

You Can Do Your Bit in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. **Shredded Wheat Biscuit** contains the greatest amount of body-building nutriment at lowest cost. It strengthens the muscles of the stomach and intestines by making them do their normal work in a natural way. A better-balanced ration than meat or eggs, more easily digested and costs much less. Ready-cooked and ready-to-eat. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

The Eastern Guardian

*It pays to buy in this Province.

FREE OF ICE.—Souris Harbour is still free from ice.—C.

A GOOD TRADE.—With excellent roads and farmers being flush with cash Souris Merchants are re-joining in good Christmas sales.—C.

PRODUCE LADEN.—The Schr. "Gladiator" loaded by Matthew McLean with 4242 bus potatoes cleared for an American port on the 24th inst.—C.

LATE SHIPPING.—The schr. "Milo" arrived in Souris with a cargo of coal for Matthew McLean and capelin for which the Souris mer- chants are paying \$1.00 for 100 lbs. They are sent to Charlottetown cold storage and are being used for fox food.—C.

SOCIAL EVENING.—On Wednesday evening the members of the Sunday School of the Methodist Church at Mandock met at the home of Mrs. J. H. Foley where a very pleasant evening was spent. Mr. L. Crosmant represented Father Christ- mas.—W.

TRENTON NOTES.—As a great many Islanders are employed on the different plants in Trenton and New Glasgow a few news items from those places may be of interest to Guardian readers. The town of Trenton is situated on the East River and has railway connection by means of the Intercolonial with the rest of the province. It is an incorporated town with a considerable population has paved streets electric lights police, fire department, electric cars and all modern improvements. Here are located the huge plants of the Nova Scotia Steel Works founded in 1882 covering an immense area of ground and giving employment to two thousand men with a fortuitously big roll of \$100,000. The Eastern Car Works founded 1912 employing four- teen hundred men, Bailey and Underwood manufacturers of agricultur- ed on P. E. Island are. Matheson & Cummings shell plants giving employment to large numbers of men besides many other industrial concerns too numerous to mention a visit to any of these plants is well worth the making and will be a revelation to those visiting them for the first time as nearly all those concerns have large orders for the mak- ing of shells it is confidently expect- ed that the present winter will be one of unparalleled activity in and about Trenton and New Glasgow.

TWO CENTS PER WORD each insertion for advertising in this col- umn. Cash must accompany order. Minimum charge twenty-five cents.

T. G. IVES is the Montague Guardian representative.

MR. HAROLD P. GORDON is the Georgetown Guardian represent- ative.

PROFITABLE INDUSTRY.—The hardy fishermen in the vicinity of Souris are still making good money—some netting as high as \$50.00 of a night's catching. Cape River for which the Souris mer- chants are paying \$1.00 for 100 lbs. They are sent to Charlottetown cold storage and are being used for fox food.—C.

GEORGETOWN SHIPPING NEWS.—Sailed December 24th, Schooner "Milo" Captain Flander for North Sydney, sailed 26th inst. "Bessie Jenner" Captain Jenner and schooner "Melrose" Captain Stacey for Glouce Bay with produce. These are the last sailing vessels to leave the Island's winter port this year.—Schooners laid up at "King's Wharf": Schooner "Myosotis" Schooner "Sci- cassian"—At MacDonald's Wharf schooner "Bell" Schooner "A. B. Parker". In stream "Nimie A" Cap- tain and "Mary E. McDougall" Cap- tain with produce.—&

EASTERN PERSONALS

Mr. L. W. Shaw, New Perth, paid a visit to Georgetown on Mon- day.—"G"

Mr. Wilfred Hunter, Georget- own, paid a visit to Charlottetown on Wednesday.—"G"

Mr. Frank Dalziel of the D. G. "Stanley" spent Christmas at his home in Georgetown.—"G"

Mr. Joseph Hunter, Georget- own, paid a visit to Charlottetown on Wednesday.—"G"

Mr. Alex. MacDonnell, Georget- own, paid a visit to Montague on Wednesday.—"G"

Mr. Alex. F. McPhee, Georget- own, drove to Brudenell on Christ- mas Day.—"G"

Mr. Hutton Dalziel, Georget- own, paid a visit to Brudenell on Christmas Day.—"G"

Miss Katherine Dalziel, Georget- own was a visitor to Brudenell on Christmas Day.—"G"

The Western Guardian

—IT PAYS to buy in this province.

—**MR. W. K. MCGOUGAN** is Guar- dian representative in Summerside.

—**THE MORNING DAILY GUAR- DIAN** can be obtained at Lafferty's Tonsorial Parlors, Summerside.

—**Mr. C. Louis Bouyer**, Georget- own on Saturday.—"G"

—**Miss Louise Jenkins**, Georget- own was a visitor to Brudenell on Christmas Day.—"G"

—**Mr. Charles Mar**, Prince of Wal- es College is spending his holidays at his home in Burnt Point.—"G"

—**Mr. William McDonald**, New York is visiting his mother Mrs. W. McDonald, Water Street, Georget- own.—"G"

—**Mr. Harold R. Gordon**, Bank of Nova Scotia, Charlottetown, spent Christmas at his home in Brudenell.—"G"

—**Miss Jessie Dalziel**, Georget- own, and Miss Florence M. Gordon, Brudenell are visiting friends in New Perth.—"G"

—**Mr. Frank Beaton**, St. Dunstan's University is spending his Xmas holidays at his home in Georget- own.—"G"

—**Miss E. E. Moore** of the Bank of Nova Scotia, Montague, has return- ed to work after spending very pleas- ant holidays with friends in Charlot- tetown, Summerside and Wellington.

—**Mrs. F. G. Bouyer**, Georget- own, royally accompanied by her grand daughter Miss Verna McNabb, spent the week end in Charlottetown.—"G"

—**Mr. Ewen Nicholson**, Bank of Nova Scotia, Charlottetown, spent Christmas at his home in Georget- own.—"G"

—**Mr. and Mrs. Edward Hemphill**, Burnt Point, returned home last week after visiting friends in the United States.—"G"

—**Mr. O. Matthews, O'Leary** spent Christmas at Summerside.—"W"

—**Mr. H. McWilliams** who has been West for over ten years arrived at O'Leary on Thursday to spend a short time with his parents at West Cape.—"W"

—**Mr. and Mrs. G. Dunville** of West Cape are rejoicing over the arrival of a Christmas gift in the shape of a daughter.—"W"

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THE ONLY MEDICINE THAT HELPED HER

"Fruit-a-tives Again Proves Its Extraordinary Powers"

Rochester, Que., March 2nd, 1915. "I have received the most wonderful benefit from taking 'Fruit-a-tives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-tives' and it was the only medicine that really did me good. Now I am entirely well—the Rheu- matism has disappeared, and the ter- rible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a- tives'. MADAME ISABEL ROCHON. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit- a-tives Limited, Ottawa.

—I have seen so many cases of Tuberculosis, Anemia, La Grippe and General Debility helped by Wilson's Invalids Port that I have come to regard it as indispensable for the proper treatment of all wasting diseases and convalescent cases. **R. Cinchona Bark, B.P., Fruit Acids, Aromatics, Salts, and Old Oporto Wine** Absolutely no alcohol is added. **Wilson's INVALIDS PORT** Big Ask your Bottle Doctor All Druggists

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Women's High Brown Boots With Neolin Soles

Received today by express another case of fashionable high boots with neolin soles all sizes \$8.50

A new boot for women high top cravenette, wool lined street boot made with neolin soles and rubber heels, this is a fashionable warm and good wearing boot special at 6 00

SEE THEM Alley & Co.

FAMILY GROUPS

The holiday reunion offers an opportunity for having that group picture made. We are equipped to produce the best in groups or individual portraits. We offer a variety of styles and sizes. **The Cooks' Studio** New DesBrisay Block

Pictures of Home Folk

Carry warmth and comfort to the heart of the soldier. Make your appointment today at **The Bayer Studio**

Best Wishes For 1918

We wish to begin the new year with an acknowledgement of our appreciation of the fav- ors shown us during the past twelve months by the people of this community. Our busi- ness through 1917 has been very satisfactory indeed, and we de- sire to thank those who have contributed to this result. We endeavor to so conduct our busi- ness that our customers will be our friends and we have no doubt that the steady growth of our business is in a large mea- sure due to the loyalty and in- fluence of our patrons. We hope to merit a continuance of this good will and to so conduct our store that it will attract those who appreciate high quality of goods at most reasonable prices. TO ALL OUR FRIENDS WE EXTEND OUR BEST WISHES FOR A HAPPY AND PROSP-EROUS NEW YEAR. **Ellis' Pharmacy Ltd.** MONTAGUE

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of the famous Bible Distribution begins next, December, 12 ends December, 24. But cannot say how long - because any day may see the last of these wonderful bargains go to the lucky coupon holder! But while they hold out, coupons will be gladly honored. The

GUARDIAN

again urges every man, woman and child who reads this paper to clip the coupons and get the

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ALL THE WORDS AND SAYINGS OF CHRIST distinguished from the context by being printed in red All Passages in the Old Testament prophetic of the coming of Christ, marked with a Star. All the difficult words in both Testaments made self pronouncing by diacritical marks; made so simple a child can pronounce them. Complete compendium of Bible Aids and Helps; useful to every Reader. This feature alone is worth MORE THAN the small distribution price asked by this paper

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