

The Central Guardian

I'm so Nervous I Could Scream

Every woman burdened with household cares feels like that now and then—and more often as time goes on. It is because of nerve strain which makes the nerve tissues lose phosphates. To get your nerves back to normal healthy strength the phosphates must be replaced. This is the value of Penslar Dynamic Tonic—It is rich in the vital phosphates for which the weakened nerves are begging. This is not mere theory or guesswork—it is a well known scientific fact. There is no other remedy which is doing so much today to build up strong vigorous, resilient nerves. You should find out what it will do for you. Ask us E. A. Foster Central Drugstore

IT PAYS to buy in this province.

FUNERAL THIS MORNING.—The funeral of the late Miss Eliza Butler, whose remains arrived from River last evening, will take place this morning at 8.45 from the Hennessy Undertaking Parlors to St. Dunstan's Cathedral thence to the R. C. Cemetery.

WEDDED IN LIVERPOOL.—The marriage took place in Saint Bride's Church, Liverpool, England, on December 11th of Capt. W. A. McEwen, of Charlottetown to Nursing Sister Gertrude Louise Freeman of Worcester, Mass. Captain McEwen, above referred to is a son of Mr. Horace McEwen of this City.

WARD FIVE.—The election card of Councillor L. B. Miller will be found elsewhere in this issue. Councillor Miller is one of the sitting members for Ward Five and is seeking re-election at the request of many of the electors and in his card he outlines the policy which he considers the Council should follow during the years in the immediate future when the burden of the war begins to be felt. The need of electing strong, capable, far-seeing men has never been more urgent than at present and the electors must be guided by this need. The Guardian commends a perusal of Councillor Miller's card which is self-explanatory.

STOCK QUOTATIONS

HALIFAX, N. S., Feb. 4.—(Quotations furnished by F. B. McCurdy & Co., stock and bond brokers, members Montreal Stock Exchange, McCurdy Building, Halifax, N. S.)

(NO MARKET TODAY. HEAT-LESS MONDAY.)

CONCERT—Grand Concert and pie social in New Perth Hall, Thursday, Feb. 7th. Admission 25c and 15c. Ladies with pies free. Proceeds in aid Red Cross. 2508.

"A SON OF HIS FATHER."—Yesterday Manager Gallagher of the Prince Edward Theatre, presented a most attractive feature in "A Son of His Father," an unusually interesting and "real" story presented with all the dramatic skill that has made producer Thomas H. Ince famous throughout two continents. Charles Ray who takes the star role of "son" develops the many possibilities of an unusually attractive role and has the audience interested in his every movement right from the start. The final chapter of The Seven Pearls brought to a most unexpected though happy climax one of the most interesting serials ever shown in a local theatre. The above programme with the addition of pictures of the Halifax disaster will be repeated this afternoon and tonight.

PERSONALS

Sergt-Major J. E. Trainor left yesterday for Halifax.

Dr. Leo Frank has returned to the City from Chicago.

Corp. James Monaghan from Fort Ives Battery is home on a furlough. P.E.I.

Mr. John Ridsen, of the local branch of the Frost & Wood Company, left yesterday for his home in Toronto.

The Rev. Mr. Jukes, retiring assistant at the St. Peter's Cathedral, preached his last sermon there on Sunday last and left yesterday for Windsor, N. S.

IN MEMORIAM

MRS. DANIEL MARTIN

The death occurred at Iris, on Jan. 27th, 1918, after two years illness, of Katie A. Nicholson, dearly beloved wife of Daniel Martin, of that place, she was 38 years old, and a member of the Church of Scotland.

Mrs. Martin was highly esteemed by all who knew her well, having been possessed of the rare magnetism which comes of being the friend of all.

Mrs. Martin has left in sadness a husband, and one young son, Donald, one sister, Mrs. Duncan McLaughlin, who left her home in Vancouver, B. C., to care for her sister through her illness, three brothers Neil and Alex, both of Vancouver, and Duncan at home.

The funeral took place on January 29th, and although the day was bitter cold, a large number of people assembled to pay their last tribute of respect, to one all loved so well.

The funeral services was conducted in the home and at the grave, by Rev. M. D. McLeod, Caledonia.

The sympathy of the community is extended to the grief stricken family.

IF BACK HURTS BEGIN ON SALTS

Flush your kidneys occasionally if you eat meat regularly

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisonous from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine, so it no longer causes irritation thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

DO YOU WORK INDOORS Then you need a winter tonic to keep up your blood-strength and nerve-force. For nearly fifty years physicians have prescribed

SCOTT'S EMULSION

because it is a true food and an active tonic, easily digested and free from opiates. If you are run-down, if night finds you tired and sleep is not refreshing, by all means get Scott's Emulsion today. You Need It.

Scott & Bowne, Toronto, Ont. 17-31

Miss Annie Stewart, R. N., of Millbourne is visiting friends in the City.

HOCKEY

W. K. S. DEFEATS P. W. C. 5-3

The P. W. C. and W. K. S. met in another friendly game of hockey in the Arena yesterday at 3.30, which ended in a victory for W. K. S. The game was refereed by George Dewar, McLeod and Melnis made brilliant rushes, supported by McDonald and Fullerton and backed by Turner and Carruthers, the latter making some brilliant stops and rushes.

The line ups was as follows:

Table with 2 columns: W. K. S. and P. W. C. listing players like Tom Dewar, Fred Hines, B. Carruthers, etc.

HOW SOLDIERS TRAVEL

Miss Lilla G. Wood, Kensington, has received the following letter from her husband.

Jan. 6th, 1918. Somewhere in France. Dear Lilla: It is with pleasure that I write you in answer to the lovely parcels you sent me, and which I have just received tonight, also several letters.

I have just come back from leave and had a swell time, while in London, but I paid up for it since I came back, I returned in Dec. and found the company packing up to move to another part of the line, so we left and were four days marching and the weather was zero. The first night we stopped at a French farm, we slept in a barn where the pigs were running over the straw, so we had a good warm sleep, we were up at 4 o'clock in the morning and started as soon as we could see. The next night we slept in a vacant house on the floor just like sheep. The next night in a barn on a birch floor, and so on till we got here and when we got here we had no fire, but we are getting things fixed up pretty good now. The weather is warmer today but the country looks terrible, all shot to pieces, there is not a house to be seen and the trees are all shot to splinters.

It is quite here now compared with what we were used to in France, but we should not complain when I am well and getting along so good. You people do not know there is a war at all. I hope you are comfortable this winter. How I would like to see you both. I suppose Mildred is a big girl now and will not know me when I go home. Oh I got the socks you sent and they were lovely, thanks very much.

I think this is all for this time as I haven't a very good place to write and my hands are getting cold, so I will close with love to you both. I am your loving hubby, LEM. Sapper LEMUEL WOOD. Somewhere in France

HOCKEY

ST. DUNSTANS vs. BANKERS

Wednesday, Feb. 6.

1 1/2 hours skating with Band. Match starts at 7.30. Admission twenty cents. Reserve seats twenty five cents.

Plan at Apothecaries Hall.

BOYS RECEIVED ALL SOCKS FREE

Much idle talk is going around regarding the soldiers having to buy socks when they require them and not receiving ones sent by the Red Cross. All socks sent from Summerside Branch have reached their destinations, amounting this year to 2056 pairs and the following extracts from a few of the many letters from our Island boys show how much they are appreciated.

From Bdr. Phil Noonan, France I beg to acknowledge receipt of parcel of recent date containing eight pairs of socks which I have distributed among my chums. Please convey to the Summerside Red Cross Society our appreciation of their kindness.

From Pte. Frank E. Morrison, France Your very kind parcel of socks was received by me this morning for which I wish to thank you very much. I gave all my friends a pair as far as they went and they were all very glad of such a fine warm pair more so just now as there is a great deal of falling on the ground and more still falling which wets our boots through in a very short time.

I have just received the fourth parcel of socks sent to me by the Summerside Red Cross for distribution. We are having frosty weather now and I can assure you the socks will be highly appreciated and will no doubt prevent a lot of cold feet.

Thank you so much for the parcel you sent me. I kept one pair of socks for myself and then passed the rest around to the boys of my section who were highly delighted with them. It caused great amusement when I opened it to see the multitude of socks. Extra socks are appreciated now because it is nice to be able to change them when one gets ones feet wet.

Many more letters are coming in all the time similar to the above.—L. ROSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hawking, snuffling, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone. Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

See Our Separators

Don't fail to see our exhibit of De Laval Cream Separators, at 149 Great George St. Milk cans, bottles, caps, brushes, Separator oil, Separator parts. The Alpha gasoline and kerosene engines, gas engine oil.

Jas. D. Offer Charlottetown 463-10-Mtstmo.

RAILWAY TRANSPORTATION

(Continued from page one.)

2,893 have been received empty and 1,300 have come in loaded with Anthracite to relieve the coal shortage in this country. Others are being released by the Americans and being received at frontier points every day. These numbers are in addition to the normal reciprocal exchange in Canadian and American cars, which goes on very much as usual at the various points of interchange.

These are first things accomplished by the Canadian Railways working through their Association. Other matters, even more important, remain to be dealt with.

THE OUTLOOK.

The car shortage, which has been ameliorated, will it is hoped, be entirely relieved by persuading shippers to load cars to their maximum capacity instead of to less than half their capacity as has been the practice in the past. Steps will be taken also to impress upon shippers and consignees the seriousness of holding cars longer than necessary.

In all these things, and in future work which cannot now be anticipated, the sympathetic co-operation of the Canadian people—shippers, consignees and the travelling public—is a prime necessity. The Canadian Railway Association for National Defence asks for public support for a work vital alike to the individual Canadian and the safety and triumph of Nation and Empire in the world war.

Although it is true that the Canadian railways are organized as nationwide enterprises, and so have escaped the difficulties experienced by the American lines, they are in number and so are able to work together successfully under the Canadian War Board. That Canadian freight in Canada is moving constantly by the most direct routes; and that surpluses of equipment in any one road are being used to make up any shortage on other Canadian roads; Nevertheless congestions on lines outside of Canada, labor shortage and extreme weather conditions, coupled with abnormal traffic demands, make it necessary to remind Canadian shippers and consignees to load cars promptly and quickly; and in the case of consignees, to release cars at the earliest possible moment.

A MOTHER'S WORK

Mothers as a rule spend so much time in looking after their children and in household work that they overlook the absolute necessity for that rest and relaxation upon which their health depends. The consequence is that soon they find their health breaking down. The daily humdrum of household life as a mother knows it, with hurried meals and family and household cares, quickly thin the blood and weaken the nerves. Then follow headaches, pains in the side and back, swollen limbs, palpitation, a constantly tired feeling, and often an inclination to fretfulness. These symptoms are the sign of poor blood, and are the inevitable penalty of overwork and other anxiety in the care of children and the affairs of the household.

Whenever a mother finds her health falling and household duties becoming more than she can command; whenever extra demands are made upon her strength, she should adopt the safe and simple expedient of enriching her blood with Dr. Williams' Pink Pills. These pills are especially valuable to the nursing mother and the woman worn out with household cares. They renew her blood supply, strengthen her tired limbs, and drive away the headaches and backaches that have made her so miserable. They have restored thousands of despondent women to good health and bright spirits, and will do for you as much as they have done for others if you will give them a fair trial.

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Advertisement for JOHNSON'S ANODYNE Liniment, describing its uses for coughs, colds, cramps, and sprains.

Advertisement for THE MONEY-MAKER A RIBBING MACHINE, showing an image of the machine and describing its features.

Advertisement for AT LAST, a product from A HORNE & CO., 2486-2-4M61.

Advertisement for STEWART'S Big Bright Restaurant, located at 101 Queen Street, offering quick lunches, dinners, and first-class lady cooks.

Advertisement for Miller Bros., 123 Kent Street, offering socks and other goods.

BRINGING UP FATHER

