

WAS SO NERVOUS and SHORT OF BREATH COULD HARDLY SLEEP

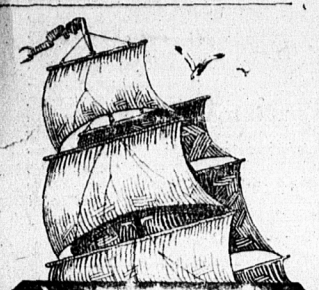
Mrs. Louise Raglin, Golden Lake, Ont., writes:—"For several years I was greatly troubled with my heart. I was so nervous and short of breath I could hardly sleep at night, and if I did sleep for a while I had bad dreams.

"I managed to keep at my work, somehow, until I began to have dizzy spells which got so bad I had to give up. I used many kinds of medicine, but found no help until I got a box of After the first box I found a great change, and after two boxes I was as well as I could be.

"I told my mother, who had choking sensations, about them and they helped her greatly."

Price 50c. a box at all druggists and dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont."

"Tabac blonde" is a new lace of tiny iridescent beads of a blonde color. An evening gown of it has a brown velvet sash.



WHAT HAVE YOU SAVED? Aside from insurance, how much farther are you ahead in January 1928, than you were 10 years ago.

Insurance offers the one sure way of building up a life estate for most of us. Maritime premiums and policy privileges make it easier.

Advertisement for The Maritime Life insurance company, featuring a ship illustration and text about life insurance benefits.

Advertisement for H. L. WORTHY DRUGGIST, featuring the text 'Something New in Town Ci-mi' and listing various toiletries.

Advertisement for CARTER & CO. Limited, featuring the year '1928' and listing office supplies and stationery.

AN ATTIC SALT-SHAKER

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CIGARETTES were introduced to the English-speaking world following the Crimean War, asserts John Wilber Jenkins in his biography of James B. Duke, the "Tobacco King."

THE first "rollers"—cigarettes were then made by hand—both in England and America, were brought from Russia, where cigarette making was a government monopoly, and its secrets closely guarded.

SVEN HEDEN, the explorer, declares that Kitchener—with whom he stayed in India some years ago—was a martinet when it came to supervising the laying of the table for any large dinners he was giving.

"KITCHENER would place himself at the end of the table, bend forward, cock his eye, and make sure that every wineglass, every spoon, knife and fork was in place in a rigidly straight line.

Dr. Hedin adds that the great soldier personally plucked and arranged the flowers for his (Hedin's) bedroom, so that the color scheme might be in harmony.

IN the early days of her dancing career, Isadora Duncan was a member of Augustin Daly's noted company of which that fine actress, Ada Rehan, was the star.

"Rehan was one of the supremely great actresses of the world," acknowledges Isadora Duncan in her recently published memoirs, "My Life."

"REHAN was very proud and reserved and seemed to feel that it was an effort even to say good-day to us, for one day the following notice was posted in the wings:

DURING all the two years she was with the Daly company, Isadora Duncan never once spoke to Miss Rehan.

"I remember one day when she was kept waiting by some group of Dalys," recalls the famous dancer, "she swept her hand over the heads of all of us and exclaimed: 'Oh, Guv'nor, how can you keep me waiting for these nonentities?'"

"AS an artist I had the greatest admiration for Ada Rehan," continues Isadora, "and at one time it would have meant very much in my life to have had a little kindly encouragement from her.

MANUEL GARCIA, the celebrated Italian singing master, and inventor of the laryngoscope, was received by King Edward on the morning of his hundredth birthday.

EDWARD, greatly taken aback, apparently answered: "Quite so, quite so," and led the conversation into less controversial paths, records Sir Sidney Lee in the new volume of his biography of King Edward.

THE Marquis de Severol, Portuguese Minister to London, had a unique position as a raconteur says Sidney Lee. One of King Edward's closest friends, he was the "most popular" man in London.

FOR SALE Fast green trotter for sale—Devonport Prince has been a half over Charlottetown track in 107 1-2. Black Notting geldon half brother to Devilset, 2-17 1-2, Maritime three year champion Dam Devilish Dorothy, 2:16. A beautiful horse, easy to drive, sound and clever. Wears no boots, a great sleigh horse. Also Heeneys speed sleigh and set of harness.

Apply LEO BLAKE Or JAMES ARBING City.

FRUIT COMPOTE. For a change in breakfast fruits, make a compote of cooked figs, dates and apricots and put in a few sections of fresh grape fruit.

Advertisement for SERVICE PAINTING DECORATING PAPER HANGING. LETTERING and SIGNS. Estimates & Drawings Furnished. Waller & Doyle 195 Grafton St. Telephone Connection.

HORSE NOTES

O'Leary and vicinity should be able to get together and put on some good races this winter as there is a lot of speed showing up. The following is some of the speed that has been named to the writer:

"Cock o' the North," the chestnut trotter owned by the O'Leary speed merchant Jos. R. Gallant formerly of Montreal. This horse should be able to stay with the best of them.

"Capt. Allen" owned by Claude Jolly is a nice gaited colt and with proper handling will make a good trotter.

"Chop Suey" owned by Keith Adams is in fine form and ready to start.

Leslie MacAuley of Renfrew fame is changing his big trotter "Palmetto" over to pace.

Havelock Gibbs still has his big trotter, "Jerry K." and when this horse is right he is some trotter.

Preston Thompson is jogging "Cochantia." This is a new horse here, but it is rumored he has speed.

Scott Milligan, Brae has a Princeanna horse that is showing extreme speed on the trot.

Alvin McLean, Brae has a speedy pacer sired by Princeanna and is ready to race at anytime.

Charlie Dennis the O'Leary postmaster drives a nice-looking grey pacer. Charlie says this horse has no speed but watch him.

J. D. Cummings is handling a black pacer which he calls, "Baby Boy." This horse is sired by "Lu Copia" 2:09 his dam is the fast pacer Highborn Lady. This horse is green but shows a lot of speed.

Will Waite, Springfield, Lot 8, still owns the handsome fast pacer stallion "Guy Dillon." If this horse is put in racing shape he is one of the fastest horses on P. E. I.

There are other horses in this vicinity as good as the ones mentioned but the writer cannot recall their names.

DUNDAS AND VICINITY

Some of the farmers of this vicinity are hauling their potatoes to Cardigan Station. They say there is very little demand for them.

Mr. Lorne Wigginton has returned to his home after an extended trip to the Pacific Coast. He reports the crops in the Middle West extra good this year.

Jack Frost favoured the Young People with a week of good skating on Ross' Pond. Despite disagreeable weather they fully enjoyed the weeks sport. The music furnished by Mr. R. B. Clay was very much appreciated by the skaters.

Mr. Louis Castello was a recent visitor to Albion Cross.

Miss Marguerite Jenkins, Annapolis, spent the holidays with her sister, Mrs. Norman MacLeod of Bridgetown.

Miss Ruth Sterns spent part of her Christmas holidays visiting friends in Charlottetown.

Mr. Lyman Ross, the genial miller of Dundas, reports business rushing, especially in the grist mill.

Mr. Joseph Wood was a visitor to St. Teresa's recently.

Messrs. Louis Callaghan, Joseph Duffy and Patrick Wood are in charge of the Certified Seed Potatoes at Lake Verde.

POULTRY NOTES

POULTRY NOTES, submitted by Poultry Division, Dominion Live Stock Branch. This information given in the interests of better farm flocks. All inquiries to be addressed to Box 200, Charlottetown.

BREEDING.

In-Breeding and Line Breeding:—Having located a successful mating, one can keep going easily so long as the originals are breeding, but the problem begins after the first mating ceases.

Our experience in breeding birds of very close relationship, such as mother and son, or brother and sister, or cousins, or what is the best procedure?

It is true we have some successful results, but it is likewise true that most of such matings have been bad.

It is generally considered among poultrymen that the production of eggs is the most profitable branch of the business.

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Many people appear to believe that the secret of getting eggs, particularly in the winter, is in the feed given and the method of feeding. Others believe that the whole problem is the breed or strain, while others think that the housing is the problem to solve.

All these are important, but the main reason for poor results in the opinion of the writer, is the lack of careful work months before the eggs are wanted.

While you are collecting the high priced winter eggs you should be making careful plans to secure the crop of pullets for the next season.

The factors are feeding, housing, age of stock, strain, possibly breed, attendance, cleanliness and the weather. All of these may more or less be controlled, with the exception of the weather, and it is perhaps the least important factor.

Some troubles are,—overcrowding in houses, stock of mixed ages, that is, there are two-year-olds and upwards, early pullets and late pullets, surplus cockers; dirty, moist, draughty houses wet and dirty litter.

Where eggs in winter are wanted the early hatched pullet is, without a doubt, the one to depend upon for yielding shells, and those older are very rarely good layers during November and December.

They are uncertain even in January and February and really do not begin to lay well until March. Where the egg production falls below 15 per cent during the winter months, one is making much profit.

The age at which most pullets commences to lay is six to seven months. Some lay at four and one-half months, but careful, constant, regular attendance and a keen interest in the welfare of the birds. A bird that has stopped laying is very hard to start.

As pullets mature, they commence laying. It is the attendant's work to keep them going.

The question of the amount of feed a hen will consume, the number of eggs she will lay, and the time in which she lays the eggs are interesting and important.

Data collected in the past would indicate that 100 to 110 eggs per year would pay for the hen's keep according to the market prices for feed and eggs, and providing the flock mortality is not in excess of 10 per cent.

The body weight must be maintained or increased if production is to be kept up.

The amount of feed consumed varies with the number of eggs produced. Figures show that the general purpose breeds, such as Plymouth Rocks, Rhode Island Reds and Wyandottes, consume from eighty to ninety pounds of grain and mash annually averaging nearly seven pounds of grain each month.

Breeds such as Leghorns or Anconas eat from fourteen to eighteen pounds less, or the large birds eat more than the small ones, and heavy layers eat more than the poor layers.

The amount of feed required cannot be stated in ounces for each day as birds' appetites vary similar to human beings. The successful feeder studies his flock and regulates the amount of feed given according to the condition and requirements of his flock.

CIVIC ELECTION!

In pursuance of An Act of the Legislature of the Province of Prince Edward Island, made and passed in the Third year of the reign of His Majesty King Edward VII., Chapter 17, intituled "An Act to consolidate and amend the several Acts incorporating the City of Charlottetown and all Acts in amendment thereof or in addition thereto.

I do hereby give Public Notice that an Election of a Mayor for the said City, Three Commissioners of Sewers and Water Supply for the said City, and of One person to serve as a Common Councillor in the City Council for each of the Wards Numbers 1, 2 and 3, of the said City, and of Two persons to serve as Common Councillors in said Council for Ward Number 4 of said City, and of Three persons to serve as Common Councillors in said Council for Ward 5 in the said City; being in all a Mayor, Three commissioners of Sewers and Water supply, and Eight Common Councillors representing the City as follows:

- For Ward Number One One Councillor
For Ward Number Two One Councillor
For Ward Number Three One Councillor
For Ward Number Four Two Councillors
For Ward Number Five Three Councillors

WEDNESDAY The Eight day of February, A. D., 1928

At the several Polling Places as Described in Proclamations Posted in the Several Wards of the said City.

NOMINATION DAY, WEDNESDAY, FEBRUARY 1ST, 1928 At the Office of the City Clerk, City Hall, from the hour of Twelve O'clock noon, until the hour of Four O'clock in the afternoon of the same day.

For Qualifications of Electors see Act 3rd Edward VII., Cap. 17, Secs. 24 to 29; also Act 1st George V, Caps. 13 & 14, also Cap. 9 Act 17 George V. Sec. 5.

G. P. NICHOLSON, City Clerk, City Clerk's Office. LEONARD B. MILLER, Mayor of the City of Charlottetown. Charlottetown, January 20th, 1928

Helpful Hints for Guardian Readers

Tapioa Cream.—Soak over night 2 tablespoons tapioa in a half cup of milk, or enough to cover. Bring flour, 1 cup flour, 1 cup sweet milk, 1 qt. milk to boiling point. Beat 1 cup sour milk, 2 heaping teaspoons baking powder, 2 eggs a pinch of salt, 1-2 cup shortening. Add tapioa and stir into the boiling milk. Let boil once and turn into dish and immediately spread on whites of three eggs. Serve when cool.

Graham Muffins.—3 cups graham flour, 1 cup flour, 1 cup sweet milk, 1 cup sour milk, 2 heaping teaspoons baking powder, 2 eggs a pinch of salt, 1-2 cup shortening. Add tapioa and stir into the boiling milk. Let boil once and turn into dish and immediately spread on whites of three eggs. Serve when cool.

To remove grease rub with French chalk, roll up and in a couple of hours, unroll and brush off with stiff brush.

Soak white handkerchiefs in water, to which a handful of salt has been added. They will wash easier.

On wash-day in cold weather, put clothes-pins in a dish, and place in oven to warm before hanging clothes. Try it and save cold fingers.

If too much salt has been added to batter for cake, pot of beans, When raised knead down in pan, etc., neutralize effect add sugar.

Muffins.—1 tablespoon butter, 2 tablespoons sugar, 2 eggs, stir and put in well-greased pans, and raised in pans to three times its size place in oven. Have oven not too hot and cook small loaf. Bake twenty minutes in a 3-4 hours, medium loaf, 1 hour, quick oven.

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Large advertisement for The Continental Limited, featuring a train illustration and text about routes to Winnipeg, Edmonton, Jasper National Park, and Vancouver.

See Canada in Canada's Diamond Jubilee Year—1867-1927. Reservations and complete information from any Canadian National Railway. W. K. ROGERS, City Ticket Agent. L. P. RITCHIE, Ticket Agent, Station. P. W. CLARKIN, Dist. Passenger Agent, Ch'town. CANADIAN NATIONAL The Largest Railway System in America