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

You'll always have nice clean pantry shelves if you go over them occasionally with

Old Dutch

As the hall-mark on gold means pure, so

Kellogg's

TOASTED

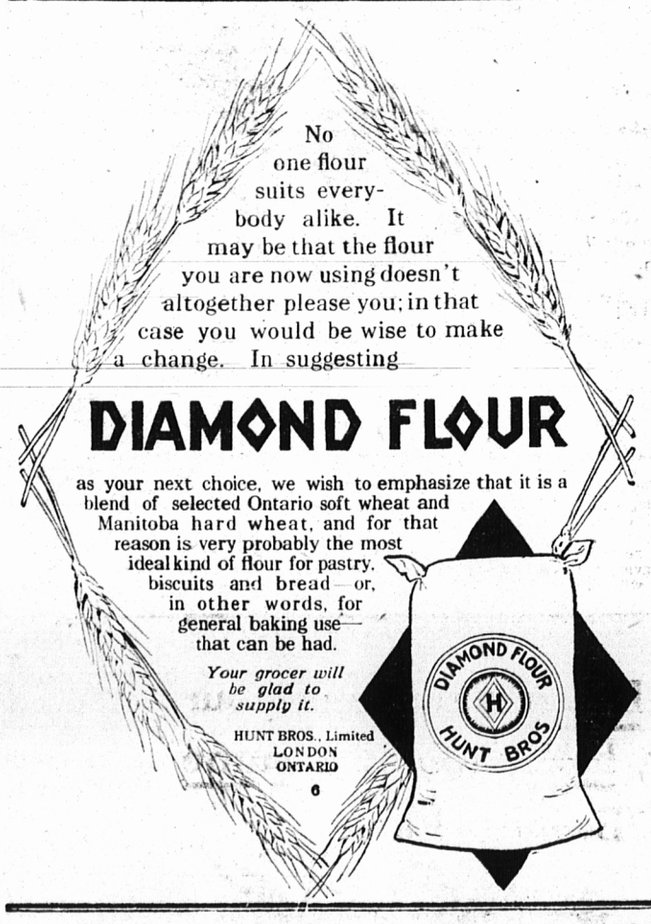
CORN FLAKES

on a package is the hall-mark for breakfast foods. Our celebrated Corn Flakes are eaten by nearly all Canadians. Made from the best Southern corn, by our secret process, all the nutriment of the corn is conserved and made appetizing. A food for men and women in winter as well as in summer.

CAUTION:—Do not let your grocer "put one over you" by substituting "just as good corn flakes" for the original "Kellogg's."

"MADE IN CANADA" only by

THE BATTLE CREEK TOASTED CORN FLAKE COMPANY, LIMITED
LONDON, ONTARIO, CANADA 125



No one flour suits everybody alike. It may be that the flour you are now using doesn't altogether please you; in that case you would be wise to make a change. In suggesting

DIAMOND FLOUR

as your next choice, we wish to emphasize that it is a blend of selected Ontario soft wheat and Manitoba hard wheat, and for that reason is very probably the most ideal kind of flour for pastry, biscuits and bread—or, in other words, for general baking use—that can be had.

Your grocer will be glad to supply it.

HUNT BROS., Limited
LONDON
ONTARIO
6

BOYS—Don't pay $5.00 or $6.00 for a hockey outfit, when you can get **ABSOLUTELY FREE**, this magnificent outfit complete, consisting of a pair of splendid, strong, polished steel, hockey skates (all sizes), a good lively puck, and a strong, well-made rock elm hockey stick, and in addition every boy can secure as an extra present, a dandy pair of well-padded hockey gloves with fingers and wrists protected by cane splints covered with leather, or a pair of strong, heavy hockey boots with specially padded ankles and reinforcements across the instep. **WITH THIS SPLENDID OUTFIT YOU WILL BE THE BEST EQUIPPED PLAYER ON THE TEAM.**

WRITE TO-DAY—Before you forget, and we will send you by mail just **30** handsome bottles of our delightful Royal Japanese Perfume to sell among your friends at only 10 cents a bottle. Six different odors—White Rose, Arcadian Violet, Lilac, Carnation, Heliotrope, etc.; no trouble at all to sell; everybody wants two or three bottles. You will sell them all in an hour. Then return our **$3.00** and you will receive at once, the complete hockey outfit of fine quality skates, rubber puck and hockey stick which gives you the opportunity to also win the additional present of fine hockey gloves or hockey boots without selling any more goods. Hurry boys! We arrange to stand payment of all charges on your outfit right to your door under our reimbursement plan. 67

Address: **REGAL MANUFACTURING CO.** **DEPT. H. 17 TOPONTO, ONT.**

See this Bow Lever

THIS is a special feature of the Maxwell "Favorite" Churn. No other churn has it. You can adjust the handle to centre, right or left, whichever is easiest for driving.

Maxwell

"FAVORITE" CHURN (with Bow Lever)

—makes churning a pleasure. It's so simple to drive—requires so little effort to produce the butter. Agricultural Colleges and Government Inspectors recommend it. Used in Denmark, Australia, New Zealand, S. Africa, and all over Canada.

Light rigid steel frame. Bolted trunnions. Roller bearings. Best finish throughout

Call at your dealer's and let him show you the splendid unique features of the Maxwell "FAVORITE." Sold in eight sizes.

MAXWELL'S LIMITED, - ST. MARY'S, ONTARIO 3

TUESDAY

MAGDALINE ISLAND MAIL—Word has been received by Post Office Inspector Whear that the steamer Sable will leave North Sydney for the Magdalen Islands on Friday the 14th, after the arrival of the evening mail train. All mail from the Island for the Magdalens must be in by Wednesday morning the 12th, in order to catch that steamer.

SUCCESSFUL SUPPER.— The Cinderella Women's Institute of Covehead held a successful supper in the schoolhouse on Thursday evening, Dec. the 29th. A handsome sum was realized in aid of the schoolhouse and Red Cross Work. The next meeting of the Red Cross shall be held at the home of Mrs. James Hughes on Tuesday the 11th inst.

LEAGUE OF THE CROSS.—The annual meeting of the League of the Cross was held in their hall recently with a full attendance. The different reports read showed the order to be in a flourishing condition having accomplished much good work during the past year. The following staff of officers were duly elected for the coming year. President Ray McDonald, Vice-Pres.—James McInnis Secretary— Olphonsos Brawders; Treasurer—Louis Wynne, Hall Committees —Wilfred Coyle. (chairman) Reginald Power, John Bourke. Chief Marshall—Alban McDonald, Auditing Committee— Arthur McInnis, Eugene Wynne, G. J. McCormack..

PLEASANT SURPRISE.—Miss Catherine K. Cahill of Tignish in honour of her forthcoming mariage to Mr. John Cunningham of Alberton was on Saturday evening greatly surprised by being tendered linen shower by the lady members of the Tignish Branch of the Red Cross Society of which she has been throughout a prominent worker, and a tin shower by all the leading male citizens of Tignish including Rev P. C. Gauthier of Palmer Road and several others of prominence around Tignish. Several short addresses were made by leading men present and a letter in the form of written address was read on behalf of all the donors by Mr. Albert O'Connor.—Z.

COMING CONFERENCE.—A St. John exchange says:—The New Brunswick department of Agriculture has succeeded in accomplishing an undertaking which will undoubtedly be of great importance to the farmers of the Maritime Provinces. Sometime ago Hon. James A. Murray, of Sussex, minister of agriculture, made the suggestion that the agricultural departments of the three provinces should confer regarding matters of joint interest. The proposal was heartily endorsed by Hon. Mr. MacKinnon, minister of agriculture for Prince Edward Island, and Prof. Cumming, secretary of the Nova Scotia department. As a result of Hon. Mr. Murray's enterprise the three officials named will meet at Truro this week. Dr. C. C. James, of the Dominion agricultural department, will join the conference, at which several important matters will be discussed. One of the subjects will be that of Agricultural Education. Hon Mr. Murray will be one of the speakers at the opening of the new science building at the Truro Agricultural College on Tuesday.

A COMPLETE BREAKDOWN AFTER LA GRIPPE

IT LEAVES THE SUFFERER A VICTIM OF MANY FORMS OF WEAKNESS.

Ask those who have had la grippe regarding the present condition of their health and most of them will answer "Since I had the grip I have never been well." There is a presistent weakness of the limbs, bad digestion, shortness of breath and palpitation of the heart caused by the thin-blooded condition in which grip almost always leaves its victims after the fever and influenza have subsided. They are at the mercy or relapses and complications, often very serious. This condition will continue until the blood is built up again, and for this purpose nothing can equal a fair treatment with Dr. Williams Pink Pills which quickly make the blood rich and red, drive the lingering germs from the system and transform despondent grip victims into cheerful, healthy, happy men and women. Mr. John Battersby London, Ont., says:— 'Just before Christmas, 1914, I was taken down with an attack of la grippe and the trouble left me in a deplorable condition. I was almost too weak to walk about as I was then working on a farm in Western Ontario. I was quite unable to follow my usual work. I tried several kinds of medicine, but it did not help me. As a matter of fact I felt steadily growing weaker, and in this condition, when reading a paper, I saw Dr. Williams Pink Pills advertised and decided to try them. I got a supply and by the time the second box was finished I felt considerably better, and after continuing the pills for some time longer I felt better than I had done for months. This was my first experience with Dr. Williams' Pink Pills, but you may depend upon it that if I find medicine necessary again I will know just what to take."

You can get these pills from any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

They are Using Keating's at the Front

Living in the trenches—sleeping on the ground—Officers and Men on active service use Keating's Powder for their bodily comfort.

Kills bugs and all kinds of objectionable insect life. A universal insecticide.

Sold in Tins only. 10, 25, and 35 cents.

Sole Agents for Canada:
HAROLD F. RITCHIE & CO., LIMITED
10-12-14 McCaul St., Toronto. 61

BEAUTY OF THE SKIN

Is the natural desire of every woman, and is obtainable by the use of Dr. Chase's Ointment. Pimples, blackheads, roughness and redness of the skin disappear, and the skin is left soft, smooth and velvety when this ointment is used. All dealers, or Edmanson, Bates & Co., Ltd., Toronto. Sample free if you mention this paper.

Dr. Chase's Ointment

FIELD KITCHEN PROCEEDS.—The proceeds from the Field Kitchen Tea on Saturday afternoon amounted to $66.13. This after paying all expenses clears the cost of the Kitchen and leaves a balance of $4.57 to continue the fund towards paying for the second and last kitchen.

LECTURE IN GRACE CHURCH.—Rev. R. G. Fulton delivered an excellent lecture on the "War" in Grace Church last evening to a large and deeply interested audience. Rev. Mr. Littlejohns presided. The lecturer gave a splendid review of the causes which led to the war, and a graphic account of its progress illustrating his remarks by a fine series of 130 Steriopticon views. The lecture which was listened to with the closest attention was a most instructive one and calculated to awaken keener interest in the great struggle in which the Empire is envolved. A cordial vote of thanks was presented to the Rev. Lecturer and also to Mr. Walter Bourke who operated the machine in an able manner on the motion of Mr. George Rackham seconded by Mr. William Long, to which Mr. Fulton fittingly replied. The handsome amount of $21 was realized which will be devoted to Patriotic purposes.

CURLIANA.—Once more the pleasant "skirl o' the stanes" is heard in the land, thanks to the presence in the city of the Prince of Rink makers John Frost. The Curling Rink was opened for the season yesterday morning by the Ladies Curling Club and in the afternoon by the Gentlemen Curlers. Splendid games were played on both occasions and all the nerve and vim which made the Charlottetown Rink such a pleasant resort last winter was strongly in evidence. Two of the Rinks were in operation yesterday and the third will be ready to-day. The Secretary, Dr. Beer, has been in communication with the Picton Club and arrangements have been completed for a friendly game between the two clubs in the near future. The usual series of matches between teams of the club, and the Presidents and Vice Presidents, matches have been arranged for and there is excellent promise of a most enjoyable season. Those who have not yet become members should take the earliest opportunity of placing themselves on the roll and so secure their places on the teams. The rink will be open every day and evening during the season.

WEDNESDAY

CONGREGATIONAL MEETING—At The annual Congregational meeting held last week the congregation of Hampton, Tryon and Bonshaw, report the best years in its history. 11 were received into the Church on profession of faith, and 2 by Certificate and Christian Endeavor Societies were organized. $1986.00 was raised for all purposes. $290.00 of the amount was given to Missions and Schemes of the Church. The Manse was renovated and repaired. The congregation put in a Monarch range, pump, and Telephone. They built on a new out Kitchen, closed up the out-side cellar way, and put a new cellar-way down from the out-Kitchen. Replaced the old windows with new ones with two lights. Put hard-wood floor in the dining room, sitting room, hall and parlor, dug a sink drain, and cesspool. Repaired the barn and made it comfortable. The inhabitants of the Manse are very grateful to the people for the interest they have taken in their church property and the help they have given in the work of the congregation.

A large and attentive audience numbering ninety attended the opening of the first Agricultural Short Course held at Palmer Road on Monday evening, January 10th. Three speakers outlined the general nature of the work that will follow during the week as well as giving some information regarding general Agricultural work.

Father Gauthier in opening the meeting gave a short outline of the Co-operative work that had been undertaken at Palmer Road and carried through successfully and added that greater work would be carried out in the near future.

Professor Ross gave a short talk on the necessity of conserving soil fertility. A full description of grain growing as compared with Live Stock grazing was given and everyone was advised to devote their full time to the Live Stock in preference to Grain. A few remarks were made concerning the Dairy Cow.

Professor W. J. Reid, who is in charge of the Course gave a short description of the work that is to follow during the week and advised everyone who was interested in the work to ask questions of the various instructors in order that everyone might derive the greatest possible benefit of the Short Course.

Mr. Tennant gave a few introductory remarks, on this his first visit to Palmer Road.

Arrangements are being made for lectures on Soil, Manure, Crops, Live Stock, Poultry, Farm Drainage, and Dairy Work that will follow at the other sessions during the week. Similar Courses will be held at O'Leary January 17 to 22, and Egmont Bay, January 24 to 29, and other points will be advertised later on.

JOIN 105TH REGIMENT.— The following young men have recently joined the 105th Highland Regiment. Hector Murray, Clyde River; A. Gay Judson, Alexandria; Angus B. McLennan, Wood Islands; Walter T. Young, Wood Islads; Norman McLeod, Valleyfield; Norman Swain, City; William H. Davies City; David M. Ross, Mt. Vernon; Felix Martin, Martin; Sixtus McPhee, Martin; James A. McInnis, North Lake; Joseph Morrison, St. Peters Bay; Alex Brennan, Long River.

K OF P—At the meeting of Crescent lodge K. of P. held on Tuesday evening last the following officers were elected for ensuing term. C. C. G. H. McQuarrie. V. C.—J. F. Lafferty Prelate—J. C. Jardine, K. of P. & S.—T. B. Grady, M. of F.—L. R. Allen, M. of E.—J. E. Wyatt, M. A.—Chas. Miekle, I. G.—N. McLeod, O. G.—Colin Stewart. The new rooms of Crescent Lodge in the Dalton Block, are about ready for occupation and will likely be used for the next meeting.—C.

A PROSPEROUS YEAR. — The Kensington Dairying Association, the largest co-operative association in the province, has recently issued to the patrons a statement of the past season's work, the quantity of cheese manufactured being 280,060 lbs. which sold for $38,701.94, or an average of 13.71 cts. per lb., the highest price yet received by the association in its history. The highest price paid per 100 lbs. milk was $1.40, the lowest, 99 cts. The average net value paid per lb. of fat and casein was 23.35 cts., being the highest price paid by any factory yet reported. In the inspection of cheese conducted by the Provincial Dairy Association, the Kensington stood seventh on the list for the province, which was considered excellent for so large a factory.. During the season extensive repairs were made to the Hamilton Branch which is now in first class condition. Last year a new steel vat of 7000 lbs. capacity was installed in the Kensington factory, so that the whole plant is now in thorough condition for a large output next season. The Association pays in advance 50 cts. per 100 lbs. of milk received each month during the season, the balance in full on December 1st, which plan meets with entire satisfaction on the part of the patrons. The increase in the number of patrons over last year is six. The annual meeting takes place next Tuesday.

"CONVALESCENTS" WHO DON'T GET WELL

After a severe illness lots of people convalesce so slowly that they run the danger of becoming chronic invalids. The habit of ill-health is an easy one to acquire.

Yet it is an entirely unnatural habit and ninety-nine times out of a hundred an easy one to avoid.

Avoid drugs as though they were poison—(so they are)—live naturally, drink lots of pure water—take some exercise every day in the open air—and with the help of Zoe-tic—nature will work its wonders in your health. For Zoe-tic feeds your hungry-over-drained nervous system like rare roast beef soothes the anguish of a famished stomach. Its action is just as natural—just as beneficial.

Start taking Zoe-tic to-day—follow faithfully the directions and if in 2 weeks' time you can't report real progress toward natural health, return the unused portion of the bottle of Zoe-tic and we will refund your money without question.

Everywhere in Canada at the same price. One Dollar for a Generous Bottle. Compounded from food and tonic essences by The Zoe-tic Company, Montreal. (4-57)

Sold by E. A. FOSTER,
Central Drugstore
Sunnyside, Charlottetown

Baby's Own Soap

Baby's Skin Tests

Baby's Own Soap. Its creamy softening lather must cleanse his tender skin without injury—and it does. Four generations of Canadian mothers endorse Baby's Own Soap which comforts and whitens the most delicate skin.

IT'S BEST FOR BABY AND BEST FOR YOU

ALBERT SOAPS, LIMITED, MFRS., MONTREAL

Little Miss "MAIDEN" CANADA Registered

329

COWAN'S Perfection COCOA

Brimful of sustenance —PURE.

Nerve Collapse

The Remedy Is Powerful Nutrients, Hypophosphites, Nerve Restoratives, Valuable Stomachics.

Prostration and Vital Exhaustion are Cured by Dr. Cassell's Tablets.

It is because Dr. Cassell's Tablets overcome vital exhaustion that they are so sure a remedy for nerve breakdown, brain fag, and all run-down conditions. They contain valuable nerve nutrients and body builders, which by strengthening the nerves and enriching the blood restore vital power to the whole system, and so build up new strength and physical vigour.

Sir John Campbell, Bart., C.B., formerly Major-General in the Royal Artillery, derived so much benefit from taking Dr. Cassell's Tablets that he wrote to the proprietors in praise of the remedy. He said "I have pleasure in stating that I have derived great benefit from Dr. Cassell's Tablets, and have found them remarkably effective in restoring the nerve energy and physical vigour which advancing years naturally impair. They suit me admirably and I have every confidence in recommending them as a safe and reliable bodily restorative." The experience of this great soldier is the experience of uncounted thousands in all parts of the world. They are the surest of all restoratives, and equally suitable for old or young. A British remedy from first to last.

Dr. Cassell's Tablets are Nutritive, Restorative, Alterative, and Anti-Spasmodic, and of great Therapeutic value in all derangements of the Nerve and Functional Systems in old or young. They are the recognised modern home remedy for Nervous Breakdown, Nerve and Spinal Paralysis, Infantile Paralysis, Rickets, St. Vitus' Dance, Anæmia, Sleeplessness, Kidney Disease, Dyspepsia, Stomach Catarrh, Brain Fag, Headache, Palpitation, Wasting Diseases, Vital Exhaustion, Loss of Flesh, and Premature Decay. Specially valuable for Nursing Mothers and during the Critical Periods of Life.

Druggists and Dealers throughout Canada sell Dr. Cassell's Tablets. If not procurable in your city send to the sole agents, Harold F. Ritchie & Co., Ltd., 10, McCaul Street, Toronto; one tube 50 cents, six tubes for the price of five. War Tax Extra, 2 cents per tube.

Sole Proprietors:—Dr. Cassell's Co., Ltd., Manchester, Eng.

Dr. Cassell's Tablets

GET A FREE SAMPLE

Send your name and address and 5 cents for postage, etc., to Harold F. Ritchie & Co., Ltd., 10, McCaul Street, Toronto, and a generous sample will be mailed you free of charge.

Britain's Greatest Remedy