The Bread Problem is not a problem in the home where Shredded Wheat is known. The whole wheat grain is the real staff of life, and you have it in Shredded Wheat Biscuit prepared in a digestible form. It contains more real body-building material than meat or eggs, is more easily digested, and costs much less. The food for the up-and-coming man who does things with hand or brain—for the kiddies that need a well-balanced food for study or play—for the housewife who must save herself from kitchen drudgery. Delicious for breakfast or any meal, with milk or cream.

Made in Canada.

GROWING CAULIFLOWERS

Guerin Perfetti, chief cook of the Italian liner Duca degli Abruzzi, sauntered down the gangplank one day last week at New York dressed in his shore-going togs. Jacob Alexander, a customs inspector, heard a suspicious jingle, found $1,2000 worth of cameo stones sewed into the cook's clothing and locked him up.

Every home gardener and market grower of vegetables desires to grow cauliflower that matures into attractive and salable heads. There are certain sections, notable among which are locations in Long Island, where cauliflower grows to perfection with a minimum of attention. In this section, however, there are no such natural advantages. When cauliflower attains any degree of success hereabouts it may be considered certain the outcome was not attained without an effort. Everyone should plant cauliflower to ascertain just what can be done with the crop under treatment. If it fails experience will be gained, and if it proves successful the result will be gratifying and profitable.

The principal essentials in cauliflower growing are a cool season, a very fertile soil, a rapid, unchecked growth and seed of the best possible type.

Because the crop will not develop in warm weather, the planting must be done early. Just as soon as the land can be prepared properly strong plants should be set. In the planting use only well hardened plants, and in transplanting these be very careful not to pinch or roughly handle them as to bruise the tissues. A bruised plant usually amounts to nothing.

Set the plants eighteen inches apart in rows three fet apart. Plant them up to their first leaves to prevent a leggy growth. In planting do not double over the root. Cut off one-third of the rots and one-half of the top at planting time. As soon as the plants are set, return over the rows and walk about each plant to firm the soil. Then begin cultivation and continue it as weekly intervals.

In preparing the soil, use a large quantity of well-rotted manure. A three or four-inch dressing worked into the land is none too much, but it will interfere with the growth of the plants. Be sure the plants are produced from the very best strain of seed possible, because cheap seed is the cause of many failures. Moisture is the great essential to permit the plants to suffer for lack of moisture will ruin the crop. During the dry periods saturate the soil thoroughlywith water. As the plants develop, two or three small applications of nitrate of soda worked into the soil will materially assist the growth. When the heads attain a diameter of two inches gather up the leaves to prevent the heads from sunburning. Try growing cauliflower this season.—Newark Evening News.

LETTER FROM ISLAND SOLDIER

Gun. Ray Macdonald of the 272nd in writing to a friend in this city under date of Dec. 10th says

Camp, Dec. 10, 1916

It seems funny receiving letters from home telling about the snow and the good skating on old Government Pond, when over here the fields look as green and fresh as some places in P. E. I., in summer.

Last week I was up to Yorkshire County, I was there for two weeks, this place is much colder than down at this camp and they always have a lot of snow and frost, it was very cold when we left.

We are booked for another move in a few days, this means a new camp and I suppose the quarters will not be as comfortable as the present ones are, but then we can't expect to get the plums always. There were a few of the 98th Boys over here last week I did not see any of them as I was away, but Wal VanIderstine, Jack Sterns, Wm. Dewar and a Keeping fellow were up, also Lieuts. Ritchie and Bethune were up to see the boys, they are all looking well and feeling good.

I received The Guardian today of Nov. 23. the first one I got in three weeks, of course they came while I was away O.K., but the boys did not feel like waiting for me to come back to get the news, and I don't blame them. The Guardian is a welcome paper here and all the boys enjoy reading it. There are more Guardians coming around the camp than any other Canadian paper, but it was always the case. The Guardian is read everywhere, and it has the news that appeals to everybody, especially on Saturday when the Horse News come, the most of the boys are after that and the sporting news.

Last night Corp. Robert Cotton was up to see the boys, and believe me he looks well, and by his appearance the life is agreeing with him, for he has put on some flesh. We meet a great many Islanders, in fact they are everywhere and nearly every camp you go to, you will find Islanders. This camp is the first one we struck that there were no Islanders in it.

I must now bring this note to a close, as it is getting near lights out, wishing you and The Guardian and staff my best wishes for a Merry Xmas and a Happy and Prosperous New Year."

THE CALL OF TO-DAY.

(By Thomas Curtis Clark.)

It is easy to dream of the mighty deed
We shall do in the years to come;
We shall scan with care the great world's need,
And then, if we must, we will gladly bleed,
That wrong may be righted! But brother, say,
Have you spoken a helpful word today?

It is easy to tell how our sad hearts burn
When we think of the great world's woe;
And we sigh as we say we would gladly turn
From fortune and fame; all joys we would spurn
To die for the helpless! But, brother, say,
Have you aided the needy who sought you today?

It is easy to speak of the far-away
With zest, and a swelling heart;
But oh, when a call comes to act today
Toward a fellow man in a tender way
How we falter and fail! O brother, say
Will you fruitlessly dream, and despise today?

—SELECTED.

IT is hard to break the chains of habit. It took one man six months to stop saying "Gee Whiz."

It is astonishing how habit will keep a person asking for "the same as usual" tea long after she has intended to try Red Rose Tea. Why let habit prevent you enjoying this richly flavored Indian-Ceylon blend?

Order a Sealed Package To-day

115

We thank our customers for their liberal patronage during the past year.

Our wish that Health, Happiness and Prosperity be your good fortune during the coming year

W. N. TANTON
Jeweler

The Central Guardian

IT PAYS to buy in this Province.

BURNS CONCERT will be held on January 25th and 26th Thursday and Friday in the People's Theatre. 3606.

MRS. BURRINGTON-HAM. Mrs. E. A. Burrington-Ham, national immigration secretary, Dominion Council, of the Y. M. C. A., arrived in Saint John on the Ocean Limited Monday night, for a stay of a month, prior to leaving for Gaspe Coast, Cape Breton, Prince Edward Island, Newfoundland and New York. She expects to return to St. John in March.

LAID TO REST.— The funeral of the late Gunner John P. Moore, took place yesterday afternoon at 3 o'clock from Wright's Mortuary Chambers to the People's Cemetery. Rev. R. G. Fulton officiated at the service at the undertaking rooms, assisted by Rev. Canon Simpson, the former performing the final obsequies at the grave Deceased was buried in his uniform with military honors, a large number of comrades of deceased of No. 5 Siege Draft, and the Infantry following behind the hearse, while the 4th Regiment Band rendered the Dead March. Besides the military turnout a large number of civilians attended the funeral. The pall-bearers were chosen from the artillery draft.

SUCCESSFUL CONCERT.— One of the best concerts ever held in Cherry Valley was the one which occurred there recently in aid of the Red Cross funds. Mr. James McEachern ably performed the duties of chairman and good order, for which Cherry Valley is noted prevailed: The programme was as follows: Chorus, "Till the Boys Come Home;" solos by S. Richards, Mrs. Will McEachern, Mabel Richards; dialogues by Misses Helen Praught, Dorothy Mutch, Della Cavanagh, Noeline Praught, Stella Carey, Irene Young, and James Doyle. Readings by Edwin Doyle, Irene Young, Alice Doyle, Will Mutch. Dialogue by Miss Helen Mutch and Messrs Charles Trainor, Roy Mutch, and James Doyle. Ecellent home-made candy was sold during the evening by some of the young ladies, which increased the funds by over eight dollars. At the conclusion of the programme twenty-three baskets and pie were sold by Mr. William Mutch. Fifty-one dollars was the result of this evening's work. Q.

LAKE VERDE.— The semi-annual examination of Lake Verde School was held on Friday, December 22nd, a large number of ratepayers being present. The pupils were examined in the various subjects by the teacher, Miss Maragret Coady, assisted by Owen Wood, Joseph Redmond and Mrs. William Cairns and showed by their prompt and correct answers that they had received careful instruction from their competent teacher. The school-room was artistically decorated for the occasion and presented a neat appearance. At the close of the examinations a short programme was rendered. The teacher was then presented with a beautiful gift by the pupils for which she heartily thanked them. Prizes were awarded and confectionery was distributed to the pupils and those present. After complimentary remarks by the ratepayers expressing their pleasure at the progress being made in the school, the examination was brought to a close by the singing of the National Anthem.

EARNSCLIFFE NOTES.—Miss Celea Sherrin, Crapaud, is spending a few weeks with her grandmother, Mrs. Catherine Carrier, whose serious illness is noted with great regret by her many friends.— The city papers were in error in stating that that monster turkey, weighing 35 lbs. was sold to Mr. Jenkins by Mr. Hayden, Vernon River. The seller of this fine bird was Mr. Lewis Hayden, Cherry Valley.— The teacher, Mr. Charles Trainor, is spending his Christmas holidays at his home in Lot 65.— At the closing of our school last Friday, little Miss Mary Morrissey, on behalf of the Earnscliffe pupils, presented Mr. Trainor with a costly silk muffler as a Christmas gift. The teacher in reply, thanked the scholars for their thoughtful kindness in presenting him with such an acceptable token of their esteem and goodwill. He then distributed amongst them a generous supply of excellent candy, and sent them home with his best wishes for a happy holiday season.—Q.

BRUTAL GERMAN DOCTORS.

Serg. George A. Reid, late of the Canadian Engineers, one of the Toronto soldiers who arrived in that city recently related a story told to him by a boy who had been taken prisoner at Ypres and who but for the action of one German would have been pierced by a dozen bayonets. He was one of the humane men, the others are savages. This little story, as told me, will give you an idea of the manner in which a British soldier, taken prisoner, is treated.

"There was a boy in our regiment who was taken prisoner at Ypres and had a bullet in his leg. The doctor in the hospital took out the bullet and about six inches of bone, so that one leg is so short that he is no good for further service. The boy told me of a case of a British soldier who had a bullet in his arm. When he was put under chloroform in the German hospital, the doctors instead of taking out the bullet took off the arm and then took off the other arm, leaving him absolutely helpless and of no further use for military service. These two men were exchanged some little time ago and are being invalided home."

"I don't think the Germans will make any further advance in France, but it will take money, men, and munitions to drive them out. They are well supplied with food and have even electric light in their trenches. We also found in several captured trenches supplies of champagne, beer and plenty of food. In my estimation the war will not be over until 1918, and then only through a peace arrangement.

FOX MEETING.— The meeting of the Charles Dalton Silver Black Fox Co., Ltd., called for yesterday afternoon, was adjourned to a date to be announced later.

CHRISTMAS ENTERTAINMENT.— The annual Christmas treat and entertainment for the children of St. Peter's Sunday School and friends took place last evening in the schoolroom. A very jolly time was spent in games, singing, etc, after the tea had been served. Later a very enjoyable play entitled, "The Soup and the Savory" was given by the nurses of the P. E. Island Hospital. It was very capably presented and caused much amusement. There was a fairly large attendance of parents and friends of the children. Candy, oranges, and nuts were scrambled for by the children and they had a thoroughly enjoyable time.

SCHOOL WORK.— The following is the result of the Christmas examinations of Vernon School: Grade VIII.— 1, Aileen McDonald; 2, William Macleod; 3, Mary McGillivary and Marjory Enman. Grade VII.— Russell Fraser; 2, Charles Murphy; 3, Eleanor Henry. Grade VI.— 1, Margaret Murphy; 2, Enid Sullivan; 3, Emeline Fraser and Prudence Drake. Grade V.— 1, Gerald Murphy; 2, Ivan McDonald; 3, Rita McKenna. Primary Department: Grade IV.— 1, Grace Jenkins and Ellen Herring; 2, Margaret McDonald; 3, Agatha Henry. Grade III.— 1, Margaret McKenna and Earl Fraser; 2, Robert Drake; 3, Leo McKenna. Grade II.— 1, Newman Fraser; 2, Stella DeLorey; 3, Joseph Fraser. Grade I.— 1, Arthur Sullivan; 2, Howard McDonald; 3, Edna Fraser and Byron Henry.

A CONSCIENCELESS DEBTOR.

A Seattle man tells of a sea Captain, who while ashore, lives in that town, and who had loaned money to a neighbour. The latter, after the loan was a year or so old, made no effort to pay it.

The Captain began to look upon the money as lost. But, on arriving home from a coastwise trip, he heard of a debt collector who was noted for sticking to a delinquent until some result was obtained. The Captain called upon this person, told him the circumstances, and said:

"If you will collect that debt, I'll give you half of it."

The Captain sailed away on another voyage, and on his return, again sought out the collector. "How about that bill?" he asked.

"Well," said the man, "I ain't collected the whole of it; but I did collect my half, and he ain't paid me a cent since. I keep after him, but it's just as you said when you gave me the bill; he don't have no conscience about it."

POSSIBILITIES OF SLANG.

Slang and its possibilities were vividly expressed in the conversation of two youths in a Back Bay home one night recently, says the Boston Traveler. The two boys got into a discussion and when all legitimate arguments had been exhausted, the following repartee was heard:

"Snow again. I didn't catch the drift."

"Keep on spouting, kid, you're a whale."

"Tie yer shoes, your tongue's hangin' out."

"Hang crepe on yer ear, you mutt yer brain is dead."

"Aw, sand your tracks, you're slippin!"

"Sneeze, little one, your bean is dusty."

A SELFISH MOTIVE.

"And you encourage your wife to take an active interest in politics?"

"Yes," answered Mr. Dubwaite. I'll tell you how it started. Once upon a time Mrs. Dubwaite tackled a steam roller, in a conversation. The experience had just a chastening effect on her that for months afterwards my place as the head of the household was undisputed."

Your Forgotten Friends

Will be delighted with a New Year's Gift from our big stock of Holiday Present Suggestions

The 2 Macs

149 Gt. George St.

GERMANS TO HAVE BELGIAN SLAVES

Since the beginnng of October the two provinces of Belgian Flanders have been the scene of tragic outrages upon the civil population. These provinces are in the army zone and are thus subject to military authority, whereas the rest of Belgium under German occupation is subject to the civil administration, of which Baron, von Bissing (one of the most infamous figures in the war) is the head. On October 3 a decree was placarded in the towns and villages of the region reproducing a decision of German Headquarters which conferred upon the military authorities the power to compel, by force if necessary, all non-invalids dependent for their livelihood upon others to undertake work away from their homes. The decree was directed against the unemployed of all classes, and especially against the men thrown out of work by the closing of factories after the German siezures of all raw materials. These men, deprived of means of substance, became dependent for their food upon the local municipal authorities.

The publication of the decree was quickly followed by a notice warning all persons concerned to present themselves, on a given day and hour, at places named, and to come furnished with articles of kit that were minutely specified. Failure to comply with the notice rendered absentees liable to heavy fines and imprisonment. Simultaneously, the municipal administrations, which alone possessed lists of the men, who had been thrown out of work, were summoned to hand over the lists to the military authorities. They refused, as they were entitled to do, and were at once dispossessed and replaced by German military representatives. In some cases the municipal officials who had charge of the lists were brutally arrested and thrown into prison. Not content with these arbitrary measures, the German authorities ordered the soldiery to round up workmen found in the streets and to drive them to a given point. Here the captives were penned up like cattle. The most able-bodied among them were told off, shut up in barracks, and sent on the morrow, under military escort, to a part of Belgium where a military position was being prepared.

Seeing that military work was required of them, these Fleming captives declined to do it. Thereupon they were imprisoned, and were kept without food of any kind until, in two or three days, hunger compelled them to submit. In one place, young men similarly collected were taken to camps near an aerodrome in course of construction, and compelled to perform military labor. In another place more than 2,000 men, rounded up haphazard, including many small tradesmen, were segregated and ordered to sign a German form of agreement to work in Germany. The method was not indentical in all places. In some towns the invalids, in others married men, were exempted, while the rest were told that they would only be employed on civil work, and that they would be paid 3d a day. But the trains—made up of trucks open to wind and weather—in which these poor creatures were herded together, started for Germany and the North of France. Each of these aids captured some 4,000 men. It was literally slave raiding.

During the passage of these long slave trains their unfortunate but undaunted occupants were heard singing the "Brabanconne." The exact number of men thus raided is not known. The most trustworthy estimates put it at 15,000 at least a fortnight ago, says The London Times. The raiding has gone on throughout the whole military zone, and particularly at Bruges, Ghent, Courtrai Alost (in Flanders,) and at Tournai. The whole able-bodied male population, rich and poor, employed or not, has been affected.

State of Ohio, City of Lucas County, ss Toledo,
Frank J. Cheney makes oath that he is senior partner of the firm of F. J Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALLS CATARRH CURE FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

(SEAL) A. W. GLEASON, NOTARY PUBLIC

Hall's Catarrh Cure is taken internally, and acts through the blood on the Mucous Surfaces of the System. Send for Testimonials free.

F. J. CHENEY, & CO., Toledo O.

Sold by all Druggists, 75c

Hall's Family Pills for constipation.

Prince Edward

LAST TIME TODAY

MAE MURRAY

—IN—

"THE DREAM GIRL"

TOMORROW and SATURDAY

Charlie Chaplin

In his Latest Million Dollar Mutual Comedy

"The Pawn Shop"

A Scream From Start to Finish

ALSO

"THE SEVENTH CHAPTER OF"

"The Shielding Shadow"

A Splendid Chapter Full of Thrills

POEM DEDICATED TO SOUL OF FRANCE

(By Harold Begbie.)

What is this light that streams across the sky.
Brothers the Soul of France goes flaming by
In clouds of splendor red with victory!

When at the onset many nations quailed,
When for black weeks the Prussian hosts prevailed
She stood unshaken, she the most assailed.

She shall consume all tyranny and wrong!
Glory has crowned her, Truth has made her strong;
Her soul is freedom and her name is song!

Think you who stand outside the strife,
And praise her for the pride she shows,
Think you you understand her life
And know the passion that she knows?
You for whom missive and dispatch
No terrors have, who sleep at peace,
Whose children live, whose profits match
Her sorrows, profits that increase!

Think you, with eyes that do not weep,
To see the splendor of her soul?
Think you to know how high, how deep
Her glory with your hearts still whole?
Your children live! Your prosperous race
Thank God each day they stand apart,
You only look upon her face!
Suffer, if you would see her heart.

Wait till destruction brings to pass
On you and yours his fell desire,
Wait till your graves are like the grass,
Wait till your cities smoke with fire;
Wait till each day brings near to you
An hour that from your arms will tear
Your youngest to the risk that slew
Your husband, brother and your heir.

Your praise is like a theatre song
That strikes across the mountain blast;
You only feel that she is strong,
You only love her for her past;
Wait till your hair is white with woe,
Wait till your eyes are blind with death,
Wait till you reel from blow on blow,
And bleed with every strangling breath.

We dare to praise her, we who fight,
Whose sons beside her sons advance,
We, stricken sorely claim the right
To breathe the sacred name of France;
But even we, with reverent lips,
Who live within this guarded land,
We are behind our British ships,
We, too, we cannot understand.

Her soul is like a torch that goes
Before the nations. Death and Night
And tyrant Wrong, and endless woes
Turn her no inch from Truth and Right;
Hell storms her, but she does not cow'r,
Death smites her, but she stands more strong;
She is the dawn that comes with pow'r,
She is the Spring that comes with song!

What shout is this that rings across the sky,
The Soul of France sings as she rushes by,
Clothed in all beauty, crowned with victory!!

She shall consume all tyranny and wrongs!
Glory has crowned her, Truth has made her strong;
Her soul is Freedom, and her name is song!

A SWEEPING RECOMMEND.

"I'll say for him," stated Miss Annabelle Tamers in confidence over the back fence to Mrs. Judge Tumban, "that as a rule my brother-in-law, Lyman Spink, is a placid and even-tempered man and very seldom utters a careless remark, but the other day, when a boy came yelling that the Methodist Church was on fire, Lyman jumped right up and shouted "Holy smoke!" just the same as the most thoughtful persons in the community might have done."

DR. DeVAN'S FRENCH PILLS A reliable Regulating Pill for Women. $5 a box or three for $10. Sold at all Drug Stores, or mailed to any address on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vim and Vitality; for Nerve and Brain; increases "grey matter"; a Tonic—will build you up, $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG CO., St. Catharines, Ontario.
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Charlottetown, P. E. I.