

How to live with your nerves

Did you inherit a quick temper, a tendency to worry? Know what in decision—or complaining—does to your nerves?

In April Reader's Digest, Dr. Walter Alvarez of the Mayo Foundation tells how—though you can't get rid of nerves—you can learn to live with them better.

Learn ways to save yourself nervous strain... the right way to tackle unpleasant tasks. Read how you can get work done faster, have more energy through quieter nerves.

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CENTRAL GUARDIAN

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

ART CENTRE TEA April 25th.
EXTRA SPECIALS on sale tonight, 6 to 9:30. Cash and Carry.

KYANIZE — Paint, Varnishes, Enamels. Old price. Toombs Music Store.

HOME CRAFT and cooking sale to be held at Market House, Friday, March 30th.

TWO FLIGHTS WEEKLY to the Magdalen Islands, P. Q. Phone Maritime Central Airways Limited

HUNTER RIVER CHARGE — Services, Wiltshire 11 A.M. Hampshire 2.30. Hunter River 7.30. Rev. Howard Christie, Minister.

GENERAL ELECTRIC Vacuum Cleaner, \$59.50. Toombs Music Store.

PROLONG THE LIFE of your battery by having it checked regularly at Mallett's Battery Service.

CITY POLICE COURT—At the Stipendiary Magistrate's Court yesterday, a clear docket was presented and the Court adjourned until Friday.

WINSLOE PASTORAL CHARGE. — Services: Highfield 11 A.M. Winsloe South 7.30 P.M. Rev. J. R. Skinner, Minister.

NORTH TRYON Presbyterian Church service Sunday, April 1st, 3 p.m. Sunday School 2 p.m. Miss Mary A. MacKenzie, Deaconess.

PRESBYTERIAN CHURCH IN CANADA. — Caledonia 11 A.M. Wood Islands 7.30 P.M. Minister, Rev. E. S. Hales.

CAVENDISH UNITED PASTORAL CHARGE.—Sunday, April 1st. New Glasgow 11 A.M. Cavendish 7.30 P.M. Rev. George Gough, Minister.

TRYON PASTORAL CHARGE.—United Church Services will be held Sunday, April 1st, as follows: 11 A.M. Tryon. 3 P.M. Cape Traverse. 7.30 P.M. Crapaud. Rev. R. L. Bacon, Minister.

POWNAL UNITED. — Services April 1st, will be conducted by the Minister, Rev. A. S. Weir as follows: Millview at 11.00 A.M. Pownal at 7.00 P.M.

THE PRESBYTERIAN CHURCH IN CANADA. — Services for Sunday, April 1st, as follows: Cardigan 11 A.M. Lorne Valley 2.30 P.M. (roads permitting). Montague 7.30 P.M. Montague Sunday School 10 A.M. Rev. F. N. Young, Minister.

MURRAY HARBOUR PASTORAL CHARGE. — United Church of Canada. Services Sunday, April 1st. 11 A.M. Murray River. Mission Band Thankoffering at 6.30 P.M. 3 P.M. Little Sands. 7.30 P.M. Murray Harbour. Rev. D. Wallace MacPherson, Minister

BRADALBANE PASTORAL CHARGE.—Services Sunday, April 1st. Rose Valley 11 A.M. North Granville 3 P.M. Pleasant Valley 7.30 P.M. Bradalbane 3 P.M. Service conducted by the W. M. S. Rev. W. B. MacPhail, Minister.

ORWELL — VERNON UNITED CHURCH OF CANADA. — Services for Sunday, April 1st. Cherry Valley 11 A.M. Vernon River Sunday School 1.45 P.M. Service 2.30 P.M. Orwell 7 P.M. Rev. John F. MacKay, B. A. D. B. Minister.

ALEXANDRA, HAZELBROOK, CROSS ROADS. — Services for Sunday, April 1st. Alexandra at 11 A.M. Hazelbrook 3 P.M. Cross Roads 7.30 P.M. Lic. Thomas L. Poole will be the speaker at all services. As this man is a prospective candidate all are asked to attend service.

THE PROTESTANT ORPHANAGE gratefully acknowledges very generous donation of Eggs from Good Neighbors of St. Herbert and vicinity; also large quantity Easter Candy Shapes from F. W. Woolworth Co., per Mr. Clark.

THE REGULAR monthly meeting of the Ladies' Auxiliary of Canadian Legion, will be held in the Legion Home Friday, March 30th, at 7.30 P.M. Executive meeting at 7 P.M. There will be a guest speaker.

See The New

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THE PRESBYTERIAN Church in Canada, Central Parish. Service next Lord's Day are as follows: Canoe Cove 11 a.m., S. S. 10 a.m.; Nine Mile Creek 2:30 p.m.; Clyde River 7:30 p.m. Donald Nicholson, Minister.

LEAVES FOR B.C. — O.S. Donald MacKay who has been stationed with the navy at Cornwallis, N.S., recently spent a 30-day leave after completing his basic training and was the guest of his parents, Mr. and Mrs. Dan F. MacKay of New London. On Tuesday Donald left Halifax to resume his training in British Columbia.

FUNERAL YESTERDAY — The funeral of Mrs. Andrew A. Hennessy took place yesterday morning from her late residence, 75 Kent Street, to St. Dunstan's Basilica where Requiem High Mass was celebrated by Rev. James Kelly who also conducted the service at the grave. Present in the Sanctuary were Rev. L. Landriagan, Rev. W. Simpson and Rev. D. McTague. Pallbearers were George McQuaid, Clifford Sherren, Lester McInnis, Wallace Scantlebury, William Brown and L. O. Kelly. Interment took place in the family plot in the Catholic Cemetery.

FUNERAL IN MONCTON, N.B.—The funeral of the late Miss Maud MacKenzie, whose death occurred on Saturday after a lengthy period of illness, was held yesterday afternoon from Cadman's Funeral Home, Anna Street, Moncton. The service was conducted by George Semple, James Grant, David Stewart and William Ross. The hymns, "Sweet, Sweet Release", "Only One Life", and "Go, Labor On", were rendered at the service. The pallbearers were: Sydney Somers, John Greer, Hugh Buchanan, Arthur Oulton James Abbott and Robert Dodds. Among

those from out-of-town attending the funeral were: Mrs. William MacKenzie, Prince William, N. B., and Charles A. Mackenzie, of New-town, P. E. I.

TRINITY WOMEN'S GROUP MEETS—The Junior Women's Association of Trinity United Church held their monthly meeting on Wednesday, March 28, with Mrs. Fred B. Gamble, president, presiding. The devotional program was led by Mrs. Stan Lancaster, and Mrs. Ronald Parker. The minutes were read and taken by Mrs. Ewen Anderson. It was decided to hold a rummage sale at the Clover Club, the proceeds to be used in furnishing the new study used by Mr. J. T. Irwin, associate minister of Trinity Church. It was also decided to sponsor a Mother and Daughter Banquet on April 21, for the Guides and their leaders. Miss Dorothy Keefe, Mrs. J. M. Bell, Mrs. Gordon Swan, and Mrs. Alex Matheson are conveners for the banquet. After the business meeting, Mrs. Alex Matheson, president of the Stitch and Chatter group, introduced Mr. J. T. Irwin, who spoke briefly on the need of Christianity in the world today. Mr. Irwin was thanked by Mrs. Walter Sharpe, and after Mrs. Irwin was presented with two large hamper filled with fruit and pickles as a token of welcome to Charlottetown. Rev. and Mrs. H. E. D. Ashford were special guests.

Personals

Mr. Victor Campbell spent the Easter holidays with his parents, Mr. and Mrs. William Campbell of St. Able.

Friends of Elizabeth Young, City, will regret to learn she is confined to her home, due to a broken shoulder.

Still Ice In St. Lawrence River

QUEBEC, March 29 — (CP) — The ice-breaker N. B. McLean has reached the half-way mark in its effort to free the Saguenay River of ice 28 inches thick and open the river route to Lake St. John industrial district.

In a progress report to the Department of Transport Signal Service here, the ice-breaker's captain said work now was centered near Cape Eternity.

MONTREAL, March 29 — (CP) — The St. Lawrence River is far from clear of ice but harbor men speculated today on what ship will have the honor of opening Montreal's port to navigation this season.

Several ships are expected to try to reach here soon after April 8. The opening last year was April 18. Earliest opening on records was April 7, 1949.

Favorite at the moment is the Swedish-American Line motor-ship Danaholm, but she may be ruled ineligible because she will come to Montreal from Tampa, Fla. Regulations call for the traditional gold-headed cane to go to the skipper of the first ship from an overseas port.

The Canadian Pacific cargo liners Beaver Cove and Beaverburn are expected to be among the early arrivals.

DARNLEY W. I.

The March meeting met at the home of Mrs. Arthur MacKay. Meeting opened with the president in the chair by singing Galloway Bay and repeating creed in unison.

Roll call was answered by four-

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Program consisted of a paper on Education read by Mrs. Arthur MacKay, and an Irish reading by Mrs. Harry Crozier. Collections amounted to .83. An auction sale then took place with Mrs. Harry Crozier acting as auctioneer which brought a neat sum of \$6.60.

Meeting closed by singing, "God Save The King." Lunch was served by the committee assisted by the hostess.

Next meeting to be held at the home of Mrs. James Hickey. Assistants were Mrs. Ivan Dickson, Miss Elaine Suckbury and Mrs. Dah Champlain.

CASUALTIES IN KOREA
WASHINGTON, March 29 — (AP) — Announced American casualties in Korea rose to 57,120 today, an increase of 1,306 since last week. The total, representing casualties reported to next-of-kin through March 23, included 8,614 killed, 37,918 wounded and 10,689 missing in action.

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PHILCO '85'. — clock radio that turns ON and OFF AUTOMATICALLY. Powerful performance from radio. Dependable electric clock. Choice of colours. In brown, only... \$56.95

PHILCO '730'. — Latest Philco features, modern console beauty... sensational low price. All records all 3 speeds played automatically with finest tone ever achieved. Powerful radio. Has tube-saver resistor for longer tube life. Cabinet is beautifully proportioned and compact. In Walnut or Mahogany only... \$99.50

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