"Hello Daddy— don't forget my Wrigley's"

Slip a packet in your pocket when you go home tonight.

Give the youngsters this wholesome, long-lasting sweet for pleasure & benefit. Use it yourself after smoking or when work drags. It's a great little freshener!

WRIGLEY'S

Sealed Tight - Kept Right

After Every Meal

THE FLAVOR LASTS

R74

WHY EAT AN APPLE A DAY?

By Royal S. Copeland, M.D.

City folks deny themselves a delicious food by eating too few apples. There are fifty varieties of this fruit of commercial importance. How many do you know about and how many apples do you eat in a year?

Apples constitute a world-wide item of the diet. They are fine for youth and old age when properly prepared. Eaten in the form of old fashioned apple sauce or baked in a sugar pan, apples are fit for the gods.

Feeding experiments conducted recently proved that the protein content is low, although of an especially fine quality. The juice of the apple is of great dietetic value. Taken freely, the apple is a laxative and acts favorably on the intestinal tract.

Unfortunately, as is true of other fruits, some persons are sensitive to the protein in the apple. Fortunately, these are few and far between.

Not only is the apple valuable on account of its protein and roughage or fibre content, but it also contains the agreeable malic acid. This is claimed by eminent dieticians to be an excellent anti-fermentative, preventing trouble in the intestines. The free use of apples to combat the tendency to acidosis.

The apple contains vitamines which are necessary to promote growth and to maintain good health.

This fruit is worthy of a more prominent place in the dietary. Usually, it is regarded as a luxury to be indulged in when convenient or when it can be afforded. As a matter of fact, the apple should be considered an essential part of the menu.

Nature has so distributed the various forms of food which make a complete ration that is necessary to include in our diet all parts of the plant—leaves, buds, roots, seeds and fruits. When this is done, we can be certain that nothing has been overlooked. You can see then that the apple is one of the plant foods which should be regularly eaten.

The apple supplies in a more palatable, though less concentrated form, much the same food essentials that are found in roots. There are particularly the alkaline salts. We need a considerable amount of these to neutralize the acid wastes of our bodies.

In the commercial field, the apple is put to many uses. The dried apple is used in the manufacture of jams, jellies, apple butter and sweet meats in the form of candy and pastries.

Eat fruit every day, especially the apple.

BORED FOR HIS TITLE.

There is a popular belief that titles often fall to the importunate. It was an old colonial office official who, when asked why a certain individual had received a K.C.M.G., pointed to a hole in the carpet in front of his desk. "Do you see that?" said he. "X. wore that hole when representing to me his claims to be knighted. Matters even tually reached such a pitch that we saw that we must either give h'm the title or buy a new carpet. So we gave him the K.C.M.G."

LOOK IN A MIRROR !

Are there any lines between your eyes? If so, ask yourself the question, "Why?"

Many people have a constant scowl caused solely by eyestrain. This is often so disfiguring that it doesn't matter how attractive the person otherwise appears—the scowl spoils it all. In most cases scowls can be smoothed out by relieving the eyestrain.

If you have any symptoms of eyestrain you should let us examine your eyes at once. Don't wait until ugly lines appear between the eyes.

E. E. PARKMAN
Optometrist
Montague

The newest thing in Projection printing Apparatus—

At a cost of $200.00 we have installed an Eastman Auto-Focus enlarger. To place our work before the public we are going to make an 8x10 photo from negatives made by our studio for the month of February at one dollar ($1.00) each.

Samples of work in our windows.

BAYER
PHOTO STUDIO

OUR SERVICE

to the eyeglass wearing public is as efficient as knowledge and equipment can produce.

Our methods of examining the eyesight are thorough and painstaking.

We fit no glasses to diseased eyes or eyes that are in need of medical attention. Such cases are always referred to Medical Specialists.

Our reputation is your safeguard.

I have recently equipped my office with "The DeZeng Diagnostic Unit." This instrument is absolutely the very latest on the market for "Eye Examination.

H. J. MABON
Optometrist and Prescription Druggist
MONTAGUE, P. E. I.
Office connected with Drug Store

SORE THROAT

Don't take the chance of getting pneumonia. Check that cold now with Minard's. Take half a teaspoon internally in molasses and rub Minard's on throat and chest. Quick relief.

MINARD'S
"KING OF PAIN"
LINIMENT

THE WESTERN GUARDIAN

*SHOP from Holman's Catalog.

—FOR LATE WESTERN NEWS page 3 is available. tf

—2 ONLY FRENCH SEAL Coats, Alaska Sable Trimmed, sizes 36 and 40, 45 inches long, regular $175.00 to clear now $98.00 each at Sinclair's. 337-2-9 2i

—1 ONLY RAT COAT 45 inch length, bust 36, regular $165..00 February clearance $98.00 at Sinclair's. 377-2-92i

—2 ONLY RAT COATS 45 inches long, size 38, regular $185.00 clearing price each $125.00 at Sinclair's. 377-2-9-2i

DO BIRDS POISON THEIR YOUNG

A belief, that seems as persistent today as when Hood wrote "The Plea of the Mid-summer Fairies," is that parent birds will deliberately poison their captive young. A correspondent in a London paper practically begs the question by inquiring what poison is used for he purpose. He goes on to say:—

"I have known several cases. Recently a man took some young goldfinches out of a chestnut tree here and caged them. The old birds came and fed them. He put them in his cottage at night and put them out at five a. m. This went on for over a week. Then one morning after the old ones had fed them they all died.

The reply given is to the effect that, though there have been many statements made with regord to birds poisoning their young in similar circumstances, there does not appear to be a morsel of scientific evidence in support of the theory. "It is difficult," the writer remarks "to imagine how circumstances would arise in Nature that would lead to a development of such an instinct, and those birds which killed their young would have no descendants to perpetuate their habit."

If the owners of fledgings, dying in suspicious circumstances, would subject the victims to a post-mortem, light might be shed upon the subject. It is difficult to conjecture what poison could be used for such a purpose, as young birds are fed mainly on insects, and the older ones delight in the so-called 'poisonous" berries. This being the case, we, ourselves, should be inclined to acquit the parents and bring in a verdict, "Death due to natural causes."

"POINT BREEZE."

In 1816 Joseph Bonaparte, the Emperor Napoleon's brother, purchased a mansion on the banks of the Delaware, near Bordentown, N. J., and came there two years later to live. After three years or so the house was destroyed by fire, says "The Antiquarian" of New York. Joseph Bonaparte then rebuilt it and furnished it completely with beautiful rugs, tapestries, furniture and works of art imported from Europe.

"Point Breeze", as it was called, became one of the show places of America. Bonaparte died in Italy in 1844, and by his will left his eldest grandson, Prince Joseph, most of his New Jersey property. The Prince, however, did not care to reside at "Point Breeze" and, consequently, sold everything.

Comb Sage Tea In Hair To Darken It

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive.

—ROBIN HOOD FLOUR, Wholesale and Retail. Holman's, Summerside. 751-1-6tf.

—I WILL BE LOADING five hogs on Monday and Tuesday, Feb. 9th and 10th. Highest market prices paid. J. W. Fyfe, Emerald. 309-2-7-2i

—VISITORS FROM SASKATCHEWAN.—Mr. Ray Schurman and Mrs Schurman (nee Miss McConnell of Georgetown), and young son of Dodsland, Sask., are on an extended visit to Mr. Schurman's former home and family at New Annan, Mr Schurman has prospered in the province of his adoption. He had the good fortune to get the high price for his wheat this fall, thereby realizing the difference between a "break even" and affluence, for the year's work. Like most all other returned Islanders he is deeply impressed by the magnitude and financial success of fox ranching here. He has already sent a pair of foxes in charge of Harold Manderson to Dodsland where he will start a ranch. He leaves in a short time for Saskatchewan Mrs Schurman and son will remain some time with her folks in Georgetown.—K

For First Aid—Minard's Liniment.

If you kiss your sweetheart in public you're committing

A White Sin

HUGE FLOWERS USED

The vogue of large ornaments for trimming hats, particularly the small shape, has roused demand for many charming styles in the form of a single chou placed at one side. Some are of the gorgeous new two-toned, double-face or metal ribbons Others are of fancy silk or satin, gauze or many strands of a narrow ribbon. Huge flowers, a single flat rose, a poppy, a passion flower, a magnolia or an yother blossom that may be so adaptedñ are used, one at a time, somewhat conventionalized and much exaggerated in size.

The lovliest ones are of velvet, the petals faced with a contrasting color. A large rose of brown velvet is combined with yellow, showing from the under side of the flexible petals. An enormous flat flower of black velvet is tinted with American Beauty rose; one of deep violet is faced with lilac, and one of burnt orange with a pale yellow. These, being of silk velvet faced with satin, are choice and necessarily costly. Even the large hat which is now so fashionable in the velvets and satins is effectively trimmed with a single one of these motifs, flower or fabric.

A HINT TO VISITORS AT THE WHITE HOUSE

Don't keep your hand in your pocket when in the presence of the President, is the advice of Rev. D. H. Aston, Methdist minister and editor of Tulsa, Okla.

Mr. Aston offers this counsel because of an incident which he witnessed while in the White House recently with the editors of the M. E. Church, south, during the course of a convention at the national capital. He tells the story as follows:

"We were all piloted through the White House where we were received by President Coolidge and accorded the privilege of shaking his hand. Here we came near having a sensation. One editor has fallen into the habit of carrying his left hand in his pocket. As he came near the President with his hand in its usual place, a secret service man who was not acquainted with his peculiar habit, sprang forward, caught him and took his hand out of his pocket, to the amusement of all except the editor in question."

A GLASS COLLECTOR'S TOUCH

Have you ever seen a collector pick up a wineglass to which he has just taken a fancy, says "The Antiquarian" of New York. Quickly, deftly and with a peculiar motion his forefinger slips under the foot of the glass. Why?

The expert is feeling for the pontilmark—that roughness in the centre where the glass was knocked off the iron rod called pontil, while the glass was still hot. The pontil-mark gives the glass collector a "song without words," and he learns what the glass has to say by his "touch."

Thinking Evil of an Enemy is

A WHITE SIN

Eastern Guardian

*SHOP from Holman's Catalog.

*WANTED — One Male Raccoon. Write price, Stanley Riley, Montague.—325-2-7-4i

*PLAY AND SOCIAL IN CARDIGAN HALL on Tuesday, February 10th in aid of all Saints Church by Cardigan Dramatic Club.

*EASTERN AGENT.—Mr. J. W. Murdock is now Guardian Agent in Montague and will be pleased to receive news items, advertising, Job Printing, new and renewal subscriptions. tf.

*STURGEON CONCERT.— A grand Concert and Basket Social will be held in Sturgeon Hall on Wednesday, February 11th at 7.30 p. m. Good program by local and city talent. 253-2-5M4I.

*FOR SALE—Summerville Driving park. This track is centrally located and is pronounced by horse men to be one of the best tracks in the province. Apply James B. McMillan ,Secretary. 285-2-6-3i

*WHIST— A most enjoyable whist party, held under the auspices of the St Margaret's Whist Club, was held Thursday evening at the home of John J. McInnis, Big Bush, Lot 44. There was a very large attendance of not only members of the club, but visitors also. Nine tables participated. The prizes were won by Daniel McIsaac and Mrs. Allan Gillis. Near midnight on the completion of the games supper was served under the supervision of Miss Tillie McInnis, who is visiting from Boston, assisted by Mrs. McInnis and several of the young lady friends. After full justice was done to the excellent repast, dancing was begun and continued intermittently till six o'clock in the morning. Excellent music been furnished by the well-known violinist, Mr. Frank Bell McDonald, and also by Mrs. Chester McDonald (violinist) Isdore Deagle and Ronald A. McPhee (organist). Mr. George McInnis and Miss Tillie McInnis, of the family, are visiting home from Boston and were greatly pleased at the opportunity of renewing acquaintances.

*GEORGETOWN.— The following is report of Georgetown High School for the month of January. Principal's Department.—Grade X.—1. Catherine McKinnon, 2. Elsie Knight, 3. Florence McDonald. Intermediate.—1, Helen Gotell, 2. Dolly Condon, 3. Madeline Johnson. Grade IX.—1. Waldron Lavers, 2. Ralph Douglas and Rhoda Easton, 3. Jean McDonald. Vice Principal's Dept.—Grade VIII. —1. Edison McDonald, 2. Mildred McLaren, 3. Grace McDonald. Grade VII.—1. Dorothy Jenkins, 2. Isabella Lavers, 3. Agnes McDonald. Miss McCormack's Dept.—Grade VI.—1. Michael Bourke, 2. Roy Lavers, 3. Milford Batchelder. Grade V.—1. Stephen Scully, 2. Nettie Walker, 3. Walter Walker. Mr. McConnell's Dept.—Grade IV. —1. Charles Jenkins, 2. Anna McLaren, 3. Gladys Mooney. Grade III. —1. Amos Lavandier, 2. Allen McCormack, 3. Fred McCulough. Miss Morrisey's Dept—Grade II Senior. —1. George Hemphell, 2. Myrick Easton and Louise Victor, 3. Carrie Easton. Junior—1. Lillian Llewellyn 2. Gordon Douglas, 3. Eleanor Leslie. Miss Taylor's Dept.—Grade I.—Senior—1. Freda Soloman, 2. Bessie Stewart, 3. Oliver Ross, 4. Wilbert Jenkins. Junior.—1. Janie Llewellyn, 2 ,Howard Fouchere, 3. Thesta Yorston, 4. Ferdinald Batchilder. —A.

*NIGHT SCHOOL.—The night school which was re-opened on Dec 1st has grown steadily until now the pupils enrolled member 30 with an average attendance of something over 20. The school was held four to five night a week and the following subjects taken up Engling, Reading, Writing, Spelling, Letter Writing, Geography, History and Mechanical Drawing. Good interest has been taken in this work by the young men and by many of the older citizens. During Mr. Shaw's absence of a week in January the work was carried on by the Rev. Father Kiggins and Principal Brehaut. The social side too has not been neglected as evidence on Monday night when several of the ladies of the town providing a splendid supper for the boys who thoroughly enjoyed and appreciated this noteworthy action on the part of the ladies. After the supper a short programme was carried out, with President William Fitzgerald of the night school presiding. The following is the programme:—Solo, Mr. Havelock Stewart, Reading, Mrs. William McLaren, Step Dance, Mr. John Gotell. Solo, Mr. Samuel Yorston. Instrumental Music by Messers Stewart and Yorston. Dialogue, Messrs Henry Martell and John Victor. Step Dance ,Mr. Clarrie David. Auld Lang Syne, by all present. The rest of the evening was spent in dancing. Much credit is due to Inspector L. W. Shaw for the great interest which he takes in the boys and young men of this community, for it is though his efforts solely that this splendid work is being carried on. —A.

PERSONALS

*Mr. A. F. McQuaid, State Deputy of the Knights of Columbus for Prince Edward Island, returned home to Souris Tuesday from Winnipeg where he attended the annual meeting of the Canadian State Deputies. Mr. McQuaid also spent a few days en route in the cities of Toronto and Montreal.

AN INDOOR GAME

A pie-plate race employs pie-plates of the paper variety used by bakers, or a cardboard copy can be substituted. Two or more players may race at once, each player being given two pie-plates—one for each foot.

The racer puts down one plate as far in front of him as possible and steps upon it with the right foot. Then picks up the second and places that forward for his left foot. This is continued until goal is reached by some player, who should receive the prize.

FASHIONS IN UMBRELLAS

Shops have a goodly show of the new stumpy little umbrellas for women's use. One of their meritorious points is that they will fit into a suit case. The frame in some cases is a little out of the ordinary in possessing an extra rib. The handles are short, thick and elaborate and the tips are white or colored and ornamental. The cover is colored in most instances.

New CHEVROLET

New value—with its success based on selling quality at low price, Chevrolet now has greater quality than ever before.

New chassis—from radiator to rear axle, new quality features of construction that you would expect to find only on higher priced cars.

New bodies—of even greater beauty and comfort. Open models have many added refinements. Closed models with fine Fisher Bodies.

New finish—in beautiful colors of the wonderful and enduring Duco that retains its color and lustre indefinitely and withstands severest usage.

See these new cars Today!

A. HORNE & CO. Charlottetown, P. E. I.

GEO. D. POPE & SON Summerside, P. E. I.

C-2525

FERRETING THEM OUT

(The Paris police have been carrying out raids on Communist centres, and many foreign agitators have been expelled from France.)
JOHN BULL: "That's right, Herriot! Get 'em out into the open and you know how to deal with 'em!"

—London Opinion.

BRINGING UP FATHER —By GEO. McMANUS