

### INDOOR WORK REDUCES STRENGTH

because confining duties, lack of fresh air and sunshine gradually weaken even a strong constitution, and the enfeebled system readily accepts sickness and disease.

Scott's Emulsion checks such decline. Its pure cod liver oil is nature's greatest medicinal food while its hypophosphites act as a building tonic. It refreshes the body, puts vigor in the blood, strengthens the lungs, upbuilds the nerves and invigorates the whole system.

If you work indoors, Scott's Emulsion after meals will prevent much sickness and loss of time, and often thwarts tuberculosis—it builds up and holds up your strength.

It is a pleasant substitute and is sold in all drug stores.

WEDNESDAY.

LADY SUPERINTENDENT P. E. I. HOSPITAL.—Miss Kilburn of Edinburgh, Scotland, who has been appointed Lady Superintendent of the P. E. I. Hospital, arrived here Sunday and entered upon her duties yesterday. Miss Kilburn comes highly recommended and has had considerable experience in similar duties in the Old Country.

THE STEAMERS.—On Monday morning the Earl Grey crossed over to Pictou taking over 100 tons freight, 5 sacks mail and 31 passengers, and arriving at 10.50 o'clock. The Minto remained at Georgetown and both boats made the usual crossing yesterday morning. The Minto docking in Pictou at 10.10 with 75 sacks mail. The Earl Grey docked in Georgetown at 9.55 with 56 passengers, 102 tons freight and 100 sacks mail.

LOYD GEORGE INSTITUTE.—Professor Ross addressed a meeting of the Lloyd George Institute on Monday evening at Marelle Rear. There was a large attendance, there being hardly a standing room. The business of the Institute was discussed, and Professor Ross afterwards spoke on the feeding of dairy cattle. He stated that the profit in the feeding of cattle came from the last few months of the year, and that the profit in grain growing came from the last few bushels of the crop.

SAD BEREAVEMENT.—The many friends of Mr. T. Bartlett, Marconi operator at Cape Bear, will be sorry to learn of his death, which occurred on Thursday night. He had been sick for some time and was reported as better but the following evening he entered into a peaceful sleep from which to never wake again. Although mourning for their oldest and dearest friend, the ladies of the institute sympathize with Mr. and Mrs. Bartlett in their loss.—Q.

MISS MARY A. LOGAN.—On Tuesday, March 17th, there passed peacefully to rest an aged citizen of Victoria, Miss Mary A. Logan. She had been in failing health since last summer, and although it was known she could not last long yet she was called to her eternal home sooner than expected. She had attained the age of 75 years, and leaves to mourn two sisters, Mrs. Jane of Victoria and Mrs. Chapman of Pughast, also one brother, Alexander, of Boston. The Rev. Mr. Hampton, officiated at the house and at the grave, owing to the unavoidable absence of her pastor the Rev. Mr. Dobie. Interment took place at Craupad Episcopal Cemetery. The pall-bearers were Messrs. K. C. Holm, James Lea, Robert McDonald, D. J. Cameron, Johnson Lord and William McQuarrie. Mr. D. B. McQuarrie filled the capacity of undertaker.—V.

THURSDAY.

DWELLING BURNED.—Mr. John Whalen, Trishtown, had the misfortune to have his dwelling house destroyed by fire last Saturday, and with it, besides furniture, clothing etc., a considerable quantity of seed grain. The fire started during his temporary absence from the house. Much sympathy is felt for Mr. Whalen as his loss is a heavy one.

ENJOYABLE EVENT.—At the March meeting of the Long River Woman's Institute which was held at the home of Mrs. W. A. Doughart, it was proposed to have a Parlor Social to raise money to help forward the work, also to interest others and if possible to secure new members. The social which was held last Monday evening, March 16th at Mr. John Johnson's, was largely attended, and a very enjoyable evening was spent. A plentiful supper was served by the ladies to which all did ample justice. Music and games were enjoyed by all and a snug amount was realized.

APPRECIATION.—The Catholic Register, of the 19th, inst. of which the Rev. Dr. Burke a well known Prince Edward Islander is editor, contains the following appreciation of Premier Mathieson. "Every big man has the defects of his great qualities. We do not say that Premier Mathieson is perfect by any means. Let him who is, throw the first stone. But we are glad to repeat what we heard from the lips of one of his colleagues at the recent Conference of Premiers at Ottawa, and one of another political school, too: 'Premier Mathieson was easily the ablest of all the Premiers of the Conference.' That was a glory for Prince Edward Island. It was a glory for us who contributed to his being made leader of his party at a critical moment, fully confident that in power some day, he could do more for this Province than any Premier since the beginning."

The death occurred yesterday evening of Mrs. Philip Newsome, 206 Kent Street in the 76th year of her age after an illness of about a year. The deceased was a splendid type of Christian womanhood, a life long member of the Baptist Church, and always ready to aid in the advancement of everything that aided to the well being of the church and the community. She was a devoted wife and mother and leaves to mourn three sons, Messrs. Will H. Newsome, Toronto; Art J. also in Toronto; and Bert Newsome of the family died several years ago. There are also left to mourn two sisters, Mrs. Bruce Stewart, Charlottetown; Mrs. Robertson Warren, North River; one brother Mr. Thomas Carter, Campbellton, N. B. To the bereaved relatives 'The Guardian' extends sincere sympathy.

### They beat all the old ideas

—for building up strength and sturdy growth

MOTHER ALWAYS LETS ME MAKE THE OXO, IT'S SO EASY WITH OXO CUBES

It is their wonderful convenience, as well as their body-building power, that commends the new Oxo Cubes to mothers, and is winning for this wonderful new food-invention a permanent place in every nursery.

A CUPFUL OF OXO YIELDS JUST THAT NUTRIMENT A GROWING CHILD NEEDS, AND IS MADE IN A MOMENT WITH AN OXO CUBE.

No rush when the children come from school—no fussing with "spoonfuls"—no sticky jars and bottles—just a dainty cube and a cupful of hot water, a stir, and it's ready. Try an Oxo Cube in a cupful of hot milk, it gets over the digestion difficulty and is both delicious and sustaining.

# OXO CUBES

In tin of 4.10, 20, 100 cubes

### Just "Alabastine" — a Brush and Pail

And — you may have an artistic home.

The old way of decorating the walls with paper, paint and kalsomine was always expensive, often unsanitary and never artistic. The new way — the "Alabastine" way — is always sanitary, artistic, economical and durable.

With the numerous "Alabastine" tints and white over color in the home can be made to glow with cheerfulness and blend into a uniform color scheme.

Anyone can apply "Alabastine." Just mix with cold water and brush it on the wall with a brush. Our staff of trained FREE STENCILS: Our staff of trained decorators will draw up any color scheme suitable for your purpose. "Alabastine" is sold by all Hardware and Paint Dealers. Write for full particulars and free booklet.

The Alabastine Co., Limited  
60 Willow St. Paris, Canada.

THE DEATH OF MRS. JESSIE NICHOLSON.—The death occurred at her home on February 23rd, of Mrs. Jessie Nicholson, aged 85, widow of the late Mr. Angus Nicholson who predeceased her nine years. Though ailing for some time death came unexpectedly after a brief illness of ten days of abscess of the stomach which he bore with Christian patience looking to her Saviour for the rest that is promised to the children of God. She was a kind and loving mother and her memory will be long cherished in the home and with her large circle of friends. She leaves to mourn eight of a family—Isaac Sharpe, Elliotts; Mrs. D. B. McLeod, Syd-

NEY, C. B.; Mrs. Norman J. McPherson, Brooklyn; Mrs. M. A. Buchanan, Bradshaw; James in Montaba; Alex. St. Wisconsin; Dan. in Boston and Hugh at home.

Asleep in Jesus peaceful rest. Whose waking is a precious bliss. No fear, no weeping, no sorrow. This angelic spirit has passed.

There passed away at Shelton on March 16th, Mrs. Edward H. Pearson, an aged and highly respected resident of that place, after a lingering illness of six months which she had since Pearson was born in England in the year 1830 and came to this province with her parents when two years of age. Deceased was of a cheerful disposition and loved by all who knew her. She was a consistent member of the Methodist Church and left four children, an aged husband and four daughters, Mrs. Louis D. Sawyer, Mrs. Fred Houghton, Mrs. E. M. Nason, of Mass. and Mrs. Chas. Adams, of Maine, also one son Nathaniel at home. Funeral service took place on Thursday 17th from her late residence to St. George's Methodist Cemetery and was largely attended.

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### I PIN MY FAITH TO THIS TIRE

Nobody can fool me on tire values. I run the car in all kinds of weather and for all kinds of bosses. It's up to me to keep the car going—to keep down tire expense—to avoid auto mishaps. That means the tires have got to help me. When Traction and I go out together I look after the steering wheel, and the tires look after the road.

How Thin People Can Put on Flesh

A NEW DISCOVERY

This man and woman—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. Your nutritive organs, your functions of assimilation, are sadly out of gear and need reconstruction.

Cut out the foolish foods and funny, saw-dust diets. Omit the flesh cream, rub-ens, fat, and everything about the meals you are eating now and eat with every one of those "a single Sargol tablet. In two weeks note the difference. Five to eight good solid pounds of healthy "stay there" fat should be the net result. Sargol charges your weak, stagnant blood with millions of fresh red blood corpuscles—gives the blood the carrying power to deliver every ounce of fat material in your food to every part of your body. Sargol, too, mixes with your food and prepares it for the blood in easily assimilated form. This people gain all the way from 10 to 25 pounds a month while taking Sargol, and the new fresh strength put Sargol tablets are a scientific combination of six of the best flesh-producing elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive, and all druggists sell them subject to an absolute guarantee of weight increase or money back.

### Sixty-Six Per Cent.

According to the latest statistics the retail prices of the "principal articles of food" in forty cities advanced sixty-six per cent. in fourteen years. The price of

# SHREDDED WHEAT

in all that time has remained the same, and it is just as strengthening and sustaining as it was fourteen years ago—a complete, perfect food, supplying more real, body-building nutriment than meat or eggs and costing much less. Your grocer sells it.

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. Deliciously nourishing when eaten in combination with baked apples, stewed prunes, sliced bananas, canned or preserved fruits. Try toasted Shredded Wheat with water, for luncheon, with butter, cheese or margarine.

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ontario

Toronto Office: 49 Wellington Street East

Itching Scalps, Dandruff and Falling Hair

Successfully Treated with Cuticura Soap

And Cuticura Ointment. Directions: Make a lathering and rub gently with Cuticura Ointment. Continue until whole scalp has been gone over. Next morning shampoo with Cuticura Soap. Shampoos alone may be used as often as agreeable, but once or twice a month is generally sufficient for women's hair.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 25-cent Skin Book, sent post-free. Address: P.O. Box 2300, Chem. Corp., Dept. 6K, Boston, U. S. A.

### WOMEN CURED AT HOME

Women's disorders always cured from the very beginning of the treatment to the final cure. Orange Lily, within two or three days after commencing its use, the improvement becomes noticeable, and this improvement continues until the patient is completely cured. Orange Lily is applied directly on the woman's organs, relieving the congestion, laxing and strengthening the nerves, and restoring perfect circulation in the entire system. In order to convince all suffering women of the value of this remedy, I will send a 50-cent box, enough for ten days' treatment, absolutely FREE to each lady sending me her address. MRS. FRANCES E. CURRAN, Windsor, Ont.

For sale by leading druggists everywhere

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# Penman's Underwear

Knit-to-form—knit from the best materials—knit to fit the varying types of men, women and children, with scientific accuracy. There is no chance work about Penman's Underwear. It must be as near perfection as A. 1. material and human ingenuity can make it, before our trademark goes on.

No. 95 natural wool garment is a very popular style and sure to please.

Look for this trademark in red on every garment.

WARRANTED HIGH GRADE KNIT GOODS