

Constipation lays you wide open to other diseases—relieve it with Kellogg's Bran

Don't take chances with constipation! This terrible ailment can send poisons into your system which may lead to serious diseases. The longer those poisons accumulate, the more dangerous they become. Begin at once to free your system from them. Eat Kellogg's Bran. If eaten regularly, it is guaranteed to relieve the most chronic cases of constipation, or your grocer will return your money. It is nature's own way to make the intestine function naturally and regularly—for Kellogg's Bran acts exactly as nature acts. It makes forever unnecessary the use of habit-forming drugs and pills. Kellogg's Bran, cooked and crumbled, has proved successful when all else has failed. This is because Kellogg's is ALL bran, Doctors everywhere agree that only ALL bran can be 100 per cent effective—they recommend Kellogg's Bran. Eat at least two tablespoonfuls daily—in chronic cases with every meal. You will like it. You will enjoy the delicious nut-like flavor—the exclusive Kellogg flavor. Eat Kellogg's Bran, cooked and crumbled, with milk or cream. Sprinkle it over other cereals. Cook it with hot cereals. Try it in wonderful bran muffins, bread, griddle cakes and other recipes given on every package. Kellogg's Bran is the road back to health. It is made in Toronto, Canada and is served in individual packages at the leading hotels and clubs everywhere. Ask for it at your restaurant. It is sold by all grocers.

You KNOW Their Quality! CHRISTIES ZEPHYR CREAM SODAS. When Buying ANY Biscuits—ask for "Christies"

DRESSED HOGS. We note that there are altogether too many small, thin, unfinished Hogs being marketed at the present time, that is, Hogs weighing 120 pounds and under. There has been an outlet for some of these Hogs for Butcher Shop Trade, but the season for this is about over. In the interest of all concerned, we want to urge the farmers not to kill their Hogs until they reach the weight, at least 120 pounds, and they must be well finished, thick and fat at any weight. In future we must refuse to receive... thin Hogs even at a reduction in price. Regarding market we rather look for it to be firmer. DAVIS & FRASER 1907-3-10-61.

Rexall Remedies for Specific Ailments. REXALL DYSPEPSIA TABLETS, 25c, 50c and \$1.00 make digestion easy and the stomach healthy. REXALL CATARRH JELLY, 35c relieves catarrh and cold in the head. REXALL LIVER SALTS 35c, 65c, \$1.25 restore the liver to normal action. REXALL CHERRY BARK, 35c and 60c, the large sale proves this pleasant tasting cough syrup gives satisfaction. REXALL SYRUP OF HYPOPHOSPHITES \$1.00. Nerve and tissue builder. Puts snap into you. REXALL PILE CURE 50c, easily applied, causes no irritation, gave almost immediate relief. REXALL KIDNEY PILLS 50c, 3 for \$1.25. Correct kidney disorders and eliminates uric acid from the system. REXALL ORDERLIES 25c, 50c and \$1.00. The ideal laxative medicine. SOLD UNDER POSITIVE GUARANTEE TO GIVE SATISFACTION OR MONEY REFUNDED. THE MACKINNON DRUG CO. THE REXALL KODAK STORE PHONE 219 P. O. BOX 331

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THE CENTRAL GUARDIAN

SHOP from Holman's Catalog. SEE CLASSIFIED re clerk wanted. 1937-3-11-31. KINGSTON BAPTIST CHURCH.—Prayer meetings on Thursdays evening, March 13, and on Sunday evening, March 16. ENTRIES FOR PROVINCIAL horse show close Monday, March 17th. See advertisement, this paper. 1931-3-11-21. RESERVE MONDAY, MARCH 31st, for Grand Concert given by Prince Street School. 1942-3-11-11

NEW SPRING GOODS sport flannel, double width. Latest new shades. Lowest prices. Prowse Bros., Ltd. 1917-3-10-21. MR. DENNY WILL SPEAK.—Rev. J. F. Denny will give a lecture in the Baptist Church on Friday evening on "A Journalist and Some Celebrities. A welcome to all. ANOTHER DAUGHTER.—In recording the daughters of the late Mrs. William Tremere in yesterday's paper, the name of one, Mrs. Layman Tremere, Hampshire was omitted. A MEETING OF IONA EGG Circle will be held in Iona Hall on Friday evening, March 14th at 7 o'clock. All the members are requested to attend.—Joseph McCabe secretary. 1943-3-11-11. BEAN SUPPER AND CONCERT AT SPRINGFIELD HALL.—A splendid program has been prepared and will be rendered at the Bean Supper in Springfield Hall, Lot 47 on Friday, March 14th. If weather proves unfavorable will be held following night. 1934-3-11-11. HOME FOR BURIAL.—Many will regret to learn of the death which occurred in Boston last Saturday of Mr. S. E. Reid a former representative and at one time speaker in the Provincial Legislature of this Province. The remains will be forwarded home for burial, accompanied by his son Dr. A. B. Reid who has been at his bedside for the past few weeks. The funeral will take place from Tryon to Summerside on Friday, the time to be announced later. A PIONEER OF PROGRESS.—Thirty-two years ago the now famous "SALADA" Tea was placed on the market in metal packages. "SALADA" was the pioneer package tea in Canada, and its superior favour and purity immediately won for it a great popularity that has been growing ever since. It has always been a little different and a little better than ordinary tea. LAD TO REST.—The funeral of the late Mrs. Herbert H. Holl was held yesterday afternoon at 2:30 from her late residence 85 Upper Prince Street, to St. Paul's Church, where services were conducted by Rev. H. D. Raymond and was very largely attended by sympathizing friends. The pall bearers were Dr. C. W. Bousfield, Dr. I. Yebo, Messrs. J. A. Webster, P. Forsyth, H. V. Buntin and Jas. Stewart. Interment was in People's Cemetery. Many lovely floral tributes were received. PURCHASED ASSETS.—The Montreal Gazette says: "After being in the liquidator's hands since June, 1922, Montreal's largest lumber business passed into the hands of a prominent Sherbrooke business man when the purchase by Geo. D. MacKinnon of the assets of Wm. Rutherford & Sons Company, Limited, was consummated. The plant, which is located on Atwater Avenue, between Notre Dame Street and the Lachine Canal, had net assets of \$500,000. The new name of the firm will be the Rutherford Lumber Company, Limited. It will have a capital of \$650,000. George D. MacKinnon will be president." Mr. G. D. MacKinnon is a P. E. Islander and a brother of Mr. J. J. MacKinnon of Charlottetown. ATTENDED CONVENTION.—Mr. Charles Cumming was a delegate at the recent Biennial Convention of the National Association of the Marine Engineers of Canada held at the Windsor Hotel in Montreal. An exchange says: Mr. Cummings was the delegate from the Province of Prince Edward Island, and performed his duties to the satisfaction of all the delegates. Lemuel Winchester, Grand Auditor, who for many years was the delegate from the "Garden of the Gulf" was missed—but Mr. Cummings filled the bill very well, being considered one of the best informed marine engineers in Canada. WEDDING BELLS.—The marriage of Margaret E. Devine, formerly of Hunter River, now of Newton Centre, Mass., to Samuel P. Doyle son of Mrs. Annie Doyle of Pleasant Grove P. E. I. was solemnized by the Rev. Fr. Heaney of Sacred Heart Church, Newton Centre, on Tuesday, Feb. 26th, 1924. The bride was attired in a navy blue travelling suit. They were attended by Mr. and Mrs. J. S. Ray. A wedding supper was served at the home of Mrs. J. S. Ray, Allston, sister of the groom. Mr. Doyle is a member of Boston Lodge of Elks and is employed by the Boston Police Department. After a short wedding trip they will reside in Boston. Mr. and Mrs. Doyle were the recipients of many useful wedding gifts. Mrs. Doyle is a niece of the Rev. P. D. McGuigan P.P. of Vernon River.

OUR PAINT SHOP is turning out some surprising jobs. Get your car listed now. We are very busy. Bruce Stewart & Co., Ltd. 1926-2-11-11. NORTH RIVER BAPTIST CHURCH.—Members are requested to remain at the close of the morning service, Sunday, March 16, to consider an important proposition. WE CAN MAKE A FORD "Eat out of your hand" but—we don't on engineering principles and we tell you what it will cost before we start. Bruce Stewart & Co., Ltd. 1926-2-11-11. JUST IN TODAY—Ladies Cardigan jackets, sleeves and sleevelets in ombre shades and jade, gold and other new spring shades. Low cost prices for quick sales. Prowse Bros., Ltd. 1917-3-10-21. MOVER AND SECONDER.—The mover of the reply to the Speech from the Throne following the opening of the Provincial Legislature this week will be Mr. J. Augustine MacDonald, M. L. A. Third District of Queen's. The seconder will be Mr. Maynard F. McDonald, M. L. A., Fourth District of King's. FUNERAL YESTERDAY.—The funeral of the late Mrs. Benjamin Carter was held from her late residence 15 Rochford Square, yesterday afternoon at 2:30 to the People's Cemetery. Services at the house and grave were conducted by Rev. W. M. Ryan. The pall bearers were: Messrs. W. B. Robertson, Jonathan West, Edward MacDonald, G. F. Hutcheson, Fred Renouf and Dr. J. H. Ayers.

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Mr. A. ROWLETT, Gilbert Plains, Man. "I Would Have Lost A Finger— but for Zam-Buk. It was my right fore-finger—black with poison and swollen four times normal size. "I tried poulticing; bathing it with antiseptics; even had the doctor lance it for 1 1/2 inches, but throbbing pain continued day and night until the druggist put me on to Zam-Buk. "Nothing could have been finer than the quick way this great healer ended the terrible pain and removed poison. It set me right in a week." SAVES MANY A DOCTOR'S BILL! ZAM-BUK is always the safest and best family remedy to use for eczema, salt rheum, acne, pimples, ulcers, poisoned wounds, bad legs, piles, scalp disease, burns, scalds, cuts, chafing, soreness, inflammation, etc. 60c. box, 3 for \$1.25.

Nothing Like Zam-Buk For HEALING. The boy with his boat, the girl with her dolls will soon have passed this age of toys—but Photographs of the children never grow up. Call 652-J today for an appointment. BAYER Photographer

LUMBAGO! Rub the stiff parts with Minard's. It eases pain, relieves stiffness. MINARD'S "KING OF PAIN" LINIMENT. Chandler & Bell 160 Kent St., Charlottetown Phone 741J P. O. Box 83 1566-2-19-tts.3mths

THREE ARRESTED.—Three arrests were made yesterday in connection with the theft of seventy bushels of black oats, which were stolen last Wednesday from the store of McLean Bros., North Wiltshire. Geo. Keefe, New Wiltshire, is charged with receiving stolen goods and his sons, Chris, and Richard Keefe, with the stealing of the goods. They appeared before Magistrate D. Edgar Shaw yesterday and were remanded until Saturday. The arrests were made by Deputy Sheriff Henry Hughes and Provincial Constable Weeks. It is alleged that the oats were tracked on the snow to the door of the accused.

MARGATE.—The farmers of this vicinity are busily engaged in hauling mussel mud. What might have been a very serious accident happened to Mr. Gordon Woodside. While hoisting mud the other day the fork broke and Mr. Woodside fell into the channel and only for the kind assistance of the men that were working at the digger he would have been drowned.—On Monday evening the 18th a large number of friends and relatives assembled at the home of Mr. and Mrs. Fred Henderson. Instrumental music was furnished by Mr. Finlay and Mr. Major. A duet by Mr. Lenzie Cameron and Miss Mary Frizzle, Carry me back to Old Virginia; A waltz by Mrs. Frank Magor and Mr. Crane of Vernon was highly appreciated.—The many friends of Mr. William Johnston are glad to hear that he is greatly improving in the Prince County Hospital, Summerside. His friends hope for his speedy recovery.—Mr. Preston Woodside has installed a new Radio which greatly adds to the comfort of his home. A whist party and dance was held at the home of Mr. and Mrs. Allan Cameron on Friday the 22nd. After whist was over a sumptuous supper was served in Mrs. Cameron's usual style and after all had done ample justice to the inner man they tipped the light fantastic until the wee small hours in the morning. Violin music was furnished by Mr. Crane, accompanied by Miss Hettie Cameron. Special mention must be made of Mr. Lenzie Cameron in dancing the sword dance, also the waltzing by Mrs. Nina McCoubrey and Mr. Crane was highly appreciated.—Mr. Louis Fitzsimmons and daughter and Mr. H. B. Finlay of St. Peter's spent Sunday in Hope River. On Monday evening a very pleasant time was spent at the home of Mr. John R. Burgoyne the occasion being a duck supper in honor of H. B. Finlay who is returning to his home at St. Peter's Bay after spending a few weeks with friends in Margate.

Reduce Your Fat Without Dieting. Years ago the formula for fat reduction was "diet"—"exercise." Today it is "Take Marmola Prescription Tablets." Friends tell friends—these friends tell others. They eat substantial food, live as they like and still reduce steadily and easily without going through long periods of tire some exercise or starvation diet. Marmola Prescription Tablets are sold by all druggists the world over at a dollar for a box, or if you prefer you can order direct from the Marmola Co., 4612 Woodward Ave., Detroit, Mich.

Piano & Furniture POLISH. The best polish we know of is MAGIC CREAM. This polish if used, according to directions, not only cleans and polishes, but leaves a lustre that will last. 6 oz. bottle, only 25c. Try one. Miller Bros. Great George Street 1938-3-11-41.

PERSONALS. Mrs. Russel Burns, of Freetown, left for home yesterday morning. While in the city she was the guest of Mrs. Arthur Burns. Mr. Frank Hobbs, of the Marine Department left yesterday morning on a short visit to Western Canada. Miss Margaret McDonald, R. N., of Tracadie Cross leaves this morning for Boston where she intends entering a hospital to take a post graduate course. The many friends of Mr. James Hughes, Dromore, in town and country, will regret to learn that he has entered the City Hospital for treatment. Mr. Hughes is a well known figure in political circles.

ADVANCED SHOWING OF New York Models for Early Spring Wear \$5.00. A WONDERFUL LOT OF ONE HUNDRED LOVELY NEW SPRING HATS IN NEW YORK MODELS just in by express. Some of the handsomest you have ever seen. You will be amazed at the variety there is to choose from. You will be surprised at the number of styles there is to choose from almost as many styles as there are hats. No two exactly alike. There are hats for Matrons—hats for flappers and hats for all occasions. The value is exceptional. We feel sure that you have seldom seen any to equal this offering at less than EIGHT TO TEN DOLLARS that could be compared with this offering. Select yours today at \$5.00. PATONS LTD. Charlottetown

Chandler & Bell 160 Kent St., Charlottetown Phone 741J P. O. Box 83 1566-2-19-tts.3mths



For Mothers—"FRY'S" For true nourishment in delicious form FRY'S COCOA is supreme. Make it this way and you will find it most appetizing and digestible. To 3 good teaspoonfuls of FRY'S COCOA add three spoonfuls of sugar, mix well. Then add one half cup of boiling water and mix thoroughly. Add two cups of boiling water and boil very slowly for 5 minutes, stirring occasionally. Then add milk or cream to taste. This will give you Cocoa at its best. REMEMBER, NOTHING WILL DO BUT FRY'S 156

High Tide in Rubber Trade Is Now. Buy only the best. You can always get them at Goff's. Every kind of rubbers for every kind of shoes. We call special attention to our high three quarter length rubber boots for boys and children. GOFF BROS., LTD.

ADVANCED SHOWING OF New York Models for Early Spring Wear \$5.00. A WONDERFUL LOT OF ONE HUNDRED LOVELY NEW SPRING HATS IN NEW YORK MODELS just in by express. Some of the handsomest you have ever seen. You will be amazed at the variety there is to choose from. You will be surprised at the number of styles there is to choose from almost as many styles as there are hats. No two exactly alike. There are hats for Matrons—hats for flappers and hats for all occasions. The value is exceptional. We feel sure that you have seldom seen any to equal this offering at less than EIGHT TO TEN DOLLARS that could be compared with this offering. Select yours today at \$5.00. PATONS LTD. Charlottetown