

The Eastern Guardian

There's a picture of you in your soldier's memory. But it is expecting a new one, as you are today, to take its place. Make the appointment today. THE COOK STUDIO

Pictures of Home! Folks inspire our soldiers of democracy with a courage that wins. Call and see our Pocket size folders for your soldiers Xmas box. The Bayer Studio

Misses High Top Boots. The newest boots for Misses and children, are shown for fall and winter wear. Made high and shown in Box Calf, Dongola and Brown Calf. These shoes fit neat as snug, making a dandy comfortable shoe.

MISSSES \$3.50 to \$5.50 CHILDREN \$2.95 to \$3.95 See them Alley & Co

PARKMAN'S OPTICAL PARLORS School Children. All parents ought to have their children's eyes examined to ascertain whether vision is perfect. The SCHOOL PERIOD of life imposes great activity upon the EYES, therefore if OPTICAL defects exist much distress arises in the ABSENCE OF GLASSES. WITH OUR COMPLETE OPTICAL PARLOR WE ARE IN A POSITION TO ADVISE YOU. The Parkman Bond. "Satisfaction or your money back" is a sort of second nature slogan with most everybody—used more in theory than in actual practice. With us it is BOUND INTO EVERY TRANSACTION WE MAKE. Our permanent success depends upon your lasting satisfaction. Unless everything you receive from us in all that you expect—unless we have accorded you the utmost in service and courtesy—Your money will be refunded cheerfully and promptly. E. E. Parkman Graduate Optometrist and Jeweler Montague, P. E. I.

Do You Know? That we operate the only Lens Grinding Plant on P. E. Island? That we employ a skilled Surface Grinder, and are daily grinding from the rough glass—the most complicated kinds of lenses? These are facts, which mean a good deal to the Glass wearing public, doing away with the annoying delays caused by sending away for special lenses. Send your glasses in by mail, you'll get them back promptly and in perfect condition. Call in and look over our plant. G. F. Hutcheson Optometrist and Optician

Keep Your Victory Bonds Safe. It is unwise to keep your Victory Bonds around the house when you can get a Safety Deposit Box in this Bank at very small cost where your securities (bonds, insurance policies, etc.) will always be safe—always easily accessible. We gladly give full information about our Safety Deposit Boxes (different sizes); call in and see them. THE BANK OF NOVA SCOTIA H. W. BINNING Manager Charlottetown Branch

SELDOM SEE a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat. ABSORBINE will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2.50 per bottle delivered. Describe your case for special instructions and Book \$ R free. ABSORBINE, JR., the anti-septic liniment for man, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, Itchy Pain and Inflammation. Price \$1.25 a bottle at drugists or delivered. Liberal trial bottle postpaid for 15c. W. F. YOUNG, P. O. F., 141 Limes Rd., Montreal, Can. Absorbine

A careful selection of every line of Jewelry marks our stock. We will be pleased to have you call. W.N. Tanton Jeweler

FLOUR ROBIN HOOD. The best flour made, one Carload just received, quality guaranteed. In Barrels, 98 lb bags, 49 lb bags and 24 lb bags. Very convenient for small families. Our prices are no higher than cheaper grades are sold for. ROBIN HOOD PORRIDGE OATS and OATMEAL (no better made) done up in Bags all sizes, also Paper Cartons and sold in any quantity. Wholesale & Retail at lowest prices. CARTER & CO. LTD Queen St. Warehouse

That is the proportion of medicine contained in Zam-Buk, and that is why Zam-Buk's healing powers are so superior to ordinary ointments, which contain about 5 per cent. medicine and the balance animal fat. Zam-Buk contains absolutely no animal fat or harsh mineral drugs, but is composed exclusively of extracts of medicinal plants and herbs and vegetable oils. These are so blended, refined and concentrated that they contain the maximum amount of soothing, antiseptic and healing power. In addition to this, Zam-Buk has marvellous powers of penetration. It thus reaches and destroys all germs in the underlying tissues, leaving no trace of disease to break out again. Zam-Buk is best for all skin diseases, ulcers, blood-poisoning, and piles. All dealers, 50c. box. Zam-Buk A. E. LYON, Studio Good Photography Moderate Prices Personal attention to Amateur Photography. 107 Queen Street Phone 88-9.

IT PAYS to buy in this Province. MR. HAROLD P. GORDON is the Georgetown Guardian representative.

MILK IN MONTAGUE has soared from eight cents to ten cents recently. This seems a big price for a quart of milk, but when one takes into consideration the cost of feed, etc, not much can be saved. Some however have decided to keep a cow, and supply themselves with milk and butter.—T.

THANKSGIVING SERVICES were held in the churches in Montague Sunday, and although the roads were almost impassable, there were large numbers out, with hearts overflowing with praise and thankfulness for the glorious turn the European war had taken, and also for the privilege of being permitted to attend divine worship, after an absence of many weeks.—T.

GONE TO BOSTON HOSPITAL. Master Russel Kaye, Montague, who many will remember, as a patient sufferer for the past years, left by Borden Tuesday for Boston, Mass., where he will enter a hospital and receive treatment, from a specialist on his disease. He was accompanied by Mr. Ora Kaye as far as Borden, where he was then taken in charge by Mr. Raynor, of Tignish, who also is to visit the above specialist.—T.

THE CHRISTIAN CHURCH, Montague on Sunday morning was appropriately decorated with flags of the different nations, an excellent sermon was delivered by Rev. C. E. Armstrong on the topic of the day. The songs which were sung, also spoke of "Peace and Victory." In the evening Mr. Armstrong spoke on the Divinity of Christ. His audience were held spell bound, as he very forcefully and eloquently proved Jesus to be the "Christ the Son of the living God." These sermons on this subject will be continued for a few Sunday evenings, and all interested should avail themselves of the opportunity of hearing them.—T.

Mrs. Oswald Campbell, Montague, who has been very ill for some time past, is reported, not improving.—T.

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BRINGING UP FATHER. A cartoon strip showing a man in a checkered vest and a woman in a dress. The man says: "DO YOU CALL THAT TEA-TAKE IT AWAY." The woman replies: "AND HOW MANY TIMES HAVE I TOLD YOU TO KEEP THIS ROOM IN ORDER." The man says: "AND WHAT IS THAT FOOL HUSBAND'S HAT OF MINE DOING IN HERE." The woman replies: "SAY DINTY—I WON'T BE ABLE TO GET OUT TONIGHT."

TWO CENTS PER WORD each insertion for advertising in this column. Cash must accompany order. Minimum charge twenty-five cents.

INFLUENZA is a thing of the past in Montague and people are again permitted to mingle together, and appreciate the opportunity more than ever before, after having been shut-up so long.—T.

Mrs. Bessie Crawford, a former teacher in Montague School, is now teaching in the Canadian West. Her school is in the country, and although Mrs. Crawford is two miles from her work, and many of the children are obliged to travel a longer distance each day to attend school, she is delighted with the position. Both teacher and pupils travel in carriages on very stormy days.—T.

MONTAGUE SCHOOL reopened Monday last with an enthusiastic throng of pupils in attendance. The teachers too are eager for their work, especially is this true in the principal's department, where the work for entrance has to be gone over, and every day and even every lesson counts. Miss Leulia Dejarro is the efficient principal, and is assisted by a fine staff.—T.

AN ISLAND SOLDIER RECOMMENDS TRENCHES AS CURE FOR INSOMNIA

The following is from the Winnipeg Tribune. The soldier who wrote the very interesting description of the life "over there" in billets and trenches is a son of Mr. Henry Lowe of this city. He enlisted in Winnipeg over two years ago:—

How does the Canadian soldier go "nightly" when in the trenches? Some stay-at-homes think they take part of their clothes off and roll up in blankets while others keep guard all day, Canadian soldiers go back to their beds in billets behind the lines while the reserves take their places. Mrs. L. S. Lowe, 474 Bannerman ave., has received this description from her husband "somewhere over there":

"Going to bed," is of course, a highly imaginative description of what happens, the nearest I ever approached to the real thing was a mattress on the floor with rather doubtful blankets and sheets—for three nights only. But the human frame is an accommodating structure, and a knobby floor or a plain-boarded one is soft when one is tired enough.

I can say with all gravity that my life's best sleeps have been enjoyed on boarded floors in France. We have all heard, I suppose, of the soldier on leave who can't go to sleep in his bed (broad smiles from the lads) but it is certain that there is nothing to compare with the first night or two in billets among the straw when you wake up—and go to sleep again; when night is one long blessedness. In summer you may be able to divest yourself of your trousers. On the other hand, you may not, and most likely won't. Down goes the ground sheet; pack covered with a woolen scarf, is comfortably arranged for pillows, boots and puttees are off, tunic off, blanket over you, and great-coat too if necessary, and—tis done. You sleep.

In winter it is a more serious business. Boots off, puttees wound round feet, feet and legs thrust into the arms of your greatcoat, skirt of greatcoat drawn up to waist and fastened with a belt, tunic maybe on, and two blankets over you, scarf round neck and ears (like a man with toothache).

But you are not always in billets. In trenches you have no blankets, so you do your best with greatcoat and ground sheet. If you occupy a dug-out in reserve you may please yourself whether you wear your great coat or spread it over you. Fashions change. Some dug-outs requires a

ground-sheet under you; others are dry enough to allow of it over you. Sandbags are godsend. A few underneath and one on each leg work wonders.

In the front line your bed is likely to be the firestop. You just curl up or stretch out. As a cure for insomnia I can certainly recommend the trenches.

P. E. Islander Writes From Vladivostok

Continued from page four. The Russians will go with joy. President Wilson is the hero of the hour as far as the Russians are concerned, and they are correct, for he understands the people better than anyone else.

Some very exciting things took place Monday. The Czechs cleared the street and made everyone keep moving. Should have taken a picture but like the rest moved on. It was business and no one made any protest.

All the correspondents are located in this building—the Associated Press, London Times and Leales. "It is dry here, no drinks of any kind with alcohol. They drink Pavo, a soft drink, with every meal. Vodka is no more. Tea is also a great favorite; it is very good, and they know how to make it too.

In every house and every room is an 'ikon,' their image. Even on the boat I noticed in Russian state-rooms from officers, it was in the corner. At the hotel and in the school rooms, too.

Just before dark a Greek funeral passed. They bury their dead at sun down here and the funerals are very grand affairs. "The churches are very beautiful.

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a glass of Salts if your Back hurts or Bladder bothers. The American men and women must guard constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Eat less Bread. A graphic illustration of a man eating bread, with the text "Eat less Bread" written in a stylized font.

Fond of Good Coffee? of course!

But why not make it BETTER Coffee? Coffee at its BEST, in fact—

SEAL BRAND COFFEE

Send for our booklet "Perfect Coffee—Perfectly Made", it solves the problem. CHASE & SANBORN MONTREAL



The Russian architecture catches the eye—is different from what we are accustomed to. The priests wear long hair down their backs and, like Rasputin, have lots of influence over their people. "There are only three American women in Vladivostok, and two of them are Red Cross workers. "Nothing begins in Russia until midnight and people don't get up until 9 or 10 a. m. and open up their

places of business. Postoffice opened at 10 a. m. Monday and I was there as employes came in. Every one shook hands with us. Each one did the same and it was amusing. "I think we are going to see some wonderful things happen in Russia, and wish I could express some of my views on the matter. But we are the friends of Russia, and her people, and want to help them in every way. We must succeed.

ROBUST CHILDREN. A CHILD'S health depends a great deal upon the foundation laid in the years of infancy. Give the children a good start in life by avoiding stimulants and feeding them lots of Cowan's Nourishing Cocoa. This food will make your children robust and prevent them falling a prey to epidemics. Order a tin of Cowan's Perfection Cocoa to-day. It is purest and best.

Second Hand Machinery

- Subject to prior sale, we offer the following at prices named. P. O. B. Montague. One 35, 1-2 inch, Leflet Water Wheel \$100.00 One 40 inch Leflet Water Wheel \$125.00 One Commander Rubber belt endless, 53, feet long by 9 inches wide, 4 ply. (good as new) 60.00 One piece turned shafting, 6 feet long by 2, 7-16 inches per pound 7c. One piece turned shafting, 5 feet long by 2, 7-16 inches per pound 7c. One piece turned shafting, 16 feet long by 2, 15-16 inches per pound 7c. Three 2, 7-16 Pillar Bearings, (abbitt ed) per pound 7c. One 2, 15-16, Pillar Bearings, (abbitt ed) per pound 7c. One 33 feet 1, 1-4 inch shafting (not turned per pound 3c. One piece square shafting 15 feet by 1, 3-4, inches per pound 7c. One 2 7-16 inch Shaft Coupling per pound 7c. One Iron Pulley, 13, 1-2 inch, Dia. by 7 inches, face 2 inches, bore per pound 7c. One Set Iron Bevel Wheels, for wheel gate per pound 7c. One Wooden Split Pulley 26 inches Dia. by 6 inches, face \$2.00 One Wooden Split Pulley 30 inches Dia. by 6 inches, face 2.50 One Wooden Split Pulley 30 inches Dia. by 8 inches, face 3.00 One Wooden Split Pulley 35 inches Dia. by 8 inches, face 3.50 One Wooden Split Pulley 39 inches Dia. by 8 inches, face 4.00 One Wooden Split Pulley 48 inches Dia. by 8 inches, face 5.00 One Wooden Split Pulley 36 inches Dia. by 10 inches, face 4.50 One Wooden Split Pulley 51 inches Dia. by 10 inches face 6.00 One Wooden Split Pulley 60 inches Dia. by 10 inches, face 7.00

Montague Electric Company MONTAGUE, P. E. I.