

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

STAINLESS CUTLERY at The Rogers Hardware Co., Ltd.

BRUNSWICK RECORDS at the new low price. Beer and Weeks.

CHRISTMAS CONCERT in Brackley Church Thursday evening Dec. 29th. Silver collection.

BRASS WARE, ALUMINUM Ware; Pyrex Ware at The Rogers Hardware Co., Ltd.

"SAY IT WITH GROCERIES."—Nothing is more appropriate this season. Jenkins & Son.

JUST ARRIVED, new Oilcloth Rugs in various sizes. \$5.00, \$6.50 and \$7.50. Prowse Bros. Ltd.

BAZAAR AND SOCIAL — Monday evening 19th at George Stevenson's, New Glasgow.

COMMUNITY AND Rogers Silverware at guaranteed prices at The Rogers Hardware Co., Ltd.

BASKET SOCIAL—Clyde River Hall, Tuesday, Dec. 20th, aid of hall. If not the following evening. Everybody come.

SELECT BRUNSWICK RECORDS for Xmas; the new low price 75c is now in force here. Beer and Weeks.

THE PRESBYTERIAN Sunday School Hunter River, will hold its annual Xmas Tree and entertainment in the hall on Friday evening, Dec. 23rd.

ANOTHER LOT OF DIAMOND rings; ladies' wrist and gents pocket watches received today. The W. T. Wellner Co., Ltd.

BY EXPRESS—Another large lot of Bedding's Knitting Yarn for sweaters and scarfs, new shades. Stanfield's, next home-made knitting yarn in Canada. Selling fast at 25c skin. Prowse Bros. Ltd.

NOTICE TO ADVERTISERS.—Advertisers are reminded that all display advertisements must be in the Guardian Office before noon of the day previous to publication and before 10 a. m. on Saturdays.

GIVE GLOVES for Xmas, for lined, French Kids and Mocha lined Cape Skin and Chamoisette. Prowse Bros. Ltd.

THE WILLING WORKERS — The Willing Workers of New Glasgow, P. E. Island met at the home of Miss Elsie Laird on Monday evening the 12th inst with an attendance of 20 members. The following officers were elected for the ensuing year: President: Mrs. J. B. Dickieson; Vice president: Mrs. James Butler; Treasurer: Mrs. Elsie E. Mackay; Secretary: Mrs. George H. Stevenson. The members of this society have been busy engaged for the past two months in preparing for a Bazaar and Social and hope in this way to raise a substantial sum to add to what they have already contributed towards the Orphanage Building Fund.

PERHAPS HER SECRET HOPE IS FOR A GLORIOUS FUR COAT!

Be very sure that she has had visions of such a happiness, if she does not now possess this luxurious garment.

For every woman knows that nothing else so much enhances beauty, as a sumptuous Fur Wrap, and nothing else gives so much charm and distinction to even a less favored face, as the soft lines and rich texture of warm furs.

The Fur Coat stands alone in the beauty that it supplies—in the style that it gives—in the luxurious comfort that it provides for the coldest and stormiest days. It is equally correct and handsome for evening wear as well as daytime service, and—best of all—it gives gracious service for many gratifying years. Six specials on display. Best ever shown here.

What could equal it for a superb Christmas gift? Patons, Ltd. 31.

STROUD TEA

In 1 lb. and 1/2 lb. packages

Are You Sure Your Children's Eyes Are Right?

A responsibility rests upon every parent to give his child every possible advantage in life; to give the child the best of weapons with which to meet the struggle of the years ahead. Surely good eyesight is "the priceless gift" that your child should have. Remember that poor eyesight means poor concentration and will retard the progress of progress. Many a child considered dull or lazy in school or music studies has simply been suffering from defective vision. And after correct glasses have changed entirely the record of performance. Perhaps your youngster's report-card is reflecting the presence of eye-strain. Perhaps you are not doing your own child full justice. Have an examination made and know. Consult

DR. E. C. HARRIS,

for prompt and efficient service, Royal Bank Building. Hours daily from 9.30 to 12.30—2 to 5.

SHOP from Holman's Catalog.

NEW OILCLOTH RUGS at new low prices. Prowse Bros. Ltd.

SILK SCARF in plain white or fancy colors, Prowse Bros.

CHRISTMAS CONCERT at Union Road, Dec. 21st., silver collection

"RILLA OF INESIDE" by L. M. Montgomery at News and Variety Store, 70 Great George Street.

SPECIAL DISCOUNT on Oilcloth Rugs all this week! Prowse Bros. Ltd.

RECTOR SETS AT Reduced prices to clear at The Rogers Hardware Co., Ltd.

"MY PRAYER BOOK" by Father Lasance now on sale at News and Variety Store, opposite Cathedral.

CONCERT AND SALE OF home made candy at Long Creek Wesleyan Dec. 21st. Program begins at 7.30 sharp. Admission 20c

PRESENTATION —On Monday Dec. 5, the residents of North Willshire assembled at the home of John Callaghan to bid farewell to his daughter, Miss Mary M. and her cousin, Mr. Amos Clarkin, previous to their departure for Minnesota. The evening was pleasantly spent in music and singing. After luncheon had been served, an address was read to each and the presentation made by Mr. Ernest Campbell; Miss Callaghan being presented with a travelling bag and Mr. Clarkin with a substantial amount of money. The recipients replied fittingly and feelingly, assuring their kind friends that they would not forget them in the land of their adoption.

Keep mind's filament in the house PRINCE TO MARRY LADY CAVENDISH? LADY RACHEL DEVONSHIRE'S FOURTH DAUGHTER, IS RUMORED FINANCEE.

LONDON, Dec. 16.—Mayfair is extremely busy discussing the reported coming announcement of the engagement of the Prince of Wales to Lady Rachel Cavendish, fourth daughter of the Duke of Devonshire, former governor general of Canada. The betrothal will be formally announced, it is said, immediately following the arrival home of the Prince from his trip to India, the wedding to take place sometime in the fall of 1922. Lady Rachel will be bridesmaid at Princess Mary's marriage in February. No official confirmation of this report is yet available.

SLAUGHTERS NINE WITH THE OLD STUNT DETROIT, Dec. 17.—Nine people, seven of them children, are dead, and three others are seriously injured, one perhaps fatally, as the result of a fire early today that destroyed the farm home of Mrs. Margaret Wake's two miles north of the Detroit city limits. The dead are, Mrs. Wake's husband and her four children. Mrs. Elizabeth Cosnick, of Detroit and the latter's three children, who were visiting at the Wake home. The fire started from an explosion caused when Mrs. Wake poured kerosene into a kitchen stove to start a fire.

The Wake and Cosnick children were burned to death in their beds.

"STITCH IN THE SIDE." Any exercise to which we are not accustomed requires a speedy renewal of the oxygen in our blood, as the rapid movement of the muscles uses this up at an extraordinary rate.

This extra supply of oxygen is supplied to the lungs and through them to the blood, mainly through the operation of the large breathing muscle called the diaphragm which though strong and broad, is rather delicate at certain points.

The diaphragm is attached to the inner surfaces of each of the six lower ribs by fine strips of fibre and the ribs themselves are moved by muscles between each of them.

Running therefore, not only causes an extra strain upon the diaphragm itself and also moves the ribs more rapidly but puts an unaccustomed burden upon the strips of fibre which connect the two, thus causing the pain which we call a "stitch in the side."

XMAS

There is no month of the year when the thought of protection is so reasonable and appropriate as December, when kindly thoughts of home and family are so much in the minds of men—and what is Life Insurance, but the ultimate expression of all that centres round the home and home folk? It is an old suggestion that no more well-chosen Christmas gift could be purchased than a Life Insurance Policy—a seat of present health and an assurance of future comfort for dependant ones. Start the new year right, get a policy from The Great-West Life, the most popular institution of its kind in Canada. Branch Office, 61 Queen Street, Charlottetown.

HYNDMAN & CO. LTD., Managers for P. E. I.

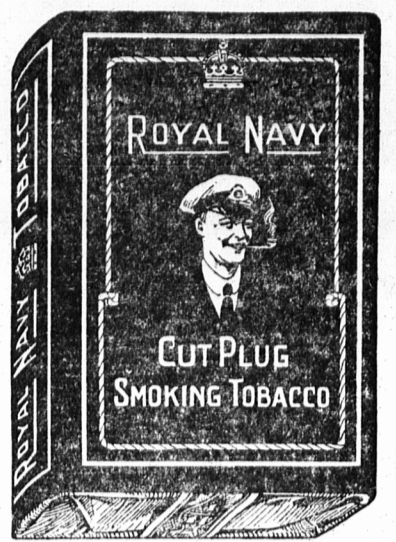
'ROYAL NAVY' CUT PLUG

BEST VALUE FOR 15¢

(HALF-POUND TIN, EIGHTY CENTS)

FINEST QUALITY

Rich-Ripe-Mellow Virginia Tobacco



Health Talks

Cellulose is the substance which makes the skeleton or framework of plants and vegetables. It forms the firm and elastic fibre so pronounced in vegetables, celery for instance.

Cellulose will not dissolve in water. Strong acids will dissolve it, but the ordinary solvent has no effect.

Whether or not a vegetable food is easily digested, depends on the amount of cellulose it possesses. Likewise it depends on the particular kind of starch making up its bulk.

For some unknown reason, some starches are more readily digested than others. This is not to be wondered at, because animal food differs materially in its digestible more quickly than vegetable. The valuable protein part of vegetables, the building material of food, is more or less buried in the cellulose and starch.

In order to get enough real food out of the bulky and cellulose filled vegetables, the stomach is loaded with worthless materials, the juices of the stomach are powerless to penetrate and digest the fibrous framework.

When an indigestible thing is taken into the poor stomach, that organ works in vain, attempting the impossible. The only value coarse cellulose possesses is to give greater substance to the waste products and thus to excite the activity of the intestines.

Cooking the cellulose may soften vegetables, but it does not digest it sufficiently to permit bacterial action on the cellulose by gas formation in the intestines. The starches and sugar also ferment and add to the intestinal discomfort.

Some foods may be taken raw and cause no trouble. When cooked the bacterial action on the cellulose results in physical changes which cause pain, nausea and possibly vomiting. Cabbage is one of the vegetables reacting in this way.

Potatoes have little cellulose and contain a starch which is easily digested by almost every stomach. You must study the effects of the vegetables you eat. When you find a vegetable that gives you distress it should be omitted from your diet. Because your mother and the rest of your family can eat a certain vegetable, is no evidence that you can digest it. If you find it upsets you, don't repeat the experience.

What has been said about the unpleasant effects of certain vegetables must not turn you against them as they are valuable foods. Vitamins, iron and other essential minerals are supplied by vegetables. Babies get their vitamins from milk, but adults depend largely on the vegetable world for them.

Nothing in life is more important than the choice of food. Unless you are properly fed your body doesn't develop, your skin is muddy and your health is impaired. A mixed diet offers the safest and most satisfying sort of food. Too much of any one article of food leads to the exclusion of sufficient amounts of others, gives the body too great quantities of certain substances and may rob it of essential elements. You may starve even though your stomach is full.

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NERVY CROOK LEAVE CHINA MAN HIS SHIRT

During burglars' centered the Chinese laundry at King's Church, 221 Laurier avenue west, on Monday night and stole goods valued at \$122.50. These nervy fellows also later reported the fact that Chief of Police Alexander M. Ross lives next door in a room overlooking the laundry. The burglars were not reported to the police until the evening when all the landlady were down stairs on the Monday.

Minards filament used by physicians

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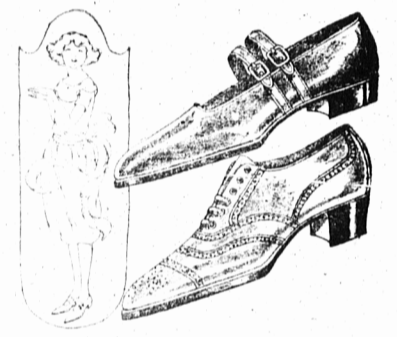
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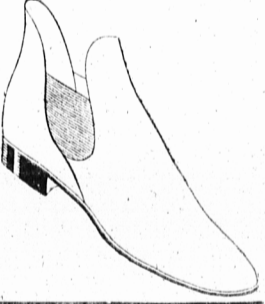
The Gift Store

SUGGESTIONS —For Women— Hosiery. Moccasins. Bed Room Slippers a wonderful range. \$1.45 to \$3.00. Pumps and Oxfords \$4.50 and up. Special Brown Pumps, 2 Straps, Military Heel \$3.50.



Boys' Hockey Boots on Sale, \$3.00 a pair, sizes 1 to 5

FOR MEN Slippers in Felt and Leather. Always Acceptable. \$1.65 to \$5.00. Boys Swede House Slipper \$1.95



ALLEY & CO., LTD.

QUEEN STREET

SANTA CLAUS HEADQUARTERS

Big Toy and Fancy Goods Store Now Ready for the CHRISTMAS RUSH. See our big stock of TOYS, DOLLS, GAMES, MECHANICAL TOYS of every description. A splendid new stock to select from.

This department is UP-STAIRS. Make your selections early. Goods selected now will be put away till called for. Our prices are the lowest in the city.

Carter & Co., Limited

Santa Claus Headquarters

J. Carragher & Co. Phone 325.