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Are you having trouble with your Furnace? find it difficult keeping the fire in over night and unsatisfactory, if so try a ton of clean Coal like Drummond Round it is a good Furnace Coal.

A. Pickard & Co.

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During 1916

you will find our store a good place to trade. As we carry only reliable goods and sell at moderate prices.

G. H. Taylor
Jeweler & Optician & Engraver

SIMPLE COOKING CABBAGE AND BEANS.

As a rule the simple ways of cooking these vegetables are the most satisfactory. It seems a waste of time to make them into croquettes, souffles, timbales and the like. Raw cabbage is more wholesome than cooked, and it may be prepared with all sorts of salad dressings or as Philadelphia Relish. For variety the relish may be stiffened with gelatine and turned into molds decorated with strips of figures cut from pimento. When to be served cooked, do not overcook, leave some of the natural crispness in it. Serve with cream sauce or Hollandaise sauce poured over, or cut in shreds, dispose in layers in a baking dish with cream sauce and grated cheese between; finish with buttered crumbs and let brown in the oven.

Velvet Skin Lotion

Is an excellent and most pleasant application for all skin roughness, whether caused by wind, weather or exposure to the cold.

Soothing Healing Cream

that insures a smooth-soft velvety skin always. Fine for keeping the hands of housekeepers in good condition and a great lotion for men to use after shaving. Allaying irritation and preventing soreness.

35c per bottle at

Geo. E. Hughes

"The People's Druggist"

For La Grippe

Here is the remedy that will set you on your feet again—a time-tried and true old home preparation.

Rexall Grippe Pills

Gives full relief from pain and fever, regulates the system, restores normal health.

A box guaranteed.....25c

McKinnon Drug Co.

String beans make a delicious cream soup; pour through a sieve to secure the pulp, flavor with the usual vegetables and serve with croutons. As a vegetable, thicken with creamed butter mixed with one or two egg yolks and a teaspoonful of lemon juice (for a pint of beans). For a change add onion juice and chopped parsley. Beans, disposed in layers in a baking dish with cream sauce and grated cheese between; finish with buttered crumbs and let brown in the oven.

The Central Guardian

IT PAYS to buy in this Province.

HARTNEY.—There will be service in Hartney Hall Friday evening at 7.

POWNAL CIRCUIT.—January 30th. Clifton at 11, Mt. Herbert at 2.30, Pownal at 7.

BAPTIST SERVICES.—Rev. W. D. Wilson will preach in the Cavendish Baptist Church on Sunday morning, January 30th at 11 o'clock and at Fairview in the evening at 7 o'clock.

TRANSFERRED.—Mr. Fred A. Lane of the Canadian Bank of Commerce at Alberton who has been home on account of sickness left yesterday for Summerside to which town he has been transferred.

CAR FERRY STEAMER.—The Prince Edward yesterday arriving outward to Pictou, took 110 tons of freight including eight tons of oats, a car of dressed hogs and the balance miscellaneous.

GOING OVERSEAS.—Dr. H. C. Hodgson was a passenger by the "Prince Edward" yesterday morning en route to St. John from which port he sails for Liverpool via the "Pretorian" on Saturday.

A GREAT ORATOR COMING.—Among the foremost orators of Canada the Rev. G. H. Campbell of Sackville ranks high indeed. An opportunity for a Charlottetown audience to hear him will be afforded in his great address on "The Call of the Empire" to be delivered here on Monday evening 31st inst. Place will be announced later. Admission will be free.

ADMITTED TO THE BAR.—Yesterday morning before the full Court in Charlottetown Mr. Justin M. Hynes, of Kensington, on application of Mr. Gilbert Gaudet, Gilbert Gaudet, was admitted to practice as a barrister-at-law in this Province. His Lordship the Chief Justice, Sir W. W. Sullivan, congratulated Mr. Hynes on his success in his examination and expressed the hope that he might be as industrious in his career at the Bar as he had evidently been as a law student.

SUPREME COURT.—In the Supreme Court yesterday the Chief Justice, Sir W. W. Sullivan, Mr. Justice Fitzgerald and Mr. Justice Haszard, on the bench, Mr. Wyatt, applied for a writ of certiorari in a case in which P. B. Lewis, of Alberton, was convicted of an offence, subsequent to third offence against the Prohibition Act, on the ground that the summons had not stated the fact that the offence was subsequent to a third offence. Mr. Donald McKinnon opposed the application, which was dismissed with costs.

Wyeatts Sage and Sulphur Compound contains agents especially valuable for coloring gray and faded hair. It is delicately perfumed, imparting to the hair a faint but pleasant odor.—50c. and \$1.00 bottles.—E. A. Foster, Central Druggist.

Miss Ada S. Bradbury

142 Prince Street, next to Kindergarten
Art Needle Work and materials for working. Stamped Linens and Threads of all kinds.
Mf.

We have it or we will get it

It will pay you to come here for anything in the drug line, because we stock all worthy remedies and Toilet preparations as soon as they are placed on the market.

Of course you may have occasional wants which we cannot supply, but in such cases we are always glad to make special orders for what is wanted.

It is a pleasure to favor our customers in this way and no extra charge is made for the special service. Please remember that we are always at your service.
Just Phone Central 33.

Johnson & Johnson
The Quality Drugstore
Cor. Kent & Prince Sts.

Now's the Time to Buy French Castile Soap

Here today you can get 7 lbs. of pure, hard French Castile Soap for just1.00 or one lb for20c
Better not delay for it may all go today.

The 2 Macs
149 Gt. Geo. Street
Windsor, Ont.

THE STANLEY.—The Stanley docked at Georgetown yesterday morning about 11 o'clock having been somewhat delayed by the fog. She had 20 passengers, 125 bags of mail and 1355 pounds of express matter and 10223 pounds of freight.

PATRIOTIC SOCIETY AND THE MERCHANTS.—A conference between members of the Provincial Patriotic Society and the Merchants' Association will take place in the new recruiting depot, Market Building this afternoon at three o'clock.

AT THE POLICE COURT.—At the Police Court yesterday E. McCarron for drunkenness was fined \$90 or 90 days. A case against Mrs. Haynes for keeping a disorderly house was dismissed and Michael Kinslow, an inmate, was fined \$20 or 60 days.

"THE CALL OF THE EMPIRE."—The hosts of friends and admirers of Rev. G. M. Campbell formerly pastor of the First Methodist Church of this city will be delighted to have an opportunity to hear him again. He will speak in Charlottetown on Monday evening 31st inst. His coming here is under the auspices of the Patriotic Fund Committee. His subject will be "The Call of the Empire."

INTERESTING NEWS.—Mrs. White has returned from Toronto, after visiting all the leading Hair Parlors and has taken up Facial and Marcel. The French twist and three coils are no longer shown but dressings low and medium predominate in eight of all styles. The young girls look so graceful with their hair hanging in one or more curls arranged differently. Mrs. White, Queen Hotel, Phone 233. 6079

INNOCULATION STARTED.—The inoculation for Typhoid began at the Armouries Tuesday with No. 1. Platoon. The men suffered little discomfort. The serum was injected in the right breast under the direction of Colonel Jenkins and Captain Dorsey. The men will be relieved from parade for two or three days, as there is a tired feeling after the inoculation. This plan of combating typhoid has proved very effective, splendid work having been thus done throughout the Canadian Expeditionary Forces.

ARCH. MCPHERSON.—Mrs. James Rennie of North Cambridge, received a message conveying the sad news of her brother Archie MacPherson's death in San Francisco, California. No particulars were given to the cause of his death. The late Mr. MacPherson, conducted a tailoring business and when last heard of he was enjoying good health. He leaves to mourn a widow, one son Alexander a daughter Elizabeth seven brothers and two sisters. Norman of England, Alex. of Brooklyn, L. E. I., Angus of Bellevue, John of Lewis, Mrs. Alex. MacLean of Dun- Mrs. James Rennie of Cambridge; Mass; John Alex. of California; Donald of North Land Sask. Owen of Medford Mass; and many other relatives and friends.

"Oh Brother, thy gentle voice is hushed.
Thy warm true heart is still.
And on thy pale and peaceful face
Is resting Death's cold chill."

GARRISON DUTY.—The following officers and men leave shortly for Halifax for garrison duty at Fort Ives, McNabb's Island. About fifteen more are required as quickly as possible. Any young men desirous of joining should send in their application without delay to Major Leigh, Major C. L. McKay or Lieut. Stanley Bagnall, Charlottetown. Major McKay, Lt. Stanley Bagnall, Sergt. T. McNeill, Sergt. W. L. Higgins, Fred Duffy, Benj. Acorn, Ernest McAlroy, J. W. Robblet, N. J. McLeod, Walter Mullins, J. W. Polard, Robt. Duncan, Ralph Huestis, Allison McLeod, Reginald Jenkins, A. M. Thomson, F. R. McPhee, Gibson Taylor, Leslie Auld, Clarence Acorn, Edmond Stewart, John McDonald, Mac McInnis, Eugene Donnette, Em. A. Arsenault, Melvin Diamond, Hector Curran, L. McKinnon, Earl Rogerson, Ivan McArthur, Albert McDougall, Sydney McLeod, Joseph Marcon. It is interesting to note that the majority of the above men have signified their willingness to go overseas, but are desirous to undergo a thorough military training beforehand.

Often Food Makes or Breaks
It all depends upon the kind. A common cause of lessened vigor of body and mind is improper eating. Food should be selected that will supply sound, well-balanced nourishment for physical and mental forces, and this is richly supplied by Nature in the field grains.

Grape-Nuts

FOOD
contains all the nutritive elements of whole wheat and malted barley, including the vital mineral salts lacking in many foods that make up the usual dietary. These elements are imperative for building sturdy brain, nerves and muscle.
Grape-Nuts is economical, ready to eat direct from the package—pure, crisp and delicious.

"There's a Reason" for Grape-Nuts
Made in Canada

Canadian Postum Cereal Co. Ltd., Windsor, Ont.

PURE BLOOD MAKES HEALTHY PEOPLE

Hood's Sarsaparilla removes scurfy sores, boils and other eruptions, because it drives out of the blood the humors that cause them. Eruptions cannot be successfully treated with external applications, because these cannot purify the blood.
Hood's Sarsaparilla makes rich, red blood, perfects the digestion, and builds up the whole system. Insist on having Hood's. Get it now.

WILL ENTERTAIN.—Canon and Mrs. Simpson will entertain the nurses of the P. E. Island Hospital to a 5 o'clock tea to-day.

LEAP YEAR.—Several leap year skates will be features of the Spectacle Skating at St. Dunstons Rink, Friday night. 7050.

HIGH PRICES FOR PORK.—At last Tuesday's market the bulk of hogs were disposed of at 11 1/2 to 12c, per lb. which it is understood is about the highest price ever paid for hogs in this Province at this season of the year.

RECRUITING MEETING TONIGHT.—There will be a recruiting meeting this evening at Marshfield Hall at 8 o'clock. The speakers will be Rev. G. C. Taylor, Rev. Mr. Coffin, Capt. Hardy and others. A musical programme will be provided.

FOXES PURCHASED.—Yesterday a pair of silver black foxes were purchased by Mr. G. Jordan of the Woodman of the Spring Park ranch. The foxes were physically perfect and handsomely furred and of Oulton Dalton and James Tuppin origin. They are to be ranches at the Jordan Ranch Murray Harbor.

A MILITARY SPECIAL.—will leave Charlottetown Friday January 28th for Summerside. About 500 soldiers will accompany the two teams which meet the Crystals in the first game of the season for the P. E. Island championship which the 105th expect to land. Many parents and friends will take advantage of this opportunity of seeing their lads in practice. 7049-1-27-M2L.

PLEASANTLY ENTERTAINED.—Last evening Canon and Mrs. Simpson entertained the Trustees, Church Warden, Treasurer, Organist and Choir of St. Peter's Cathedral to a delightful social evening. In the early evening numerous games were indulged in and at 10 o'clock supper was served in Mrs. Simpson's usual splendid style bringing a very pleasant evening to a close. Canon and Mrs. Simpson also entertained the choir boys to an excellent supper and social evening on Wednesday last.

FURTHER PARTICULARS.—One of the finest recruiting meetings held on Prince Edward Island was held at Victoria on Monday evening, Jan. 24. The meeting opened with a chorus, "Rule Britannia," by a number of male voices. After an opening address by Major Leigh there followed a solo, "Take me back to Canada," by Mr. Acorn. Rev. G. M. Young gave a short address, which was followed by a "patriotic drill" by sixteen young ladies. Immediately after the drill three young men, namely, R. K. Ross, well, A. Leturgey and H. Trowsdale, enlisted in the service of King and country. After a stirring appeal made to the young men, by Col. Campbell the audience were again delighted with another solo, "Canada my home," by Mr. Acorn. Rev. R. J. Fulton then addressed the audience and eight more young men responded to the call, namely, Robert Arbing, Frank Leard, Ernest Harvey, Eric McLean, John Simmons, William Peters, Abraham Jackman and Reid Miller. The meeting then came to a close by singing the National Anthem and three hearty cheers for our King.—V

A MISSIONARY MEETING.—At the W.M.S. meeting in St. James Hall last evening Mr. R. Burnett gave an instructive and interesting talk on mission work and conditions in the West Indies. Mr. Burnett explained the conditions of living, the difficulties encountered by the Canadian and English missionary, who, being unfamiliar with the country, have many of the most serious disadvantages for the first two years of his sojourn. He told of the great strides made in educational and church work, especially in the past ten years, and of the great need still existing for young men of strong personality, who would go out into the tropics and there they have fully mastered the conditions and customs of the natives and East Indian immigrants, who like to follow to the fullest extent the white man's example. The blacks are ardent students of the Bible, it being their book of books, and they are eager for an argument or a dispute on it. Being particularly familiar with the needs of the West Indies and especially of Demerara the speaker made a strong plea for the Canadian Church to continue its efforts unflinchingly, and his remarks were very much appreciated. Enjoyable solos were given by Misses H. Hughes and McDonald, and quite a liberal collection was taken for mission work. Dr. Fullerton, who presided, made reference to the passing of Mrs. Geddie, the last remaining link connecting this Province with the great work in the New Hebrides, which was inaugurated by the martyr Gordon of this Island.

GOLD YOU CAN SEE THROUGH

Gold, which becomes so important in war time, is an extremely interesting substance in many ways. It can be beaten so thin that a quarter of a million leaves of it piled on the top of one another would only reach an inch in height. When beaten into the thinnest possible sheet it becomes transparent.

Gold, too, can be drawn into the finest wire of any metal. Michael Faraday, the great British chemist, once calculated that he could make a good wire from four sovereigns long enough to go round the earth. It is because gold can be beaten so thin that tobacconists are able to use real gold for tipping cigarettes, and yet not charge an exorbitant price for them.—Pearsons.

GARRISON ARTILLERY DETACHMENT.

All members of Ives Point Battery Detachment will parade at the Armouries tonight at 7.30 for Drill in uniform. Br order C. L. McKay, Major.

PERSONAL MENTION.—Private Russell Snow of the 105th Battalion is spending a few days at his home in Victoria.—Messrs. W. M. Snow and Seymour Snow were in Bradabane on Thursday.—Mrs. E. Boswell and daughter, Elsie, Victoria, left Tuesday morning for Montreal.—Pte. Elmer McNeil of the 105th Battalion is spending a few days with his parents, Mr and Mrs Thos. McNeil, Tryon.—Mr and Mrs Harry Norton, Bedfordford, are visiting friends and relatives in Crapaud.—Mr Charles Clarke has returned to his home in Victoria after spending a few days among friends in Charlottetown.—V.

A joint meeting of the three Courts L. O. F. will be held in Knights of Pythias Hall, Grafton Street, Wednesday evening at 8 o'clock. The Supreme Counsellor and the High Standing Committee will be present. All members should be in attendance. A. D. Fraser, H. Sec. 7005-1-25M2L.

PRINCE EDWARD THEATRE

The Prince Edward Theatre was crowded last evening to witness the patriotic picture, "Fighting for France." In the afternoon there was also a large audience. During intermission at the evening show, Rev. R. G. Fulton and Capt. Hardy of the 105th Regiment took advantage of the opportunity to deliver stirring recruiting addresses, in which they referred to the excellence of the pictures and their fine patriotic purpose. They made a strong appeal for recruits, pointing out the great necessity for men if the cause of the Empire is to be sustained. The pictures were a marvellous piece of photographic art, and an enormous amount of information was conveyed by the hundreds of scenes contained in the seven reels. The first reel opens with H. M. King George board the Royal yacht "Edward," and consulting with Sir Edward Grey, and this is followed by scenes in England, such, for instance, as the parade of the imposing army of women of London, who are taking a very active part in the world war. Women are also seen industriously employed in the munition factories, having taken the places of their husbands, who are "in trenches far away." The splendid work carried on by the Red Cross Society in France and Belgium is shown in one scene, while in another the Canadians are seen in England and preparatory to their departure for the front. The great engines of war are strikingly depicted, notably the famous quick-firing "73" anti-aircraft French gun. Some of the British watch dogs of the sea are seen on the lookout for the enemy, while actual engagements are shown, a shell entirely destroying one of the latter vessels. A remarkable feature was the wonderful heroism displayed by the Italian cavalry, the horses, with their intrepid riders, seen in England, scaling up the most incredibly steep hills, and descending the same with apparently the utmost ease. The splendid work of the Serbians is well portrayed, the brave troops keeping the enemy in check while the oxen-drawn artillery is used. The picture shows the British and Canadian troops in Belgium; and actual aircraft engagements are vividly represented.

On the whole the picture was magnificent, and was a splendid success. At to-night's exhibition appropriate patriotic addresses will be delivered by the Rev. Dr. Fullerton and Col. Campbell.

Don't Go Into Consumption Cure Your Catarrh Now!

When your throat rattles, your lungs and chest are sore, your throat is stuffed with cold—don't fear consumption—use Catarrhazone and get well. It clears the throat, cures hacking, relieves tight chest and soreness in the bronchial tubes. To clear away Catarrh of the nose, nothing could be better. Catarrhazone is nature's own remedy—it heals and soothes—cures every form of throat, lungs or bronchial trouble. Prescribed by many specialists and used by thousands every day. Get the dollar outfit, it lasts two months and is guaranteed. Small size 50c; trial size 25c. sold everywhere.

LITERAL

She had to put up with her husband's bad behavior for many years, and at last could bear it no longer. Off she went to the local minister to seek his counsel.
"After listening for some time to a recital of the delinquencies of his caller's neglectful spouse and her efforts to correct him, he said:
"Have you ever tried heaping coals of fire on his head?"
"No," was the reply, "but I've tried hot water."

Learned from a Sample Nineteen Years Ago

THAT HE COULD DEPEND ON DR. CHASE'S KIDNEY-LIVER PILLS TO CURE MANY OF THE COMMON ILLS OF LIFE

Living eighteen miles from a drug store Mr. Carr found it necessary to regulate the action of liver, kidneys and bowels.
To the habit of keeping these important organs active by the use of Dr. Chase's Kidney-Liver Pills I when required he attributes the good health of his large family.
Here, surely, is evidence of the value of these pills as a family medicine to protect the members of the family who use it from the common ills so many of which arise from constipation of the bowels and torpid condition of the liver and kidneys.
Mr. James Carr, Maynooth, Ont., writes:—About 19 years ago I received an envelope containing two of Dr. Chase's Kidney-Liver Pills. I was doctoring at the time with two doctors, and as they did me no good I used the Pills, and by the time I had finished one box I was cured of the pain in the back and shoulders.
"We have great confidence in Dr. Chase's Medicines. I have a family of ten children and have never had a doctor in the house for any of them. We live eighteen miles from a drug store, and find that these Pills cure nearly all the ordinary ills by regulating the liver, kidneys and bowels. That we are all well and sound I attribute to their use, and I have recommended them to hundreds and given away many a box because I believe there is no medicine so good."
By awakening the action of liver, kidneys and bowels Dr. Chase's Kidney-Liver Pills cleanse the system of poisons and remove the cause of biliousness, headache, backache, lumbago, kidney disease and rheumatism. One pill a dose, 25 cents a box, all dealers or Edmanson, Bates & Co., Ltd., Toronto.



To the Electors of Ward Four:

LADIES AND GENTLEMEN:
Having represented Ward Four during the past two terms and being again solicited to accept nomination, I take this opportunity of presenting myself as a candidate at the forthcoming election. Should you see fit to elect me it shall be my duty as well as my pleasure to advance the best interests of the City generally and of Ward Four particularly. The franchise is your sacred right; use it to the City's best interests and none will have cause to regret.

I am, Ladies and Gentlemen,
Yours respectfully,
G. D. WRIGHT.
7051-1-27M2L.

Minardi's Liniment Co., Limited.
Sirs.—I have used your MINARDI'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.
Dartmouth.

WORRY OVER HOUSEKEEPING

The woman who takes her house-keeping too seriously frets from morning to night as to whether she will get her work done. She worries from the beginning of the week to the end as to whether she can make her husband's share stretch over all the expenses. She may have kept house on the same salary for 20 years without once falling short of money. But nevertheless she worries just the same.

The woman who takes her work too seriously is all the worse off if she keeps a maid. Then she is constantly worried as to whether the girl is honest or not. She does not know whether the servant is taking food, clothes, silver or money, or whether she is doing her best. She worries if she has to leave the house alone for an hour.

Perhaps her husband may suggest locking up her valuables, thinking it will set her mind at rest. So she has her closet doors fitted with patent locks; her store-room, too, has an extra fastener. Does she now rest content, knowing that no one can enter while she has the keys? She does not. She counts her keys every minute of the day to make sure that none are missing. If she lays them down for a moment and cannot find them immediately on her return she works herself almost into nervous prostration for fear someone has stolen her keys. She makes her own life perfectly miserable and keeps her family on the jump with her nervousness over the affairs of her home.

This is not an exaggerated description of the woman who takes house-keeping too seriously. The type is quite common and may be found everywhere. Now the ordinary husband would almost prefer a gadabout wife to one who worries him to death with her household cares.
Don't allow yourself to become nervous and upset over your household affairs. Nothing disastrous will occur even if you don't get all the work finished that you expected to do. It is best for every woman to have some interests outside of the home, best not only for herself and her own mentality, but also for her family and for her home. She does her work all the more thoroughly for having forgotten it entirely for an hour or two.

Housewives will find how much more smoothly things will go if they learn to take them much more lightly. Go out to a club, or to the library, or a picture show for an hour or two in the afternoon, and be sure to forget your house for that period. Then your interest will be kept alive and you will get your tasks finished twice as quickly and easily as if you worry over them continuously and incessantly.