IMPORTANT READING MATTER SELECTED FROM THIS WEEK'S NEWS FOR THE GUARDIAN'S SATURDAY SUBSCRIBERS

"Eat More Bread"

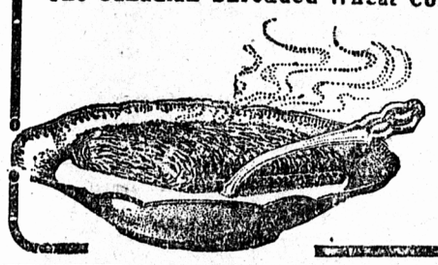
Of course you should "eat more bread"—and less meat—but be sure your "bread" contains all the body-building material in the whole wheat prepared in digestible form. The only "bread" that fulfils all these requirements is

SHREDDED WHEAT

It is made in Canada of Canadian whole wheat steam-cooked, shredded and baked. It is a natural, elemental food and is not treated or compounded with anything. Its purity, cleanliness and food value stand unchallenged, being endorsed by the highest health and dietetic authorities in Canada and the United States.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted Triscuit, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



Niagara Falls, Ont.

Toronto Office: 49 Wellington St. East

W-22

Burn's Anniversary Celebration

Under the Auspices of the Caledonian Club, in the Peoples Theatre (Wonderland)

Monday and Tuesday 26 and 27 January

1. Scotch Airs, Bagpipes, Messrs. Duncan McDonald, J.K.McKenzie, Angus W. McLeod.
2. Overture, Jean McNeill (HarryLauder), Orchestra.
3. Vocal Solo, Hundred Pipers withOrchestral accompaniments, Mr. W. J. Brown.
4. Harmonic Solo, Scottish, MasterMalcolm Ross.
5. Quartet, Misses Blanchard, Bremner, Messrs Brown and Ritchie.
6. Highland Fling, Misses McCormack and McMillan.
7. Vocal Solo, Bonnie Prince Charlie, Miss Lucy Blanchard.
8. Vocal Solo, ((Harry Lauder), Mr. Allen B. Cosh.
9. Annie Laurie, Waltz, (Greenwald), Orchestra.

THE LUCK OF HUGHIE MACGREGOR

A DRAMATIC EPISODE IN TWO ACTS BY FRANK OLIVER

CHARACTERS

Hughie MacGregor—A young Scotch farmer, in love with Jean — Mr. Allen B. Cosh
Andrew Carmichael—A Scotch laird, — Mr. Charles Webster
Jean Carmichael—His daughter. In love with Hughie, — Miss Lois Taylor
Janet Macpherson—Her friend, — Miss Maud McLean
Sandy Jamieson—An old servant of Carmichael's, — Mr. Peter Dewar
Percy Cursitor—An English artist, — Mr. Frank Oliver
Lord Glenmuir—(alias Joseph Smithson, an imposter) — Mr. W. C. Whitlock

ACT ONE

A room at the Carmichaels. Hughie defies his lordship. Violin Solo Miss Reta McDonald.

ACT TWO

A portion of the old castle. Jean finds the long lost treasure.

Produced under the direction of Frank Oliver

12. Songs of Scotland, (Watson), Orchestra.
13. Vocal Solo, My Laddie, Mr. G.E. Ritchie.
14. Violin Solo, Grand FantasieBlue Bells, Prof. Vinniecomb.
15. Vocal Solo, Same as his Father did Before Him, Mr.Frank Oliver.
16. Ghillie Callum, Miss Reta Mc Donald.
17. Duet, Crooket Bawbee, Miss Lucy Blanchard, Mr. W. J. Brown.
18. Vocal Solo, Miss Hazel Brem ner.

Pianist Prof. Watkis, Leader of Orchesra, Prof. Vinniecomb, Piper for Dancers, Mr. Duncan McDonald.

Plans at Jamieson's Drug Store, Thursday 22, 9 a. m. Reserve seats 35c. and 50c. Doors open at 7.30, performance sharp 8 o'clock.

James Paton, Chairman. Thomas M. McMillan, Secretary.

Canadian Government Railways
P. E. I. RAILWAY

Commencing January 3rd, 1914, trains will run as follows:

Trains Outward Read down.					Trains Inward Read up.					
Tues. Thur. Sat. P. M.	Mon. Wed. Fri. P. M.	Daily ex. Sun. P. M.	Daily Sun. A. M.		Tues. Thur. Sat. A.M.	Mon. Wed. Fri. A.M.	Mon. Wed. Fri. P.M.	Dly. ex. Sun. P.M.	Tues. Thur. Sat. A.M.
	2.45	2.00	7.15	Dp. Ch'town Ar.	11.30	10.10	12.20	5.15	
	4.07	2.54	8.25	Hunter Ri	10.35	8.57	11.14	4.07	
	4.50	3.23	9.07	Emerald Jct.	10.07	8.10	10.29	3.23	
		3.37	9.55	Kensington	9.43		9.55	2.49	
		4.10	10.25	Ar. Summerside Dp.	9.20		9.20	2.20	
							P.M.		A.M.
12.15		4.25		Dp. Summerside Ar.		12.30		9.00	
1.45		5.23		Port Hill		10.55		8.01	
3.02		6.12		O'Leary		9.39		7.12	
5.00		7.25		Ar. Tignish Dp.		7.45		6.00	
3.25	4.55			Dp. Emerald Jct. Ar.				8.05	
4.15	5.45			Ar. Cape Traverse Dp.				7.15	
3.00	3.00			Dp. Ch'town Ar.			11.05		10.20
4.05	4.25			Mt.Stewart Jc.			9.35		9.10
4.33	5.03			Morell			9.00		8.36
4.54	5.31			St. Peters			8.30		8.14
6.00	6.50			Ar. Souris Dp.			7.05		7.05
7.10	8.05			Ar. Elmira Dp.			5.45		5.45
4.05	4.25			Dp. Mt.Stewart Ar.			9.33		9.10
5.11	5.36			Cardigan			8.21		8.07
5.41	6.05			Montague			7.48		7.39
6.25	6.50			Ar. Georgetown Dp.			7.00		7.00
P.M.	P.M.	P.M.	P.M.		A.M.	A.M.	A.M.	A.M.	A.M.

Daily ex. Sat. Sat & Sun Only P. M.	Daily ex. Sat.& Sun Only A. M.		
3.10	3.10	Dp. Ch'town Ar.	10.15	9.45
4.57	4.25	Vernon Riv.	8.36	8.31
7.00	5.55	Ar. Murray Har. Dp.	6.40	7.00

MONDAY.

MR. AND MRS. P. S. BROWN.—His many friends will be glad to learn that Mr. P. S. Brown, Charlottetown, has almost completely recovered from his recent illness. He is now able to be around walking again. Mrs. Brown, who was also confined to her bed with illness, is greatly improved and able to move around.

LITTLE GIRL DEAD.— Miss Emilia Gauthier, the twelve year old daughter of Mr. Alphe Gauthier of Rustico, has passed away after a long illness. Her mother predeceased her a few years. She leaves to mourn four brothers, John Benj, Peter and Jerry; also one sister Gertrude, who all have the sympathy of their neighbors and relatives.—R.

HAND HEALED.—Mr. John McEachern, Charlottetown, who some time ago met with a painful accident in the carpenter shop of the P.E.I.R. in which he had one finger of his left hand severed and others badly cut, is greatly improved. The cuts are well healed up although the fingers are still a little stiff. Mr. McEachern expects to return to work about February 1st.

SWINE BREEDERS' MEETING.—A meeting of the Swine Breeders' Association will be held in the Agricultural Hall at one o'clock for the purpose of suggesting judges for the exhibitions, and also for suggesting improvements in the Prize Lists as far as regarding the Swine. Every one interested is invited to be present but only members will be allowed to vote.

PORK.—At present there is a small demand for pork on the mainland markets and a few of the dealers here have taken advantage of it and are shipping hogs over. On account of the heavy condition of the roads not very many hogs are coming in to the local market and, as a consequence, the price has gone up a quarter of a cent, that is, pork is now selling for 10½ to 10¾ for the best and from 8 to 9½ for the heavier quality. The market is not very good at present.

ANNUAL MEETING ZION CHURCH.— The annual meeting of Zion Presbyterian Church was held on Thursday evening 15th inst. Every report submitted denoted progress. The session reported 43 added to the church, 27 by profession and 16 by certificate. 16 new families added to the congregation, 8 to the Recruits for the Ministery making a total of 19 now enrolled. A league of Worshipping Children was inaugurated some time ago and as a result there has been an average attendance of 56 at the Church Services each Sunday. The Pastor has been greatly encouraged during the year by the large and steadily increasing attendance at the regular diets of worship. The Sunday School report also indicated substantial progress: the attendance increasing about 22 per cent. and the collections by nearly 39 per cent. 12 of those attending the Sunday School, united with the church during the year. In connection with the Sunday School the pastor has started a class for the study of the books of the Bible and from present indications the attendance will soon be all that could be desired. The statements submitted on the other or financial side also indicated that progress have been made. About $17,000 passed into the coffers of the congregation during the year. This amount included the sum received for the sale of the old edifice The Ladies' Aid contributed upwards of $1100.00. The Missionary Societies over $1000.00. Substantial increases were made in the collection both envelope and loose, the latter doubling during the year. The outlook for the congregation is very promising.

What Dyspeptics Should Eat

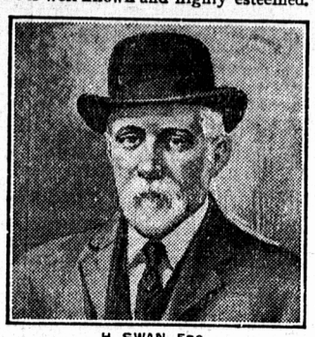
A PHYSICIANS' ADVICE

"Indigestion and practically all forms of stomach trouble are, nine times out of ten, due to acidity; therefore stomach sufferers should, whenever possible, avoid eating food that is acid in its nature, or which by chemical action in the stomach develops acidity. Unfortunately, such a rule eliminates most foods which are pleasant to the taste as well as those which are rich in blood, flesh and nerve building properties. This is the reason why dyspeptics and stomach sufferers are usually so thin, emaciated and lacking in that vital energy which can only come from a well fed body. For the benefit of those sufferers who have been obliged to exclude from their diet all starchy, sweet or fatty food, and are trying to keep up a miserable existence on gluten products, I would suggest that you should try a meal of any food or foods which you may like, in moderate amount, taking immediately afterwards a teaspoonful of bisurated magnesia in a little hot or cold water. This will neutralize any acid which may be present, or which may be formed, and instead of the usual feeling of uneasiness and fullness, you will find that your food agrees with you perfectly. Bisurated magnesia is doubtless the best food corrective and antacid known. It has no direct action on the stomach; but by neutralizing the acidity of the food contents, and thus removing the source of the acid irritation which inflames the delicate stomach lining, it does more than could possibly by done by any drug or medicine. As a physician, I believe in the use of medicine whenever necessary, but I must admit that I cannot see the sense of dosing an inflamed and irritated stomach with drugs instead of getting rid of the acid—the cause of all the trouble. Get a little bisurated magnesia from your druggist, eat what you want at your next meal take some of the bisurated magnesia as directed above, and see if I'm not right."

COULD NOT EAT—FAILING FAST

Captain On Great Lakes Restored To Health By "Fruit-a-tives"

For thirty years, Captain Swan followed the Great Lakes. He has now retired and lives at Port Burwell, where he is well known and highly esteemed.



H. SWAN, Esq.

PORT BURWELL, ONT., May 8th. 1913.

"A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken "Fruit-a-tives" and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that "Fruit-a-tives" have helped me greatly. By following the diet rules and taking "Fruit-a-tives" according to directions, any person with dyspepsia will get benefit". H. SWAN

"Fruit-a-tives" are sold by all dealers at 50c a box, 6 for $2.50, or trial size 25c, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

SERIOUS ILL.— The Guardian regrets to learn of the serious illness of Mr. Isaac Essory of Union, Lot 33.

LATEST ARRIVALS.— The schooner Alma L. Gertie, Capt. Rafuse, arrived Saturday morning in Georgetown with a cargo from Port Hastings and is now docked at the Railroad wharf where she will remain for the winter. This is perhaps the latest arrival for a schooner in that port for a good many years and the Captain deserves much praise for safely navigating his ship at this late season.

WILL PROBATED.— The following is from a St. John exchange.— Esther Brundage, married woman. The deceased was the wife of William J. Brundage of the west side, house carpenter. Her maiden name was Adams and she came from Lot No. 11, Prince Edward Island formerly living at Cascumpec, Prince Edward Island, until they moved to St. John, She died in Carleton intestate on the 27th of November last leaving her surviving her husband and three children— all boys, namely, James, Ralph, Gilmour and Russell, the last two being infants. On the petition of the husband he is appointed administrator. No real estate. Personalty $175 Mr. Robert G. Murray, proctor.

As already announced in The Guardian the death of Mrs. Ida L. Currie, occurred on Dec. 31st, at Haverhill, Mass. Mrs. Currie had been enjoying her usual health all along, till the night of the 30th, when she was suddenly taken seriously ill; and though the best physicians in the city laboured strenuously for the next twenty four hours to save her young life their efforts were of no avail to stay the visit of the Angel of Death; and on New Year's Eve, when the old year was slowly passing away, her pure bright spirit freed itself from its earthly prison and soared aloft to its home in the Paradise of God to be for ever with the Lord. Mrs. Currie, who was born in Earnscliffe in 1874 and was the daughter of Mr. and Mrs. Stephen Carrier, was greatly beloved for her kindness and pureness of heart, and her many sterling qualities and virtues by a large circle of friends in Haverhill, where she lived for so many years: friends who, when they heard of her death sent a token of their esteem and sorrow a profusion of the most beautiful flowers that could be procured in the city.

On Thursday, the 8th inst., the body was brought to Earnscliffe to the home of her mother, Mrs. Catherine Carrier; and on Friday afternoon, in the beautiful little cemetery of the English Churchat Cherry Valley, all that was mortal of this one of the noblest and best women that ever lived was tenderly laid to rest alongside of where her father and sister Mary are sleeping their long last sleep.

The funeral services was conducted by Rev. David Jones, and the pallbearers comprised of four brothers-in-law of the deceased, and two nephews:— Messrs Daniel MacAulay, John McDonald, David and W. D. Sherrin, John S. Sherrin and Allan MacAulay.

To the sorrowing mother of the dear departed one in the loss of a kind and loving daughter the sympathy and prayers of all goes out today; as well as to her six children Bertha, Lucien, George, Adeline, Willard and Albert who have thus lost one of the most affectionate and devoted mothers that ever lived. Sympathy for the loss of their dearly beloved sister is also extended to her two brothers, John and George, and her sisters, Mrs. Daniel MacAulay, Pinette; Mrs. Malcolm McDonald, Eldon; Mrs. David Sherrin and Mrs. W. D. Sherrin, Crapaud; Mrs. J. D. Gillis and Miss Katie Blanche, Washington.— A Friend.

OLD RESIDENT DEAD.— Another of the old and highly respected citizens of Scotchfort has passed away in the person of Michael Egan whose death took place Thursday morning the 15th, after a long illness borne with Christian patience.—L

McGILL EXAMINATIONS.— This Province has a large representation in Arts at Dalhousie College. In the Fourth Year, Miss Annie L. McGrath Tignish; in the Third Year, Neil M. Rattee, Malpeque, George S. McLeod, Oyster Bed Bridge, Murdock McKinnon, Canoe Cove, Guy McKenzie, Charlottetown, Jane Campbell, Summerside; in the Second Year, Miss Edythe Montgomery, Malpeque, John A. Nicholson, Valleyfield. The results of the Christmas Examinations have recently been published. In each subject, the names of the candidates are arranged in three divisions, according to merit, viz: Class I, Class II. and Passed. In all the five subjects of her year, Miss McGrath obtained First Class, leading in English. David McLean in addition to the regular five subjects of his year, took second year Greek, and has obtained First Class in all six subjects. Neil Rattee has four Class Firsts, and one Class II., and leads his class in English 5 and History 3. Thane Campbell has three Class Firsts, and two Class II., leading his class in History 1, Logic and Economics 1, and though in Class II., in English 6, and Biology 1, is yet second in his class in one, and third in his class in the other. Miss Edythe Montgomery does well in all her subjects, and leads her class in three of them. John Nicholson gets three Class Firsts, and two Class II. All of these students entered Dalhousie on advanced standing, their work at Prince of Wales College being accepted in lieu of the First Year at Dalhousie. Indeed Miss McGrath, Mr. McLean and Mr. Campbell entered directly upon the Third Year of the course at Dalhousie.

DR. DeVAN'S FRENCH PILLS A reliable Regulating Pill for Women. $5 a box or three for $10. Sold at all Drug Stores, or mailed to any address on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vim and Vitality; for Nerve and Brain; increases "grey matter"; a Tonic—will build you up. $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.

Sold at Hughes' Drugstore.

Strengthen Your Lungs Is Timely Advice

when consumption claims over 350 daily in the United States. Neglected colds, overwork, confining duties and chronic disorders exert the weakening influence which allows tubercular germs the mastery.

The greatest treatment that science affords is courage, rest, sunshine and *Scott's Emulsion.*

Scott's Emulsion contains pure cod liver oil to clarify and enrich the blood, strengthen the lungs, rebuild wasted tissue and fortify the resistive forces to throw off disease germs.

Strengthen YOUR lungs with Scott's Emulsion—its benefits are too important to neglect.

Physicians everywhere proclaim its worth and warn against alcoholic substitutes.

13-121

Hotel Keeper Cured OF DRINK HABIT

He had been a confirmed drunkard for over 18 years, and was a physical wreck. He came to the Gatlin Institute, took our treatment, and was cured in 3 days. Although surrounded by Liquor constantly, he is now a total abstainer.

Letters of thanks and appreciation and full particulars of the above case may be seen at our Office.

We give a Written Guarantee to cure any case, no matter how serious, in 3 days. The Treatment is perfectly harmless, and is permanent. There are no drugs or poisonous hypodermic injections. All cases, or enquiries, are strictly confidential.

The Gatlin Home Treatment is for those who cannot find it convenient to come to the Institute. Certificated Nurse can be sent within a reasonable distance, without extra charge.

Write to-day for Booklet and full particulars, sent free.

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She'd Be Heartbroken If I Didn't Bring It Every Night

It's very good for her teeth, appetite and digestion. I'm glad to give her something that's as good in results as it is in taste. I purify my breath with it; it gives me an appetite besides."

It's clean—pure—healthful.

WRIGLEY'S SPEARMINT PEPSIN GUM — THE FLAVOR LASTS

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Be SURE it's Wrigley's

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