

I'm so Nervous I Could Scream

Every woman burdened with household cares feels like that now and then—and more often as time goes on.

It is because of nerve strain which makes the nerve tissues lose phosphates.

To get your nerves back to normal strength the phosphates must be replaced. This is the value of Pepsin Dynamic Tonic.

This is not mere theory or guesswork—it is a well known scientific fact. There is no other remedy which is doing so much today to build up strong vigorous, resilient nerves.

E. A. Foster Central Drugstore

The Central Guardian

IT PAYS to buy in this province.

HEAR MISS MAMIE SMITH sing tomorrow night at St. Peter's School room.

TEA AND SALE.—St. Paul's Parish Hall, Thursday 7th. Doors open 3.30. Tea served from 5-7 p. m.

COME AND SEE Little Betty Rogers play "The Littlest Girl" tomorrow night in St. Peter's School room.

A BIG VALUE.—It's worth more than the price of admission to see Little Betty Rogers play in the Littlest Girl tomorrow night at St. Peter's School room.

APPRECIATION.—The North Westshire social committee wishes to thank all those who in any way helped towards making Friday's entertainment a success.

THE CARFERRY.—Yesterday proved the hardest day yet for the making of the crossing yesterday afternoon fighting a bad gale and much ice.

THE V.A.D. CLASS.—The fifth lecture of the second St. John's Ambulance Association series was delivered before a large number of prospective V. A. D. girls last night in the Council Chamber by Dr. W.J.P. McMillan.

WARD FOUR.—Elsewhere in this issue the joint card of Messrs. J. D. Taylor and E. R. Holman is published announcing the acceptance of nominations as Councillors for Ward Four.

HOCKEY

CHARLOTTETOWN DEFEATS SUMMERSIDE; SCORE 8-0.

Before a very large crowd of wildly excited spectators, the second of the series of hockey matches between Charlottetown and Summerside, was played at the Arena last evening.

The game throughout was one of the fastest and surely the cleanest seen in the City for years.

Referee Arnold Rattenbury had his men on the ice promptly at scheduled time, and from then on until the three twenty minute periods were through the game lacked nothing in excitement.

The score although it shows a "white washing" for Summerside, does in no way, convey the idea that the local team had the best of the play.

True, their forwards had a big lead on Summerside's, but their defence was good, and in both Pidgeon and Clarke, they have two able players.

Both goal tenders had busy sessions, and made some stops that would do credit to big league players.

The game throughout was very evenly played, only five minor penalties were handed out by James Herrell, penalty Judge.

Summerside was considerably handicapped in having no reserves, Gillis, one of their best players, being unable to come down and Grady, whom we expected to see on the ice was absent also.

Charlottetown forwards played splendidly throughout, beautiful rushes being made by all of them, while the defence was ably supporting them at all times.

On the other hand Summerside had a very "crazy" forward in Bugate, but his frequent off-side playing marred what looked to be "long rushes" for him.

Tamlyn and Morris also played hard and Tamlyn seemed to be the "man on the spot" always. The next game takes place in Summerside.

SOLDIERS ENTERTAINED BY BAPTIST LADIES

A Generous Gift For Patriotic Purposes

The boys in khaki were entertained at the Y.M.C.A. last evening by the members of the Baptist church.

The treasurer of the Prisoners of War Department of the Provincial Red Cross has received the following letter with enclosure, which speaks for itself.

Enclosed find cheque for ninety-one dollars for Red Cross purposes. This amount is the Commission received from sale of Victory Loan Bonds during the last week of sale after the agent appointed to canvass Lot 23 had covered the ground.

After several gramophone selections the ladies served refreshments which were fully appreciated by the men.

Sergt. Baigent and one of the other officers in neat speeches thanked the ladies and entertainers for their kindness, assuring them they had thoroughly enjoyed themselves.

After three cheers for the fair entertainers and three for the Y.M.C.A., the meeting closed with the National Anthem.

Grade X.—1, Mary L. Richard; 2, Beatrice McMillan, Helen O'Neill, (equal); 3, Helen McEachern, Martha Sumarah, (equal).

Grade IX.—1, Malvina Richard; 2, Margaret Joseph; 3, Gladys Mullins.

Grade VIII.—1, Cecelia Pineau; 2, Margaret Weir; 3, Rose Lomeragan.

Grade VII.—1, Rose Francis; 2, Lotie Doiron; 3, Alice Pineau.

Grade VI.—1, Elizabeth McInnis; 2, Isabella Trainor; 3, Mary Nowell.

Grade V.—1, Amelia Gaudet; 2, Irene Bradley; 3, Elizabeth McAulay.

Grade IV.—1, Irene Callaghan; 2, Mary McAleer; 3, Mary C. Hughes.

Grade III.—1, Ethel Clinton; 2, Bernadette Gaudet; 3, Beatrice Welsh.

Grade II.—1, Aileen Weaver; 2, Mary O'Neill; 3, Marion Steele.

Grade I.—1, Leo Trainor; 2, Reggie McDonald; 3, Claude Pineau.

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Penalties: Pidgeon 2 minutes; Power 2 minutes; Prowse 1 minute. Referee—A. Rattenbury. Judge of Play—J. Herrell.

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G. R. Keefe, Summerside. H. H. Acorn, Souris. L. R. Boulanger, Montreal. Mr. William, Morell. H. M. Byrne, Toronto. E. A. Kerigdon, Toronto. H. B. Taylor, Montreal. R. Wyman, Yarmouth. C. Cleveland, Halifax. P. Black, Toronto. C. L. Tubeyne, Toronto. J. E. Kingdon, Toronto. E. Rowland, Halifax. P. Fox, Gaytown. Leo Frank, P. E. I. M. McDonald, P. E. I. H. C. Callaghan, P. E. I. C. W. Baxter, Ottawa. E. D. Bertrand, Moncton. A. Sears, Moncton. S. LeGrise, Moncton. A. E. Merrier, Amherst. A. Robinson, Montreal. J. A. Lanrosou, Montreal. R. E. Baifour, Sidney. S. S. Heslan, Montague. G. A. Thompson, Montague. C. Bernard, Montreal. C. Skere, Toronto. M. Moccute, New York. A. B. Calvey, New York. E. D. Ives, North Tryon. H. B. Mygell, Moncton. O. Avard, Amherst. S. C. Clark, Mt. Stewart. C. R. Rogers, Summerside. A. Buote, Summerside. E. Ferguson, Summerside. J. Lenlyne, Summerside. A. Morris, Summerside. H. Glegg, Summerside. F. Pidgeon, Summerside. W. Doucette, Summerside. Stanley Perry, Summerside.

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CAST OF CHARACTERS: Van Bibber Chas. C. Dennis. Carruthers W. C. Whitlock. "Littlest Girl" Miss Betty Rogers. Davenport P. B. McFague.

SALE OF GINGER TO BE RESTRICTED

TORONTO, Feb. 5.—Representatives of the manufacturers of commercial essences which carry a large percentage of alcohol waited upon the Ontario License Board yesterday to discuss the views of the Board as to restrictions upon the sale of essences.

The manufacturers had previously expressed their readiness to co-operate with the Board, stating that they were anxious to prevent the use of their essences in an illegal way.

The Board sent the deputation away assured that the restrictions likely to be imposed will not hurt the legitimate sale of their products.

In connection with the control of the sale of essences, it is understood that Jamaica ginger is to be put upon the "suspicious" list. The exact restrictions to be imposed have not been decided upon, but it is likely that the Government will require either a doctor's certificate or an affidavit before a sale may be made.

Jamaica ginger has been used a good deal to put a "kick" into temperance beverages and in more than one case its use has resulted in death. It is almost pure alcohol.

No Camouflage In This Story

Says corns stop hurting, then lift right off without one bit of pain

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called Freezone costs but a few cents at any drug store but is sufficient to rid one's feet of every hard or soft corn by callus without even one little twinge of pain.

You simply apply a few drops of this Freezone on a tender, aching corn and the soreness is instantly relieved. Shortly the entire corn can be lifted out, root and all, with your fingers.

This drug is sticky but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin.

If your wife wears high heels she will be glad to know of this.

CLASSIFIED ADVERTISEMENTS

Classified ads, under this head cost one cent per word per insertion where cash accompanies order, with minimum charge of 25 cents per insertion. Count your words and save money by remitting with order. Stamps accepted. Ads. taken by phone or sent by mail will be charged at 2c. per word, to cover book-keeping charges, stationery and postage on account.

MUSCELLANEOUS. DOMINION EXPRESS MONEY ORDERS are on sale in five thousand offices throughout Canada. 2512-2-6MEII.

FOX FEED—DO YOU KNOW THAT Caplin is the best and cheapest feed for foxes? Carload just arrived. P. C. Brown, Revere Hotel. 2277-1-22Mit.

FOX FEED—JUST ARRIVED CARLOAD of Fresh Caplin. Foxmen take notice this will be your last chance to purchase this feed. P. Brown, Revere Hotel. 2277-1-22Mit.

NORTH ADAMS HOSPITAL, NORTH Adams, Mass., offers a three year course of training for young women who wish to enter the nursing profession. Six months of this time is spent in Mt. Sinai Hospital, New York City. Applicants are received every three months. 2495-2-5Mtl.

LOST. LOST YESTERDAY BETWEEN UP-per Kent and Prince Streets, on south side, gold watch in leather bracelet. Finder leave at 187 Prince St. 2519pd.

LOST ON BRIGHTON ROAD A gold bracelet watch initiated H. A. F. Finder leave at 31 Brighton Avenue. 2522

FOUND—BETWEEN GUARDIAN Office and Police Station, a pair of bone rimmed glasses. Owner can have same by applying at this Office and paying for ad. 2490-2-4Mtl.

FOR SALE. OLD NEWSPAPERS FOR SALE AT 5 cents per bundle. Guardian Office. 1580-12-7Mtl.

BUILDING LOT AND HOUSES FOR sale. Building Lots on Richmond and Rochford, Villa and Ambrose Streets. Cottages on Villa and Elm Avenue. Apply to McLean & McKinnon, Solicitors, Royal Bank Building, Charlottetown. 2460-2-2M6l.

WANTED. WANTED TO PURCHASE A SHORE farm within easy reach of Charlottetown. Apply stating particulars to "Purchaser, Guardian Office." 2110Mdt.

MUSKRATS—I WANT A FEW Muskrat skins to fill an order and will pay the highest price for same. W. Chester S. McLure, Fur Sales Board, Charlottetown. 2488-2-4M6l.

TEACHERS WANTED. WANTED—TEACHER FOR BELLE River School No. 136 for term beginning Feb. 1st. Supplement for the half year. \$25.00. Apply to A. W. MacLaren, Secy. Belle River, P. E. I. 2448-2-1M6pd.

HELP WANTED—FE-MALE. WOULD YOU LIKE \$1 TO \$2 DAILY at home, knitting fur socks on auto knitters? Experience unnecessary. Send 3-cent stamp Department 63-C, Auto Knitter Company, College St., Toronto. 2435-1-31ME51

WANTED—IMMEDIATELY, MAID for general housework. Apply 14 Spring Park Road. 2503-2-5M3pd.

HELP WANTED—MALE. WANTED MAN TO WORK ON farm. House on farm for married man. No milking to do. Apply W. A. Mutch, Box 234 Charlottetown. 2482-2-3M41p1.

WANTED. WANTED A MAN TO TAKE charge of stables and do general farm work. Saunders Newsom & Co. 2498-2-5M3pd.

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It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve-tonics and antiseptics of proven repute.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

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ROCHFORD SQUARE SCHOOL JANUARY STANDING.

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BRINGING UP FATHER

