

After Effects From Over Eating

There is no doubt that many suffer from the after effects of high living at Christmas time.

Our Effervescent Saline Aperient

will put you in shape quicker than anything else we know of.

It acts gently on the liver and cleanses the stomach and bowels carrying off all the impurities and making you feel good as ever, 35c the bottle.

E. A. FOSTER Central Drugstore



There are other Coffees - but they are not Seal Brand

In 1/2, 1 and 2 pound cans. Whole - ground - pulverized - also Fine Ground for Percolators.

CHASE & SANBORN, MONTREAL.

Professional Cards

W. E. WILLIAMS, M.D., C.M. (McGill) Physician & Surgeon.

Office - 269 QUEEN ST. Office Hours - 9 to 11 a.m. 3 to 5 and 7 to 9 p.m. 3898-11-13M3MO.

MORSON & DUFFY

Barristers and Attorneys Solicitors for Royal Bank of Canada

MONEY TO LOAN.

A. A. McLean, K.C. Donald McKinnon McLEAN & McKINNON Barristers, Attorneys-at-Law Brown Block, Charlottetown.

DR. HEATH MCINTYRE

Dentist Cameron Block, Victoria Row Charlottetown Office Hours: 9 a. m. to 1 p. m. 2 p. m. to 5 p. m. 3583-10-25M1.

PATENT SOLICITOR WM. S. BABCOCK

Patents, Trade Marks, Designs Secured in all countries. Write for free book "Patents Protection" tells all about and how to get patents.

W. Simms Lee, F.C.A.

Chartered Accountant

177 Hollis Street, Box 723 HALIFAX, N. S.

PERSONALS

Miss Hilda McClure of Cornwall is spending Xmas at her home in Brackley Point.

Mr. H. D. Doble Arlington, Lot 14, was in the city yesterday and left for home by the afternoon train.

Mr. Kenton McClure with his friend Mr. Deell Miller spent Xmas at the former's home in Brackley Point.

Mr. and Mrs. The Power Emerald have returned home after spending Xmas with their son, Peter Power of St. John's.

Among the passengers on the North-umbria last evening were W. P. Doull, City, Rev. Mr. Martin Gardigan, Mr. Thompson, Montague, and Professor and Mrs. Hinton.

Among the passengers on the western train last night were Prof. Ross, Capt. T. G. Taylor and Mrs. B. Roy-Holman.

Miss Mabel Inglis, Mr. Peter Small and Pte. Angus Martin, have returned to the city after spending a very pleasant holiday with Miss Inglis parents Mr. and Mrs. James Inglis, O'Leary.

His many friends will be glad to learn that Mr. Rowan P. Fitzgerald, son of Mr. Justice Fitzgerald, Charlottetown who was reported wounded some days ago, has returned to his regiment. Information of this is given in the casualty list issued at Ottawa yesterday morning.

LEGAL ADVICE

(From the Public)

"Well," said the lawyer, having listened carefully to his client's statement, "you've got about the best case I ever heard of. My dear sir, you can't help winning it, whatever court you take it to. I shall be only too glad to assist you in the matter?"

"Thanks," said the prospective client, "Thanks very much!" Then grabbing his hat he made a speedy exit from the office.

"What," exclaimed the astonished lawyer, "Are you going?" "Yes," replied the other, "I'm just going to try to settle this case out of court."

"But my dear sir, why waste money? As I have already told you, that's one of the best cases I ever heard of."

"Maybe it is," said the fickle client, as he hastened down the stairs, "but not for me. I told you the other fellow's story!"

PATTI'S PARTNER

The novel manner in which a famous prima donna on one occasion chose her partners at a dance is related by Mr. Leslie Ward, "Spy," in his Reminiscences. Mr. Ward went to a certain dance at Lancaster Gate.

"Patti," he says, "was sitting in the middle of the room looking angelic and surrounded by a host of admiring men. We were each given a miniature bugle. Patti had one also, on which she sounded a note, and whoever repeated it exactly was to gain her as a partner in the dance. The men advanced in turn, some blew too high, and others disqualify. At last my turn came; I was trembling with eagerness and excitement, and, determined to dance with Patti or die—"

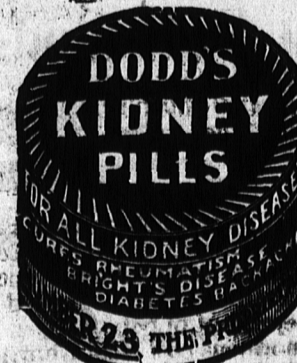
"I'll try," who leaves no work undone, at length another height has won. Good news—the outlook broadens still.

With clearer views for you and me. Here's the reward of brave "I Will." That strove yet worthier to be. "I'll Try," who leaves no work undone, at length another height has won.

Good news—the hills of morning ring The message of a year begun; Goods news—our hearts within us sing.

For all the good that has been done For all the good that is to be To set the earth from bondage free.

—By FRANK WALCOTT HUTT.



THE MARKETS

CH'OWN MARKETS

Table listing market prices for various goods like Butter, Eggs, Flour, etc.

SIDE MARKETS

TUESDAY

Table listing prices for various commodities like Wheat, Flour, etc.

GRANDMOTHER'S ALPHABET

A Mixture of Moralizings and Household Hints—From a Grandmother's Papers

"Always be cheerful and patient as well as industrious. Brooms hanging instead of standing will keep them soft and pliant."

"Canning: do in the early part of the season, and early part of the day, to save fruit and temper."

"Dish of hot water set in oven prevents cakes from scorching. Economize: time and health and means and you will never beg."

"Flour: Keep good and dry and securely covered. Glass: Clean with a quart of water mixed with a teaspoonful of ammonia."

"Happiness is not so much in doing what you want to, but in wanting to do what you have to. Ink stains: Wet with spirits of turpentine; after three hours rub well."

"Jars: To keep cereals in good condition always put in glass jars. To prevent jars in the family always bring a smiling face to the breakfast table."

"Keep an account of all supplies, with cost and date of purchase. Love: lightens labor. Money: Count carefully when and where you receive change."

"Nutmegs: Prick with a pin, and if good oil will run out. Orange and lemon peel: Dry, pulverize, and keep in corked bottles to use for flavoring."

"Parimony: Be careful lest what you call prudence and economy is really parsimony. Quicksilver and white of egg destroys cockroaches and bugs."

"Rise in the morning full of gratitude for a new day. Sunshine within and without is the best medicine. Try again and conquer all obstacles."

"Undue haste makes waste. Vinegar never catches flies, but honey does. Wholesome advice is easy to give and hard to take. Xantippe is not a character to emulate. Zeal is the secret of success."

SOLDIERS' UNIFORMS.

Experiments have been made in Europe to determine what color in a soldier's uniform is the least conspicuous to an enemy.

Of ten men, two were dressed in light grey uniforms, two in dark grey, two in green, two in dark blue and two in scarlet.

They were then ordered to march off while a group of officers remained watching them.

The first to disappear in the landscape was the light grey and next surprising as it may seem, the scarlet. Then followed the dark grey, while the dark blue and green remained visible

long after all the others had disappeared.

Experiments in firing at blue and red targets made at the same time proved that blue could be more easily seen at a distance than red.

THE NEW YEAR.

A miracle touched me at twelve for he bled, I saw The New Year rise as a young god rises in might

No child was he with hesitant timid foot. But a grown joy, wrapped in the roiment of pure delight.

And his eyes, most gracious and tender, were bent on mine; In his hands he caught my hands, while claxon clear

His golden, rapturous, confident tones rang forth: "Comrades, hail! For I am the New Year."

"Comrades, hail! The pulse of the world's astral Under the snow, and the ancient doubts are dead."

Freedom, achievement, wait for us. Come, be glad! I listened, I looked, and faith to my hope was told.

His kingly courage told me the beautiful truth: He is mine, and his strength infuses me rescued will.

Up, faint heart! We will conquer together, my Year; Life and love shall their old, sweet promise fulfill.

IN MEMORIAM

MRS. ELIZABETH MCKINNON

The death occurred on Dec. 8th at the home of her daughter, Mrs. McRobb, Roxbury, Mass., of Mrs. Elizabeth McKinnon, wife of the late Nellie J. McKinnon, formerly of Arlington, Mass.

She was born in Roxbury, Mass., on Dec. 14, 1851. She leaves to mourn Mrs. McKinnon, Cornelius and Joseph of Roxbury, Mass.; Alexander, New Hampshire and Mrs. McGregor, Bath, Me.; Erasmus in Texas; Sabinus in Western Canada and Mrs. John Hewatt, Dorchester Street, City. The Guardian extends sympathy.

MRS. PETER GILLIS

There passed peacefully away at Low Point, Lot 13 to receive the crown of eternal reward morticed by a long and virtuous life. Mrs. Peter Gillis (nee Mary McIntyre) on Dec. 5, 1915 in the 58th year of her age.

Deceased was a woman of truly noble character. She was never too tired to respond to the call of duty or charity. In every duty large or small she showed that fine conscientiousness that does all things well.

She could bear her own troubles unflatteringly; it was only the pain of others that saddened her. In youth it could be carved on her forehead, but in old age it was a smile that shined on her face.

She was a devoted mother and a devoted wife. She leaves to mourn four sons and four daughters. The sons include Dan, Stephen and Murdoch in the United States and James P. on the home-stead. The daughters are Catherine and Beresa and Sadie at home.

She was frequently visited by her pastor, Rev. J. A. McDonald, and especially at her last hours. Despite disagreeable weather quite a number of carriages followed her remains to St. Patrick's Church, Grand River where Requiem High Mass was sung by Rev. J. A. McDonald, P. F. who also conducted the service at the grave. She was laid in the family plot beside her husband and son who predeceased her some years ago. The pall bearers were James McIntyre Plus McKinnon, Jos. McIntyre, and P. J. Gillis. May God grant unto her Eternal rest and may the light of his love shine upon her forever.

MRS. WM. GREEN.

The death of Mrs. Green wife of our missionary of Couva, Trinidad, came as a great shock to our Society as well as to the Church, says the Presbyterian Messenger.

We had expected to see her at our Annual Meeting, but the cares of her little children kept her at home, and our hearts went out to her sympathy and love to her with her little ones about her. Their care is a brief business and the call to higher service. The Master had need of her. To the sorrowing husband and family, so truly bereaved by our deepest sympathy and pray they may be comforted.

A FRIEND'S TRIBUTE It was with deep regret that we heard of the death of Mrs. Green, wife of our Couva missionary, Rev. William Green. Mr. and Mrs. Green, with

NERVE-RACKED CHILDREN

Made Bright and Well by Dr. Cassell's Tablets.

Used to Scream Terribly for no reason whatever.

Just a bundle of Nerves.

Weak, Wasting away, and Digestive Troubles.

Thought she could never recover.

New cured and happy through DR. CASSELL'S TABLETS.

Canadian mothers of little weak or nervous children should read this testimony to Dr. Cassell's Tablets, given out of simple gratitude by Mrs. Gladys Gladys, of extreme nervousness and digestive troubles, and I think it only fair that you should publish the story of the benefit of other mothers whose children may be delicate.

"Gladys began to ail when she was only two years old, and steadily grew worse, and her little child fell in dreadfully. Indeed, she hardly ate anything, and seemed just wasting away. We tried a lot of different things that did her no good at all. When we had advice and treatment for Gladys, but that, too, was of very little use. We were told she was suffering from nervous breakdown and enlarged liver. After that we took her to an institution, where for nine months she was treated as an out-patient. Perhaps she was a little better for a time, but was soon as ill as ever. She took her to Ireland for three months, and that seemed to help her. But almost at once she relapsed into the old weak state.

"For four years this had gone on, and which caused the poor little thing terrible pain. He cried a lot, and his sleep was very disturbed. He would cry suddenly with violent attacks of stomach, and evidently in great pain, and I was at my wit's end to know what to do. Poor baby had wasted until he was only a frame of bones, and he looked almost as though he would fall to pieces, and was so appalling thin. We could count every rib, every bone of his backbone."

"Of course, I tried everything I could think of, and also took baby to an institution, but no sort of treatment did any good at all. By the end we were so far spent that we were waiting for the end. Once I was told that we could not live till Monday—that was on a Saturday. But in the end we got Dr. Cassell's Tablets, and the improvement was immediate. The diarrhoea and sickness ceased, and from that time my child never looked better, and he began to grow and eat like a healthy baby. He has not five teeth, and is just a picture of health."

"I was just a little bundle of nerves. Her appetite was very poor, and naturally she got quite thin. I was just a little bundle of nerves. Her appetite was very poor, and naturally she got quite thin. I was just a little bundle of nerves. Her appetite was very poor, and naturally she got quite thin."

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Save the children. Do not let them suffer when the remedy that has saved life in cases unnumbered is ready to your hand in Dr. Cassell's Tablets. This great medicine for the people has been most successful in the treatment of weakness and wasting, whether in old or young.

WASTED TO A SKELETON.

"Nerves" and Bowel Trouble.

Mrs. Lewis, of 14, Leinster, Vermont Street, Bolton, Lancs., England, writes: "Dr. Cassell's Tablets saved my baby's life when he had been given up. I was just waiting for the end. He was a fine baby when born, but very soon he was taken with bowel troubles, and began to waste away. The food he had either returned or set up severe diarrhoea,

which caused the poor little thing terrible pain. He cried a lot, and his sleep was very disturbed. He would cry suddenly with violent attacks of stomach, and evidently in great pain, and I was at my wit's end to know what to do. Poor baby had wasted until he was only a frame of bones, and he looked almost as though he would fall to pieces, and was so appalling thin. We could count every rib, every bone of his backbone."

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