

To Check Flu-Grip

Fight the Germs with Vapors Before They Can Get a Start

Treat All Colds Promptly But Be Careful Not to Disturb the Digestion With Too Much Dosing

While Flu is so prevalent every one should take precautions to prevent its further spread. Flu is generally accompanied by a headache, burning eyeballs, and aching joints. But it begins so many times with just an ordinary cold.

Too often, the colds are neglected until they have lowered the vitality and permitted the lurking germs of influenza, or pneumonia to "get a foothold." The only safe plan is to attack a cold at the very start. A hot bath, a laxative, and a vigorous application of Vicks VapoRub on the throat and chest at bedtime, will usually break up a cold overnight.

External Treatment Best

For hours after Vicks is applied, its ingredients, time-tested remedies, such as camphor, menthol, eucalyptus, thyme and turpentine, are vaporized by the warmth of the body, and inhaled right to the inflamed air passages. At the same time, the ointment acts

through the skin like an old-fashioned poultice, "drawing out" tightness and pain, and helping the vapors to break up the congestion.

Avoid Upsetting Stomach

This simple external treatment cannot disturb your digestion as too much "dosing" is so apt to do. This is doubly important when "flu" is around, for your stomach, as well as your respiratory organs, must be kept in good condition in order to keep your body resistance at its highest level.

For this reason, too, mothers prefer Vicks for children. It can be used freely and often, even on the youngest child, with no fear of upsetting a delicate stomach.

To Help Ward Off the Flu

When influenza colds are prevalent, you can often prevent infection by snuffing a little Vicks well up the nostrils every night and morning, or before exposure to crowds.

Modern Etiquette

By ROBERTA LEE

Q. Who makes the first move to leave when a party is dining in a restaurant?

A. The hostess, or if a host is present, the chaperon or guest of honor.

Q. When introducing, are the words, "Meet my friend," or, "Shake hands with Mr. Jones," proper?

A. No; these forms are not correct. The more simplified introduction is the better. Merely say, "Mr. Brown, this is Mr. Jones."

Q. At a dinner given in a restaurant do the men follow the head-waiter, or the women?

A. The women always follow the head-waiter, the men last.

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1929

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Central Guardian

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WHOLESALE PRICES on all goods not specially mentioned in our Anniversary advertising. Moore & McLeod, Limited. 1089-1-3-21

MEMBERS of the Curling Club are reminded that the executive committee will be "At Home" on New Year's Day at the Curling Rink from 4 to 6. Ice is now ready for curling and all members will be welcomed. 1079

ONE THIRD OFF Women's Coats and Dresses at the Anniversary Sale. Moore & McLeod, Limited. 1089-1-3-21

CAVENDISH Pastoral Charge.—The week of Prayer and the Annual Meetings of the Churches will be combined and will meet as follows at 7.30 p. m.: North Rustico, Wednesday, Jan. 2nd; Cavendish, Thursday, Jan. 3rd; Stanley Bridge, Friday, Jan. 4th; New Glasgow, Monday, Jan. 7th. A good attendance is requested.

MACKAY-MARQUIS—Miss Barbara Ruth MacKay, daughter of Mr. and Mrs. J. T. MacKay, Sea View, was married at 5 p. m., Saturday, Dec. 29th, at the Coolidge Corner Baptist Church, Brookline, to Mr. George Marquis. The bride, who was attired in a blue afternoon dress with hat to match, was attended by Miss Ruby Hull of New York and the groom, by his brother, Mr. H. Marquis. The pastor, the Rev. Mr. Lindsay, performed the ceremony in the presence of fifty guests. A dinner was served to the bridal party, and a few friends, by Mr. H. W. Mason at his residence in Brookline, after which Mr. and Mrs. Marquis left for Montreal and Quebec on a wedding trip.

INSTITUTE MEETING.—The December meeting of the Southampton Women's Institute was held at the school-house on December 4th. Six members and four visitors were present. The president occupied the chair, the meeting opened by singing the "Institute Ode." The minutes of the last meeting which was the Annual Meeting were read and adopted. Roll call was answered to "Xmas Recipes." The dance which was held at the home of Mrs. Marcellus McDonald was voted a success, the proceeds were \$23.69. The bills in connection with the same were paid. It was decided to order eight new seats for the school. Discussion took place regarding the children's Xmas presents, the result being a small sum paid by each member and \$2.00 from Institute so that each child be remembered by Santa Claus. The correspondence was read. Meetings adjourned by singing "God Save the King." After adjournment lunch was served and a social hour spent.

SHORT OF BREATH Smothering Feelings Choking Sensation

Mrs. H. Day, Dartmouth, N.S., writes: "For over a year I was troubled with smothering spells and shortness of breath, and it was impossible for me to walk even a short distance, because of the choking sensation which followed.

After trying many treatments, in vain, I at last decided to try

MILBURN'S HEART NERVE PILLS

and in a surprisingly short time they did me much good.

Price 50c per box at all druggists or dealers, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.

What Makes a Good Wife? Dorothy Dix Lists Seven Laudable Qualities

"A Good Wife Is One Who Has Common Sense, Philosophy, Humor and Human Understanding And Who Brings Them All to Bear in Dealing With Her Husband," Says Dorothy Dix

A CORRESPONDENT asks: "What is your idea of a good wife?" A good woman isn't always a good wife. A woman may be a paragon of all the virtues; she may be as chaste as Caesar's wife; she may be as uncomplaining as Patient Griselda; she may be as beautiful as a moving-picture actress; she may be as learned as a college professor, and cook like a French chef, and yet be the worst sort of a wife. She may love her husband well enough to die for him, and yet make him willing to die in order to get rid of her.

FOR the qualities that make a woman an earthly angel are not those that make her easy to get along with and female saints are trying life companions.

NOW my idea of a good wife is a woman who accepts her husband "as is," as the shipping manifests say. She doesn't put him upon a pedestal and then have its every time he tumbles off it. She doesn't expect the impossible from him. She doesn't demand that he shall be at one and the same time a go-getter business man, a romantic lover and a highbrow.

NOR does she expect him to be always calm and even-tempered and majestically superior to all the little plumpicks of life. On the contrary, she takes him as nature made him, with all his imperfections thick upon him, and she laughs at his tempers, humors his whims, rubs his fur the right way and extols his virtues.

A GOOD wife never nags. She says her say one time and lets it go at that. She doesn't play upon one's nerves as upon a harp with a single string until she wears a poor, tired man's nerves to tatters. Nor does she ever say, "I told you so." She knows that a man is sore enough over his mistake without having his wife rub it in.

ALSO, she recognizes that a man who has enough intelligence to hold down a good job has sense enough to come in out of the rain without being told to, and so she refrains from continually reminding him to watch out for automobiles, and to come home early, and not to sit in a draft or eat mince pie for lunch.

A GOOD wife gives her husband a reasonable amount of personal liberty. She doesn't consider that the marriage service turned her husband into her bond slave, and constituted her his jailer. Nor does she desire to feel that marriage is a ball and chain about his feet. She realizes that even the most domestic man must occasionally want to spend an evening away from home; that he must enjoy a stag party as much as she enjoys a hen party; that he must feel an urge to revert to the wild every now and then, and shake wife and babies and go off on a hunting or fishing party with his old cronies.

THEREFORE, instead of raising ructions every time he wants to take an evening off, or to do anything for his own personal pleasure, she helps him to his good time, and makes it easy and pleasant for him to go, and is a good sport instead of a spoilsport.

A GOOD wife is a good housekeeper. She realizes that it is just as much the woman's part to try the bacon to a perfect crisp as it is the husband's part to bring home the bacon, and that the wife who doesn't make a comfortable home for her husband is just as much a quitter and a woeher as the man who will not work to support his wife.

SHE knows that a man's health and efficiency depend upon the kind of food his wife gives him to eat, and the quiet and peace of the home she makes for him. She knows that whether he is going strong in his 50s, or is a nervous wreck depends upon the way she has fed him, and whether he has been able to spend his evenings in rest and quiet, or in fighting with her or in being dragged around to parties.

A GOOD wife keeps up her husband's morale. She believes in him and she keeps his faith in himself alive. She bucks up his courage when it falters, and breathes fresh vapor into his soul so that he fights on, and does the thing he couldn't do.

SHE is never a wet blanket. She never croaks disaster. She never takes the last bit of pep out of him by wondering why he can't succeed as other men do. She helps him to do the best that is in him because she feels that he must justify her confidence in him.

A GOOD wife keeps on her tiptoes all the time. She never permits herself to slump in body or in mind. She knows that it isn't enough to wump a man once. It is a job that has to be done over again every day. She knows that because a man loved a woman when she was 20 is no sign he will love her when she is 40 unless she has kept herself lovable.

SHE knows that if she keeps her husband in love with her it isn't because it is his duty to love her, or because she has been a good and faithful wife. It is because she has kept herself attractive-looking, because she is interesting to talk to, and because she is so sweet and amiable that she makes flappers seem as sour and insipid as a green apple beside a ripe peach.

THE good wife chums with her husband. She doesn't make him feel that his nose was put permanently out of joint by the first baby. She doesn't make him run a bad second to the children in the home. She never puts him into the humiliating position of being merely the family meal ticket.

ALWAYS she makes him feel that he is the head of the house; that he is the one to be considered and referred to, and that he has the prior claim on her time and attention.

SHE doesn't spend the evening holding the baby's hand while it sleeps, while husband goes out for company. She grabs her hat and goes with him. She interests herself in his interests. She listens with enthusiasm while he talks of his business or his fads. She laughs at his jokes and endures his stories and doesn't drive him away from home to get the sympathy that he craves.

IN a word, a good wife is a woman who has common sense, philosophy, humor and human understanding, and who brings them all to bear in dealing with her husband.

DOROTHY DIX.

UNCLE RAY'S CORNER

A GREAT NEBULA

The name "Orion" is pronounced "O'Ryan." There is a story that an Irishman once asked: "What is that bright group of stars over there?" "That is Orion," his companion replied.

The stars of Orion are certainly among the best in the heavens, and I like to see them as they come into the evening sky each winter.

Under the three stars which form Orion's belt are stars which form the hunter's dagger. Probably you would guess that there are three or four stars in that dagger, but look at them sometime through a small telescope or a good pair of field glasses. You will see that the middle "star" no longer looks like a star, but like a patch of mist.

Look at the "patch of mist" through a large telescope and you will see a beautiful sight. The mist will seem brighter, and you will notice several very bright parts which may be called stars—or giant suns.

Taken together all of this forms what is known as the Great Nebula of Orion.

A nebula is a mass of burning gas. Sometimes the gas is packed together well enough in places to be called as "solid"—or nearly as solid—as the sun which gives us light and heat.

The Giant Nebula of Orion is thousands of billions of miles away, surprise you, Hughes Drug Co., Ltd.

"I knew it!" cried the son of Erin, who did not know that Orion was supposed to have been a Greek hunter. "I knew that the bist stars in the heavens would be named for

Peters Road and Vicinity

We are still favored with mild weather, and wheeled vehicles are still the means of locomotion.

Mr. Josiah Jenkins, Greek River, after his return from the U. S. has had his dam re-built, the sawing gear and general equipment put in order and is now busily engaged in the sawing of lumber etc.

The closing exercises and Examination of Peters Road School—Teacher Mr. C. J. McLean—was held on Friday, 21st December. A large number of ratepayers, school officers, and visitors were present on the occasion.

The pupils were examined in the different subjects by their Teacher Mr. McLean, assisted by Mr. W. L. McLean. The examination was most satisfactory. The pupils were alert and answered the questions propounded by the teachers readily. The reading was exceptionally good. At the conclusion a program was rendered by the pupils including singing and recitations, and some popular violin selections were excellently rendered by Mr. Otis Jackson—a Trustee.

The pupils were given gifts from the Xmas Tree under direction of "Santa Claus Pals," and everyone present was treated with a generous supply of candy and fruit.

The Teacher was fittingly remembered by his pupils in a most appropriate gift. The exercises were concluded with the singing of the National Anthem.

Alma School, Teacher Mr. M. A. Beaton, also held their Examination and closing exercises on the same day.

We are informed that a most successful examination was conducted in this school.

Alliston School—Teacher Mr. Nathan Beaton.

This school also held their Exam. and Xmas Tree on the 21st inst. Much interest was taken in the Examination and program rendered. Women's Institutes have been organized and are busy at work in these three schools, and already much improvement in school property and equipment, as well as valuable aid to the teachers are in evidence.

Libraries for the use of the pupils in these schools would be a most valuable factor for good sound reading, as too much of the literature which boys and girls read is useless if not injurious.

Mrs. Arthur Thompson and family motored from Milltown to Greek River recently. Mrs. Thompson visited a former neighbor, Mrs. Edward Munn, who is now seriously ill.

Mr. Alexander Graham, of the Boston Elevated Railway, who has been visiting his old home in Breadalbane for the past fortnight on account of the continued illness of his father, left Saturday morning on return to his home.

Daily Lessons in English

WORDS OFTEN MISUSED: Do not say, "Set down on the bench." Say, "Sit down."

OFTEN MISPRONOUNCED: diagnose; last syllable os or oz.

OFTEN MISSPILLED: vengance; meta the ea.

SYNONYMS: danger, risk, peril, hazard, jeopardy, hazard, uncertainty.

WORD STUDY: "Use" a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: AMAZE; to confound or bewilder; astonish greatly. "We were amazed to discover such conditions."

PEASANT BUYS AIRPLANE

In order to be able "to admire his crops from the sky," a Serbian peasant recently bought an airplane from a French aircraft firm.

The man had seen his first plane two weeks before when one flew over his fields near the village of Silba, and he was so impressed that he at once went to an aeroplane near Belgrade and asked to be shown a similar machine, and have its operation explained. "I am rich enough to buy myself an airplane and admire my fields from above," he told the director of the aeroplane from whom he ordered the plane. A crowd of admiring neighbors gathered at his farm to see the plane delivered.

Five hundred bunches of grapes were taken this season from the famous grape vine, 160 years old, at Hampton Court, England.

The light which we see there started coming to us before Columbus set out on his first voyage to America.

Uncle Ray

Tomorrow—Journeys Through Space

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AUBURN SCHOOL EXAMINATION

The semi-annual examination of Auburn School was held on Thursday afternoon, December 20th, with a large number of parents and pupils present. The school was artistically decorated for the occasion and the Christmas tree which occupied one corner of the room was brilliantly decorated with ornamental bells, tinsel etc. The pupils were examined in the various subjects by their teacher, Miss Mabel A. Cusack, assisted by Rev. D. Croken, Mr. Austin McDonald and Mr. James O. Trainor. After the examination, Mr. James O. Trainor was appointed chairman and a very enjoyable programme was carried out by the pupils. As Mr. Edwin Corrigan played a violin selection, Santa Claus appeared in his usual regalia and stripped the heavily laden tree which held presents for both teacher and pupils. The visitors and pupils were then treated to candy and apples. On behalf of the pupils Miss Margaret Corrigan read an address and Miss Mary McCarron presented the teacher with a purse which were suitably acknowledged by the teacher. The following is the address:—

Dear Teacher—We are taking advantage of this special occasion to greet you, and to offer you a little token of friendship and appreciation.

It is now four months since you came—a stranger to everyone here. In this short time, however, by your strict attention to duty, by your firm yet gentle discipline, and by your ability as a teacher, you have already gained the confidence and won the love of the entire school.

We thank you, dear teacher, for all that you have done for us, for your patient instruction, your ever ready assistance with our lessons, and for many acts of kindness from time to time. We also present you with this little remembrance. In doing so we wish you all the joys of the Christmas season. We hope, too, that your holidays shall be restful and pleasant; and that the New Year shall bring you continued happiness.

In behalf of the pupils of Auburn School, December 20th, 1928. Speeches were made by Rev. D. Croken and Mr. James O. Trainor commending the teacher and pupils on the fine progress made in the school during the half year.

Nearly 140 delegates from 42 countries attended the recent triennial congress of the International Spiritualists' Federation at London.

Trundle Hill, long used as a natural grandstand on Goodwood racing grounds, England, has been found to be the site of a Neolithic tool and pleasant; and that the New camp dating from about 2,000 B.C.

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