

THE TORTURES OF RHEUMATISM

Happily Stopped When He began To Take "Fruit-a-lives"

8 OTTAWA ST., HULL, P. Q.
 "For a year, I suffered with Rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-lives" the great fruit medicine; and it seemed just what I needed, so I decided to try it. The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me."
LORENZO LEDUC.
 50c. a box, 6 for \$2.50, trial size 25c. at all dealers or sent postpaid by Fruit-a-lives Limited.



PROTECT YOURSELF
Look for the above mark on every tablet of the Genuine

NUXATED IRON

For Red Blood Strength and Endurance

Made in Tablet Form Only Don't Accept Substitutes

Sold in this City by Geo. E. Hughes, Central Drug Store, H. J. Mabon, Apothecaries Hall, E. A. Foster, Montserrat.

A Bruise or a Bump

feels lots better after being bathed with "ABSORBINE JR." This antiseptic liniment goes deep into the tissues—makes the affected parts thoroughly aseptic—destroys disease germs—takes out the soreness and heals.

Absorbine Jr.

should be in every home in case of accidents; to heal cuts, bruises, soft bunions; relieve pain and inflammation. It is a vegetable germicide; absolutely safe; pleasant odor; free of grease; does not stain. \$1.25 a bottle—at most drugists or sent postpaid by W. F. YOUNG, Inc., 50 Lyman Building, Montreal.



Prince George Hotel
TORONTO
In Centre of Shopping and Business District
250 ROOMS
100 with Private Baths
EUROPEAN PLAN
SAM. H. THOMPSON, MGR.

BINDER TWINE

40 Tons 80,000 lbs
First carload just arrived of the celebrated "Silver Leaf" Brand
Full 550 feet to the pound and every ball guaranteed. This twine gave the very best of satisfaction here last year and is the popular twine in the PROVINCES of ONTARIO and QUEBEC also in WESTERN CANADA. Our price is considerably lower than last year and our terms suit all.

BOOK YOUR ORDERS NOW
We guarantee price, whole sale and retail.
Carter & Co. Ltd.
Seeds, Feeds, Flour, etc.
Queen St. Warehouse

EASTERN GUARDIAN

"ORDER from Holman's Catalog," 9046-5-231f.
"MORELL, moving picture show, Master Key, Thursday, 1758-7-21-21"

"THE PARISHIONERS of St. Columba's parish, East Point will hold a tea party on the grounds adjoining the church on Wednesday, July 28. Reserve the date. 674-7-17-91."

EASTERN PERSONALS

"Master Erel Cooke, Prince St. City, is spending the summer with his grandmother, Mrs. C. H. Dingwell, at Riverside Cottage, Bay Fortune."

Stock Quotations

HALIFAX, July 20. — (Quotations furnished by F. B. McCurdy and Co., the Montreal Stock Exchange.)

| | | |
|------------|---------|---------|
| Aitch | 80 | 80 1/2 |
| At. | 134 | 137 |
| At. | 96 | 100 |
| At. | 58 1/2 | 60 |
| Can. Pac. | 118 1/2 | 121 1/4 |
| Can. | 68 1/2 | 69 1/2 |
| Cuban Cane | 50 1/2 | 51 1/2 |
| Cru. | 153 | 155 1/2 |
| Mex. Pet. | 189 1/2 | 192 |
| M. P. R. | 81 1/2 | 82 1/2 |
| R. G. | 36 1/2 | 37 1/2 |
| S. P. | 93 1/2 | 95 1/2 |
| Stu. | 49 | 51 1/2 |
| U. P. | 111 1/2 | 113 |
| X. | 90 1/2 | 91 1/2 |
| Y. | 55 1/2 | 57 1/2 |
| U. T. | 67 1/2 | 69 |

Minutes' treatment used by the students. If mistakes were crimes all men would be in jail.

A CHALLENGE

Sir—An article appeared in the Guardian of the thirteenth inst., under the heading "Notes" to which the writer had not the courage to sign his name, and in which some slanderous remarks were made about some young men in Iona and vicinity.

The writer of these notes seems to have a grudge against certain young men in Iona and vicinity, and while he mentions two ways of dealing with them, he does not have recourse to either, but makes slanderous remarks about them, in the public press, being careful not to mention any names.

Now this is a serious matter, as it casts reflections on the reputation of all the young men of Iona Parish and as it is the second time such remarks were made, once on a public platform and now in the public press, it calls for an investigation and will not be allowed to pass over unnoticed.

As I belong to Iona Parish and have attended all the gatherings therein and have not seen or heard any of the wild actions or misconduct he mentions, I challenge the writer of "Iona Notes" to name the time, place and manner they have misbehaved, so as to place themselves in danger of a summons to a Magistrate's Court, or an application of physical energy all over his own name; also to bring them before the proper authorities and prove his charges and have this matter cleared up at once and for all time.

As the reputation of Iona Parish has always been above reproach, and as remarks such as those made by the writer of "Iona Notes" tends to create ill-feeling and discord within, and lowers the reputation of the Parish without we want this matter cleared up at once.

Failing which we ask the writer of "said notes" to retract his remarks and apologize in the press for same.

Thanking you in advance for space in your valuable paper.
I am sir, etc.,
NEWTOWN CROSS,
Newtown Cross.

Warts are disfigurements that disappear when treated with Holloway's Corn Cure.

Maritime Provinces Telegraphic News

SUGAR UP THREE CENTS

(United Press.)
HALIFAX, July 19.—Wholesalers have been advised by the Acadia Sugar Refinery that the price of sugar is advanced three cents a pound, making twenty-four dollars and ten cents the wholesale price of a 100 pound bag.

INVESTIGATING ST. QUENTIN FIRE

FREDERICTON, N. B., July 19.—More than 40 people will be examined in the investigation at Kedgewick and St. Quentin this week in connection with the forest fires which destroyed St. Quentin village some weeks ago.

(Dom. Press Special)
SYDNEY, N. S., July 19.—Accused of molesting a white girl, aged 14, a New Waterford negro was pursued by a crowd of angry minors on Saturday, but eventually escaped.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Fletcher*



If it isn't luscious, it isn't LANTIC Brown

how to keep it

LUSCIOUS

ALL the lusciousness, flavour, delicacy that generous Nature imparts to the sugar cane—every bit of goodness in the cane juice is imprisoned for your enjoyment in luscious LANTIC Brown—if you get it fresh and moist!

Luscious LANTIC Brown—toothsome with its power, the stimulation of the tropical sunlight, and the glamour of the tropical atmosphere! The clever LANTIC refiners have preserved its health-giving properties for your enjoyment. So learn how to keep it luscious.

Like all delicate flavours or aromas, the natural LANTIC tang is most elusive; it lingers only as long as the moisture in the sugar. When LANTIC Brown dries out, its chiefest charm departs.

So keep it moist and fresh! Luscious!
LANTIC Brown must be kept in just the opposite way from LANTIC "Fine" Granulated (which should be stored in a warm dry place). Keep in a cellar or cool pantry. In stone jars, with a moist cloth under the lid, LANTIC Brown will stay "luscious."

But all brown sugars are not LANTIC. If it isn't luscious when you get it, it isn't LANTIC Brown! Once you have caught the fragrance, you'll never mistake the sugar.

Send for luscious LANTIC Recipes
In cooking, the use of LANTIC Brown opens up a host of tempting menu possibilities that are as economical as they are delicious and wholesome. Send a 2c. stamp for LANTIC booklet "Grandmother's Recipes."

ATLANTIC SUGAR REFINERIES, LIMITED,
Makers of LANTIC Sugars
MONTREAL



RAIN SAVED GAGETOWN

NINE CENTS A POUND FOR POTATOES

...OF AGONY COME in the trail of asthma.—The victim cannot lie down and sleep is driven from his brain. What grateful relief is the immediate effect of Dr. J. D. Kellogg's Asthma Remedy. It banishes the frightful conditions, clears the passages, and enables the afflicted one to gain sleep as soundly and restfully as a child. Insist on the genuine at your nearby druggist.

The day of air days the most prized of all remembrances—the bride's photograph. Home Portraits by appointment.
THE COOK STUDIO

A. E. Lyon BRING THE CHILDREN TO THE **BAYER** STUDIO
For their summer PHOTOGRAPHER
We are still at the old stand. Starting June 23rd, we will close on Wednesdays afternoons.