

Put more SUNSHINE days on your calendar

many days in the month feel your best? You can have these sunshine days by simply obeying nature's laws.

The first of these laws is regular elimination. Avoid common constipation by eating a delicious meal.

Tests show Kellogg's ALL-BRAN furnishes "bulk" to exercise the intestines, and vitamin to help aid regularity.

The "bulk" in ALL-BRAN is such like that in leafy vegetables. How much more pleasant an pills and drugs—so often hit-forming.

Serve as a cereal or use in cooking. Directions on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

CHEESE EXPORTS

Cheese exports in October total 14,775,700 pounds valued at \$1,708 as compared with 13,871,700 at \$1,468,469 in September and 15,300 at \$2,773,965 in October.

During the 12 months ending October the export was 85,346,700 lbs. as against 88,576,000 lbs. in the previous 12 months.

The United Kingdom as usual the chief purchaser in October the amount being 14,498,800 lbs. valued at \$1,852,533.

Potatoes and Turnips

There will be buying Turnips, stock and Certified Seed Potatoes in 90-lb. bags all this week at best market prices.

J. L. DOUGLAS, Charlottetown.

RELIABLE HEAT COAL

have in stock and receive regularly by cars COAL of the best quality

THRACITE—Hard Nut. Readings Famous Anthracite for base burner.

Wash Anthracite Egg size, double screened for furnaces.

Wash Anthracite Nut size for jacket heaters, ranges, etc.

Scotch Anthracite Egg size, quality double screened.

LUMINOUS—Genuine Old Sydney Screened. Springhill Screened. Inverness Screened.

Albion Nut, Stove, and Round. Dominion household Coke.

cannot go wrong on buying of the above well known brands of Coal.

low prices. Special prices in lots. Delivery. Try us on your order.

D. GILLIS & CO. PHONE 176.

A. MacDonald, K. C. RILEY BUILDING, Charlottetown, P. E. Island.

Money to Loan and Collections. The very best attention. 10-15 months.

MATHIESON Bell D. L. Mathieson, L.L.D. Barristers & Solicitors. Money to Loan. Charlottetown and Montague.

MacPhee, B. A. BARRISTER, SOLICITOR. Notary, &c. Building. Charlottetown. 10-15 months.

ARK R. McGUIGAN B. A. BARRISTER, SOLICITOR, ETC. MONEY TO LOAN. 10-15 months. Charlottetown, P.E.I.

SUMMERSIDE And Prince County

—ALCOHOL Anti-Freeze, sold at Brace's. 6712-11-24-21.

—THERE IS NO BETTER place to buy good reliable furniture than at Brace's. 6687-11-23-21.

—AUTO TRUCK TIRES sold right at Brace's. 6712-11-24-21.

—BIG VARIETY CONCERT King George Hall, Kensington, Thursday evening, November 24th. Auspices St. Mary's Church, Indian River, Prince County and Charlottetown. All star entertainers. 6618-11-21-41.

—SESSION OF SUPREME COURT—The Supreme Court was in session in Summerside on Tuesday, Mr. Justice Saunders presiding. The case of the Provincial Bank of Canada against William B. McNeill was tried and at 5:30 p.m. was adjourned for the purpose of taking further evidence in Charlottetown on Tuesday next.

—FINED \$200 AND COSTS—A Summerside party appeared in the Summerside Police Court on Wednesday morning and was fined by Stipendiary Magistrate, E. H. Strong, K. C., \$200 and costs or three months in jail for an infraction of the Customs Act. The case was in connection with the recent seizure of 35 gallons of rum by the R. C. M. P. and Summerside Police force. Mr. Thane A. Campbell, K. C., appeared for the defendant.

—CELEBRATED NINETIETH BIRTHDAY—Many friends from Summerside motored to Cape Traverse on Tuesday evening to extend their congratulations to Mrs. Annie Clark on the occasion of her ninetyeth birthday. Mrs. Clark, who lives on the old homestead with her son, Mr. Russell Clark and Mrs. Clark, still enjoys perfect health and welcomed her guests with charming simplicity. The old lady was the recipient of some lovely gifts. A delicious supper was served by Mrs. Russell Clark. The evening was pleasantly passed in social intercourse and music. S.

—PRENUPTIAL SHOWER—Upwards of 100 guests were present on Tuesday evening at the home of Mr. and Mrs. William Bernard of French River, when their daughter, Miss Myrtle, was tendered a shower fit honour of her approaching marriage. The young lady, who is very popular in the district, received many lovely gifts. After a pleasant social evening dainty refreshments were served. The best of good wishes were extended to the bride-to-be before the guests took their leave. S.

—ELECTION OF OFFICERS—The Girls' Branch of the Women's Auxiliary of St. Mary's Church, Summerside, held their annual meeting on Tuesday evening in St. Mary's Hall. There was a very good attendance. Miss Mary Hunt, Hon. President, presided. The reports of the different committees were received and were very satisfactory. The financial report showed that the Club had been able to meet all their liabilities. The officers for the coming year were elected as follows: Hon. President, Miss Mary Hunt; President, Miss Rosamond Richardson; Vice President, Mrs. Frank MacInnis, Miss Dorothy Parkman; Treasurer, Miss Audrey McCaull. Plans were discussed for the winter's work. S.

—SUMMERSIDE HOCKEY BOYS MEET—A number of Summerside citizens interested in the welfare of hockey in the town met in the Town Hall on Tuesday evening to discuss plans for the winter's hockey. Mr. Reginald Saunders called the meeting to order. There was a good deal of discussion as to what was the best thing to do. It was undecided whether to reorganize the Crystal team or to form a town league. After considerable argument a committee of four, Mr. Reg Saunders from the Crystal team, Mr. Crilly Lea of Summerside Hockey Club, Mr. Peters of the C. Y. M. C. and Henry Gaudet, manager of the Crystal Rink, were asked to get information in regard to certain rules and bring a report back to the meeting which was adjourned until Tuesday next. The McLean League meet today and their meeting may help the Senior League in their decision. S.

—SUCCESSFUL CONCERT—The Women's Institute of Bedeque put on a very successful concert on Tuesday evening. The hall was filled to capacity with an enthusiastic audience. Mr. T. J. Imman presided and gave a short address on the excellent work that the Institute was doing. The concert opened with "The Fairy Rose Opera," under the direction of Mrs. Thomas Moyses and charmingly acted by the school children. Instrumental music was given by Mr. John MacKenna, accompanied by Miss Ruth MacKenna. The delightful pantomime, "Cinderella," in three scenes was admirably carried out by the following ladies: Cinderella, Helen Sudbury; Prince, Dorothy Dawson; Fairy Godmother, Hester Inman; Ugly Sisters, Mrs. Ruth Calbeck and Jean Calbeck; Page, Doris Muncy. Duet, "Love's Dream is O'er," by Mrs. Charles Green and Mr. Fred Moyses, endorsed; Flag Drill by the children; intermission and sale of candy. A playette, "Who Kissed Barbara," was opened the second half of the program and was a great success. Those taking part were: Barbara, Doris Muncy; Catherine, Florie Green; Graham, Jack Green; Paul Blake, Fred Moyses; Butler, Harold Bagnall. Little Miss Margaret Arsenault was heartily applauded for her wonderful exhibition of step dancing. Instrumental music by Frank Kohaut received well merited applause. The closing number "Camp Fire Scenes," was especially fine and worthy of special mention. Taking part in the number were Ralph Calbeck, Harold Schurman, Jack Green, Fred Moyses, Harold Bagnall, Frank Kohaut, Ambrose McInnis, John Dawson and Neil Johnson. The accompanists were Mrs. Earle Leard and Miss Eileen Dawson. The National Anthem brought to a close one of the best programmes ever put on in Bedeque, and a hearty vote of thanks was extended to the Women's Institute for the trouble they had taken in getting up the affair. S.

MICMAC TRIPLE SEALED TEA Quality Strength and Freshness. Brown Label 40c lb. Red Label 50c lb.

—APRIL 14—The Royal Palace remains intact just as it was left after Queen Ena and her children left on the morning of April 15, 1931. The King Alfonso, it may be recalled, had left the previous afternoon, and there in the room where the Cabinet meetings were held the calendar on the wall bears the fateful date, "April 14."

—Grenfell Fears Labrador Must Endure Famine—HIGH PRICE OF SALT AND LOW VALUE OF FISH FOR EXPORT IMPOVERISH REGION.

NEW YORK, Nov. 23.—Thousands of people in the bleak and stormy wastes of Labrador will starve this winter unless they receive help from the government and from the outside world, Sir Wilfred Grenfell said yesterday.

"The ripples of the depression have reached the outposts of the world everywhere," he said. "Impoverished European markets can't buy our fish at a price that pays to catch and salt it. This is the second year the Labrador fishermen have had to sell fish for less than cost because of the high price of salt and the low price of fish in foreign markets."

—Mrs. R. J. McNeill and family of Tyne Valley have taken the residence of Mrs. Bowsfield on Upper Prince Street, Charlottetown, for the winter months and are receiving a cordial welcome from their many friends in the city. S.

—Mrs. Henry Compton of St. Eleanor's, has taken up her residence in Charlottetown for the winter and is being cordially welcomed by her friends. S.

—FOX MEN.—Fresh Cap'in for sale. Order early as fish are scarce. J. H. MacLennan, Montague. 5945-11-3-1st-121.

—KINDNESS APPRECIATED—The returned men of Montague and surrounding districts wish to thank the following merchants who so kindly donated smokes for the men on Remembrance Day: Mr. E. Mosher, 50 cigars; Mr. H. J. Mabon, 50 cigarettes; Mr. N. Bears, 40 cigarettes; Mr. J. W. Carruthers, 40 cigarettes; Mr. C. Shaw, 40 cigarettes; Mr. M. F. McDonald, 60 cigarettes; Mr. D. J. McLean, 40 cigarettes; Messrs. McLeod & McGregor, 80 cigarettes. H.

—CANADIAN GASOLINE AND COAL OIL—Better prices were obtained for Canadian gasoline and coal oil in October for the export of the former was 703,444 gallons at \$116,227 compared with 827,067 gallons at \$132,444, whilst the export of coal oil was 194,810 gallons at \$34,383 compared with 223,316 gallons at \$27,810 in September. The October 1931 export of gasoline was valued at \$42,481 and of coal oil \$4,573.

—Pests Destroy Vegetables—"Labrador would be a good country if it were handled right, but it never has been. It has been so isolated, and the people get discouraged. They haven't known how to kill the pests that destroy their vegetables. We're teaching them how to kill cutworms, to get certified seed, and to sweeten the soil. I don't want people to go down there on my say so, but you can put by all the food you need if you have a start. A man would have to build his own house, cut his own firewood, clothe himself. Of course he'd need a wife to help him. A man who lives in Labrador and has kept his head above water can feed himself even now."

—Have you any children, Mr. Smith? "Yes—three daughters." "Do they live at home with you?" "Not one of them—they are not married yet."—Frankfurter Illustrierte.

How King Alfonso Lived

Former Royal Palace Now Most Popular Madrid Sight

FORMER ROYAL PALACE NOW MOST POPULAR MADRID SIGHT

The former home of ex-King Alfonso, the Royal Palace in Madrid is now the most popular attraction for visitors to the city who are anxious to see exactly how the former Royalties lived.

It has even surpassed the famous Prado Art Gallery as a magnet for visitors, sometimes as many as 6,000 people visiting it on Sunday, which is the free day.

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Here is a way to EAT YOUR CAKE and HAVE IT TOO! They say it can't be done. But I know this—that I can retire at age 60 with a guaranteed monthly income for life, and it costs me so little now that I never miss the money. That's what I call eating my cake and having it too. Retire at 60 with a Great-West Retirement Annuity. Think what it will mean to have a definite monthly income—an income you cannot outlive—when you are ready to retire—safe from the blows of business misfortune—free from the shadow of dependence on others. The new Great-West Retirement Annuity offers you more income for less money than any other plan of saving. No medical examination required.

THE GREAT-WEST LIFE ASSURANCE COMPANY HEAD OFFICE WINNIPEG

Some Early Chapters In The History Of Tryon United Church (By E. S. D.)

(Continued from Page 10) generosity to the church, and the part he played in the spiritual and moral welfare of Bedeque and the surrounding community.

—FIRST METHODIST PARSONAGE—We learn from this sketch also that the preachers of the circuit had lodged in Mr. Wright's house free of expense from 1820 to 1824. A parsonage was erected in the last named year though like the churches of that period its interior was not completely finished for some time.

Four years later when Rev. John Snowball and his family took up residence there he described it as a log house with but a single room therein furnished. Bedeque with Charlottetown shares the honor of having the first Methodist parsonage on P. E. I. the Charlottetown one being built in 1823 or 1824.

—In November of 1824 the three Wesleyan Methodist ministers who were stationed on P. E. I. and these included Mr. Jackson waited upon the newly arrived Governor, Colonel John Ready, presenting His Excellency with an address of welcome, and on behalf of the "Societies" to whom they administered the word of life assuring him of their continued allegiance to King and Country.

—About the time of Mr. Jackson's removal a little log chapel was erected at Craquad, seating about thirty people which "gave much satisfaction to some devout spirits in that day of small things." The land on which the church stood together with sufficient for a public burying ground had been donated by Mr. Christopher Smith. George Wigginton, Craquad class leader and local preacher, in the absence of the minister preached to the little flock.

—Rev. Wm. Smith who arrived from England in the Autumn of 1827 was appointed to the Tryon and Bedeque circuit and came directly there from Halifax. He was able to give a pleasing report on the personal spiritual condition of the members under his charge. He stayed but one year being succeeded in 1828 by Rev. John Snowball. He too like one of his immediate predecessors nearly drowned in reaching the Island.

—While overseeing the landing of his household effects, Mr. Snowball fell over the side of the boat, but grasping a floating trunk and then an oar hung to him by Rev. Wm. Temple he escaped an untimely end.

—MISSIONARY MEETINGS HELD—Mr. Temple was the newly appointed minister to Charlottetown

What the Fashionables are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern By Annebelle Worthington By RUTH ROGERS Here's a new type of jumper dress the little girl of school age will love. It's so simple, yet has so much smartness. Mether will love it too for it's so easily made and at a small outlay. The navy blue woolen jumper was stitched down the center front skirt inverted plait, the belt and the epaulettes and gave a most pleasing tailored finish. However, the stitching may be omitted. The separate gumpes was white cotton broadcloth. To give the wardrobe variety without incurring much extra expense, you could make two or three different gumpes. For instance, one in red and white gingham check, one in tomato red wool crepe and one in yellow jersey. Style No. 924 is designed for sizes 8, 10, 12 and 14 years. Size 8 requires 1 5-8 yards 39-inch for dress and 1 1-8 yards 39-inch for blouse. Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully. No. 924 Size Name Street Address City State

MINARD'S "KING OF PAIN" LINIMENT Wash the painful part well with warm water; then rub in plenty of Minard's and you'll feel better!