

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 200 p.c. in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach liver or kidney disease or some other ailment when their real trouble was lack of iron in the blood.—How to tell, New York, N. Y.—In a recent discussion Dr. Sauer, Specialist, of this city said: "If we were to make an actual blood test on all people who are ill, you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin, another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night, others are sleepy and tired all day; some tussy and irritable; some skinny and bloodless, but all lack of physical power and endurance. In such cases, it is worse than foolishness to take stimulating machines or narcotic drugs, which only whip up your fagged vital powers for the moment, maybe at the expense of your life, later on. No matter what anyone tells you, if you are not strong and well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run down people who were ailing all the time double and even triple their strength and endurance and entirely get rid of their symptoms in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit! You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated iron for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit \$100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money, in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed in this city by Geo. E. Hughes, Apothecaries Hall and E. A. Foster, Central Drug Store.

The Central Guardian

IT PAYS to buy in this Province. BAND AT ARENA tonight. 7954.

AUCTION SALE of stock at Bunbury. See ad elsewhere in this issue. 7951.

DON'T MISS THE SKATING at Arena tonight. 7954.

ENGAGEMENT ANNOUNCED—Mr. C. P. Fletcher announces the engagement of his daughter Stella, to Capt. Charles M. Williams, 104th Overseas Battalion, C. E. F. Marriage to take place in April.

OUTWARD PASSENGERS.—Among the outward passengers by the Prince Edward Island yesterday morning were: Miss Mary Curran, East Royalty to Boston; Messrs Albert McIsaac and Daniel McPhoe, Rock Barra, to Regina, Sask; Mr. C. A. Stevenson, New Glasgow to New Glasgow, N.S.; and Mr. and Mrs. G. A. W. Robertson to Vancouver on a visit.

ODDFELLOWS TO CELEBRATE.—The Oddfellows of this City intend to observe their Natal Day on Wednesday, April 26th., by attending service in the Central Christian Church in the afternoon and by holding a grand entertainment with refreshments, dancing and whist in the Prince of Wales College Hall. The entire proceeds to be given for Patriotic purposes. This will be the first big social event after Easter.

ENJOYABLE OUTING.—On Tuesday evening March 21st. a gay party of young people drove out to Mr. R. H. Sterns' beautiful summer home at North River. The rooms were artistically decorated with cut flowers and potted plants. The evening was pleasantly passed with music, dancing and cards, after which delightful refreshments were served by a committee of young ladies in charge. The party broke up shortly after midnight, and after singing Auld Lang Syne and the National Anthem all dispersed to their homes well pleased with the evening's enjoyment and claiming it to be one of the best times of the season.

GREAT ICE, GREAT MUSIC, great time at Arena tonight. 7954.

AUCTION SALE.—An ad will be found elsewhere in this issue of Auction Sale of Rogers Farquharson, Bunbury. 7951.

THE STANLEY.—The Stanley docked in Georgetown yesterday at 3.30 with thirty-five tons freight, 122 tons express, eighty sacks mail and twenty passengers.

SAD DEATH.—The death occurred in the City Hospital Tuesday evening of Donald McIntyre, of East Point. The young man was only eighteen and was a member of the 105th Battalion. He had been ill for some time with mastoids. The remains were removed from the hospital and were taken to East Point by the train yesterday. A detachment of the 105th accompanied the body to the station, where the last post was sounded.

MILITARY FUNERAL.—The funeral of the late Lt. Col. Francis Longworth Docherty took place yesterday with full military honors. The cortege left the parlors of G. D. Smith at 2.30 accompanied by the 105th Battalion in full force. The service was conducted by the Rev. F. H. Littlejohns and Rev. Mr. Heaney. A firing party consisting of eighty members of the 105th Battalion fired three volleys at the grave and the last post was sounded by three buglers. The pall-bearers were Colonel Allan, Colonel Davison, Colonel Stewart, Mr. Edward Love and Mr. McLeod.

FOX CASE.—In Queen's County Court yesterday before His Honour Mr. Stipendiary Shaw the case was resumed in which Samuel Morrison is charged with the theft of a pair of foxes from the ranch of Samuel Kennedy, Wilmot. Mr. Morrison, who had been on the stand when the case was adjourned on Monday afternoon, was again examined yesterday. A number of other witnesses were examined for the prosecution including Peter Vissey, Watson Higgins, John Whitlock and Dan McDonald. At adjournment Mr. McDonald was still on the stand. The case will be resumed this afternoon at 2 o'clock. Counsel: For prosecution, Mr. Donald McKinnon; for defence, Mr. J. J. Johnston, K. C.

APPRECIATION.—Among the many letters which the "Women of Prince Edward Island" received by Mrs. Ings, Secretary of "Socks for the Front" the following extracts may be of interest. From Capt. (Dr.) Andrew Macphail: "Your letter and the six parcels of socks, arrived yesterday—most opportunely. We have had a heavy fall of snow the first of the year, and every pair is now in use. On the principle that charity begins at home I distributed them to the men and my own immediate command—71—and I gave the remainder to one of the McKenzies to distribute at his discretion. The quality was excellent, and for one day at least the men had dry feet. An extra pair of socks is a luxury, and we are all very grateful. They remind us also that we are not forgotten in this hard business in this sad country. To the "Women of the Island" who have been so kind we send our thanks.—From Lt. Leavitt: "I have had the parcels delivered, handing them, with your letter, over to the care of Sergt. Weeks, an Island boy and one of the best. You can rest assured that your wishes regarding the distribution will be carried out. Socks are always an acceptable gift, especially now, when we are having a lot of wet weather, so you may be sure they will be greatly enjoyed and appreciated. On behalf of the lads of No. 2 Section I wish to thank the good ladies of Prince Edward Island for their great kindness."—From "Capt. D. A. McKinnon, to whom two cases (362 pairs) were sent to take overseas for the time of need: "On behalf of the officers and men of my Corps, I wish to express our very sincere thanks for such an exceedingly useful gift. We shall all remember with feelings of gratitude the thoughtfulness of the women of Prince Edward Island."

MRS. THOMAS H. PLESTID, Richmond, P. O. Box 115, P. E. Island. Your druggist sells GIN PILLS.—60c. the box. National Drug & Chemical Co. of Canada Limited, Toronto.

GIN PILLS FOR THE KIDNEYS

Why Demanded

"Gin Pills did for my husband and me what no other remedy could. I have advised two other parties to use them, one of them being my mother who has been a great sufferer for upwards of 20 years, and one box cured her, so as to enable her to sleep on her left side, something she could not do for many a year. The doctor told her she could not cure her, but could relieve her by an operation for a floating kidney, but on account of her getting old did not think it advisable for her to go. Upon my advice she tried Gin Pills which cured her and for which she is ever ready to speak in terms of praise."

MRS. THOMAS H. PLESTID, Richmond, P. O. Box 115, P. E. Island.

Your druggist sells GIN PILLS.—60c. the box.

National Drug & Chemical Co. of Canada Limited, Toronto.

CHICAGO MARKETS

(Special to the Guardian.)
CHICAGO, March 22.—Wheat, No. 2, red, Nominal; No. 3, red, 1.10%; No. 2, hard, Nominal; No. 3, hard, 1.00 to 1.06%. Corn, No. 2, Yellow, 76%; No. 4, Yellow, 69; No. 4, White, 70. Oats, No. 3, White, 42 to 43; Standard, 44 to 45. Rye, No. 2, 94c. to 95c. Barley, 61c. to 75c. Timothy, \$4.50 to \$5.50. Clover, \$10.00 to \$18.75. Pork, \$21.50 to \$22.62. Lard, \$11.15. Ribs, \$11.50 to \$12.00.

Lenten Specialties

Fish makes a most appetizing and nourishing meal. Read over the following list from which to choose.

Codfish 1 and 2 lb Pkgs.	Canned Salmon
" Boneless Strip	" Lobster
Herring Smoked	" Shrimp
" Bonel ss	" Sardines
Finnon Haddies	" Scallops
Fillet	" Clams
	" Kipperd Kerrings

Lea & Perrins', Karveys' & Cartons Sauces Anchovy Paste

BEER & GOFF

PHONE 150

A Coal and Wood Range With a HIGH OVEN


LIGHTER DAY HIGH OVEN RANGE



FOR SALE BY

Currie & Murnaghan

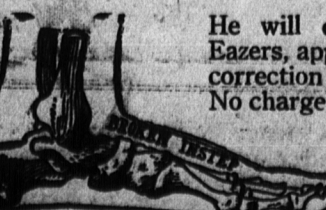
Plumbing & Heating Engineers
71 Queen Street
7643-3-4MST13mos.



Free Advice on Foot Ailments

No need to suffer any longer. Come in and see the Toronto Foot Specialist, who will give free advice and demonstrations on all foot ailments. At our store.

FRIDAY MARCH 24th.



He will demonstrate Scholl's Foot-Eazers, appliances and remedies for the correction of all foot-ills or deformities. No charge, no obligation to buy. An opportunity that every foot sufferer should seize, as it may never be offered again.

Come and Bring Your Friends to Morris-Smith-Bear

Painting and Decorating

We do all branches of the Painting and Decorating Business. Best of references. Estimates furnished. Business established over 40 years ago. Telephone connections.

P. H. Trainor & Son

118 Kent Street Opp The Reverse

Apples Apples

A few good barrels of No. 1 Baldwin Apples, will be sold cheap. As these apples are both for cooking and eating. You will want to order yours now.

Just received a quantity of pure Maple Sugar, let us have your order at once as it is going fast.

For the next few days we will sell at cost 150 brooms of the best quality.

C. A. McDONALD

160 Victoria Row
Opp. Post Office
Telephone 153Y.
7853-3-18-1916.

Prince Edward

TODAY 3, 7 and 8.45
Last Chance to see the Great Racing Play


Mutual Master Picture De Lux
The Gaumont Company Offers

"The Drifter"

A Drama of deep Human Interest, dealing with one of Life's most complete Problems
A MASTERFUL PRODUCTION in 5 REMARKABLE ACTS 5
Featuring The Charming Actress LUCILLE TAFT and ALEXANDER GADEN

McGinty and the Count and Curing The Cook Just Laughter

His Luckless Love
Keystone Comedy



Alexander Gaden, Star in "The Drifter", Gaumont-Mutual Masterpicture, De Luxe Edition.

Tonight People's Theatre Tonight

Vitagraph Broadway Star Feature
Presenting
In The Days of the Famine
IN THREE PARTS
BY JAMES OLIVER CURWOOD
With James Morrison, George Cooper, Dorothy Kelly, Donald Hall
A Supreme Test of Manhood that shows where Real Character is, it surpasses belief and overwhelms our sense of the beautiful

Essanay Players Present
Mrs. Trenwith Comes Home
The Cast includes such Stars as, Bryant Washburn, Gerda Holmes, Helen Dunbar

The Strenuous Life
FARCE COMEDY
At The Road's End
BIOGRAPH DRAMA
Friday Saturday
"EXPLOITS OF ELAINE"



"We'll wait for daddy, children—he loves FRY'S chocolate, too"

Fry's Chocolate Powder

makes every Chocolate Cake a triumph. Everybody enjoys its purity and its rich, healthful flavor. Even inexperienced house-wives get perfect results—it's so easy to make. Mix one-quarter cup of FRY'S CHOCOLATE POWDER, with two cups of powdered sugar, adding two tablespoonfuls of cream or of boiling water. That's all.

Of course, remember, "nothing will do but FRY'S."