

WHEN YOU CAN'T SLEEP.

There is many a man and woman tossing night after night upon a sleepless bed. Their eyes do not close in the sweet and refreshing repose that comes to those whose heart and nerves are right. Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system, that it cannot be quieted.

Or again, you have, a sinking sensation, a feeling you are going to die; or perhaps, you wake in your sleep feeling as though you were about to choke or smother, and rest leaves you for the night. If you allow these conditions to continue for a short period even, you will begin to feel your health declining. It is the nerves and heart not acting rightly, and they can only be set right by the use of Milburn's Heart and Nerve Pills. They soon induce healthful, refreshing sleep, not by deadening the senses, but by restoring them to healthy action.

Mrs. E. Nutt, St. Mary's, Ont., writes:—"I can gladly recommend your Milburn's Heart and Nerve Pills as I was greatly troubled with my nerves. I was so bad I could not sleep at night without the lamp burning, but after taking four boxes of the pills I became all right again."

Price: 50 cents per box; 3 boxes for \$1.25, at all dealers or The T. Milburn Co., Limited, Toronto, Ont.

CALENDAR FOR MARCH, 1909

MOON'S PHASES.

Full Moon	d 6 h 10 m 56 a m
Last Quarter	d 14 h 11 m 42 a m
New Moon	d 21 h 4 m 11 a m
First Quarter	d 28 h 12 m 49 p m

Day of Week	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	High Water
	h m	h m	h m	h m	h m	h m	h m	a. m. p. m.
1 Mo	6 06	6 06	6 05	6 04	6 03	6 02	6 01	7 13 5 46
2 Tu	6 04	6 07	6 07	6 06	6 05	6 04	6 03	8 26 6 56
3 W	6 03	6 08	6 08	6 07	6 06	6 05	6 04	9 17 8 08
4 Th	6 01	6 10	6 07	6 06	6 05	6 04	6 03	9 58 9 00
5 Fr	6 00	6 11	6 07	6 06	6 05	6 04	6 03	10 35 9 51
6 Sa	6 00	6 13	6 08	6 07	6 06	6 05	6 04	11 08 10 39
7 Su	6 00	6 14	6 08	6 07	6 06	6 05	6 04	11 39 11 26
8 Mo	6 00	6 15	6 08	6 07	6 06	6 05	6 04	12 08 12 08
9 Tu	6 00	6 16	6 08	6 07	6 06	6 05	6 04	12 34 12 34
10 W	6 00	6 18	6 08	6 07	6 06	6 05	6 04	12 59 12 59
11 Th	6 00	6 19	6 08	6 07	6 06	6 05	6 04	1 19 1 23
12 Fr	6 00	6 20	6 08	6 07	6 06	6 05	6 04	1 53 1 47
13 Sa	6 00	6 22	6 08	6 07	6 06	6 05	6 04	2 32 2 16
14 Su	6 00	6 23	6 08	6 07	6 06	6 05	6 04	3 23 2 42
15 Mo	6 00	6 24	6 08	6 07	6 06	6 05	6 04	4 26 3 26
16 Tu	6 00	6 25	6 08	6 07	6 06	6 05	6 04	5 42 4 35
17 W	6 00	6 26	6 07	6 06	6 05	6 04	6 03	7 22 5 57
18 Th	6 00	6 28	6 06	6 05	6 04	6 03	6 02	8 28 7 20
19 Fr	6 00	6 29	6 05	6 04	6 03	6 02	6 01	9 21 8 32
20 Sa	6 00	6 30	6 05	6 04	6 03	6 02	6 01	10 06 9 37
21 Su	6 00	6 31	6 05	6 04	6 03	6 02	6 01	10 47 10 35
22 Mo	6 00	6 32	6 05	6 04	6 03	6 02	6 01	11 26 11 45
23 Tu	6 00	6 34	6 05	6 04	6 03	6 02	6 01	12 07 12 07
24 W	6 00	6 35	6 05	6 04	6 03	6 02	6 01	12 47 12 47
25 Th	6 00	6 36	6 05	6 04	6 03	6 02	6 01	1 28 1 26
26 Fr	6 00	6 37	6 05	6 04	6 03	6 02	6 01	2 21 2 01
27 Sa	6 00	6 39	6 05	6 04	6 03	6 02	6 01	3 19 2 32
28 Su	6 00	6 40	6 05	6 04	6 03	6 02	6 01	4 23 3 07
29 Mo	6 00	6 41	6 05	6 04	6 03	6 02	6 01	5 41 3 56
30 Tu	6 00	6 42	6 05	6 04	6 03	6 02	6 01	6 57 5 14
31 W	6 00	6 43	6 05	6 04	6 03	6 02	6 01	8 00 6 47

"It's Only a Cold, A Trifling Cough."

Thousands have said this when they caught cold. Thousands have neglected to cure the cold. Thousands have filled a Consumptive grave through neglect. Never neglect a cough or cold. It can have but one result. It leaves the throat or lungs, or both, affected. Dr. Wood's Norway Pine Syrup is the medicine you need. It strikes at the very foundation of all throat or lung complaints, relieving or curing Coughs, Colds, Bronchitis, Asthma, Croup, Sore Throat, and preventing Pneumonia and Consumption.

It has stood the test for many years, and is now more generally used than ever. It contains all the lung healing virtues of the pine tree combined with Wild Cherry Bark and other pectoral remedies. It stimulates the weakened bronchial organs, allays irritation and subsides inflammation, soothes and heals the irritated parts, loosens the phlegm and mucous, and aids nature to easily dislodge the morbid accumulations. Don't be humbugged into accepting an imitation of Dr. Wood's Norway Pine Syrup. It is put up in a yellow wrapper, three pine trees the trade mark, and price 25 cents.

"Mrs. J. Brewster, Grafton, N.S., writes:—"Two winters ago I suffered severely with a very bad cold and asthma. I was so bad I could not get my breath, and very often thought I would choke. My husband became very much frightened, and got me a bottle of Dr. Wood's Norway Pine Syrup and it gave me almost instant relief. I can recommend it to anyone having the least kind of a cold."

DR. CLIFT

TREATS CHRONIC AFFECTIONS

ADDRESS:—Victoria Hotel
Charlottetown, P. E. Island.

CONSULTATIONS:—1 to 3 Daily and by appointment, 1—6 pm W.F.M.S.

Conditions Of Bible Study Contest

1. Persons may join the club at any time during the year, but must, of course answer the 25 questions to qualify for the prizes. It is however desirable that the questions be answered as the lessons are studied.

2. Each contestant, or his or her family, must be a subscriber to The Guardian, during the continuance of the contest, in order to qualify for membership in the International Newspaper Bible Study Club and this Local Club.

3. Each contestant in this Local Club, must answer each of the written questions, for 53 consecutive weeks, commencing for Sunday August 3rd, 1908, and the answers must all be in the possession of The Guardian within two weeks of the close of this period, which allows two weeks grace after the close of the contest.

4. Each question must be answered separately, and the paper written on one side only. No answer must exceed two hundred words in length and may be less. It will be a convenience if students will write their answers on letter paper, about 14 lines, and address of the writer at the bottom of the answer, so it can be identified, given a number registered and the name set off so the examiner may know it by number only.

5. Students should be careful to understand the question before answering. To do this, the lesson text must be read and especially the verses, or verses, upon which the question is based.

6. The answers from this Local Club must be delivered to this office, and they will be collected at the close of the contest, and forwarded to headquarters for independent examination by competent examiners. The prizes will then be awarded according to the highest number of marks, won by members of The International Newspaper Bible Study Club, and prizes which may be awarded to members of his Local Club will be given out from this office.

GRANGER REMEDIES PUT LIFE IN A HORSE

There's a Granger Remedy for almost every disease from which a horse can suffer. Not merely a cheap mixture that does the animal more harm than good, but a first-class veterinary remedy the result of actual experience by professional horsemen.

Your doctor is instructed to refund your money if you are dissatisfied.

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Granger, Horse and Cattle Food, all sizes.
Granger, Heave and Cough Cure.
Granger, Colic Cure.
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STRAFORD, HAMILTON, OTTAWA, SYDNEY, WINNIPEG, CALGARY, VANCOUVER.

Sale of 300 acres of land at Pisquid Lot 37

In Chancery Before the Vice Chancellor

No B-78 Frederick Peters & ors Complainants VS Allan James McDonald & ors Defendants

Notice is hereby given that under and by virtue of a Decree made herein by this Honourable Court on the 27th day of May A D 1908, I will set up and sell by Public Auction on the premises on Thursday the 18th day of March A D 1909 at the hour of ten o'clock forenoon

All that tract piece and parcel of land situate lying and being at Pisquid Township, number thirty seven in the said Is. land bounded and described as follows:—

Commencing by James M. Clark now Pisquid River at the Southern angle of land owned by the heirs of the late Allan Joseph McDonald thence running westerly along the Southern Boundary of the farm owned by the heirs of the said Allan Joseph McDonald or to land owned by James M. Clark now Pisquid River thence in a north-westerly direction along the course of said River to the place of commencement containing three hundred acres more or less.

The above land and premises will be sold either en bloc, or in two separate pieces of two hundred acres and one hundred acres to suit purchasers.

The purchaser will be required to pay fifteen per cent of the purchase money at the time of sale and the balance within thirty days thereafter. The sales made shall be subject to the approval of the Court of Chancery. Dated this 17th day of February A. D. 1909

J. A. LONGWORTH
Master in Chancery

W. S. STEWART
Complainants Solicitor
28th St. St. J.

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See Local Agent or write W. B. HOWARD, D. E. A., C. P. E. R., ST. JOHN, N. B.

Motor Vehicle Coupon

The Hon. the Speaker and the members of the Legislative Assembly.

I believe the present act which totally prohibits the use of motor vehicles in this Province is poor legislation and I am in favor of repealing said act and substituting therefor a proper regulating measure.

Name.....Address.....

Name.....Address.....

Name.....Address.....

If you are interested in the above and wish our Province to keep up with the rest of the civilized world you kindly sign the above and return to us and your action will be much appreciated.

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Charlottetown, P. E. I.
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Charlottetown

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GUARDIAN BUSINESS LOCALS

MORNING DAILY OR RURAL, DAILY PAR WORD (six words to each line) one cent for one insertion, two cents for three insertions, four cents a week six cents for two weeks, eight cents for three weeks, ten cents a month fifteen cents for two months, twenty cents for three months, thirty six cents for six months, and sixty cents a year.

Double Rates for Black Type. Minimum Charge 15 cents With order Ten (10) per cent Discount on Above Rates For Cash With Order

New val and maine lace in white, cream, and black. All new dainty designs, just opened at Paton & Co's. 2-23drft.

New striped suitings in London smoke, loft golden browns, clerical grey, clear navy, etc. See eastern window. Jas. Paton & Co. 2-23drft.

Remnants of wall paper at Half Price and less. Have you seen them yet? If not, lose no time as they are undoubtedly the best values for the price ever offered here. They are almost all high class papers, suitable for the best rooms in the house. Their present low price puts them easily within the reach of all. Call early and secure your wall paper wants.—M. Trainor & Co. 2-24drft.

There are bargains galore in the wall paper section. Hundreds of remnants tied up in bundles of various sizes to suit every room. Drawing room, dining room, bed room, library, hall and kitchen papers; also papers suitable for stores, barber shops in fact for anywhere for which papers are needed. Come in and look the patterns over you will be delighted with the designs which all go at half price. M. Trainor & Co. 2-24drft.

A great many bundles of wall paper have already been picked up at our great annual remnant sale. Hundreds more remain however, and as there is not a single poor or ordinary pattern in the lot you will be safe in choosing for any. Our splendid designs and low prices need no introduction to the buying public, but when we tell you that Half Price takes any bundle in the lot you will just need to hurry in and order to secure your choice.—M. Trainor & Co. 2-24drft.