

Old Spain Specials

Hot Hamburg, French Fries, Peas, Apple Pie, Tea, Coffee, Milk, 30c. Delicious home made Strawberry Pie, 10c. Steamed Clams, Rolls and Butter, Tea, Coffee, Milk, 25c. SUMMERTIME SPECIAL Assorted Cold Meat Cuts, Choice of Vegetables or Salad, Ice Cream, 35c.

Two Deaths Result From Eating Mussels

(C. P. By Guardian's Special Wire) DIGBY, N. S., July 8.—Violent poisoning of six Digby County residents, resulting in the death of two, was ascribed tonight by Dr. F. E. Rice who attended them to a periodic condition of mussels they ate.

"There were six people who ate them and they all became sick which makes me believe the poison is in the mussels at this time of year," the Digby Neck country doctor said.

A group of three boys and another group of three French Canadian fishermen each ate Digby Neck mussels yesterday taken from rocks on the shore at points 12 miles apart.

All became violently ill and one in each group died just as Dr. Rice was about to treat them. The poisonings occurred within one hour of each other. Dr. Rice said his patients felt dizzy and numb and were sick at their stomachs from eating the shell-fish which are ordinarily considered delicacies.

Eight-year-old Reginald Titus of Centreville, one of the victims was buried in the United Church cemetery near his home today and the body of Marius Boudreau of Church Point, the other victim, was taken to his home across St. Mary's Bay. No inquest has been called and it is not thought likely their bodies will be examined.

A theory the mussels had become poisoned from clinging to creosote logs used in breakwater construction here was discredited by the doctor because there were no logs of that type where the three fishermen procured their meal.

Dr. M. W. Smith of the Saint John Biological Station thought the poison condition of the mussels might be due to feeding conditions here, particularly at this time of year. He said he had never heard of anyone being fatally poisoned from eating the shell-fish before.

"Anyway," Dr. Rice said tonight, "you couldn't get anyone down here to eat mussels now." People in this section of the province were recalling an old adage stating that shell fish should not be eaten in months that had no "R" in their spelling.

In both cases the mussels were cooked on spits over open beach fires before they were eaten.

APPEARANCE REPENDS ON POSTURE Good posture is the first requisite of grace. A woman who stands on one foot, allows stomach to protrude, or slumps forward when she sits, cannot possibly hope to appear graceful and lovely.

First of all, learn to stand correctly. Don't throw shoulders back stiffly or hold chin rigidly in. Forget about these and concentrate on your backbone. If it is straight, except for four or five vertebrae at the base which should be turned up and forward, stomach will look flat and hips more slender. In other words, avoid an exaggerated hollow in centre of the back.

When you sit, remember that the centre of your body—not the shoulders—should rest against the back of the chair. Cross your legs if you like, but always cross one above—never below the knee of the other. Remember, of course, that about the most awkward thing you can do is to sit with your feet wide apart, flat on the floor. Always keep feet close together.

Another graceless effect can be obtained by standing on one foot with opposite hip thrown outward, stomach protruding. This pose will ruin the appearance of any figure. By all means avoid it. Instead, always stand with your weight placed equally on the balls of both feet.

When you walk, move from the hips and waistline. Think of your legs as long columns that swing along in one piece from waistline to feet instead of broken columns that move sometimes between hips and knees—other times between knees and feet.

Regardless of your size or your weight, you should do limbering and stretching exercises that keep the waistline legs and arms supple. In the morning, stretch forward to touch the floor with your hands. Keep knees stiff and do the exercise very slowly. Then bend backward, to the right, to the left, and forward again. Swing arms up and down as you do deep breathing routines. And don't forget ankle and foot exercises.

COOL COLOR COMBINATIONS. Next to navy and white just about the coolest-looking color combination for hot days in town. One especially attractive ensemble, shown in a smart fashion show recently, includes a black silk dress with yellow pin dots, enormous yellow felt hat, yellow gloves, scarf and buttoniere. Shoes and bag of the kind.

Candidates Calling For Help As Votes Drop In Campaign

Saturday Marks End of Big Vote Period In Contest

Every Minute Counts As Only Three Days Left For Big Vote Count In Campaign.

WINNERS NEVER QUIT — QUITTERS NEVER WIN

'Tis the coward who quits to misfortune; 'Tis the knave who changes each day; 'Tis the fool who wins half the battle, Then throws all his chances away. The time to succeed is when others, Discouraged, show traces of tire; The battle is fought on the home stretch And won 'twixt the flag and the wire!

main until the close of the race, after Saturday night, undoubtedly the winners of the choicest awards will be among those who make the best showing during the period which comes to its close this Saturday night.

From the standing shown below on this page it is evident to even the most casual reader that there will be a real race for Capital Credits award as the candidates are just beginning to realize the difference between the first and second prizes.

As a matter of fact the race between candidates listed is so close it required some hairline figuring to determine some of the positions. Each of these workers has a most excellent chance to win the top prize and a great deal will depend upon the line-up of candidates to be shown on next Tuesday—after the close of the first credit period in the race. The leader in that standing will indeed have a top-heavy chance to win the Chevrolet Coach or Ford V-8 Tudor Sedan.

Upon the basis of returns received thus far this week it is a forgone conclusion that there is going to be a real race for top position in the race next Tuesday which will be in doubt until the last votes are in and counted on Saturday night.

Several workers have expressed their determination to head the list while others may have surprises up their sleeves which may change the entire line-up.

Candidates are urged to change promises into subscriptions as rapidly as possible during this week. It is getting too late in the race now to rely on promises to subscribe. Every subscription which

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This Saturday night at ten o'clock comes the climax in the Guardian subscription drive.

Of course the campaign does not end then, but the Big Credit Period of the campaign closes at that time and although four weeks less is turned in this week earns the maximum number of credits while after Saturday night a substantial loss in the number of credits means that later subscriptions will simply earn less votes.

The crucial test of the campaign is at hand. If you ever intend doing anything BIG in this race, DO IT NOW! Instead of being content with second, third, or fourth or lower, get up at the top and stay there. And right now—NOT LATER—is the time to do that.

The "First Period" of the campaign will end with the closing of the campaign office on Saturday night. The time set for the close of the period is 10 o'clock, but should any candidate be unable to report in full by that time then the time will be extended until midnight, if necessary, to meet requirement. But as soon as all candidates have reported the first period will be ended officially.

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The Central Guardian

This column is reserved for news of local interest but advertising of a new nature may be inserted at a cents a word strictly payable in Reconditions Piano \$125. Tombs Music Store, L-5931-7-9-11.

MR. GAVIN HARDING will address the Fox Club on Thursday night at 8 o'clock in Agricultural Hall. L-5945

CRASWELL FOR PHOTOGRAPHS. L-3494-3-28-44.

PRODUCTION in the ranch means profits in the Bank—Insist on B-B Brand Fox Feed.

CONFEDERATION LIFE INSURANCE. L-6798-7-12-312.

SUNDAY SERVICES.—Louis Harris will preach Sunday, July 12th at Hazelbrook at 11 A. M. Cross Roads at 3 and Alexandra at 7 P.M. L-5923-7-9-11.

REV. G. W. TITUS, Saint John, N. B., Maritime evangelist of the Churches of Christ, will be the speaker at the Christian Church at Montague next Sunday at both morning and evening services. L-5951

IMPRESSIVE SERVICE AT WOOD ISLANDS.—The Sacrament of the Lord's Supper was dispensed in the Wood Islands Presbyterian Church at the close of the 11 a. m. service on Sunday, June 28th. The attendance was large and the service which was conducted by the minister Rev. R. Hensley Stavert was a very impressive one throughout. Five new members were received. Another service was held at 7.30 p. m. which was also largely attended. During the week previous, preparatory services were held on Thursday evening, Friday evening, Saturday morning and Saturday evening, a deep interest was manifested throughout the whole Communion season. L-5948

BRIDE TO BE SHOWERED.—Friends and neighbours gathered at the home of Mr. and Mrs. George Livingston at Clyde River on Wednesday evening to tender a shower to Miss Tena MacKinnon one of this week's brides. The bride-to-be was escorted to the chair of honor by Miss Lydia Murray while Miss Winnifred Best played the wedding march. The many useful gifts were opened by: Misses Alma McPhee, Jean McLean and Olive Livingston, while the accompanying verses were read by Miss Laura Livingston. Miss MacKinnon expressed her thanks for the useful gifts and invited all to go to see her in her new home. After singing "For She's A Jolly Good Fellow," the evening passed quickly in music. Dainty refreshments were served by the ladies.

STARTS FLYING TOUR.—Premier Pattullo today started a 10-day flying tour of northern British Columbia, taking off this morning in a seaplane from Esquimalt harbor with his crew: first Ben Hethey and pilot E. W. C. Dobbin, first stop will be Prince Rupert. From there he will go to the Queen Charlotte Island, Stewart, Atlin and then to Dawson in the Yukon Territory.

TOFOTONO, July 8.—Strange as it may seem, the zoo's busy managed lions, used to tropical weather, are feeling the current heat wave far more than the polar bears, keepers announced today. "We just give them lots of water and keep them out of the sun," a curator announced, explaining the last time they put ice in the water for the bears they died.

SPRING VALLEY PERSONALS.—Miss Baden Champion, St. John, N.B., is spending a pleasant holiday in Spring Valley, the guest of Miss Lottie Profit.

Miss Louise Johnson, Margate, has accepted the position of school teacher in Sea View School for the coming year.

Miss Reta Champion, St. John, N.B., is spending the summer with her grandmother, Mrs. James E. Campbell, Irishtown.

The trustees of Spring Valley School have engaged Miss Lottie Profit as school teacher for the coming year.

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That sounds a fairly good challenge to cooks (who are apt to be a domineering race) and it was tossed forth in a lecture on "Food" delivered in the London, Eng., Royal Society of Arts by Dr. L. A. Lampitt, who is evidently an authority on the more exact subject of chemistry. He went so far as to mention one of the reasons why exactitude is not to be attained in cooking:

"Even the recipe of the musician can be written down, and the expression of a Kresler captured to a more or less accurate degree by the gramophone record. The recipe of the chef is also written down, but no record of the result of his skill can yet be made."

That seems to suggest, says an English writer, that one of the cook's handicaps is the inability to create a model dish that will last for ever—not a very surprising handicap when one comes to think of it. Since the "monument men" of triumph that one ordinarily associates with the culinary art.

"Still, a well-matured Christmas pudding has been known to keep for a fair time," reminds the writer "and surely those dishes that are now put up in sealed tins might provide a more or less permanent example of the skill of the cook who prepared the dish itself."

"The tinned steak and kidney pudding is, in its own way, the counterpart of the 'tinned must' on the Kresler gramophone record."

B. I. S. Regular Monthly Meeting TO-NIGHT 8 p. m.

CONFEDERATION LIFE INSURANCE. L-6798-7-12-312.

WATER RATES.—Water rates for the current quarter must be paid by Friday the 10th. L-5943

EXHIBITION PRIZE LIST now being mailed to all former exhibitors. We want as wide a distribution of them as possible, and will thank anyone having an interest in the Provincial Exhibition to send for free copy. This year's Prize List is the best in Exhibition history. Write today for your copy. J. W. Boulter, Secretary, Provincial Exhibition Association. L-5947

EXHIBITION PRIZE LIST 1936.—The Exhibition Prize List for 1936 will be ready for distribution in the course of a day or two. Swine breeders will be interested to note that there is a Market Class for Single Bacon Hog Judged on Rail. Exhibitor will be allowed only one entry. Dressed weight 140-170 pounds, for which ten prizes are offered. 1st prize \$10.00. L-5949

THE PROVINCIAL EXHIBITION dates are August 17th to 22nd. The Provincial Exhibition at Charlottetown opens Monday evening, Aug. 17, full afternoon and evening programmes 18th, 19th, 20th and 21st, with 22nd reserved for possible postponement. Write your friends and tell them about our big Show which we promise will be the greatest of them all. Send for Prize List today. J. W. Boulter, Secretary, Provincial Exhibition, Charlottetown, P. E. I. L-5948

Miss Margaret Walsh, teacher Wellington School, Cambridge, Mass., arrived home last week to spend her vacation with her mother Mrs. Martin Walsh.

LIONS FEEL HEAT.—Among the recent motorists to Charlottetown were Miss Baden Champion, Miss Louise Johnson, Miss Lottie Profit, and Mr. Fred Profit.

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Brother Scouts: Yesterday was sports day at Camp De Roma. The winners were: Swimming Race—1. LaCusta; 2. T. Stewart; Rope Spinning—1. H. Murray; H. T. McNeill; Obstacle Race—1. F. McDonald; 2. S. Reddin; Tenderfoot Knots—1. E. White; 2. Vince King.

The thanks of the Scouts in camp are due to Mr. Percy Simmonds of the Central Creameries for his kind gift of ice cream.

Tuesday was spent in passing tests and in instruction in mapping, swimming and hiking.

We are glad to welcome Rev. Fr. H. I. Fleming to our camp.

Many parents and friends were at the camp yesterday. We are always glad to see them.

An informal meeting of the provincial council was held in camp during the afternoon. Matters relating to the welfare of Scouting were discussed.

Grey Wolf

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TO PLEASE YOU 'OUR AIM'

Central Guardian locals, 40 per word; Western and Eastern locals, 20 per word; Announcements and Coming Events 10 per word; Classified 10 per word; In Memoriam Notices, 70c per inch; Lists of Floral and Spiritual Offerings, Cards, etc., 40c per name; Letters of Condolence 70c per inch; Notices of Thanks and Appreciation, 70c per inch or 40c per word. Other rates on application. Minimum Charge for any advertisement twenty-five cents.

For Sale FOR SALE — 1 TRUCK WAGON. Calvin Cameron, Mt. Stewart. L-5880-7-7-31.

FOR SALE OR TO RENT—ON August 1st, cottage at 34 Orlebar St. Apply tel. 1349-L. L-5878

HAY SALT FOR SALE. EARLE Fisheries Co. L-5881-7-8-11.

FOR SALE — MALAGASH HAY Salt, also Rock Salt, and crushed Shell. Earle Fisheries Co. L-5881-7-8-11.

FOR SALE — SHINGLES, BEST quality. Fir \$1.80. Spruce \$1.70. Seconds \$1.40 per square. MacLeod's Mills, Bellevue. L-5892-7-8-31.

I HAVE A LARGE STOCK OF new and used Rubber Belting. Also heavy duty Rubber Traces. Per pair \$3.00. Clinton Morrison, Fredericton Station, P. E. I. L-5885-7-8-31.

FOR SALE — NEWFOUNDLAND Dog. Large. 2 years old. Kind with children. Has caught Foxes running at large. Price ten dollars. Alfred Noring, Carleton Place, Siding. L-5932-7-9-11.

FOR SALE—100 ACRE FARM, stock, crop and implements at Argyle Shore, recently Weldon A. Smith. Apply McLeod & Bentley. L-5946

To Rent COTTAGE TO RENT, AUGUST 1st, 305 Fitzroy Street, containing 6 rooms, modern improvements, hot air heating with garage, rent moderate, apply G. D. Wright, 307 Fitzroy Street. L-5802-7-4-7-11.

To Let TO LET — THREE ROOMED apartment to let. Apply to 38 Elm Avenue. L-5874

HOUSE TO LET — WITH OR without store. Apply E. N. Kays, 18 Upper Queen Street. L-5926-7-9-31.

TO LET—A WELL FURNISHED house for summer months. Free wood, cherries and apples. On Fairville Road 1 mile north of Keele's Lake, 3 miles south of Peake's Station. Peter Ahearne, L-5934-7-9-11.

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