

Iron Is Greatest of All Strength Builders, Says Doctor

A SECRET OF GREAT ENDURANCE AND POWER OF ATHLETES

Ordinary Nuxated Iron Will Make Delicate, Nervous Runtown People 200 p. c. Stronger in Two Weeks' Time, in Many Cases

NEW YORK. N. Y. Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or marcoric drug, said Dr. Sauer, a Specialist who has studied widely both in this country and when as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, runtown people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this af-

ter they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine nor secret remedy but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Geo. E. Hughes, Apothecary's Hall, E. A. Foster, Central Drugstore, and all other druggists.

The Western Guardian

—IT PAYS to buy in this Province.

—W. K. McGOUGAN, Globe Fox Exchange, is Guardian agent in Summerside.

—SMELT NETS and all hanging material can be had at head quarters, Brace's. 2789-10-28Stu2wksES2wks.

—THE MORNING DAILY Guardian can be obtained at Lafferty's Tonsorial Parlor's, Summerside.

—"THE BEST THERE IS" at Brace's in farmers' boilers or feed cookers—prices guaranteed lower than any others. 2789-10-28Stu2wksES2wks.

—STOVES! STOVES!—Brace's are leaders in this line. Special stoves for schools, halls, churches, as well as for your kitchen, hall and bedroom. 2789-10-28Stu2wksES2wks.

—MEETING—Regular meeting of the Benevolent Irish Society at Emeralds will be held in their hall on Friday evening the 10th, at 7 o'clock. Full attendance requested. 2976-11-9M11.

—POLICE COURT.—One drunk appeared in court on Tuesday before His Honor Stipendiary Magistrate Wright. The defendant was convicted and fined \$2 and costs.—H. 2912-11-6M41.

WESTERN PERSONALS

—Sergt. Rogers, who was home on a brief furlough, left for Halifax on Tuesday morning.

—Mr. A. E. Arsenault, Summerside, is spending a brief visit in Quebec. —H.

—Mrs. William Muttart, Summerside, arrived home Monday after spending a brief visit with friends in Montrose. —H.

—Among the passengers to Charlottetown on Tuesday were: Lieut. L. J. McDonald, after spending a brief visit with friends in town. —H.

—Miss Bessie Luttrell, is home from Revere Beach, Mass., and spending a short vacation with friends in Mimingash and Ebbesfeet, after a few weeks she will leave for Florida where she will spend the winter. —H.

—Mr. Angus McSweeney was a passenger by the Northumberland on Tuesday en route to Boston where he will spend the winter, the guest of his son, Dr. Fred McSweeney. —H.

—Mr. Sterling McDermott, of the staff of the Canadian Bank of Commerce at Fredericton, N. B., has been transferred to the bank at Montague. He was in Summerside Tuesday on way to his new position. —H.

—Some of the visitors in town on Tuesday were: Mr. Patrick Hughes, and daughter, Shamrock; Messrs W. B. Hayes, Bideford; Calvin Reeves, Freetown; James Pendergast, Kensington; J. S. Waite, Sherbrooke; and Ian Darrach, Kensington. —H.

Does Catarrh Bother You? Are Your Nostrils Plugged?

Why not give up that sniff and stop dosing your stomach? The one sure treatment is "Catarrhazone" sure to cure because it goes where the disease really is. Certain to cure in your case because it has restored tens of thousands worse than you are. Catarrhazone is a thorough cure because it destroys the causes as well as the effects of the disease. Relief is prompt, cure is quick with this powerful remedy which is guaranteed to cure Catarrh in any part of the nose, throat, bronchial tubes or lungs. To be really cured, use only Catarrhazone and beware of dangerous substitutes meant to deceive you for genuine CATARRHAZONE which is sold everywhere, large size containing two months treatment; costs \$1.00; small size 50c; sample size 25c.

Must Not Violate Mexican Neutrality

(Canadian Press Despatch.) WASHINGTON, Nov. 7.—The United States government has informed the de facto government that productions should be taken to prevent any violation of Mexico's neutrality by operation of billigerent submarines base on the Mexican coast. The information was conveyed, a state department official said today, in a wholly friendly spirit and not at the suggestion of any of the Entente powers. Denial was made at the department that any protest had been submitted to Mexico for Sir Cecil Spring Rice, the British Ambassador here.

Christmas Mail To Boys At Front

OTTAWA, Nov. 7.—The following official statement was issued today by the Post Office Department urging that Christmas parcels be mailed at once. "In view of enormous enquiries as to late date on which parcels can be posted to ensure delivery to overseas soldiers before Christmas, it is thought well to state, having regard to the irregularities in the Atlantic service and the possibility of congestion, that the earlier parcels for overseas soldiers are mailed the better. If it is desired that they should be delivered before Christmas, this being particularly true as regards parcels for soldiers on the continent, which should be mailed as early as possible, so that the greatest latitude will be afforded in order to ensure delivery before Christmas, in every case the mailing of these parcels should take place before the middle of the present month. It is possible that letters might be mailed as late as the last week in November and be delivered to the overseas troops before Christmas, but letters should be mailed as early as possible in order to provide for all contingencies."

—TWO CENTS per word each insertion for advertising in this column. Cash must accompany order. Minimum charge twenty-five cents.

—FOX NETTING.—Brace's are head quarters. Order quickly as some sizes are getting low. 2789-10-28Stu2wksES2wks.

—LIVE HOGS.—As there are not a sufficient number of hogs ready for shipment this week we will receive on the following days next week. E. Craig at Albany on Thursday 16th, A. Moase at Kensington on Friday 17th. The undersigned at O'Leary Thursday 16th and Summerside Friday 17th. J. J. McNally. 2977-11-9M11.

—BLACKSMITHS' CONVENTION.—A general meeting of the Blacksmiths of Prince County will be held at Summerside on Wednesday, November 8th, at 2.30 p. m. The meeting will take place in McNeill's Carriage Building. A special train will leave Tignish at 6.45 a. m., and will leave Summerside on return at 5.30 p. m. Lowest return fares will be in effect on this train. Reduced fares will also be in effect on the regular trains from Charlottetown and Cape Traverse. Blacksmiths from all parts of Prince Edward Island are invited to attend this meeting. D. F. McNeill, Secy.-Treas. Blacksmiths' Association. 2912-11-6M41.

Avenge Murder Of Comrades

(Canadian Press Despatch.) LONDON, Nov. 7.—The Weekly Despatch publishes an open letter to President Wilson under the heading, Wilson, Avenge Our Dead, by Samuel Devlin, formerly of the United States navy, who was rescued from the Marina, and which follows: "I am an American citizen who, with others, has just been landed at a place somewhere safe from U-boats. We have just had a narrow escape from death, from murder on the high seas. We have seen six of our partners, also Americans, go to their deaths without warning or a chance to save themselves through the deliberate act of a foreign power which has willfully broken a solemn promise made to you not to sink any merchant ship without warning or without insuring the safety of the lives of the people on board.

"You keep telling us that you will not have American lives imperilled, that you will not suffer American honor to be outraged. Well, there are six Americans who went down on the merchant ship Marina and two other Americans are lying in a hospital unable to move because of their sufferings in an open boat in a stormy sea. We want to know what you are going to do.

"The Marina had been struck amidships. There was not the least excitement and but little hurry. From a lifeboat I noticed the periscope of a submarine. We were then thirty feet from the ship. The periscope moved slowly round to the port side, where a second torpedo was fired. The Marina immediately broke in two halves, the bow and stern rising to curd the centre, remaining in that curious position for six minutes. One of my partners took out his watch to see how long the second torpedo would take to finish her.

"The captain and the men still in the ship, including the six American sailors. The second explosion was unexpected that it took them completely by surprise. They only had time to throw a life raft but could not reach the raft. The ship sank and the captain and the others were pulled under. We never saw the captain, the first mate, the second mate nor any of the officers who were in the ship when she was again struck and without warning, Mr. President, just to show, I suppose, how easy it is to defy the United States of America.

SAWDUST CAKES.

As long as 1910 a German paper gave an account of sawdust bread. Works in Berlin were then producing 200 quintals (1,126 lbs per quintal) of wood bread per day. This cake food is made by substituting the sawdust to several chemical processes after it has been fermented, and then mixing it with rye flour in the proportion of two part of sawdust to one of flour. It is then bread in the same way as ordinary bread. This product is used for feeding horses, but it is said that it could serve as human food in famine times.

Prepare This for a Bad Cough—It's Fine

Cheaply and Easily Made, but Does the Work Quickly.

The finest cough syrup that money can buy—costing only about one-fifth as much as ready-made preparations—can easily be made up at home. The way it takes hold and conquers distressing coughs, throat and chest colds will really make you enthusiastic about it. Any druggist can supply you with 2½ ounces of Pinex (50 cents worth), four shillings a 16-oz. bottle and fill the bottle with water. Shake thoroughly and it is ready for use. The total cost is about 50 cents and gives you 16 ounces of a family supply—a most effectual, pleasant tasting remedy. It keeps perfectly.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the inflamed or swollen throat membranes, and gradually but surely the annoying throat tickle and dreaded cough will disappear entirely. Nothing better for bronchitis, spasmodic croup, whooping cough or bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, combined with guaiacol and it knows the world over for its prompt healing effect on the throat membranes.

Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Toronto, Ont.

Fall's Newest Creations in Ladies' Suits, Coats & Furs



Ladies' Fall Suits and Coats, also a splendid line of Ladies' Furs in sets, also separate Muffs and Neck pieces in all different styles.

Ladies' Suits An attractive line of Ladies' Fall Suits showing the newest flaring effects in colors Black, Navy, also Nigger Brown. Price \$10, \$15, \$18, up to \$30	Ladies' Coats We have a splendid assortment of Ladies' Coats for Fall and Winter wear in Hudson Seal, Northern Rat, Black Pony, price ... \$40 to \$159.00 A special line of Ladies' Coats at..... \$8.50, 10.00, 18.00
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SEE OUR Specials for Saturday

Our Display of Furs

Ladies' stylish Fur Sets in Black, Fox and Wolf, per set 45.50 to 75.00.
Ladies' Mink Marmot Muffs 5.75 up to 18.00.
See our Separate Stoles and Muffs in Wolf, Mink Marmot and Raccoon.
See our White Fur Sets for Children.

CHARMING FALL MILLINERY

A new shipment of Ladies' Dress Hats in Velvet and Hatters' Plush, also new shapes for Velvet Hats. Chic Novelties in flowers with fur trimmings and Ostrich Mounts. Call and leave your order early in the week.

Prowse Bros. Ltd.

German Submarine Is Blown Up By Her Own Crew

BERLIN, November 7.—The destruction of the German submarine U-20 by her own crew after the submersible had gone aground on the west coast of Jutland is reported by the German admiralty today. The official announcement reads: "On the evening of November 4, the submarine U-20 in consequence of a fog ran aground at Bobberg, on the west Jutland coast. All attempts to float the vessel being futile she called for assistance, but efforts made by torpedo boats to drag her away were without success. The submarine at noon on Nov. 5, therefore was blown up, after her crew had been rescued by a torpedo boat. The foregoing announcement officially confirms a Reuter despatch from Copenhagen, which reported that a German submarine had stranded Saturday night off Harboore, on the west coast of Denmark. After vain attempts made by German torpedo boat destroyers to re-float the submarine the vessel was blown up by the members of her crew, who took refuge on board a destroyer.

TO A WOUNDED SOLDIER

For nigh two thousand busy years, Before Christ's hands and feet and side, Millions of men have stood in tears, Because it was for them he died. Devotion still doth kiss each scar That He bore with Him to the skies— And, knightly soul! who in this war Hast made for us such sacrifice, While thy road may henceforth be dark, Or thou must go with limping gait, Bear proudly, boy, thine honored mark; We on the handicap will wait. —Alexander Louis Fraser.



Getting the Suit You Want

is only a matter of a little while,—in a stock like ours. Bear in mind the suit you want is HERE. There are more suits here than in any other store in P. E. I. And they are new. All we want is a chance to SHOW YOU—that we have yours. YOU'RE NO FRIEND TO YOUR POCKET BOOK IF YOU BUY A SUIT WITHOUT SEEING OURS.

- Navy all wool Serge Suits \$13.00.
- Black all Wool Serge Suits \$13.00.
- Black all Wool Serge Suits \$15.00.
- Navy all Wool Serge Suits \$15.00.
- Navy and Black all Wool Cheviot Suits \$19.00.
- Navy and Black all Wool French Serge Suits 21.00
- Navy and Black all Wool Cheviot Norfolk \$25.00
- Navy and Black all Wool Cheviot Norfolk \$27.00.
- Navy and Black all Wool Gaberdines \$32.00.
- Brown and Nigger Brown, Fur Trimmed, \$37.00.
- Green Cheviot, Grey Lamb Trimmed \$32.00.

MOORE & McLEOD, Ltd
119-121 Queen Street, Charlottetown

German Excuse For Submarine War Inhuman

BERLIN, Nov. 7.—The official report of the German submarine U-41 being sunk by a British ship flying the American flag on September 19, which was sent out from Berlin, is probably equally designed for neutral and particularly American consumption, and gets its peculiar importance from the emphasis of the fact that Captain Hansen, of the U-41, who lost his life, had scrupulously observed the rules of international law and stopped the vessel, which appeared to be an American merchantman.

This case undoubtedly will be used, together with the Baralong case, to justify Germany's contention that armed merchantmen should be treated as auxiliary warships and that in view of the British practice of not arming merchantmen, but ordering them to sail under false flags and while under neutral colors to attack German submarines, there can be no admission that armed enemy merchant ships are entitled to immunity.

(Canadian Press Despatch.) NEW YORK, Nov. 6.—Herbert Bayard Swope, staff correspondent of the New York World, who recently returned from Germany, tells in The World this morning of Germany's hatred for the United States and the reasons inspiring it. Mr. Swope says in part: Throughout Germany today the hatred for America is bitter and deep. It is palpable and weighs you down. All the resentment, all the blind fury Germany once reserved for England alone have been accentuated in the expansion.

"The Germans have an outlet for their feelings against England—they express themselves on the battlefields and through the Zeppelins and submarines; but against America they lack a method of registering their enmity. And so this bitterness that cannot be poured out has struck in and saturated the whole empire.

"The charge and humiliation of their failure to end the war before now through victory are visited upon America. The failure gave birth to hatred. Throughout the length and breadth of Germany the belief is certain and unqualified that had it not been for America's moral and physical help to the Allies, the war would have been long since over. The magnificent disregard of the checks and reverses, both military and economic, Germany has suffered at the hands of the Allies, her sons, from top to bottom say that only America is to blame for the fact that the war is now well into its third year and the more pertinent that as time goes on the German chances are bound to grow less.

"It is a common thing to hear in Germany that America has a secret alliance with England, under which she is operating now; it is even more of a commonplace to be told that America is deliberately seeking to prolong the war and circumvent peace for the 'blood money' she is making

German Excuse For Submarine War Inhuman

out of the struggle. Germany's fear of defeat and loss of prestige are laid at our door. We are made the sacrificial goat offered on the altar of self glory."

LONDON HEARS A BERLIN RUMOR.

LONDON, Nov. 7.—In many quarters here an interesting bit of gossip is afloat. It is to the effect that Sir Robert Borden, the Canadian premier, will assume the duties of Canadian high commissioner in Britain, relieving Sir George Perley on the latter's appointment as Canadian minister of militia overseas.

"The American naval authorities received the U-53 with the greatest cordiality, but the commandant at the Newport station was so evidently relieved when he learned that I did not desire to replenish my fuel or provisions, that I received the impression that I would have encountered difficulties if I had desired supplies. The American officers visited the submarine in large numbers and were most deeply interested in her work. Describing the submarine's attack on the vessels sunk, Captain Rose said: "Sixteen American torpedo boat destroyers were assembled in the vicinity, but did not interfere in any way with the submarine's military measures."

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In Use For Over 30 Years
Always bears Signature of *Dr. J. C. Watson*

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If you want a good, pretty and dainty dinner set, but one at the same time that is durable and lasting, you will find it in the present showing of our

New Stock Patterns

These patterns are kept in stock, and no matter how many pieces the girl may break, you can always duplicate; at small cost, from our stock.

If your set is lacking any odd pieces, bring it up to full strength from this new stock of stock patterns.

BLACK & CO.

The Sunnyside Crockery Store

Get that New Overcoat Here

NOW is the right time to call in and get that new Fall or Winter Overcoat. You will be pleased with this showing, displaying some of the best tailored models in

Chesterfield, Unconvertible, Senator and Storm Coats

that have ever been shown here. Usual low prices—\$7.50 up— all sizes!

Reuben Tuplin & Co.

KENSINGTON