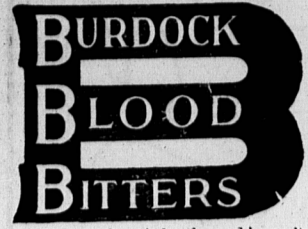


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Daily Selections FOR Guardian Readers

December 13, 1927
THE SOURCE OF HELP.—I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. Psalm 121:1, 2.

PRAYER: O Lord God, Thou art the All Sufficient Helper.

KEEP SMILING

Say! What's the use complaining When the sun don't always shine, And go round looking gloomy, Meeting trouble all the time?

Folks hate to hear you grumble, Telling tales of woe, So while on earth you're living Scatter sunshine as you go.

Instead of looking grouchy Just try to smile, You'll find it very helpful, And really worth your while.

Don't talk about your neighbors Unless good things you say, For gossip causes trouble And never does it pay.

So as through life you journey, Be a friend, and not a foe, Remember, at the harvest, You will reap just what you sow. —Bella Gray.

Modern Etiquette

By ROBERTA LEE

Q. At dinner, on which side of the plate should the knives and forks be placed?

A. The forks on the left and the knives on the right side of the plate.

Q. What service must a man render a lady after a dance?

A. He must deliver her to her friends, or to her next partner.

Q. How may a person ignore an undesirable acquaintance met in a public place?

A. By averting the eyes.



THE CHARLOTTETOWN GUARDIAN

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TUESDAY, DECEMBER 13, 1927

WHAT'S WHAT

THERE are so many different kinds of things in the world, so many different ways of looking at them, and so many different capacities with which to value things, that it is difficult, even impossible to know just what is what.

One man, for example, picks up a newspaper, glances over it hurriedly and declares there is nothing in it. Another takes up the same paper, looks over it and will talk for an hour about international and world affairs, all of which he found a key to in his paper. Another looks over the sport page, and if there is nothing new in sport there is for him nothing in the paper. Another looks for murders and other crimes, for the doings at Hollywood and if there are no new divorces and remarriages, the paper is of no use to him.

If one fails to find something of interest in the most ordinary of newspapers it is because he has nothing to find it with. There is no newspaper that has nothing of interest in it. True, there are many different interests and most newspapers touch them all more or less comprehensively. The main thing is to cultivate an interest in world doings. When one finds that he has no interest in, say, the present situation in Europe, the doings at the League of Nations, the political situation at home, the world of sport, and even the criminal record at home and abroad, he should examine himself carefully and try to find out what is wrong with him.

The newspaper keeps one in touch with the world and the world is large and full of the most interesting things. Every event becomes part of the history of the world, every crime is a landmark on the road to civilization, as is also every invention and discovery. In short, everything we see in earth and sea and sky is part of the whole scheme of things, and we get many of our contacts with these through the ordinary newspaper. We cannot know it all, neither can the best of newspapers, but we can keep in touch and add daily to our little store of knowledge.

WEATHER SIGNS.

THE recent spell of mild weather has brought the weather prognosticators again to the front. Last week's mild change after a great rainstorm has inspired the prophets with the idea that the coming winter will be an unusually mild one. They tell us the squirrels and chipmunks have put off gathering their winter's store, as they know they will have plenty time to do so during the winter, that the fur-bearers are more lightly clad than if the winter were going to be severe, that the rowan berries have retained their redness, which the Indians declare is a sure sign of an unusually mild winter.

These predictions may all come true; and yet again they may not. The most we know about the coming weather is that we know nothing about it. The scientists who know most about it, have indicated with a certain degree of accuracy what the weather may be within the next twenty-four hours, but they will not venture beyond that point. The coming winter may be mild or it may be exceptionally severe. The thing is to be ready for the worst, and if the worst does not come we shall be so much the better off. Anyway, in this country we have nothing to fear from severe winters.

CONTROL OF NARCOTICS

THE Canadian Parliament is to be asked at its next session, says The Mail and Empire, to authorize the Government to ratify the Geneva convention of 1925 for the control of the production and manu-

facture of narcotics and of international trade in those substances. The nations that ratify the convention undertake to enact laws and regulations to insure within their respective jurisdictions control of the production, distribution, import and export of opium, coca leaf, Indian hemp and their derivatives and to furnish information concerning the traffic in such drugs to a permanent board to be appointed by the Council of the League of Nations. The contracting States agree to enact laws or regulations "to limit exclusively to "medical and scientific purposes the manufacture, import, sale, distribution and use of the substances" to which the convention applies. They bind themselves to confine the manufacture of substances to establishments and premises licensed for the purpose and to require all persons engaged in the manufacture, import, sale, distribution or export of the drugs to obtain a license or permit to engage in those operations. The high contracting parties, too, agree to share in the operation of a system under which each lawful international shipment of narcotic drugs will be made under the authority of Government import and export certificates. Each country will permit importation only under an import certificate that it issues itself. Each country will permit exportation on receipt of an import certificate issued by the Government of the importing country. Each country that issues an export certificate will notify the importing country of the fact.

The convention cannot come into operation until at least seven of the States represented on the Council of the League of Nations have ratified it. Up to February 3rd last only one permanent member, Great Britain, and one non-permanent member, Salvador, had done so. Poland, France and Czecho-Slovakia, at that time, had made legislative provisions for ratification, and possibly other nations have since taken like action. It has been suggested that the manufacture of synthetic non-habit-forming drugs to take the place of opium will tend to reduce illicit traffic in narcotics. It has been urged that limitation of the cultivation of the poppy and the plants that yield cocaine is the sure way to end the illicit traffic. Such limitation has been hindered by conditions existing, for example, in Persia and in China. The ratification and enforcement of the Geneva convention of 1925 by a number of nations will enable those nations to maintain a check on legal trade in drugs, and probably assist them in dealing with illegal trade.

EDITORIAL NOTES

Everybody knows how everything ought to be done, and how to do it—until he goes to work at it, when he finds that there are many things in heaven and earth that are not dreamed of in his philosophy.

Evidence of the mildness of the present season was given on Sunday last when quite a number of cars were driven to distances of thirty and forty miles from the city over roads that were admittedly not too bad.

There are two Cardinals in the Church of England, and they are always the second and third Minor Canons at St. Paul's. The present holders of those posts are Rev. R. H. Couchman and Rev. M. F. Foxell, respectively Senior and Junior Cardinals. But, as Rev. R. H. Couchman explained to a reporter, they are in an odd position. He said: "We have no duties to perform, and no remuneration is attached to the position of Cardinal. As far as I know this post, dates back into Norman times. Certainly we are the only two Cardinals in the Church of England."

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "I want to see you." Say "I wish."

OFTEN MISPRONOUNCED: Passaic (New Jersey) Pronounce pass-ik, first a as in "at," second a as in "say," i unstressed, accent on second syllable.

OFTEN MISSPELLED: Mediterranean; two r's.

SYNONYMS: aid, help, cooperate, assist, concur, conduce.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: ENMITY; animosity; hatred; hostility. "We bear no enmity towards them."

Notes by the Way

A great international war against disease is in progress and the insurance companies are deeply interested in its progress. Recently in New York at the annual meeting of Insurance Presidents, Mr. John K. Gore, Actuary of the Prudential Insurance Company, presented an elaborate report on the subject, including a summary of health and economic conditions in 32 countries. From this report it appears that in automobiles, life insurance, telephones and telegraphs, railroads, public utilities, manufacturing and other necessities, comforts and activities, the United States leads the world. But in regard to public health the Great Republic "stands not first, or second, or third, in fact not higher than tenth in the great work of prolonging the span of human life."

It is interesting to note that the death rate per 1,000 is lowest in New Zealand, where the rate is 8.1. Australia and the Netherlands come next with a rate of 9.4. Then come in order, Norway, with 9.5; Denmark and Sweden, 9.6; Ontario 10.3; England and Wales, 10.9. Mr. Gore's report, to some features of which we had before referred, makes no reference to the criminal statistics of the various civilized countries, or to their religious and moral well-being. But we all know that the United States, like our own Dominion, is a land of churches, and contains in its vast population many millions of the most enlightened, generous, charitable and public-spirited people on earth.

One outstanding difference between our own country and theirs is that the laws regarding the liquor traffic are at opposite poles. On the south side of the border line prohibition of the manufacture, importation, sale and use of intoxicants is the law of the land. On the north side of the boundary the manufacture, importation, sale and use of intoxicants is legalized in seven of our nine provinces. According to the contention of our prohibitionist friends the United States prohibition ought to be more free from immorality, vice and crime than any other country in the world, but is it so? Far from it!

Murder and every form of felony, violence and crime prevail in the prohibition country to an alarming extent, far beyond what is known in Canada or in any other civilized country. And divorce from the marital bond is equally prevalent. The above stated facts are not in dispute, they are beyond dispute. Here are two enlightened Christian nations, speaking the same language and in close contact with each other all the way across the broad continent, each divided somewhat in opinion on the question of prohibition, but with majorities on one side of the border supporting prohibition and on the opposite side condemning it.

Admitting the sincerity of most of the prohibitionist advocates, why are they so shy of discussing the contrast in vice and crime in prohibition and non-prohibition countries? Is not this a matter which lies at the very heart and core of the controversy? Even Prince Edward Island, once the freest from vice and crime among the nine provinces, according to the criminal statistics, is now being closely approached by Quebec, which is no longer under prohibition.

Either British or Canadian currency is good money in the world market these days. A few days ago the pound sterling was quoted at \$4.88 in New York, which is above par, while the Canadian dollar which had been also above par, stood for the day 1.8 of one per cent. discount.

In Kipling's lines, Canada was made to boast, "The Gates are mine to open, The Gates are mine to close." The C. N. R. management would now usurp this power and close the transportation gates at Saint John and St. Rosalie, thus monopolizing Maritime railway transportation for the C. N. R., while all other provinces enjoy the competition of the Canadian Pacific. The battle for Maritime Rights is not yet won.

Confidence

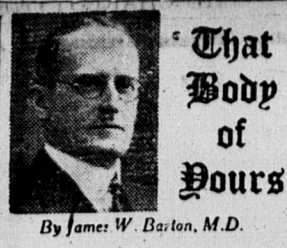
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By James W. Baston, M.D.

EATING THE LETTUCE LEAF

Whenever you think of a salad you naturally think of the lettuce leaf or two upon which the salad proper is served.

Now as a matter of fact although a salad apparently cannot be served without the lettuce, nevertheless the lettuce leaf is seldom eaten.

Occasionally at an afternoon tea, some brave individual will eat his lettuce leaf with the trimmings too. "I always eat the trimmings too."

A diet expert, commenting on this lately, stated that from the standpoint of the actual needs of the body, the lettuce leaf was really the best all round food on the plate.

Why? Because it contains the three minerals essential to maintaining the cells of the body.

As you know the cells are made up of a number of minerals just as is the earth.

As the food we eat comes directly or indirectly from the earth, these minerals thus renew any worn out parts of the cells of the body.

Now some foods are rich in some minerals, and certain other food are rich in others, but there are three minerals that the body must take in daily, and these are lime (calcium), phosphorus, and iron.

The lime is needed to keep the bones nourished and strong. The bones are really the foundation work of the body. They give it its shape or outline, and a stiff backbone is needed to hold body erect.

When there is a lack of lime in the food, rickets or bone softening occurs.

Phosphorus is needed in the body to maintain the blood itself, all the muscles, and to some extent the bones also.

And iron is the main standby of the blood corpuscles which bring nourishment to every cell in the body.

Now these three elements are found to a considerable extent in lettuce.

Of course they are found in lean meat also for that matter, but one doesn't want or need much meat, unless doing physical work, so that the salad meets a real need for the body and not the least part of the salad is the lettuce leaf that is so seldom eaten.

It might therefore be very much worth while for all of us to eat more lettuce.

Your Child in School

By Dr. Frank W. Ballou
(Superintendent of Schools,
Washington, D. C.)

No. 18: Leaving School Too Early

The deep despair that many a man has felt upon realizing that he had left school too early should be a tragic warning of the evil of allowing children to drop out of school too soon.

It is unfortunate that many who have the opportunity for education neglect it, but it is more unfortunate that many do not make enough sacrifice to gain an education even when it could be obtained through a certain degree of hardship.

For boys or girls of normal ability to leave school before beginning high school is nothing short of a tragedy unless forced by the most extreme economic conditions.

Formerly leaving school early was more prevalent than today. The cause was frequently poverty of the family. Too often, however, it could be ascribed to the failure of the parents to urge their children to avail themselves of the opportunity for more schooling.

By wholesome advice, parents can do much to prevent their children from making a great mistake at a time when they are in no wise capable of realizing their folly.

One cannot overlook, of course, the problem of the child who must go to work to contribute to a slender family treasury. It is a social evil that usually is beyond the realization of the loss such as step control. They have contributed little of their part of the solution of this particular problem by providing special instruction in the night school, the continuation school, and the vocational school. The curriculum of the vocational school is designed to equip pupils with the means of earning a living. It gives boys and girls an immediate means for coping with present difficulties which call them into a world of earners at an early age.

To make certain that none but the really needy leave school to go to work, compulsory attendance laws have been passed in various in a test flight.

That Body of Yours



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states. Such a law has been added to the legislative enactments of Congress relating to the District of Columbia and has filled a real need which was keenly felt in the National Capital until its passage.

Coupled with this legislation is the school census law which provides the means for determining first how many children of school age there are in the District, and then making possible the machinery for compelling their attendance at some authorized school. This does not mean that they must attend the public schools, but it does set up an effective agency for keeping children of school age in some recognized school, whether public, private or parochial. Legislation of this sort is aimed at the parents and in the District of Columbia stipulates a fine for its violation.

Were not some effective steps taken to place due emphasis upon school attendance, it is only fair to assume that we should be slow in this country to make progress in reducing our proportion of illiterates. In many classes of illiterates in the United States there has been a reduction of as much as 20 per cent of the number so classed between 1910 and 1920, according to Census Bureau reports. The percentage in the rural population of 21 years and over, for example, was reduced from 11.6 per cent to 9.1 per cent. Similar gains were made for younger ages in the rural and urban population, indicating an extremely hopeful prospect in this respect. To continue to make these gains, the children who should be in school must be kept there as long as possible so that future generations will have at least a fair rudimentary education.

We must continue to pay special attention to the boy or girl who who leave because they do not want to work to contribute to a slender family treasury. It is a social evil that usually is beyond the realization of the loss such as step control. They have contributed little of their part of the solution of this particular problem by providing special instruction in the night school, the continuation school, and the vocational school. The curriculum of the vocational school is designed to equip pupils with the means of earning a living. It gives boys and girls an immediate means for coping with present difficulties which call them into a world of earners at an early age.

To make certain that none but the really needy leave school to go to work, compulsory attendance laws have been passed in various in a test flight.

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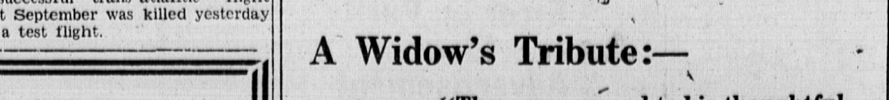
E. A. FOSTER CENTRAL DRUGSTORE SUNNYSIDE

Aviator Killed

(Canadian Press)
PARIS, Dec. 11.—Pierre Corbu, who participated in Leon Givon's really needy leave school to go to work, compulsory attendance last September was killed yesterday laws have been passed in various in a test flight.

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