

Off for the day's work with

SHREDDED WHEAT

Full of vim and pep, easy-to-serve

INSIDIOUS EYE STRAIN

We use the adjective advisedly. Sufferers from Eye-strain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye-strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy, may seriously affect the functioning of other organs of the body, and produce ill health.

HAVE YOUR EYES EXAMINED
G. F. Hutcheson
Ophthalmologist

SMILES



IT'S USUALLY WHERE YOU LIVE
Friend: Are you walking to reduce?
She: No—where's that?



TIMELY WARNING
"I've a great mind to crack him one!"
"Don't—he's a bad egg."



"You think Bob is too young and inexperienced for me?"
"Yes. I never cared for those boyish Bobs."



REAL ANGRY
1st Bug: Is Mr. Grasshopper practicing the Charleston?
2nd Bug: No, he's just mad, and when he's mad, he's hepping mad!



SOME HOLE
Kentuckian: Well, what do you think of our wonderful cave as a whole?
Visitors: As a hole, it's great!

Marylebone wife: Husbands are very funny people when left in the house with nobody to look after them.

BRINGING UP FATHER—
YES SIR I'D LIKE TO GET THE JOB I AM A FIRST CLASS VALET
YOU'RE HIRED (TO) START IN THE MORNING
GRACIOUS DADDY THAT IS A POWERFUL LOOKING MAN YOU HIRED FOR A VALET
I DON'T FEEL ANY DURGARS WITH HIM AROUND
THAT'S JUST THE REASON I HIRED HIM
GEE IT'S NICE TO RETIRE AM NOT WORRY ABOUT DURGARS I HATE TO THINK WHAT HE WOULD DO TO A DURGAR—HE THINKS I HIRED HIM
FOR A VALET BUT HE IS OUR DIDDY GUARD
OH SIR I'M TERRIBLY FRIGHTENED—I HEARD A NOISE DOWN STAIRS—SUPPOSE THERE IS A MAN IN THE HOUSE?

Central Guardian

THE MONTHLY MEETING of Ladies Auxiliary of P. E. I. Orphanage will be held in the Cundall Home at 3.30 Friday 13th. 6061-11-12-21

MARSHFIELD BAPTIST CHURCH—There will be preaching service on Sunday afternoon, Nov. 15 at 3 o'clock conducted by Rev. Ross C. Eaton of Charlottetown.

ISLANDER DEAD—Word was received in the city yesterday morning by Mrs. E. H. Dewar, of the death of her brother, Francis H. Woodman, in Portland, Ore.

MAIL FOR OVERSEAS—A full mail for the United Kingdom including direct parcel post for France and direct mails for the continent will be despatched by the steamer "Orduna" sailing from Halifax on Monday, the 16th. Another mail will be forwarded from Montreal by the steamer "Minnesota" on Wednesday, the 18th. A full mail for Ireland and Scotland will go forward by the S. S. "Marburn" from Montreal on Thursday the 19th, and another full mail for Great Britain will be forwarded by the steamer "Montclair" from Montreal on Friday, the 20th, and by the "Regina" sailing from Montreal on Saturday, the 21st.

CHURCH REOPENED—The Church at Princetown Road which was closed for three weeks for general repairs and painting was reopened on September 13th, when the services were held in the morning at 11 o'clock the Chairman of the Presbytery, Rev. Henry Pierce, B. A., conducted the service and preached very acceptably and helpfully to an appreciative congregation from the text, "Be ye followers of me even as I also am of Christ"; 1 Corinthians 11:1. In the afternoon at 3 o'clock Rev. W. M. Ryan preached to a well filled church from the text, "Ye are the salt of the earth, ye are the light of the world"; Matthew 5, 13-14. At this service Mrs. Fletcher sang inspiring solos accompanied by Prof. Fletcher. Both the sermon and the songs were very helpful. The evening service was conducted by the pastor who preached from the text, "Follow me and I will make you fishers of men"; Matthew 4, 19. A very fine new organ was donated to the Church by the family of the late Theophilus Abbott who for many years was a prominent worker in this Church. Two new gasolene lamps were also donated to the Church, one by Mrs. W. G. Darke in memory of her late father and mother; and one by Mr. Lloyd Froude of Charlottetown. A donation of \$10.00 was also received from Mr. Thomas Dollar in memory of his late wife. The Church now presents a very pleasing and attractive appearance, and is a credit to the people who have worked so hard in its behalf. The offerings for the day amounted to \$25.33 which amount went for repairs. In a few days all the accounts are in, they will be settled and the Church will be entirely free of debt.

After shaving—Minard's Lintment.

STOP THAT HACK
The longer neglected the harder it will be to cure. Continuous coughing weakens and over taxes the lungs, leaving them exposed to attacks of other diseases.

White Pine Tar AND Wild Cherry
is a pleasant effective remedy for coughs, colds, bronchitis and all irritations of the throat.

It is the Ideal Household Cough Mixture
PRICE 35 AND 60 CENTS

Mackinnon Drug Co.
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Better Wives And Mothers
The emancipation of women as evidenced by the evolution in dress from steel stays that made a two inch waist and the long street sweeping skirts to the sports clothes of the present day has certainly had its effect upon the health of women. With proper attention to diet and exercise a race of better wives and mothers is assured by it. If, however, ailments develop as evidenced by irregularities, back-ache, headaches, nervousness and irritability, Lydia E. Pinkham's Vegetable Compound may be depended upon to overcome them. Thousands of women testify to its success.

TOAST LIST
The King—National Anthem.
Canada—Proposed by O. Montgomery, Port Hill. Responded to by Rev. G. T. Spriggs.
Our Homes—Proposed by J. A. MacKenzie.
Our Schools—Proposed by George Sims. Responded to by Prin-

King Cole Tea
Full of Quality
You'll like the flavor.

Old Boys Conference At Kensington

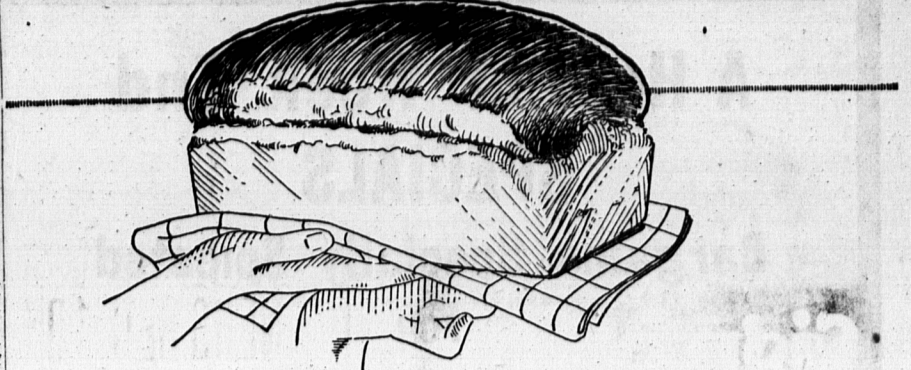
The Older Boys' Conference which was held at Kensington, Nov. 6, 7, 8, was from every point of view a pronounced success. The whole proceedings were conducted with methodical exactitude and the results show what success attends the effective work. This conference was held under the joint auspices of the M. R. E. C., Prince County, and the Y. M. C. A. The outstanding personalities in the conference were Rev. W. C. Macchum, Maritime Boys' Work Secretary, and Mr. H. H. Simpson, Sec'y Prince County Y. M. C. A. About one hundred teen aged boys and leaders were registered at the Work Program of the Roman Catholic Church, at a meeting which was held at 8.30 p. m. in the former Methodist Church. The boys occupied the front seats and the Church was packed so that a number found it necessary to stand. After Scripture reading by Ernest Dunning, New London, and prayer by Thomas Millman, Kensington, the Grand Preceptor, Gordon Calbeck of Summerside, addressed the conference as follows: "Members of this Conference Ladies and Gentlemen: "I am glad that the opportunity is given me as Grand Preceptor of this conference to speak this evening on the most important work of Canadian Standard Efficiency Training. We notice that it is Canadian, made by Canadians. The program was originated by Mr. Taylor Statten of Toronto, and is for Canadian boys. It is also Standard, that is, the same work and the same organization is in operation all over the Dominion Groups need not feel that they are alone but that thousands of Canadian boys are working with them. It is also a program of training for efficiency. We all want to be efficient in whatever branch of work we are engaged in. This program trains us to be efficient in the great work of living. To do that the program is divided into four divisions, mental, physical, devotional and social. It strives to develop our minds by reading, speaking and in many other ways. It tries to develop our bodies by clean, healthy sport and health habits. It emphasizes the devotional side of our nature. Boys in C. S. E. T. work are regular Church and Sunday School attendants. They are pledged to take Christ for their ideal and pattern their lives after His. This program also attempts to develop our social natures, for all C. S. E. T. boys have good times in their groups. "Boys of 12 to 14 years are found in Royal Ranzor Camps and boys of 15 to 18 into Tuxis Squares. The composition of the names of these two groupings has a special significance. The name "Trail Rangers" is built up as follows: T for true, R for reverent, A for ambitious, I for intelligent, L for loyal, R for respectful, N for natural G for generous, E for earnest, R for reliable, and S for strong. In the word "Tuxis" the T and S means "Training for Service" The X in the center represents Christ, who is at the center of every Tuxis Boy's life with U and I on either side and no one but Christ in between us. "Last year there were twenty-nine boys groups in Prince County, and I am sure that after this conference the number will be increased. There would be more such groups if the men would give us more encouragement and more leadership in our effort to make it. Christian boys and men of our society, instead of being critical of boys actions as they so often are, forgetting that they were once boys themselves. "I hope that any of the men here, who may be approached to give leadership by any of the boys here

L. T. Lowther, Church and Sunday School—Proposed by M. Woodside—Summerside. Responded to by Rev. A. W. Robertson, Kensington.
C. G. I. T.—Proposed by S. Tanton. Responded to by Marion Millman, Kensington.
The Ladies—Proposed by Fred Wigmore, G. Road. Responded to by Mrs. (Dr) Jardine, Kensington.

Interspersed here was an address by Mr. J. K. Walton, Most Worthy Patriarch of the National Division S. O. T. of B. N. America. He brought to the Conference, the greetings of the Sons of Temperance and spoke words of encouragement to the boys.
Mr. Macchum explained the object and method of election of Maritime Boys' Conference at Sackville.

Mr. Macchum explained how life is compared to a race and the greatest is the Human Race.

On Sunday p. m. the Conference assembled in the Presbyterian church. Rev. A. W. Robertson participating. Then followed a service of worship led by Mr. Simpson, assisted by some of the boys. Mr. Macchum then spoke on "Life's Challenge." At conclusion of the address cards were passed to the boys to register any decision they had made of a forward step in Christian life. This closing service was held in the former Methodist Church. At the service in the United Church Sunday morning Mr. Macchum spoke of religious education showing that it is as old as religion itself, pointing to the psychological action of the child, the teen age, and the older ages, as well as Christian education. In explaining the importance of fellowship he showed how young people require guardians of older ones, who will instill a high standard ideal. He impressively referred to a statement made by Brother Barnabas, Toronto, head of the Boys' Work Program of the Roman Catholic Church, at a meeting which he attended last spring. He was convinced that the outstanding men in the community would be the leaders of the boys' work. If any omissions occur the reason is a lack of courage to intrude further on Guardian space. Y. The closing session of the conference was held at 8.30 p. m. in the former Methodist Church. The boys occupied the front seats and the Church was packed so that a number found it necessary to stand. After Scripture reading by Ernest Dunning, New London, and prayer by Thomas Millman, Kensington, the Grand Preceptor, Gordon Calbeck of Summerside, addressed the conference as follows: "Members of this Conference Ladies and Gentlemen: "I am glad that the opportunity is given me as Grand Preceptor of this conference to speak this evening on the most important work of Canadian Standard Efficiency Training. We notice that it is Canadian, made by Canadians. The program was originated by Mr. Taylor Statten of Toronto, and is for Canadian boys. It is also Standard, that is, the same work and the same organization is in operation all over the Dominion Groups need not feel that they are alone but that thousands of Canadian boys are working with them. It is also a program of training for efficiency. We all want to be efficient in whatever branch of work we are engaged in. This program trains us to be efficient in the great work of living. To do that the program is divided into four divisions, mental, physical, devotional and social. It strives to develop our minds by reading, speaking and in many other ways. It tries to develop our bodies by clean, healthy sport and health habits. It emphasizes the devotional side of our nature. Boys in C. S. E. T. work are regular Church and Sunday School attendants. They are pledged to take Christ for their ideal and pattern their lives after His. This program also attempts to develop our social natures, for all C. S. E. T. boys have good times in their groups. "Boys of 12 to 14 years are found in Royal Ranzor Camps and boys of 15 to 18 into Tuxis Squares. The composition of the names of these two groupings has a special significance. The name "Trail Rangers" is built up as follows: T for true, R for reverent, A for ambitious, I for intelligent, L for loyal, R for respectful, N for natural G for generous, E for earnest, R for reliable, and S for strong. In the word "Tuxis" the T and S means "Training for Service" The X in the center represents Christ, who is at the center of every Tuxis Boy's life with U and I on either side and no one but Christ in between us. "Last year there were twenty-nine boys groups in Prince County, and I am sure that after this conference the number will be increased. There would be more such groups if the men would give us more encouragement and more leadership in our effort to make it. Christian boys and men of our society, instead of being critical of boys actions as they so often are, forgetting that they were once boys themselves. "I hope that any of the men here, who may be approached to give leadership by any of the boys here



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who are going from this conference with the intention of beginning a Tuxis Square, will be ready and willing to take the place of Mentor, and thus have a share in moulding the characters of those of us who as boys are trying to follow in the Jesus way."
Following the Grand Preceptor's address the minutes of the conference were read by the Grand Scriptor—Orville Darrach of Kensington, and on motion adopted.
The Grand Deputy Preceptor, Roscoe Walker of Kensington, then presented his report which was adopted as follows:
"Mr. Grand Preceptor, Members of the Conference, Ladies and Gentlemen:
"On behalf of the Kensington Older Boys' Conference I beg to submit the following votes of thanks:
"To the Town of Kensington for the hospitality with which we have been received.
"To our hosts and hostesses for their generous entertainment.
"To the officers of the two United Churches, and the officers of the Orange Lodge, for their kindness in placing at our disposal their buildings.
"To the Ladies of Kensington for the splendid Conference supper which they provided.
"To the M. R. E. C. and the Prince County Y. M. C. A. for making possible this conference.
"To Mr. H. H. Simpson for his untiring efforts in making the Conference such a success.
"To the Ministers and Local Committees for their hearty cooperation in making the Conference successful.
"To the Press for the valuable space given for the promotion of the Conference.
"To all others who in any way contributed to the success of our gathering here.
"I also wish to submit the following report of the Conference registrations:
"Total registrations.—101.
"Registration by denominations: United Church of Canada 79; Presbyterian, 9; Baptist, 7; Anglican, 5; Disciple, 1.
"Twenty-eight communities were represented as follows: Port Hill, Winsloe, O'Leary, North River, Lower Freetown, Wheatley River, Hunter River, Winsloe North, Stanley Bridge, Bay View, Cavendish, New Glasgow, Freetown, Graham's Road, Darnley, Cornwall, Alberton, Summerside, North Bedoune, Montpelque, New London, Hamilton, Wilmot, Bedoune, Tryon, Charlottetown, Fredericton, N. B., Kensington."
Resolution of Squares were then presented by the following boys: For Square 1, James Ramsay, Hamilton; Square No. 2, Fred Wigmore, Graham's Road; No. 3, Gariand Brooks, O'Leary; Square No. 4, Stavert Tanton, Summerside.
The following is a typical and significant set of these resolutions presented by one of the Squares:
"Grand Preceptor, Members of this Conference, Ladies and Gentlemen:
"We, the Generators Square of this Tuxis Conference, do hereby resolve:
"Firstly That, whereas we have seen the evil results of tobacco, or nicotine, its most important element, on the nervous, physical, and intellectual system of any boy or man, we have resolved not to smoke cigarettes, and not to use, but to discourage the use of tobacco in any form.
"Secondly That, whereas it has been shown and proven to us that alcohol has ruined many promising young lives, and has left a stamp on those whom it has not ruined, we also resolve to abstain from the use of intoxicating liquors in any form.
"Thirdly That, as we consider swearing to be ignorant, unmanly, and disrespectful to God, we have resolved to be honest in our actions and our speech, and to omit from our conversation all that is profane, and anything that tends to lower one's character.
"Fourthly, That every Tuxis fellow to get the most out of the Tuxis program and life, should be a member of the Church.
"Fifthly, That each and every one of us will go home from this conference to our respective communities, and endeavor to promote the Tuxis program in every way possible, especially by trying to be an example of the Tuxis ideal ourselves.
"Sixthly, That a greater spirit of co-operation and unselfishness be exhibited among all Tuxis groups and fellows.
"Closing messages were given by Mr. H. H. Simpson, Revs. J. S. Millett, Geo. Ayers, A. W. Robertson, and W. C. Macchum, and the Conference closed with the Fellowship Circle conducted by Rev. Mr. Macchum and the Benediction by Mr. Simpson.

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You want a thick Syrup closely resembling Cane Syrup in character and flavor, ask your grocer for BENSON'S GOLDEN SYRUP.

The wonderful flavor will appeal to you and the Children will just love it on bread.

Write for our New Edwardsburg Recipe Book free.

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A Friend of the Family B&S

Don't Cut Out a Shoe Boil, Capped Hock or Bursitis—for ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2.50 a bottle, delivered. Book 6 R Free.

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When chronic, is best relieved by Dr. Chase's Kidney-Liver Pills.

In most cases, indigestion results from torpid liver and sluggish bowel action. Tablets for the stomach and aids to digestion fail in this chronic form of indigestion. You must get the filtering and excretory organs right before you can expect permanent relief and this is best accomplished by the use of Dr. Chase's Kidney-Liver Pills. Chronic indigestion is a very common condition. On this account many suffer for years not realizing that relief is at hand in the form of Dr. Chase's Kidney-Liver Pills. Headaches, biliousness, spells of constipation and diarrhoea are among the accompanying ailments. What a relief it would be to be free of this condition which makes one feel so miserable and it is so easy by using this well-known regulator of the liver, kidneys and bowels.

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NOW is the time to fatten your Poultry for market prices are high, demand good.

To fatten Poultry quickly use BLATCHFORD'S FATTENING MASH. Nothing like it for quick results. We sell it.

Blatchford's Egg Mash

Laying Hens fed with this Egg Mash must "lay or bust" they can't help it. Eggs are a splendid price and are going to be higher. Blatchford's Egg Mash will fill the basket, buy at

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