

Lack Of Potatoes In Diet Linked With Heart Disease

The increase in heart disease may be linked to the decrease in the consumption of potatoes by 42 per cent in the past 25 years, it was suggested by a Montreal nutrition expert last week.

Mrs. Agnes Higgins, executive director of the Montreal Diet Dispensary, told delegates to the Fruit Wholesalers convention that a lack of potassium in the diet can contribute to and possibly be responsible for cardiac disease.

"Potatoes she pointed out are high in potassium content. 'Obviously,' she said, 'the easiest way to increase intake of potassium is to eat more potatoes.'"

The daily intake of potassium should be 3.5 grams, she said; yet the total content of potassium of foods in Canada's food rules recommended by the Canadian Council of Nutrition amounts to only 2.8 grams.

This lack of potassium in the recommended diet has been a hitherto unsuspected fact, she said.

One of the reasons for the decrease in the consumption of potatoes was the common belief that potatoes are fattening and have little nutritive value. Both beliefs are false, she added.

Kensington Cops Playoff Series

Kensington crushed Bedouque 10-3 in the second game of a best of three series Intermediate playoffs at Bedouque last night. This being the second victory for the Kensington squad gave them the series.

Point-getters for the winners were G. Reeves 1, B. Champion 3, J. Kennedy 3, E. Mann 2, G. Sudsby 1, J. Jollymore 2, E. Sinclair 1, C. MacEachern 1, Andrews 1.

Bedouque point-getters were R. Arsenault 1, C. Arsenault 1, J. Roberts 1, F. DesRoches 1, R. Roberts 1. Referees were G. Watson and B. Callbeck.

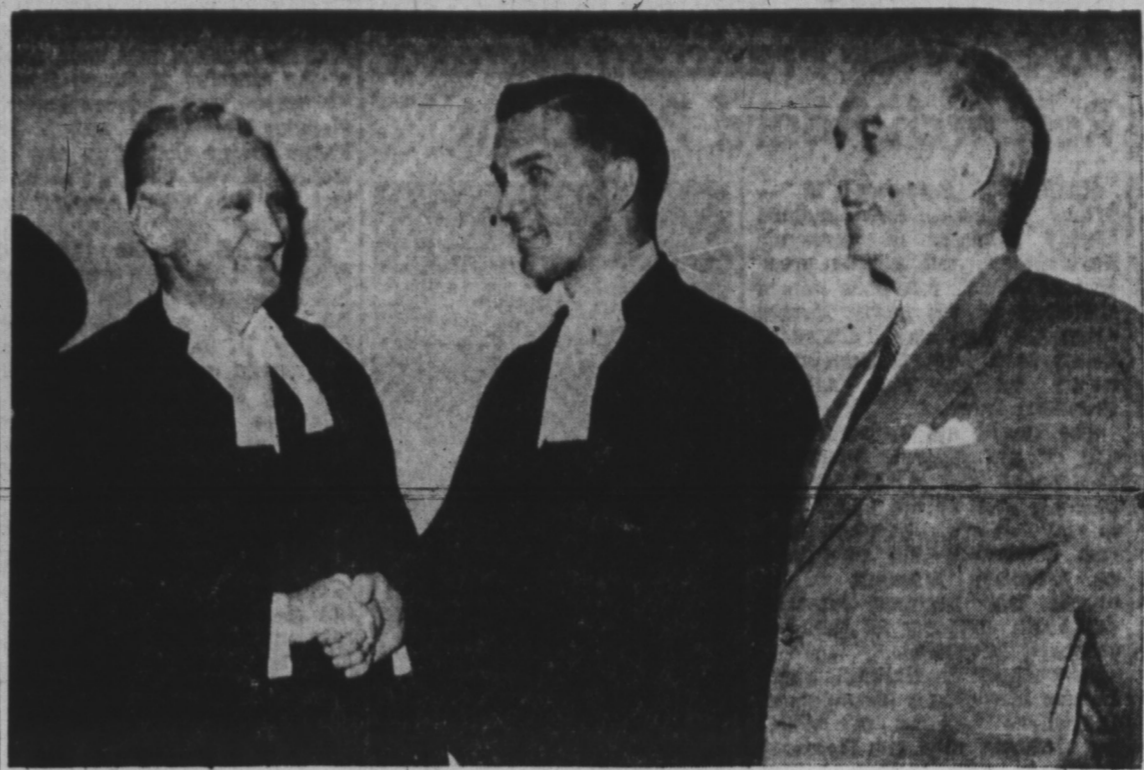
MIKE WARDELL FIGHTS FOR THE MARITIMES

The British socialite-turned-publisher is always spotting for a fight—a fight with Ottawa and the rest of Canada to give the Maritimes a fair share in the country's economic prosperity. From his newspaper headquarters in Fredericton he keeps New Brunswick and the rest of the Atlantic provinces in a tizzy wondering what controversy he will stir up next.

Read about it in...



Telling the story of Canada to Canadians AT YOUR NEWSSTAND TODAY



MR. JUSTICE G.J. Tweedy (left) is shown here extending congratulations to Alexander B. Campbell on being admitted to the Bar of Prince Edward Island. An interested onlooker is Alexander B. Campbell, Chief Justice Thane A. Campbell.

Alexander B. Campbell Admitted To P.E.I. Bar

SUMMERSIDE — Alexander B. Campbell, Summerside was admitted to the Bar of P.E.I. at impressive ceremonies held in Supreme Court Summerside yesterday afternoon presided over by Mr. Justice G.J. Tweedy.

R.S. Hinton, Q.C., with whom Mr. Campbell articulated read the petition, affidavit and a resolution passed by the Law Society of which certified that Mr. Campbell had met all the requirements of that body. Mr. Hinton also moved his admission to the bar, as well as motions that he be admitted as Attorney of the Supreme Court Adjudicator and Solicitor of the court of Chancery.

Other members of the Bench and Bar present were Mr. Campbell's father, Chief Justice Thane A. Campbell, J. Watson MacNaught, J. Harold Goodwin Leigh T. Linkletter, W. Chester S. MacDonald, Neil R. MacLeod.

Mr. Campbell, who was admitted to the Bar of Nova Scotia on January 7th is a graduate in Arts and Law from Dalhousie University following which he articulated with the firm of Smith and Coles in Halifax.

He is unmarried and is 25 years of age.

Rayner Withdrawing From Civic Election Contest

SUMMERSIDE — J.L. Rayner last evening withdrew from today's possible nominees for the Summerside Civic Election scheduled for next Tuesday, leaving six announced candidates who have declared their intention of nominating for one of the three council seats at stake in this election.

In the West Ward Gordon Kelly, an intended candidate, earlier this week decided not to nominate due to sudden illness of his brother, his business partner in Victory Cleaners.

The only other announced nominee in this ward as of last evening is Leo Wood, a member of the present council, who is expected to renominate today, and if unopposed when nominations close this afternoon will apparently be the only councillor elected by acclamation.

Councillor Wood, employed with the unemployment insurance office in Summerside, has been chairman of the Streets Committee for the two years which he has been a member of the council.

In the center ward Dr. H.E. Clark, senior member of the present council with six years experience, the latter three as Chairman of the Electric Light Committee, is being opposed by at least two other candidates, J. Ernest Morrison, and Mercier Mullin. Mr. Morrison, the first to announce his candidacy in the ward, is owner of P.E.I. Concrete Products Ltd., and Mr. Mullin is a buyer with Canada Packers.

In the east ward, the announcement by Mr. Rayner last night, leaves Councillor Elmer Newson renominating against at least one candidate, Edmund F. Arsenault. Mr. Newson, a C.N.R. employee, Chairman of the Police, Fire, and Abattoir Committee, in the present council, will be seeking his second election to Council while his one announced opponent will be Mr. Arsenault, a salesman with Robinson's Bakery. The possibility of a third nomination was also seen in this ward in rumors that Mr. Llewellyn Rogers, M.C.A. Agent, might nominate, but last night Mr. Rogers said he had not made any decision.

Mr. J.L. Rayner in announcing his decision last night not to nominate in the east ward, said that in previously stating his intention

Fancy Dress Carnival Kensington Rink February 18th at 8:00 p.m. PRIZE LIST

Table with 3 columns: Category, Prize 1, Prize 2, Prize 3. Includes Boys nine years and under, Girls nine and under, Adults (Men's), Adults (Women's), Best Couple, Funniest Couple.

A special prize of \$10.00 will be awarded to the prettiest and most original costume at the carnival. The winner of this prize will rule the carnival for the evening.

Admission: Adults 50c; Children 25c.

Have Perspiration Stains ever ruined Your Dress?

New ARRID with Perstop* Stops Perspiration Stains—Stops Odor

DRAMATIC STEAM-BATH TEST SHOWS HOW



ARRID with Perstop* was rubbed into this woman's forehead. After 15 minutes in a 100° steam-bath, she was dripping with perspiration—but ARRID kept her forehead dry.

Use daily ARRID. It will keep your underarms dry, soft and sweet... keep your clothes safe from perspiration stains! ARRID with Perstop is 1 1/2 times as effective as all leading deodorants.

Don't be half-safe... use ARRID CREAM to be sure. Only 53¢ CANADA'S LARGEST SELLING DEODORANT

mechanical power". George Doughart and Wayne Lockyer upheld the affirmative, while Ann Ramsay and Elizabeth Ramsay spoke for the negative. The Rev. Mr. Bean congratulated the speakers and offered some constructive criticism. The debate was won with a close margin by the Con side.

The following program was enjoyed.—Piano Solo, "Melody of Love", Patsy Ramsay; Sword Dance, Elizabeth Davison; Vocal solo, "Beautiful Dreamer", Sharon Crozier, accompanied by Rev. L.M. Murray; Piano solo, "Clair de Lune" Margaret Walker; piano solo—Robin's Lullaby, Elaine Tanton; Vocal duet, "Columbus Stockade Blues", Dianne Mallett and Mirina Delghan, accompanied on the piano by Isabel Campbell and on the guitar by Mr. Eugene Wynne. Piano duet "The Haymaker's March", Jeanette and Catherine Poole.

Mr. Austin Pendergast presided during the business session and welcomed the large audience, inviting the parents to become members of the association. Mrs. Bruce Crozier reported that it was decided to install a telephone in the Elementary School at present. Mrs. L.K. Zielinski reported the need of reference books for the Elementary School and \$50 was voted to purchase the same.

Appointed as representatives on the Prince County Music Festival Committee were Rev. L.M. Murray, Roscoe Walker, Elmer Murray, Austin Pendergast and Mrs. Bruce Crozier. It was also decided that the annual fee for the music festival and music for the school children's participation in it be paid. The attendance trophy was merited by Mrs. Crozier's classroom with 16 parents present. Mrs. Elwood Clark reported \$52.25 proceeds from a recent pantry sale, and \$20 paid for globes.

Members paid fees. Refreshments were served.

WESTMORELAND

Mr. Sheldon Crossman spent the weekend at Long Creek.

Mr. Stephen Newson was home on leave from the navy.

Mr. Thomas Sherren, left recently for Toronto to visit friends.

Mr. Jack O'Connor, was a welcome visitor to the home of Mr. and Mrs. Alphonse McAvinn.

A very largely attended card party was held at the home of Mrs. Charles McKeazie, Monday night, Feb. 2.

Mr. and Mrs. Orien Trowsdale were recent visitors to the home of his mother Mrs. Della Trowsdale.

Westmoreland School is progressing favorably under the supervision of Mrs. Hope Myers.

Messrs. Frank Campbell and Raymond Matters spent a sociable evening at the home of Mrs. Johnny Matheson, Inkerman.

Alberton Curling Draw Tonight

WEDNESDAY

Ice 1: E. Turner vs. Fr Bryan.

Ice 2: C. Gordon vs. D. Campbell.

FRIDAY

Ice 1: C. Gordon vs. C. Hunter.

Ice 2: E. Campbell vs. D. Campbell.

SATURDAY

Ice 1: E. Turner vs. H. Barbour.

Ice 2: F. Bryan vs. K. Matheson.

NORTHAM

The men in this vicinity are all busy in the woods, cutting their fire wood.

Mr. and Mrs. Wilfred McDougall are spending a few weeks visiting their daughter and son-in-law, Mr. and Mrs. Kenneth McKay, Stanley Bridge.

The sympathy of this community is being extended to Mrs. Nina Rees on the death of her father, the late Mr. William Waldron, whose death occurred at the Livingstone and MacArthur Nursing Home, Charlottetown.

Miss Judy Colwill spent the weekend with her parents, Mr. and Mrs. Claude Colwill.

A large crowd attended the hockey match between Northam and Tyne Valley at the Wellington rink on Tuesday evening February 10th, the surrounding districts are looking forward to many more evenings of sport.

Misses Georgie and Dorothy Dymet, Summerside, spent the weekend with their parents, Mr. and Mrs. Russell Dymet.

The many friends of Mr. Richard Ellis regret to learn that he is confined to his home due to illness.

Miss Erma Grigg who is on the staff of the Royal Bank of Canada, Tyne Valley, is spending her vacation with her parents, Mr. and Mrs. Gradyon Grigg.

Mr. and Mrs. Thane Ellis were recent guests of Mr. and Mrs. Lealand Ellis.



ALBERT LEARD SCANS NEW MACHINERY

Flour Mill At Coleman Adds 500-Volt Electric Bleacher

ALBERTON—Leard's flour mill at Coleman, one of only two mills remaining in operation in the province, has been greatly modernized by the installation of a 500-volt electric flour bleacher with the capacity of sifting the flour eight times.

With this new unit mill owners Albert and Waldron Leard hope to turn out a grade of flour comparable to any imported into the province providing number one

wheat is brought in by famers. Leard's mill has been operated by the family for 75 years first with water power in conjunction with a saw mill. Today a modern 100 H.P. diesel motor provides power. Steady customers from all over the Island take their wheat to Coleman to be ground into Island flour.

The Leard brothers, who describe themselves as "no longer

young", are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.



ALBERT LEARD SCANS NEW MACHINERY

Flour Mill At Coleman Adds 500-Volt Electric Bleacher

ALBERTON—Leard's flour mill at Coleman, one of only two mills remaining in operation in the province, has been greatly modernized by the installation of a 500-volt electric flour bleacher with the capacity of sifting the flour eight times.

With this new unit mill owners Albert and Waldron Leard hope to turn out a grade of flour comparable to any imported into the province providing number one

wheat is brought in by famers. Leard's mill has been operated by the family for 75 years first with water power in conjunction with a saw mill. Today a modern 100 H.P. diesel motor provides power. Steady customers from all over the Island take their wheat to Coleman to be ground into Island flour.

The Leard brothers, who describe themselves as "no longer

young", are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.



ALBERT LEARD SCANS NEW MACHINERY

Flour Mill At Coleman Adds 500-Volt Electric Bleacher

ALBERTON—Leard's flour mill at Coleman, one of only two mills remaining in operation in the province, has been greatly modernized by the installation of a 500-volt electric flour bleacher with the capacity of sifting the flour eight times.

With this new unit mill owners Albert and Waldron Leard hope to turn out a grade of flour comparable to any imported into the province providing number one

wheat is brought in by famers. Leard's mill has been operated by the family for 75 years first with water power in conjunction with a saw mill. Today a modern 100 H.P. diesel motor provides power. Steady customers from all over the Island take their wheat to Coleman to be ground into Island flour.

The Leard brothers, who describe themselves as "no longer

young", are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only other mill, located at Bedouque, is operated by Albert Leard's son Heath.

Heath, are proud of the quality of their product and their ability to attend to their many customers without delay.

As a recent example a truckload of 120 bushels of wheat brought in by a long-time customer from Souris, Peter McIsaac, in the morning was put through in less than six hours enabling Mr. McIsaac to start for home with his load of freshly ground flour, shorts and middlings.

The Leard family have something of a monopoly on flour mills on the Island as the only