

The Central Guardian

IF PAYS to buy in this province.
DR. HARRIS, EYE SPECIALIST
will reopen his office Sept. 15th.

S. S. "ARANMORE" RESUMES
TRIPS.—Commencing Monday, Sept.
ember 3rd, Steamer "Aranmore" will re-
sume its weekly trips, leaving Char-
lottetown at 7.00 a. m. Monday,
Wednesday and Friday each week
and leaving Picton Tuesday, Thurs-
day and Saturday at same hour. Dis-
trict Passenger Agent's Office, Charl-
lottetown, P. E. I. 7041-9-ME41.

TRAINOR-McKENNA WEDDING
—The following marriage is taken
from the Edmonton Bulletin of Aug.
25th, 1917: The marriage of Walter
D. Trainor, with the firm of Webb,
Read, Hegan, Callingham & Co.
chartered accountants, Edmonton, to
Miss Mary Josephine McKenna,
daughter of Mr. and Mrs. John Mc-
Kenna, of Hunter River, P. E. I., was
solemnized on Tuesday morning, Aug.
21st, at St. Mary's Roman Catholic
Cathedral, Calgary, Rev. Father
Hughes officiating. The wedding took
place in the presence of a few inti-
mate friends of the parties. F. O.
McKenna, barrister, of Calgary, a
cousin of the groom, was best man
and Miss Mayd McKenna, sister of
the bride, was bridesmaid. Bride and
bridesmaid wore handsome tailored
suits and black picture hats. After
the ceremony a wedding breakfast
was served at the Palliser Hotel. The
newly married pair returned to Ed-
monton on Tuesday and a reception
in their honor was given that even-
ing at the residence of Mr. and Mrs.
Frank Schaplowski, 9633, 103 Avenue
Mr. and Mrs. Trainor will make their
home at 9540 103rd Avenue, Edmon-
ton.

Worms in children work havoc.
These pests attack the tender linings
of the intestines and, if left to pur-
sue their ravages undisturbed, will
ultimately perforate the wall, because
these worms are of the hook variety,
that cling to and feed upon interior
surfaces. Miller's Worm Powders
will not only exterminate these
worms of whatever variety, but will
serve to repair the injury they have
done.

MR. H. W. VINNICOMBE'S VIO-
lin classes will reopen on Monday,
Sept. 17th. 7070-8-4M61.

STUDENTS ACCOMMODATED —
One or two male students may be com-
fortably accommodated. See classi-
fied advertisement. 7059

WAR VETERAN AGAIN JOINS
UP.—Ernest Davy (Chick) veteran of
the early Canadian engagements in
Flanders, left with the Railway Draft
yesterday morning.

PROMOTED.— Captain Andrew
MacPhail, who has been attached to
the Canadian Medical Headquarters
in London for some weeks, has now
been appointed to take charge of the
third medical department, with pro-
motion to the rank of Major.

PERSONALS

Miss Addie Hogan, city, left yes-
terday on a visit to Boston.

Mr. Roderick Gillis, Point Prim, was
in the city yesterday.

Mrs. H. E. Canwell has returned
home after visiting her sisters, Mrs.
Edward Haley, Antigonish and Mrs.
Urban Breen, Sydney.

Mr. Harold Gordon, son of Mr. J. A.
Gordon, of Georgetown Royalty, has
taken a position in the Bank of Nova
Scotia in this city.

Mr. and Mrs. Ritchie and family,
who have been visiting Mr. and Mrs.
L. E. Powse, left yesterday on return
to their home in Ontario.

Mr. Charles Deacon, son of Mr. Wal-
ter Deacon, of Quincy, Mass., is re-
turning home after spending a few
months vacation with friends at Pt.
Prim.

Mr. Roderick Matheson, of the P.
E. I. Railway, is spending his vaca-
tion at High Bank. Mr. Alex. Laffer-
y is acting railway policeman during
his former's absence.

Miss Dora Mathieson daughter of
Chief Justice and Mrs. Mathieson,
left yesterday morning en route to
Victoria, B. C., where she will spend
the winter with her aunt Mrs. (Judge)
Shaw.

Mr. and Mrs. Haddon, of Trinidad
B. W. I., who have been spending the
past few weeks on the island, left yes-
terday for Newfoundland and other
points, where they will spend some
time before returning to their home.

Mr. G. M. Dimond of the Boston
Globe Press has left for his home in
Bedford, Mass., after spending a short
vacation on the island. While here,
Mr. Dimond made many friends who
will welcome him back again in the
near future.

**IF YOUR EARS RING
WITH HEAD NOISES**

If you have Catarrhal Deaf-
ness or head noises go to your
druggist and get 1 ounce of
Parmit (double strength), and
add to it ¼ pint of hot water
and 4 ounces of granulated
sugar. Take 1 tablespoonful
four times a day.

This will often bring quick
relief from the distressing head
noises. Clogged nostrils should
open, breathing become easy
and the mucus stop dropping
into the throat. It is easy to pre-
pare, costs little and is pleas-
ant to take. Any of who has
Catarrhal Deafness or head
noises should give this pre-
scription a trial.

**EXPERT
EYE
SERVICE**

We have recently had the privi-
lege of visiting the offices of some of
the most expert Opticians in Can-
ada. We have studied their methods
and seen them practically demon-
strated and it is a matter of grati-
fication to be able to say that the
service we are giving our patrons
we believe is quite equal to that ob-
tainable in the large centres.
We solicit your patronage.

**G. F. Hutcheson
Optician**

**\$15.00
Postage Paid to
France**

We have a full line of sizes of
the celebrated Palmer
Trench Boot and can deliver
them to you direct or mail
them to

YOUR BOY AT THE FRONT.
These Boots are pronounced
by the Canadian Soldier Boys
TO BE
JUST THE THING

The boys will be wanting
these Boots right now and
you cannot send them too
early. If they have not asked
you for a pair they soon will
and we would advise you to
have them go at once. Mail or-
ders carefully filled. Do not
forget the size and remember
we pay the postage.

Morris-Smith--Beer

MEATLESS DAYS

(Continued from page one.)

need all the wheat, flour, beer and
bacon that Canada can supply.
These things we can and must do
while this overseas war need con-
tinues. WE MUST PRODUCE ALL
WE CAN, WASTE NOTHING, AND
REDUCE OUR CONSUMPTION.
"Such as is practicable, FROM
WHEAT, FLOUR, BEEF AND BAC-
ON TO OTHER FOODS. The other
foods are just as wholesome
for us but are not as suitable for
shipment overseas in war time.
"Every man and woman in Canada
should do their share of this neces-
sary war service. It does not call
for sacrifice. It does require earnest,
intelligent, diligent thinking and
action, sustained by the conviction
that it is necessary, that it will help
to win the war, and that it will do us
good individually and nationally.
"I seek and urge the co-operation of
every citizen. Do your bit to save
"every bit of food."

SUBSTANTIAL RESULTS ARE EX-
PECTED.

As has been already stated, what
the armies and civilian populations of

Rx

Bring that
Prescrip-
tion to
The Two Macs
149 Gt. Geo. Street

PRINCE EDWARD

Matinee 3.15 Sharp Night 7 and 8.45 Sharp

A "Crook Play" That is Different
Dainty, Diminutive Marguerite will add
greatly to the popularity she gained in "Miss
George Washington" and "Snow White"
when our patrons view

"The Valentine Girl"
with the Big Little Star
Marguerite Clark
A Charming Bit of Romance, Pathos and
Humor

The British Gazette
and
Topical Budget
Up-to-Date War Views

"Down By The Sea"
A Rollicking Christie
Comedy



COMING EVENTS
NEXT WED & THURS
MARY PICKFORD
in
A Romance of
the Red Woods
COMING SOON
Fearless Peerless
Pearl White
In
"The Fatal Ring"
Greatest Story Thrills
and Photography
15 Thrilling Episodes-15

Great Britain and the Allies require
most from Canada are flour, beef and
bacon. They also require
and take a very large
quantity of cheese and of some
other food stuffs. The immediate ob-
ject of this meeting is to help the peo-
ple of Prince Edward Island to do
their share in permitting larger quan-
tities of these foods to be available
for export. Every housekeeper can be-
come an effective volunteer in the
great army of food controllers. The
home consumption of these articles
can be very much reduced by the pre-
vention of all waste, by the reduction
of the quantities of them consumed in
our homes and by the substitution of
other wholesome and in many cases
comparatively cheap foods in their
places.

What may be expected as a result
of the food control service by the vol-
untary action of the housekeepers of
Canada? The saving of only one
pound of flour per week in every
home in Canada would result in hav-
ing 50,000,000 lbs. of flour a year for
export more than would otherwise be
the case. The food control office es-
timates that the saving in Canada of
flour, beef and bacon will be suffi-
cient to provide twice as
much of these foods for a
year as is required by an army
of 500,000 men. It comes down to this
—the control of single slices and sin-
gle bites.

METHODS TO BE FOLLOWED.

Two methods have been adopted by
the Food Controller—he has issued
regulations having the force of law to
restrict the consumption of beef, bac-
on and white bread at public eating
places. At such places.

(a) BACON shall not be served at
more than one meal on any day,
and on Tuesdays and Fridays
none shall be served.

(b) BACON shall not be served at
more than one meal on any
day, and on Tuesdays and Fri-
days none shall be served.

(c) At every meal at which
WHITE BREAD is served there
shall also be served some sub-
stitute or substitutes, such as
corn bread, oat cakes, potatoes,
etc.

(d) There shall be prominently
displayed a printed notice to
the effect that all persons in
ordering their food ought to
consider the needs of Great
Britain and her Allies and their
armies for wheat, beef and bac-
on, and that the Food Control-
ler requires the public to do
everything in their power to
armies for wheat, beef and bac-
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ler requires the public to do
everything in their power to

pledge cards to be signed.

The local food control committee in
every place will be the body by which
information will be passed on to the
individual householders. As a first
step, the women of the local food con-
trol committee will undertake to
personally distribute the Food Ser-
vice Pledge cards. The intention is to
have every home visited by some wo-
man who will interest the housekeep-
er in food control and ask her to sign
the following pledge.

"Realizing the gravity of the food
situation and knowing that Great
Britain and her Allies look to Can-
ada to help to shatter Germany's
threat of starvation, I pledge myself
and my household to carry out con-
scientiously and advance and direc-
tions of the Food Controller that re-
quisite foodstuffs may be realized for
export to the Canadian Divisions, the
British forces and people and the
Allied armies and nations."

One copy will be retained in the
house and one passed on to the Pro-
vincial Headquarters. Together with
the pledge card, a card for display in
the window of the house will be left.
It shows that the family is committed
to food control and becomes a daily
reminder to the household and others
who see it of the duty of observing
the pledge. The window card is as
follows:

TO WIN THE WAR THIS HOUSE-
HOLD IS PLEDGED TO CARRY
OUT CONSCIENTIOUSLY THE AD-
VICE AND DIRECTIONS OF THE
FOOD CONTROLLER.

SUBSTITUTES FOR FLOUR, BEEF
AND BACON.

The local food control committee
will also arrange for the carrying on
of a campaign of education in the
more intelligent and economical use
of foods in order that the people may
be well nourished, that no food shall
be wasted, and that the food of the
family may be obtained at the most
reasonable cost that is practicable un-
der war conditions. While many
housekeepers have knowledge of the
relative values of foods, many others
have not had any opportunity of learn-
ing. It will not be news to many
housekeepers that oatmeal is a first
rate breakfast dish. It may be news
and good news in these times of high
prices that for growing children and
working men and women, in terms of
nourishment and energy produced,
one pound of oatmeal is a practicable
substitute for two dozen of eggs; one
pound of oatmeal may be used to re-
place 1½ lbs. of beef; one pound of
cheese has a nourishing value equal
to 2½ lbs. of beef; and cheese and
potatoes make a well balanced meal.

Information on these topics will not
only be exceedingly useful but it will
be very interesting to the housekeep-
ers in every locality. The local food

control committee will arrange for
demonstrations on preserving, can-
ning and storing the more perishable
foods produced in the gardens. It
will not be too early for the local food
control committees to begin in Septem-
ber and October to plan for the cam-
paign of increased production in the
season of 1918.

The local control committee will
also occupy itself in some centres in
seeing to what extent the cost of
distribution causes unnecessary in-
crease in the price of foods as deliv-
ered at the homes.

CONFIDENCE IN THE PEOPLE OF
THE ISLAND.

The Food Controller hopes to find
that within two months every locality
in Prince Edward Island has its food
control committee, and that the whole
population has severally and collec-
tively become food controllers. We
pride ourselves on being a self-govern-
ing people. In this emergency, in this
peril, let us each personally apply self-
government by the voluntary dis-
cipline of our appetites and the ex-
ercise of every form of economy in
the use of food.

In addition to the immediate help
thus given in real "win the war" ser-
vice, substantial benefits will become
ours and be left in every community.
The local food control committee will
develop a new form of social service.
It will bring to view important duties
else by definite and of such a char-
acter that everyone can participate.
All that makes for the real
well-being of the community.

One can leave the situation in the
hands of the people of Prince Edward
Island with every confidence that
they will not neglect that they will
not forget that they will not fail; but
that they will do their part in this un-
dramatic but very necessary sphere
of service in order that the whole ef-
fort of the Allies may be carried to
victory followed by a peace which
will give security for generations to
come.

PREMIER ARSENAULT

Premier Arsenault in moving a
vote of thanks to Dr. Robertson said
that his name had been a household
word in this Province for the last
twenty years. At an age when he
might well consider himself entitled
to sit back and allow others to do the
work, he had undertaken without sal-
ary or recompense the tedious work
of going from the Pacific to the At-
lantic to enlighten the people on the
necessity for carrying into effect the
recommendations of the food con-
troller. All that the speaker had
told them he interpreted to mean
sacrifice—not a very great sacrifice
indeed, but a giving up of something
for the benefit of the country and so
as to keep probably millions from
starving to death. If they looked back
over the past three years could they
say they had made any sacrifice at
all? Could they say they had done
anything at all that could measure up
to the sacrifice that he boys were mak-
ing at the front? Gold is refined by
fire, and after the war they would not
feel they had done their duty unless
their bodies were seared by sacrifice.
The sacrifice asked of them was not
great. They had been asked in the
past to give money for patriotic pur-
poses. Now they were asked to do
something which would not cost them
anything but for which they would
be the better in body and spirit. They
had not thought in the past when they
were enjoying plenty that they were
on the verge of famine. When prices
went soaring up they did not realize
that it meant the world's reserves
were being exhausted. If they would
replenish these reserves they must
carry out the advice of the Food Con-
troller and curtail their meat bill and
eat a pound of flour less per week.
Women had done a great
deal more than men in
the discharge of patriotic duties since
the war began, and if the present
campaign met with success it would
be due to the efforts of the women

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Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100 p. c. in Ten Days

In many instances—Persons have suf-
fered untold agony for years, doctor-
ing for nervous weakness, stomach,
liver or kidney disease or some other
ailment when their real trouble was
lack of iron in the blood—How to tell.
New York, N. Y.—In a recent dis-
course Dr. E. Sauer, a Boston physi-
cian who has studied widely both in
this country and in great European
medical institutions, said: "If you
were to make an actual blood test on
all people who are ill you would
probably be greatly astonished at the
exceedingly large number who lack
iron and who are ill for no other rea-
son than the lack of iron. The most
important iron is supplied all their mul-
titude of dangerous symptoms dis-
appear. Without iron the blood at
once loses the power to change food
into living tissues and therefore noth-
ing you eat does you any good; you
don't get the strength out of it. Your
blood merely passes through your sys-
tem like corn through a mill with the
rollers so wide apart that the mill
can't grind. As a result of this con-
tinuous blood and nerve starvation,
people become generally weakened,
nervous and all run down and fre-
quently develop all sorts of condi-
tions. One is too thin; another is
burdened with unhealthy fat; some
are so weak they can hardly walk;
some think they have dyspepsia, kid-
ney or liver trouble; some can't sleep
at night, others are sleepy and tired
all day; some fussy and irritable;
some skinny and bloodless, but all
lack physical power and endurance.
In such cases, it is worse than fool-
ishness to take stimulating medicin-
es or narcotic drugs, which only whip
up your flagging vital powers for the
moment, maybe at the expense of your
life later on. No matter what
any one tells you, if you are not
strong and well you owe it to your-
self to make the following test. See
how long you can work or how far
you can walk without becoming tired.
Nuxated iron from three times per
Next take two five-grain tablets of or
day after meals for two weeks. Then

NOTE:—The Manufacturers of
Nuxated Iron have such unbounded
confidence in its potency that they
authorized the announcement that
they offer to forfeit \$100.00 to any
charitable institution if they cannot
take any man or woman under 60 who
lacks iron, and increase their strength
100 per cent or over in four weeks'
time, provided they have no serious
organic trouble. Also they offer
to refund your money
in any case in which Nuxated
Iron does not at
least double your strength and en-
durance in ten days' time. It is dis-
pensed in this city by Geo. E. Hughes,
Apothecaries' Hall; E. A. Foster,
Central Drug Store; H. J. Mabon,
(Montague) and all good druggists.

because they are the active food con-
trollers in our homes.

Mr. John Anderson seconded the
motion and referred to the good work
which Dr. Robertson had initiated in
the Province twenty years ago—work
which had been the means of setting
the farming industry on its feet. Now
that he had returned to ask them to
economize in some respects that oth-
ers might be saved from a dreadful
fate, he was sure there was not a
family but would willingly and gladly
respond to his request.

HON. MURDOCH McKINNON.

Hon. Murdoch MacKinnon in sup-
porting the resolution said that he
could not help remarking upon the
representative character of the gath-
ering.

It was composed of men and wo-
men who were in deadly earnest and
who would be anxious and willing to
support in a practical manner the food
controller in his work. He was sure
that if there were a gathering of a tri-
volous kind in that same building the
next night none of the present audi-
ence would be present! He was glad

to see that the movement had taken
hold in Charlottetown, for every part
of the country looked to the Social
Centre of the province to lead in mat-
ters of that kind. The province was a
great producer of food and the people
did not know what hard times were
except when food was so plentiful
that they could not get a market for
it. At the present time they could do
a great deal by replacing on their
measurably grown produce for im-
ported stuffs and with profit to them-
selves at present and also after the
war.

Prof. Clark gave an interesting ac-
count of what had been done in the
way of increased production, and said
that there would be an increase of 15
per cent on potatoes. Experiments at
the farm had shown that early grown
wheat had escaped rust and blight to
a certain extent. Something ought to
be done to exterminate rats and mice
which made away with a large per-
centage of the harvested grain, while
the English sparrow ought to be ex-
terminated because of its damages on
the grain yields.

The proceedings terminated with
the singing of the National Anthem.

Peaches
are the most valued
treasure on the pre-
serve shelf.

Lantic pure Cane Sugar, with its fine
granulation, is best for all preserving.
10, 20 and 100-lb. sacks
2 and 5-lb. cartons

Send us Red Ball Trade-mark for free copies of
our three new Cook Books.

Atlantic Sugar Refineries Limited
MONTREAL

"Pure and Uncolored" 139