

A Nation's Safety depends upon more than wealth or the power of its mighty guns. It rests in its robust children and in its strong, vigorous manhood.

SCOTT'S EMULSION

an ideal constructive tonic-food, brings to the system elements easily assimilated and imparts strength and promotes normal growth.



Scott's Emulsion builds up the weak and fortifies the strong. Scott & Downe, Toronto, Ont.

Rexall

Baby Talcum Powder

is a pure Borated Antiseptic Powder that does not irritate, but is very soothing to the delicate skin of babies.

25c., at the Rexall Drug Store

SOLD ONLY AT

THE MacKinnon Drug Co

Overshoes And Lumberman's Rubbers

- Men's 4 Buckle Overshoes \$4.00
Men's 2 Buckle Overshoes 3.25
Women's High Overshoes 2.60

- Lumberman's Red Leather Top 3.35
Lumberman's 5 Eyelet 3.65
Lumberman's 4 Eyelet 3.40
Lumberman's 3 Eyelet 3.4

- Boy's Lumberman's 5 Eyelet 3.25
Boy's Lumberman's 3 Eyelet 2.50

We have an immense stock of these goods in all sizes and you can see them and try them on and be sure they suit you.

Lumberman's Felt Sox
Lumberman's Knit Sox

MORRIS-SMITH-BEER

PROFESSIONAL CARDS

DR. CLIFT

CHRONIC DISEASES

CURATIVE TREATMENT by the mouth in advance. Victoria Hotel, Charlottetown, P. E. I., Canada. HOURS, 12 to 3 daily. NOW 2520-11-21M3mospd.

S. S. HESSIAN

Barrister, Solicitor, Notary Public, etc. MONEY TO LOAN Montague, P. E. I.

J. D. STEWART, K. C.

Barrister, Solicitor and Notary Public Office Newson Block, Charlottetown. Branch office, Georgetown. Money to Loan on Real Estate

McLEAN & McKINNON

Barristers Attorneys-at-law Office Royal Bank Building Charlottetown, P. E. I.

Advertisement for Hickey's Black Twist tobacco, featuring the brand name and manufacturer Hickey & Nicholson Tobacco Co. Ltd.

THE CENTRAL GUARDIAN

IT PAYS to buy in this Province SERVICES AT WOOD ISLANDS.—Services at Wood Islands Sabbath day Jan. 19th, 11 a. m. and Hall 2.30 p. m.

SUNDAY SERVICES.—If the ban is lifted the services on the Murray Harbor Methodist Circuit on 19th will be: Murray Harbor at 10.30, Cape Bear at 3, White Sands at 6.30.

CORNWALL ANNOUNCEMENT.—Rev. J. Heaney will conduct service next Lord's Day at Cornwall 11 and 7 and Hampshire 3. The Sacrament of the Lord's Supper will be dispensed in the morning at Cornwall, and at Hampshire service. The services at North Wiltshire at 11 and at Kingston at 3 will be conducted by laymen.

HOME BEREAVED.—The death occurred on Jan. 6th, at Cape Bear, of Wallace B. the seventeen months old child of Mr. and Mrs. Benjamin Graham. Death was due to pneumonia following the "flu." The sincere sympathy of the community goes out to the parents in the loss of their bright little boy. Rev. E. Weeks conducted the funeral service.

VICTORIA PERSONALS.—The friends of Mr. F. A. Walton, Victoria, will regret to hear that he is confined to his home with a severe illness.—Capt and Mrs. Allan McLean, Victoria, spent Wednesday in Craquad the guests of Mr. and Mrs. Robert Simmons.—Messrs. Erle Boulter and George McKay, Albany, were recent visitors to Victoria.—The many friends of Mrs. Miner McNevin, will be pleased to hear that she is recovering from her recent severe illness.

HORSE NOTES.—Mr. Robert Thompson (Thompson's Mills, Suffolk) last week sold his 3 1/2 year old colt sired by "Captain Aubrey" 2,074 to Peter Carrol the well known horse trainer of Halifax, the price received for him being sufficient to prove that there is still money in raising a good horse. Thirty years ago Mr. Carrol trained and drove the grandest team of this coast, "Minnie Grey" with she lowered the record of the Charlottetown track open to all Maritime bred horses and which she held for four years.

CALL TO THE BAR.—At the opening session of the present Hilary term of the Supreme Court Mr. Chester P. McCarthy for the past four years student at law in the office of Messrs. Johnson & Inman was admitted as a Barrister and Attorney of the said Court. Chief Justice Matheson complimented Mr. McCarthy on the brilliant showing he made in his examinations and on behalf of the Court wished him the same measure of success as a member of the bar as he had as a student. Mr. McCarthy is a graduate of St. Dunstan's University and received the degree of Bachelor of Arts therefrom previous of his entering as a student at bar.

Minard's Liniment Co., Limited. Gentlemen—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of inflammation. Yours, W. A. HUTCHINSON.

Keep Down the High Cost of Living Use Rolo Egg Powder Compound For cooking, the contents of 25 cent can equals two dozen fresh eggs. Notice the saving at present price of eggs. Sold 1 y.

Beer & Goff Grocers

CARNIVAL.—The first Carnival of the season will be held Friday night, Jan. 17.

HARD COAL.—We have just received a quantity of best quality hard coal suitable for base burners. C. Lyons & Co. 3317-1-7Mtl.

TONIGHT IS THE NIGHT of the big social at York. Don't miss it. 3457-1-16Mtl.

RENA MCLEAN MEMORIAL FUND.—This fund will close Feb. 1st. If there are any who have not as yet contributed and desire to do so, please forward contributions to either of the three daily papers or to J. J. McKinnon, Treasurer of the fund 3294-1-11 Mttl Feb. 1

SITUATION SERIOUS.—The influenza which has been so prevalent in Victoria has now almost entirely disappeared. There were between seventy-five or a hundred cases in the district, but owing to the skilful treatment by the attending physician, Dr. N. R. Boyer, no deaths occurred in spite of the fact that there were a number of serious cases. Although Victoria has been so successful in getting rid of the disease, such cannot be said of the outlying districts, as it is still very prevalent in Craquad Westmorland, Rose Valley and other places, many cases resulting in pneumonia, and the doctor is still kept busy night and day.—V.

A. O. H.—The following address from the Ladies' Auxiliary A. O. H. Summerside together with a gift for remembrance was tendered: Misses Helen Noonan and Anna Higgins on the eve of their departure to Boston.—To Sisters Helen Noonan and Anna M. Higgins:—Once again, we the members of the Ladies' Auxiliary of Div. 2 are assembled together to bid farewell to two of our members. Although we feel and hope that your departure from our midst is merely temporary, still we should not have you leave us without one word of appreciation of your good membership and assistance always given so uncomplainingly. Tonight our earnest wishes are, that all good fortune may attend you both while in the land of Uncle Sam, but trust that ere long, when spring has put on a gay mantle than winter can afford, the call of our own dear Canada will bring you both back to take the same active interest in our Auxiliary as you did previous to your trip. In conclusion we should ask you dear sisters to accept those small gifts as a slight token of our esteem and goodwill, knowing that the good wishes of every member of the Auxiliary accompany them. Signed on behalf of the members L. A. A. O. H.—L

Colds Cause Grip and Influenza LAXATIVE BROMO QUININE Tablets 25c. There is only one "Bromo Quinine" E. W. Grove's signature on the box 25c.

Sixteen Ounces to the Pound

Avoirdupois Weight Versus Apothecary

There seems to be a common error in the minds of many people regarding drug-gists weights. For instance, when they buy Cream of Tartar, borax, sulphur and many of the other thousand and one things which are sold in a drug store,—they think they get Apothecaries weight—twelve ounces to the pound.

This is a mistake, for Avoirdupois weight—sixteen ounces to the pound, is used in such cases.

Apothecaries weight is used only at the prescription counter or in the compounding of other medicinal preparations.

One pound Apothecary, consists of 12 ounces of 480 grains each—a total of 5,760 grains to the pound.

One pound Avoirdupois, consists of 16 ounces of 437 1/2 grains each—a total of 7,000 grains to the pound.

The Apothecary ounce is the heavier, but the Avoirdupois pound is the heavier by 1240 grains, because it contains 16 ounces Avoirdupois.

When you trade here—you get a 7,000 grain pound and the finest drugs money can buy. JOHNSON & JOHNSON The Quality Drugstore Corner Kent and Prince Streets

TRYON METHODIST CHURCH.—Rev. P. A. Fitzpatrick will hold service on Sunday 19th at Tryon 11 a. m. De Sable 3 p. m. and Craquad at 7 p. m.

GUNNER VERNON SCHURMAN COMING HOME.—Mr. David Schurman, Bedouque has received a cable from his son Gunner Vernon Schurman stating that he intended sailing for home last Saturday. His many friends will be delighted to see him home again.

"OPPORTUNITY BLINDNESS" is a common form of defective mental vision. To test yourself for evidence of this defect, reflect as to how much interest you find in the classified advertisements. Have they always impressed you as merely a waste of small type—possibly interesting to SOMEBODY, but not to you? If this has been your attitude toward these little opportunity-bringers, you are a victim of opportunity-blindness, and should correct the defect without delay—and solely in your own interests!

ADMITTED TO THE BAR.—At the opening session of the Supreme Court Tuesday, Mr. J. Augustine MacDonald, was admitted to the Bar of this Province. Mr. MacDonald is a graduate of St. Dunstan's College, and studied law in the office of Mr. James D. Stewart, of this city. He passed his examination with a high mark, and received the congratulations of the Chief Justice on his high attainments as a student. His Lordship extending to him on behalf of the Court a hearty welcome as a member of the Bar.

ANNUAL MEETING.—The annual meeting of the Presbyterian Congregation of Tryon, Hampton, and Bonshaw, was held in the church at Hampton, Jan. 7th, Mr. J. H. Myers in the chair. The congregation was well represented from each section. The reports given by the treasurer of each section were the best ever presented at an annual meeting, each treasurer reporting a surplus on hand. The congregation gave more to the budget of the church last year than ever before, exceeding its allocation. By a standing vote they resolved to increase the giving of the congregation for 1919 and to decrease the Home Mission grant. This congregation has adopted the duplex envelope. A vote of thanks was tendered to the pastor for his leadership and work in the congregation. Bonaissaw built a commodious stable and it is paid for. The meeting gave the managers power to make any repairs on the Manse the coming summer; they consider it requires.

PREMIER OF PRINCE EDWARD ISLAND The Drive to raise a million dollars for the purpose of helping our boys in France is an undertaking that is worthy of the highest commendation. I have heard with pleasure of the splendid work which the Salvation Army has been doing. I wish you all success in your Drive. AUBIN E. ARSENAULT.

BISHOP OF CHARLOTTETOWN I have learned that the Salvation Army is doing much good social work among a portion of our soldiers, and for such work it merits our commendation. HENRY J. O'LEARY.

ROTARY CLUB A typical example of the view taken of the effort by Rotarians is provided by a letter from the President of the Club at Charlottetown, P. E. I., in which he says: "I am very pleased to be able to state to you that the Executive of the Rotary Club, realizing the tremendous need of funds for your Organization to assist in carrying on the highly important work the Salvation Army has done throughout the war, and which they purpose doing all through the reconstruction period, have unanimously agreed to become responsible for putting the campaign on for Charlottetown City, Queens County, as forming one of the best opportunities for real service, which is the keynote to Rotary."

Patriotic and Red Cross Collections Half of Pownall Poll \$61.75. Collected by W. A. M. McRae as follows: Vernon Jenkins \$1.00, Vincent Grant .50, Miss Burke .25, Thomas Nutlow \$1.00, Henry Nutlow \$1.00, Alfred Hynes \$1.00, John J. McDonald \$2.00, Isaac Brown \$1.00, Joseph Praught \$1.00, Mrs. R. Jenkins \$1.00, William J. Mutch \$3.00, J. E. McEachern \$2.00, S. C. Lane \$2.00, Patrick Cannon \$1.00, James Robertson \$1.00, W. C. Robertson, \$1.00, George Ballam \$2.00, John G. Jenkins \$2.00, Allan Jenkins .50, J. W. Ballam \$2.00, J. B. Haley \$2.00, Frank Haley \$2.00, W. H. Drake \$2.00, Edward Wood \$5.00, Joseph Ballam \$2.00, William Ballam \$3.00, W. H. Wood \$2.00, Seaforth Acorn \$2.00, Arthur Jenkins \$2.00, James Praught .50, Nathaniel Gay \$1.00, Freeland Wood .50, Frank Forbes .50, Mrs. Mary E. Dodd \$1.00, W. A. McRae \$2.00, F. H. C. Richard \$2.00, P. J. McKenna \$1.00, H. A. Jenkins \$3.00, M. M. Haley \$1.00

BELLE RIVER POLL \$25.25 Collected by Mr. Phillip Saunders as follows: J. C. Martin, \$5; Phillip Saunders, \$5; John Young, \$1; Angus McLean, \$1; McLean Bros., \$1; Mrs. Allan Matheson, \$1; M. J. Bell, \$2; Marsden Smith, \$1; Peter Martin, 50c; William Martin, \$1; Simon Compton, \$1; John A. Gillis, \$1; Mrs. James Gillis, 25c; William Saunders, 50c; Henry Saunders, \$1; Joseph Saunders, \$2; Peter M. Stewart, \$1. G. W. WAKEFORD, Treasurer

Keep Uric Acid Out of Joints Tells Rheumatism Sufferers to Eat Less Meat and Take Salts. Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat, but drink plenty of good water. Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood; it is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which helps overcome uric acid and is beneficial to your kidneys as well.

Advertisement for Dr. E. C. Harris Eye Specialist, Office Royal Bank Building, Charlottetown, Office Hours 9,30-12,30, Phone 68-7

NO TONIC LIKE HOOD'S

Sarsaparilla For a Time Like This, After influenza, the Grip.

When purified blood, rebuilt strength and regulated bowels are essential.

In the after-effects of influenza, the grip and other prostrating diseases, Hood's Sarsaparilla has remarkable health-helping effect.

It expels the poisons that have weakened and depleted the blood, causing pallor, anemia, flabby flesh and lax muscles. It is the standard blood remedy with a successful record of nearly fifty years.

Many people—it is really astonishing how many—need a fine, gentle, easy cathartic in these trying times. We recommend Hood's Pills, used in the best families, and equally effective with delicate women or robust

SALVATION ARMY MILLION DOLLAR DRIVE

The following letters in support of the Salvation Army Million Dollar appeal have been received:—

GOVERNMENT HOUSE, OTTAWA November 4th, 1918 Dear Commissioner Richards,—

I gladly comply with your request, and now send you my best wishes for the success of your "Red Shield Drive for \$1,000,000" for Canadian Home and Overseas Work of the Salvation Army.

I hope this "Drive" will be generously supported by the people of Canada, so that the Salvation Army can continue its excellent work to the best advantage. Believe me to be, Yours very truly, DEVONSHIRE.

PREMIER OF PRINCE EDWARD ISLAND The Drive to raise a million dollars for the purpose of helping our boys in France is an undertaking that is worthy of the highest commendation. I have heard with pleasure of the splendid work which the Salvation Army has been doing. I wish you all success in your Drive. AUBIN E. ARSENAULT.

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Advertisement for Prince Edward Theatre, featuring Dorothy Pepler's 'A Soul for Sale' and 'A Fight for Millions'.

Advertisement for 'A Fight for Millions' featuring William Duncan and Edith Johnson and Joe Ryan.

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Advertisement for Prince Edward Theatre, commencing Friday and Saturday Jan. 17 & 18.

Advertisement for Jack's Wife Musical Drama in Four Acts, featuring Mr. Bird, Director, and the Benefit Women's Auxilliary Y. M. C. A.