yard, 1st floor. S. A. McDonald.

THIS WEEK SPECIALS at the Maria Elena. $5.00 Permanents for $2.50. Telephone 2191.

LADIES' GLOVES and Fur Mitts, $1.59 and $2.95 respectively, 1st floor, S. A. McDonald.

DON'T FORGET the big Shoe Sale by LePage Shoe Co., opening this morning at Hardy Bldg, Corner Queen and Kent Streets

ENJOYABLE PARTY — The firm and staff of Moore and McLeod Limited had an enjoyable party at the Whelan Memorial Hall Tuesday evening. A program of music was highly appreciated and impromptu skits caused much merriment. A sing song, dancing and refreshments contributed to give everyone a good time.

ATTENDED MARITIME KENNEL CLUB MEETING — Several members of the Charlottetown Kennel Club yesterday motored over to Amherst where they attended the Maritime meeting. Those making the trip from the local club were: Mr. and Mrs. Arthur Hogan, Mrs. Mary Brehaut, Mr. F. A. Stewart Jones and Mr. Charles MacKenzie.

ELECTED PRESIDENT — Miss Bessie Seaman, supervisor of the Saint John, N.B. Victorian Order of Nurses, was re-elected president at the recent annual meeting of the Saint John chapter of the New Brunswick Association of Registered Nurses held in the nurses' residence of the General Hospital. Miss Seaman is a sister of Dr. R. F. Seaman.

FIFTY SIXTH WEDDING ANNIVERSARY — Mr. and Mrs. Joseph McEachern, Mermaid, celebrated their fifty-sixth wedding anniversary on December 31. They were married in 1892, and have been residing with their son, Mr. Jay McEachern, on the old family homestead. Both are in good health, and have been receiving congratulations from their relatives and friends. In addition to Jay the only other child is Lydia, (Mrs. Dwyer) of New Jersey.

SERVICE HELD AT SANATORIUM — Under the auspices of the P. E. I. Ministerial Association a service was held in the auditorium of the Provincial Sanatorium on Monday evening, January 17th. Rev. Howard Christie conducted the service and gave the address. Members of the choir of the Hunter River United Church of which Mr. Christie is the pastor, led in the singing of the hymns and sang as a choir number "Guide Me, O Thou Great Jehovah." Mrs. Earl Sellar acted as organist. The service was very much appreciated by the large number of patients and staff who attended.

WORLD WIDE GUILD ENTERTAINED.—The January meeting of the World Wide Guild was entertained by Verna Turner, at the home of Mrs. Messervey. Devotional was led by Mrs. Davison and opened with a Call to Worship followed by hymn, "Jesus Shall Reign." The leader read an interesting story on the hymn "In Christ there is no East or West," followed by singing of same. The Devotional closed with prayer. Business period was conducted by the president Margaret MacEwen. Fourteen members responded to roll call. Minutes of the previous meeting were read and approved. Offering amounted to $1.15 The Secretary read a letter of thanks from a sick member conveying her thanks for a Christmas Box. Marguerite Brehaut invited the next meeting. Elsie Casford was appointed to take the study. Alecia Jenkins Devotional, Lunch, Marion MacEachern and Evelyn Ross. Roll Call for next meeting to be answered by a verse of Scripture pertaining to Missions. Grace Crosby conducted an Interesting mission study on the "Report of Schools." Meeting closed by repeating the Guild Covenant. Lunch was served by Alecia Jenkins and Margaret MacEwen.

Personals

Mr. W. A. Hyndman, Manager of the Royal Bank, Edmonton, is visiting his parents, Mr and Mrs. A. W. Hyndman, Fitzroy Street, after having attended the general meeting of the Bank in Montreal.

Friends of David MacEachern, 41 Richmond Street will regret to learn that he became suddenly ill in Summerside Tuesday and was taken by ambulance to the Prince Edward Island Hospital, where he is undergoing an operation for appendicitis.

AT YOUR SERVICE — Arnfast Coal Co. Phone 2498.

CONFEDERATION LIFE INSURANCE.

BOYS DEMIN OVERALLS, best quality. Basement bargain, $2.98. S. A. McDonald.

GALWAY BAY by Bing Crosby on Decca Record. Toombs Music Store.

BURNS ANNIVERSARY CONCERT—Tuesday, January 25th, P. W. C. Auditorium. Sponsored by Zion Men's Brotherhood.

BALANCE OF OVERCOATS at cost. J. P. MacPherson and Son, Queen Street.

CROSS ROADS Christian Church Service on Sunday, January 23rd, at 7.30 P. M. Lic. Byron Howlett, Minister.

CHARTER FLIGHTS to any point in Canada or the United States for passengers or cargo. Phone Maritime Central Airways Limited 2061 or 540.

A SPECIAL MEETING of the Prince Edward Island Registered Nurses' Association will be held in Training School, Prince Edward Island Hospital, January 20th, at 8 P. M. Members are urged to attend.

SOUTH WINSLOE MISSION BAND

The annual meeting of South Winsloe Mission Band was held Dec. 3. Meeting opened with hymn 609, When Mothers of Salem. Scripture reading Genesis 3-3-15 was read by Eleanor Rodd followed by prayer by Dorothy MacDonald.

The Story of the Beautiful Garden and The First Baby in the World and His Brother was read by the leader. Roll call was answered by 16 members. Collection amounted to 63 cents. Treasurer reported $23.50 made in year.

The following officers were elected for 1949: President — Dorothy MacDonald; Vice - President — Eleanor Rodd; Secretary — Veda Rodd; Treasurer — Ernie Diamond; World Friend Sec'y — Eleanor Rodd; Mite Boxes — Marie MacDonald; Temperance Sec'y — Ian Auld; Organist — Roma Rodd. Hymn 613, Jesus Bids Us Shine.

The regular meeting of South Winsloe Mission Band was held in the school room. The meeting opened with hymn 503, Pass Me Not O Gentle Savior. Scripture reading Gen. 5-1-10 by Roma Rodd. Eleanor Rodd lead in prayer. The Great Ship that Saved Eight People was given by the leader. A story "Come to Macadonia" was read by Marie MacDonald. A Midsummers Day by Alice Jenkins. The Fruit Peddler's Kid by Marvin Gillespie. Minutes of last meeting were read and approved. Roll call was answered by 16 members. Collection amounted to 43 cents. Four members paid fees. It was decided to send for World Friends. It was also decided to bring old Christmas cards to the next meeting for to send to Trinadad. It was decided that each member have a Sunshine Box for next two months. Next meeting to be held Feb. 11, roll call is to be answered with a verse of scripture. Hymn 602. What A Friend We Have In Jesus and Mizpah Benediction closed the meeting.

BRACKLEY POINT W. I.

The Brackley Point Women's Institute held their first meeting of the New Year at the home of Mrs. Fenton McLure on Thursday evening, Jan. 6th.

The usual opening exercises were followed by roll call to which ten members responded by passing in cards for the sick committee. Two visitors were also present.

A letter was read from Mrs. Read in England, acknowledged fruit cake sent to their W.I. at Christmas time.

The secretary and corresponding secretary, expressed thanks to the Institute for remembering them with gifts.

It was decided to send another box to the adopted Institute as soon as possible, under the new arrangement of the U.E.F.B.

A loose-leaf note book has been purchased in which to compile copies of the Institute News and serve also as an Institute Scrap Book.

Card parties are being held again this winter to help raise funds and provide entertainment for the long winter evenings.

Collection for the evening was $3.20.

Mrs. George Hughes kindly invited the members to her home for the February meeting. Lunch committee, Mrs. Edward McCallum and Mrs. Earle Skeffington. Roll call to be answered by passing in a suitable book for the school library.

SALFORD, England. — (CP) — Alarmed by the number of broken lamps, town council ordered extra strong glass. But stone-throwers threw heavier missiles which broke glass fittings as well. Said engineer D. V. Lewis: "We've decided to use glass that breaks at the first stone."

Prevent Needless COLDS!

Colds that result from lowered resistance due to insufficient supplies of Vitamin A in the diet may often be avoided. In the past 90 years millions have proved the value of Father John's Medicine as a nutritive tonic and builder which helps throw off cold infections by increasing inner resistance. Get a bottle from your Druggist today—prevent needless colds.

Made in Canada

Father John's Medicine

Williams-Mowbray Wedding

Gwenneth Gertrude Mowbray and Lloyd George Williams exchanged marriage vows in a double ring ceremony at 7 p.m. January 8th, 1949, in St. Andrew's River Heights United Church. Rev. Dr. J. L. McInnis officiated at the candlelight service. Miss May Lawson was soloist, with Mrs. F. C. Kennedy presiding at the organ.

The bride is the younger daughter of Mr. and Mrs. A. G. Mowbray. The bridegroom is the son of Mrs. Williams and the late J. H. Williams of Charlottetown, P. E. Island.

Mrs. W. M. Dickinson was her sister's attendant. Edwin A. Mowbray, brother of the bride, was best man. Ushers were Gordon Weir and W. M. Dickinson, brother-in-law of the bride.

The bride chose a gown of ivory satin. The fitted bodice, fashioned with a sweetheart neckline and lily-pointed sleeves, was encrusted with seed pearls and sequins. A pleated peplum accented the hipline. The flared skirt had a short train and her veil was held with a coronet of seed pearls. Her bouquet was of Joanna Hill roses.

The matron of honor wore a pastel blue gown and a blue net poke bonnet trimmed with tiny pink flowers and wore a blue elbow length veil. Her bouquet was roses and carnations.

A reception was held at the home of the bride's parents, 247 Cordova St.

Mr. and Mrs. Williams left by motor for a wedding trip through the Southern States. They will make their home at Carman, Manitoba.—Winnipeg Tribune.

★

there if it were not for the awful things people tell about the house and our family."

"Ay," said the other. "In truth there has been a power of evil connected with the family. These old eyes of mine have seen fourteen members of your household sicken and die without any apparent cause. . . ."

"But what had my poor parents to do with the curse?" queried the youth. "And why should I have to suffer for what some member of my family did long years before I was born?"

"Of that I cannot judge," went on old Sam. "All I know is what I have heard and seen. Some folks say yer old great-grandfather committed a base crime back in the Old World. . . ."

"What was the nature of that crime?" interrupted Ronald, "and why did he commit a crime in the first place? Most all members of our family were considered to be honorable people. Were they not?"

"If ye have never heard the story then far be it from me to divulge it at the present time. Such a gruesome tale would be the better cut of your young ears, that it would. But let me warn ye as far as I may that the sooner ye leave here and start life anew in some other country the better it will be for ye. Folks tell me the States is the real **place for** a young fellow to make a **fresh start.** But, mind ye, if things should come to the worst, my home always will be open to ye for the sake of your father, who was one of my best friends.

"However, I have hope that ye shall come to be a great man in time."

Then the two shook hands, said their farewells and parted.

"I'll promise you to try to make good and forget all about the old place and the curse," were the last words the youth was ever heard to utter.

That night Ronald MacDonald slept in a haystack, the sack containing his meager belongings tucked under his head for a pillow. When they found his body several days later, it was partly eaten by wild animals.

The curse of the House of the MacDonalds had caught up with its last living member.

The next story: Minegoo Was Made In Heaven.

EVERYONE IS TALKING

About The Wonderful Values Offered In The

THRIFT SALE

MAKE EVERY PENNY COUNT!

Which Continues All

THIS WEEK

CROCKETT and STOREY Ltd.

"Where Prices Are Born But Not Raised"

134 Kent St., Ch'town, Phone 834

Enter the

$10,000.00

CROWN BRAND CONTEST

463 PRIZES

It's easy . . . here's how you enter —

1. Simply print your name and address on any plain sheet of paper.
2. Mail this, together with a label from a 5 lb. tin of Crown Brand Corn Syrup*(or reasonable facsimile) to:—
   THE CROWN BRAND CONTEST
   Station "H" Montreal, Que.
3. Be certain your entry has sufficient postage.

That is all you do to enter the Crown Brand contest. Now, here's what happens:—

. . . . There are three prize-winning periods: Jan. 15 - Feb. 15; Feb. 16 - March 15; March 16 - April 15. Entries received will be valid only for the month in which they are received, so mail early and mail entries for each contest month!

. . . . Each month 154 entries will be drawn from the mail received. These 154 persons will then be notified by mail and asked to mail a letter giving three reasons why they like Crown Brand Corn Syrup.

. . . . Then, based on the merit of the replies, the 154 prizes will be awarded as follows:

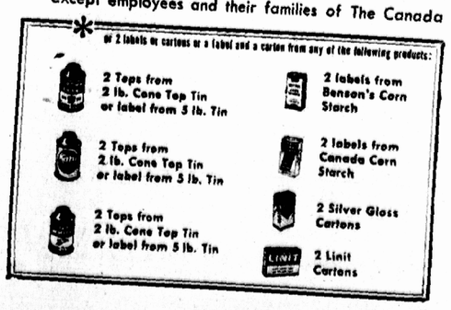
1st PRIZE: $100.00 2nd PRIZE: $50.00 152 PRIZES OF $10.00 EACH

And now look what happens!

THE JUDGES WILL DETERMINE WHICH OF THE THREE FIRST-PRIZE LETTERS IS, IN THEIR OPINION, THE BEST. THE WRITER OF THIS BEST LETTER WILL THEN BE AWARDED THE . . .

GRAND PRIZE:- $5,000.00

If no label, top or carton is enclosed the Grand Prize will be $1,000. The Crown Brand Contest is open to all Canadians except employees and their families of The Canada Starch Company and its advertising agency. Judges' decisions will be final. All entries become the property of The Canada Starch Company.



IT'S THE CONTEST FOR EVERYBODY BECAUSE IT'S EASY AND EVERY MEMBER OF THE FAMILY CAN WIN! WRITE NOW — AND WRITE OFTEN!

Here's the chance for Junior to get his bike, for Mom to get those new clothes, for Dad to get the things he's always wanted. Enter now — you may be one of the winners.

THE CANADA STARCH COMPANY LIMITED
MONTREAL TORONTO