

The Headaches that so many women suffer from


—are often due to a congested state of the liver—the body's filter. What is needed is a gentle tonic-aperient, to produce a healthy and normal action of the digestive organs and rid the blood of impurities. In such cases nothing is so good as

ENO'S FRUIT SALT

—the world's household remedy for more than forty years. Its action is gentle and natural, cleansing the system, banishing headaches and listlessness, and restoring nature. A word worth less imitations. There is only one FRUIT SALT—ENO'S. Ask your druggist.

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HAROLD F. RITCHIE & CO. LIMITED
10 McCALL STREET, TORONTO
(8)

Beware of Substitutes



MONDAY

INCORPORATION—Incorporation, is the discussion on the street corners, and other places of gossip, at Montague, these days, and there is strong arguments being set forth, pro and con.—B.

IMPROVEMENTS—Mr. James L. Younker, is having the front of his jewelry store, remodelled, his show windows being in the west end, he has had one of them changed to the north side, taking in the whole corner, and making an excellent appearance from the street.—B.

BUILDING OPERATIONS—It is rumored that there will be several new residences built in Montague this coming season. The old Montague Skating Rink, being torn down, by its owner, Mr. D. L. McKinnon, and The Guardian learns its site is to be adorned by a couple of nice dwelling houses.—B.

HORSE NOTE—Mr. J. A. G. Ellis, Montague, has purchased the handsome trotting mare, Orwell Bell, 2:24, by Commodore Ledyard, from Mr. McNeill, Summerside. This mare has much more speed than her mark, and should be a good race mare this season for her classes. Mr. Ellis, also owns, Ferndale, by Brazilian, Commodore Grant, by Commodore Ledyard, and the good sire, Commodore Ledyard himself, which is in the pink of condition.—B.

Off to School, Full of Vim and Pep—Don't cram their little "tummies" with greasy meats, starchy potatoes or other indigestible foods. One or two Shredded Wheat Biscuits with hot milk make a warm, nourishing meal that supplies all the material needed for their growing bodies. The perfect food to study on, to grow on, to play on. The crispness of the shreds encourages thorough chewing, which develops sound teeth and healthy gums. Being ready-cooked, it is so easy to prepare a warm, nourishing meal with Shredded Wheat in a few moments—no kitchen worry or work.

Made in Canada.

MR. LEO NELLIGAN, Principal of the High School, Alberton has been notified of his appointment as Inspector of schools in Western Prince County, to fill the position left vacant by the resignation of Mr. Gerald McCarthy. Congratulations.—Y.

MUCH SYMPATHY is felt for Mr. and Mrs. J. Boudreau in the loss they have sustained by the death of their only child, a little boy of eight months. What makes this trial doubly hard for the poor parents is that about two months ago they lost their little daughter, aged two years. The funeral took place Thursday afternoon.—Y.

POLICE COURT—At the Police Court on Saturday Prohibition cases brought on through information supplied by Michael Murphy against the Two Maces and against F. McDonald were adjourned until to-day. R. Johnson of the same firm was fined \$100. Michael Kinslow was convicted of a third infraction against the act and sentenced to six months imprisonment.

COUNTY COURT—At the last session of the County Court held in Summerside Judge McQuarrie by reason of previous to his appointment having acted as counsel to one of the parties interested, referred the case of Joseph M. Webster vs. Thomas Best both of Seartown to Mr. Alex Campbell the Justice of the Peace for hearing. This case which was an action for damages to a field of standing grain by hens owned by the defendant came up for hearing yesterday and occupied the attention of the Court most of the day some nine witnesses being examined. Judgment was given for Plaintiff for \$9 and costs. Heath Strong for Plaintiff, Nell McLeod K.C., for Defendant.—C.

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Old Dutch

that it's a household necessity



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Sir Joseph Pope, K. C. M. G., of Ottawa, who has been Under-Secretary of State for External Affairs for many years, has four sons on active service. The eldest, Major E. W. Pope, R. C. R., was wounded at St. Julien, and is expected shortly to rejoin Major-General Turner's staff; Lieut. Maurice Pope resigned a good position with the C. P. R., to go to the front; the third son is Lieut. Harold Pope, formerly of the Canadian Bank of Commerce; while Lieut. Alfred Pope, the fourth son, is now in the Royal Canadian Regiment.

SCHOONER TOWED TO SAFETY—The Stanley succeeded Saturday in getting hold of the three masted schooner N. E. Parker, which had been adrift in the strait for the past month or more and towing her as far as Pamure Island where she was beached in comparative safety. The Stanley left yesterday afternoon for Pictou but her arrival there was not reported at a late hour last night. It is expected that she will go to Summerside to-day or tomorrow.

IRISHTOWN—Mr. Houston Paynter is busily engaged at his old trade, once more, and his many friends are glad to see him out again after his severe illness. Mr. Willard Brown, is the proud owner of a fast stepping horse, which he exercises daily. A few evenings ago, while crossing a brook, which was of considerable depth in some unaccountable way the horse stumbled and, but for the timely arrival of the neighbors, might have been drowned. However, under the skillful doctoring of Mr. James A. Campbell the animal is improving as well as can be expected. While engaged in sawing wood at Mr. Michael Ready's, Mr. Fraser Munn had the misfortune to have the first finger of his left hand cut off at latest accounts the wound was healing nicely.

ST. MARGARET'S COLLEGE

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A RESIDENTIAL AND DAY SCHOOL FOR GIRLS

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ACADEMIC COURSE, from Preparatory to University Matriculation and First Year Work.

MUSIC, ART, DOMESTIC SCIENCE, PHYSICAL EDUCATION—Cricket, Tennis, Basket Ball, Hockey, Swimming Bath.

SCHOOL REOPENS TUESDAY, APRIL 25TH.

Write for Prospectus.

MRS. GEO. DICKSON, President, MISS J. E. MACDONALD, B.A., Principal

TREAT SEED OATS FOR SMUT—Last season was particularly favorable to oat smut in the eastern part of Canada, resulting in a great increase of loss from this source. The grain crop will also be worse infected than usual, hence farmers should treat their seed oats very carefully this spring. A small expenditure in time and money may, in this way, increase the yield per acre by five to fifteen bushels. The prevention for smut in oats is as follows: On the evening before the seed oats are to be sown prepare a solution of formaldehyde (formalin), 1 pint to 40 gals. of water. Spread the oats five inches deep on the barn floor and sprinkle one gallon of the solution to each bushel. Shovel over thoroughly and cover the pile completely with the oat sacks, blankets, etc. The following morning spread the pile out to dry. Much of the moisture will have absorbed by the grain, hence the seeder should be regulated to allow for the swelling of the seed.

TO PEOPLE WHO ARE UNDER NORMAL WEIGHT

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs who, having tried advertised flesh-makers, food-fads, physical culture stunts and rub-on creams resign themselves to life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered combination of assimilative agents has made fat grow after years of thinness, and it is also unequalled, judging from reports, for repairing the waste of sickness or family digestion and for strengthening the nerves. This remarkable preparation is called Sargol. Six strength-giving, fat-producing assimilative elements of acknowledged merit have been combined in this preparation, which is endorsed and used by prominent people everywhere it is absolutely harmless, inexpensive and efficient.

A few weeks systematic use of Sargol should go far to produce flesh and strength by correcting faults of digestion and by supplying nourishing fats to the blood. If not, every druggist who sells it is authorized to return the purchase price. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are thus provided. All leading druggists supply Sargol and say there is a large demand for it.

While this new preparation has from reports given splendid results as a nerve-tonic and vitalizer, its use is not recommended to nervous people unless they wish to gain at least ten pounds of flesh.

If you find a druggist who is unable to supply you, send \$1.00 to the National Laboratories, 74 St. Antoine St. Montreal and a complete ten days treatment will be sent you postpaid.

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BRANDRAMS

BB

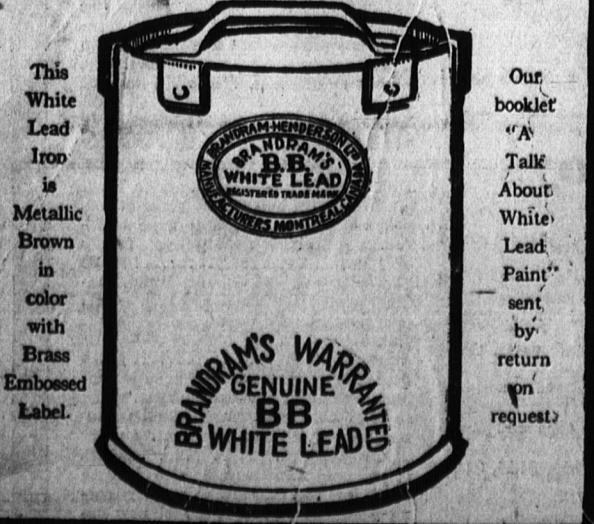
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All have found their ideal in the small, light, inexpensive, roomy, comfortable, easy riding, powerful, completely equipped, \$850 Overland.

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And you can have your wish, but the rush is on, so don't wait longer.

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