

HOW A BEAUTIFUL WOMAN ESCAPED SPRING CATARRH BY USE OF PE-RU-NA.

Nothing Robs One of Strength Like Spring Catarrh --
Spring Fever is Spring Catarrh.



MISS HELEN WHITMAN.

Miss Helen Whitman, 303 1/2 Grand avenue, Milwaukee, Wis., writes:

"There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness, about a year ago I felt unable to regain my health, but four bottles of Peruna made a wonderful change and restored me to perfect health. As long as you keep your blood in good condition you are all right, and Peruna seems to fill the veins with pure, healthful blood. I thoroughly endorse it."

MISS HELEN WHITMAN.

Have you got nerves? Well, you ought to have nerves. But they ought to be strong nerves, good nerves. Does your hand tremble? You are living too fast. Does your heart flutter at times? You had better call a halt. Americans live too fast. They crowd too much into a single day. They have too little leisure. The hospitals and insane asylums are filling up. The quiet, pastoral scenes of yore are becoming rare. It's time that we quit this sort of business.

How to Get Strong Nerves.

First, repair the injury already done to your nerves. The way to do this is to

do exactly as did Mattie B. Curtis, Secretary of Legion of Loyal Women, Hotel Salem, Boston, Mass. She said in a recent letter: "I suffered for over a year with general weakness and debility manifested in severe headache and backache. I took four bottles of Peruna, and for two months have been entirely free from these maladies."

Nervous Prostration.

Thousands of cases might be quoted in which Peruna has been used to rescue people from the perdition of deranged nerves, and put them on the good, solid foundation of health. The Country And-

itor of Erie county, New York, Hon. John W. Keft, in a recent letter written at Buffalo, New York, stated: "I was persuaded by a friend to try a bottle of your great nerve tonic, Peruna, and the results were so gratifying that I am more than pleased to recommend it."

A Spring Tonic.

Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as Mrs. D. W. Timberlake, of Lynchburg, Va., who, in a recent letter, made use of the following words: "I always take a dose of Peruna after business hours, as it is a great thing for the nerves. There is no better spring tonic, and I have used about all of them."

Catarrh in Spring.

The spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by spring weather. This renders medicines more effective. A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years. Everybody should have a copy of Dr. Hartman's latest book on catarrh. Address The Peruna Medicine Co., Columbus, Ohio.

Mrs. Lulu Larmer, Stoughton, Wis., says:

"For two years I suffered with nervous trouble and stomach disorders until it seemed that there was nothing to me but a bundle of nerves. I was very irritable, could not sleep, rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and to-day I consider myself in perfect health and strength. My recovery was slow but sure, but I persevered and was rewarded by perfect health."



Mrs. Lulu Larmer.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

THE CAPITAL OF THE WEST

Latest from Summerside and
Prince County

J. C. JARDINE crossed to Moncton yesterday.

THERE will be a lot of fun at the Minstrel Show in the Market Hall on Monday 25th.

His friends will regret to learn that James Waugh of Wilmot continues in poor health, though somewhat improving.

THERE were six horses among the shipments by the Northumberland yesterday, also one car oats, one car eggs, 400 bags potatoes.

Don't forget the Yacht Club entertainment on May 25th. This will be a first class minstrel show in every respect. The overture by the circle will in itself be well worth the price of admission.

From the "Signal", published at Maple Creek, Assiniboia. The Guardian learns that David Berman, formerly of Hunter River, P. E. Island is a candidate as Councillor for the coming election at Maple Creek.

YESTERDAY was a holiday in the public schools, Summerside, the day off being given the scholars by Dr. Anderson, Chief Superintendent of Education, who on the two days previous, inspected the schools.

The Maple Creek Signal (Assiniboia) of May 8th says: "W. H. Waugh of Summerside, P. E. Island spent Tuesday in town, the guest of A. W. P. Gourle. He has gone to Calgary to reside." Mr. Gourle is a son of J. A. Gourle of this town and has charge of the leading drug store of Maple Creek.

The Bostonia Sextette appeared here two years ago and delighted those who heard them. There will be no subscription list for this concert. All who wish to take advantage of this treat will hear a body of players who have performed all over the United States and Canada, and are without equal in solo or concert work.

Men's shower proof coats which meet with the approval of the well dressed man, manufactured under the best conditions, nothing cheap or shoddy in material, nothing grotesque in style, nothing lacking in fit and finish, a garment that you can wear either as a raincoat or light overcoat; they come in shades of dark grey and fawn, priced at \$8.25 and \$12.50, a full line at Sinclair & Stewart's.

TEXAS is apparently a growing rivalry among citizens in the way of improving private property. This is a healthy sign. As in all business circles competition brings with it improvement. One individual endeavoring to surpass or outdo his neighbor makes himself better fitted to attend to his own affairs. Let us hope for still more competition in town improvement and our town will increase in progressiveness.

SPECIAL NOTICES.

Iron Beds at low prices at John Newson's. 16d1w

Bidwell & Co's tooth brushes, finest English make guaranteed by us.—A. W. Riddin, Ptm. B., Sunnyside. 16d3i

"Changes" of ads. must be in not later than 1 p. m. each day to insure insertion following morning, and not later than noon Monday for the "Weekly." d w t f

Read Weeks & Co's list of bargains for tonight. It will pay you to call and see the snaps they are giving. Read the advertisement in another column then follow the crowd to Weeks & Co's, The People's Store for Hats and Caps, Millinery and Dress Goods. 1 dli



Walk Over Shoes
For Men.....

The shoe that fashion says you must wear in high and low cut, for dress, business and out door wear.
Bilt Well..... 2.50
Walk Over..... 4.50

MORRIS & SMITH.
Sole Agents for Ch'town.



Clothing to Measure

If you want your clothing to have utmost nicety of fit as well as a certain individuality, our made-to-measure system will interest you. We have studied fashions for years, get the best we can find of imported and domestic makes and get many fine patterns that don't reach other tailor stores. In fitting and making we have a system known only to those most skilled in certain lines, and all have best materials to work with and best fashions to work by.

We are just as particular as you are about your clothes.
Pants-to-measure \$3.50 to \$8.00.
Suits-to-measure \$14.00 to \$35.00.
Overcoats-to-measure \$14.00 to \$30.00.

S. A. McDONALD,
P. E. Island's Greatest Clothing Store.

WE WILL BRING IT TO YOU
We have a Stock of
Furniture

That is worth carrying. Every bit of it is first class. Come and see it. If you have any special want let us know and we'll bring the goods to you. We like to deliver good furniture to good people. Our goods are good goods. Write us for what you want in furniture, oilcloths, carpets, wall paper, picture frames, etc. Our prices are the lowest.

D. L. MCKINNON & CO., Montague Bridge.
- d sat, w 3mos.

SPECIAL NOTICES.

New Shorthand and Typewriting training school opens on Tuesday next at 9.30 a. m. Students desiring a thorough training in those branches should apply at once.—W. Morah, Principal Office Building, Queen St. 16d1i

See Wellner's Jewelry window to-night, 50% discount on sterling silver novelties. 16d1i

All announcements of entertainment, meetings, church services, etc., must reach this office not later than 1 p. m. each day unless the forwarding of said notices is unavoidable owing to arranging of dates after that hour. d w t f

We have received our second shipment of Walk Over shoes for spring and summer wear, they are without doubt the best men's \$4.50 shoes made in North America.—Morris & Smith. 16d1i

Every man should come to Weeks & Co's tonight for his Hats and Caps, neckwear, suspenders, hosiery, etc, etc. See our line of \$1.00 Hats and one dollar shirts. Best value ever offered in the city, at Weeks & Co's, The People's Store for Dress Goods, Millinery, Hats and Caps. 16d3i

All matters of an advertising nature should be addressed to "Advertising Department, The Guardian, Charlottetown;" subscriptions, to "Subscription Department;" letters to Editor to "Editorial Department;" and news to "News Department." Do not send communications to any member of the staff. d w t f

A new lot of flower pots, cream crocks; and butter crocks just arrived at W. P. Colwill. 14 d & w 1 w

We wish to impress you with the fact that our iron beds are the best value in the city. Call and pay a visit to the room we have set apart for the display of iron beds, mattresses &c. We can quote prices to satisfy the most economical buyer.—John Newson. 11d 1 w

Carter's for Wall Paper

Odd lines of canned goods very cheap this week at Beer & Goff's. 15 d 2 i

American lawn grass, early garden peas, shallots, potato onions, sweet corn, dwarf and pole beans, 42 varieties of sweet peas, vegetable and flower seeds. Headquarters for seeds at Carter & Co's Ltd., Sealsmen. 15 d 1 w

Finger plates, electric shades, bicycle extras, toilet paper, sail needles, screen wire and screen paint at Cameron & Co's. 16d1i

THOUSANDS

Of people have visited the great Dissolution Sale daily. We have twenty-eight clerks at your command and would ask shoppers to come as early in the day as possible. Read our big ad. for discounts.

Sentner McLeod & Co.

OUR HIGHEST OBJECT
in the paint business is the supplying of pure honest paints at the lowest possible margin.

We Have Reached It

as hundreds of our patrons will tell you. Go everywhere else, get prices then compare ours, and we'll make the sale.

DODD & ROGERS.

COAL

No trouble to get coal now. We have it in abundance. We get it from the best mines. Clean Coal, Cheap Coal, Good Coal. The best for any purpose. We'd like to have your order. Phone 240.

A. Pickard & Co.

Peakes No. 1 Wharf, Charlottetown, P. E. Island.

The Pride of the Kitchen

In the olden days was the shell on shelf of plates, platters and pans. Well, there's no reason why the belle of the kitchen to-day need be ashamed of the culinary department, if her utensils were purchased from us—for we have all the good old things, all the modern utensils, appliances, conveniences.

Stanley Shaw & Peard

Refrigerators

We have the finest assortment ever shown in Charlottetown and prices to suit any pocket at

CAMERON & CO.

LONDON HOUSE
STILL AHEAD.

Vim Tea is a Great Tea Great in VALUE. Great in STRENGTH. Great in FLAVOR, Better try VIM TEA.