

Waltham

"VANGLUARD" RAILROAD WATCH

COMPARE it in every detail with the latest official railroad requirements and you will understand why the Waltham "Vanguard" is preferred by most railroad men throughout the world. Besides possessing the absolute accuracy that has won for Waltham every Gold Medal since 1873, it has the sturdiness and durability that enable it to keep accurate time under the most trying conditions. Ask to see how the Winding Indicator shows when the watch needs winding.

W. W. Wellner

Full range of Waltham Railroad Watches always on hand.

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

Rochester, P. Q., Jan. 14th, 1915.

"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-tives'.

I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches—'try Fruit-a-tives' and you will get well". CORNE GAUDREAU.

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

Dandruff Germs are very small, but HERPICIDE will find them all

JOHNSON & JOHNSON Special Agents

RUBBERS

are the best protection you have

Safety First

Wear rubbers and have good health.

We can fit any shoe neatly, with the best rubbers made, our Royal and Dainty made brands are

Canada's Best

Keep the kiddies dry and warm. Try a pair of Royal Rubber Boots.

Alley & Co Agents

The Cook's Studio

New DesPrisav Stock

Photographs

The business man who will spare a few minutes of his time to the photographer of today will please his entire family.

His portrait produced by present day methods of photography will be an agreeable surprise—it is done so quickly and clearly. Make your appointment to-day.

THE BAYER STUDIO.

Professional Cards

Dr. Clift CHRONIC DISEASES

CURATIVE TREATMENT by the month in advance, Victoria Hotel, Charlottetown, P. E. I., Canada. OFFICE HOURS, 12 to 3 daily, or by appointment at residence. 4207-1-30M3mos.pd.

J. D. STEWART Barrister, Solicitor and Notary Public

Office Newson Block, Charlottetown Branch Office, Georgetown Money to Loan on Real Estate 2676-10-16MtL

S. S. Hessian LAWYER

Montague, P.E.I. Money to Loan. 3834-3-18MtL.

ELLIS' Montague

For the Island's greatest condition powder for all kinds of stock, price 25c. per lb. 5 lbs. \$1.00 to bring stock into condition it is unexcelled. We also have

Ellis' Hog and Poultry Food. Ellis' Cough and Heave Cure. Ellis' Worm Powders. Pratt's Condition Powder. Pratt's Poultry Food. International Stock Food. International Poultry Food. Columbian Condition Powders. Columbian Poultry Food. Pendleton's Condition Powders. Granger's Condition Powder. Woodburies' Condition Powder. Dr. Daniel's Remedies. Royal Purple Remedies. Ellis' for all kinds of stock foods, and remedies we have 15 years of experience in this line and can advise you. SHEEP DIP—Get your sheep dip here, it is guaranteed and only costs 25c. one point will make 75 points of dip for sheep, swine, cattle, horses, and poultry.

Ellis' Pharmacy Ltd MONTAGUE

The Eastern Guardian

*IT PAYS to buy in this Province.

*MR. T. G. IVES is Guardian agent in Montague.

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

EA-TERN PERSONALS

Dr. C. B. Green, Messrs George A. Thompson, and M. F. McDonald, Montague, were passengers on the Car Ferry, Monday at Piccola-B.

Miss Florio McLean, Millinery, Montague, left for the Mainland Monday of this week, on her way to Boston, New York, and other points of interest, where she will visit the millinery openings getting the latest styles and hat creations for spring, calling on her way home at St. John's, she expects to return in about three weeks time.

SUMMERSIDE MARKETS

Butter, creamery, lb	40-41
Butter, dairy, lb	35-37
Buckwheat, bus.	1.00-1.20
Calfskins, lb	19
Eggs, doz.	46
Hay, pressed, ton	11.00-12.50
Hay, loose, ton	10.00-11.50
Hides, lb	.19
Lamb pelts, lb	60-90
Oats, black, bus.	.70
Oats, white, bus.	.66
Potatoes, ton	8.00
Straw, pressed, ton	14-16 1/2
Pork, organs att, lb	1.50-2.00
Wheat, bus.	1.50-2.00

DEVELOPMENT COMMISSION

(Continued from Page Three.)

CONSOLIDATION.

The Annual Report of the Chief Superintendent of Education for 1915 shows that there are 143 schools with an average daily attendance of less than 15, and 53 with an average attendance of 10 or less; as the latter class is fewer in number and weaker individually, it might be well to deal wholly with it. The existence of so many small and necessarily poor schools, where the average attendance is low, where the expenditure per capita of pupils in attendance is excessively high, and where the quality and efficiency of work are extremely poor, owing to the paucity of numbers and the inability of those schools to attract good teachers renders concerted action desirable, which, while safeguarding the interests of rate payers, will raise the status of education in those districts to the level of the other districts in the province. These small schools may first group the small school is sandwiched in between two fairly large schools; in the second group two or three, and in some cases four, small schools are contiguous to each other, covering a relatively small area and from a topographical viewpoint ideally situated for consolidation. The latter group would seem to offer the most favorable conditions for a union among small and weak districts which would approach each other with interests in common and prepared to make some sacrifices to ensure a better education for their children. A specific case may be cited within ten miles of Charlottetown, where three small schools adjoin each other and in which the combined average daily attendance last year was 21. The valuation of property on which tax is paid is \$112,000; the combined supplement in these districts for 1915 was \$75, and the total vote for all school purposes \$182, or 16 1/2 cents per \$100. Last year the Government spent, on these three schools, \$590, or \$28 per capita on each pupil in daily attendance while the per capita expenditure for the district was \$8.67, making a total per capita expenditure of \$36.67. With the same amount of money available for one good school, a salary of \$425 would be provided for a first-class teacher, with \$347 for running expenses and conveyance, a view of the foregoing facts, the following conclusions are obvious.

(1)—Consolidation being the sine qua non of any real scheme of rural education, its vital importance must be forcibly impressed upon the people of the country before any propaganda

for better education can be effective.

2. The people must be made to appreciate the fact that consolidation is not a bad or a mere necessary evil, but a highly economic factor in the life of the community.

3. All small schools, representing as they do a waste of energy without appreciable results, must be "scrapped" and give place to the more rational system which "consolidation" offers. The advantages of consolidation are: Greatly increased attendance; development of a spirit of co-operation and community interest. The country school shall come to possess all the advantages of grade classes. Proper equipments and the teaching under properly qualified teachers, such subjects as agriculture, domestic science and normal training. The children of the country have the privileges of a High School, without going away from home. The school comes to be an incentive to the loyalty and pride of the people and becomes a center of the community. Teachers cease to be isolated units and are brought together in groups where mutual help and co-operation are possible, thus making it easier to secure and retain the services of better teachers under the most favorable circumstances.

4. The great majority of small schools, having been planted by local political parties simply to please party friends, the remedy lies in the hands of neither party, but requires united political action.

5. Any educational propaganda throughout the country MUST BE UNHAMPERED BY SELF-INTERESTED POLITICAL INTERFERENCE.

6. In the consideration of the financial aspect of Education in the Legislature, it is absolutely essential that any measures adopted must have the UNANIMOUS AND UNDIVIDED approval and support of the representatives, free from cramping fears that such measures may afterwards be made political capital.

7. When the question of Education is discussed in Parliament, trivial considerations of party advantages must be waived aside, and such questions approached in a public-spirited manner, with an eye single to the future welfare of the country, irrespective of temporary party gain. Education in the province will make but little progress until it is free from the yoke of Politics.

8. Any real system of education in the rural districts must take into account not merely so-called teachers, but CAPABLE INSTRUCTORS WHO ARE FITTED IN EVERY RESPECT FOR THEIR IMPORTANT DUTIES. Young ladies of tender ages found struggling with unmanageable classes of forty and upwards throughout the country are undoubtedly, admirable as far as they go, but it is absurd to expect even moderate results in such circumstances. The best instructor, and the only instructor, who can properly control and teach large classes of boys and girls of variable temperaments is the MAN or WOMAN who knows his or her work thoroughly, whose moral influence cannot fail to make itself felt, and whose interest in the profession amounts to a passion.

9. The really successful teacher must be a teacher AT HEART. He must feel it worth his while, and must be so imbued with the far-reaching importance of his work as to make it a real VOCATION, a real LIFE WORK. The instruction of his pupils must be the first and greatest tax on his attention.

10. Now, such a teacher MUST BE PAID. He must feel that it is worth his while financially to devote the quiet time and attention to his work. He must labour under no sense of injustice concerning his remuneration for a task which should be respected as one of the noblest in life.

11. No man or woman will seriously enter upon such a career with any intention of permanently remaining therein, unless the prospects are at

Former United States Senator Mason Takes Nuxated Iron

Pioneer in Pure Food and Drugs Legislation, Father of Rural Free Delivery System.

TO OBTAIN RENEWED STRENGTH, POWER AND ENDURANCE AFTER THE HARDEST FIGHTED POLITICAL CAMPAIGN OF HIS LIFE IN WHICH HE WAS ELECTED CONGRESSMAN FROM THE STATE OF ILLINOIS. THE RESULTS HE OBTAINED FROM TAKING NUXATED IRON WERE SO SURPRISING THAT

SENATOR MASON NOW SAYS

your blood to change food into living tissue. Without it, no matter how much or what you eat your food merely passes through you without doing any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can walk without becoming tired. Next, take two five-grain tablets of ordinary nuxated iron three times per day after tea meals for two weeks. Then test your strength again, and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit.

But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize fighter has known the secret of great strength and endurance and filled his blood with iron before the world knew of it, while many another has gone down in inglorious defeat simply for the lack of iron.

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt."

Dr. E. Sauer, a Boston physician who has studied abroad in great European medical institutions, said: "Senator Mason is right. As I have said a hundred times over, organic iron is the greatest of all strength builders."

"Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with a blood pressure of a boy of twenty and a full vigor, vim and vitality as a young man; in fact, a young man he really was, notwithstanding his age. The secret, he said, was taking iron—Nuxated Iron had filled him with renewed life. At thirty he was in bad health; at forty-six he was worn and nearly all in now at fifty, and after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth, iron is absolutely necessary to enable

least as attractive as those of other callings within their reach. To keep the best of our teachers in the province we must do more than give them empty appreciation. In a word, what we must do is to make the rural teacher's job a bigger job. It must be a man's size, woman's size job, or we cannot get real men and real women to stay in the work.

A MOTHER'S TROUBLES

A mother's unending work and devotion drains and strains her physical strength and leaves its mark in dimmed eyes and careworn expressions—she ages before her time. Any mother who is weary and languid should start taking Scott's Emulsion of cod liver oil as a strengthening food and bracing tonic to add richness to her blood and build up her nerves before it is too late. Start Scott's Emulsion today—its fame is world-wide. Scott & Bowne, Toronto, Ont.

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Finally, we respectfully suggest that our School Act be amended at the coming session of the Parliament as to give the women of this province a voice at the annual school meetings and make them eligible for the position of school trustees.

12. Consolidation will solve in a large measure the problem of pauper-salaried teachers.

13. Taxation is indispensable to the establishment of a proper system of Education, and the farmer must be made to realize that he is not in this province doing his duty in this respect as he should. He must be shown that he is not taxed in the same proportion or anything like the same proportion as the farmer in other provinces.

14. The question of taxation is an entire elimination of POLITICS. Apart from the above suggestions re Consolidation, we would call the attention of our Legislators to the flagrant non-enforcement of the compulsory clause of our School Act. This clause, we respectfully submit, should be revised so as to compel all children from the ages of 8 to 14 to attend school when able.

Further, many wise regulations of our Board of Education re sanitation, out-buildings, school furniture, duties of trustees and so forth, are honoured but in the breach.

From the Congressional Directory, published by the United States Government—"Wm. E. Mason, Senator from Illinois was elected to the 50th Congress in 1887, to the 51st Congress in 1891—defeated for the 52nd Congress 1892—Elected Senator to the 55th Congress 1897 to 1903."

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Senator Mason's championship of Pure Food and Drugs legislation, his fight for the rural free delivery system, and his strong advocacy of all bills favoring labor and the rights of the masses as against trusts and combines, made him a national figure at Washington and endeared him to the hearts of the working man and the great masses of people throughout the United States. Senator Mason has the distinction of being one of the really big men of the nation. His strong endorsement of Nuxated Iron must convince any intelligent thinking reader that it must be a preparation of very great merit and one which the Senator feels is bound to be of great value to the masses of people everywhere, otherwise he could not afford to lend his name to it, especially after his strong advocacy of pure food and drugs legislation.

Since Nuxated Iron has obtained such an enormous sale—over three million people using it annually—other iron preparations are often recommended as a substitute for it. The reader should remember that there is a vast difference between ordinary metallic iron and the organic iron contained in Nuxated Iron, therefore always insist on having Nuxated Iron as recommended by Dr. Howard James, late of the United States Public Health Service; and other physicians. In this connection Dr. Howard James says:

"Iron to be of the highest value to the human system must be in a combination which may be easily assimilated. In the case of metallic salts of iron, iron acetate, etc., it is very doubtful if sufficient actual iron can be taken up and incorporated into the blood to be of any service, especially in view of the disadvantages entailed by its corrosive action upon the stomach and the damaging effect upon the dental enamel. When, however, we deal with iron in organic combination, such for instance as albuminate, or better still, Nuxated Iron, a far different story is told. We will observe no destructive action upon the teeth; no corrosive effect upon the stomach. The iron is readily assimilated into the blood and quickly makes its presence felt in increased vigor and staying power."

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DYSPEPSIA OF WOMEN

Special Treatment Required.

Many women suffer from a form of indigestion or dyspepsia which does not yield to ordinary treatment. While the symptoms are similar to those of ordinary indigestion, yet the medicines usually prescribed do not restore the patient's normal condition.

There seems to be a kind of dyspepsia caused by derangement of the female organism. While this appears to be the same as ordinary indigestion it can be relieved only by a medicine which, besides acting as a stomach tonic, is good for female ailments. Read what such a medicine did for Mrs. Williams:

She says: "Before I began taking Lydia E. Pinkham's Vegetable Compound I was troubled with dyspepsia and bearing down pains in my back and sides, and after my meals my stomach would bloat up till I could scarcely get my breath. At times I was so weak I could hardly stand on my feet and I looked hollow-eyed and my skin was yellow. Now I have a good color, have gained in every way and can do my work without any pains. I think it is the best medicine on earth for stomach troubles of women."—Mrs. NELLIE WILLIAMS, 31 West 3d Street, New Albany, Ind.



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