

**For all the family**

**Fairy**

A simpler or purer soap does not exist at any price.

**Matinee Races at Kensington Driving Park**

WEDNESDAY, AUGUST 6TH

**CLASSES**

Class A Trot—Open to all horses without a mark.  
 Class B Pace—Open to all horses without a mark.  
 Class C 3 year olds.  
 Class A and B Mile Heat—Best 3 in 5 to end at third heat.  
 Class C One Half Mile Heat—Best 2 in 3 to end at third heat.  
 Refreshment saloon, ice cream served on grounds.  
 Admission. 35c. Children 20c. Auto and carriages free.

W. T. SEMPLE,  
 Kensington  
 3728-7-30-wst:ell.

**bites**

Going camping or taking a long motoring tour this summer? Then you will need ABSORBINE, Jr.

If you get bitten up with Mosquitoes or Black Flies, ABSORBINE, Jr. will stop the itching and reduce the swelling.

And if an accident happens—cut, sprain or bruise—ABSORBINE, Jr. is the salve to use to prevent infection, ease the pain and make things right.

Cooling, soothing, healing—smells fine and is NOT greasy \$1.25 a bottle at most druggists or delivered. A liberal trial bottle for 10c in stamps.

W. F. YOUNG, Inc.  
 344 St. Paul St. Montreal

**Absorbine, Jr.**

**FEEDS FEEDS**

HORSE, CATTLE AND HOG FEEDS

**Poultry Feeds**

Baled Hay and Straw, Feed Oats, (Black and White.)

Bran, Shorts, Hog Feed, Oil Cake Meal, Cotton Seed Meal, Distiller's Dried Grains, Feed Wheat, Crushed Oats, Cornmeal, Cracked Corn, Calf Meal, Chick Feed (for young chickens), Germ Middlings (for Hogs), Beef Scraps, Bone Meal, Laying Meal, Egg Marsh, Milk Mash, Alfalfa Meal, Charcoal (for poultry), Crushed Oyster Shells, Grit (for poultry), Lice Killer, Poultry Specific, Stock Food, Legbands, etc.

**Flour**

Robin Hood, Royal Household Flour, Queen City, Gold Medal, Diamond, Whole wheat Flour, Graham Flour, Pastry Flour, Table Cornmeal, Rolled Oats, Oatmeal, etc., etc.

We sell WHOLESALE and RETAIL at LOWEST PRICES.

We are buying Feed Oats, Feed Barley, Feed Buckwheat, Feed Wheat for cash or in exchange for Flour and Feeds.

**Carter & Co., Ltd.**  
 FLOUR GRAIN FEEDS

**Professional Cards**

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 Great George Street  
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 Office Hours—9 to 12 a. m. 1 to 5 p. m.

**Western Guardian**

—SHOP from Holman's Catalog.

**KENSINGTON RACES.**—Come to Kensington Races August 6th. See list of classes in contest. W. T. Semple. 3378-8-2-21.

**DANCING AT NEW ANNAN RACES.**—The classic dancing and jig and horn pipe step dancing to piano and violin music has always been a popular feature of New Annan Races. Five beautiful silver and gold medals will be given for dancing. Little Miss Mary Trainer and the Misses Walker of Charlottetown will appear in special folk dances. A special prize will be given for the best exhibition of the Sailors Hornpipe in costume. 3377-8-2-1.

**20TH ANNIVERSARY SURPRISE.**—A very pleasant occasion occurred on the evening of July 2nd at the home of Mr. and Mrs. Hugh J. Bernard, 158 Grant Ave., Medford, when 80 of their friends and relatives took them by complete surprise, the occasion being the 20th Anniversary of their wedding. Mr. and Mrs. Bernard, although somewhat overcome by the entrance of so many friends entered into the occasion and entered into the spirit of the party. The evening was very pleasantly spent with songs by Mr. Ernest Moun- tain of South Medford and piano solos by Miss Mountain. During the evening the company was called to order by Mr. Joseph Bernard, a brother of Mr. Bernard and in a very pleasing manner voiced his sentiments of those present in wishing the couple many more years of wedded life and at the conclusion presented them with a very handsome electric table lamp. Mrs. Bernard also received a beautiful bouquet of flowers. Mr. and Mrs. Bernard both responded and thanked those present for their friendship and good wishes and also for the handsome present. Dancing was enjoyed by many of those present, the music being furnished by Mr. Mountain and Mr. Elmer Sudbury. Refreshments of ice cream and cake were served during the evening being in charge of Miss Millie Cousins of Medford. Friends were present from Medford, Malden, Monroton, Somerville, Belleville and Quincy and departed at a late hour wishing the couple many more years of wedded life.—Y.

**PERSONALS**

—Messrs Sandy McGregor, Sinclair McKay, Hillard Arthur and John Arthur all of Summerside, motored to Souris on Wednesday and are enjoying a real good time. They are the guests of our popular druggist, Charley Arthur.

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**The Markets**

**SUMMERSIDE MARKET**

Dairy butter ..... 25-28  
 Eggs per doz. .... 24  
 Potatoes ..... 50  
 Oats per bushel ..... 45-50  
 Hay ..... \$11  
 Hides ..... 4 1/2-5 1/2

**SOURIS MARKET**

Butter ..... 28  
 Eggs ..... 65-70  
 Potatoes ..... 65-70  
 Hay ..... \$10-12

**MURRAY HARBOR**

Butter ..... 28  
 Eggs ..... 23  
 Oats ..... 23  
 Potatoes ..... 57 1/2

**CHARLOTTETOWN MARKET**

Eggs ..... 25-27  
 Oats ..... 33  
 Hay ..... 60-62  
 Potatoes ..... 55  
 Pork ..... 9 1/2  
 Straw ..... 30

**MT. STEWART MARKET**

Butter ..... 30  
 Eggs ..... 20  
 Potatoes ..... 60  
 Hay ..... \$13

**MONTAGUE MARKET**

Butter ..... 25-27  
 Eggs ..... 21  
 Oats ..... 60

**Mount Vernon Mansion Copied by Seattle D. A. R.**

(United Press)

SEATTLE, Wash., Aug. 1.—The historic home of George and Martha Washington at Mount Vernon, Virginia, is being copied here in every detail by the local chapter of the Daughters of the American Revolution. So far has been broken on a site in the exclusive Harvard Avenue residential section, and it is hoped to have the building completed by September. The faithful reproduction of the Washington mansion will include such details as the hooks on the walls and the little square hole in the bedroom door through which the father of his country was wont to call his favorite cat. The surrounding estate is being planted in Virginia ivy and shade trees after the fashion of the grounds at Mount Vernon.

The cost of construction was estimated at \$25,000. The building, besides serving as a historic monument, will be used by the Daughters of the American Revolution for a club house, and it is planned to hold numerous social functions there. Bonds are being sold with a view of making the place self-supporting.

**Eastern Guardian**

—SHOP from Holman's Catalog.

**MAIL YOUR ENTRIES** for the Montague race early so that they reach the Secretary by Saturday August 2nd. 3714-7-29-51

**TEACHER WANTED** for St. Mary's Road West School. Supplement \$75.00. James Hughes, Sec'y. 3757-7-1-31.

**WATSON POWER SPRAYER** in stock. Write or phone Poole & Thompson. 3385 8 2 31

**THOSE INTERESTED** in buying power sprayers write or phone for particulars on the Watson—Poole & Thompson. 3385 8 2 31

**DON'T FORGET THE MONTAGUE RACES** Wednesday August 13th. See the list of classes, they are making a Special Coll class for 3 year olds. 3714-7-29-51

**GRAND PICNIC** at St. George's on Aug. 12, on the beautiful grounds surrounding the church. Proceeds in aid of church. 3735-7-30-34

**EASTERN AGENT.**—Mr. J. W. Mursick is now Guardian Agent in Montague and will be pleased to receive news items, advertising, Job Printing, new and renewal subscriptions.

**BEAUTIFUL TOURIST WEATHER.**—The weather for the past few weeks appear to be made for the enjoyment and satisfaction of our many tourists and old home visitors who are all loud in their praise of the soft, mellow winds and inviting breezes. This is true particularly of the saline-scented breezes of the North Shore.

**Minard's Liniment for Rheumatism**

**PERSONALS**

—Joseph Morrison and sister of Providence, R. I., arrived in Souris a few weeks visit amongst their old friends.

**STOCK QUOTATIONS**

HALIFAX, Aug. 1.—Stock quotations furnished by Johnson and Ward Members of the Montreal Stock Exchange.

Bell Telephone	132 1/2
Brompton	32 1/2
St. Lawrence Flour	—
Ottawa Power	—
Cuba Cane Sugar	14 1/2
Cuba Cane Sugar Pfd.	64 1/2
Pan American Petroleum	57
American Can.	125 1/2
Brazilian Fraction	46 1/2
Howard Smith Pfd.	39
Howard Smith Com.	115
Spanish River Electric	115
Spanish River Com.	108 1/2
Steel Company of Canada	73 1/2
British Empire Steel 1st	—
Pennmans	—
Atlbitli	59
Shawinigan	—
Laurentide Pulp	86 1/2
Canadian General Electric	—
Canadian Steamship Com.	—
Canadian Steamship Pfd.	46 1/2
Asbestos Com.	—
Dominion Bridge	—
Montreal Power	170
Winnipeg Electric	35
National Breweries	55 1/2
Atlantic Sugar	—
Atchison	104 1/2
Am. Car & Foundry	—
Am. Locomotive	80 1/2
Am. Smelting & Refining	70
Anaconda Copper	36 1/2
Canadian Pacific Railway	148 1/2
New York Central	107 1/2
Crucible Steel	57 1/2
International Paper	16 1/2
Kelly Springfield	—
Mex. Petroleum	—
International Mer. Marine	—
Press Steel Car	—
Reading	62
Southern Pacific	95 1/2
Studebaker	35 1/2
Union Pacific	143
Utah Copper	80 1/2
U. S. Steel	108 1/2
U. S. Industrial Alcohol	73 1/2

**MALNUTRITION FOUND Among Children Who Seem Healthy**

(Canadian Press)

NEW YORK, Aug. 1.—The malnutrition of children in the United States constitutes a serious health problem, according to the New York Association for Improving the Condition of the Poor, which for the last four and a half years has been testing various methods of combating this evil. Some of the facts ascertained from the society's study are included in a statement given out here today.

It is set forth that among 2,181 apparently well children examined in the medical clinics of the society, 635, or 30 per cent, were diagnosed as malnourished. The five methods of correcting habits of eating or living which cause malnutrition, and has issued a monograph entitled "Food for the Family," containing suggestions for proper feeding as a means of insuring proper nutrition.

This condition of malnutrition is not due to insufficient food, but to the constant use of improperly chosen food or the inability of the body to make use of the food eaten because of insufficient air, rest, sunshine or physical defects. If these children were in danger from fire or industrial accidents, the report of the society says, every safety service device and preventive measure known would be urged to protect them. Although the effects of malnutrition are much slower, often much more direct and dramatic than those from fire or accidents, they are even more deplorable because of the large number affected and the lingering misery resulting.

"Many a wage earner is unable to increase his income to the safety level because of health conditions due to poor nutrition. Too many children who apparently show no signs of disease or malnutrition are allowed to drift into the wage-earning period with only a part of

**Jungle of Yucatan Begins to Disclose Secrets of Mayas**

(United Press)

WASHINGTON, Aug. 1.—Excavation of Chichen Itza, the once brilliant capital of the lost Maya race, a civilization of America aboriginals that reared an amazing culture on this continent before the dawn of the Christian era and then disappeared, bequeathing to posterity a vast riddle of ruined temples and stately pyramids, has been begun under the direction of the Carnegie Institute of Washington.

An expedition sent into Yucatan, the side of the Mayas' greatest cultural achievement, early this spring, has sent back to the institution here its first report of actual progress on the task of digging the ancient metropolis from its jungle covered grave in a genuine effort to solve the mystery of the origin of the people who built it.

Part of this has already been re- claimed, the excavators coming upon beautifully carved columns, whose numbers led to the marvellous temple on the court above. In the course of their excavations the archaeologists, Dr. Morley, wrote, found a great mosaic which had once graced the entrance to one of the temples in this court.

Examination proved it to have contained a large central figure of Ku Kulkan, the patron deity of Chichen Itza, surrounded by jaguars and flowers. The mosaic lay in a thousand pieces when the archaeologists found it, scattered over a stone platform that had once been the floor of the temple.

Dr. Morley compares it to a great picture puzzle which the members of his staff must carefully piece together and study.

"Chichen Itza originally covered an immense extent," Dr. Morley wrote. "The civic and religious center containing the temples, palaces, pyramids, market places, ball courts, terraces, tombs and plazas alone covered an area two miles long by a mile wide. But beyond this in every direction for miles and miles formerly stretched the homes of the humbler folk.

"Of these not a trace may now be seen. The great forest of Yucatan has obliterated them so that now they are as much a part of the earth as the thousands of Mayas who reared them so long ago."

J. O. Kilmarck, of the United States Geological Survey, who was loaned to the Carnegie institution for the purpose of making a map of Chichen Itza, has just returned to Washington. Mr. Kilmarck has completed the first modern map of a portion of this ancient city, drawn to a scale which will later enable the archaeologists to insert in its proper place every temple and even every column in the temples, if desired.

The program of the Carnegie Institution contemplates excavations covering a period of at least ten years. No work will be possible in Chichen Itza during the summer and autumn because of the torrential rains which fall during those seasons. But it is expected that in ten years the expedition will have progressed far enough to leave a trace of the mysterious system surrounding the history of the Maya civilization are to be solved there.

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**Five Million Test Miles Tell Their Story of Supreme Comfort and Safety**

Experienced gained by five million miles of driving under all conditions of roads and loads goes into every Firestone Balloon Gum-Dipped Cord.

Firestone has never offered a new development without first proving it practical through actual service.

Tire buyers who are looking for perfect comfort, safe road grip and car conservation can accept the testimony of veterans among Balloon Gum-Dipped Cord users who, after months of driving, are more enthusiastic than ever in their praise.

Announcements of 1925 models tell how manufacturers, after thorough trials have adopted the principle of full-size balloon construction constantly advocated by Firestone.

If you want to bring your car up to date and add new pleasure and safety to driving, the Firestone dealer will supply you with details of applying full size Gum-Dipped Balloons at lowest cost.

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**Most Miles per Dollar**

their rightful earning capacity developed.

"Malnutrition thus concerns more than the individual or the home in which it occurs. It affects the whole country by reducing the economic production of the individual and thereby increasing the cost of living. Since much of the sickness and lowered vitality in later life is the result of poor nutrition, as physicians have frequently stated, the importance of providing educational guidance in nutrition, as well as providing attention for the correction of physical defects is very great."

To ascertain what are the principal causes of malnutrition, the society analyzed the condition of 275 families among those which its nutrition bureau is now assisting. Of that number, 227 families required instruction in the preparation of the proper food; 198 needed assistance in the planning of meals; 46 families had to be helped in marketing, because simple foods, entirely strange to them, were recommended; while special financial assistance to provide adequate food. Greater economy was found to be necessary in 44 families, while in 60 families assistance took the form of helping them to readjust expenditures.

Indifference, women working and no one at home to look after the children, living conditions too congested, resulting in inadequate rest and improper ventilation; and mother ill, were other problems found to be responsible for malnutrition.

A guide to proper nutrition which the A. I. C. P. will use in its efforts to reduce malnutrition reduce malnutrition among the tenement districts of this city includes, in addition to suggested diets and menus, a "dozen" good health rules for "children," which reads as follows:

Emphatically DO—

1. Use milk—fresh, clean, whole milk for children. Every growing child should have a quart a day, in some form.
2. Eat plenty of vegetables.
3. Be sure that a school child has a good luncheon, not candy, pickles and ice cream cones.
4. Eat coarse food, such as oatmeal, bran muffins and vegetables, so that the bowels will not be constipated.
5. Eat slowly and chew food well.
6. Have the meals at the same hours each day.
7. Eat only bread, or crackers and milk, or bread and butter between meals, and only in the middle of the morning of the after-

**Russian Exiles In Philippines Want To Emigrate To U. S.**

(United Press)

MANILA, Aug. 1.—A survey of the condition of the 250 Russian refugees who arrived here nearly a year and a half ago from Vladivostok is to be made by the Philippine health department, the bureau of customs and a physician of the United States quarantine service to determine whether they are qualified to enter the United States. There appears to be little likelihood of the refugees being allowed to land in the United States for many months to come, but Admiral Stark, who led the colony from Vladivostok, expressed the hope that arrangements for admission of most of the Russians may be made.

About a year ago some 600 of the 850 who came here in February 1923 were sent to San Francisco on the army transport Morrill and reports from them about favorable conditions in the United States have caused their friends and relatives remaining here to renew their efforts to reach America.

The colony of some 7,000, headed by Admiral Stark, adherent of the old monarchic regime, was forced to leave Vladivostok by the soviet. They took 16 small ships and set out late in 1922 to look for a country in which to land. Several thousand were dropped in Korea and other thousands were left in middle of the morning of the after-

8. Wash hands and face before eating.

9. Drink plenty of water between meals.

10. Be in bed by nine o'clock or before.

11. Have windows opened in the sleeping room at night.

12. Brush the teeth at least once a day.

Important DON'TS—

Do not let the children eat pork or veal, much meat of any kind, fried food, rich pies and cakes, strong spice and vinegar, green or spoiled fruit.

Do not let children drink tea, coffee, beer, wine, sodas.

Do not let them eat between meals except the things named in No. 7 above. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

most Chinese cities comes from polluted wells or filthy rivers, and the ancient custom of drinking only boiling water or boiling tea has been the water of cold drinks they are abandoning this old time protective custom.

The iced tea stands are the most dangerous of the innovations. The vendor gets his ice supply from some stagnant pond perhaps in the middle of the village. This ice is put into the tea and not around the container. Thus the native unthinkingly takes what in fact has been boiled, but in former days he would not have dreamed of drinking without its first having been boiled. Doctors predict that if the custom continues to increase certain epidemics are bound to occur.

**Ice Cream And Bottled Drinks Adopted By Chinese**

(United Press)

TECHOW, Shantung, Aug. 1.—Having imitated the foreigner in many other respects, the Chinese are now taking to the summer custom of ice cream and iced drinks and especially iced tea. A short time ago ice cream was obtainable only in Peking in the Legation Quarter hotels and in foreign communities in the port cities; now the Chinese shops that sell it are legion and the urchin in the street has the ice cream cone habit.

Bottled soda water, pop and lemonade can be bought anywhere. Iced tea stands, with dirty glasses and swarming flies, are frequent along the streets even in inland Chinese cities away from the tourist routes.

The widespread imitation of the foreigner's custom of indulging in cold drinks, without a corresponding imitation of the sanitary methods employed by the foreigner in their preparation, promises serious consequences. Drinking water in

**Most Chinese Cities Come From Polluted Wells or Filthy Rivers, and the Ancient Custom of Drinking Only Boiling Water or Boiling Tea Has Been the Water of Cold Drinks They Are Abandoning This Old Time Protective Custom.**

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**There is a lot of difference between thinking and worrying. Every business man must spend much time thinking—but he has no time for worrying. Thinking develops ideas. It plans big things. It builds. Thinking is constructive. It makes men strong. But as soon as thinking becomes disorganized, jumbled, and confused, worry begins. Worry tears down, destroys, and weakens. It results from a confused and shuffled mind or a body in need of repair. With a calm mind and a sound body, thinking does not weaken a man. Worry is not clever. During the last year and a half five more of the ships have sailed, leaving six now at the Olongapo naval station.**

**Worry Tears Down, Destroys, and Weakens. It Results from a Confused and Shuffled Mind or a Body in Need of Repair. With a Calm Mind and a Sound Body, Thinking Does Not Weaken a Man. Worry is Not Clever. During the Last Year and a Half Five More of the Ships Have Sailed, Leaving Six Now at the Olongapo Naval Station.**

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**MONTAGUE HORSE RACES**

WEDNESDAY, AUGUST 13th, 1924

**\$1,000 IN PREMIUMS \$1,000**

The following are the classes:—

1. 2.18 Trot and Pace ..... Purses \$300.00 (four seconds allowed trotters)
2. 2.40 Trot ..... Purses \$300.00
3. 2.25 Pace ..... Purses \$300.00
4. Three year old trot and pace ..... Purses \$100.00

**CONDITIONS**

Entry fee of five per cent in classes 1, 2 and 3. Records made on and after July 19th no bar. Class No. 4, (Colt race) ten dollars entrance fee. All entrance money will be added to purse, and no deduction from money winner. All purses divided 50, 25, 15 and 10 per cent. Five to enter and three to start in every class. Entries close with secretary Saturday, August 2nd. Mail your entries early and avoid disappointment.

T. G. IVES,  
 Montague, (Secretary)