NO WOMAN

CAN BE STRONG AND HEALTHY UNLESS THE KIDNEYS ARE WELL.

When the kidneys are ill, the whole body is ill, for the poisons which the kidneys ought to filter out of the blood are left in the system. Then how important it must be to see to it that this system of sewerage is not clogged up. Those who have never been troubled with kidney trouble know the misery and suffering which those afflicted undergo.

Doan's Kidney Pills are a specific for all kidney troubles. They begin by healing the delicate membranes of the kidneys and thus make the action regular and natural.

They help the kidneys to flush off the acrid and poisonous impurities which have collected, thus clearing out the kidneys, bladder and all the urinary passages.

Doan's Kidney Pills are entirely vegetable, and may be safely taken by young and old.

Let Doan's Kidney Pills do for you what they have done for thousands of others, that is, cure you.

Mrs. M. Bryanton, Spring Valley, P.E.I., writes: "I was troubled with my kidneys for two years. They were so bad at times I could not cross the floor for the pain. I tried a doctor but he did me no good at all. I sent to my nearest druggist and got four boxes of Doan's Kidney Pills, and I am glad to say that after taking them I have had no more trouble for nearly three years now."

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CALENDAR FOR MARCH, 1909

MOON'S PHASES.

Full Moon	d 6 h	10 m	56 a m
Last Quarter	d 14 h	11 m	42 a m
New Moon	d 21 h	4 m	11 a m
First Quarter	d 28 h	12 m	49 p m

Day of Week		Sun Rises h m	Sun Sets h m	Moon Sets h m	High Water a. m.	High Water p. m.
1	Mo	6 56	6 06	3 55	7 13	5 46
2	Tu	6 54	6 07	4 47	8 26	6 56
3	W	6 53	6 08	5 29	9 17	8 03
4	Th	6 51	6 10	6 07	9 58	9 00
5	Fr	6 49	6 11	6 45	10 35	9 51
6	Sa	6 48	6 13	rises	11 08	10 39
7	Su	6 45	6 14	6 48	11 39	11 26
8	Mo	6 44	6 15	7 49	...	12 08
9	Tu	6 42	6 16	8 49	0 09	12 34
10	W	6 40	6 18	9 53	0 46	12 59
11	Th	6 38	6 19	10 54	1 19	1 22
12	Fr	6 37	6 20	a m	1 53	1 47
13	Sa	6 35	6 22	0 01	2 32	2 11
14	Su	6 33	6 23	1 07	3 23	2 42
15	Mo	6 31	6 24	2 11	4 36	3 26
16	Tu	6 29	6 25	3 14	6 02	4 35
17	W	6 27	6 26	4 07	7 22	5 57
18	Th	6 26	6 28	4 56	8 28	7 20
19	Fr	6 24	6 29	5 34	9 21	8 32
20	Sa	6 22	6 30	sets	10 06	9 37
21	Su	6 20	6 31	6 26	10 47	10 39
22	Mo	6 18	6 32	7 45	11 26	11 45
23	Tu	6 17	6 34	9 03	...	12 07
24	W	6 15	6 35	10 21	0 37	12 47
25	Th	6 13	6 36	11 35	1 28	1 26
26	Fr	6 11	6 37	a m	2 21	2 01
27	Sa	6 10	6 39	0 45	3 19	2 32
28	Su	6 07	6 40	1 49	4 26	3 07
29	Mo	6 06	6 41	2 45	5 41	3 56
30	Tu	6 04	6 42	3 32	6 57	5 14
31	W	6 02	6 43	4 10	8 00	6 47

The Facts in the Case

For Constipation, or tightness of the bowels, the simplest—safest—most agreeable remedy to cure the trouble—no griping or after effects—is unquestionably

Abbey's Effer-vescent Salt

25c. and 60c. At all dealers. 24

:A fresh lot of G. B. chocolates and creams just opened at Beer & Goff's. 3-16d3i.

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ELDON HOTEL, TEL CH'TOWN

To Suffer From Headaches Makes Life Miserable.

It takes a person that has had or is subject to headaches to describe the suffering which attends them.

The majority of cases are caused by constipation and dyspepsia. The dull throbbings, the intense pain, sometimes in one part, sometimes in another, and then over the whole head, varying in its severity by the cause which brings it on, purely indicates that there is something the matter with the stomach or bowels. To the fact that Burdock Blood Bitters reaches every part of the system is due its success in relieving and permanently curing headache. It has proven a specific for the malady in all its forms.

CONSTIPATION AND HEADACHES.

Mrs. Allison E. Brown, Summerfield, N.B., writes:—"I have been troubled with Constipation and Headaches for a long time. After trying different doctors to no effect, a friend asked me to try Burdock Blood Bitters. I find I am completely cured after taking three bottles. I can safely recommend it to all."

CHARLOTTETOWN MARKETS

Corrected for every Wednesday and Saturday's issue.

Beef quarter	6 to 7½
Cabbage	3 to 5
Flour	$2.60
Beets per bunch	3 to 5
Oatmeal	3 to 3½
Ducks (pair)	$1.00 to 1.25
Chickens (pair)	75 to $1.00
Potatoes	27
Pork	8¼ to 8¾
Geese	$1.00 to $1.25
Turkey (per lb)	16 to 18
Hay pressed per ton	$8 to $8.50
Hay loose per cwt	40 to 45
White Oats	44 to 48
Black Oats	46 to 48
Butter fresh per pound	22 to 23
Eggs	19 to 20
Straw pressed per ton	$5.00
Straw (loose) cwt	25 to 30
Beef small	8 to 10
Butter per lb. (creamery)	20
Hides, per lb.	4
Barley, per bus.	60
Beef per pound	7 to 8
Lamb (per lb)	6 to 7
Calfskins, per lb.	5 to 6
Cabbage per doz.	50
Beets per bus.	40
Carrots per bus.	40
Turkey (per lb.)	12
Geese (per lb.)	10
Ducks (per lb.)	10
Chicken per lb	8
Eggs	16
Pork	8 to 8½
Hay per ton	$6 to $8

MONTAGUE MARKETS.

Corrected for every Wednesday and Saturday's issue.

Herring per bbl	$5.00 to $6.00
Flour, Roller Process per 196 lbs	$5
Cod, per quintal	$4.00 to $5.00
Oats per bus	38 to 40
Potatoes per bus	20
Oatmeal per cwt	$3.25

Conditions Of Bible Study Contest

1. Persons may join the club at any time during the year, but must, of course answer the 52 questions to qualify for the prizes. It is however desirable that the questions be answered as the lessons are studied.

2. Each contestant, or his or her family, must be a subscriber to The Guardian, during the continuance of the contest, in order to qualify for membership in the International Newspaper Bible Study Club and this Local Club.

3. Each contestant in this Local Club, must answer each of the written questions, for 52 consecutive weeks, commencing for Sunday Aug 23rd, 1908, and the answers must all be in the possession of The Guardian within two weeks of the close of this period, which allows two weeks grace after the close of the contest.

4. Each question must be answered separately, and the paper written on one side only. No answer must exceed two hundred words in length and may be less. It will be a convenience if students will write their answers on letter paper, about 8½

5. Each answer must have the name and address of the writer at the bottom of the answer, so it can be identified, given a number registered and the the name cut off so the examiner may know it by number only.

6. Students should be careful to understand the question before answering. To do this, the lesson text must be read and especially the verse, or verses, upon which the question is based.

7. The answers from this Local Club must be delivered to this office, and they will be collected at the close of the contest, and forwarded to headquarters for independent examination by competent examiners. The prizes will then be awarded according to the highest number of marks, won by members of The Internationals Newspaper Bible Study Club, and prizes which may be awarded to members of this Local Club will be given out from this office.

A COD'S LIVER

contains the most valuable of oils for the cure of certain "ills that flesh is heir to." It also contains grease or fat that has caused aversion to the tonic known as Cod Liver Oil.

Brick's Tasteless Cod Liver Oil

is guaranteed to contain the active and curative principles of Cod Liver Oil—the nauseous greasy taste removed.

Brick's Tasteless is

a blood purifier,
a flesh producer,
a tissue builder,
a strength producer,

because composed of ingredients, proved by science, to do those very things.—But try it, that will prove it.

All Druggists

209

I cured my Cough with "SPRUCINE" Why don't you? 58

CASTORIA

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Trains Outward Read down — Stations — Trains Inward Read up

Mo. Dly. Tu. Mo. Wed ex. Th Wed Fri Sun Sat Fri — Tu Mon. Dly. Mon. Th Wed ex. Wed Sat Fri Sun Fri
P.M. A.M. p.M. noon — A.M. P.M. P.M. A.M.
2.55 7.15 2.00 12.00 lv Ch'town ar 11.30 2.05 5.15 10.10
3.13 7.34 2.15 12.17 Royalty Jc 11.15 1.47 4.57 9.55
3.54 8.12 2.44 12.50 N. Wiltshire 10.45 1.14 4.26
4.07 8.25 2.54 1.02 H. River 10.35 1.02 4.07
a4.50 9.07 3.23 1.44 Emerald Jc 10.07 12.21 3.23 d8.10
9.43 3.47 2.18 Kensington 9.43 11.48 2.46
10.15 4.10 2.45 ar S'side lv 9.20 11.20 2.15
P.M. A.M. P.M. P.M. — A.M. A.M. P.M. A.M.

Tues. Mon. Thurs. Wed. Sat. Fri — Tues. Mon. Thurs. Wed. Sat Fri
P.M P.M — A.M. A.M.
4.25 3.00 lv. S'side ar. 9.00 10.35
5.23 4.23 Port Hill 8.01 9.08
6.12 5.39 O'Leary 7.12 7.53
6.50 6.40 Alberton 6.34 6.53
7.25 7.35 ar Tignish lv 6.00 6.00
P.M P.M — A.M. A.M.

Mon. Tues. Wed Thurs Fri Sat — Daily ex. Sun.
P.M. P.M. — A.M.
4.45 3.25 lv. Emerald Jc ar 8.05
5.45 4.15 ar C. Traverse lv 7.15
P.M. P.M. — A.M.

Mon Tues. Wed. Thurs. Fri. Sat. — Tues. Mon. Thurs. Wed. Sat. Fri.
P.M. P.M. — A.M. A.M.
3.15 3.15 lv Ch town ar 10.00 10.55
4.40 4.20 Mt. Stewart 8.55 9.40
5.18 4.48 Morell 8.27 9.49
5.46 5.09 St. Peter's 8.05 8.21
7.05 6.15 ar Souris lv 7.00 7.00
P.M. P.M. — A.M. A.M.

Tues. Mon. Thurs. Wed. Sat. Fri. — Daily ex. Sun.
P.M. P.M. — A.M.
4.20 4.40 lv. Mt. Stewart ar 8.50
5.2 5.49 Cardigan 7.39
5.58 6.18 Montague 7.10
6.45 7.05 ar Georgetown lv 6.25
P.M. P.M. — A.M.

Mon. Tues. Wed. Thurs Fri. Sat. — Tues. Mon. Thurs. Wed. Sat. Fri.
P.M. P.M. — A.M. A.M.
3.00 3.00 Lv Ch town Ar 9.25 10.15
4.40 4.15 Vernon River 8.11 8.36
6.25 5.45 ar Murray H. lv 6.40 6.40
P.M. P.M. — A.M. A.M.

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