

THE WAY TO AVOID ILLNESS

The way illness can be avoided is to keep the system in such a condition that it will withstand attacks of disease.

Compound Syrup Of Hypophosphites will make the weak strong and will keep the strong from weakening.

J. G. Jamieson Druggist

FOR SALE

I offer my Farm of 90 acres of land near Rocky Point at Private Sale until March 2nd, 1916.

Farm for Sale At Milton

The undersigned offers for sale his farm at Milton, consisting of 140 acres with new dwelling house and outbuildings all in good repair.

7306-2-11M61pd.

Valuable Property in Ward One, Charlottetown For Sale

The Property of Lieut.-Col. Ings consisting of Brick Dwelling House and out buildings situated on the lot formed by Dundas Esplanade and Haviland Street.

C. R. SMALLWOOD, Solicitor, Cameron Block, Charlottetown.

73072-11M61.



Synopsis of Canadian Northwest Land Regulations.

The sole head of a family or any male over eighteen years of age, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta.

W. W. CORY, C.M.G., Deputy of the Minister of the Interior

N.B.—Unauthorized publication of this advertisement will be paid for. 6438.

The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS.



Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion.

Recruiting Meetings Arranged For

At a meeting of the Patriotic Society in the Recruiting Depot yesterday, Rev. Canon Simpson presiding, the following meetings were definitely arranged for:

THURSDAY, (to-day). Launching—Rev. Dr. Bennett, Major Lieut. Jenkins.

FRIDAY, FEBRUARY 18.

French River—Rev. D. J. McDonald Major McNutt, Rev. Mr. Watson. Springfield—Canon Simpson, Mr. J. M. Hughes, Col. Campbell.

Charlottetown Steam Navigation Co. Limited Annual General Meeting

Notice is hereby given that the Annual General meeting of the shareholders of the Charlottetown Steam Navigation Company Limited will be held at the office of the Company, corner of Great George and Lower Water streets Charlottetown, on Wednesday, the 1st of March next.

P. E. Island Dairy Association Makers Conference and Annual Meeting

The Makers Conference and Annual meeting of the P. E. I. Dairy Association will be held in the Prince of Wales College Hall, Charlottetown on Tuesday and Wednesday Feb. 22nd and 23rd, 1916.

SOCKS FOR THE FRONT

LIST NO. 6. Previously acknowledged pairs 2,699. ST. PETERS BAY.—(omitted 2 pairs) also Mrs. Malcolm McPhee, Forest Hill, 2 pairs; Miss Lizzie Dingwell 3 pairs; Mrs. Bulpitt, Montague, 1; Mrs. Malinda Millar, Murray Harbor, Red Cross 3; Mrs. Hunt, 1.

RED POINT Women's Institute 20; Mrs. B. D. McEachern, Hopefield. BURLINGTON AND PARK CORNER Red Cross, per Mrs. Priscilla McLeod 2 pairs.

LAKE VIEW Women's Institute, per Miss Lily Rose, as follows:— Mrs. Ben Baker, Mrs. Teresa Griffin each 2 pairs; Mrs. S. J. Rose, Mrs. John Rose, Miss Katie Rose, Mrs. Chas. Rose, Mrs. A. P. Rose, Mrs. A. W. Morrow, Mrs. J. E. Dingwell, Miss Elizabeth Dingwell, Miss Lily Rose, each 1 pair; Mrs. W. M. Walker 5 pairs.

SELBY, per Mrs. Arch'd Matheson as follows: Mrs. Murdoch MacLeod Mrs. Angus, T. McPherson, Mrs. John A. MacPhee, Mrs. John D. McPherson each 2 pairs; Mrs. Mary McPhee, Mrs. Arch'd Matheson, Mrs. Donald Mcintosh, Mrs. Malcolm McPherson, Mrs. Angus McPherson, Mrs. John McLeod, Mrs. John A. McPherson, Mrs. Christina McPherson, Mrs. J. H. McPhee, Mrs. John S. McPhee, Mrs. D. A. McPherson, Mrs. Samuel McPherson, Mrs. Kenneth McBeth, Mrs. M. F. McDonald, Mrs. Arch'd McDonald, Mrs. Alex N. McPherson, Miss Isabella Matheson each 1 pair.

LONG RIVER Red Cross per Miss B. Johnston, 87 pairs; Hopefield, Mrs. Allan McPherson, Mrs. A. Fraser, each 1 pair; Little Sands Mrs. Margaret Hunt, Miss Flora Nicholson each 1 pair; Mrs. J. H. Rattary, St. Peter's Institute 1 pair.

ST. PAUL'S CHURCH (additional) 8 pairs; Mrs. Thos. Reid, Stanley Bridge 1 pair; Miss Belle Worth 2 pairs; Mrs. Nell Campbell 1 pair; Mrs. Chas. Carter and Mrs. John Carter, Winsloe each 1 pair; Mrs. Frank Smith Jr., Rocky Point 1 pair.

SPRINGFIELD Women's Institute, per Miss Muriel Haslam as follows:— Mrs. Wallace Drummond, Mrs. B. W. E. Howard, Mrs. Robt. McKenzie each 2 pairs; Mrs. E. C. McKay, Mrs. W. J. May, Mrs. P. Lambe, Mrs. Bertman Haslam, Mrs. Geo. Haslam, Mrs. H. B. Haslam, Mrs. Frank Hickox, Mrs. Abbott, Miss L. McKenzie, Miss M. Haslam, Miss A. Mayne, Miss E. Mayo each 1 pair; Mrs. Jas. E. Palmer, Roseville 1 pair.

NORTHBOROUGH Women's Institute 26 pairs previously wrongly credited to Sinclair & Stewart; also Mrs. Robt. Bowness, Mrs. Wm. Sharpe each 2 pairs; Miss Florence Sharpe, Mrs. J. W. Stewart, Miss Eva Douglas, Mrs. Robt. Douglas, Miss Lucy Gillis, Miss H. Glover, Mrs. J. A. Harding, Miss Ena Douglas, Mrs. Geo. Bowness, Miss H. V. Woodside, Mrs. H. E. Stewart, Mrs. M. E. Howatt, Mrs. J. L. Gillis, Miss Bessie Andrews each 1 pair; Miss Frances Sharpe 3 pairs.

NEW LONDON, N. W. P. A., per Mrs. Bernard 14 pairs; Miss George Lord, Cape Traverse 10 pairs; St. Eleanor, Mrs. Horace Andrews, Mrs. Wm. Andrew each 3 pairs.

ST. PETERS CHURCH, Sewing Society 6 pairs. BELMONT Women's Institute per Mrs. J. J. Simpson, as follows:— Mrs. Herbert Crossen, Mrs. Robt. Barrett each 2 pairs; Mrs. John Clark, Mrs. Matthew Gamble, Mrs. J. J. Simpson each 1 pair; also 11 pairs donated by Mrs. Chas. Barrett, Mrs. R. Gardner, Mrs. D. A. Lyle, Mrs. L. Winchester, Mrs. P. Laughlin, Mrs. E. D. Simpson, Mrs. S. Fraser, Mrs. E. Imbach, Miss May Campbell, Miss May Fraser, Miss Annie Laughlin, Mrs. S. Thompson and Mr. Geo. Gardner.

BROOKFIELD Red Cross per Mrs. McHattie 14 pairs. VICTORIA, W. P. A., per Miss M. Myers 40 pairs; Mrs. Peter Stewart, Bradwell 1 pair; Anon 3 pairs.

MARSHFIELD Women's Institute, per Miss Nora Ferguson 36 pairs; Mrs. G. W. Hibbett Georgetown 10 pairs; Mrs. L. R. Ings, Orwell 2 pairs; St. Andrews Sunday School, Orwell 7 pairs; collected by Mrs. Kelly 1 pair.

MILLVALE Mrs. Daniel Hill, Mrs. John Hagen Jr., Mrs. P. Murphy; Miss L. Parsons each 1 pair; Mrs. Annie M. Kelly 2 pairs.

WOMAN'S CLUB, per Mrs. W. H. Pethick 50 pairs; Miss Elizabeth Mc-



Gregor, French River 1 pair; Mrs. Aubrey E. Brown 2 pairs. CORNWALL, YORK, Woman's Institute 48 pairs; Mrs. Owen King, Rocky Point, (Cumberland Institute) 1 pair; Miss M. McNeill, Long Creek 1 pair; Mrs. Jas. E. Shaw, Mt. Edward Road 2 pairs; Bradbane, Mrs. Wm. McKay 2 pairs; Mrs. Gordon McKay 1 pair; Belle River, Miss Cassie McKenzie 1 pair; Miss Lizzie McKenzie 1 pair; Mrs. A. J. Murchison, Clyde River 1 pair; Mrs. Geo. Brown, New Haven 1 pair; Mrs. J. S. Cairns 1 pair; Miss E. Marjorie Lewis (York Institute) 1 pair; Bedeque Red Cross Society (additional) 17 pairs; Mrs. Gurnee Miss Gurnee, Mrs. E. L. Hoppin, New York 8 pairs.

Total 568. Previously received 2699. 3267.

MITTENS AND WRISTLETS.

Previously acknowledged 56. Mrs. Malinda Millar 1 pair; Long River Red Cross 22 pairs; Springfield W. I. Mrs. Haslam 1 pair; Brookfield Red Cross 1 pair; Victoria W. P. A. 1 pair; Anon 1 pair; Mrs. Kenneth Gunn, Mrs. Jas. Cousins; Miss L. Parsons each 1 pair; Woman's Club, 2 pairs; Bedeque Red Cross 1 pair. In all 33 pairs.

Total Mitts and Wristlets 89 prs. Cornwall, York W. I. 6 dozen kniakt handkerchiefs.

Cash Account. Previously acknowledged \$114.60. Hyndman & Co. Ltd., 5.00. Burlington and Park Corner Red Cross 1.00.

Expenditure Yarn \$37.15. Expressage and Cartage 4.45. Packing and Cases \$12.80. Materials for packing parcels 1.98. Stamps for postage on parcels to France 11.84.

\$120.60. 68.22. Balance \$52.38.

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. E. GROVE. Cures a Cold in One Day. 25c.

IN MEMORIAM

MR. ALEX SMITH.

The passing away of the late Alex Smith of New Perth removes one of the land marks of Kings Co., P. E. I. Mr. Smith was born at Stellarton, N.S. in the year 1832. His father, mother and four sisters and two brothers came to and settled at New Perth in 1854 where Mr. Smith resided till the day of his death, Feb. 4th, 1916.

The funeral took place on Monday the 7th Feb. The services were conducted by the Rev. David Wright while the Elders of the Church acted as pallbearers. The day was cold and wet yet a large number of carriages accompanied the remains to the Cemetery at Georgetown.

JAMES SULLIVAN

Lame Back Strengthened

Stiffness Taken Right Out WAS RELIEVED IN AN HOUR, AND CURED OVER NIGHT.

A lame back? Quite unnecessary. All you have to do is to rub on Nerviline. It's simply a wonder for backache—relieves after one rubbing. "Nothing possible could cure an aching back faster than Nerviline," writes Mrs. Arthur Kobar, of Lower Chelsea, N. S. "I caught cold and was so prostrated with pain I could not bend over. We always have Nerviline at home, and I had the painful region rubbed thoroughly with this grand liniment. At once the pain departed. The lameness was rapidly reduced and in an hour I was able to be about my household work—I was rubbed again just before retiring, and awoke as usual in the morning without a sign of my back trouble."

There is no sort of muscular pain that Nerviline won't cure quickly. Thousands swear by it for rheumatism, neuralgia, sciatica and lumbago. It sinks to the core of the pain—right through muscle, tissue and nerve—it penetrates where no oily, greasy liniment can go and invariably cures quickly. If you have an ache or a pain anywhere—use Nerviline—it will cure you. Family size bottle, very large 50c; trial size 25c, at all dealers.

"For a cold in the head, there is one remedy that is prompter in action, safer and surer than any other, and that remedy is Macs Cold Cure. Get a box today and your cold will be all gone tomorrow. Price 25c. The Two Macs, 149 Great George Street. Mt.

100 YEARS

and more, people with chest and throat troubles have tried to cure them by pouring cough syrups, lung tonics and the like into their stomachs. All a mistake! The Peps way is different.

Peps are tablets made up of Pine extracts and medicinal essences, which when put into the mouth turn into healing vapors. These are breathed down direct to the lungs, throat and bronchial tubes—not swallowed down to the stomach, which is not all right.

accompanied the remains to the Cemetery at Georgetown. "He died in a good old age. An old man and full of years."

A deep gloom was cast over Greenfield and vicinity when it became generally known that James Sullivan, a respected resident of that place had suddenly passed to his eternal reward on Monday evening the 7th inst. after a short illness of heart trouble. The deceased who was 63 years of age, was well and favourably known as a good citizen and obliging neighbor and a very charitable man, and his demise while in the prime of life is much regretted by all who had the pleasure of his acquaintance.

He leaves to mourn a sorrowing wife, three sons, and three daughters, also one brother Mr. Owen Sullivan, Vernon River. His funeral which was very largely attended, took place on Wednesday to St. Mary's Church, Montague, where the Rev. D. P. Croken performed the funeral service. The pallbearers were T. A. Brothers, John Evans, A. L. Sullivan, Thos. A. Troy, John Power, Thomas Rice. The Guardian joins with a large concourse of friends in sincere sympathy.

DENTISTS ENGAGED IN A DESPERATE FIGHT.

ST. LOUIS, February 14.—Locked in a room on the sixth floor of a downtown hotel here four men fought, with knives, dentists instruments and revolvers until all were to badly wounded to continue. The fight was the sequel to business difficulties between two dentists. When the police and hotel guests broke into the room they found Dr. A. F. Johnson, a local dentist, unconscious with two bullet wounds in the groin, Doctor Antonio, Texas, with blood pouring from a knife wound in his arm another man, who had registered as W. E. Arnold, of Mobile, unconscious on the bed with his throat cut from ear to ear, and Chas. Lody, an assistant to Dr. Johnson, cut and bruised.

TIDE TABLE

Table with columns for High Water and Low Water for February. Rows include dates from 1st to 29th.

FEBRUARY—1st to 4th, mild wave. 5th to 10th, rain, sleet and snow. 11th to 14th, much wind and bluster. 15th to 20th, cold and unsettled. 21st to 24th, wind and sleet. 25th to 27th, very cold. 28th to 29th, unusually cold weather.

DIARY OF EVENTS.

TO-DAY. City Magistrates Court. 9 a.m. Peoples Theatre. 7 and 8.45 p.m. Prince Edward 3, 7 and 8.45. p.m.

BIRTHS

MCKINNON—At the P. E. Island Hospital on February 15th to Mr. and Mrs. J. N. McKinnon a son.

COLWILL—At Kingston on January 2nd to Mr. and Mrs. William W. Colwill a daughter, Floriss Flouise. Congratulations.

DEATHS

STEVENSON—At Wheatley River on Wednesday 16th Robert Stevenson, aged 71. Funeral Friday at 2 o'clock. (Examiner and Patriot please copy.)

NICHOLSON—At Rose Valley on Sunday Feb. 13, Janet McLean, widow of the late Donald N. Nicholson aged 77 years.

PRUNTY—In this city, Feb. 16th, Mrs. Mary Prunty, widow of the late John Prunty, aged 88 years. Funeral from her late residence 265 King St., Friday morning at 8.45.

WHITEHEAD—Suddenly at Margate on Feb. 15, 1916, Wm. G. Whitehead of Grahams Road, aged 72 years. Funeral from his home in Grahams Road, this at 11 o'clock to one o'clock to New London Cemetery.

AMERICAN BRIGADE BEING RAISED FOR CANADIAN ARMY.

TORONTO, Feb. 15.—Canada is to have a full brigade of some 5,000 Americans by birth or parentage on the firing line in Flanders. Sir Sam Hughes minister of militia, has authorized Major C. S. Bullock, late of New York, now of the 97th battalion, American Legion stationed at the exhibition camp, to complete plans for a dominion-wide campaign for men of American birth or parentage to join the Canadian army.

GUARDIAN CLASSIFIED ADS.

One cent per word first insertion in this column, half cent per word each continuation. Cash must accompany order. Minimum charge Twenty-five cents.

Agents Wanted

AGENTS WANTED TO SELL FOR "The Old Reliable Ponthill Nurseries." We teach our men to sell. Experience unnecessary; highest commissions paid; handsome free equipment. Stone & Wellington, Toronto, Ont. 2108-2MEFeb.29.

Help Wanted—Female

WANTED—5 SMART GIRLS TO learn Millinery. Apply at once to Miss Rendle at Prowse Bros. Ltd. 7381-2-16M31.

WANTED—GIRL FOR GENERAL housework. Apply Mrs. J. C. Sims, 279 Richmond St. 7311-2-11-Mf.

WANTED A GIRL FOR DINING room work. Apply at the Eldon Hotel. 7339-2-12-Mf.

WANTED A GIRL FOR GENERAL housework. Good wages. Apply at 70 Sydney Street. 7338-2-12-Mf.

WANTED—PUPIL NURSES at the Taunton State Hospital Training School for Nurses. For further particulars address Dr. Arthur V. Goss, Supt. Taunton State Hospital, Taunton, Mass. 3404-10-12Mtr.

RELIABLE PERSONS WILL be furnished with profitable, all-year-round employment on Auto-Knitting machines. Ten dollars per week readily earned. We teach you at home. Distance no hindrance. Write at once for particulars, rates to pay, etc., enclosing 2c. in stamps. Auto-Knitter Hoseley Co., Dept. 147C, 257 Colliere Street, Toronto. 2-1ME191.

Wanted

JOHN MCQUILLAN & CO. WANT A quantity of pressed hay. 7367-2-15-M61.

For Sale

FOR SALE, STEAM BOILER and new engine also rotary saw mill Will sell at a bargain. Apply G. C. Curtis, Milton. 7392-2-16M6pd.

PIANO FOR SALE, CIRCASSIAN Walnut case, Maber J. & J. Hopkinson, London, England. Elegant piece of furniture. \$150. N. co Guardian office. 7376-2-15M31pd.

FOR SALE OR RENT—A FARM at New Glasgow, consisting of 119 acres in a high state of cultivation. Apply to owner, E. E. MacKay, New Glasgow, P. E. I. 7309-2-11-M61.

FOR SALE—DRAFT HORSE 1600 lbs. Nine years old, sound. Address "B" Guardian Office. 6559-1-13-Mf.

FOR SALE A LIVE GENERAL BUSINESS stand for sale or to lease. Apply "D" Guardian office. 6527-1-11-Mf.

FOR SALE PAIR BLUE FOXES Full particulars on application to "E.D." c/o Guardian. 6716-12-9Mtr.

FOR SALE—STEAM SAW MILL and site at Head Railway wharf, Scurvis Machinery may be sold separate. P. T. Macdonald, Souris. 6028-1-19Mtr.

FARM FOR SALE.—THAT VALUABLE farm of 243 acres situated near the Village of Cardigan in Kings County, until lately owned and occupied by John G. Scrimgeour. Near Churches, stores, Schools and shipping. For further particulars apply to J. A. McDonald, Merchant, Cardigan or to Gaudet & Hazard, Solicitors, Charlottetown. 7345-2-14M1Mo.

To Let

TO LET—COMFORTABLE TENEMENT house with large stable, 71 McGill Avenue. 7036-1-27Mtr.

What to Do to Get Fat and Increase Weight

THE REAL CAUSE OF THINNESS

Most people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight. They are thin because on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all bosh to say that this is the nature of the individual. It isn't Nature's way at all.

Most thin people stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat to maintain life and a semblance of health and strength. Stuffing won't help them. A dozen meals a day won't make them gain a single "stay there" pound. All the fat-producing elements of their food just stay there in the intestines until they pass out of the body as waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something too, that will multiply their red blood corpuscles and increases their blood's carrying power.

For such a condition it is well to recommend eating a Sargol tablet with every meal. Sargol is not, as some believe a patented drug, but is simply a careful combination of six of the most effective and powerful assimilative and flesh building elements known to chemistry. It is absolutely harmless, yet has been wonderfully effective and a single tablet eaten with each meal, often, according to reports of users, has the effect of increasing the weight of a thin man or woman from three to five pounds a week. Sargol is sold by all good druggists everywhere on a positive guarantee of weight increase or money back. If you find a druggist who is unable to supply you send \$1.00 to the National Laboratories, 74 St. Antoine St., Montreal and a complete ten days treatment will be sent you post paid.



Fry's Pure Cocoa

NO need to ask if you want your little girl to be bonny, plump and rosy-cheeked. Of course you do! Yet little folks' appetites are "finicky" and sometimes turn from ordinary foods. That is just the time to use FRY'S Pure Cocoa. It makes a delicious food beverage that no child can resist and its rich nourishment is absorbed by the little body as eagerly as the flowers drink in the spring rains. All good grocers sell it, but, of course, remember



"Nothing will do but FRY'S"