

"No trouble with IRREGULARITY"

Writes Mr. J. C. Hillis, of Halifax, N.S.

"It's a pleasure to be rid of harsh laxatives. I've had no trouble with irregularity for 18 months, since taking your gentle but effective laxation cereal—Kellogg's All-Bran."

The above testimonial is typical of thousands received each year for All-Bran, the original, natural laxative cereal pioneered nearly 40 years ago by W. K. Kellogg. This delicious dish promotes comfortable elimination without harsh purging.

Relief from Constipation

The greatest advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. Chemical or drug-type laxatives, on the other hand, are intended only for overnight relief of a temporary stoppage. All-Bran is made from the outer layers of the whole wheat kernel and supplies natural food bulk. Just eat daily a one-ounce serving for breakfast and drink plenty of water. It will improve your "Intestinal Tone" so necessary to comfortable regularity.

Satisfaction Guaranteed

All-Bran is a wholesome, good-tasting cereal that has helped millions. We'll prove to you that Kellogg's All-Bran will give gentle, effective relief from constipation within 10 days or return twice what you paid. But be sure you get Kellogg's, the one and only All-Bran. Kellogg's, London, Ontario.



Serve FRY'S COCOA every day!

you get 104 cups of nourishing cocoa from a 1 lb. tin!

Make every day FRY day!

Encouragement

... in a better cup of tea!

MORSE'S
Selected ORANGE PEKOE TEA

The Guardian Page 3 Thursday, January 20, 1955

TWO NEW OIL FIELDS

REGINA (CP) — Two new oil and gas fields have been defined by provincial order-in-council, it was announced Thursday. The fields are South Harbour covering nine square miles about 40 miles southwest of Swift Current and Instow, covering nine square miles 45 miles southwest of Swift Current.

CONFIDENTIALLY YOURS

— by Byrnie Hope Sanders

MONTREAL, January 20th—Start the New Year right! ... by bringing the far-famed English product BISTO into your cooking plans. Bisto will help you solve menu problems week by week ... it has a score of uses! For one thing—you can make a piping-hot, smooth gravy with a delicious flavour in a few minutes—and gravy is so good with your hot dinners. ... Or use Bisto to bring an intriguing new flavour to cream sauces ... to soups ... stews ... meat pies ... casseroles. Add a teaspoonful or two to your well-known dishes and you'll hear your family's praises for something "specially" enjoyable! Order a package of Bisto today—and see for yourself!

The Shining Loveliness Of A Little Girl's Hair—

or the glossy sheen of her mother's—can both be best protected, I believe, with Woodbury Coconut Oil Shampoo. Reason for my confidence lies in the fact that Woodbury Shampoo is a natural oil shampoo ... and so helps preserve the natural oils of the hair. Woodbury Shampoo washes your hair thoroughly, but does not wash out the natural oils which give your hair body and life. These oils keep your hair shiny and pretty—easy to manage right after the shampoo. And because so many families have discovered the effectiveness of WOODBURY COCONUT OIL SHAMPOO—it can be sold for much less than any other quality shampoo.

To Please My Family with a dessert they all love ...

and to save myself a lot of time ... all I do is take a package of ROYAL INSTANT PUDDING from the shelf. In only 1 minute I have a truly delicious pudding or pie filling without any cooking! I know you'll find Royal Instant in the creamiest, smoothest pudding you've ever tasted ... because ONLY Royal Instant Pudding is super-homogenized. This makes Royal lighter and fluffier than other puddings, too ... and wonderfully easy to digest. Why not try all four Royal Instant Pudding flavors—chocolate, butterscotch, vanilla, and coconut cream. Believe me, they're really scrumptious!

Do You Like Little Tips—

on how to make your work easier? I do! (And it's fun passing them on to one's friends.) So-O-O-O! ... Will you try this idea—cook a whole week's supply of DAINTY RICE at once. Use what you need—and store the rest in a covered dish in the refrigerator. As you need it—put in a covered pot with a small amount of water and heat it over a low flame. In a jiffy ... rice is fluffy and fresh—to be used in a dozen different ways. Perhaps a casserole with left-over meats. Or a quick dessert mixed with whipped cream and topped with fruit. Yes—Dainty Rice is a time-saver and trouble-saver, too!

One Of The Greatest Blessings

of modern life, I think, is not only a very simple one—CURAD Elastic Bandages. They have so many good points! If you keep a supply handy—you can handle the little cuts and first aid needs instantly! Then—Curad Plastic Bandages have that wonderful new "Stick-Quick" adhesive—and an exclusive new medication which killed or inhibited 28 common wound germs in actual test. They're waterproof, too, you can wash them, as you wash your hands, and they don't come off, curl, or fray. So you can go right on with your chores, with Curad Plastic Bandages. See what I mean about being such a blessing for us all?

It's Baffling!

Looking at the range of breakfast cereals stacked on the shelves is a bit confusing—there are so many! But remember this—one of the best buys from the point of view of flavor—and dietary values is BEX. Reason I'm so positive is this: BEX is a whole grain cereal with extra Wheat Germ added. That means it has all the important thiamine, iron and other valuable vitamins and minerals. And BEX has, too, a pleasant nut-like taste that most of us grown-ups, and certainly the youngsters, really enjoy. It's important, too, for busy housewives to know BEX cooks in just three minutes. Do introduce your family to it!

CITY AND CENTRAL

Mr. Merrill Craswell and daughter, Jean, were the guests of her parents, Mr. and Mrs. Harry Swan on Monday, Jan. 10.

Mr. Fenton Crockett, Pleasant Grove, spent Monday in the City. Miss Aletha Brown was a weekend guest at her home in York, the guest of her parents, Mr. and Mrs. Leath Brown.

Mr. and Mrs. Earle Jenkins, Cross Roads, were guests of their daughter, Mr. and Mrs. Lloyd Vessey, York, recently.

A shower was held in York Hall recently, in honour of Mr. and Mrs. Stanford Costash, who have just moved into their new home which they built last summer.

Mr. Frank Watts, York, was a visitor to Charlottetown, January 10.

Quite a representative of York Men's were the guests at the Men's Association supper, which was held in Trinity United Church, Charlottetown, Jan. 10.

Mr. Edison Hardy, Halifax, was a weekend guest of his wife and family, York, on Sunday.

Mr. and Mrs. Douglas Moore and family, City, were the guests of Mr. and Mrs. Harry Lewis, York, Jan. 9.

Mr. and Mrs. Clifford Chandler and family, Milton, were the guests of Mr. and Mrs. Lloyd Vessey, York, on Saturday evening.

Mrs. Harry Lewis was hostess to the Evening Auxiliary on Tuesday evening, Jan. 11.

Mr. and Mrs. Gerald Robinson, Charlottetown, were guests of Mr. and Mrs. Elmer Brown, York, on Sunday.

Mr. Geo. Watts, York, was a recent visitor to Charlottetown.

Mr. Harold Yoe, Union Road, was the guest of Mr. and Mrs. Harry Lewis on Jan. 11.

Mr. and Mrs. Will Watts had as their guest on Sunday, Mr. Dannie Brehaut, Charlottetown.

Mrs. Dewar Swan and daughter, Beverly, York, was a visitor to Charlottetown on Monday, Jan. 10.

Miss Mary Watt, City, was a week-end guest at the home of her parents, Mr. and Mrs. Geo. Watt.

Mr. and Mrs. Reuben Watts, York, were visitors to Charlottetown, where they were the guests of Mr. and Mrs. Leith Watts.

Mrs. Tolson, Charlottetown, was the guest of Mr. and Mrs. Harry Swan on New Year's Day.

Mr. and Mrs. Harvey Coles and family, Milton, were guests of Mr. and Mrs. Lloyd Vessey, on Saturday evening.

IN MEMORIAM

In loving memory of our dear Mother,
MRS. WILLIAM MUIRHEAD
who passed away January 20, 1954.

Always Remembered by
Marjorie, Jean and Howard.

Card of Thanks

I wish to thank all those who sent floral tributes, Mass Cards, telegrams, cards of sympathy and letters of sympathy, and all friends who assisted in any way during the recent sad bereavement of my husband F/O Andrew G. Adam.
Mrs. Eleanor Adam.

BIG ESTATES

There are about 637 miles of private railway lines on sugar and other large estates in the Dominion Republic.

EXCUSE BACKFIRES

TORONTO (CP) — A motorist charged with impaired driving after police said they found him nodding over the wheel of his car told a magistrate he had been "working overtime."

"If you were working overtime, I presume you can pay a substantial fine," said the magistrate, fining Eric P. Armstrong \$100 and costs of 15 days.

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NEW GLASGOW UNITED-W.M.S.

The annual meeting of the New Glasgow W.M.S. was held at the home of Mrs. C. S. Dingwell, with the President in the chair. Mrs. Chalmers Laird had charge of the Christmas service, theme God is a Light and in Him is no Darkness at all. She was assisted by several members. Hymns sung were 35, 62, 55. Several verses of scripture were read. Minutes of last meeting were read and approved. Roll call was answered by ten members and two visitors. Heralds gave readings. One card was sent and one reply received of thanks. \$1.25 was paid for study book for the Mission Band. A letter was read from Mrs. Stanley Thompson regarding Presbyterian. Several nominations were sent into Mrs. Hughes. Twenty-two calls were reported in homes; nine in hospital. Collection \$2.25. Birthday box \$8.38. Closing hymn was 59.

This was followed by the election of officers for 1955: President, Miss Elsie Laird; vice-pres., Mrs. Miss Moffatt; sec'y, Mrs. Murray Orr; treasurer, Mrs. Chalmers Laird; and ass. members, Mrs. Warfield Orr, all re-elected; Christian Stewardship, Mrs. Heath Houston; and Community Friendship, Mrs. Anna Stevenson; Literature, Mrs. C. S. Dingwell; Temperance, Mrs. Blair Andrew; Supply, Mrs. Warfield Orr; Sinking Fund, Mrs. C. S. Dingwell; and Press, Mrs. Murray Orr, all re-elected; and Candidate, Mrs. Doris Moffatt. Meeting closed by the Lord's Prayer in unison.

The January meeting of the New Glasgow W. M. S., met at the home of Mrs. C. S. Dingwell, with the president in the chair; worship service, theme Evangelism. The churches business; hymns 258, 374, 376; scripture readings by several members; prayers by Mrs. Stevenson and Miss Ella Semple; study book was presented by Miss Ella Semple.

Minutes of last meeting were read and approved. Roll call was answered by ten members; two associate members and four visitors. A very interesting letter was read by Mrs. Blair Andrew from Miss Helen Moore telling of her work in Japan, where she is a Missionary. Mrs. Stevenson read a letter from Mrs. Matheson. Special Missionary for prayer is to be Miss Marjorie Thompson.

Reading was given by Mrs. Leith Dickleson, Christian Stewardship Sec'y, from the Monthly. A new associate member was welcomed. Three cards were sent, one reply of thanks; thirteen calls in homes; thirty-four in hospital; collection \$2.95; donation \$2.00.

Appointments for February are: Leader, Mrs. Warfield Orr; Lunch, Mrs. Blair Andrew and Mrs. Miller; Mrs. Warfield Orr; Sinking Fund, Mrs. C. S. Dingwell; and

LIBBY'S

Orange Juice 48 oz. 42c
ROBIN HOOD FLOUR 24 lb. 1.55
LIBBY'S Crushed Pineapple 20 oz. 36c
LIBBY'S Sliced Pineapple 20 oz. 37c
SILVER SEAL Peanut Butter 4 Lb. Pail 1.49

It's Elementary my Dear Watson — You don't have to search for bargains at PIERCE'S. Here they are with real bang-up Specials again this week.

DIAL 5524

Redeem your COUPON today!

BLUE OR WHITE

Breeze Breeze

(NEW BLUE BOX) (FAMILIAR RED BOX)

CANNON tea towel or face cloth in every Package!

Giant Size with Coupon 79c
Large Size with Coupon 35c

Lantic ICING SUGAR	1 lb. 10c
Lux TOILET SOAP	4 bars 31c
Devon PEAS	2 tins 35c
Shinola FLOOR WAX	1 lb. 39c
Southern Cross SOLID TUNA	Tin 33c
Mint RICE	2 pkgs. 35c
Velveeta CHEESE	1-2 lb. 34c
Silver Seal MOLASSES	Quart 33c
Velvet CAKE FLOUR	5 lb. bag 35c

"EXTRA SPECIAL"

MAPLE LEAF GRADE "A" LARGE EGGS Doz. 40c

LIMITED QUANTITY JELLO INSTANT PUDDING (Caramel, Choc. B'scotch, Vanilla) 2 for 15c

BRILLIANT YELLOW SUGAR 5 lbs. 43c

MEATS

Fresh Roasting PORK, lb. 39c
Breakfast Sliced BACON, lb. 55c
Sweet Pickled NECK RIBS, 2 lbs. 39c
Fresh Country Style SAUSAGE, lb. 37c
Fresh Frozen Island SCALLOPS, lb. 75c

VEGETABLES & FRUITS

"EXTRA SPECIAL" Full of Juice "PINEAPPLE" FLORIDA ORANGES 2 Doz. 65c

Tender Washed CARROTS, 3 lbs. 25c
No. 1 Large ONIONS, 3 lbs. 25c
Red Ripe TOMATOES, pkg. 25c
Fresh Green CABBAGE, lb. 12c

GREAT GEORGE STREET, CHARLOTTETOWN, P.E.I.
DIAL 5524-5525

Pierce's CASH and CARRY
"ONE STOP TO SHOP FOR ALL YOUR FOOD NEEDS" DELIVERY SERVICE

THE GREENDAL JANUARY CLEARANCE SALE STILL GOES ON

Men's SUITS to 49.50 ..	20, 25.00	2 Loose Style Brown CONEY (died rabbit) size 14	69.50
Men's SUITS to 59.50	30.00	Values to \$250.—1 Loose Style Black French	89.50
Men's Leather JACKETS & DUFFLE COATS .	14.95	SEAL (died rabbit) size 40	39.50 & 49.50
Men's Bomber JACKETS to 14.95 ..	5.00	Including Elysians — Ladies' COATS to 74.50	39.50 & 49.50
Boys' MELTON JACKETS to 14.95 ..	3.95	Ladies' COATS to 59.50	\$15-\$25-\$30
		Ladies' DRESSES to 12.95 ...	3.00 - 4.00 - 5.00
		To 29.50 — Children's COATS & COAT SETS	10.00-15.00
Men's Dress Shirts to 5.95	2.95	Children's Snow Suits—	4.95 to 7.95
Men's Wool Gloves and Ski Caps	1.00	Ladies' Cotton House Dresses to 2.95	1.48 & 1.98
Men's cream rib winter weight Combinations. Reg. 2.95	2.29	Children's Sleepers to 1.49	88c
		Children's Wool Gloves & Mitts	69c and 89c
		Children's Corduroy Overalls to 1.95	1.29
		Boys' All Wool Pull-overs. Reg. 3.95	2.00
		Boys' Plum Combinations	1.69
		Boys' Doeskin Shirts	1.00

The GREENDAL Co. Ltd.

LADIES' & MEN'S STORES 144 - 150 Gt. George St.