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APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

DRASTIC CHANGES IN MILITARY RULE.

LONDON, Jan. 6.—General Turner and F. B. McCurdy, M.P., who proceeded to France have investigated the schemes for Canadian training in England which have already borne fruit. For those officers who hitherto have been enjoying somewhat lax methods of obtaining leave in London it came as a considerable shock that from now on they only get leave such as is extended to officers from the front—so many days for so much service in training. Drastic changes are expected in English and Canadian commands on the return of General Turner. It is probable also that General Turner may announce a new order in complete charge of training.

Skating Boots

Skating time is here and everyone should enjoy the fun. Foot wear is highly important. We have correct shoes for ice skating.

—PRICES—
Men's \$2.50 to \$5.00
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The Eastern Guardian

"IT PAYS to buy in this Province."—Advertisement in this column. Cash must accompany order. Minimum charge twenty-five cents.

"MR. R. B. HOWLETT is Guardian agent for Annapolis and vicinity."

"RAILWAY WHARF.—The repairing of the Railway Wharf at Georgetown has been completed and is proceeding by competent critics in an excellent job. Everything is now in readiness for the winter steamers when they arrive."

"MR. MANUEL ENLISTS.—Mr. Henry Manuel (tailor of Georgetown) has enlisted for Home Defence and has already taken up his new duties. Mr. Manuel has a son Charles Edward Manuel in the 105th."

"ENJOYABLE NEW YEAR'S EVENING.—On New Year's evening a number of invited friends evoked at the home of Mr. and Mrs. Keefer of Rollo Bay Centre. Mrs. Henry Duncan and daughter, Miss Lillian and Miss Gussie McFarlane, of Marshfield, being present. The two former being home on their vacation from Alberta. The principal features of the evening was dancing, violin music, furnished by Messrs. J. Peters, of Rollo Bay, and Fabrian Howlett, of Gowan Brae. Selections on the piano by Misses Claribel Keefer and Setta Peters and vocal music by Mr. Lorne J. Peters in his usual good manner. At a late hour lunch was served by Mrs. Arthur Dixon, after which the guests sang 'God Save the King' and departed to their homes, feeling that a very pleasant evening was spent."

"Mrs. James Peaton of Georgetown has gone to Picton, N. S., to spend the winter."

"Mr. Joseph Bouchard has returned from Trenton where he spent several months in the steel works at that place."

"Mr. James R. Cavanagh of Glenfanning was to Georgetown on Tuesday of last week on a business trip."

"Miss Mary McEachern of Gordon Street, Georgetown, has removed to Charlottetown, where she will spend the winter with Mr. and Mrs. Eugene McEachern."

"Mr. Daniel D. MacDonald, farmer for Captain Hugh McPhee has returned home after spending the holidays with friends and relatives in Souris and Poplar Point."

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HIGH BRITISH SOCIETY LADY CENSORED IN ARMY SCANDL

(By leased Wire to Journal Press.)
LONDON, Jan. 3.—An army scandal, involving the exercise of influence over high officers by a prominent society woman, is described in the report of a court of inquiry issued tonight, and Mrs. Cornwallis-West, wife of Col. William Cornwallis-West and mother of the Princess of Wales and of the Duchess of Westminster, is officially severely censured.

The late Arthur Basil Markham, Liberal Member of Parliament for the Mansfield division of Nottinghamshire, who died last August, demanded an inquiry in the House of Commons into this matter, and was seconded by Irish members, who declared that a young Irish officer's honor was involved. It has since developed that the officer was Lieutenant Patrick Barrett, of the Welsh Fusiliers.

According to a statement in the House of Commons before recess he was completely exonerated; his commanding officers, Lieut.-Colonel Delme-Radcliffe, was removed from his command, and General Sir John Cowans was censured, but was returned because of his good work. General Owen Thomas, who was also concerned, was vindicated.

Barrett was a sergeant in the Welsh Fusiliers. Colonel Delme-Radcliffe and other officers recommended him for a commission late in 1915, and his claims were supported by Colonel and Mrs. Cornwallis-West and several prominent civilians.

Barrett was severely censured by his commander without the opportunity of stating his case. Soon after that he was transferred to another battalion, on the demands of Mrs. Cornwallis-West. General Cowans, who secured Barrett's transfer, who was also concerned in the correspondence, is criticized for interfering with the affairs of the western command, after he relinquished his command, but is not disciplined, because he has since retired.

The court of inquiry, which consisted of Field Marshal Sir William Nicholson, formerly chief of general staff; Major-General Lord Chelmsford, Justice Sir James Richard Atkin and the Right Hon. Donald MacLean, M. P., for Peebles and Selkirk, reported regarding Mrs. Cornwallis-West:

"We have no doubt that her injudicious boasting of the power she wielded at the War Office—which was confirmed to an appreciable extent by the wording of some of Sir John Cowan's letters—was calculated to bring him and the administration at the War Office into disrepute. We feel obliged to record our opinion that this lady's conduct, as revealed in this case, has been highly discredit-able both in her behavior towards the second Lieutenant Barrett before his removal from the command of the fourteenth of February in her vindictive attempts to injure him afterwards, and in the untruthful evidence she gave before us."

"It appeared in the evidence that this lady holds positions of some importance in the country of Denbighshire, in various associations of a public character for assisting in the war work. In our opinion it is to be regretted that she should hold such positions."

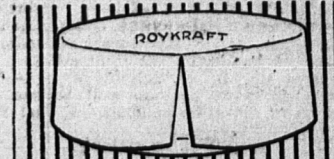
The court also investigated reports that General Owen Thomas, who took a prominent part in recruiting in Wales, was transferred from the command of a Welsh brigade to a lesser command through Mrs. Cornwallis-West's influence. This proved to be unfounded, but due to an unfortunate sequence of events and the ambiguous wording of certain official letters.

A COLONEL PULLING WIRES.
The report says that Colonel Wynne Edwards reflected on General Thomas, who is a brigade commander, in a letter to Mrs. Cornwallis-West, "with the apparent object of exalting his own qualifications for post of same."

Mrs. Cornwallis-West sent the letter to General Cowan with a postscript which is forwarded to Lieutenant-General Sir William Pitt Rivers, chief of the War Office, advising him to keep an eye on Edwards, and expressing a high opinion of him.

The report calls attention to the fact that it is contrary to the regulations of a War Office official to enter into private correspondence on official matters, and also says: "Regret is expressed that a letter sent by Lord French to the War Office was so ambiguously worded as to be capable of misconstruction. In any case, a portion of the letter was in the nature of an adverse report on Brigadier-General Owen Thomas, and should have been communicated to that officer at that time. It is also regarded as unfortunate that Lord French should have concerned in the terms of the War Office letter of July 29 to Brigadier-General Thomas, which letter must have confirmed the latter's suspicion of sinister influence."

A SENSATION IN LONDON.
The findings of the court of inquiry of the Army council made public tonight are causing a great sensation on account of the social prominence of some of those concerned. A long story briefly stated is that Mrs. Cornwallis-West took "a more than ordinary interest" in Second Lieutenant Patrick Barrett, of the Royal



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Typewriter Speed Secrets

TOLD BY THE MISTRESS OF THE KEYS.

How to make YOUR Machine Sing at the Rate of Eleven Strokes a Second or 137 Perfect Words a Minute—A Pandora Box of Good Advice to the Fraternity of Flying Fingers

Yes, it must be that the bluebird has at last perched upon my typewriter, for I am very happy. I feel I have reached the goal of my ambition. I mean this opportunity to talk to the greatest of audiences through the greatest of mediums—the newspaper. So I am going to do the very best I can and am sure I will tell you some things that will help you in your work. Not one will come from a text book, for each was developed from experience gained on the road toward World's Championship honors.

I have always felt that I was selfishly holding within myself all my typewriter knowledge, and wished I could gather you all around me, hundreds of thousands though you may be, and impart to you lots and lots of things that for years have been clamoring for utterance. Finally a good fairy whispered that I should beard the editorial lion in his sanctum. And I did. That's the reason I must transcribe the well known fable and, like a little mouse, give thanks to the editors who have made all this possible.

WHO I AM—HOW I LOOK.
Of course you want to know something about my record—how old I am, how I look and where I live. Well, three times I have held the International Championship for typing. If I had a vote, I would have cast my second ballot this year in Passic, N.J. Could say, I suppose, that I am willowy and blue of eye, but confidentially I am of medium size, my eyes are blue and when my hair is red, not auburn or tawny, but just red. And I'm proud of it, for they tell me that the first woman to adorn a seat in Congress is similarly blessed.

And right here let me give you a little word of advice. Cut these articles out and keep them, for, based on "The Owen Idea," they will contain a complete course in typewriting. I'll start by giving my girl friends a little advice about how to look and act in a business office. I don't think a long discussion about deportment is really necessary. (The business woman of today must be "nice," for is she not the right hand of the statesman, and the steady influence of the business world? So I say, "Girls, be nice. Be your mother's girl in the office as well as in the home." Get down to simple lines and colors in skirts, cultivate tailor-made waists, but, if becoming, wear those slightly open at the throat.

A LA PADEREWSKI.
All the real typists of this day are "Touch Operators," and play the typewriter just as Paderewski plays the piano, although most of us are not quite so fast, nor is the result always so harmonious. Leave your earnings at home, take off your rings and bracelets in the office and let's get started.

We will begin just as though we were all novices. First, your position at the typewriter. Adjust your chair so that it is neither too high nor too low, and set your feet about 14 inches from the machine, so that your elbows held slightly lower than the hands, are close to the body. The front of the machine should be drawn to the edge of the table and securely fastened.

HOW TO HOLD YOUR HANDS.
Now, if you have been taught to place your hands on a level with the second row of keys, forget it. Make your hands assume a position slanting downward with the keys, dropping the wrists naturally.

At this point you should also know how to insert the paper in the machine, and, even though I expect to give detailed instructions later, I will tell you now how this should be done. Holding the paper in the center of the left edge, between the thumb and second finger of the left hand, let it fall between the paper rest and the feed rolls of the typewriter. At the time you do this, your other hand must be on the right hand platen knob or twirl. As the paper touches the feed rolls, give the knob a quick twirl. This will bring the paper to the line of writing on the sheet.

ALL READY FOR WORK.
There now, we have arrived at the correct position at the typewriter and learned the proper method for inserting the paper. The next lesson will be on "How to Strike 'The Key'" and "Perfect Rhythm." Then we will enter the field of the expert, picking up, as we pass along, new finger exercises and tricks of the profession.

MARGARET B. OWEN.
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PEACE AT ANY PRICE
"Am you daughter happily married, Mrs. Perkins?"
"She sho' is, Mrs. Lumby. She's done got a husband dat's skeered to death of her."

Without Pure Blood Health Is Impossible

Owing to faulty action of the kidneys and liver, the blood becomes filled with disease germs that imperil health. The first warnings are backache, dizziness, headache and lack of energy. Act quickly if you would avoid the terrible ravages of chronic kidney complaint. Get Dr. Hamilton's Pills today. They cure kidney and liver troubles for all time to come. No medical relief so promptly, cures so thoroughly. For good blood, clear complexion, healthy appetite, use that grand health-bringing medicine Dr. Hamilton's Pills. Get a 25c box today.

IN FIVE MINUTES NO INDIGESTION, GAS OR SOUR, ACID STOMACH

THE MOMENT "PAPE'S DIAPEPSIN" REACHES THE STOMACH ALL DISTRESS GOES.
"Really does" put bad stomach in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that is what makes Pape's Diapepsin the largest selling stomach regulator in the world. If when you eat, fermentations into stubborn lumps, your belch gas and eructate sour, undigested food and acid; tongue coated; your insides filled with bile and undigested food and acid; tongue coated your insides filled with bile and undigested waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. Its truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction or your druggist hands you your money back. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour upset stomach during the day or night. It's the quickest regulator in the world.

BEST Wishes For 1917

An appreciation to our present and prospective customers. Our business of 1916 has exceeded in volume that of any previous year, and we sincerely conceive that our "square deal policy" has been the means of our success.

We have an appreciative host of customers who know our trade is large and they will not allow our stock to get stale on the shelves.

We most heartily thank you all for the increased business of the present year, and it is under the same policy that we solicit your patronage for 1917. Your coupons from our cash register are worth 5 per cent on every dollar spent. Wishing you a Happy New Year.

CHARLOTTETOWN MARKETS

Turnips (bushel)	20-20
Oats (white) bush.	60-60
Oats (black) bush.	68-68
Parley (bushel)	42-42
Buckwheat (bush)	75-75
Wheat (bush)	\$1.25-1.50
Hay (ton)	\$12.00
Straw (ton)	7.00
Potatoes (bushel)	60-60
Lamb (live)	08-09
Pork (selects) wholesale ..	15-15
Butter (creamy print)	42-42
Eggs, doz.	40-45
Fowl, lb	12-15
Chickens, lb	15-18
Ducks, lb	16-18
Turkeys, lb	22-25
Beef (lb) retail	15-20
Beef (wholesale) dressed ..	07-10
Beef (live weight)	05-07

SUMMERSIDE MARKETS.

Butter (dairy) per lb	37 to 38
Butter (creamy) lb	42 to 43
Buckwheat per bush	75 to 1.00
Califskins per lb	17 to 18
Eggs per doz.	38 to 39
Chickens per lb.	16 to 20
Fowl per lb	12 to 15
Ducks per lb	16 to 18
Hack (ton)	10.00 to 12.00
Hay (pressed) per ton	12.00 to 13.00
Hides per lb	18 to 19
Lamb (pelt) (each)	60 to 80
Oats (black) bush.	62-65
Oats (white) per bush	65
Potatoes per bush	60
Straw (pressed) per ton	6.00 to 8.00
Butter (fresh) lb	36-40
Turnips per bush	20

CANADA'S RECRUITS IN WAR'S SECOND YEAR

OTTAWA, January 6.—During the year just closed 178,537 men were recruited in Canada, or nearly half the total of 385,955, since the outbreak of war. In the last fortnight 2,517 men enrolled, a decrease of 700 in comparison with the preceding two weeks. Figures by military districts since the war began are:

Toronto	85,384
Kingston-Ottawa	41,294
London	31,325
Montreal	33,993
Quebec	7,729
Manitoba-Saskatchewan	77,254
Maritime Provinces	37,357
British Columbia	34,802
Alberta	34,802
In the last fortnight the totals have been:	
Toronto	487
Kingston-Ottawa	367
Montreal	312
Manitoba	284
British Columbia	260
Alberta	241
Saskatchewan	207
London	162
Quebec	38
Maritime Provinces	234

Sores Flea Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Eucletic Oil, which acts like magic. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

Ellis' Pharmacy Ltd
Montague