SAVES 14 MILES

The new bridge at Covehead Harbour in the Prince Edward Island National Park is now open to traffic complete with asphalt plank driving surface, a 4 ft. sidewalk and railing of a design new to eastern Canada. The bridge, built by the R. A. Blyth Construction Co. of Toronto, links two of the Islands best known beaches—Stanhope and Brackley. The points now connected by the 600 ft. bridge were once 14 miles apart by way of a devious inland route over clay roads.

Photo by M. Mallett

GEORGE BARTER

Portrait Studio Opens Today

Offering better and enlarged facilities to care for the photographic needs of his clients, more efficiently, George S. Barter will open the new Barter's Portrait Studio at 94 Kent Street tomorrow.

Well known as the owner of Barter's Film Lab, Mr. Barter has served Prince Edward Island in the field of commercial photography for the past seven years.

In his new quarters he will continue to serve his commercial clients while also specializing in portrait photography.

During the war he spent five years in the Canadian Navy and in recent years has been active in veterans organizations. He is a member of the Charlottetown Branch, Canadian Legion and President of the Main Brace Club.

As a special photographic offer in moving into his new quarters, Mr Barter will shoot and develop a $3.25 photograph for $1.00 and a coupon from his advertisement in this paper. His offer is good until December 10.

Parkdale H & S Opens Library

The official opening of the library in the Junior High School at Parkdale featured the regular meeting of the Parkdale Home and School Association held November 20. The vice-president, Mrs. Arthur Love presided.

The library was opened by Miss Dorothy Cullen of the Prince Edward Island Libraries. In a short address, Miss Cullen outlined some methods of encouraging children to read books. These were: Read to your children. Give books as presents. Visit the library with them. "Good books are the best teachers," Miss Cullen concluded.

The School Principal, Mr. Frank Costello expressed the thanks of the teaching staff to the trustees and to the members of the Home and School Association for their kind co-operation in establishing the library.

COMING EVENTS

Bingo, Cardigan tonight. Prizes $100.00.

McGuigan and Boyle Fall sale now on.

Hot Chicken supper Victoria Hall, Saturday, Nov. 30. Auspices Women's Institute.

Movie "The Great Dan Patch." Lot 65 Hall, Wednesday Nov. 27, 8.30.

Hillsboro District visitation Hamilton L.O.L. Clyde River, Friday, November 29th. 8 p.m.

Bazaar, Crokinole and other entertainments in South Granville School, Nov. 28th at 8 p.m. Sale of lunches.

The annual meeting of the Marshfield Hall Co. will be held in the hall Thursday, Nov. 28 at 8 p.m.

Dance in Morell Hall Wednesday, Nov. 27th. Cliff Peter's Orchestra. Dancing 9:30-12:30. Sponsored by the Canadian Legion.

Variety Concert, Cornwall on Thursday, November 28 by the Y.P.U. assisted by local and outside talent. Tickets 50 and 25 cents.

Notice — All arrears owing Pleasant Valley School Dist. 104, must be paid by Dec. 7th, or they will be handed in for collection. By Order of Trustees.

AGRICULTURAL NEWS

P.E.I. Department of Agriculture

PRODUCTION

The production of creamery butter in Prince Edward Island for the month of October was 542,745 pounds compared with 484,677 pounds for the same month in 1956, an increase of 58,068 pounds or approximately 11.9 per cent.

Cheese production for October amounted to 103,042 pounds compared with 99,761 pounds for the same period last year, an increase of 3,281 pounds or 3.2 per cent.

During this season of the year when cows are stabled we quite often find what we call a cowy flavor in milk. This flavor resembles the odor of a poorly ventilated barn. It may result if milk is not removed quickly from the barn but is more likely to be caused by cows inhaling the air of a barn not regularly cleaned and properly ventilated. Such odors can be inhaled by the cow and pass directly into the milk. The general health of the cow is also a contributing factor in producing milk identified as cowy.

CHRISTMAS TREE

As the Yuletide draws near, the majority of people, as they drive along wooded roads, scan each evergreen, in the hope that they will see their ideal Christmas tree. Soon, some member of the family will be taking a trip to the woodlot to find for himself a tree that will become the center of a Christmas time attraction. Very soon this plain evergreen tree will sparkle with many loops of tinsel, icicles and artificial snow; shine with gaily painted ornaments and glow with a myriad of colored lights.

On these excursions to the woodlot for a tree, the first thing to consider is the species. Do you prefer a spruce, a fir or a pine. It is a well-known fact that the spruce is thicker than either the fir or the pine, but that the spruce looses its needles faster than the other two species. Of course this shedding may be prevented to some extent by either sealing the end of the tree with wax or by placing the end of the tree in a container of water.

Many people have difficulty in distinguishing one evergreen from another. The branches on a fir and pine grow in whorls, that is the branches come out from the stem at one point all around it, while the branches of the spruce come out at any point around the trunk of the tree. To separate the fir from the pine, the needles of the fir grow singly from the branch while the needles of the pine grow in bunches of either 2, 3 or 5. The easiest way of telling a spruce from a fir or var as some people call it is by taking the needle of the tree in question between the thumb and index finger and trying to roll it. If the needle rolls then it belongs to a spruce; if the finger slides over it without the needle rolling, then the needle belongs to a fir tree.

When a person knows what species of tree he has in mind the following list should also be thought of:

Density—The amount of foliage present.

Taper—The relationship of its width to its height.

Balance— The overall structure of the tree.

Fresh— Are the needles pliable and turgid.

It takes more than being a good cook to see that each member of the family, from baby to grandmother gets all the food elements required each day. Most of us could know more than we do about nutrition. Even the most experienced homemaker finds it helpful to have a simple guide to check and follow periodically "Canada's Food Rules," should make easier the important job of planning well - balanced - appetizing meals every day.

CANADA'S FOOD RULES

These Foods are good to eat - Eat them every day for Health. Have at least three meals each day.

1. Milk. Drink milk or combine it with other foods every Day. Be sure that fresh milk is pasturized. Milk gives you especially: Protein for growth and repair, Calcium for the protection of bones, teeth, nerves, and muscles, also minerals and vitamins.

2. Fruit. Everyone should have at least one serving a day of citrus fruits such as (oranges, grapefruit, lemons) or tomatoes, or their juices, and one serving of other fruit. They give you especially: Vitamin C (ascorbic Acid) for strong blood vessels and healthy gums, roughage for good elimination.

Clean—Is the tree free from moss and lichen growth.

Healthy— Does the foliage possess a thrifty, fresh, natural appearance.

Damage— Are there any defects such as needle gall, curled needles, discoloration, etc.

Minor Deformities — defects which are not noticeable and which do not affect the general appearance of the tree.

Noticeable Deformities — Defects which affect the appearance of the tree somewhat but do not do so too seriously.

Handle — the base of the tree below the first branches.

Height— The distance from the lowest whorl of branches on the trunk to a point where the longest branch on the top whorl of branches meets the trunk.

Do not cut indiscriminately. Choose the tree carefully and when you think it fits most of the qualifications then cut it. Hundreds of trees are cut each year by people who are careless in their selection of a tree. Little do they realize that once a tree is cut, ten to fifteen years growth has been stopped.

To those who will be trucking or shipping trees to the United States, a set of standards for Christmas trees has been set up which did come into effect on November 1, 1957. Anyone who is interested in obtaining a copy of these regulations may do so by writing to the U.S. Department of Agriculture, Agricultural Marketing Service, Washington, D.C.

In conclusion, respect the property of others. Many people think that they can go into another man's woodlot and cut a tree or trees without his permission. A few woodlot owners do not mind but the majority do mind, and rightly so because of the destruction some tree hunters cause in the woodlot. Many people will find that if they do ask permission, the woodlot owner will generally grant it.

The following article was submitted by Mrs. Hattie Cutcliffe of the Fredericton Women's Institute.

FOOD FOR THE FAMILY

Pleasant mealtimes are cornerstones of happy and healthy family life. When a woman looks around the table at her family, relaxing and enjoying a good meal, she feels very happy herself, that all the time and effort she has put into careful planning, wise marketing, and skillful cooking were well spent. There is a still deeper satisfaction in knowing that the well-balanced meals she provides day in and day out spell good health, vigor and greater resistance to disease for her family.

3. Vegetables: Everyone should have at least one serving of potatoes, and at least two servings of other vegetables preferably leafy, green or yellow and frequently raw — every day. They give you especially: A wide variety of vitamins and minerals, roughage for good elimination.

4. Cereals and Bread: Everyone should have one serving of whole grain cereal and at least four slices of bread (with butter) every day. They give you especially: Calories for energy, Vitamins, iron and roughage. Butter supplies vitamin A to protect eyes and skin and helps guard against infection — (Bread is the Staff of Life).

5. Fish and Eggs: Everyone should have at least one serving of meat, fish, poultry or meat alternates such as dried beans, eggs and cheese every day. They give you especially: Protein, for growth and repair of body tissues in everyone from childhood to adulthood, iron for building blood, Vitamins for good digestion and protecting health generally.

It boils down to this: We all need the same food elements every day for good health form childhood through to old age. In certain periods of our lives or under special health conditions, we may need more or less of particular foods. The pattern of Canada's Food Rules does not change, however, even when adjustments must be made in choice of foods, or when cooking methods must be simplified. We still need to keep these five simple food rules for Good Health.

GRADING POTATOES

When you go to the store to buy a package of seeds or a can of peaches, you expect these articles to be up to a certain stated standard. These products are produced on farms and sold for use by consumers which may be you or someone else.

Here in Prince Edward Island we sell many products from farms. Some of these are sold and graded and packaged elsewhere before being offered to the consumer. Others, like potatoes, are — to a large extent — graded by the producer and sold to the ultimate user either directly or indirectly.

There are certain standards that define the various grades of potatoes the same as other products. They must be a certain size, a certain shape, only a certain small tolerance for disease and injury and must be properly packaged and labelled. Every farmer who is grading potatoes should know the rules regarding the class of stock he is grading for sale. These can be obtained from the local Seed Potato Inspector in the case of seed potatoes and from the Fruit and Vegetable Inspector for table stock potatoes.

The farmer who grades potatoes has a responsibility to the consumer of the potatoes so graded and also to his fellow producers to see that any potatoes sold by him are as good or better than claimed on the label. If you are careless in your grading then you will not only be causing trouble to yourself but if your poorly graded stock finds its way to the consumer then you will be cheating that consumer and also hurting your fellow farmer by making a bad reputation for potatoes from this province. At the present time our potatoes are held in high regard by consumers in other provinces and in the United States. It is the responsibility of everyone who grades potatoes to keep it that way.

WELL DONE

It was with a feeling of great satisfaction that we learned early last week that Mr. Garth Coffin of Head of Hillsboro had won the Eaton Agricultural Scholarship of this nature to some deserving person in Canada. Representatives of each province are selected and they gather at Eaton's expense at Toronto during the Royal Agricultural Winter Fair and the final selection takes place there. The winner of this award has his major expenses paid while he studies agriculture for four years at the college of his choice.

Garth Coffin was an active member for many years of the Hillsboro Calf Club. He is active in community affairs and is now a school teacher. The influence of his school, his church, his club, and most important of all, his parents have all contributed in making Garth the outstanding and talent young man that he is today. We wish him success in the future.

STUDENTS URGE STRIKE

MADRID (Reuters)—The Madrid University students union has called on students to strike in protest against the closing on government orders of a students' cafeteria. The cafeteria was closed nearly two weeks ago after an incident there in which the police intervened after another policeman was hit by students.

INDIAN MEASURE

Lakh, as used in India, means one hundred thousand, from the old Sanskrit word laksha.

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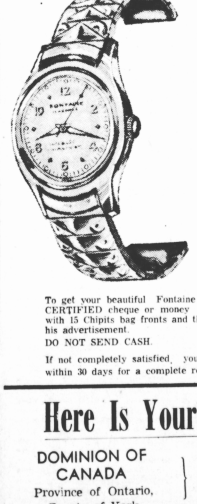

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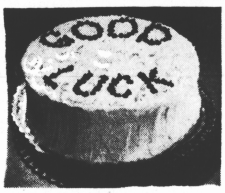
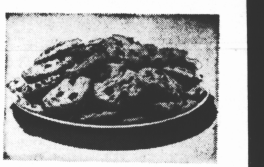


CHIPITS "trim" — a smart idea. Or sprinkle to decorate.



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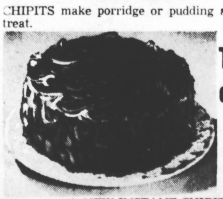

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Here Is Your Guarantee

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County of York.

IN THE MATTER OF VAN KIRK CHOCOLATE CORPORATION LIMITED

I, HARRY FOGLER of the City of Toronto, in the County of York, DO SOLEMNLY DECLARE THAT:

I am the President of Fontaine Watch Company Limited and have held that position for a period of 13 years, and as such have knowledge of the facts herein declared.

That I have examined samples of the Fontaine watches referred to in this newspaper advertisement, and hav found them to be of the same quality and make as those sold by the Fontaine Watch Company Limited, and generally advertised in Canada at $47.50 for the past ten years.

I make this solemn Declaration conscientiously believing it to be true, and knowing that it is to be published in the Charlottetown Guardian.

Signed,

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