

HELP YOURSELF TO HEALTH

V. K. Kellogg



Takes pep to stand the pace of carefree childhood!

BUSY heads. Busy hands. On the go from morn till night. Takes pep to live the strenuous days of childhood. Happy, healthy pep!

PEP is full of pep! A ready-to-eat cereal. With a marvelous flavor. Every taste is a tempting treat!

PEP builds strength and health. It's full of nature's life-giving elements. Makes energy. Zest. Spirit!

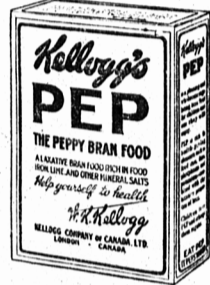
PEP is wonderfully good for everybody. Helps keep off constipation. PEP contains bran—therefore mildly laxative.

PEP safeguards the children's well-being. Makes for regular habits—natural elimination. Brings the rugged vigor of brimming, bubbling health!

For the pep of health serve PEP! Your grocer has PEP!

the peppy bran food

Kellogg's PEP



Central Guardian

FIRE ALARM.—About 10 o'clock Tuesday night the firemen were called out for a slight blaze at Loneragan's Restaurant. Fortunately their services were not required as the blaze was quickly extinguished.

VISIT POSTPONED.—Yesterday afternoon, Rev. Mr. Raymond received a telegram informing him that Mr. George E. Nicholson would be unable to spend the week end in Charlottetown as expected. Announcements regarding his public address will therefore be cancelled.

CORRECTION.—In the report of the annual meeting of the Charlottetown Driving Park and Provincial Exhibition Association, it was inadvertently stated that the Dominion Government grant received by the Association was \$500. It should have read \$5,000 which must be all expended in live stock prizes.

PERSONALS

Mr. Hugh A. McDonald, Mail Courier, and Mrs. A. J. McKinnon, Annandale, are visitors in the city.

Mr. and Mrs. John S. MacLeod, Hunter River, are visitors in the city.

Mrs. G. Percival Smith of Vancouver, B. C., is visiting in the city the guest of Mrs. Isaac Clark, Easton St.

Mr and Mrs George H. Dennis, O'Leary were visitors to the city yesterday the guest of Mrs. Dennis' parents, Mr and Mrs Frank Mahar City.

ISLANDERS IN CALIFORNIA

(Oakland Maple Leaf)

Harold Silliker, son of the late John Silliker, Wilket and holds responsible banking position in Los Angeles.

Mr. and Mrs. Frank Large reside in Los Angeles. Mr. Large is a son of the late Alfred Large, Charlottetown and Mrs. Large was a Miss Murray of Okotoka, Alberta.

Dan Gould, son of the late Jacob Gould and uncle of Dr. Jacob Gould Schurman, lives in Oakland. Mr. Gould was born in Tryon and was one of a family of eighteen children.

Mrs. Mary Howatt, who was formerly Miss Hall, sister of Mrs. Richard Lea, Tryon, resided in Los Angeles with her daughter Blanche the wife of Professor Burner.

Percy Armour, son of the late Nelson Armour who for many years was a driver on the P. E. I. Railway and lived in Charlottetown, resides in Pasadena with his mother.

Arthur Buchanan, son of the late John Buchanan of P. E. Island grandson of Jacob Gould, Tryon, and cousin of Dr. Jacob Gould Schurman, American Ambassador to Germany, has resided in San Jose for a number of years. "Art" is a staid fireman on the Southern Pacific R. R. and prefers to drive, with the latter's greater responsibilities, although his good Scotch muscle and brain are the natural result of "oatmeal porridge," such a favorite breakfast diet in years gone by in the "Garden of the Gulf."

John H. Lea, formerly of Tryon, who has resided in Boston for a number of years, is visiting his sister, Mrs. Ella M. Hinton of Summerside and Mrs. Lydia J. Hood of Calgary, who are spending some months in Los Angeles and Oakland.

Stock Quotations

HALIFAX, April 21.—Quotations furnished by Johnston and Ward, Members of the Montreal Stock Exchange: At. Top and Santa Fe Ry. 128 1/2; American Can. Co. 43 3/4; Am. Car and Fdy. Co. 96; Am. Locomotive Co. 96 1/2; Am. Smelt. and Refng. Co. 110 1/2; Am. Bosch Mag. Co. 31 3/4; Chile Copper Co. 123 1/2; N. Y. Cen and Hud. Riv. R.R. 41; Cuba Cane Sugar Co. 41; Consolidated Gas Co. 92; International Paper Co. 46 3/4; Standard Oil of N. Y. 42; Standard Oil of N. J. 30 3/4; Solly Springfield Tire Co. 14 1/2; Pan-American Petroleum Co. 62 3/4; Reading Co. 83 1/2; Southern Pacific Co. 99 3/4; Union Pacific Ry. 146 3/4; Westinghouse Electric 66 3/4; United States Steel 120 1/2; F. W. Woolworth Co. 88 1/2; Bell Telephone 137 1/2; St. Lawrence Flour 30; Abitibi 131; Shawinigan 131; Canadian Steamship Com. 16 3/4; National Breweries 59; Wheat—May, 154 1/4; July, 143 1/2; Sept. 135 1/2; Corn—May, 73 1/2; July, 77 1/2; Sept. 80 1/4; Oats—May, 42 1/4; July, 43; Sept. 43 1/2; Wheat—May, 158 3/4; July, 156 1/4; Oct. 135 1/4.

Entertainment At Lake Verde

The fiddling and dancing contest at Lake Verde on Friday evening last, under the auspices of The Young Men's Literary Society, was even more successful than its promoters anticipated. Long before the opening hour the spacious school-room was taxed to its fullest capacity. The audience was thoroughly appreciative, and at times wildly enthusiastic, but at the most harmony and good order prevailed throughout the entire performance. Mr. Owen Callaghan very capably presided.

Six competitors were entered in the fiddling contest, winning in the order named: Messrs. Matt Shea,

Joseph Griffin, John Grimes, D. J. Hughes, Hugh Callaghan, and Louis Callaghan. There were nine entries in the dancing contest—three ladies and six gentlemen, in the ladies' competition Miss Mary Hughes, Drumore, was awarded first prize, Mrs. Joseph Fisher, Lake Verde, second and Mrs. John Lynn, Avondale, third. In the gentlemen's class Messrs. Seymour Hughes, Aeneas Curran, Wilfred Hughes, M. McGuirk, Mark Brazil, and Harry Trainor were awarded prizes in order of merit as herewith arranged. The competitors in both the fiddling and dancing contests were the recipients of hearty and well deserved applause as well as very flattering words of congratulation and praise. Many regretted that Mr. McCallan, Summersville, who upon request gave a splendid exhibition of old time dancing, was debarred from entering the contest owing to his having taken part in a previous competition. Little Miss Marie Carley, daughter of Mr. and Mrs. John Curley, Hermitage, danced the Highland Fling in pleasing style. The judges in both the fiddling and dancing contests were Messrs. John A. O'Keefe, J. O. Trainor and Francis Drake. Messrs. John T. Boylan and Joseph McDonald were time keeper and floor manager respectively. Owing to the closeness of competition in several cases the judges found the awarding of the prizes extremely difficult; but their decision, based upon standard points of merit, evidently met with the approval of not only the audience but of the majority of the competitors themselves. A box social and several hours' pleasant dancing brought a most enjoyable evening to a close. The management desire to thank the performers and all those who in any way assisted. A word of congratulation is due the committee upon the splendid success of the contest both socially and financially.

Sour Stomach

"Phillips Milk of Magnesia" Better Than Soda

Instead of soda hereafter take a or sour, acid, gassy stomach, and little "Phillips Milk of Magnesia" in water any time for indigestion relief will come instantly. For fifty years genuine "Phillips Milk of Magnesia" has been prescribed by physicians because it overcomes three times as much acid in the stomach as a saturated solution of bicarbonate of soda, leaving the stomach sweet and free from all gases. It neutralizes acid fermentations in the bowels and gently urges the souring waste from the system without purging. Besides, it is more pleasant to take than soda. Insist upon "Phillips." Any drugstore.

An Ounce of Performance is Worth a Ton of Complaint

You will have no cause to complain if you fortify your system against April's damp and changeable weather by taking Wampole's Emulsion of Cod Liver Oil.

We recommend it as the best spring tonic in two size bottles. Get a bottle to-day at

Harold L. Worthy DRUGGIST

Postage Changes Become Effective On Dominion Day

OTTAWA, April 18.—Penny post (2 cent rate) will be general throughout Canada on Dominion Day. The previous 3 cent rate on letters posted in any Canadian city and delivered in another city becomes 2 cents, the rate on letters posted and delivered in the same city remains at 2 cents. The two-cent rate will also apply to letters mailed from Canada to the United States.

"Ah, good morning, Mrs. Murphy. An' how is everythin'?" "Sure, an' I'm having one grand time of it between me husband and the furnace. If I keep me eye on the wan, 'the other is shure to go out!"

Radio Program

FRIDAY, APRIL 23

International Radio Programs EASTERN STANDARD TIME

ETHER'S WHITE-CAPS

9.00 WBZ (333) Springfield—Program by the St. Marks Colored Quartette.

10.00 KJR (385) Seattle—Program by the Lundquist-Lilly Male Quartette presenting "Old Time Songs."

8.30 WGY (380) Schenectady—Comic Opera presentation, "Rob Roy" given by the WGY Comic Opera Company.

8.15 WTIC (476) Hartford—Program by the Brown University Musical Clubs.

SILENT STATIONS

Eastern: CNRC, CNRR, PWX, WBBR, WEOA, WFI, WGBS, WIV, WMAK, WOR, WRC, WTAM, Central: KFUO, KLDS, WCBD, WKRC, WLW, WSAI, WSMB, WSUI. Western: KFAU, KGO, KPRC.

EVENING CONCERTS

6.45 P. M. WOC (484) Davenport. Chimes Concert.

7.30 P. M. WAHG (316) Richmond Hill. Vocal.

WBAL (246) Baltimore. WBAL Male Quartette.

8.00 P. M.

WNYC (526) New York. Songs. WCAP (469) Washington. Organ. WCX (517) Detroit. Symphony Orchestra.

WEAF (492) New York. Happiness Boys. KPNF (266) Shenandoah. Concert. WBAL (246) Baltimore. Musical. 8.15 P. M.

WLS (315) Chicago. "WLS." WLIT (395) Philadelphia. Studio Program.

WEAR (390) Cleveland. Studio Program. WTIC (476) Hartford. Brown University Musical Clubs. 8.20 P. M.

WRVA (256) Richmond. Joint Recital. 8.30 P. M.

WEAF (492) N. Y. Eagle Trio. WHAS (400) Louisville. Musicals. WHO (526) Des Moines. "The Tuneful Teachers."

WGY (380) Schenectady. Comic Opera—"Rob Roy," by WGY Comic Opera Company.

WHAP (476) Fort Worth. Texas Christian University. 9.00 P. M.

WPG (300) Atlantic City. Concert. WMCA (341) New York. Hardman Hour.

CKY (384) Winnipeg. Musical. WAHG (316) Richmond Hill. Studio recital. KDKA (309) E. Pitts. Concert. WEEL (349) Boston. Musicals. WAMD (244) Minneapolis. Musical Program.

WRP (246) Dallas. Varied Program. WBAL (246) Baltimore. WBAL Trio.

WSM (233) Nashville. Studio Program. WBZ (333) Springfield. St. Mark's Colored Quartette.

CNRT (357) Toronto. Special Studio Program. WRVA (256) Richmond. Special Feature.

WSM (233) Nashville. Winkler Music Program. 9.15 P. M.

WCCO (417) Mpls. St. Paul. Musicals. 9.30 P. M.

WGN (302) Chicago. String Trio. WEEL (349) Boston. Carter's Inca WEAF (492) N. Y. "The Vikings," also from KSD, WWCAB, WCAP, WEAR, WGR, WJAR, WOC, WTAG and WVG.

9.45 P. M. WIBA (236) Madison. Varied. 10.00 P. M.

WEAF (492) N. Y. "Whitall's Anglo-Persians" to WEAF. WCAP, WJAR, WOO, WEEL, WGR, WTAG, WCAE, WOC, WCCO, WWJ, KSD, WEAR and WGN.

KJR (385) Seattle. Lundquist-Lilly Male Quartette. KTHS (375) Hot Springs. Organ Concert. 10.10 P. M.

KDKA (309) E. Pitts. Teaberry Time. 10.15 P. M.

KFVE (240) St. Louis. Amusement Review. WOOD (242) Grand Rapids. Classical Concert. 10.30 P. M.

WEAF (492) New York Chamber Musicals. WBAP (476) Fort Worth. Coacert. ONRE (517) Edmonton. 2nd Anniversary Program.

KTHS (375) Hot Springs. Opera Selections. 1.00 P. M.

KGW (492) Portland. Concert. WPG (300) Atlantic City. Organ Recital. WSM (233) Nashville. Ward-Belmont College. 11.30 P. M.

WLS (315) Chicago. Ford and Glenn. 12.00 Mid.

KGW (492) Portland. Concert. WBAP (476) Fort Worth. Panther Hawaiian Trio.

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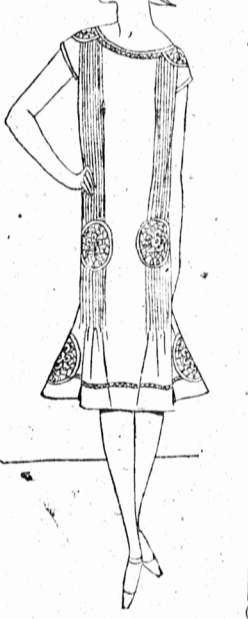


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FASHION FANCIES

consists of ovals of openwork, done in grey thread with a touch of cherry embroidery. With the frock is worn a large hair hat in grey, which repeats the cherry color in a flat applique at the side of its crown. Back of every business that keeps up with the times is an individual who keeps ahead of them. A particularly sour and plain-looking woman had come to consult the doctor, and was explaining to him her symptoms. "Do you know, doctor," she said, "I'm always thinking that a man is following me. Do you think I suffer from hallucination?" The doctor took a quick look at her. "Absolutely certain you do, madam," came the prompt reply.



By Marie Belmont The woman who chooses simple little hand-made frocks, such as the one above, for her summer wardrobe, can make no mistake. The material is of the finest of crepe de chine in a light grey, and the dress is marked by long lines of hand done tucks. The trimming

The Wide-Awake and Up-to-date Farmer

Will see to it that he has his full supply of Seeds on hand before the busy seeding season begins. We have had him in mind and as far as possible have anticipated his wants, and have NOW ON HAND a full and complete stock of SEEDS and SEED GRAIN, the best procurable for PURITY and GERMINATION.

CLOVER SEED

GENUINE "OLD ENGLISH" MAMMOTH LATE RED NO. 1, imported by us direct from ENGLAND this season and of last year's growth. GRADES NUMBER ONE both in the ENGLISH and CANADIAN LABORATORIES. This is the variety of RED CLOVER that will not winter kill, is hardy, grows a heavy crop of rich, nutritious Clover, and fits the soil with Clover Roots almost as valuable as a coat of manure. This best of all Clovers is for sale at our SEED STORE and by our AGENTS. Price 45 cents per pound. Book your order early as only a limited quantity for sale. OLD ENGLISH MAMMOTH CLOVER SEEDSMEN CARTER & CO., Limited CHARLOTTETOWN

J. Lester Douglas 39 Queen Street Charlottetown, P. E. I. POTATOES Agent for the SHARPLES CREAM SEPARATORS Extra parts on hand. Write or phone 798 or 938

Natural Tread Shoes Are being featured by us this year, stronger than ever. They are particularly good for those having trouble with their feet. They Have Brought Comfort To Hundreds, Why Not To You? All sizes and many widths carried in stock, for Men and Women. They are made with low heels, flexible soles and shanks.

NATURE'S WAY Is another comfort shoe for women only, carrying a higher heel for those who like them. They are EASY, EASY, EASY, and \$2.00 per pair less in price. ALLEY & CO LIMITED FASHIONABLE FOOTWEAR Charlottetown, P. E. I.

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