

# Gardeners!

Whether growing vegetables for home use or for commercial purposes, we believe it will pay you to

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Our specialties include the ALWAYS TENDER BEET, NEW HAMPSHIRE MIDGET WATERMELON, CHERRY BELLE RADISH, KOOTENAY PEAS, and many more recent introductions.

(Try our PURE GOLD BUTTER BEANS—they'll bear for weeks) Write for our complete catalogue—IT'S FREE!

ARTHUR VESEY, York, Prince Edward Island

# Strange But True

By F. H. MacArthur

Between 60,000 and 100,000 persons die annually in America from the effects of excessive drinking. The number who die in Europe from the same cause is still larger. To put it another way: In Europe and America a life is snuffed out every 2 1/2 minutes by John Barley Corn.

The graves of the victims, allowing 12 square feet for each, would in 50 years almost cover a township. Arranged end to end, their coffins would form a continuous line from Cape Horn to the North pole. Surely there is food for reflection in the above figures.

Many persons believe that fish actually increases one's gray matter. Nothing could be farther from the truth. The falsity of this belief is brought to the fore when we know that the lowest of all human races are those that live almost exclusively on fish.

In parts of Australia, drunkenness from the use of large quantities of tea is very common. In South America, persons get drunk on coca and sometimes have the D. T.'s. Abyssinian tea, used in shoa, produces drunkenness and has other injurious effects. The only reason we escape the same fate is that we adulterate these beverages until they have lost their potency.

A skilled anatomist can determine the sex of a human who has been dead a long while by an examination of the skeleton alone. The ancient Roman Emperors and their wives took frequent milk baths to preserve their health.

The amount of carbonic acid produced by each adult person is about 1 cubic inch every time he takes a breath, or about two-thirds of a pound per minute, or 2 1/3 of a cubic foot in one hour. An ordinary oil lamp produces approximately the same quantity of this acid as a person. But a candle will produce 10 times as much.

Dry earth is one of the best disinfectants for solid and semi-solid matters. It operates by absorbing fluids and foul gasses. Earth if wet, is useless for this purpose.

Japan has an average of 23,000 suicides every year. If others were not talked out of it by the police the death rate from this cause would be 100,000. Japanese police say that frustrated romance and broken hearts is why so many want to leave this world in a hurry.

In Central America and West Africa the natives have but to tap the cow trees in order to get rich whole milk for their families. Sap from other trees of the same family thickens into butter.

A certain type of date palm has sap that is used by the natives as a medicine when first drawn, a drink like champagne the second day, and a very intoxicating brandy flavored drink on the third day.

Bachelors don't have a ghost of a chance in the Timhane tribe of Portuguese Africa. A girl selects a man of her choice and stands outside his hut until he marries her.

An Australian prospector has found a black star sapphire which tipped the scales at 1,151 carats. This stone has a value of \$224,000!

The gem has been shipped to London for cutting and later will be offered for sale in the U.S.A. This is the second largest sapphire ever unearthed in the land down under.

The largest weighed 1,156 carats and was worth exactly \$250,000!

There's a small mountain community in California named Whiskeytown. And members of the Women's improvement league say there's nothing wrong with the name.

Well, maybe there is nothing wrong with the town's name, but one naturally wonders how the town folk can handle the tourist trade. One doesn't need a lot of brains to be able to pick out other people's faults.

## A Country Garden

Continued from page 2

Thus it is that the dwarfs have been successful. High in the mountains the forests are like lawns, or low compact growing ground covers. There are only five kinds of familiar trees that succeed in that rigorous climate. In the lower valleys they are tree-like, but a few hundred feet up a mountainside they are dwarfs, or drop out altogether.

Three of them are well known here: mountain-ash, Norway Spruce and Scots pine, the others are a grey birch and two kinds of willow. The northern limit of agriculture in Lapland goes far beyond that of our own hemisphere, an occasional potato patch is not uncommon in Lapland, willows more than 100 miles north of the circle. Rye and barley can also be grown, and there are also private gardens and parks where tulips, columbines, petunias, asters, chrysanthemums and dahlias—all in full bloom. In the eight frost-free weeks of continuous daylight, apparently everything blooms at once or not at all.

"Gardening gives me a chance to create both beauty and food. I know I would not be satisfied to raise crops alone. In a row of glorious gladioli, in a bed of Autumn chrysanthemums, in the regal beauty of a huge sunflower, I harvest some thing that satisfies the heart. Man does not live by bread alone, and one of life's most difficult lessons for many of us is to learn that basic fact. You cannot put a price tag on a sunset, nor assay in money the beauty of one perfect flower.

"Gardening to me is the feel of good humus in my hands; it's the placing of seeds in the earth's breast and watching slender spikes of green develop into full-grown plants. It is the peace of dawn when garden soil is moist and dark; it is the good, pervading warmth at midday. It is the lengthening shadows when day is done, and dusk steals down from the hills across my fields. It is the brooding beauty of a Summer's evening when stars light the streets of the sky, and the fragrance of soil is rich and satisfying. Gardening means work and planning; it means disappointments as well as triumphs. But if a man delights in gardening, nothing else satisfies him. It is physical labor, but it is also pleasant dreaming; it is working with the great and fundamental forces of our planet. And while it may be a bit old-fashioned to say it, I also believe that a man can find a part of life's meaning as

## Card Of Thanks

I wish to thank the Doctors, Nurses and staff at the Provincial Sanatorium for their kindness to me while a patient there; also the good friends who visited me and those who sent treats, letters and cards. Also a special thanks to Dr. Stanley Hellmich, Borden.

Austin Campbell.

# KING COLE TEA

WAYS OF YOUR PEAK

# THE CENTRAL GUARDIAN

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

JIMMY'S TAXI — Phone 526.

CRASWELL for Better Photographs.

MILK — and good health go hand in hand.

LEHIGH HARD COAL is always the best. Arnfast Coal Co.

"YOUR DOLLAR BUYS MORE" at the HUGHES DRUG STORE.

A. R. MacINNIS, Fire, Life, Auto and other lines of Insurance.

HOWARD MacINNIS FOOTWEAR at 175 Queen Street.

NEW SHIPMENT of Ice Cream Freezers, all sizes. The Rogers Hardware Co., Ltd.

HEAR HELEN ROACH and Male Quartet from Kensington at Burns' Concert.

TONIGHT Canada's now famous soprano, Lois Marshall at Prince of Wales Auditorium at 8.30. Admission 75 cents; students 25 cents.

PROVINCIAL DRAMA FESTIVAL RULES and entry forms now available. Write Mr. H. Barry Bugden, Charlottetown, R. R. 7.

...DRESSES \$5.99, BLOUSES \$1.98; HOSIERY 99c; SWEATERS \$2.99; CORDUROY JACKETS \$3.00. SUNTER'S LADIES' WEAR.

## ROAMING AFAR

IPSWICH, England — (CP) — Frederick Westgate, 26, and Rowan Plack, 25, registered male nurses, plan to give up their jobs in the Suffolk community and hitchhike around the world. "The best nursing jobs in Britain go to women," said Westgate.

## SMALL REPUBLIC

Uruguay is the smallest republic in South America with an area of 72, 153 square miles.

he gardens. It requires faith to garden—and life without faith is meaningless. I think a true gardener catches glimpses of the eternal verities when he is in communion with the soil which gives him both food and beauty." H. S. Pearson.

TOWN TAXI — Phone 1600-322.

MR. W. R. SHAW will be Master of Ceremonies at Burns Concert.

ICE CREAM satisfies young and old.

MacDONALD RADIO SERVICE. Radio repairing. Amplifiers and sound systems. Disc and tape recording. 180 Kent St. Phone 1207.

THE PRESBYTERIAN CHURCH IN CANADA. — Central Parish. A joint meeting of the congregations of Churchill, Canoe Cove, Nine Mile Creek and Clyde River will be held in the Church at Clyde River on Wednesday evening, January 28th, at the hour of 8 P. M. Rev. Donald Nicholson, Minister.

...SPECIAL — DRESSES \$5.99, BLOUSES \$1.98, HOSIERY 99c, SWEATERS \$2.99, HATS \$1.00 AT SUNTERS LADIES WEAR.

## CLOSED

FOR STOCKTAKING WEDNESDAY and THURSDAY

January 28 - 29

CANADIAN TIRE CORPORATION Charlottetown.

## TONIGHT

LOIS MARSHALL

Canada's Great Soprano

P. W. C. AUDITORIUM

AT 8:30

Come Early

Seats Limited

Admission 75 Cents

Students 25 Cents

# The Salvation Army

Great George St.

INVITE YOU TO SHARE

8 Nights of Soul-Saving Meetings.

February 8th to February 15th inclusive

Every night at 8:00 p.m.

Sr. Captain Les. Titcombe will preach

8 Lessons from the Bible on the Topic

"SOVEREIGN GRACE"

4 DAYS OF REVIVAL and REDEMPTION

conducted by

Brigadier and Mrs. C. Knaap

Divisional Commander from Saint John, N.B.

67th Anniversary Services of the Charlottetown Corps.

FEBRUARY 20th — to the 23rd



...the willingness to find a way

A man who started a new business a few years ago recently wrote to pay tribute to the bank's part in helping to make it a success:

"We were fortunate in having, as our banker, a man who could combine with experience the willingness to find a way that called not for experience alone but for imagination as well."

The chartered banks are forever alert to the fresh problems, the changing needs of their customers. At all times, in all your banking problems, you can depend on your local bank to bring experience and imagination to the task of helping you to "find a way".

This advertisement, based on an actual letter, is presented here by

THE BANKS SERVING YOUR COMMUNITY



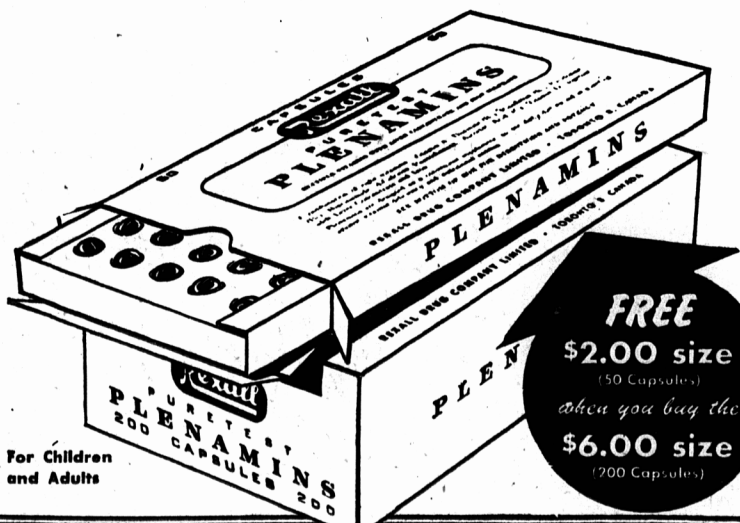
# TAKING VITAMINS? take the kind that gives you 8 VITAMINS plus LIVER and IRON

## Rexall PLENAMINS

may help your whole family

### FEEL BETTER, LOOK HEALTHIER quickly!

Tasty, filling meals aren't always nourishing meals. If you do not feel as well as you think you should... if you tire easily... if you catch colds too readily, you may need a vitamin supplement to your diet such as Plenamins. Rexall Plenamins are helping thousands of Canadian children and adults to vigorous new health and hearty enjoyment of good living. For Plenamins give you 8 important vitamins, plus Liver Concentrate and Iron! Now is your chance to find out, on this free trial offer, what Plenamins can do for you... and your family.



FREE \$2.00 size (50 Capsules) when you buy the \$6.00 size (200 Capsules)

## Study this Vitamin Chart—then see how PLENAMINS help to answer your needs

- Vitamin A** helps maintain resistance to colds and infection; helps keep skin clear, healthy-looking.
  - Vitamin B1 (Thiamine)** helps maintain the appetite, it protects against and aids in the treatment of neuritis due to thiamine deficiency.
  - Vitamin B2 (Riboflavin)** helps you get the good from your food, keep tissues around lips, eyes and tongue healthy.
  - Vitamin C (Ascorbic Acid)** helps in normal development of teeth and gums, lessens tendency to gum infection.
  - Vitamin D** especially important for children, aiding in growth and helping in the formation of sound bones and teeth. Helps prevent and alleviate rickets.
- These, together with Niacinamide, Pyridoxine and Calcium Pantothenate—all found in Plenamins—are necessary for the normal functioning of the body; they aid in growth, help maintain appetite and normal resistance to infection.
- Liver Concentrate and Iron** both are helpful in formation of red blood cells... so important to general good health.

ACT NOW—START THE FAMILY TAKING PLENAMINS RIGHT AWAY!

## NOW... SPECIAL FREE OFFER ON PLENAMINS...

We're so sure that you will benefit from Plenamins that we make this outstanding offer. You receive FREE the \$2.00 size—25 days supply of 50 capsules—when you buy the \$6.00 size—100 days supply of 200 capsules.

If after you have used the small package of Plenamins you find you don't feel better, return the unopened \$6.00 size to your Rexall Druggist and the full purchase price will be cheerfully refunded. If you keep and use both packages you are getting the benefits of Plenamins' 8 vitamins and 2 minerals at less than 5 cents a day. Try Plenamins on a money-back offer.

DON'T DELAY—This offer is good for a LIMITED TIME ONLY

# REXALL PLENAMINS

SOLD AT Rexall DRUG STORES EVERYWHERE

we've put the mule out to pasture

Once standard equipment in a cotton mill, the old spinning "mule" has long since gone by the board. Dominion Textile's manufacturing equipment is now among the most modern in the world. Machinery bought by our 7,239 shareholders (94.7% of them Canadians) helps us to turn out top quality goods and provide jobs for the 12,500 Canadians working in our plants. But equipment improvements, such as replacing the mule, aren't everything. We have our troubles trying to compete with the products of other countries which pay lower wages. In Japan and India, for instance, wages run about 15 cents an hour, while we pay well over a dollar an hour, seven times as much.

OLD TYPE SPINNING "MULE"

DOMINION TEXTILE COMPANY LIMITED

Manufacturers of *Texmade* Products