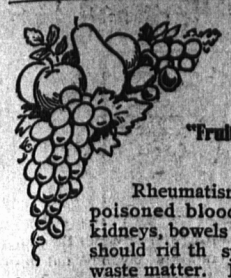

The Natural Cure For Rheumatism

"Fruit-a-tives" remove from the blood the poison which causes Rheumatism.

Rheumatism means poisoned blood. The kidneys, bowels and skin should rid the waste matter. If either of these vital organs become weakened or diseased, the body cannot throw off this waste fast enough.

"Fruit-a-tives" will cure almost any case of Rheumatism, Sciatica, Neuralgia.

One of these body poisons is UREA, which is eliminated both by the kidneys and skin. If the skin action is poor—if the kidneys are inflammed—urea stays in the system—is changed into uric acid—carried by the blood to the nerves and joints—and causes Rheumatism.

"Fruit-a-tives" cure Rheumatism because they eliminate urea, by increasing the action of bowels, kidneys and skin.

This is the only possible way in which Rheumatism can be cured to stay cured. And "Fruit-a-tives" is the only remedy in the world that completely eradicates the disease from the system.

"Fruit-a-tives" are fruit juices in which the natural medicinal action of fruit is many time increased by the process of combining them.

Then tonics and antiseptics are added and the whole made into tablets. 50c. a box—6 for $2.50. At all dealers or from Fruit-a-tives Limited, Ottawa. 111

Fruit-a-tives
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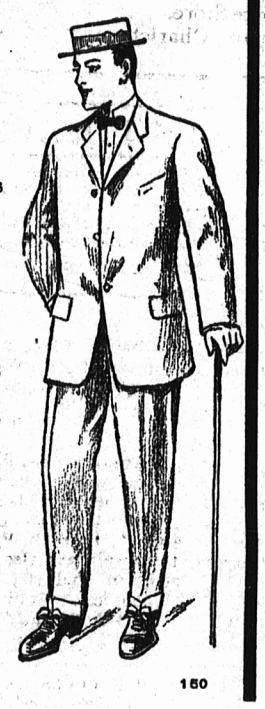

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Light fabrics, dark fabrics and plenty in between—from the dignified plain effects to all manner of daring stripes, plaids and mixtures.

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AN EASILY REGULATED FURNACE

PULL UP THIS CHAIN

It's a real pleasure to own a Sunshine. It's so easily regulated. Drafts work perfectly—do just what you expect them to.

from the floor above, if you feel a trifle chilly, and a strong draft through the ash-pit door is opened.

The fire is always under control. You

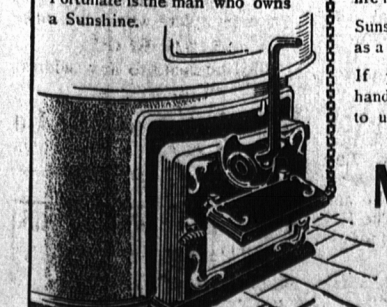
Fire immediately burns up briskly. In a few minutes you

McClary's SUNSHINE FURNACE

can have as hot a fire as you like on zero days. And one just warm enough to keep the chilly feeling absent when a thaw comes.

will be warm and comfortable. Then drop the chain again.

Fortunate is the man who owns a Sunshine.



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THE GUARDAN SHORT STORY

DOWN PANAMA WAY.

By Louise J. Strong.

Copyright, 1907, by P. C. Eastment.

Retta in the rose arbor was reaching for a bud above her head when her cousins, Charlie and Alf, came out the side door and stood drawing on their gloves.

"Don't get reckless, old man," Charlie counseled as if continuing a conversation. "Retta means all right. She's a little flighty; that's all."

"That's what I used to think," Alf returned gloomily, "but I'm convinced now that she really shrinks from a marriage with me. I suppose she doesn't love me as she thought she did when we became engaged."

Charlie shook his head. "Oh, no, Alf, you're mistaken. She's wrapped up in you."

"Looks like it." Alf laughed sarcastically. "This is the third time she's backed out, declaring she was not ready when the day loomed close. I haven't wanted to hurry her. I know a girl gives up a good deal when she marries. But a fellow with nobody and never a home to remember naturally thinks considerably of having a home of his own, especially with a little wife that's just"— He broke off for an instant, then went on: "I'm able to provide for her in the style she is accustomed to or I would not have asked her

"I AM GLAD TO MEET YOU."

to marry me. And if we are ever to be married there's no use in waiting longer. If she's found that she cares for some"—

"None of that, Alf!" Charlie interrupted. "Retta flirts a little, but that's all. Have you told her how seriously you regard the postponement?"

"No, and I'm not going to either," Alf declared sulkily.

"Some one should. She"—

"Some one shouldn't and shan't!" Alf said fiercely. "No girl is going to be coerced into marrying me. I suppose if I howled around and raised a great racket she would give in, but we'll never be married until she's perfectly willing without outside pressure. I'll get out of the way for awhile and let her have a chance to find herself; won't even write to her. I've influenced her too much, maybe."

Charlie still shook his head, but offered no further remonstrance, merely asking, "In what direction are you going to perambulate and when?"

"Oh, down Panama way and as soon as I can fix my business to leave it, and that won't take many days."

Charlie whistled. "Not going in for an engineering job in that sickly hole, I hope."

"I may find a job when I get there, but I'm going foot loose. I've always been interested in the big ditch scheme. It'll be a diversion to examine it at close range."

"And Retta"— Charlie began.

"I'll tell Retta and leave her free to find herself, as I said. And I don't want any one to interfere—to say one word to influence"—

They passed around the corner of the house on the way to the gate, and Retta sank limply upon a bench. She had been too startled to move at first and then perceived the impossibility of revealing her presence. It was eavesdropping, but she was not thinking of that or of the errand to Aunt Anna that had brought her across lots through the rose arbor. The "finding" of herself had come with a suddenness that shook her breathless as she listened. She had not realized before how much her happiness depended upon Alf and Alf's faithful love or how very dearly she loved him.

"Poor fellow!" she sighed tenderly, wiping her eyes. "Poor fellow—how selfish I've been when I knew he never had a home and how he is looking forward to one of his own! He's such a home body, and I've been cheating him—keeping him in lodgings when he hates it so—and—and when I want—yes, I do—only I'm such a flyaway! I do want to make the dear boy a home. And he's going off to—to— Where is Panama way? A sickly hole, Charlie called it. Oh, he mustn't! He mustn't!"

She fled home, into the library, and began a search for information concerning Panama way, a search that was somewhat hindered by her linking the two words. But by the aid of the encyclopedia, the physical geography and magazine articles she soon acquired more knowledge of the country than her erstwhile boarding school teacher would have deemed possible, for Retta's strong point was not learning. She was just a sweet little girl, womanly and tender, with a careless shrinking from responsibility, engendered by her entire freedom from such. But now her heart was aroused, and she was aghast with horror at the idea of Alf, her own Alf, going down Panama way to endure all sorts of torments and dangers and finally die of the dreadful fevers! He should not! He should not! She would prevent it somehow, and it must be done at once, for he would be making arrangements to leave his business, even this minute, perhaps!

She rushed away to consult her mother, but that good lady, being deeply engrossed in some charitable function, was out indefinitely, and Retta, feeling no time could be wasted, determined to act for herself. Perhaps if she had had the advice of an older head she would have been less precipitate and irrevocable in her actions.

"I'm mowing a clean swath, burning my ships behind me," she commented confusedly, in the middle of a tempestuously busy afternoon in which she did some very unconventional things.

"I suppose it does look curious to them; I suppose the bride to be's mother is usually to the fore and the b. to b. hangs back in blushing confusion, but I can't wait on mamma when Alf's getting ready this very minute for Panama way. I've got to fix it so there's no getting out of it and leave me a rag of—and I don't care much if they do stare—and I guess I'm sure of dear old Alf!"

Yet she was a bit anxious as she waited in a convenient spot for waylaying him as he left his office. If—if Alf were bent and determined on Panama way, she would be in a pretty predicament! She whipped around the corner, apparently oblivious of him until she almost collided with him. Then her heart sank at his grave and formal apology. He had been more deeply hurt and offended than he had shown the evening before when she had insisted on a further postponement, but she must—she caught her breath as he said coldly:

"I am glad to meet you. It will save my coming up this evening to tell you"—

"And I'm glad to meet you," she broke in, laughing nervously. "I want to tell you that I've—I've changed my mind, Alf."

"Changed your mind?" he repeated blankly.

"Yes, about—about"—it was harder than she had imagined with his cold, unresponsive eyes upon her; what if he should—she quaked, but plunged on—"about our wedding—and we won't postpone it, after all!"

He flushed angrily as he replied, "You were not asked to change your mind—nor the arrangements you made last evening."

"You mean that you don't want to—that you won't now," she cried, with wide eyes.

"I mean that you are not to be compelled, influenced. When did you see Charlie?" And between his teeth he muttered savagely, "Just wait till I see him!"

"I haven't seen Charlie to speak to since yesterday morning!" she declared and burst into a bewildering torrent of explanation and tears. "Oh, if you won't, Alf; if you've changed your mind and don't want me now, when I've found out how much I want you—if you won't—I'll have to run away! For, oh, Alf, I went alone and bought the dress—and took it to madame's and was measured—and I've ordered all the invitations—and engaged the caterer—and the flowers, all—just as we planned—because I wanted to show you how much I care." Sobs that she struggled to repress choked her.

"And you haven't seen Charlie—no one has influenced you?" he demanded incredulously.

"No one has said a word to me about it! I—I found out how much I really cared, and I couldn't get ready fast enough, though mamma was away, and I had to do it alone," she panted impetuously.

He melted entirely. "You dear little whirlwind! You have smashed the proprieties!" he breathed softly and proudly. "I wish"—he glanced about furtively; no, it was too public! "Anyway we can have an hour at the store selecting our furniture."

And, tucking her hand under his arm, they wandered away down the "primrose path," the journey down Panama way entirely and forever forgotten.

Strength In Vegetable Growth.

"Strength is not a thing usually attributed to maidenhair fern," remarked a local florist, "and yet if its roots have not sufficient room they will break the strongest flowerpots. Blades of grass will force the curbstones between which they spring out of place. Indeed, the strength of vegetable growth is wonderful. The most striking example is the island of Aldabra, to the northwest of Madagascar. The island is becoming smaller and smaller through the action of the mangroves growing at the foot of the cliffs. The roots break off immense pieces of stone, which fall into the sea. Into the gaps thus formed the waves eat their way. In a few years it is likely that by the combined action of the waters and mangroves the island will disappear."—Philadelphia Record.

A Remedy.

Tramp—Madam, I am suffering from indigestion. Lady—Why, I'm sorry. What can I do to help you? Tramp—Madam, you can cure me instantly by giving me something to digest.—Harper's Weekly.

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The First Sign of Mental Decay—The Warning of General Break-Down.

Changes in the nervous system manifest themselves slowly.

They show first by muscular weakness—a feeling that threatens paralysis, or by a fullness in the head that indicates approaching apoplexy.

It seems like stiffness but you soon discover there's a lack of power—that the endurance of this or that muscle is not what it ought to be.

Your friends may notice a slight thickness of speech or that your memory is decidedly failing.

These symptoms may grow worse very quickly if they are not treated by Ferrozone. You must build up the nervous system. This can be accomplished in no other way as thoroughly and permanently as by the use of Ferrozone.

This remarkable remedy, which has cured tens of thousands of Canadian people, increases enormously the digestive power, stimulates the formation of blood, the rich, red kind that puts new life into the nerves.

The first result of these changes is increased strength.

Natural circulation quickly follows, and that fullness in the head, so disturbing and alarming, too, quickly passes away.

These changes are wrought in a natural way, for the reason that Ferrozone treats the causes that excite these troubles.

For the aged and weak who need strength—for those run-down and thin,—for the sickly and nervous who lack staying power—nothing compares with Ferrozone.

No tonic gives such lasting good health; try it yourself. Sold by all dealers in 50c boxes.

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Quickly relieves—regulates the bowels — prevents convulsions. Used 50 years. Absolutely safe.

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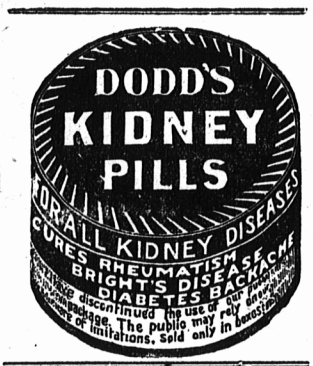

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For rates in the P. E. Island Mutual Fire Insurance Companies on Farm Buildings, Churches, Halls, School Houses, Cheese Factories, Water Mills, Stores, &c., apply to
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Price 50 cents per box or 3 boxes for $1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

DOMINION DAY RACES

The management of Upton Driving Park will hold the following races on July 1.

Free-for-all	Purse $60
240 class trot & pace	40
3 min. class trot & pace	30

In each case five horses to enter and three to start.

Entries close Saturday June 22.
Entrance money 10 p c of purse.

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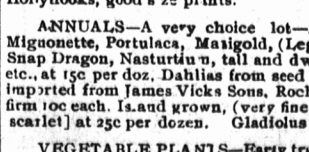

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GAYS' PLANTS

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Besides the different branches of railway, the steamers City of London and Electra add to the facilities of transportation. When at all convenient visit our market which is open for business every day. Plants will be promptly delivered to station or boat. Below please find a partial list of our stock.

Perennials, started in green house early in February, Pansy and Daisy, 20c doz; Dianthus, Carnations, Sweetwilliam, Forget-me-not, 25c doz; Wintered over Pansy and Carnations, a few only at 6c each. Daisy, Hollyhock, Sweet William Forget-me-not, all winter killed, but have them all with the exception of the Hollyhooks, good size plants.

ANNUALS—A very choice lot—Aster, Phlox, Petunia, Verbina, Stocks, Mignonette, Portulaca, Marigold, (Legion of Honor) Canary Creeper, Candytuft Snap Dragon, Nasturtium, tall and dwarf), Alyssum, Lobelia, Golden Feather, etc., at 15c per doz. Dahlias from seed 20c doz—named Dahlia bulbs, 15c each, imported from James Vicks Sons, Rochester, N. Y. Mixed Dahlia from same firm 10c each. Island grown, (very fine) 8c each Salvia [new here, a blaze of scarlet] at 25c per dozen. Gladiolus bulbs 40c per dozen.

VEGETABLE PLANTS—Early transplanted Celery, Cabbage, Cauliflower, 25c. per 100. Extra early Tomato, (ripens most of its fruit), at 30c, per dozen, Late Tomato 20c. per dozen. Late Cabbage for fall and winter use—ready for transplanting 10th. June at 12c. per doz. Cucumbers 15c, dozen. Pumpkins and Squash, 20c doz ready for planting 20th. June. Geraniums, imported (very fine), at from 10c. to 25c, each.

NOTICE—Wintered over Pansy and Carnations by mail 1c. extra must be added for postage. Cauliflower, Cabbage and Celery 5c. extra for postage, Tomato 2c, extra. But Annuals we send postage free. Cash must always accompany order. When at all convenient order to come by express or freight, we can always give more clay on roots than by mail.

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