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Graduate in Optometry
Toronto College
Exclusive Test Room Connected with Drug Store

Eye-Glasses From \$2.00 to \$10.00

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Simply because PARKMAN'S EYE-GLASSES are the FINEST PROCURABLE and he is the ONLY GRADUATE OPTICIAN (attendance courses.)

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Call and see for yourself his UP-TO-DATE OPTICAL PARLOURS.

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Massage, Remedial, Gymnastics
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THE WESTERN GUARDIAN

—SHOP from Holman's Catalog.

—THE POSTPONED Annual Meeting of the Kensington Dairying Association takes place Tuesday Feb. 6th.

—MAIL DRIVING from Kensington.—Notwithstanding the tie up of steam locomotion on this section of the C. N. Railway, the mails have been delivered to and from Kensington in tolerably regular order. Mr. H. R. Moase, who is locally famous as a "Courrier de poste", has made two trips to and from Charlottetown, carrying two horse loads of mail on each trip. He and his sons Lee and Noy, also Harry Moase, are making daily trips between Emerald, Kensington and Summerside, hauling mail loads each day. The worst conditions of weather or roads seem to hold no terrors for Mr. Moase, such impediments are a mere trifle in his life. He established an enviable reputation as an emergency mail carrier years ago in the memorable blockade of the winter of 1905; he then made regular trips between Charlottetown and Summerside during the space of three weeks. Our citizens know that the mail will be delivered as fast as is humanly possible when Herb is on the job.

—DIFFICULT WORK.—The regular rural mail carriers from Kensington have had an arduous time during the storms—on many occasions getting marooned along the route, where they were given food and shelter by hospitable and sympathetic people.

—CIVIC ELECTION.—There is considerable speculation among the citizens over the civic election which will be held on the 27 inst. Three popular citizens are mentioned as possible candidates for Mayor, and others for Councilors; more interest is taken in the affair than for a long time.

—K. of C. ENTERTAIN.—A very enjoyable smoker and auction game was held by the members of the Knights of Columbus in their home on Monday evening. The prize for auction was awarded to Mr. W. S. Gaudet. After the luncheon brief addresses were delivered by Rev. J. J. McDonald and Mr. J. C. Kenny and others. The Radio instrument which was operated by Mr. Harold Gaudet, was then put in operation and the audience were interested for some time in the musical concert going on at Pittsburgh, Pa.; after which the company dispersed for their homes.

—SNOW FIGHTING, mail-driving, etc., at Kensington. Old King Boreas seems to have favored (?) this section of P. E. Island with a most generous portion of "the beautiful" during the recent blizzard. According to the "oldest inhabitant" there is more snow piled on the streets of Kensington than ever before. The roof of the Brunswick Hotel stable had a narrow escape from total collapse. Three ratters were broken and the rest were badly bent. Mr. Lynds the proprietor had the snow shovelled off in time to save disaster. Kind neighbors came to the rescue of Mr. John Waco-side of Margate St., whose house was completely enveloped with snow. No mail train from either east or west passed through Kensington since Thursday morning Jan. 25th. A narrow gauge train with two engines and a snow plow, in charge of Conductor Harry Ferguson, with driver Hickey and driver Munro left Summerside on Sunday morning Jan. 28th, eastbound, with over fifty shovellers as a bodyguard. The train and crew have consistently and successfully advanced against practically a solid barrier of snow wedged hard in the old cuttings. A short distance east of Kensington the depth of the cutting is between 25 and 30 feet and extends 700 yards in length. On Tuesday night section foreman Mountain's crew of over 50 shovellers, united with the shovellers of the crew of the train about a mile west of Kensington, which, with the increased force was reached at 10 o'clock. The engine crews at the head of the line, which is now being worked by Frank McCarthy, a much needed step for the remainder of the night. Many of the men were frostbitten, but nevertheless they worked on with enthusiasm and the "will to win". At the present writing, (Thursday evening Feb. 1st) the eastbound train has gotten as far as McDonald's cut at Mill Valley. The train gradually west. It is expected the road will be cleared Friday.

Halifax To Get All Acadia Sugar Staff

MONTREAL, Feb. 2.—The Acadia Sugar Refining Company has reverted to its policy of two years ago with regard to the administration of its purely business affairs, and with the completion of the removal of its office staff to Halifax, the company continues only to have branch sales offices in Charlottetown, St. John's and Sydney. The accounting and purchasing staffs have returned to the Nova Scotia capital and the transfer is now complete.

AUSTRALIA WANTS CANADIAN LUMBER

VICTORIA, Feb. 3.—Approximately 330,000,000 feet of lumber were produced on Vancouver land during the past year, according to preliminary estimates, an increase over the previous year of about 50,000,000. The outlook for the present year is decidedly encouraging. Australia has placed some large orders in the British Columbia market lately, and indications are that the export business will be much improved all round, with better prices ruling.

Kidneys Must Have Plenty Of Water

Also Take Salts Occasionally if Your Back Hurts or Bladder Bothers

Kidney and bladder irritations often result from acidity, says a noted authority. The kidneys help pass this acid from the blood and may remain to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obliging you to seek relief two or three times during the night. The sufferer is in constant dread; the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it because they can't control urination. While it is extremely annoying and sometimes very painful, this is often one of the most simple ailments to overcome. Begin about four ounces of soft water, also get four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast. Continue this for two or three days. This will help neutralize the acids in the system so they no longer are a source of irritation to the bladder and urinary organs, which then set normal again.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by acid irritation. Jad Salts causes no bad effects whatever.

Here you have a pleasant, effervescent lithia water drink which may quickly relieve your bladder irritation. By all means have your physician examine your kidneys at least twice a year.

BRINGING UP FATHER

BUT MOTHER— I HAVE SPOKEN, YOU WILL DO AS I SAY, SO THAT'S THAT!

GO AND DO AS I TELL YOU—GO!!

I DON'T KNOW WHERE OUR DAUGHTER GETS HER TEMPER FROM—SURELY NOT FROM ME.

NO; YOU'VE STILL GOT ALL OF YOURS!

DAY BY DAY—IN EVERY WAY—I'M GETTING THE WORST OF IT!

CASTORIA

For Infants and Children
IN USE FOR OVER 30 YEARS
Always bears Signature of J. C. Ayer & Co.

Eastern Guardian Maritime Religious Education Council

—MILK FOR SALE—8c quart. D. F. MacDonald, Souris, 2-12

—BADLY DISAPPOINTED.—The people of Montague might get along without their mail, or even "jiggs", but when Saturday night arrives and no moving pictures, as was the case last week owing to the trains, great is the disappointment. One of the Town's leading clergymen seems to think that moving pictures are of no material benefit, that Montague could well do without them, and that the large amount of money spent on them, most of which goes to the United States, might be put to better use. The citizens apparently do not share the same opinion, judging from the large audiences that always greet the picture man. It certainly looks as though moving pictures are here to stay.

PERSONALS

—Mr. Joseph Higgins, Georgetown, was a passenger to Sturgeon last week.—A.

—Miss Stella Murphy, Panmure Island, recently visited in Georgetown.—A.

—Mr. William Martell, Panmure Island, recently visited Georgetown.—A.

—Miss Julia Lannan and Mary McDonald, Georgetown, were passengers to Sturgeon last week.—A.

—Mr. H. J. McPhee, Georgetown, recently visited in Charlottetown.—A.

—Miss Alice Compton, Georgetown, left last week to visit friends in New York.—A.

—Miss Margaret McDonald, New Port, recently visited Georgetown.—A.

—Miss Grace Hemphill, Montague, was a passenger to Georgetown.—A.

—Her friends regret to learn of the serious illness of Mrs. Joseph Victor of Georgetown.—A.

—Mr. and Mrs. D. P. McKinnon, Georgetown, were passengers to Sturgeon last week.—A.

—Miss Mary McPherson who has been visiting Georgetown has left for her home in Cardigan.—A.

—Miss Edna and Edith Gordon, Rosneath, recently visited Mrs. L. H. Douglas, Georgetown.—A.

—Mr. George McDonald, returned to his home at Georgetown after visiting friends at Dundas.—A.

—Mr. Reginald Jenkins of the Canadian Bank of Commerce, Halifax, who has been visiting his home at Georgetown, left Wednesday for Halifax.—A.

—Mrs. Percy Keeping and little daughter, have returned to Charlottetown, after visiting friends in Georgetown.—A.

—We were nearly forgetting our old friend, Mrs. Isaac Van-helph, whose illness was all-in order that they may be victorious now almost completely recovered, and when the weather gets out, they also need a vision of the great causes or enterprises to which they can commit themselves. This comes through a study of the world's needs and the securing of a great central purpose in their lives through the example and power of Christ.

Western Personals.

—Mr. J. A. Lockhart, traveller for R. E. Mutch and Co., returned recently from a business trip west.

—Mr. J. J. McNally of Summerside, who had spent the last couple of months on a fox inspection trip through Ontario and Western Canada, arrived home on Tuesday evening.

—The friends of Mrs. Piddie Gallant of Grandville St., will be pleased to know that her condition at the Prince County Hospital is reported somewhat improved and hopes are entertained for a speedy recovery.

—Mr. J. H. Irving who arrived here two weeks ago from Alberta with a car load of Western horses held an auction sale of the animals on Wednesday at the King Edward ward stables; the sale was largely attended by farmers from the surrounding districts. The horses were a fine lot and in good condition, but brought very moderate prices.

Red Pepper For Rheumatic Pain

Red Pepper Rub takes the "ouch" from sore, stiff, aching joints. It cannot hurt you, and it certainly stops that old rheumatism torture at once.

When you are suffering so you can hardly get around, just try Red Pepper Rub and you will have the quickest relief known. Nothing has as red concentrated, penetrating heat as Red Pepper Rub you will feel the tingling heat. In three minutes it warms the sore spot through and through. Pain and soreness are gone.

Ask any good druggist for a jar of Rowles Red Pepper Rub. Be sure to get the genuine, with the name Rowles on each package.

GOING INTO FRUIT FARMING

VICTORIA, Feb. 3.—Some of the Indian Army Officers who are being retired and expected to settle on British Columbia lands have arrived and purchased orchard lands in the Osoyoos District.

BRINGING UP FATHER

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NO; YOU'VE STILL GOT ALL OF YOURS!

DAY BY DAY—IN EVERY WAY—I'M GETTING THE WORST OF IT!

Progress in 1922

THE results achieved by the North American Life Assurance Company during 1922 continue to establish beyond question the strength and security of the Company. The following outstanding figures will be very gratifying to all interested in the welfare of the Company:

Policies Issued and Revived.....	\$ 17,931,327.00
Amount of Insurance in Force.....	108,059,134.00
Assets.....	23,683,842.94
Payments to Policyholders.....	2,402,039.74
Net Surplus.....	3,476,230.56
Surplus earned during the year exceeded.....	1,000,000.00

These records are the outward evidence of the excellent financial position attained by the Company, and of the solid foundation upon which it has been built. In the North American Life, policyholders' interests are paramount, over 99% of the profits earned being allotted to them. When contemplating new insurance, see one of our representatives. If you desire fuller information about the Company's operations during 1922, mail the attached coupon.

NORTH AMERICAN LIFE ASSURANCE COMPANY

Head Office Toronto Canada

L. GOLDMAN, President. W. KERR GEORGE, D. McCRAE, COLE, Vice-Presidents.

Charlottetown Branch Office
140 Richmond Street
HENRY LAPHORNE, District Manager

"Solid as the Continent"

Please mail me your complete 1922 Report, also "Solid as the Continent" Booklet.

Name.....
Address.....
Age.....

HOW THE NORTHERN LIGHTS LOOK WHEN YOU'RE DIRECTLY UNDER THEM

A. D. Stewart has written the following account to Adventure Magazine:

About three years ago I was hand-lugging and had to get a log off the beach at high tide and when I pushed my boat out into the channel and found myself directly under the northern lights. To see them at their best I lay on my back in my skill; the lights were very low, less than one hundred feet above me. They (the lights) were in streaks of blue and white; the blue was clear blue, I could see far up into the blue, but not the top, as I will explain later. A blue streak, say seven, nine, twelve or fifteen feet wide and stretching clear across the channel from land sky to land straight line seven feet at both ends of nine feet at both ends, and those blue streaks were son why I could not see to the sky. The white streaks on both sides of the blue and white streaks were as clearly defined. The white streaks were steamy or fleecy cloud but full of light. Both streaks were going south slowly. (Now get me a piece of corrugated roof iron would go up through the blue into the white streak north of the blue your gas attack is yes!

BRITISH CONSOLS CIGARETTES

MILD, SWEET, OLD VIRGINIA

10 for 18¢
20 for 35¢

The Tobacco with a heart

For pipe smokers who prefer straight Virginia there is nothing finer than BRITISH CONSOLS TOBACCO

BY GEORGE

DAY BY DAY—IN EVERY WAY—I'M GETTING THE WORST OF IT!