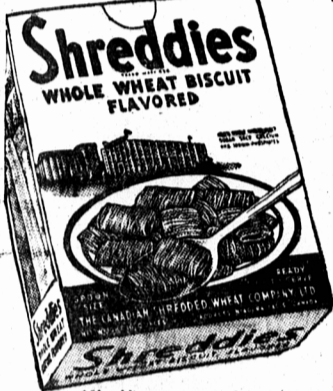




That grin says ...GOOD!

Shreddies* for breakfast mean smiles for breakfast. Those sparkling eyes and firm white teeth are the result of good nourishing food—and Shreddies are nourishing, as well as sweet-tasting. They are whole wheat—nature's best food, with a flavour that brings the grin that says—GOOD. Have Shreddies for breakfast tomorrow.



*Shreddies is a registered trade-mark owned in Canada by THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED NIAGARA FALLS, CANADA

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 payable in advance.

JIMMIE'S TAXI. Phone 525.

CRASWELL for Photographs.

HOWARD McINNIS' Fitted Footwear at 175 Queen Street.

CONFEDERATION LIFE INSURANCE.

AT YOUR SERVICE Arnfest Coal Compny. Phone 2498.

DRY SLABWOOD — Call Arnfest Coal Co. Phone 2498.

RECITAL — Friday, 7.30 P. M. Kirk Hall. Pupils of Miss Lillian MacKenzie, Mus. Bac.

GRADUATES—Have your diplomas framed at Henry MacFarlane & Co.

UNLOADING COAL. — A. Pickard & Co., are unloading cars of Springhill, Inverness, Bayview and Bras d'Or.

RADIATOR Repairing and Re-coring. New cores carried in stock. Mallett's Battery Service. Phone 980.

VALLEYFIELD United Church. Service Sunday, June 22nd at 11.00 A. M. Orwell Head at 7.30. Rev. A. S. Weir, Chairman of Session.

ANNUAL MEETING of Charlottetown Auxiliary Protestant Orphanage will be held in Trinity Hall, Friday, June 20th, at 3 o'clock.

HOLY TRINITY CHURCH Georgetown. Sunday Service of morning prayer 11 A. M. Sunday School 2 P. M. Rev. D. A. Yeo, in charge.

ANYONE interested in becoming a Red Cross Swimming and Water Safety Instructor may obtain information from Red Cross House, Charlottetown.

CHURCH OF SCOTLAND. — Services Lord's Day, June 22nd, 1947. Bangor 10.30 A. M. Belle River 3.00 P. M. Murray River 7.30 P. M. Sabbath School 2.00 P. M. Murray River. All welcome. All services Standard Time.

ENGAGEMENT ANNOUNCEMENT. — Mr. and Mrs. Ambrose Coles announce the engagement of their eldest daughter, Georgina (Jean) Pearle, to George Reed, only son of Mr. and Mrs. George H. Walker, Los Angeles, California. Marriage to take place in June.

ARE YOU AFRAID? A number of people have intimated that they are afraid to attend the Share-the-Wealth Show next Monday for fear of being "called up". Please don't miss an evening of fun on this account as participation in the quizzes will be purely voluntary. Better get your tickets soon.

we continue to get winters with as little snow as the last one. There's no clover at all left in the fields.

And Jamie was our guest all this lovely day, and this evening Ellen niece and namesake of mine came to remain overnight. With Jamie we have been a-strolling in the straight to a neighboring farm, and as we stop to visit "together now in the silence of this old kitchen, there is an ominous—a decidedly ominous stirring which declares a warning from the old bed in the room above!

Until tomorrow — Diary — Good-night.

Ellen's Diary

By an Island Farmer's Wife

(Continued from Page 2)

How quickly fade, The color in the west, The bloom upon the flower, The bloom upon the breast, And youth's blind hour. Yet keep within your heart, A place apart, Where little dreams may go, May thrive and grow. Hold fast—hold fast your dreams!

"No" I chanced to overhear one farmer say to another as I went along a street, and they stood beside a car "we didn't finish seeding yet but the wife was bound to come to town today—so I left it. May do a little at it when we go home. It's the day of the College Closing you know. Oh yes, he got through his year—did very well

you know." He beamed. "His mother's pretty proud of him!" I slowed my step. "Yes" he continued "I could do with him on the farm, but youngsters like to follow their own hants. Well they've their own lives to live. Yes, it is a late Spring—looks as though it might be clearing better now."

James miked the seed this morning, that which goes with the grain to the "seeding down" the timothy, the clover and the "alsack" which blend together in a two-way mixture to grow the hay. Twelve pounds, James sows to each acre and as he points out "it's enough to sow if it catches and plenty to waste if it doesn't." Up to this time and all down our years together, there have been no losses of stock from lack of hay stores though I may say that at present and seeing through James' eyes the prospects are extremely grim for the year to come. "It's not much good sowing it, Ellen" James said, down on his knees mixing and remaking the stuff until each seed had a strange neighbor "if

rest. The spray evaporates, leaving a fine, unseen deposit of DDT on the surface. This remains deadly to insects that touch it, for weeks.

For best results, be thorough in your application. Spray walls, ceilings, window frames, doors, etc., being sure to cover the entire surface as if you were painting. DO THIS NOW, WHILE HOUSECLEANING and once again later in the season.

For Summer Camps, too! Remember to take a can of "Green Cross" DDT Spray to Camp... it will help make life more comfortable.

GET YOUR SUPPLY IN—TODAY! In 8 oz., 16 oz., 32 oz., and 1 gal. cans.

The GREEN CROSS line also includes a complete selection of pest control products for the garden. Ask your dealer.

Notice that word "RESIDUAL"—the secret of GREEN CROSS DDT's fantastic success! With old type "space sprays", rooms had to be done practically every day. With GREEN CROSS, the lethal effect is lasting! You spray the surfaces where flies

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STOCK UP FOR THE WEEK-END TODAY



Several varieties of Heinz Condensed Soup are now in abundant supply. Now you can buy all the Heinz Beef Noodle Soup you can carry. If your family hankers for real old-fashioned flavour, you'll score a hit.



CENTRAL PARISH.—June 22nd. Clyde River 11 A. M. S. S. 10 A. M. Churchhill 2.30 P. M. Canoe Cove 7.30 P. M. S. S. 6.30 P. M. Rev. T. W. Goodwill, Minister.

ST. JOHN'S PRESBYTERIAN CHURCH, Belfast, Services, Sunday, June 15th, will be as follows: Morning Worship at 11. Evening at 7.30. Rev. E. C. Evans, Minister.

CALVIN CHURCH. — Divine worship will be conducted on Sabbath next at 2.30 P. M. Rev. G. Garlyle Webster, Minister.

HUNTER RIVER United Church Charge. Services on Sunday, June 22nd, are as follows:—Hunter River 11 A. M. North Wiltshire 3 P. M. and Wheatley River 7.30 P. M. Rev. J. I. Morrison, Minister.

HAZELBROOK—UIGG BAPTIST PASTORATE.—Services for Sunday, June 22nd are cancelled as the Minister Rev. J. A. Corbett is attending the Annual Convention of Baptist Churches Meeting at Summerside this week end and Tuesday.

CAVENDISH UNITED CHURCH. Sunday, June 22nd, Cavendish, Sunday School at 10.00 A. M. Stanley Bridge Sunday School at 10.30 A. M. Public Worship in Stanley Bridge at 11.00 A. M. Sacrament of Baptism in Cavendish at 2.00 P. M. Public Worship in North Rustico at 7.30 P. M. Rev. E. F. Coffin, Minister.

NEW GLASGOW AND CAVENDISH.—Services on Lord's day, 22nd, (D. V.) as follows: New Glasgow 11.00 and 7.30. Cavendish 3.00 Dr. C. H. Phillips of Calgary, will be guest speaker. At the evening services there will be dedication of newly installed electric organ. Addresses will be given by Mr. Charles Dickenson and Dr. Phillips. A cordial invitation to attend. J. W. Hayter, Minister.

FORTUNE BRIDGE WOMEN'S INSTITUTE The June meeting of Fortune Bridge W. I. was held at the home of Mrs. Jim Dixon on Wednesday evening June 4th.

The Vice-President presided and meeting opened with the Ode and Creed in unison.

Thirteen members answered roll call with "A Handicraft I would like to learn." Two visitors were present.

The minutes of the May meeting were read and approved. A bill of \$2.34 for yarn for the nursery mat was presented and paid. The mat was displayed and much admired. A vote of thanks was extended to Mrs. Dingwell and the others who helped with the booking.

Mrs. Jim Dixon was appointed a delegate to the annual convention in Charlottetown.

The drawing for the chocolates was held, the lucky ticket being drawn by Hazel Jackson and held by Mrs. Bella Pineau. Collection amounted to \$1.21. It was decided to sponsor a play in the hall, if one was available.

Program consisted of a reading and a contest.

Mrs. George Jackson invited the members for the July meeting. Mrs. Joe Dingwell and Mrs. Lewis Higginbotham to be on the lunch committee.

At the close of the meeting a dainty lunch was served by Mrs. Dixon and Mrs. Elmer Campbell.

(Patriot please copy)

SPRING VALLEY W. I. The Spring Valley W. I. held their June meeting at the home of Mrs. Harry Sudsbury, with an attendance of 14 members and five visitors. The usual order of business followed. Some plans were made for Institute's part in the district convention. The committees gave their reports and the new ones appointed were Sick, Mrs. Harry Sudsbury and Mrs. Robert Glover; programme, Mrs. Mamie Adams, Mrs. Harry Sudsbury and Mrs. Chas. McLellan. Correspondence was read and discussed and Mrs. Michael Brennan and Mrs. Harry Sudsbury were appointed delegates to attend the annual meeting in Charlottetown. A report from the executive committee was heard.

Receipts from the Irishtown

One Patient in Three Mentally Ill Or Nervous

MONTREAL, June 18 —(C.P.)—Present intense interest in mental health may indicate Canadians are on the threshold of a new era where the quality of life will be of greater concern than mere longevity. Dr. Clarence M. Hincks of Toronto told the Health League of Canada annual meeting today. "Every third patient who enters a doctor's office in Canada is afflicted with a mental or nervous disability," said Dr. Hincks, general director of the national committee for mental hygiene.

He recalled that medical examining boards discovered during the Second World War that 10 per cent of young Canadians seeking army enlistment were mentally unfit for military service.

It was estimated that two per cent of the population could be regarded as mentally deficient.

"At a cost of \$4,000,000 a year it would be possible to provide the necessary number of clinics and liaison officers to serve the mental health needs of all Canadian children. This would be the most profitable investment that Canada could possibly make and would result in raising the level of mental health in this country."

Other speakers at the second day of the 28th annual meeting were Dr. Gaston Gosselin, professor of Bio-chemistry at the University of Montreal; Dr. J.C. Meakins, dean of the Faculty of Medicine at McGill University; and Dr. L.B. Pett, chief of the Nutrition Division, National Health and Welfare Department, Ottawa.

Canadians were well fed, Dr. Pett said, but there was "definite malnutrition in Canada," shown by deaths due to deficiency diseases and surveys which disclosed milder deficiencies. Vitamin "D" and fish liver oil were so much neglected that mild rickets is quite prevalent among Canadian children.

The regular monthly meeting of the Kingston W.I. met on Tuesday evening, June 15th at the home of Mrs. Zilpha Newson.

The meeting opened in the usual manner by singing the Institute Ode and repeating the Creed in unison.

Roll call was responded to by thirteen members, with an exchange of flower slips. One visitor was in attendance. School committee reported a barrel of dushane has been purchased for school.

It was moved and seconded to buy a treat for school children at closing.

A letter was read regarding the annual convention. Mrs. Zilpha Newson and Mrs. Heber Campbell were appointed as delegates.

A meeting is to be held in the Institute Rooms in Charlottetown to make arrangements for the District Convention. Mrs. Edgar Newson and Mrs. Merrill Green were appointed to attend.

A letter was read from Miss Beer, Public Health Nurse, regarding improvement of school and equipment.

It was moved and seconded to give M. Green \$1.00 for transportation.

Proceeds from pantry sale amounted to \$21.21.

Mrs. Edgar Newson invited members to her home for July meeting, roll call to be answered with a sympathy or get well card. Collection amounted to \$1.35.

Next meeting to be held on Wednesday, July 22nd on account of annual convention. Meeting closed with National Anthem.

play sponsored by the Institute amounted to \$14.00. Mrs. Michael Grennan invited members for the July meeting, roll call to be answered with maxims or proverbs. It was decided to treat the children at school closing with ice cream. Bingo was played for a short time. It was suggested to have a social hour at all meetings, learning and exchanging ideas in knitting, crocheting, cut work, etc. Lunch was served by the hostess. Meeting closed with The King.

Everyone can paint better with a well-balanced brush that sheds no bristles—that's a genuine Rubberset. Guaranteed for satisfaction.

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SHARE - THE - WEALTH SALE OF MEN'S WEAR THURSDAY - FRIDAY - SATURDAY

Share-The Wealth with Stan Francis at the Y's Men's Show, "FUNZAFIZZIN" on June 23rd, and remember that just as "Francis" has all the quiz answers . . . so WE have all the answers to your CLOTHING problems.

Table listing clothing items and prices: 25 TWEED SUITS—tailored by Hyde Park and Towne Hall—in newest styles. Worth up to \$42—SALE 29.50. 20 WORSTED SUITS—Good quality, well made. Regular Price \$40. All shades. Sizes 36 to 42—SPECIAL 35.00.

TOP COATS \$16.95—Donegal and Tweeds—Regular \$25—SALE 16.95

SPORT COATS \$15.00—Smart patterns in new Lounge Models. Worth \$20—SALE 15.00

WORSTED PANTS \$7.50—50 pairs of good quality Trousers. Exceptional value 7.50

BLACK RUBBER RAINCOATS \$7.95—A real raincoat for Farmers, Fishermen or Teamsters—SALE 7.95

RAIN COATS, 1/2 Price \$8.50—in sport style only. Knee length—\$17. SALE 8.50

SQUALL JACKETS \$2.00—Made in Khaki shade, knitted collar and cuffs, \$3. SALE 2.00

SPORT JACKETS \$4.50—fine quality zipper style. Fawn and Maroon, \$6—SALE 4.50

CHAUFFEUR CAPS \$1.15—Blue, Grey and Sand shades, \$1.75—SALE 1.15

PYJAMAS \$2.75—Good quality Flannelette—nice patterns, \$3.25—SALE 2.75

SMOCKS \$2.50—Heavy blue denim Jumpers—Exceptional value 2.50

SPORT SHIRTS \$1.95—Slightly soiled in white only—Reg. \$2.95—SALE 1.95

CAPS 95c—5 dozen Tweed Caps worth \$1.50—SALE 95c

WHIT' SHIRTS \$2—3 dozen white dress Shirts. Size 14 only. Worth \$3—SALE 2.00

PULLOVER SWEATERS \$3.95—Pure wool. Fawn V-neck Sweaters—Reg \$5.50—SALE 3.95

FANCY SWEATERS \$3—Pullover style, fancy design—All shades. Reg. \$4.50—SALE 3.00

"WALKER" MAKE PANTS \$4—The finest work Pants made—Blue Denim 4.00

STUDENTS' SUITS \$18.95—Brown Tweed patterns. Sizes 33 to 36—Worth \$24—SALE 18.95

WORK SHIRTS \$1.00 to \$2.00. Come in and see our splendid stock of WORK SHIRTS—Prices are very low—in fact 33% below present market value.

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For good painting use SHERWIN-WILLIAMS PAINTS. COVER THE EARTH. Genuine RUBBERSET the greatest name in BRUSHES.