



Borsalino MADE IN ITALY ORIGINAL HOUSE FOUNDED IN 1857

\$7.50

BORSALINO is the World's best Hat. It is the premier hat in style—in workmanship—in wear—and in satisfaction to the wearer.

The MEN'S STORE carries always P. E. Island's foremost stock of BORSALINO HATS.

All the new blocks—all the new colorings.

\$7.50 each

Good Hats at \$5.

There's a splendid assortment of other makes of Hats at the "MEN'S STORE." The new snap brims—the new fancy bands—everything that is new.

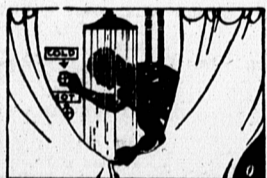
\$5. and \$6.

MOORE & McLEOD LIMITED

"Proper Food and Exercise," by ARTHUR A. McGOVERN Former physical director, Cornell Medical College

Avoid cold after bathing in winter

I HAVE received so many inquiries regarding the procedure of bathing during the cold weather that I believe this article will prove interesting to my readers.



COLD SPRAY ADVISABLE FOLLOWING A HOT BATH

Today's mail brought a letter from a woman informing me that when she bathes in the morning before going to business, she invariably contracts a cold in the head, and that if she stands the shock of cold water changes the routine and takes her bath just before retiring, she has difficulty in sleeping. This sometimes happens. When a person is not doing laborious work, this mild stimulation is likely to freshen him at bedtime or excite the nerves to the point where getting to sleep is difficult. I suggested that this lady do some exercise and take her bath before dinner. This will give her several hours before bedtime, and the mild exercise will react against the invigoration of the bath.

In regard to getting cold after the morning bath, I am quite sure this is due chiefly to taking

a hot bath and not finishing up with a cold spray. On cold mornings people prefer a nice, warm bath and are a little afraid of using cold water after it. If we will go through our daily exercises upon arising, we will have started the tone of the circulation and created enough natural heat in the body so that we will be better able to stand the shock of cold water after the hot or warm bath than we are when we step right into the hot bath without having done our exercises.

Hot baths, like ray bath or Turkish baths, have a tendency to open up our pores, and while elimination from the pores is essential to good health, we must take the necessary precautions to see that our pores are properly closed before we expose our bodies to the cold air out-of-doors. Therefore, if we will wind up our bath with a cold spray or shower, our bodies will not be likely to catch cold, since cold water serves to close the pores.

Diet for "Underweights" Who Exercise Daily

BREAKFAST: Dish of stewed fruit of any kind with cream. Bowl of oatmeal or corn meal mush thoroughly cooked with two tablespoons of butter dissolved in it, sugar and cream. In place of this a bowl of bran flakes may be taken. Toasted whole wheat, rye or graham bread, butter. Cocoa, chocolate or a coffee substitute. Two glasses of water between breakfast and lunch.

LUNCHEON: Creamed soup. Any kind of plain salad. Glass of milk. Baked apple with cream or any stewed fruit. Rice, tapioca or farina pudding. Two glasses of water between luncheon and dinner.

DINNER: Melon, grapefruit or fruit cup. A soup of asparagus, celery, lettuce, corn, beans or any vegetable that can be pureed. A portion of any lean broiled meat, chicken or fish. Two green vegetables. Stewed fruit, berries, or fruit pudding. Brown, bran or whole wheat bread and butter. Two glasses of water before bedtime.

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Western Guardian

FOR LATE WESTERN NEWS Page 3 is available.

GUARDIANS ON SALE at the Guardian's Western Office in the McNeill Building, Summerside every day.

GUARDIAN OFFICE. The Guardian's Western Office is now located in the McNeill Building, Water St., Summerside, where subscriptions, news or advertising will be received. The phone number is 233.

FOR SALE. Schooner Pacific with all her gear now stranded on Summerside Bar. Sampson Grady, Summerside. 8585-7-31

UNITED CHURCH OF CANADA—Bedouque Circuit, April 11, 1926. Bedouque 11 a.m. and 7.30 p.m. Sealestown 3 p.m. Cape Traverse 7 p.m. Special Easter program by Mission Circle at Bedouque.

GOES TO SUPREME COURT—The adjourned case against the man recently arrested in connection with the seduction of a girl under the age of 16 years, who died in childbirth at Woodville, Lot 3, came before Mr. E. H. Strong, Chief Magistrate of Prince County, for further hearing at Summerside on Saturday last, when a number of witnesses were examined and the evidence concluded after cross examination by Mr. Heath Strong, K. C., appearing for the Crown, and Mr. C. D. MacCallum for the defense. His Honor reserved judgment until Tuesday morning, when the prisoner was sent up for trial at the June term of the Supreme Court.

FINE EASTER SPIRIT—A very large congregation assembled in the Bedouque United Church on Easter Sunday morning to honour the Risen Christ. Rev. Mr. Fitzpatrick, minister of the church, introduced a new feature into the service in his talk to the children by illustrating the story of the Easter Lily with a card board construction from the Bulb to roots, stem, leaves and a full fledged plant with blossoms. This preceded the regular sermon on the "Risen Christ". The choir with special appropriate music rendered fine service. The congregation regretted the illness of the regular organist, but greatly appreciated the kindness of Miss Jennie McCallum in taking her place on short notice. The whole service was very worshipful and helpful.

ELECT OFFICERS—Shamrock Division, No. 130 Kensington one of the best Divisions of S. of T. held a very pleasant meeting in their hall on April 6th, a large number of the members being present. They had the pleasure of having the Grand Worthy Patriarch of Shamrock Division and Grand Scribe, Bro. Ira McKay of Union Division with them. New members were added to the roll and they elected their officers for the quarter, namely: W. P. Broder Evans, W. A. S. Broder Evans, R. S. Broder Evans, P. W. P. S. Broder Evans, F. S. S. Broder Evans, Treasurer, Bro. Thomas Somers; Chap., Bro. Thomas Somers; Con., Sister Martha Somers; A. C., Bro. Isaac Walker; I. S., Bro. John E. Bernard; P. W. P., Sister Mae Walker; Arganist, Sister Thelma Semple. The members believe that there should be no discharge from the ranks of Temperance. After all business had been over a delightful lunch was served by the sisters and after a few games and music all left for their homes feeling a very pleasant evening had been spent and wishing Monday night to come again. This is only one of the pleasant evenings spent in the good old Shamrock Division.

EASTER SERVICE—On Easter Sunday morning the Rev. Dr. M. E. Genge, pastor of the Presbyterian church, Kensington, gave a beautiful Easter Message, dwelling on the Resurrection. The choir rendered special music, with a solo and chorus, Mrs. Hugh Morrison taking the solo part. The church was beautifully decorated with Easter lilies. In the evening the Forward Mission Band

Watch Your Daughter



Maitland Photo Studio Stratford, Ont.—"Dr. Pierce's Favorite Prescription is the best tonic and nerve that can be given to a young girl while growing into womanhood. When I got to the age where I began to develop I was very backward. I became so nervous I could not sit still. I was not able to sleep, had severe pains thru my back and head. I was very tired, weak and miserable. The lady where I was staying got me a bottle of Dr. Pierce's Favorite Prescription, and by the time I had taken it I was feeling fine, my nerves were good, I got strong, began to gain in weight and developed into womanhood naturally and never had any more trouble."—Mrs. Stanly Tozer, 183 Railway Ave.

Any drug store, in tablets or liquid, or send 10c to Dr. Pierce's Laboratory in Bridgeburg, Ont., for trial pkg.

held their Easter concert and in spite of the unfavorable condition of the roads the church was filled to capacity. The Pastor, Rev. Dr. Genge presided. The following program was carried out. Opening chorus by the Band Scripture reading by Kenneth MacFadyen; Prayer, Rev. Dr. Genge; A solo, The Holy City by Mrs. McAdam deserve special mention; Reading by Rena Kennedy; Exercise, Arisen by six little girls; Reading by Ruby Bernard; Solo by George Hiltz; Reading by Greta Bernard; Exercise, Easter Wreath by eight little girls; Reading by Ruth Hiltz; Duet by Thelma Semple and Ruth Hiltz; Exercise by four boys. Special mention may be made of the duet by little Miss Gracie Semple and little Miss Marjorie Kennedy, who although only eight years and six years of age possess voices of rare power and sweetness. An address by the Pastor to the children and Hymn 677 by the congregation brought the meeting to a close. Mrs. McAdam was the accompanist for the evening. The Forward Mission Band wishes to thank Mrs. McAdam for her valued assistance. A handsome sum was realized which goes to help the Mission Band. Much credit is due Mrs. Alex Hiltz and Mrs. James E. Bernard for the way they trained the children.

The Late Moses Burke

Worn out under the strain of 103 years, and at an age which few mortals are privileged to attain, Mr. Moses Burke of Lower Montague, quietly passed away last Thursday night. Mr. Burke was born at Rollo Bay in September, 1823. From his youth he was a ship carpenter, and during the days when ship building flourished in Prince Edward Island he was employed by the Duncans and Douses of Charlottetown, the MacDonalds of Mount Stewart, Honourable Daniel Gordon of Georgetown, and George Wightman of Montague, and other builders who have gone to join the great majority.

In his day when he was actively engaged at his trade, Mr. Burke saw as many as thirty-five ships under construction in Charlottetown and Mount Stewart, and other points on the East River. After the ship building boom had died away, he carried on general carpentry work, bridge building, etc. For a number of years he made his home at Rollo Bay, his work taking him to different parts of the Island. About forty years ago he permanently located at Lower Montague.

Mr. Burke retained his faculties almost to the very last. He had a very retentive memory and could relate many interesting reminiscences of the "good old days" in Prince Edward Island. He recollects having seen before the days of railroad as many as fifty sleigh loads of ship building material leaving Charlottetown for Souris by way of the East River ice.

In 1858 he was sent from Rollo Bay to Bay Fortune on a ship built by the Duncans. At the launching of this ship, one of the workmen, John McNevin of Boston, was killed by a fall from the rigging. Mr. Burke was driven by team from Fortune to Bonshaw for burial.

At the time of the great Sable gale, Mr. Burke saw eleven American vessels ashore on the north side of the island, within a distance of ten miles. There was heavy loss of life, the shore being strewn with the dead, a number of the bodies being buried in St. Peter's and Souris.

It has been the lot of very few in this province to pass the century mark to live under five sovereigns, George IV., William IV., Victoria, Edward VII., and George V., and to witness so many revolutionary changes in the realms of art, science and discovery, and to see empires and kingdoms crumble and the map of the world changed by bloody conflict.

During the Tenant League disturbances in the Edward Islands, Mr. Burke served in the militia under Commander Scully and he had many an interesting tale to tell of these days.

Mr. Burke possessed a remarkable physique. He scarcely knew a day's illness. His eyesight remained so good throughout his long life that he could always read without using glasses.

Two days before his death he was able to read from his Prayer Book when Father Kiggins visited him, and converse with the Priest on happenings of the "long ago." It was not until long after his death that he showed signs of failing, although he was not actually confined to his bed till about two weeks ago.

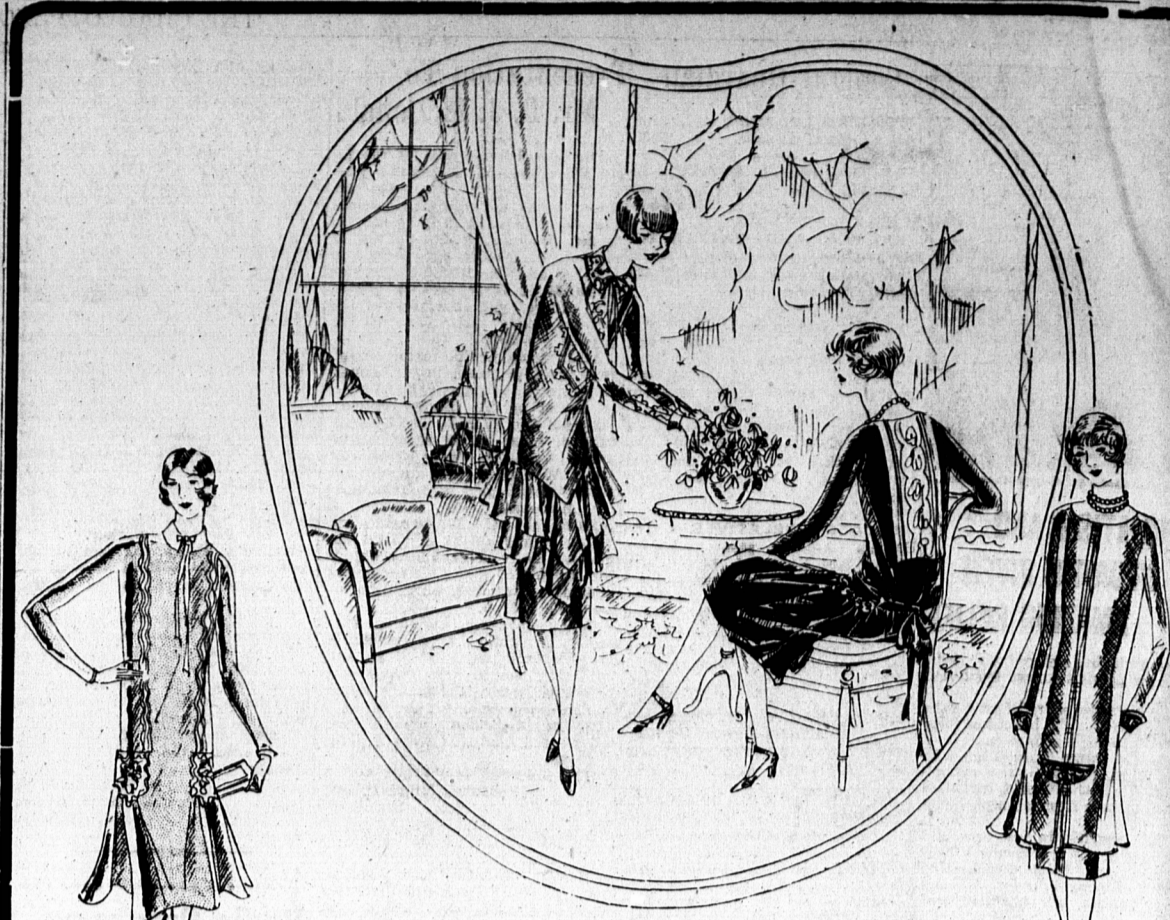
Mr. Burke was a Liberal in politics and always remained true to his party. At the general Federal elections in last October he polled his vote at Montague and was asked to go to the polling booth unaided. He also voted at the last provincial by-election in the Murray Harbour district on January 14th. He was a man of excellent character, of genial temperament, industrious and thrifty, a good neighbour and a warm friend. He seldom if ever tasted liquor, although he constantly used tobacco.

His father who emigrated to this province from Ireland lived to the age of 96. One brother Captain Frank Burke died of rheumatic fever at the age of 74 and one sister, Miss Veronica Burke died in Rollo Bay at the age of 83.

He was twice married, his first wife being a Miss Jarvis, and his second wife Mary Miller of St. Peter's Bay who survives him. The first family consisted of two daughters, both deceased. Of the second family of eleven sons and two daughters—seven sons survive, namely, Captain William P. Burke, Charlottetown, and James, John, Henry, Daniel, Phillip and Joseph all of Lower Montague.

The funeral took place on Saturday at 2 o'clock at Montague Cemetery. The services were conducted by the Reverend Father Kiggins of Georgetown, the pall bearers being neighbours of the deceased.

Eastern Guardian EASTERN AGENT.—Mr. J. W. Murdoch is now Guardian agent in Montague and will be pleased to receive news items, advertisements.



Charming Spring Styles IN Ladies' Ready to Wear Stylish Spring Dresses, New Printed Silks, Georgettes, Cantons, Flat Crepes, Etc. NEW COATS Prices Range from \$11.25, \$12.50, \$13.50, \$16.50 and up to \$60.00. Our Coats are smart and new style. Many trimmed with summer fur, others handsomely embroidered and stitched. In the newest flares and straight line styles. In the most fashionable materials—Poiret Twill, Charmee, Tricotine, Fancy Twill materials and many pretty Tweeds. A few Cape Coats just arrived. Our Coats come in sizes for Misses, Women and over sizes up to size 51.

Millinery An attractive assortment of hats in large and small head sizes, styles, materials and colors too varied to mention. Just arrived a nice assortment of ladies felt hats in bright new shades for Spring. Gloves for Spring Dainty styles in kid with fancy embroidered cuffs in Sand, Grey and Black \$2.85 to \$4.25. A large assortment of Chamoisette Gloves with fancy cuffs 85c to \$1.35. Plain Chamoisette Gloves 50c and 65c. Those Gloves come in best shades of Fawn, Sand and Grey, also Black. Overblouses in Fugi Silk and Broadcloth Nicely tailored Blouses of Fugi Silk, high neck in Sand, White and colors. Price \$6.00. Plain tailored Cotton Broadcloth Overblouses, White and Natural. All sizes \$3.40. Pongee Silk \$3.00.

Prowse Bros Ltd.

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THE MISSES McLEAN AND TOWNSEND Milliners, Montague have just returned from the big American and Canadian Centres where they have secured the latest creations in up-to-date ladies' head-wear. 5888

Country minister: "Little boy, what will your father say to your fishing on Sunday?" Little boy: "If you kin wait a minute he'll tell you. He's jest gone to dig some bait."

A correspondent asks: "Which is correct, 'Lo, the Conquering Hero Comes,' or 'See, the Conquering Hero?'" It depends upon the location. If the correspondent should be out West and see an Indian making for him with a scalping knife the former would be the correct way of using the quotation.

Safe to use Dissolves film completely as it foams around and between the teeth and into every tiny crevice. No scouring necessary. Not a trace of grit, nor dangerous drugs. Safe! Use it and see Your Teeth Get Whiter

Minty's tooth paste It foams WHY PAY MORE? 25c

PRINCE STREET SCHOOL Honor Roll, March 1926. Grade X.—Mr. Rogers—1. Margaret Phillips; 2. Dorothy Holman; 3. Helen Purdie. Grade IX.—Miss Scott: 1. Mabel Matheson; 2. Bertha Muttow; 3. Mary MacNeill. Grade VIII.—Miss Tait: 1. Nancy Weeks; 2. Adele McLennan; 3. Helen Walker.

Grade VII. Miss Irving: 1. Lyla Vaughan; 2. Marjorie McLean; 3. Edith Ford. Grade VI.—Miss Smith: 1. Rosella Williams; 2. Marjorie Shaw; 3. Marjorie Fraser and Lois Miller. Grade V.—Miss Fullerton: 1. Florence Simmons; 2. Doris Ferguson; 3. Edith Hill. Grade IV.—Miss Owen: 1. Edith Shaw; 2. Helen Morris; 3. Jessie MacLeod. Grade III.—Miss Stewart: 1. Gladys Laferty; 2. Doris Birt; 3. Ruth Acorn. Grade II.—Miss Stewart: 1. Joan MacNeill; 2. Marian Gay; 3. Mary McQuarrie. Grade I.—Miss Haslam: 1. Vio la Cudmore; 2. Harry Chandler; 3. Margaret McInnis. Grade II.—Miss Yeo: 1. Marie Campbell; 2. Doris MacDougall; 3. Helen Roper. Grade II.—Miss Weeks: 1. Joan MacLeod; 2. Margaret Large; 3. Pauline Linkletter and Stella MacNeill. Grade I.—Miss Bourke: 1. Elizabeth Worth; 2. Constance Cahill; 3. Lawrence Toombs. Grade I.—Miss Taylor: 1. Harold MacDonald; 2. Avis Ellsworth; 3. Charis Bentley.

"Fellow citizens," exclaimed the Smithville orator, "when the war rang over this broad land—" "The war in the barn loft, under six foot fodder!" shouted a man in the crowd who knew him.

Lt.-Col. J.S. Donaldson



One of the original "Red Riders of the Plains," who went west with the Royal North West Mounted Police in 1876. He has just died at Prince Albert.

Keep Baby's Skin Soft as Velvet Prevent and Relieve Eczema



EVERYWHERE Dr. Chase's Ointment is known and appreciated by mothers who have with grateful witness the benefit it has brought to their suffering children. Chafing and cracking of the skin is often the beginning of eczema. The trouble develops where two surfaces of skin rub together—as in the neck, armpits or between the folds of fleshy infants. Dr. Chase's Ointment applied after the bath brings relief from this condition and prevents eczema.

Dr. Chase's Ointment 60cts. a box, all dealers or The Dr. A. W. Chase Medicine Co., Limited Toronto 2, Canada