

### Trying to "Reduce"?

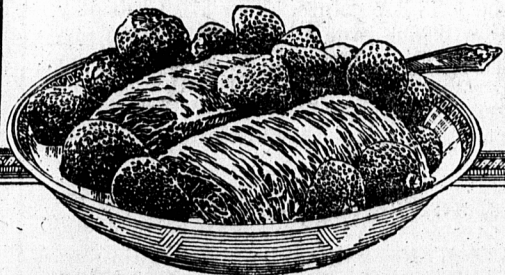
The fat you are daily accumulating comes from starchy foods and sweets. Cut out potatoes, white flour bread and pastries, take rational exercise, and eat

# Shredded Wheat

with green vegetables and unsweetened fruits. For breakfast heat two biscuits in the oven to restore their crispness, pour hot salted water over them, drain off the water quickly, and put a lump of butter on each biscuit. Nothing so delicious or nourishing.

TRISCUIT is the shredded wheat cracker, a crisp whole-wheat toast, eaten with butter or soft cheese.

MADE IN CANADA



## EASTERN STEAMSHIP LINES, INC. INTERNATIONAL LINE

PASSENGER AND FREIGHT SERVICE BETWEEN ST. JOHN AND BOSTON. Steamship GOVERNOR DINGLEY will leave St. John every Wednesday at 8 a. m. and every Saturday at 6 p. m. (Atlantic time) for Boston. The Wednesday trips are via Eastport and Lunenburg, due Boston about 11 a. m. Thursday. The Saturday trips are to Boston direct due Sundays about 2 p. m. Return—Leave Boston Mondays and Fridays at 10 a. m. (Daylight Saving Time) for Eastport, Lunenburg and St. John. FARE \$10.00. Direct connection at Boston with the Metropolitan passenger and freight steamers to New York via Cape Cod Canal. For steamers, rates and additional information apply to A. C. CURRIE, Agent, St. John, N. B.

## Canadian Pacific Rockies — to the Pacific Coast

Superb trains with open-top observation cars through the Alps of Canada—convenient schedules—finest dining car service—and direct connections at Vancouver by rail and steamship for all Pacific Coast points, and by steamship for Victoria, B. C., Alaska, Hawaii, the Orient, and Australasia.

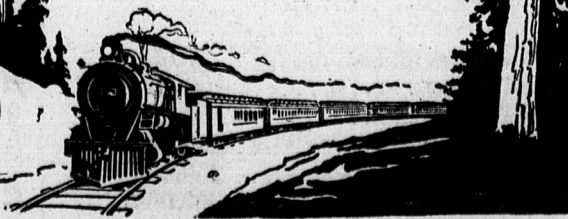
### This Trip Is the Best of Vacations

For 500 miles you pass through gorgeous Alpine scenery. Stop off privileges at Banff, Lake Louise, Field (for Emerald Lake and Yoho Valley), Glacier, Sicamous, Vancouver, and Victoria, B. C. on the Coast.

But even if you have no time to spare, this trip through the Canadian Pacific Rockies is a real vacation.

### For Full Particulars

write, N. R. DESBRISAY, District Passenger Agent, ST. JOHN, N. B.



## E. R. BROW

146 Richmond St. Charlottetown

Fire, Life, Accident, Sickness and Plate Glass Insurance at Lowest rates. Good Strong, Stock Companies

## THE CENTRAL GUARDIAN

TIGNISH TEA PARTY, Wednesday, July 27th.

ADVERTISE THE BEAUTIES OF THE ISLAND—By sending your friends a souvenir of P. E. I. only 57c postpaid. Guardian Office.

PATONS WHITEWEAR SALE—All our ladies white wear is offered for clearance at 25 p. c. off for the last few days of our July Clearance sale. Patons.

FUNERAL NOTICE—The funeral of the late Mr. Edward Walker will be held on Tuesday, July 26, at 2 o'clock, from his residence at Kelvin.

THE GARDEN OF THE GULF ILLUSTRATED—Souvenir of the Province—best illustrated write-up of the province ever published. Price fifty seven cents postpaid. Guardian Office.

FOR ONE WEEK July 20th, July 27th we will give 10 per cent discount off watches, jewelry, silverware. E. W. Taylor, 142 Richmond St.

NOTICE TO ADVERTISERS—Advertisers are reminded that all display advertisements must be in the Guardian Office before noon of the day previous to publication and before 10 a. m. on Saturdays.

FARM FOR SALE—Fifty acres lot 65 at Rocky Point, along the South Shore Road, owned by Geo. A. Smith. See the land, and send in your offers to MacKinnon & McNeill, 90 Great George Street, Charlottetown.

ISLAND LADY DEAD—Death occurred in Vancouver, B. C., on June 4th, of Mrs. John Francis McKinnon, formerly of St. George's P. E. I. The deceased was 59 years of age and remained in good health up to short time of her death. Her husband predeceased her some years ago. Mrs. McKinnon was a devout member of the Catholic Church and died sanctified with its holy rites. Interment took place in Vancouver.

CHANGE OF RESIDENCE—Mr. John J. Hackett and family have removed from Oakland, where they have resided for a number of years, to Sabastopol, Sonoma County, Calif., the home of the famous apple orchards, says the Oakland Calif. Maple Leaf. Mr. Hackett disposed of his residence in this city and may decide to remain in the northern county for a time. Mr. and Mrs. Hackett are natives of P. E. I., the former being a native of Tignish, and his wife (Laura), a daughter of the late Mr. and Mrs. Michael Harrington of De Sable. They are the proud parents of three children.



ELECTRIC WASHER for sale by Maritime Electric Co., Ltd.



The Proof Of The Pudding and of ice cream too, is in the eating. We welcome this test of



CARBONATED ICE CREAM THE TASTE'LL TELL YOU Central Creameries Wholesale Only Charlottetown

Dr. E. C. Harris Eye Specialist

Office, Royal Bank Building, Charlottetown. Office Hours 9-12.30, 2-5. Phone 68-Y

ALL OUR WHITE BOOTS \$1.50 to \$6.00 for \$1.98. Goff Bros. Ltd.

CHINA—Our entire stock of china at 20 per cent discount. W. W. Wellner Ltd., Jewellers.

REMEMBER—Picnic at North Rustico, July 27th. If stormy, following day.

WE ARE PLANNING A SENSATIONAL program for each remaining day of our July sale, every item will be a sensational one. Watch our ad for today. Patons Ltd.

RASPBERRIES WANTED—Will pay best market price for raspberries in quantities. Geo. H. Tombs, City.

JULY CLEARANCE SALE—For the last few days of our July Clearance sale will offer all our ladies-white wear at 25 p. c. off PATONS LTD

CHINA—For one week only, July 20 to 27th. We offer our entire stock of china at 20 per cent discount. Only W. W. Wellner Ltd., Grafton St. Jewellers.

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OFFICE REMOVED—Dr. Warburton has moved to his new offices 124 Prince St., adjoining Johnson and Johnson's drugstore.

MILTON.—A Congregational meeting is called for Thursday evening next (28th), at 8 o'clock in the Parish Hall. As there is important business affecting both the ladies and the men it is hoped that a special effort will be made to attend.

VISITING P. E. I.—Mrs. T. B. Watkins of Cambridge, Mass., arrived in Charlottetown a few days ago on a visit... to her sister, Mrs. William McLaren of Whim Road, P. E. I., where she will be welcomed by many of her old friends. Mrs. Watkins was greatly disappointed at not having her son, Huson G. Watkins, accompany her on her visit to the island on account of his business as an aviator and being at the present time stationed in York Beach, Maine, where he is a successful flyer, he could not leave. Mr. Watkins, who is one of the best flyers in U. S. A. is noted for the many wonderful stunts and clever landings which he has made in the past. Mr. Watkins expects to visit the island the latter part of the season, accompanied by Mr. John Haley. They are both great lovers of the island and think there is no sporting place like it. Mr. Haley has spent two summers on the island and hopes to spend many more.

CARVELL BROS PICNIC—Messrs Carvell Bros gave their employees and families a lively time at their summer home in Holland Cove on Saturday afternoon. The crowd numbered between sixty and seventy, some going over by motor boat, others by auto. The first item on the program, was a baseball game between the office staff and the shipping staff, which was a very interesting game, the office staff winning out by a score of 1-1. A feature of the game was a home run by V. Monaghan in the 9th inning. After the game was over tea was spread on the lawn where everything that was wanted could be had. Much credit is due the ladies for this part of the work. After tea came the races, 100 yard dash; 50 yard dash, three legged race and relay race, which was very exciting and which everybody enjoyed to the fullest. The boys then being pretty well fatigued were asked to the cottage to hear some selections in the phonograph and to see Mr. Robert A. Galbraith in a few step dance selections. About half past seven the crowd began to disperse after giving three cheers in a tiger for Messrs Carvell Bros and also for Mr. W. R. Aitken. The party then returned to Charlotte town everyone feeling they had had an afternoon of great enjoyment. The boys are loud in their praise for the way in which they were so well treated and will be long in their memory as a day not to be forgotten. They join in wishing this old reliable firm many many years of success.

MINARD'S Liniment for Colds, Etc.

## Could Not Eat

CANADIAN FARMER CAN NOW EAT BEEFSTEAK FOR FIRST TIME IN FIFTEEN YEARS

"For the first time in fifteen years I can eat beefsteak or anything else I want and enjoy it, so of course I am strong for Tanlac," said William Mercer, well-to-do farmer, living on the Tarbourn road, near St. John's, N. P.

"I don't believe anybody ever suffered any more from indigestion than I did. I couldn't eat any solid food without being doubled up with pain afterwards, and I suffered so much I actually dreaded for meal-time to come around. If I would try to walk up a hill like Prescott Street my heart would beat like a triphammer and I would gasp for breath. I had rheumatism so bad in my arms and legs and also in my back I could only do the very lightest work around the farm. I was nervous, too, and often would lie awake all night long without a wink of sleep.

"The most surprising thing I have ever seen in my life is the way this Tanlac took hold of me. I have such a whaling appetite now I eat three big meals a day, and my stomach is in such first-class condition I never have a touch of indigestion. The rheumatism is completely knocked out and I can do more work now in one day than I used to do in three. It has been years since I have felt as good as I do now and I certainly am grateful for Tanlac."

Tanlac is sold in Charlottetown at Reddin Bros., and by leading druggists.

RECEIVING ISLAND salmon daily at Reaney Gay & Co.

THE C. G. S. BRANT left yesterday morning loaded with supplies for the Nova Scotia Coast. Her first call will be Wolfe's Island, Cape Breton.

MILTON AND RUSTICO.—Services next Sunday at Milton, 11 a. m., and at Rustico 3 p. m. Sunday School at Milton 10.15 and at Rustico 2 o'clock. Mr. W. S. Louson will take Sunday School and Service at Milton.

ATTENDING K. OF C. CONVENTION—Mr. John M. Hughes, of the P. O. department, left Saturday morning for San Francisco, where he will attend the K. of C. convention. Mr. Hughes will be joined in New York by a large number of Canadian delegates, including Mr. J. A. McDonald, who with Mr. Hughes are the two members to represent the Charlottetown council. Mr. McDonald's bride accompanies him on the trip.

SEEING P. E. ISLAND—Mr. Norman Rankin, editor of the Canadian Bureau of Information Department of Colonization and Development of the Canadian Pacific Railway is in the city. He is making a tour of the island by auto for the purpose of seeing for himself its agricultural possibilities.

MINARD'S Liniment for Colds, Etc.

Weak, Thin Folks Need Bitro - Phosphate Says Editor of N. Y. "Physicians Who's Who." Local Druggist Guarantees It.

Dr. Frederick S. Kelle, the New York author of medical text books, whose opinions are greatly valued, writes:

"When the nerve tissue begins to lose its vitality, woman begins to become irritable, moody and despondent. It would be a godsend if more women knew of Bitro-Phosphate. He is making a tour of the island by auto for the purpose of seeing for himself its agricultural possibilities.

"Thousands of thin, run-down people whose nervous energy is nearly exhausted are turning to Bitro-Phosphate as dispensed by Hughes Drug Co., and other leading druggists, because it helps to revitalize the nerves, increase bodily weight and bring back energy and mental keenness."

CAUTION: Although Bitro-Phosphate is an excellent aid in relieving weak, nervous conditions, its use is not advised unless increased weight is desired.

## Paris Green

Bergers pure Paris Green in 1 lb. tins. Another supply of 10 tons just received.

Orders filled promptly.

The Rogers Hardware Co., Ltd Wholesale & Retail

also its advantages as a summer resort. The C. P. R. has done and is still doing much to advertise Canada at home and abroad. Its beautifully illustrated periodicals have been distributed over the world and the slogan "Ask the C. P. R. about it," posted in every C. P. R. office has brought innumerable questions from every country in the world and the answers and information returned have resulted in inducing thousands of emigrants to settle in Canada. Information is supplied regarding every province in the dominion and it is gratifying to note that Mr. Rankin will have an opportunity of seeing this province at its best. He is accompanied on his tour by Mr. Russel White and Mr. Alfred Pickard and proposes going over the whole province.

## PERSONALS

Mr. John McDonald, ex-mayor of Souris, was in the city yesterday.

Mr. and Mrs. B. B. Ames and son, are registered at the Revere Hotel.

Mr. John Shaw, of Boston, is visiting friends at Bonshaw and D. Sable.

Mr. Jas. Lynch and daughter arrived Saturday night, from Salem, Mass., and are visiting friends at Johnston's River.

Mrs. J. F. Aresnauld, Prince St., has as guests her four sisters from Boston, Mass., and one brother from Maine, all of whom are on an extended visit of several weeks to the island.

The Misses Alberta and Enid MacFarlane of Summerside are spending a few days in Charlottetown, guests at the Russ.

Mr. Norman McKenzie, of the firm of Reaney Gay & Co., left yesterday morning for Halifax, where he will visit his sister, Mrs. Neal.

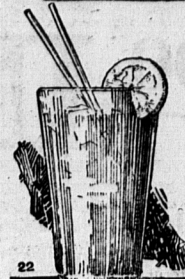
Mr. Eric Riel, Westmount, Montreal, is at present the guest of Mr. and Mrs. J. M. Hunter at their summer bungalow, "The Old Homestead" Appletree Wharf.

## IN MEMORIAN

MR. RONALD MCKENZIE

There died at Dundas on Wednesday, the 6th inst., very suddenly, Mr. Ronald J. McKenzie, aged 78. The prayer expressed by Fennyson was his "Sunset and Evening star." The one clear call for me: And may there be no moaning of

## SEAL BRAND TEA



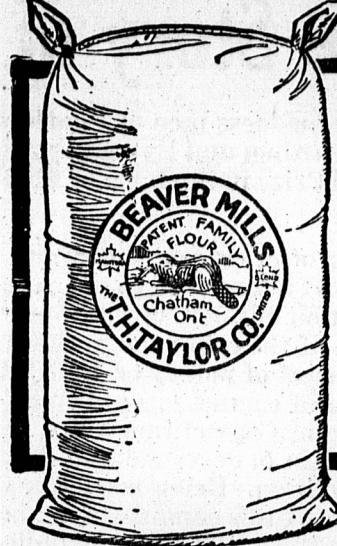
## Nice Tea for ICED TEA

Prepare in the usual way—pour the liquor off the leaves and place it on ice as soon as sufficiently cool.

To serve, pour into glasses partly filled with cracked ice. Add lemon and sugar to suit the taste.

CHASE & SANBORN - MONTREAL

## For Successful Baking BEAVER FLOUR



Unexcelled for Flavor and Baking Qualities

Sold by your Grocer

T. H. TAYLOR CO LIMITED CHATHAM, ONT.

the bar When I put out to sea? Scottish history and was a member of the Caledonian Club. Funeral on Friday (8th) was largely attended and testified to the respect in which he was held by all his neighbors and friends. His Brethren of the Masonic order attended from Souris and after service in the church his body was laid to rest with full Masonic Honour in the family burying place, Dundas Presbyterian Cemetery.

## Beer & Weeks



"Sherwin Williams" Paints give best results—last longest—cost least "S-W" Mixed Paints. "S-W" Shingle Stain.

S. W. Commonwealth Barn Red.

Write for color cards and quotations.

## Beer & Weeks