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

IF YOU ARE NERVOUS

or worried or vexed at trifles, your vital forces are slowly but surely deteriorating.

Scott's Emulsion overcomes nervousness better than anything else because its nourishing force enriches the blood and stimulates its flow to all the tissues and bathes the tiny nerve cells in the rich plasma by which they are nourished.

Shun alcoholic substitutes that stimulate and stupefy. Take ***Scott's Emulsion*** *for your nerves. Its nutritive power is the greatest help that nature affords.*

13-123

SCOTT & BOWNE, TORONTO, ONTARIO.

Making More Dollars

Canada is "making" money. The Government has to print more dollars every year to meet the demands of business prosperity—but the dollar *you* make must have purchasing power if it adds to your health and comfort. For a Canadian dollar you can get one hundred

SHREDDED WHEAT

BISCUITS

and that means a hundred wholesome, nourishing breakfasts. If you add coffee, milk and cream, a deliciously nourishing Shredded Wheat breakfast should not cost over five cents. Shredded Wheat Biscuit is ready-cooked and ready-to-serve—a boon to busy housekeepers and growing children.

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 Street East

W 23

MODERN MARTYRS!

The age of martyrs is not passed. There are thousands of women all over the country enduring physical torture and mental anguish almost beyond description. They are not victims of persecution, like the martyrs of old; they are not called on to face the scaffold or the stake, but their sufferings—borne in silence and hidden from the world at large—are scarcely less intense.

These ladies, as a rule, are women and girls of refined and sensitive temperaments. Knowing that their sufferings are due to a disordered condition of the female functions, their native modesty deters them from seeking relief in the earlier stages; and when they do consult a physician, they usually get some drug mixture to take internally, which is not more effective for troubles of this kind than it would be for a toothache, a bruise, or any other strictly local ailment.

The seat of the trouble being in some one of the female organs, the remedy, to be effective, must act on this portion of the anatomy.

This is the secret of the success which always follows the use of ORANGE LILY in derangements of this kind. It is a strictly local treatment. It is absorbed directly into the parts that are inflamed and congested and its beneficent, soothing influence is noticeable from the start. The irritation of the delicate membrane is relieved, the congestion is overcome by the discharge of the watery matter which served to oppress the nerves and cause mental depression; the nerves are toned and invigorated; and the sunshine and joy of life again becomes part of her being. Read the following letters:

Archer, Ont., Feb. 1, '09.

Dear Mrs. Currah:—I received your kind letter some time ago, but was feeling so well, and not needing medicine, that I neglected replying sooner. I must say I have more confidence in ORANGE LILY than in any other thing I have ever used. Before I knew or found out anything about this medicine, I doctored away hundreds of dollars, and when I thought I was dying with inflammation of the womb, a box of ORANGE LILY was sent me through the mail from a friend. The first suppository I used I was greatly relieved, and in a few months completely cured. That was nine years ago this winter, so you can imagine with what esteem I hold the ORANGE LILY. I am thankful there is such a relief for poor, suffering women, for I have been one of them and can sympathize with others. Your sincere friend, MRS. NORMAN WEAVER.

Trenton, Ont., Dec. 4th, 1909.

Mrs. F. E. Currah, Windsor, Ont.—

Dear Friend,—I feel it my duty to write you a testimonial as to what Orange Lily has done for me. Last winter I was feeling very miserable indeed. I could scarcely do my housework during my menstrual period, and for two months or more I was never free from pain in the womb and ovaries. The pain would run down the groin, so I would frequently nearly double up. Then the pain began going up the back of my neck to my brain until I hardly knew what I was doing at times. Life was a burden indeed. I finally could endure it no longer, so went to our leading town doctor and had an examination. He pronounced it (I forget the word) a rigid condition of the generative organs, produced by repeated attacks of inflammation. He said I would have to take a course of treatment, and if that failed to overcome the rigid condition I might, in time, be compelled to have the ovaries removed. I objected to that, so filled out Dr. Coonley's symptom blank and forwarded it to him, and he diagnosed the disease the same as my local doctor, so I decided to take Dr. Coonley's Treatment. I have used two jars of Cerate Massage, two packages of Herbal Womb Tonic and six boxes of Orange Lily. It is eight months since I began the treatment, but I feel like a new woman. I work right through everything now. Hardly know a pain, even during menstruation now. I often say, "I would not take $100 and be in the state that I was last March." I feel that Dr. Coonley's Home Treatment is a Godsend to suffering womankind, and shall continue to sound its praises whenever I have an opportunity.

Yours gratefully, MRS. T. H. HATTON.

ORANGE LILY as a remedy for these ills, as well as for leucorrhoea, painful periods, irregularities, cancers in their earlier stages, tumors, displacements, lacerations, and all ovarian troubles, has long since passed the experimental stage. So confident am I of this that I will send ten days' treatment, which is worth 25 cents, to any sufferer ABSOLUTELY FREE. The treatment is inexpensive, used at home, and no physician is necessary. Send at once for the

FREE TRIAL TREATMENT

which will demonstrate that ORANGE LILY will cure you. Enclose stamps, and address MRS. FRANCES E. CURRAH, WINDSOR, ONT., Can. Rep., Coonley Med. Inst.. *Delays are dangerous.* 11

For sale by leading druggists everywhere

THURSDAY

MRS ROBB DEAD.—Many in Charlottetown will regret to learn of the death in Halifax on March 16th, of Helen Tupper, beloved wife of Andrew W. Robb, St. John, and eldest daughter of Senator and Mrs. William Dennis, Halifax.

ANNUAL MEETING.—The annual meeting of The Rogers Hardware Company, Ltd., was held in the office of the Company last night, and the statement to the shareholders showed that the volume of business done was the largest in the history of the concern. The increase of business since the re-organization, over two years ago, has been over fifty percent. The wholesale trade particularly showed a large increase over the previous year in the Maritime Provinces. The same Board of Directors were re-elected—George J. Rogers, President; Aeneas A. MacDonald, Vice-President; Geo. J. Moran, Secretary.

THE WESTVILLE GAME.— The Abegweit hockey team of Charlottetown met unexpected defeat here Monday night when they had to bite the dust at the feet of the Westville braves to the tune of eleven to seven says an Westville exchange. The game was one of the fastest ever played in Westville and a lot of good natured rough house play was indulged in by both sides. The Westville end of the score would undoubtedly have been larger but for the marvellous stopping of VanIderstine, the Abegweit goal keeper "Sugar" Gordon also made some brilliant rushes for Charlottetown. Dawson and Fraser started on the Westville side. The play was all individual, neither team having much combination. A goodly crowd of fans were present and showed much enthusiasm over the way the things were going.

REGRETTABLE LOSS.—As Mr. James E. Taylor, Founds Mills, was returning on Saturday last with a double team load of mud from the South West River he had the misfortune of breaking one of his horses legs so badly that it necessitated her death by shooting. The accident happened just after Mr. Taylor had left the South-West ice as he was passing a deep pitch in the road. When the team came up to the rut they made a leap over it and in lighting the old mare, heavy with foal, came down so heavily on the poor footing that she went over on her knuckle and snapped off the bone. After examining the break and seeing that it was useless to mend it Mr. Taylor sent to a neighbouring house and had the poor beast quickly despatched.

Knee Joint Stiff Three Years

CURED BY NERVILINE

Anyone would marvel at my recovery, writes Mr. Leonard Lotham, a young man well known about Chatham, I had inherited a rheumatic tendency through my Mother's family, and in my early days suffered frightfully. About three years ago the pain and stiffness settled in my left knee joint. I was lame and walked with a very distinct limp. Nerviline was brought to my notice and I rubbed it in to the stiff joint four or five times a day. It dispelled every vestige of pain, reduced the swelling, took out the stiffness and gave me the full use of my limb again. I don't believe there is a pain relieving remedy, not a single liniment that can compare with Nerviline. I hope every person with pains, with sore back, with lameness, with lumbago, with neuralgia—I do hope they will try out Nerviline which I am convinced will quickly and permanently cure them."

If Nerviline wasn't a wonderful painless remedy, if Nerviline wasn't quickly relieve, if Nerviline wasn't known to be a grand cure, for all rheumatic conditions, it wouldn't have been so largely used as a family remedy for the past forty years. No better, stronger, or more soothing liniment made. Get the large 50c. family size bottle; small trial size 25c.; sold by any dealer, anywhere.

To Put on Flesh And Increase Weight

A PHYSICIAN'S ADVICE

Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while 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.

Thin folks stay thin because their powers of assimilation are defective. They just absorb 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 in the intestines until they pass from 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 increase their blood's carrying power.

For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not, as some believe, a patented drug, but is a scientific combination of six of the most effective and powerful flesh-building elements known to chemistry. It is absolutely harmless, yet wonderfully effective and a single tablet eaten with each meal often has the effect of increasing the weight of a thin man or woman from three to five pounds a week. Sargol is sold by good druggists everywhere on a positive guarantee of weight increase or money back.

FRIDAY

EEL FISHING.—The eel fishing by the people of North Rustico has been better than it was last fall and into a few of them have been caught.—R.

RECOVERING.—His many friends were glad to see Mr. George Auld, Charlottetown, able to be out for an automobile drive, after his recent recent severe illness.

THE STEAMERS.—The Earl Grey docked in Pictou yesterday afternoon at 4.10 taking over 29 passengers, 10 sacks mail and 63 tons freight. The Minto at 3 o'clock was 4 miles from Panmure Island making slow progress and would not dock last night. She has on board 2½ tons freight, 1½ tons express, 23 sacks mail and 15 passengers.

STANCHEL SCHOOL.— Following is the result of the February examinations:—Grade VI—1, Sadie McDonald. Grade V—1, Roland Buchanan; 2, Malcolm Nicholson; 3, Horace Traynor and Vincent Higgins equal. Grade IV—1, Katherine White; 2, Alma Higgins; 3, Winnifred McDowell. Grade III—1, Janet Cairns; 2, Ewen Cameron; 3, J. W. Cairns. Grade II—1, Roy Cameron; 2, Abner Cairns.

LOCAL STEAMER SERVICE.—Tenders closed on Wednesday with regard to a contract with the Government for the running of a steamer of about 200 tons register, certificated to carry no fewer than 200 persons and capable of steaming not less than ten knots an hour, from Charlottetown to Crapaud, Orwell, East River and West River, respectively, once a week. It is understood that a number of tenders have been received.

REPLY TO ADDRESS.—On account of the absence from the city of His Honour the Lieut.-Governor who is at present away at Alberton, the presentation to him by the Legislative Assembly of the reply adopted by them to the speech made by His Honour at the opening of the House, has been delayed. As His Honour is not likely to be back in Charlottetown before the end of the week and as the House adjourned yesterday, the presentation of the reply cannot now take place until the House meets again on Tuesday.

FEAST OF ST. JOSEPH.—Yesterday was the feast of St. Joseph and was celebrated in Charlottetown by special services held in St. Joseph's Convent. In the morning at 8 o'clock in St. Joseph's Convent, Bishop O'Leary celebrated Mass at which the members of the Sodality received Communion in a body in honor of their patron saint. In the evening at 7 o'clock a sermon was preached by Rev. J. J. McDonald, Kinkora, appropriate to the occasion. Father McDonald took for his text: "And Joseph Rising up from Sleep did as the Angel of the Lord Commanded him." Matthew, chap. II., V. 24. In the course of his learned and able discourse the preacher referred to the fact that the St. Joseph's Sodality of Charlottetown was just fifty years old, it being fifty years ago since the present St. Joseph's Convent was hauled down on the ice from St. Andrew's, and the Sodality started. After the sermon fifty-two new members were received into the society by the Spiritual Director, Rev. Dr. G. J. McLellan. This was about the largest number ever received into the Sodality at one time and makes the membership exceptionally large. Pontifical Benediction was then held by His Lordship the Bishop. Father J. J. McDonald was deacon and Father Pius McDonald, sub-deacon, while Rev. G. J. McLellan was Master of Ceremonies.

$3.50 Recipe Free For Weak Men.

Send Name and Address To day—You Can Have it Free and Be Strong and Vigorous.

We have in our possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back brought on by excesses, unnatural drains, or the follies of youth, that has cured so many worn and nervous men right in their own homes—without any additional help or medicine—that we think every man who wishes to regain his manly power and vitality, quickly and quietly, should have a copy. So we are determined to send a copy of the prescription free of charge, in a plain, ordinary sealed envelope to any man who will write us for it.

This prescription comes from a physician who has made a special study of men and we are convinced it is the surest-acting combination for the cure of deficient manhood and vigor ever put together.

We think we owe it to our fellow man to send them a copy in confidence so that any man anywhere that is weak and discouraged with repeated failures may stop drugging himself with harmful patent medicines, secure what we believe is the quickest-acting restorative, upbuilding, STOP-TOUCHING remedy ever devised, and so cure himself at home quietly and quickly. Just drop us a line like this: Interstate Remedy Co, 3847 Goodyear Building, Detroit, Mich, and we will send you a copy of this splendid recipe in a plain ordinary envelope free of charge. A great many doctors would charge $3.00 to $5.00 for merely writing out a prescription like this—but we send it entirely free

A Good Medicine For Little Ones

Baby's Own Tablets are an excellent remedy for little ones. They are a gentle laxative which sweeten the stomach, regulate the bowels, banish constipation, worms, colds and simple fevers, and make the child happy, healthy and strong. Concerning them Mrs. Pierre Tousignant, Ste. Sophie de Levrard, Que., writes: "I have found Baby's Own Tablets an excellent remedy for my little ones and would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Your dreams of hearing the music you want when you want it have been realized by the

Edison Phonograph

When a few friends drop in and conversation lags, you need Edison music. When you are alone you want Edison music. When you desire a particular piece played or sung by a particular artist you can have it, at once, on the Edison.

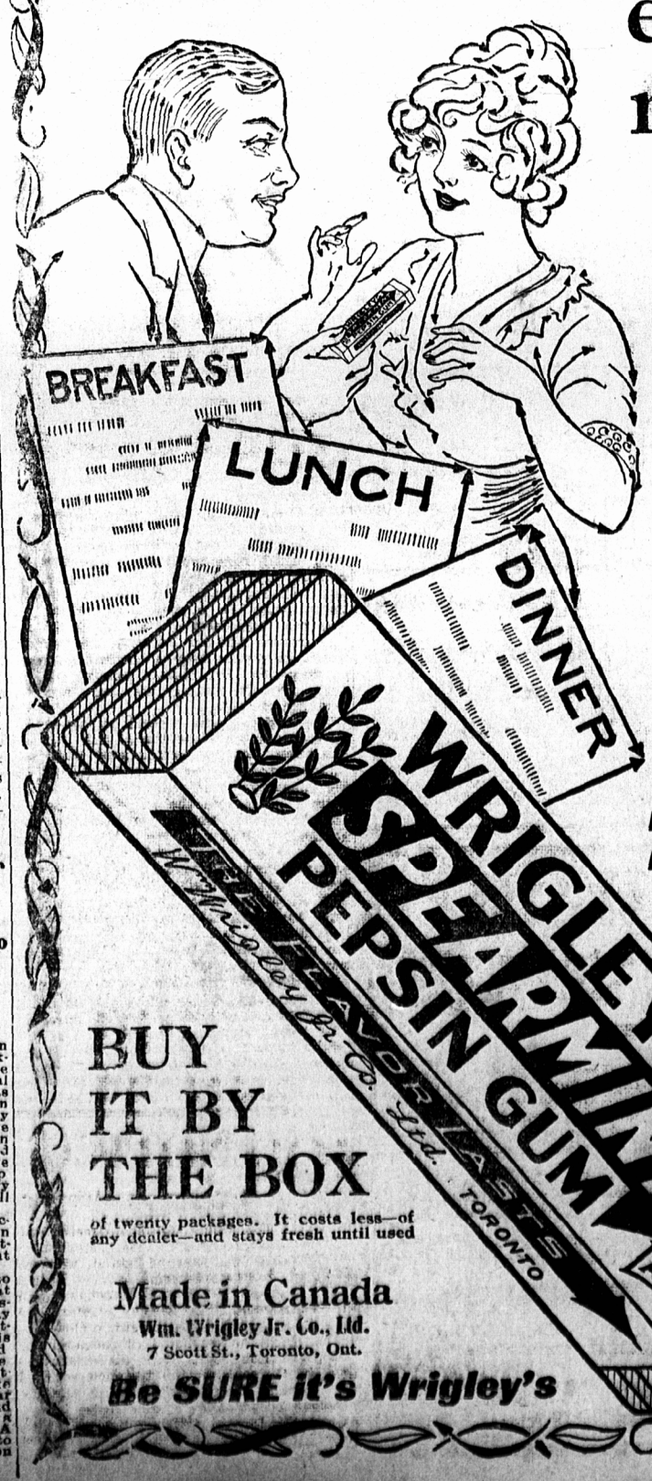
The strong, steady motor of the Edison is always dependable. The diamond reproducing point enhances the wonders of the thousands of beautiful selections. The new types of hornless instrument—the Amberola—are phonographs de luxe and you ought to hear them today at your Edison dealer's. The tone is constant in quality.

TRADE MARK
Thomas A Edison

Edison Phonographs and Records are sold in this city by

MILLER BROS, (A. Horne & Co, Proprietors) 123 Kent St
ALBERT E. TOOMBS, 56 Queen St

Chew WRIGLEY'S SPEARMINT after every meal!



Let the refreshing mint leaf juice give its delicious aid *continually.*

Let "overeaten" feelings be unknown to you. Give your teeth brightness and health.

Purify your breath of "odorous delicacies" with this easy-to-get, easy-to-carry, easy-to-pay-for tidbit.

It's clean, pure, healthful **if it's WRIGLEY'S**

BUY IT BY THE BOX

of twenty packages. It costs less—of any dealer—and stays fresh until used

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Be SURE it's Wrigley's

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