

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer for a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?'

Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, headache, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

The Central Guardian

IT PAYS to buy in this Province.

HARTNEY.—Service in Hartney Hall Friday evening at 8.

BUYS NEW RESIDENCE.—Mr. W. Bernard O'Leary has purchased the residence of Mr. M. McAusland who has removed to Elmsdale.

PREACHING AT DUNDAS AND ANNANDALE.—The Rev. Fred. Clay will conduct divine service in the Presbyterian Church, Dundas at 3 p. m. on 13th inst., and Annandale at 7.

HATS, HATS for everybody at the latest makes including Bolsolino's Christy's Walthams, Stetson and several others popular prices \$1.00 to \$5.00. Prowse Bros Ltd.

BOMB WILLIAM H. McLEAN.—Bomb. W. H. McLean, son of Mr. Donald McLean, Crapaud, attached to the 27th Montreal Field Battalion, who was wounded on October 21st last, and later invalided to England, is now convalescent and is taking a Heutenance course in England.

SCHOOL WORK.—The following is the standing of Grand Trunk School for the month of April, Grade V.—Sr. Louis MacDonald, Grade V.—(Jr.)—Ivan MacEwen, Grade IV.—Annie Buote and Stella Court (equal); 2. Cecelia Fanning, Grade III.—1. Gerode Watts; 2. Francis MacDonald and Hilda Keizer (equal); 3. Amy Keizer; 4. Joseph Puote, Grade I.—George Court; 2. Margaret Campbell. Perfect attendance and punctuality. Louis MacDonald, Earl Keizer, Stella Court, Ivan MacEwen, Gerode Watts, Russell Watts, Arthur Keizer and Alfred Watts.

SPECIAL NOTICE, CANADIAN GOVERNMENT RAILWAYS.—Commencing today, Thursday 10th inst., a special passenger train will leave Charlottetown at 6.30 a. m. daily, Sunday excepted, for Tignish and return. This train will connect with steamer at Summerside morning and evening, and will leave Summerside for Tignish at 9.45 a. m., and returning leave Tignish at 3.00 p. m. This service will remain until Summer Timetable comes into force on the 21st instant. District Passenger Agent's Office, Charlottetown, P. E. I., May 9th, 1917.

Safety First in the Hat business means buying your new hat from Prowse Bros Ltd.

Your hat, cleaned, re-blocked, furnished with new bands, right here in town, for a small price Try us BOSTON SHOE SHINING PARLOR 135 Grafton St. Sunnyside

FRESH HERRING, Lobsters, Codfish, Eels, etc., Charlottetown Fish Supply Co.

MT. HERBERT.—There will be a service in Mt. Herbert Church Thursday following at 7.30 followed by a business meeting.

SERVICES CANCELLED.—Rev. James MacDougall's appointments as published for Sabbath 13th are cancelled.

QUARTERLY MEETING.—The fourth quarterly meeting of the official Board of Pownal Circuit will be held at the Parsonage on Monday evening 14th at 6 p. m.

POWNAL CIRCUIT.—May 13th Services Pownal at 11 and 7, Millview at 2.30. The evening service in Pownal will be of special interest as there will be Baptism, reception of new members and the Sacrament of the Lord's Supper at the close of the service.

DOING SPLENDID WORK.—The Belfast Red Cross Society made another shipment of socks, this week, to Mrs. J. O. Hyndman for Island soldiers at the front. Fourteen hundred (1400) pairs have been knit and sent to P. E. I. boys, by the women of this Society and yet there is yarn. The money on hand is being used for the support of a prisoner in Germany.—Mr. W. A. Walker, a Canadian.

POTATO TRAIN.—Mr. F. R. Newsome, City, who represents the firm of Newsome & McLeod, Boston, wholesale produce dealer, had twelve cars of P. E. I. potatoes leave Pictou yesterday. This shipment, contained about ten thousand bushels which were purchased from Messrs Poole & Thompson, Ltd., Montague, and J. A. McDonald & Co., Ltd., Cardigan. The firm of Newsome & McLeod, which Mr. F. R. Newsome represents have shipped from this province within the past few weeks upwards of twenty thousand bushels.

SCHOOL WORK.—The standing of pupils in Cross Road School for April Grade VIII.—Bruce Judson, Grade VII.—Lisle Wood and Athol Judson (equal); Grade VI.—Earle Ballew; 3. Sadie Smith, Grade V.—L. Hazel Wood and Emma Smith (equal); 2. Forden Judson; 3. Ray Balderston, Grade IV.—Myrtle Farquharson; 2. Margaret Ferguson; 3. Parker Wood, Grade III.—Eirna Lane; 2. Myra Wood, Grade II.—Ira Balderston, Grade I.—Florence McPhail; 2. Dorothy Stewart and Roland Wood (equal); 3. Cecil MacPhail. Perfect Attendance—Emma Smith, Ray, Ira, and Earle Balderston, Bruce, Athol, and Forden Judson.

As advertised we will sell 50 doz Price of 38SHRD LMM HM HMMH on mens Oxford working shirts Friday and Saturday at the Bargain Price of 39c each.—Prowse Bros Ltd.

RAISING DIARY CALVES

(Continued from page two.)

COMMON AILMENTS

Lice: These pests very often affect calves to such an extent that they are losing flesh before the cause is discovered. The calves will become uneasy and will rub off patches of the hair and even break the skin. As the lice increase, the condition of the calf becomes serious and they often cause death. The treatment is to apply a solution of one ounce of Stevens's Secos to one pint of water. It is thought necessary to thoroughly saturate the hair. Reliable effects have followed the use of dusting with a mixture of Cement or Road dust, Sulphur and Helibore. Where the dust is used it should be rubbed into the hair, especially where the lice are located. Diarrhoea. This disease is usually caused by lack of cleanliness of irrational feeding. A common remedy is to add wheat flour to the milk. Two to five tablespoonfuls may be added at each feeding until the disorder is checked. Another remedy is to add one or two ounces of castor oil to the milk in the morning and follow with fifteen or twenty drops of laudanum in the evening. Indigestion may or may not be associated with Diarrhoea. The calf takes on a dejected appearance and shows a loss of appetite. The hair will become dry and appear to stand. The back is usually humped and the belly contracted.

During these times of high prices it is a good rule, before buying a low price tea, to take a sample home and try it—See how it tastes and it is important to see how much it is for a brewing. You can try a package of Red Rose without any charge—If you like it, then pay for it—but if not return the unused part of the package and there will not be any charge—we will pay the merchant for it.

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You Must Put Back Into the Storehouse Of Energy What You Take Out Of It Each Day.

At this season your body is apt to expend energy faster than it can be stored. In such a case you must provide the required energy until nature has time to restore full vitality to your body. You can buy concentrated energy in the form of our Spring Tonic

It is a liquid food tonic. It will increase appetite, aid digestion, and induce refreshing sleep. The renewed energy which comes through its use will enable you to enjoy recreation, and make you feel fine during the warm months to come. Price 50c. and \$1.00

Johnson & Johnson The Quality Druggists Cor. Kent and Prince Sts.

PRINCE EDWARD TODAY Matinee 3.15 MAURICE COSTELLO and ETHEL GRANDIN "THE RESTLESS SPIRIT" Episode No. 12 of the Master Mystery Serial THE CRIMSON STAIN The Mystery as to the Identity of the Crimson Stain Grows Deeper, the Climax in this Chapter is Startling T H E Dainty Winning Irresistible Favorite MARGUERITE CLARK Here-Monday-Tuesday MICE and MEN TONIGHT 7 and 8.45 HERE IT IS: The Essanay-Chaplin Revue of 1916 The Years Greatest Laughter Frolic. More Laughs to the Minute than any Comedy You've ever seen IN- 5-ACTE-5 THE SCREAMING HOWLING SHREIKING NOVELTY All the Laughs taken out of Several of his best Comedies and put into this great Laugh Producer SEE IT TODAY

POSSIBLY COMING HERE.—Manager Gallagher of the Prince Edward Theatre is endeavoring to secure the Boston English Grand Opera Company for a two nights engagement at the first of July. This is admitted to be the best musical combination in America and a visit from them would certainly be a real treat. Should sufficient encouragement and patronage be assured Mr. Gallagher has no doubt that this noted company would be induced to make the venture. The company consists of forty people besides the members of the orchestra and is certainly the best coming here is considerable. It is hoped that Charlottetown theatre goers will give Mr. Gallagher all possible assurance of patronage in order to enable him to secure this treat for them.

SIR JOSEPH POPE, now in Washington, aiding in working out the compact by which the United States and Canada will join to control and develop the foodstuffs supply of the two nations, for use at home and among the Entente nations, is a veteran servant of the Dominion Government. A graduate of Prince of Wales College, Charlottetown, Prince Edward Island, his native town, the youth turned to legal political and civic affairs and entered the civil service. Winning the confidence and confidence of Sir John Macdonald, the Prime Minister, by his capacity as a lesser Government official, young Pope, in 1882, was made private secretary to the Premier, a position which he held until 1891. For a year he was clerk of the King's Privy Council. In 1896, he became Undersecretary of State and Deputy Registrar-General of the Dominion. The confidence reposed in him is shown by the fact that, during the '90s, he served with the British agent on the Bering Sea arbitration, and that he was agent of the Canadian Government at the proceedings of the Joint High Commission which met in Quebec and in Washington in 1898. In 1903 he had another important commission of the kind, serving as associate secretary to the Alaskan Tribunal, meeting in London. Repeatedly, when Canada has entertained distinguished guests from abroad, he has been charged with the responsibility of supervising their tours. Canada has found him shrewd, forceful, successful, fertile representative on many occasions.

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THE CHILDS APPEAL

There can be no Beautiful, Healthy Rosy Cheeked women without Iron." F. KING, M. D.

"There can be no healthy, beautiful, rosy cheeked women without Iron," says Dr. Ferdinand King, a New York physician and author. "In my recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more organic iron—nuxated iron—for their nervous, run-down, weak, haggard looking women patients. Pallor means anaemia. The skin of the anaemic woman is pale, the flesh flabby. The muscles lack tone, the brain fags and the memory fails, and often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks."

SUBMARINE MENACE CONTINUES ITS WORK

LONDON.—American citizens landed during the last few days from vessels which had been sunk by German submarines all remarkable tales of the strenuous exploits of the U-boats. In one case three undersea boats appeared simultaneously alongside the ship, one being a submarine cruiser, 300 feet long and the others old-fashioned submarines with a length of about 120 feet. In another case a German submarine wore an elaborate disguise of a fishing boat. The submarine carried a gun which had a range of nearly five miles. In at least two cases the crews of vessels sunk by submarines were rescued from open boats by a passing ship only to suffer a repetition of the disaster when the ship on which they had taken refuge fell prey to an under-water boat.

A seaman from Pensacola, who was a member of the crew of a Swedish vessel, said: "We were almost within sight of land late in the afternoon when we observed a Norwegian sailing vessel in an encounter with a submarine eight miles away. Apprehending that our turn would come next, we prepared a lifeboat. A 300-foot submarine came up to us in due course and fired three warning shots from its heavy gun. "We pulled our boat over to the boat from the Norwegian ship previously sunk and a dozen hours later were picked up by a British steamer. We had only a brief stay on the British boat, as she was torpedoed the same morning. After a few hours in the boats we were found by a British patrol and landed."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, in your food by using some form of organic iron, just as you would use salt when your food was not enough salt."

"As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only throw away habits forming drugs and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of people might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver, heart trouble, etc. The real and true cause which started their disease was nothing more nor less than a weakened condition brought on by lack of iron in the blood. On account of the peculiar nature of woman, and the great drain placed upon her at certain periods, she requires iron much more than man to help make up for the loss. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good, and as a consequence you become weak, pale and sickly-looking, just like a plant trying to grow in soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: see how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. I have used Nuxated Iron Weekly in my own practice in most severe aggravated conditions with unflinching results. I have induced many other

disguised as a fishing vessel," he said. "She opened fire on us at five miles, sending fifteen shots at us and smashing our wireless. She pursued us for an hour. We did not use our gun. Finally a British patrol boat appeared. The submarine submerged, disguise and all, presenting a ludicrous sight as the carefully prepared equipment simulating a fishing boat sank beneath the waves." "The captain of an American sailing ship which was sunk ten days ago said: "Submarines are lying along the sea lanes in regular nests. They keep well under water most of the time. Coming up now and then for periscopic observations, or on hearing the approach of merchant craft, which often can be identified readily by the sound of the engines. By thus conserving fuel the submarines are able to remain away from their bases a long time, and also they find means of renewing their stores from ships which they sink. "The U-boat which sank us had been out for six weeks. She had one British captain on board. She renewed all her supplies from our boat and took all the nautical instruments. The submarine gave us a sharp signal to halt with a shell from a distance of two miles. It was good marksmanship. The shot hit the ship squarely, but caused no casualties. We stopped and took to the boats."

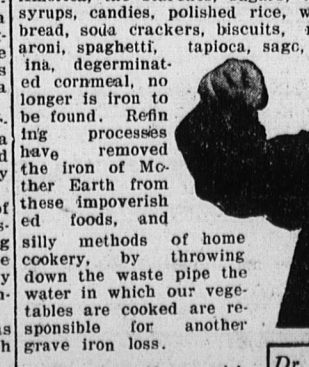
And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Nervous and Irritable All The Time and Looking So Haggard and Old?—The Doctor Gave Some to Susie Smith's Mother and She Was Worse Off Than You are And Now She Looks Just Fine.

NUXATED IRON WILL INCREASE THE STRENGTH AND ENDURANCE OF WEAK, NERVOUS, CAREWORN, HAGGARD LOOKING WOMEN 100 PER CENT IN TWO WEEKS' TIME IN MANY INSTANCES



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Dr. Ferdinand King, New York Physician and Medical Author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron.

tion if they cannot take any man or woman under 60 who lacks iron, and increase their strength 100 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Geo. E. Hughes, Apothecaries' Hall; E. A. Foster, Central Druggists; H. J. Mahon, Montague, and all good druggists.

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