

SUFFERED FOR FORTY YEARS

Then One Lucky Day She Used Kellogg's ALL-BRAN

Here is great news for sufferers from constipation. Read Mrs. Kendig's voluntary letter: "For about forty years I had been praying for a lasting remedy for constipation and its attending evils. To make it short, I ate nothing but ALL-BRAN and a little broth. Since that time (about ten years ago) I have not taken any medicine. Have been well and entirely free from constipation."—Mrs. I. H. Kendig (address upon request).

Constipation is caused by lack of two things in the diet. "Bulk" to exercise the intestines. Vitamin B to tone the intestinal tract. Laboratory tests show ALL-BRAN furnishes both. ALL-BRAN also furnishes iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Within the body, it forms a soft mass, which gently clears out the wastes.

Isn't it much pleasanter to enjoy ALL-BRAN than to risk taking pills and drugs—so often harmful?

Two tablespoonfuls daily will overcome most types of constipation. If you have intestinal trouble not relieved this way, see your doctor.

Serve as a cereal or use in cooking. It is not habit-forming. Recipes on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

CARROTS

We will be in the market for a few hundred bushel of good Carrots. Buying all next week.

J. Lester Douglas

Cor. Queen and Water Streets Phone 938

EYESIGHT EXAMINATION

Fitting and supplying Glasses, etc.

H. J. MABON

OPTOMETRIST Office Connected With Drugstore

Abegweit Hotel

Stay over night at the Abegweit Hotel, Borden. Boat leaves at 9 A. M. enjoy a comfortable night's rest, in a steam heated room with bath and running water. Best meals served. Moderate rates.

MRS. ROSE L. CERETTI, Manageress.

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Sheathing, Flooring, Finishes, Cutters, Mouldings, etc. All first quality clear.

LOWEST PRICES.

MacDONALD-ROWE

WOODWORKING CO., LTD.

Phone 341 Charlottetown

Periodic—

Eye Examinations

Don't wear your glasses for five or ten years, as some do, without re-examination, for in that time serious changes are vitally important, whether one's eyes are good or otherwise.

may take place, which if not discovered, may work permanent injury to the most precious sense you possess.

Guard your eyes.

G. F. HUTCHESON

OPTOMETRIST

WESTERN GUARDIAN

—BUY COAL TAR, lobster twine, nets, corkwood, etc., at Brace's. 1682-3-26-21.

—BAR IRON, all sizes for making anchors, in stock at Brace's. 1682-3-26-21.

—LATEST IN 1932 Wall Papers. See them at Brace's. 1682-3-26-21.

—BEDEQUE UNITED CHURCH OF CANADA—Rev. L. P. Archibald Minister. Services for Sunday, March 27th.: Bedeque, 11 A. M.; Cape Traverse, 3 P. M.; Searletown 7 P. M. Easter services and Easter music. The Minister will conduct all services.

—FEAST DAY BLESSED—On March 19th, the Feast of St. Joseph was observed. The Acadian Society members marched to the church and received Holy Communion in a body. A powerful sermon in the beautiful French language was delivered by Rev. Phelan McKenna, pastor of St. Mark's. In the evening prayers and benediction were held.—T.

—PAINFUL ACCIDENT—Mr. Michael Christopher, 75, of Tignish was the victim of an unfortunate accident on the evening of March 17th, while busy in the loft of a barn owned by his daughter Mrs. L. J. Murphy, with whom he makes his home. In some way he missed the first step of the ladder leading to the ground floor and fell a distance of almost ten feet. He received a bad shaking up and two broken ribs. The bones were set by the doctor and at present Mr. Christopher is resting quite comfortably.—T.

—ST. PATRICK'S DAY—The feast of Ireland's Patron Saint was fittingly celebrated in Tignish; members of the Tignish Branch of the Ancient Order of Hibernians Society marched in a body to the church at nine o'clock where High Mass was celebrated by Rev. J. A. McDonald, who also delivered a splendid sermon on the Life and Works of St. Patrick. In the evening a successful play, "My Irish Cinderella" was staged under the auspices of the A. O. H. Society. The hall was filled to capacity by a highly appreciative audience and the play, which is full of sparkling wit and Irish comedy was capably presented by local talent assisted by Messrs. Cameron and Hornby of the Provincial Bank, and in the opinion of the audience was, that all the parts were so well taken that they simply could not be improved upon. The pay was under the capable direction of Mr. John A. Hackett and the specialists and orchestra under the direction of Mrs. Marjorie Murphy were thoroughly enjoyed and frequently encored by the capacity audience.—T.

—Mrs. A. J. McFadyen, Tignish, who has been ill during the past weeks with pneumonia, is improved.—T.

EASTERN GUARDIAN

—ST ALBANS MISSION—(Anglican) Souris, Private devotion, catechism 2 P. M.

—BUY YOUR Easter meat at Emery Poole's Market, Montague. Come early for choicest cuts. 1696-3-26-11

—NOTICE—ALL accounts not settled by March 31st, must be handed to our solicitor for collection. Bears & Bears. 1638-3-23-31

—ST. ANDREWS—Presbyterian Church Montague, March 27th: Sunday school at 10 o'clock. The Minister assisted by the choir will conduct special Easter services at 11 o'clock A. M. and 7 o'clock P. M. Rev. A. R. Gibson, Minister.

—CHURCH OF THE HOLY TRINITY—(Anglican) Georgetown, Easter Sunday, March 27th. Matins 11 A. M.; "The Resurrection," Children's Service 3:30 P. M. "Doves," Evensong at 7 P. M. "Newness" Capt. I. F. Kelly C. A. in charge.

Dr. W. R. Carson CHIROPRACTOR Three Year Palmer Graduate 124 Prince St. Phone 1072 Home Calls Made. 4626-5-15-SMWT.

4 Bargain Days March 23, 24, 25, 26 Hundreds of Bargains Don't Miss Them McGowan's Ltd. Kilmuir, P. E. I. 1642-3-23-21

Canadian Doctor's Great Discovery

IT is now recalled that a brilliant Canadian physician, M. D. M. C. L. R. C. S., Edinburgh, licentiate of the Royal College of Physicians, Edinburgh, and post graduate of famous European hospitals, experimented for fifteen years to find a medicine which would act on the digestive and eliminative organs at once. The successful result he named Fruit-a-tives. After a further period of use in private practice, Fruit-a-tives was made available to the public. It is a complete medicine, acting on five organs and well rid you of constipation, headaches, biliousness, indigestion. You can use it with confidence also for rheumatism or other uric acid diseases. 25c and 50c. Sold by all druggists.

The Worlds Radium Supply

Northern Canada is likely to give the world another great mine, the product of which will be more precious than gold. Within the next two or three years the Great Bear Lake region, near the Arctic Circle, may produce a supply of radium so large as to decrease materially the present prohibitive price and make this marvellous curative available even to the smaller hospitals. "This is the most important mineral discovery in many years," said H. S. Spence, of the Canadian Department of Mines, addressing a gathering of the American Institute of Mining in New York, on February 16th. "Two veins have been proved over a combined length of 2,000 feet, and pitchblende has been found at several points over a distance of two miles. Samples of the ore show one gram of radium to between six-and-a-half and thirteen tons of ore." A gram of radium is now worth \$70,000 and there is only about a pound of it available for all the world's hospitals. New York has about \$1,000,000 worth at present whereas there is at least \$200,000,000 worth urgently needed for the treatment of cancer in the hospitals of all lands. Eight hundred miles from the nearest rail head, Great Bear Lake is beyond the reach of the ordinary prospector. Mining experts, backed by six Canadian mining companies, going in by aeroplane, have reported deposits of gold and silver with the pitchblende, but there is not likely to be any "radiumrush," to the Arctic Circle, when trips to that region by air cost about \$2,000 and mining machinery and transportation entail tremendous difficulties. There is no refinery in the region now to obtain the radium, but the Department of Mines predicts that there will be one soon.

LOBSTERS ASPHYXIATED BY DRIP FROM ICE

Experiments conducted as part of the work at the Atlantic Biological Station at St. Andrews, N. B., show why the shipper of live lobsters must see to it that the shipments are protected against drip from melting ice.

In brief, the drip has exactly the same effect as follows from immersing a lobster in fresh water—the respiratory mechanism fails and asphyxiation ensues, though less rapidly than in the case of immersion. Drip and immersion alike are also accompanied by a decrease in the lobster's concentration of blood.

"Experiments were carried out," reports A. F. Chaisson, the research worker in charge, "to determine the effect of drip from melting ice on lobsters under shipping conditions, controls being used which had identical conditions except for the elimination of the drip. The drip was found to affect the lobsters in the same way as immersion in fresh water, though the time required was greater. It produced failure of respiration and decrease in the concentration of the blood. Death occurred in all cases of drip. The importance of protecting lobsters from drip during shipment is thus demonstrated."

In addition to these particular experiments, various other studies of importance to the lobster industry were under way last year under the direction of the Biological Board of Canada, which operates under the authority of the Minister of Fisheries. Four stations—two on each coast of the Dominion—are conducted by the board purely for purposes of fisheries research and experimentation.

He—There are an awful lot of girls who don't want to get married. She—How do you know? He—I've asked them. Wrecked Motorist (opening his eyes)—"I had the right of way, didn't I?" Bystander—"Yeh, but the other fellow had a truck."



NOW COMES SPRING

Be in the Easter Parade of Well Dressed Women

NEW COATS, SUITS, DRESSES, MILLINERY, AND ALL ACCESSORIES. SHOP HERE AND BE CONVINCED THAT IN FASHION AND VALUE WE EXCEL.



Easter Millinery!

What about your Easter Hat? The unlimited variety of Styles we present will assure you of the most flattering hat you've ever worn. The Sailor in many stunning versions, New Cuff Brims, and many others. Hats for both the Younger Set, and for the Matrons.



Your Coat is the Most Important Part of Your Easter Outfit!

Tweeds and the Popular Polo Coats, in a big variety. As long as it's Tweed you are looking for, we feel reasonably sure you cannot fail to find "your coat" here. Monotone Tweeds, Diagonals, Flecks, Mixtures of Browns, Blues, Beige, Green etc. Prices **\$7.98 to \$36.00**

Regular Polo Coats, showing wide revers, Military effects, **\$12.75 to \$22.50** etc. Price

For those who require a more "dressy" Coat, see this Big Assortment. Snappy Styles, Correct Materials. All Sizes. Prices **\$20.00 to \$46.00**



EASTER HOSIERY

Chiffon Hose **\$1.00**

Another Pre - Easter Dollar Value. Fine, dull Chiffon. All Silk Finished, with slenderizing French Heel. Interlude, Promenade, Moonbeige, Matinee, Smoketone, Dusk, Grey, Carab Brown, etc. All sizes. Extra Good Value at per pair **\$1.00**

The Most Important of Accessories—Your Easter Gloves and Handbag!

New Gloves exquisitely French in design and workmanship: Slip-ons with Cuff Designs, distinctively new—latest seam sewing, etc. Eggshell, Black, White, Beaver, Brown, Beige, Battle Green, etc. All sizes. Prices **\$2.45 to \$5.25**



Your Costume will not be complete without one of these new up-to-date Bags. The very latest in Leathers and Styles. A colour for every outfit. Prices **\$2.98 to \$10.50**

PROWSE BROS., Limited

"The Fashion Centre"

The Observatory Telescope

HOW THE 72-INCH MIRROR AT THE DOMINION ASTROPHYSICAL OBSERVATORY, VICTORIA, B. C., IS KEPT IN CONDITION

The importance of keeping one's tools in the best of order so that in no way will their accuracy and efficiency be impaired is by no one better realized than by the astronomer. The telescope, the main tool of the astronomer, must necessarily receive first attention as much depends on its fitness for the success of most of his work. The large telescopes of the modern day are operated largely by electrical devices and usually an engineer is on the staff whose duty primarily is to see that this electrical equipment is always in working order. The principal part of any telescope is the light-gathering lens or mirror. In the refracting telescope the lens is placed at the outer end of the tube. In the reflect-

ing type, like the telescope at the Dominion Astrophysical Observatory of the Department of the Interior at Victoria, B. C., the light-gathering mirror, which in this case is six feet in diameter, is placed at the bottom of a long tube and on it falls the light from the heavenly body. The mirror's surface is so shaped that all this light is reflected to another mirror and eventually converges to a point image. In the reflecting telescope keeping the mirror in the best of condition is an important function. Unlike the ordinary commercial mirror where the silver is deposited on the rear surface and protected from the elements by a paint preparation, the silvering in the front surface and is always exposed to weathering influences. Various agencies cause it to deteriorate and lose the high reflecting power it possessed when first silvered. These include smoke from forest fires, dust particles, and sudden changes of temperature. The silvering of the 72-inch mirror is not a small undertaking when it is

two tons and the containing cell about six tons. The first step is to place the mirror with its containing cell on the silvering car. Here they are supported at three points, the mechanism permitting the cell to be rocked slightly when the silvering solutions are poured on the mirror. The next step is to clean off the old coating of silver after which a strip of waxed paper is tied tightly around the edge of the mirror and sufficient distilled water is placed upon the mirror to cover the surface an inch or so in depth. The silvering and reduction solutions are now prepared and are mixed as they are poured on the mirror. The chemical action begins in about three or four minutes, the solution being kept agitated by rocking the mirror. In about fifteen or twenty minutes, the proper thickness of a coating having been deposited on the mirror, the solution is drained off. The sediment is carefully washed away and the mirror allowed to dry for about half a day before the silver coat is burnished with a chamomile

cloth on which finely-powdered rouge is often used. The mirror is then returned to its position and the process is over for the next six months as two silverings a year appear to be all that is necessary under conditions at Victoria. We are continually being assured that this depression is "only in the public mind." Well, the public mind must be a lot deeper than we ever suspected.—Arizona Producer.

Socialists in Glasgow, Scotland are fighting attempts to reduce salaries of the 17,000 municipal employes. Paper Japanese lanterns, swung to and fro, are being used to direct street traffic in parts of Tokyo Japan. Teacher—Can any one tell me what are the sins of omission? Small Boy—Yes, sir; they are the sins we ought to have done and haven't!



MILBURN'S HEART NERVE PILLS

Price 50c a box

Nerves A Complete Wreck Sat Up Half The Night

Mrs. John Rose, Park Lake, Ont., writes:—"I was troubled so much with my nerves I was a complete wreck. I could not do my work, and would have to sit up half the night on account of not being able to sleep. One day a friend recommended Milburn's Heart and Nerve Pills. I used one box and got relief, and by the time I had taken six boxes I was as well as ever."

Sold at all drug and general stores, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.