It takes hard rubbing to get cooked starch into a fabric because cooking starch increases the size of its particles or cells fourfold.

Celluloid Starch soaks into the fabric in its raw state, fills the little spaces and is then enlarged by the heat of the iron—making the surface perfectly smooth and leaving the fabric thoroughly stiffened.

It gives greater beauty and longer life to your linen.

Your grocer can supply it if you insist.

Celluloid Starch

Never Sticks Requires no Cooking.

The Brantford Starch Works, Limited, Brantford, Canada

SODA

That goes to the spot and drowns it.

Our Soda satisfies because it is made just right in every particular. It is charged just right to give the proper snap and sparkle The syrups being made from pure fruit juices have food value.

Our soda quenches thirst and always refreshes you Cream or phosphate served as desired.

Price 5c glass.

J. G. JAMIESON,

DRUGGIST.

The Medical Hall.

ST. PAUL'S

Sunday School Picnic

WILL BE HELD—

THURSDAY, JULY 9th,

On Miss McKinnon's Grounds, Rocky Point

The S. S. Elsie will leave Ferry Wharf, Prince Street, at 10 30 a. m., and at other times as per time table. Return fare only 5 cents. A well supplied refreshment booth with all the delicacies of the season will be open the whole day. A visitors' table bountifully supplied with meats and everything good, will be spread during the whole afternoon. A large number of prizes have been secured for games and the sports will likely be most interesting. Don't fail to attend.

7 3i

FOR SALE.

That commodious and centrally situated house on King Street (between Queen and Gt. George Sts.) now occupied by R. K. Jost. It contains 12 large rooms besides kitchen, pantry and closets. It is connected with the sewerage system and is heated throughout by hot water. There is also a good barn in the rear. Title good. Apply to George Stanley, Trustee, or to R. K. JOST.

Is not sold by private sale before the 25th of July it will then be sold at auction.

7 8dtd.

FOR SALE

The valuable lot above Wm. H. Hankin's residence and grounds, formerly owned by Judge Hensley and now owned by me, containing between 10 and 12 acres running from the Royalty Road to the North River. A beautiful location for a fine residence and grounds Apply to the owner,

W. H. HANKIN,
Westwood Poultry Farm.
Charlottetown.

3-14 d1 aw, tfw

TENDERS

Sealed Tenders will be received by the Trustees of the Presbyterian Church at Brackley Point Road for certain changes and improvements on the said church according to plan and specifications to be seen at Fennel & Chandler's store, Charlottetown, up to 12 o'clock noon on Friday July 17th.

Tenders to be accompanied with names of bondsmen and handed to Fennel & Chandler or to Duncan McCallum, Harrington P. O. The trustees are not bound to accept the lowest or any tender.

D. McCALLUM,
Chairman of Trustees.

7d6i w3i

THE HOME OF THE GUARDIAN
(DAILY AND WEEKLY.)
North side Queen Square.
CHARLOTTETOWN, P. E. I.

Business Office Telephone 133c
Office Hours 8 a.m. to 6 p. m.
J. P. HOOD, Advertising Mgr.
F. R. NEWSOM, Subscription Mgr.

Editorial and News Telephone 133.
Office Hours 12 noon to 6 p.m.; 8 to 12 p.m.
J. R. B. McCREADY, Editor
Residence Telephone 32

THE MORNING GUARDIAN

WEDNESDAY, JULY 8, 1903

CONCERNING PIE.

The pie habit is commonly reputed by many foreign peoples to be one of many universal and deadly dietetic practices universal in the United States and widely prevalent in Canada. We may admit the prevalence, but as to the fatality resulting there has been a great deal of skepticism in the western world, else the pie habit would not have been continued from generation to generation as it has been. And after all it may be questioned whether the people of North America, despite the eating of pie, do not live as long, as happily and accomplish as much for the good of themselves and others as any other people in this obliging and amiable world. But still the pie habit is decried abroad, and to some extent at home as well.

As was quite natural a defender has risen up in the person of one Dr. Hudson of New York, who in a recent book exploits his favorite theory of mental science. He explains that "mental healing is not a religion; there is nothing supernatural in it; the whole art consists in knowing how to induce the condition of faith on the part of the patient." To heal the sick "suggestion" is necessary, either by the patient suggesting to himself that he is to improve, or by some other, under a hypnotic process, forcing the suggestion upon him. Equally to keep your health, if health you have, you must believe that you shall continue well. And in regard to your eating you cannot do better than to follow the injunction of St. Paul, "Eat what is set before you, asking no questions for conscience sake." Doubtless Paul really meant what he said. But Paul was not really discoursing upon dietetics at the time. Howbeit Dr. Hudson commends the Pauline injuction and applies it in his own way. And this brings him to the question of pie.

Emerson, the Sage of Concord, ate pie every morning, and see what it did for him! Where is there a higher type of man among the nations which condemn or neglect this dainty comestible? Proceeding from this impregnable position Dr. Hudson affirms that the crusade against pie is nonsensical. There is not a more wholesome article of food known to civilized peoples than the New England pie. In thousands of homes, he declares "it used to be a benediction and a joy three times a day, to say nothing of surreptitious pieces between meals." It was a good thing and not a bad one, until an evil suggestion was thrown into the public mind. Somebody started the suggestion that pie was indigestible. As the evil belief spread other people began to suggest it to themselves until a vast volume of unbelief against the use of pie was rolled up, and the pie became really indigestable to these victims of a false suggestion. The man or woman who eats pie believing it will disagree with him or her is almost sure to realize their worst fears. Just how much of truth there may be in all this The Guardian leaves the reader to judge for himself.

But we think there is something rational in what follows. Dr. Hudson advises the dyspeptic to "keep his mind off his stomach" during the process of digestion. At the same time he would do well to keep his stomach off his mind. Idiots and the lower order of animals are seldom troubled with dyspepsia. There is in their case no adverse belief or prejudice to interfere with digestion. They are incapable of receiving unwholesome and disturbing suggestions from others. The ostrich is reputed to be able to digest nails and leaden bullets by simply possessing a firm confidence that everything is digestible. Therefore let him that has a mouth and an appetite for pie partake thereof with all confidence, "keep his mind off his stomach" and nature will do the rest. If this is a sound philosophy, and who shall say it is not? then it cannot be too widely promulgated. Let the better "suggestion" that pie is a good thing, take the place of the bad suggestion above alluded to, and pie will again become a benediction and a joy as it was in the beginning. So we shall again be able to eat our pie with gladsome hearts, with the full assurance that "good digestion will wait on appetite, and health on both."

Out of Plumb.

When the wall is out of plumb the building is more or less unsafe, and the higher the wall is carried out of the perpendicular the greater the danger of collapse. It's about so with the health; it is out of plumb when the digestion is impaired, when there is a dull, sluggish feeling, with nervousness, irritability and sleeplessness. Every day that these symptoms are neglected increases the liability to physical collapse.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition.

It purifies the blood and cures nervousness, irritability and sleeplessness by curing the diseases in which they originate.

"For three years I suffered untold agony," writes Mrs. H. R. White, of Stanstead, Stanstead Co., Quebec. "I would have spells of trembling, and feeling sick at my stomach, pain in right side all the time; then it would work up into my stomach and—such distress it is impossible to describe. I wrote to the World's Dispensary Medical Association, stating my case to them, and they very promptly answered and told me what to do. I took eight bottles of Dr. Pierce's Golden Medical Discovery, and five vials of Dr. Pierce's Pleasant Pellets. Thanks to Dr. Pierce and his medicine I am a well woman to-day. Dr. Pierce's medicines also cured my mother of liver complaint from which she has been a sufferer for fifteen years. We highly recommend these medicines to all suffering people."

The People's Common Sense Medical Adviser, containing 1008 pages, is given away. Send 31 one-cent stamps for expense of customs and mailing *only*, for the book in paper covers, or 50 stamps for the volume bound in cloth. Address Dr. R. V. Pierce, Buffalo, N. Y.

For Sale

One of the prettiest new residences in the city, situated in the finest residential part of Charlottetown. Contains nine good rooms, besides large pantry, bathroom and attic. Heated with hot water, and connected to Sewerage and Electric light. For particulars apply to

MacDONALD & STEWART,
Solicitors.

8 d tf

BACK-ACHE ?

If you have Backache you have Kidney Disease. If you neglect Backache it will develop into something worse—Bright's Disease or Diabetes. There is no use rubbing and doctoring your back. Cure the kidneys. There is only one kidney medicine but it cures Backache every time—

Dodd's Kidney Pills

We Notice

The furniture men are having a real nice time cutting prices, but we don't handle furniture and we

Don't Have to

Cut the prices on our Stationery to sell it. The quality sells it every time When you buy stationery here you do not buy a SURPRISE PACKAGE.

The very best papers by the quire, pad or box, always in stock.

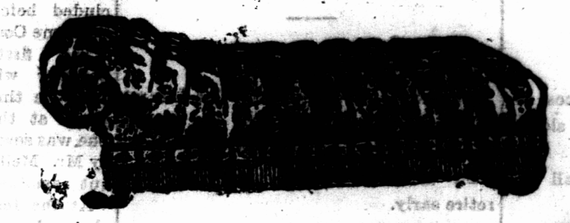
Mitchell's Bookstore

Queen Street Opp. Prowse's.

SWELL LOUNGES

—AT—

COMFORTABLE PRICES.



Twenty-five Brand New Up-to-date Lounges Direct from the Factory.

We will close them out for SPOT CASH at EASY-RESTING PRICES

JAMES PATON & CO.

"From The Atlantic to the Pacific"

Statesmen, Merchants,
Lawyers, Farmers,
Doctors, Mechanic
and men in every sphere of life are investi.. with the

GREAT WEST LIFE ASSURANCE COMPANY

Write or call.

DAVID INGLIS, General Agent, Ch'town, P. E. I.

Queen Street.

Big Reductions

We are offering the balance of our Spring and Summer Clothing at big reductions

Suits worth $6 00 for $4.50.
Suits worth 7.50 for 5.00.
Suits worth 8.50 for 6.00.
Suits worth 10.00 for 7.50.
Suits worth 12.00 for 9.00.
500 pairs men's separate pants at one quarter less than price.
A lot of children's clothing at half price.
It you buy without seeing our clothing, you'll make a mistake.

J.B. MacDonald & Co.

Leader of Low Prices.

Competition Helps

To sell the

Famous "Headlight" Match

Many will use a cheaper article once, and return to "THE HEADLIGHT" for all time. The safest match is

THE E. B. EDDY CO'S Capital Safety

Only strike on the box. Ask your grocer for them.

THE

QUEEN HOTEL

HALIFAX, NOVA SCOTIA.

Last season used a large quantity of

PORT HOOD COAL

The proprietor reported excellent satisfaction. All hotel men should buy PORT HOOD.

Eastern Steamship Co.

International Division.

Additional Direct Service

Commencing June 25th, 1903, steamers leave St John, at 8 a. m. (Atlantic Standard) on Mondays, Wednesdays and Fridays for Lubec, Eastport, Portland and Boston.

For Boston direct on Tuesdays and Saturdays at 6.30 p. m.

Returning from Boston via. Portland, Eastport and Lubec Mondays, Wednesdays and Fridays at 9 a. m.

From Boston direct Mondays and Thursdays at 12 noon.

Through tickets on sale at principal Railway Stations and Baggage checked to destination.

Passengers arriving in St. John on evening previous to morning sailing can go direct to the steamer and take cabin berth or stateroom for the trip.

All freight via. the steamers of this Company is insured against Fire and Marine risk.

W. G. LEE, Agent, St. John, N. B.
A. H. HANSCOM, G. P. & T. A.
CALVIN AUSTIN, V. P. & Gen'l Manager.
General Offices Foster's Wharf, Boston, Mass
1,wtf.

P. E. I. RAILWAY

Commencing Monday, June 15th, 1903, the trains of this railway will run daily (Sunday excepted) as follows:—

Trains Outward. Read Down. No. 21 P.M.	No. 5 P.M.	No. 1 A.M.	Stations.	Trains Inward Read Up. No. 2 P.M.	No. 6 A.M.	No. 8 P.M.
5.00	3.20	8.00	lv. Ch'town ar	8.45	11.55	5.35
5 20	3.37	8.15	Royalty Junc.	8.28	11.39	5.07
5 50	4.14	8.44	N. Wilmshire	8.01	11.03	4.37
6.14	4.27	8 54	Hunter River	7.51	10.51	4.13
7 00	5.04	9.24	Emerald Junc.	7.22	10.17	3.39

No. 7 A.M.				No 12 P.M.	No. 4 A.M.	
7.25			lv Emerald Junc.			
8.00	5.35	0.48	Kensington	6.58	9.48	11.53
8.35	6.10	10.10	ar Summerside lv	6 35	9.13	11.10
No. 3 P.M.		No 11 A.M.		No 13 P.M.	No. 6 A.M.	
6.45		10.35	lv. Summerside ar.	5.35	9 00	
7.17		11.19	Wellington	4.43	8.27	
7.44		11.58	Port Hill	4.08	8.01	
8 34		1.16	O'Leary	3.53	7.12	
9.11		2.25	Alberton	1.52	6.34	
9.45		3 20	ar. Tignish lv.	1.00	6.00	
P.M.		P.M		P.M.	A.M.	

No 13 P.M.	No. 15 A.M.		No. 14 A.M.	No. 16 P.M.
3.50	6.55	lv. Ch'town ar.	8.30	5.40
4.40	8.23	Mt. Stewart Junction	7.38	4.07
5.16	9.00	Morell	6.59	3.27
5.36	9.28	St. Peter's	6.39	3.00
6.35	10.55	ar. Souris. lv.	5.40	1.35
P.M.	A.M.		A.M.	P.M.

No. 17. P.M.	No 19. A.M.		No. 18. A.M.	No 20 P.M.
		Mt. Stewart		
4.50	8.25	lv Junc. ar	7.20	3.55
5.38	9.37	Cardigan	6.32	2.43
5.55	10.00	ar Georgetown lv	6.15	2.20
P.M	A.M.		A.M.	P.M.

No 9. P.M.		No. 10 A.M.
7.25	lv Emerald Junc ar	7.20
8.15	ar C. Traverse lv	6 30
P.M.		A.M.

Trains run by Atlantic Standard Time.
D. POTTINGER,
Gen. Mgr. Gen. Pass. Agt.
Charlottetown, P.E.I.