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Genuine Castoria  
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Life's greatest assets are Health  
and Strength and without these ex-  
istence becomes intolerable.

The Human Body, under the best of conditions, is a fragile structure, easily susceptible to climatic conditions, over-exercising, exertion, mental and physical. This subtle requires constant attention if health and strength are to be maintained. The most reliable method of preserving health is to consume food which produces it. The food which produces health is that which contains Casein, Protein and Fat. COCOA is a palatable liquid food containing, when mixed with milk, all these necessary substances in a form that is not burdensome to the weakest digestion. For the easiest and most pleasurable way to obtain just the right kind of nourishment for the body, drink COCOA. For the best and quickest results drink Cowan's Perfection COCOA.

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COCOA**  
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**E. R. BROW**

Charlottetown

**WEDNESDAY**  
The greatest losses would naturally fall on the pursuers. Captain Mack occupied the Chair. A standing vote of thanks was tendered Corporal Hughes on the motion of Col. Moore, seconded by Mr. A. B. Warburton and supported by Mr. C. Gavin Duffy, Captain Ross, Rev. Maurice McDonald, Mr. W. L. Cotton and Mr. F. J. Nash.  
In reply Corpl. Hughes, while gratefully acknowledging the vote of thanks, said that he would like to bring home to his hearers the necessity of doing everything in their power to carry on this war to a successful issue. It was necessary that the people should make every sacrifice in order that the British Empire should win the war and so enjoy the blessings of civilization and peace that Providence intended should be enjoyed.

**WELL KNOWN RESIDENT DEAD.**—There passed away from this life to the Great Beyond on the night of Thursday March 21, the beloved wife of Mr. Charles Mullen at her home in Georgetown. The deceased was attacked by pleurisy and pneumonia about two weeks ago which developed into a complication of diseases a few days ago in which all hope for her recovery was given up and death came as a welcome relief to her intense suffering. The late Mrs. Mullen will be greatly missed not only by her family circle in which she was ever a faithful and loving wife and mother, but by her friends and neighbours as well, by whom she was always held in affection and respect. She leaves to mourn besides a heartbroken husband, three small children, to whom the sincere sympathy of the entire community is extended. The funeral took place from the home in Georgetown to the Cemetery at Sturgeon, on Saturday—C.

**FRED CROSS.**—The annual meeting of St. Luke's and Eortune Cove Ladies Cross Society was held on March 21st at the home of the president Mrs. E. H. Dwyer. The officers of the past year were re-elected. Money collected, 71.75; made good, 14.00; 1917, \$79.75; money spent, \$14.00, leaving a balance on hand of \$24.75. The following articles were made and shipped to the head branch at Charlottetown: 4 Nexas socks, 17 nightshirts, 67 mitts, 15 towels, 15 handkerchiefs, 24 gins, 61 washcloths, 3 pairs mitts and 154 pairs socks. Also 72 pairs of socks sent to Mrs. Hyndman for boys in the trenches and 36 pairs sent direct to boys in France. Making a total of 262 pairs. The Society wish to thank all those who helped with spinning and knitting and those who kindly gave their houses for a number of social evenings held during the fall and winter, and also the following for their contributions: Mrs. J. T. Dugman, wool; Mrs. J. G. Smith, wool; Mrs. H. Boulter, 1 lb. wool and 1 pair socks; Mrs. Corish 1 lb. yarn; Mrs. D. McNeill 2 lbs. yarn; Mrs. A. Gordon 2 pairs socks; Mrs. James Dickerson, 1 pair socks; Mrs. J. J. Rayner, 1 pair socks; Mrs. McGee of West Devon, 2 pairs of socks. Maud Devon, Sec.

One of the most interesting addresses yet given before the Army and Navy Veterans' Association was that given last night in their rooms in Market Building. The rooms were crowded and the audience was intensely interested in the experiences graphically described by Corporal Hughes. The Corporal enlisted in the West and his address began with the camp at Valenciennes, which he described most entertainingly. From Valenciennes to Stillsbury Plain; from Stillsbury Plain to the front line trenches made a most interesting story. After 24 hours in France the battalion was sent to the front to relieve the British who had been in the trenches for several weeks without let up. The detachment was the first to experience the effects of poison gas, an experience which he graphically described. It was on this occasion that the French support on the Canadian front broke leaving the Canadians to protect an extra line of four miles for which they had no reserves. The re-organization of the French line was another interesting bit of history. At this point there was neither man nor gun between the Germans and Canadians. Had the Germans known it nothing could have prevented them getting to Calais as the British reinforcements had not yet arrived. Corporal Hughes described a number of battles in which he took part, including Ypres, Givenchy, Courcellette, the struggle for a salient covered by German guns from an overlooking hill and a number of other incidents and experiences. He also gave a word picture of the present battle as realized by him from his knowledge of the ground and the conditions. He assured his hearers that the present retirement was no calamity but part of the strategy prepared for an advance. The British were retiring in an unbroken line to their third defences. At each of these defences they were gaining fresh strength while the enemy was being decimated. It would mean loss of life certainly but

Marked by an entire absence of customary ostentation, and with a simplicity very properly befitting the gravity of the crisis through which the province in common with every other part of the Dominion and of the Empire, is passing, at the present time, the Fourth Session of the Thirtieth General Assembly of Prince Edward Island was opened in the Legislature Chamber, yesterday (Tuesday) afternoon, the 26th day of March 1918. His Honour Augustine Collin Macdonald, Lieutenant-Governor, presided at the opening ceremony on Tuesday the 19th inst., which was occasioned by the storms of the previous week. The opening of the present session, although perhaps not as spectacular as in the past, was not without considerable interest, witnessing a change in the leadership of the House, due to the resignation of the former Premier, Hon. A. Matheson, to the Chief Justiceship of the Province, and the assumption of that office by Hon. A. B. Prowse, vice Mr. John S. Martin, now in the Cabinet, and the introduction of two new members—Mr. James D. Stewart, representing the 10th District of Kings, and Dr. Robert J. McDonald, elected to fill the vacancy caused by the death of Mr. James D. McInnis, late representative of the Second District of Kings. Shortly after three o'clock, the members having taken their seats, the House proceeded to the reading of the proclamation summoning the House. This was followed by the reading of the Writ for the bye-election in Third Electoral District of Prince County, and the Return intimating the election of Hon. Premier Arsenault to represent the district.

Hon. J. D. Stewart, having read a message from the Lieutenant-Governor announcing that he would proceed to open the Legislature and directing the appointment of a Speaker to fill the vacancy resulting from the entry into the Cabinet of Hon. Mr. Martin, the Premier moved that Mr. A. B. Prowse, of Murray Harbour, be appointed to the Chair. The Premier said that he had great pleasure in making the motion, in doing which he felt sure he was only echoing the wishes of most if not all of the members of the Legislature. In looking around the Assembly, he did not know of any man more qualified in many ways and having more qualifications to fill the office, than the Senator Member for Murray Harbour. Mr. Prowse had been a member of the House for a great number of years—in fact, was one of the oldest members; and by experience, by judgment and by otherwise, he thought he was eminently fitted to be Speaker of the House. He was sure that the time Mr. Prowse would spend in the Chair would be to the greater benefit and good government of the House.  
Hon. Murdoch McKinnon, Commissioner of Agriculture, seconded the motion.  
Mr. J. H. Bell, Leader of the Opposition, speaking on the motion, expressed the hope that Mr. Prowse would preside over the deliberations of the House with both dignity and impartiality, and said that he would find support from every member of the Opposition.  
The question was then put to the House and carried unanimously.  
The Premier then presented a bill entitled "An Act respecting Justices of the Peace," which was read a first time; after which he presented the Writs in connection with the bye-elections in the Second and Fifth Districts of Kings respectively. The writs and returns were read by the Clerk, and Dr. Frederick McDonald, representing the Second District of Kings, and Mr. James D. Stewart (Fifth King's), were escorted by the Premier and the Commissioner of Agriculture and formally introduced to the House.  
Mr. J. D. Stewart then moved that the Address in reply to the Speech from the Throne be taken into consideration tomorrow (Wednesday).  
The Premier, as Chairman of the Special Committee for the purpose of appointing Select Standing Committees of the House, moved the adoption of the following list, which motion was carried unanimously:

- STANDING COMMITTEES.**
- On Agriculture: Hon. Murdoch McKinnon, Hon. Leonard Wood, Mr. J. A. Dewar, Mr. McLellan, Mr. McMillan, Mr. J. G. A. Macdonald. (Quorum 4.)
  - On Printing and Binding the Journals: Hon. Mr. McEwen, Mr. McNeill, Mr. Johnston. (Quorum 2.)
  - On Revising the Journals: Mr. A. A. Macdonald, Mr. Howatt, Mr. R. J. Macdonald. (Quorum 2.)
  - On Public Accounts: Mr. Paton, Mr. McNeill, Mr. Bell, Mr. Gallant, Mr. McLellan, Mr. McEwen, Mr. Saunders. (Quorum 4.)
  - On Standing Rules and Orders: Hon. Mr. Arsenault, Hon. Mr. Kennedy, Hon. Mr. Dalton, Mr. Johnston, Mr. Hughes. (Quorum 3.)
  - On Legislative Library: Hon. Mr. Arsenault, Hon. Mr. Dalton, Hon. Mr. Jenkins, Mr. Forbes, Mr. Hughes. (Quorum 3.)
  - On Private Bills: Hon. Mr. McEwen, Hon. Mr. Dalton, Mr. Saunders, Mr. Stewart, Mr. Dennis. (Quorum 3.)

The Leader of the Opposition also paid an eloquent tribute to the memory of Mr. McInnis, expressing himself in complete accord with the sentiments of the Premier. He remarked on the splendid qualities of the late Mr. McInnis, particularly his deep sense of humour which he never used with any vindictive intention. He sincerely deplored the loss of "our dear departed friend," as he said they might well speak of Mr. McInnis, and said he would long cherish his memory.  
Hon. H. D. McEwen said it would be well for him to pay his tribute of respect to the memory of the late member of St. Peter's, seeing that he was from the same district and had known Mr. McInnis for a very long time. Although they had been politically opposed, he had never known an unpleasant word to pass between himself and the deceased. Mr. McInnis had been a good member of the House, always at his post, faithful and true. Hon. Mr. McEwen supported the motion with pleasure.  
Mr. A. E. McLean, in referring to the subject, remarked that no matter how hot the debate had been, he immediately Mr. McInnis rose to speak the members all looked pleasant. He thought that the House had certainly

**Easter**  
ASTER—redolent of budding leaf and flower—bright sunshine—Spring, and the dawn of new life throughout all Nature!  
Fitting it is that such a time should be joyously welcomed.  
Let your Easter table be in keeping with the day—your menu as attractive as the flowers that adorn it.  
Start with a breakfast of SWIFT'S PREMIUM HAM—the one ham that is outstanding in excellence because of its firm, juicy tenderness—its succulent fat and exquisitely flavored lean—that mild, characteristic, satisfying savoriness that comes only with the exclusive Swift process of selection and curing.  
You can seek no better Easter breakfast dish than ham—you can find no better ham than SWIFT'S PREMIUM.  
**Swift's Premium Ham**  
Swift Canadian Co. Limited  
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**THURSDAY**  
Wednesday, March 27.  
The House met at half-past five o'clock this afternoon, and after prayers and the reading of the Journal, adjourned until 8 o'clock. On resumption in the evening, Mr. J. D. Stewart moved the address in reply to the Speech from the Throne. This was Mr. Stewart's maiden speech in the Legislature, and he made an admirable impression, as had been fully expected. He has a remarkably easy flow of language; his choice of words is both varied and exact; while his continuity of thought and the completion of his periods mark him a careful and finished speaker. He referred to the several members who had been his predecessors in the representation of the District which had done him the honour to elect him, from the time of the late Hon. Mr. Bayland to that of ex-Premier Matheson, and said that he was proud to represent a constituency that had returned in the past some of the most illustrious members of the House. He touched sympathetically upon the death of the late Mr. McInnis and also to the death since last session of a former member, the late Hon. A. J. Macdonald. Mr. Stewart then proceeded to deal in detail with the Speech from the Throne, and concluded his speech with an eloquent reference to the present serious crisis in the history of the war. An extended report of Mr. Stewart's speech will appear tomorrow.  
Dr. R. J. MacDonald seconded the

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motion in a brief but able speech, also referring to the war, and sounding a note of optimism in spite of the gloomy aspect of the situation at the moment.  
Mr. J. H. Bell, Leader of the Opposition, then took up the debate, and at ten o'clock moved its adjournment.  
A more detailed report of the proceedings will be given in a subsequent issue.  
(Special to the Guardian)  
OTTAWA, March 27.—Third reading was given this afternoon in the Commons to Sir Robert Borden's act respecting the department of immigration. This act creates that department, of which Hon. J. H. Calder is the Minister.

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Malted Barley  
not only saves wheat in making  
**Grape-Nuts**  
but produces actual sugar from the grains.  
No sugar is needed with Grape-Nuts and less milk than with the ordinary cereal.  
**Delicious War Bread**

**For Pimply Faces  
Try Cuticura  
Soap and Ointment**  
Samples Free by Post  
A simple, easy, speedy treatment for the pimples with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. Use night and morning.  
For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, these fragrant emollients are wonderful as well as ideal for the toilet.  
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