



His Million Dollar Body!

THE man who has made a great success of his business career, who has amassed a great fortune, whose wealth may be counted in the millions of dollars—can give the credit for his fortune to the keen, alert mind which comes with an energetic, healthy body. His body has indeed been worth a million dollars to him.

Bodies are built in the right way by eating the right food. Make yours a million dollar body. Make sure that your daily diet gives you the proper vital nourishment.

A famous food expert has made it possible for you to do this easily, by creating one deliciously appetizing food—Grape-Nuts—which gives you the five essential food elements. And besides giving you the vital nourishment in easily digested form, Grape-Nuts benefits your teeth and gums. It is a crisp. You like to chew Grape-Nuts—thus giving teeth and gums healthful exercise.

Have Grape-Nuts to-morrow. All grocers have it in wax-wrapped packages. Ready to eat from the package, with milk or cream. Four teaspoonfuls, costing less than one cent, is a sufficient serving.



Grape-Nuts for Delicious Nourishment

Send Your Name and Address for Two Free Trial Packages of Grape-Nuts and "A Book of Better Breakfasts". Address Canadian Posters Cereal Co., Limited, Dept. 643-1, Metropolitan Bldg., Toronto 2, Ont.

Western Guardian

—WILL BE LOADING live hogs at Kensington, Tuesday, March 15th, Alden Moise. 4287-3-11-31

—ALL WOOL POIRET Dresses sizes 36 to 44 in Brown, Navy, and Black. Special \$3.95 each. At Sinclair & Co. 4291-3-11-41

—FOR SALE four milk cows, newly freshened at John McNeill's, Brae, Lot 3. 4340 3 14 61.

—WANTED—An experienced Saleslady (Drygoods). For Alberton Store. Reply by letter with references. Morris and Bernard. 4341 3 14 31 St.

—LENTEN SERVICES.—There are special services every Wednesday and Friday in St. Paul's Church, Summerside, during Lent. On Wednesday there is Benediction of the Most Blessed Sacrament and on Fridays the Way of the Cross is held.

—LAID TO REST.—The funeral of the late Mr. Holden Compton Mills was held from his late residence in Summerside Friday and was largely attended. The services were conducted by Rev. Venerable Archdeacon White. Interment was made in St. Eleanor's Cemetery. The pall bearers were: Messrs A. C. Saunders, J. E. Wyatt, G. D. Pope, L. A. Moore, J. A. Gallant and Hon. A. F. Arsenault.

—HOCKEY AT ALBERTON.—The Summerside Y. M. C. A. boys went down to defeat when they played a game of hockey with the Alberton boys on Thursday night in Alberton rink. The score being 3-3. The "Stars" boys returned home Friday morning. Mr. Clifford Montgomery, Summerside, acted as referee.

—ST. PATRICKS AT KENSINGTON.—Grand celebration. Address by Hon. C. Gavin Duffy, Charlottetown. Musical program. Beautiful costume. Captata by school children. Sale of candy. Good time for everybody. Everybody welcome. Curtain rises at 8 p. m. Admission 35 and 25 cents. 4347.

—SPLENDID ADDRESS.—Hon. A. J. Arsenault, State Deputy of the Knights of Columbus, spoke on Thursday night at "The Home" giving an account of his recent trip to Edmonton and the many towns visited. He also gave his impressions on Canada, emphasizing the fact that we needed more people to develop our natural resources. He said if the governments follow a sound economic policy Canada should become one of the richest countries in the world. Continuing he spoke of the unity of Canada and Confederation when our religion and institutions were sacredly guarded by a constitution formed by the Fathers of Confederation. He said that a bright and prosperous future for Canada; for two great peoples speaking two languages professing two great Christian religions, adoring but one God, and living but one flag, loving but one Country, Canada. The learned lecturer also referred to the Knights of Columbus showing what the society has done for the cause of education in America.

The Confederation Pact

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Confederation were to remain intact. Quebec and Ontario were parties to the agreement of 1867 and in honor bound to observe its terms.

Mr. Harpell also emphasized the hindrance to the Maritimes prosperity. The three provinces had the finest fish in the world, but the express rate on that product was from two to three times higher than the freight rate, and more, indeed, than the price paid to the fishermen who brought it to the shore. Mr. Harpell's report had also recommended two ferries to link up the island with the mainland and which should be fitted to carry motor cars to encourage tourist traffic.

The conclusion of Mr. Hyndman's message was a plea for justice under the Confederation Pact and for prompt action for the sake of the welfare of the Maritimes.

SURE WAY TO GET RID OF BLACKHEADS

There is one simple, safe and sure way that never fails to get rid of blackheads; that is to dissolve them. To do this, get two ounces of peroxide powder from any drug store—sprinkle a little on a hot, wet cloth—rub over the blackheads lightly—wash the parts and you will be surprised how the blackheads have disappeared. Big blatters where they are, simply dissolve and disappear. Blackheads are a mixture of mud and dirt and sometimes that form in the pores of the skin. The peroxide powder and the water dissolve the blackheads so they wash right out, leaving the pores free and clean and in their natural condition.

ROOSEVELT SAID:

"My first pair of spectacles literally opened up a new world to me."

Like Roosevelt you too may need glasses. Only an examination will tell you.

H. J. MABON OPTOMETRIST MONTPELIER, P. E. I. Office Connected With Drug Store

You Should Use "SALADA" TEA

No other tea is so delicious.

SUMMERSIDE HIGH SCHOOL ICE SPORTS

Summerside High Defeat West Kent 3 to 1.

Nearly 600 people attended the Summerside High School Ice Sports in the Crystal Rink, Summerside, on Friday night when a real entertaining programme was put on.

The races were very interesting there being close finishes and many surprises. The following are the results: 220 Yds—10 Years and Under 1st, Clarence Steele; 2nd, Dan McInnis; 3rd, Eldon Hickey.

140 Yds—12 Years and Under 1st, Jimmy Dods; 2nd, Bazer Bowness; 3rd, Ira Hickey. 880 Yds—14 Years and Under 1st, Harry Holman; 2nd, Jimmy Dods; 3rd, Harry Holman.

220 Yards Girls 1st, Irene Stillin; 2nd, Jilpha Linkletter; 3rd, Norma Callbeck. Obstacle Race 1st, Clarence Steele; 2nd, Eldon Hickey; 3rd, Arthur Rogers.

1st, Eldon Hickey; 2nd, Arthur Sullivan; 3rd, Earle Gaudet. Officials—Starter, Louis Blanchard; judges, B. Graham Rogers, Louis Campbell and A. R. Brennan; Times, A. E. Harris. The Hockey Match Summerside High School and the West Kent School team was closely contested and a stellar game of ice hockey. The game was a splendid exhibition of stick-handling, fast skating, combination, etc. The first period was scoreless. In the second period James landed the only score of the period. In the third period the Summerside boys scored two goals, one by Jamie and the other by Pritchard; while the West Kent boys landed only one, E. Harris. The game ended 3 to 1 in favor of Summerside High School.

—INDISPOSED — Mr. Cyril Gallant, the popular and obliging manager of the Canadian Bank of Commerce, and daughter, Miss Anita, Hensley, arrived in Summerside to attend the funeral of the late Mr. Holden C. Mills.

—Miss Janet Cairns, Stanchel was a passenger to Summerside Friday. She will visit her uncle and other Summerside friends.

—Mr. J. Abner Cairns, Summerside is visiting his parents Mr. and Mrs. A. Cairns, Stanchel.

—Miss Gwelda Gaudet, Summerside has returned from Moncton where she completed a course in Ladies Hair Dressing.

—Mr. Chas. Hensley, former manager of the Canadian Bank of Commerce, and daughter, Miss Anita, Hensley, arrived in Summerside to attend the funeral of the late Mr. Holden C. Mills.

Eastern Guardian

—FOR SALE, used Piano, P. X. Vail, Montague. 1434 3 14 21.

—DON'T FORGET the sale at Vernon Ross's, Union Road, Wednesday, March 16th. 4348-3-14-21.

—RESERVE MARCH 17TH for Three Act Comedy "Professor Reson's Dilemma" by St. George's Dramatic Club, St. George's Parish Hall. 4337-3-14-21.

—"SOURIS, March seventeenth: "Gilded Youth" 4 act comedy drama. 4319,3,12,31.

—EASTERN AGENT — Mr. J. W. Murdoch is now Guardian agent in Montague and will be pleased to receive news items, advertisements, new and renewal subscriptions.

—A CORRECTION EXPLAINED — Sir,—It seems to me there has been a great deal of time and space wasted in the sundry reports concerning the Lunch recently held in aid of Holy Trinity, Georgetown. This Church affair was advertised thus: "Lunch will be served in the Town Hall, Georgetown, on Friday, Feb. 25th under the auspices of Holy Trinity Church, immediately after the movies at a charge of 25c only. Dancing afterwards." In advertising this I intended the public to understand that the lunch was a church affair and the dancing a mere appendage. And, while "Dancing" appeared on the posters, which I myself made, we did not sponsor that part of the programme. The director of the movies took charge of the floor immediately after his own performance. I am, Sir, etc., Clement Mitchell, Rector, Georgetown.

Island is on the one and only road of true victory, I hope and pray that army will win. What care I for what care you for pet methods. May the right win, though the very heavens fall. And let me tell you that if I believed that true victory lay in sharpening the teeth of our present Prohibition law, I would go in for stronger teeth and sharper teeth until the curse of intemperance, camouflage, and hypocrisy would be torn up root and branch. If the Prohibition party is right, then I hope that the illusions of such an act as I propose, tonight, will be snowed under—so deeply snowed under—that there will be no hope of a re-urrection. You and I want to see a victory over a devastating foe, whatever we should welcome whatever means can bring about so glorious an end. In God's name let us give up our incriminations and get on the right road for the salvation of men and women and the glory of our common Master.

GREATER RESPONSIBILITY ON INDIVIDUAL

Now what does this Act involve? It involves, first of all, a larger personal freedom in matters where thousands claim to have freedom should exist than that which the present Prohibition Act. The present proposed Act says to the individual of responsible age, character and other conditions:— You have now the power to choose, under certain limitations, a certain commodity which carries with it another choice, and that is, to prove yourself a man of self-control, a good husband and a good father, or to prove yourself a weakling, a recreant, a moral and physical wreck, and, finally, a tragedy of the first magnitude. Remember this—freedom always carries with it responsibility. Don't forget it! You have the choice to go on or go under. What will it be? The Act proposed, tonight, puts the manhood and the womanhood of this Island on their honor. This Act puts law and order in your hands. You can help to make or unmake your Island Province. We call this Island a garden, and such it is, but it will not for very long remain a garden if we blight the fair flowers of the garden with the poisoned breath of intemperance or by excessive indulgence of our natural appetites stifle our own souls and the souls of those committed to our trust.

Temperance Act

(Continued from page 3)

Heil and soar as high as Heaven and fly to either pole but you can't and an apology for one of the greatest scourges the world has ever seen. No tongue, however, eloquent, and no brush, in the hand of any painter—the most gifted that the world has ever seen—has ever succeeded in painting a picture that measures up to all the horror, to all the misery, to all the tears, sickness, pain and death that the drunkard has left in his wake. There is not a man, nor a woman here, tonight, who would not—reason purely human if for no other—blot out and stamp out, forever and ever, the last ravages of the world's most deadly and most damnable sin. Intemperance is a hydr-headed monster that in every field of human life and endeavor, has through the ages trampled down—and is still trampling underfoot—the fairest flowers of the world's noblest and best; trampling down, in scorn and derision, the aspirations and ideals of motherhood, fatherhood and childhood, and he who will not drive against such a monstrosity of blood and tears has stifled the last twinges of conscience and has turned a deaf ear to the common call of our common red blood to play the common man.

PROHIBITIONISTS ARE SINCERE

Now there are those who claim that the one road to the better life of sobriety and temperance in Prince Edward Island is the highway of Prohibition. They tell us the sword of Prohibition must be sharpened—and sharpened still more—until this blade of justice and truth cuts its way through all the opposing forces of evil darkness and victory perch on the banners of the dry army. I should be the last one to criticize those who fight under such an ensign. I believe the Prohibition workers in this Province are honest; they have the welfare of their Island home at heart; they are out to win in a cause which, in many particulars, is as dear as their very life. I respect the convictions of my brethren in their high endeavor to lead their kinsfolk into the land of promise. And I want to say with all the earnestness of my soul, if the Prohibition army of Prince Edward

GREATER RESPONSIBILITY FOR THE CHURCH

Ninety-five per cent of Prince Edward Island are members of some branch of the Christian Church. This is a province of church members. And what about it? Simply this—when a community like this is given a larger sphere of human liberty then the Church is bound to come under a larger responsibility. Oftentimes the Church becomes dull, and listless and irresponsible under law. We are apt to think the law can do what can only be done by the power of the Gospel living and acting in the Church. The Church has, too often, helped to enact moral laws and then has gone to sleep at the switch. Greater liberty in the field of temperance throws back upon the Church a ministry that the Church can, by no means, avoid nor should she seek to run away from her high calling in this matter. And what is the Church's new duty? To preach as never before the Gospel of power above the mere dictates of law; the dynamic Gospel that rises above all the negatives of the law, and from that eternal motive of a living and all-powerful love goes forth to a life of service to bless and inspire all with whom we come in contact. New liberty means a new challenge. A challenge to the cross. Yes! And a challenge for every man and woman to accept the cross and wear the crown of life. It is a challenge we need. While danger lurks in every new freedom of the race, a new incentive also comes with every advance of liberty. That new incentive is a call to higher ground, larger views and a more sweeping victory. If this Island wants a certain freedom, that freedom can be theirs, but if they madly dream that freedom is a cheap thing, to be abused, to be slandered, to be trailed in the dust of shame, it will not be long ere this Island will experience a new form of slavery that none of our

Advertisement for hats featuring a large price tag of \$3.95 and several illustrations of different hat styles.

A Early Shipment of very lovely

Spring Hats

Miss Foster and Miss Harris, who are searching the markets for attractive spring Merchandise, have just shipped us a great lot of the very smartest and latest new Hats.

In this new lot there are many examples of the popular felts for early spring wear—these shown in \$3.95 all the new shapes and colors at . . .

Then there are combined Felt and Crochet, and Crochet and Felt, very clever and very new . . . \$7.00 and very new . . . \$1.75 to \$2.75

On sale in the new Millinery Section, second floor.

That Wonderful Offer in Swiss Curtains

with applique border worth to \$7.50 for

\$4.95

Many wise buyers have taken advantage of this bargain offer, lovely Swiss Curtains with applique border. The curtains 2-14 yards long and wide.

Our buyers got hold of these away under regular value, and is passing the saving on to you.

On sale now, in the new Wall Paper Section . . . \$4.95

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Ask for the big, new, Wall Paper Catalogue

WRITE your name and address very plainly on this coupon.

Send it to us and we'll send you the biggest, best, most economical WALL PAPER Catalog in Canada.

75 Handsome Designs. Prices Lowest in the Dominion.

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Form with fields for Name, P. O. Address, and Province.

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Prowse & Sons Sale Will Continue Until March 18.

If you are in need of Dry Goods, Groceries, Hardware, now is your chance to buy at greatly reduced prices. Great discounts on all Dry Goods, also on other lines of Goods not mentioned below.

Flannellette and prints 19c a yard. All Ladies' Winter Dresses clearing at 25% discount. All Children's Winter Dresses clearing at 25% discount. Men's Winter Caps clearing at 20% discount. All Men's Wool Underwear clearing at 20% discount. All Lumbermen's Rubbers clearing at 25% discount.

15% discount on all Flannellette. 15% discount on all Cottons. 20% discount on all Light Prints. 15% discount on all Light Prints. 20% discount on Children's Hose.

- Men's Fleece Underwear 85c per Garment. Boys' Fleece Underwear 50c per Garment. All other Dry Goods 10% discount during sale. Men's Boots 15% discount. Ladies' Boots 20 to 40% discount. 100% on all Men's Rubbers. 100% on all Women's Rubbers. Welch's Preserve 3 bottles 60c. Tomatoes 2 cans for 30c. Peas 2 cans for 30c. Corn 2 cans for 30c. B. Bean 2 cans for 45c. Chickens Soup 2 cans for 50c. Lobsters 2 cans for 60c. Lobsterette 2 cans for 30c. SOAP Surprise Soap 5 bars for 32c. P. & G. Soap 5 bars for 32c. Lenox Soap 5 bars for 25c. Borax Soap 5 bars for 25c. Cigarette Soap 6 bars for 25c. Soap per box . . . \$3.75. Electric Dingmans 6 bars for 25c per box . . . \$3.75. Acorn's Spices . . . 8c per pkg. Condensed milk 6 cans for 78c. Empire and Electric Liniment . . . 2 for 25c. White Liniment . . . 2 for 30c. Mazda Oil . . . 2 for 30c. Wilson's Syrup of Cod Liver Oil . . . 2 for 50c. Snap . . . 2 cans for 25c. Gem Lye . . . 6 cans for 75c. Simco Beans 3 cans for 35c. Baking Powder Jersey Cream Safety Razor . . . 20c per lb. Baking Powder Colman's Chamberlain's Liniment . . . 20c per lb. Wine Tar Honey and Wild Cherry . . . 2 for 60c. Cotton Batting . . . 2 for 25c. 10% discount on all Patent Medicines. 10% discount on all Hardware during Sales.

Prowse & Sons Ltd. MURRAY HARBOR



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Vaseline

fathers ever knew. I am persuaded steps in lives of self-control, better things of Prince Edward Island, that summed up in land. I am of the opinion as men golden letters of the Golden Rule and women are put upon their honor—each for all and all for one or in minor matters, they will honor each. Next Sunday evening Mr. His Cross and following in His man will make a defence of the