

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

**WINTER SKIN TROUBLES**

FOR CRACKS, CHAPPED HANDS, FROST-BITE, CHILBLAINS, CRACKED LIPS

**ZAM-BUK**

For chapped hands, cold sores, chilblains, frost bite and all the skin troubles due to cold weather, Zam-Buk will be found particularly effective.

Mr. F. W. Ashton, 1318 Lansdowne Ave., Toronto, says: "I willingly testify to the splendid healing qualities of Zam-Buk. I was troubled with Nasal Catarrh during the winter and this was aggravated by frost bites which gave much pain and inflammation, but Zam-Buk worked wonders and ended the trouble."

Zam-Buk works wonders also for Colds in the Head if heated and inhaled up the nostrils.

Sample free and post paid on application to Zam-Buk Co., 410 Dupont St., Toronto.

**Etiquette**  
By Roberta Lee

Q. Who pays for the bridesmaid's flowers?  
A. The bride.  
Q. Where do passengers on a sleeping car dress and undress?  
A. In the regular dressing room.  
Q. What does good table service today require?  
A. The removal of each plate as soon as the fork is laid upon it.

**Gas In The Stomach Is Truly Dangerous**

Gas, Pain, Bloating and a feeling of fullness after eating are almost certain evidence of excessive hydrochloric acid in the stomach.

Too much acid irritates the delicate stomach lining, frequently causing chronic Gastritis and dangerous Ulcers. Food ferments and sours, forming a gas that distends the stomach and often seriously affects the Heart.

It is genuine folly to neglect such a condition or to treat with artificial digestive aids that cannot neutralize the stomach acid. A better way is to get from your druggist some Bismarated Magnesia (powder or tablets) and take a little after each meal. This famous but simple and inexpensive stomach sweetener and antacid can be depended upon to prove its value in less than five minutes. In most instances, relief comes instantly! Pleasant and perfectly harmless to use—Bismarated Magnesia does give wonderful relief in nine out of ten cases. Ask your Doctor or Druggist.

**Work your Horse during treatment!**

No need to lay up a horse suffering from lameness, swelling or inflammation. Absorbine and work the horse during treatment. Will not blister nor remove hair. Safe and economical. Bottle free. \$2.50 per bottle. Write your druggist or general merchant, 72 W. P. Young, Inc., Lyman Bldg., Montreal.



**Professional Cards**

**McLURE & MacKINNON**  
SILVER FOXES AND FURS  
Representing  
HUDSON'S BAY CO., of LONDON  
ENGLAND.  
Office 112 Kent St. Phone 396

**W. H. AITKEN & CO.**  
Importers of high grade  
GASOLINE - KEROSINE - OILS  
We Believe in Prince Edward Island  
Office, 25 Queen St. Phone 404  
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**McLEOD & BENTLEY**  
J. A. BENTLEY  
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Office: 180 Richmond Street  
MONEY TO LOAN  
Charlottetown, P. E. I.

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BARRISTER SOLICITOR, ETC.  
MONEY TO LOAN.  
Cameron Block, Charlottetown, P.E.I.

**Prohibition Commission**  
Chairman, Mr. GEORGE B. BROWN  
Margate, P. E. I.  
Send all information regarding infractions of Prohibition Act to the above

Or To  
Chief Inspector B. J. Haywood  
100 Duckworth Street, Charlottetown

**A Morning Smile**

Two members of a club were discussing the table manners of a new member.

"Well, what do you think of him?" asked one.

"Really dreadful," replied the other. "I've heard soup gurgled, and I've heard it syphoned, but, upon my soul, it's the first time I've ever known it to be yodelled!"

**Woman Says It's Almost A Miracle**

From a Scrawny Woman She Changed Into One With Outstanding Physical Attractiveness in a Few Weeks

Worrying because you are skinny and need more solid, stay there fresh won't help you any—if you haven't ambition enough to help yourself—no one else will.

The safe, swift way for thin, underweight women to acquire a figure that wins admiration is to take McCoy's Cod Liver Extract Tablets as directed.

Rich in vitalizing weight building substance from Codfish Livers these sugar coated tablets are Nature's own body builder. Sixty tablets for 60 cents at any druggist anywhere—if you don't gain 5 pounds in 28 days—money back—Just ask for McCoy's.

"Julia has invited me to her golden wedding." "Her golden wedding?" "Yes, she is marrying a millionaire." —Quierez, Madrid.

Does Charity Mean Giving Money? **Dorothy Dix** Urges Sharing of Spirit

**"Funny, Isn't It, That We Should Think About Charity in Terms of Money, When the Things That Have Been Given Us That We Are Most Gratefully For Are Those That Didn't Cost a Cent"**

A woman whose very presence is a benediction in itself said to me the other day that it had grieved her so much not to be able to give any Christmas presents this year. "Why," I exclaimed, "every day is Christmas Day with you and wherever you go you bestow presents that are far more precious than anything that money can buy. You give yourself to people, and that is a greater gift than a diamond tiara would be. You give your love to them and that warms them more than a ton of coal would. You give your breast for those in trouble to weep on and that is better than giving them a dozen hand-embroidered handkerchiefs." And then I thought how strange it is that we think of giving only in terms of money and material things, just as we think of charity only as supplying the needs of those in want of food and warmth an shelter. When we speak of an individual as generous we refer merely to one who has an open pocketbook and not an open heart.

Yet Christ, the great exemplar, He who gave the greatest gift of all to the world, never gave any money. He healed the sick and raised the dead and gave peace and happiness to troubled hearts, but He never bestowed a penny in alms. He did not endow any institutions or make any million-dollar donations as He could have done if He had passed a miracle, as they say in "Green Pastures," and turned the rocks of the street into gold as He turned the water into wine.

Now it is a fine thing for the rich to give to the poor. The more the better. We can't despise money in a world where most things have a price tag on them, but this is just by way of reminding those who have no money to give that they can bestow upon those about them gifts far more valuable than anything sold over a counter and that there are rich people just as much in need of charity as any pauper.

One of the greatest philanthropists I have ever known was a woman so poor that only by the most rigid economy was she able to eke out an existence on her infinitesimal income. She had never a cent to give any one, but she gave happiness and cheer to every one with whom she came in contact. She never let any one go from her without carrying away a merry thought or something that brightened and lightened his or her spirits.

Sometimes it was a funny little story she told to a group. Sometimes a compliment she passed on. Sometimes a word of appreciation for work well done to a discouraged man or woman. Sometimes just an inquiry about a sick old mother or a new baby or about how some talented son or daughter was getting on at school.

Just a little gift of kindness, of friendliness, of human kinship, but it brightened a day just as much as a little ray of sunshine and was just as much charity as dropping a dime in a beggar's cup.

All about us there are people starving for companionship, but we don't think of trying to relieve their misery by going to see them. Yet if we heard that they were starving for food we couldn't go to them quickly enough with our basket of provisions. There are invalids shut in the four walls of their rooms with nothing but their own dull and depressing thoughts for company; there are old people who have grown a little senile and tiresome whom nobody goes to visit any more; there are young brides who have been suddenly transplanted from a home circle and a place in which they knew every

through Basingfold and interviewed her father.

"To ask permission to pay your addresses!" she said in the same cold, cutting tones. "Welcomed with open arms, I suppose! Good Heavens! To think that Mardocks should have come to such a pass."

Manning, now made fully aware of the depth and virulence of his aunt's anger and her hardening, like the nether millstone, against the woman he loved, prepared for her defence.

"I should like very much to hear your objections against Miss Freeland, Aunt Cecilia."

She flashed upon him one lightning glance of unfathomable scorn.

"I have forgiven much since you came here to supplant my gallant and beautiful sons, Geoffrey, and have tried to excuse all on the ground of your birth, and inexperience, always hoping that something about the old place, the undying glory of its tradition, some conception of all it stands for in the life of England, would penetrate through your colossal ignorance. Just lately I confess I was full of hope and imagined that I had fulfilled part of the heritage and responsibility left to me to some purpose. That you should ask me so coolly and stupidly what my objections are to Miss Freeland shows the folly and futility of my hopes."

She paused there, not breathless, for she was measuring her periods and hoped to get every shaft home. But every one fell wide of the mark.

"I am waiting to hear your personal objections to Miss Freeland," he said quietly and with a most exasperating patience.

"I have no objections to Miss Freeland. How could I have? She

simply does not enter. She was a servant in my employ."

"Pardon me, no!" said Manning quickly. "Not that it would have mattered."

"A servant in my employ," repeated Mrs. Manning with a kind of quiet satisfaction that the phrase had rankled. "You can't have been here two months without discovering that this house and all it stands for rules the life of the parish and people—as it should."

"I have discovered it to my cost," said Manning then, "and my endeavour has been to convince you that I am out to destroy it."

"You never will, England's greatness cannot even be smirched by such as you. I am disappointed, but hardly surprised. It simply means that the bar sinister from the maternal side is stronger than the other. You, after living as you have done beside me for two months with full opportunity of observing how I regard the sacredness of the trust my husband and sons committed to my frail hands, can ask me what are my objections to a common woman usurping my place. I have no personal objections to Miss Freeland. How can I have? I repeat it! She does not come within the range of my vision. She is of the people, without respect or fear of God or man. I believe that she has done more to undermine the moral of Mardocks and create discontent and revolt than any one else in the world. I have frequently said so both to Canon Severne and to the Disneys."

"And did they agree, as in duty bound?" asked Manning, very little disturbed by this exhibition of righteous wrath on his aunt's part, though intensely sorry about it.

She made a gesture of contempt.

"She had played her cards well; one sensed a kind of low finesse about her."

Manning raised a quick deprecating hand.

"Pardon me, Aunt Cecilia, but I can't listen. Just criticism, even when informed by dislike, I may allow to pass, but when it comes—"

"You will allow to pass, will you?" she interrupted, goaded to fury by his coolness and disregard of what she was actually suffering. "How kind, how considerate, how entirely noble of you! Poor man! I am sorry

for you, for you don't appear to realize that you are digging your own grave. If and when that woman comes here to be mistress, having achieved the object of her desire and ambition, you will find most doors closed against you."

"But others will open," he said on the spur of the moment. "The world is full of doors. The trouble with England is that too many of them have become hermetically sealed through disuse."

He spoke in parables; she wept it all aside with icy disdain.

"It is a catastrophe, a disaster of the first magnitude. I am incapable of discussing it further. Only one word—I suppose nothing will turn you from your purpose, no consideration for this fine house and its tradition, no respect or loyalty to the name you bear, will fire you to a little brief self-surrender for an ideal."

She was pathetic now, and touched him because her words rang true.

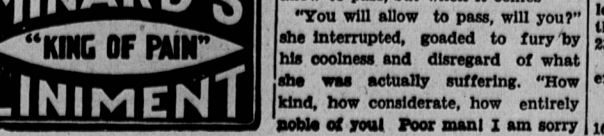
"I am sorry that you regard it as such a disaster, Aunt Cecilia. I can only hope that time will prove to you that there might be worse ones in the annals of Mardocks. I love her, and she is the woman God has given me."

"Don't blaspheme," she said sharply. "Well, I leave your house to-morrow. I will go to friends somewhere until Normanston is available. I may even see Mrs. Lincare to-morrow and try to come to some arrangement. Don't attempt to influence or change my intention. Nothing will change it! You don't—you can't understand that it is impossible for me to continue under the same roof with a man who has given me my death-blow."

She sailed slowly and majestically from the room, leaving Manning, not crushed and extinguished as she imagined, only more and more puzzled and confused. One great illuminating fact stood clear, however, that

**for CORNS & WARTS**  
Remove dry skin. Rub on Minard's 3 times daily. Let it dry on. After a while Corns and Warts.

Hit right off



**WHY TAKE PILLS?**



THERE'S no need to drug yourself with laxatives when constipation can be overcome by eating a delicious cereal. Mr. F. C. Aminsen (address on request) writes:

"I suffered with chronic constipation for many years and was compelled to use pills every night. But since I got your Kellogg's ALL-BRAN it works fine. I would not be without it. I was so deathly sick of taking pills every night. Now it is so different. Kellogg's ALL-BRAN works so naturally and is pleasant to take."

Just eat two tablespoonsful of Kellogg's ALL-BRAN daily. Relief is guaranteed. It is the natural, safe way.

Delicious with milk or cream, fruits or honey added. Kellogg's ALL-BRAN also furnishes iron for the blood. In the red-and-green package at your grocer's. Made by Kellogg in London, Ont.

**Kellogg's ALL-BRAN**

one to a strange city in which they knew no one and who have no one even to speak to but the clerk in the corner grocery.

These people are hungering and thirsting for talk just as much as they could be for bread and water in a desert, and it is just as much charity to give them a little neighborliness as it would be to succor them if they were in physical instead of social distress.

And certainly it shall be accounted unto those for merit who suffer fools gladly, and who endure martyrdoms of boredom for the sake of giving a fellow creature pleasure. Such are those who lend their ears to the egotists whom every one else shuns as they do the plague and who let them babble listen with an expression of rapt attention while old people reminisce about the Civil War and the time Johnny had the measles sixty years ago.

Such are those who laugh in the right places at stories they have heard forty times before. Such are those who ask a woman about her symptoms and start her off on all the details of her second major operation.

And what charity equals that of the young man who at parties does much more than save the lives of the girls who are wallflowers, who saves their faces by dancing with them? There isn't homely girl in the world who wouldn't rather be given a rush than to have a diamond bracelet bestowed upon her. Nor can generosity go farther than for a noble and self-sacrificing youth to cut in on those maidens who dance like clothes-horses and make a little near-love to those who else would go unloved to the grave.

Funny, isn't it, that we should think about charity in terms of money when the things that have been given us that we are most grateful for are those that didn't cost a cent.

**For The Cook**

**STUFFED POTATOES**

Select medium-sized, smooth-skinned, oval potatoes. Bake in a hot oven until tender, being careful not to over-brown the skin. Cut the potatoes in two, lengthwise, remove the potato pulp, being careful to leave shells unbroken. Mash the hot potato; add either milk of cream as for mashed potato.

Season as follows: To each cup of potato add one-half teaspoon of salt and one-eighth teaspoon of pepper. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Bake for ten minutes in a hot oven.

Variations: Fold into the two cups of seasoned potato-pulp the beaten white of an egg; pile lightly in the potato shells and bake. Grated cheese one-half cup to two cups of potato pulp should be used.

**LEFT HIS SON SMALL INCOME AS AN INCENTIVE TO WORK**

DETROIT, Mich., Jan. 22.—The late Colonel Milton S. McRae millionaire newspaper owner, willed his son Lindsay McRae only \$350 a month because he stated he believed the smallness of this income would force Lindsay to "serious business endeavor." It was brought out at to-day's hearing of the son's suit to break his father's will.

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**NOTICE**

To our Customers:  
Our financial year ends on Jan. 31. We request a satisfactory settlement of all accounts before that date. Your attention to this will be appreciated.

(Sgd.) HAROLD S. McLEOD  
2066-1-23-31

**FARMERS**

When in the City during FARMERS WEEK get our low prices on FEEDS of all kinds.

We have a fresh stock of  
BRAN, SHORTS, WHITE MIDDINGS, CORNMEAL, CRACKED CORN, OIL CAKE MEAL, SCHUMACKER FEED SUGAR BEET PULP, LINSEED MEAL, FLAX SEED, ETC.

A full stock of  
BLATCHFORD'S POULTRY FEEDS  
LAYING MASH, EGG MASH, MIXED SCRATCH FEED, CRUSHED OYSTER SHELLS and POULTRY GRIT  
FEED WHEAT, etc. etc.

All Live Stock Feeds are very low in price just now and we follow the market downwards. Don't buy before you get our very low prices

**Carter & Co. Limited**  
Seeds and Feeds Queen Street

**NESTLÉ'S EVAPORATED MILK**  
(UNSWEETENED)  
*is easy to digest*

By a process called homogenization, the large fat globules have been broken up into tiny ones—easy to digest and assimilate. That's one reason why Canadian mothers find Nestlé's Evaporated Milk so satisfactory for infant feeding and for growing children.

NESTLÉ'S—World's Largest Producers and Sellers of Condensed and Evaporated Milk.

**HOME ECONOMIC SHORT COURSE**

Beginning on February 16th, the Women's Institute Branch of the Department of Agriculture will conduct a three weeks course in Home Economics. Those wishing to take advantage of this course, which is given free of charge, will please apply before February 11th, and applications will be considered in the order received up to that date.

Address all communications to the Supervisor of Women's Institute, Box 123, Charlottetown.

**MILBURN'S HEART NERVE PILLS**

Smothering and Fainting Spells  
Everything Would Turn Black

Mrs. Andrew Black, Harcourt, N.B., writes: "I had been troubled with smothering and fainting spells and everything in front of me would turn black, and I would fall down in a faint and be unconscious for several minutes. I did not know what to do, until one day I was reading where Milburn's Heart and Nerve Pills had helped so many people and decided I would give them a trial. I used four boxes and found they help wonderfully."

Price 50c a box

Sold at all drug and general stores, or mailed direct on receipt of price by The Milburn Co., Ltd., Toronto, Ont.

**FEED THE BIRDS CONTEST**

The Guardian offers prizes of \$2.50, \$2.00 and \$1.00 to each of the three Counties to children Feeding, Counting, and Writing the Best Story about the Birds visiting their farms.

This contest closes March 31.

For further particulars read regularly "Agricola's" Notes in The Guardian.

**Farmers' Week**  
January 27th to January 30th  
PRINCE OF WALES COLLEGE

TUESDAY, 2.00 P. M. AND 7.30 P. M.  
Annual Meeting of P. E. I. Dairymen's Association

WEDNESDAY, 9.30 A. M., AND 1.30 P. M.  
Annual Meeting of P. E. I. Co-operative Egg & Poultry Association.

WEDNESDAY, 7.30 P. M.  
Meeting Swine Growers' Association

THURSDAY, 10.30 A. M.  
Annual Meeting of P. E. I. Sheep Breeders Association

THURSDAY, 2.00 P. M.  
A Meeting of P. E. I. Potato Growers' Association

THURSDAY, 7.30 P. M.  
Educational Meeting for Potato Growers

WEDNESDAY, 12.30 P. M.  
Ayrshire Breeders' Meeting

Poultry Show at Nash Motor Show Room, 62 Lower Queen Street.

Seed Fair at Agricultural Hall.  
Farmers should arrange to be present at as many meetings as possible.  
1445 1 12 15 19 21 23 25 26