

The three words that tell the whole story of a perfect cup of coffee, from plantation to breakfast table "SEAL BRAND" COFFEE.

In 1/2, 1 and 2 pound tins. Whole-ground-pulverized-also fine ground for Percolators. Never sold in bulk. 157 CHASE & SANBORN, MONTREAL.

The Eastern Guardian

..*IT PAYS to buy in this Province. ..*MR. R. R. HOWLETT is Guardian agent for Annandale and vicinity.

..*T. GORDON IVES is Guardian representative in Montague.

..*NEW ANNAN INSTITUTE. — The regular meeting of the New Annan Women's Institute was held on Nov. 17th at the home of Mrs. F. S. McIntyre with a large attendance of members and visitors. This was a social one. All the members had their knitting, and a splendid program of songs, addresses, and readings were rendered. The men of the district were present, and they congratulated the members on the splendid work the institute has done towards repairing the school and in Patriotic work. Luncheon was served and \$2.50 was realized. A hearty vote of thanks was tendered the hostess. The next meeting will be held at Mrs. N. J. McNellie's on 29th Dec.

AMERICAN BARQUE HAY HAVE BEEN LOST

(Canadian Press Despatch.) LONDON, Nov. 22.—The American barque Manga Reva was in distress in the Atlantic Ocean off the coast of France and possibly may have been lost, according to a despatch to Lloyds from Falmouth. The barque was last reported as arriving at London, November 5, from Rotterdam and probably was westbound. The Lloyds report says:—"The Dutch steamer Ryndam reports that she received an 'S. O. S.' signal Sunday in latitude 47° north, longitude 14° west from the American ship Manga Reva saying 'Come as quickly as possible Am drifting before the wind with no boats.'"

"The Ryndam signalled that she was coming at full speed, and sent a wireless to the American steamer Rockingham to proceed to the assistance of the Manga Reva, the Rockingham being nearer."

"The Rockingham steamed direct toward the spot, where the Manga Reva was supposed to be and should have been near her at two o'clock Monday afternoon. The Ryndam later received a message from the Rockingham saying she could not find anything of the Manga Reva, and both the Ryndam and the Rockingham proceeded on their voyages. The Rockingham, before departing, sent a wireless saying a French auxiliary cruiser was looking for the Manga Reva."

The Manga Reva is a four masted bark of 2,212 tons. She was built in Glasgow in 1905 and is owned by the Manga Reva Company of New York.

You will like its Fine Granulation Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it.



Lantic Sugar comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities "The All-Purpose Sugar"

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If you can't get back to the old home for Christmas a new photograph will come nearest to taking your place—will bring cheer to home keeping hearts. Make the appointment today at

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You are never lost for diversity of Music—Vocal, Instrumental, Orchestra, Bands, or readings if you have a Gramophone in your home it is an excellent means of affording entertainment for the family or for Company.

We have the latest imported of Edison's famous Machines, Prices ranging from \$40.00 to \$150.00

We also carry a large stock of our 200 records no matter what your taste in music we can suit you.

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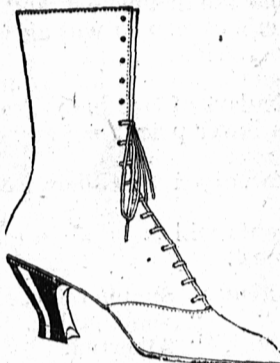
Montague

ROCKY POINT FERRY S. S. HILLSBORO

Leave Ch. Town	Leave R. Point
7.30 A. M.	8.00 A. M.
8.30 A. M.	9.00 A. M.
9.30 A. M.	10.00 A. M.
11.00 "	11.30 "
1.30 P. M.	2.00 P. M.
2.30 "	3.00 "
3.30 "	4.00 "
4.30 "	4.50 "
9.30 A. M.	10.00 A. M.
12.45 P. M.	1.00 P. M.
2.00 "	2.30 "
4.00 "	4.30 "

Mwtt.

Havana Brown Calfskin High Cut Boot



\$6.50 A very pretty boot—made on the newest last and pattern. See our window

Alley & Co. 135 Queen St.

Eastern Steamship Lines

ALL-THE-WAY BY WATER. INTERNATIONAL LINE. Leave St. John Mondays and Thursdays at 9:00 a. m. (Atlantic Times). For Eastport, Lubec, Portland and Boston. Return—Leave Central Wharf, Boston, Mondays and Thursdays at 9:00 a. m., for Portland, Eastport, Lubec and St. John.

MAINE STEAMSHIP LINE. BETWEEN PORTLAND AND NEW YORK REDUCED FARES AND AND STATEROOM PRICES. From Portland and New York. Passenger service Tues., and Sat., one week Thurs., alternate week. Freight service Tues., Thurs., and Sat. Leave Franklin Wharf, Portland, 6 p. m. Leave New York 5 p. m.

METROPOLITAN LINE. Direct between Boston and New York. 18 1/2 Hours. Route via Cape Cod Canal. Express Steel Steamships Massasoctus and Bunker Hill. Leave North Side India Wharf, Boston week days and Sundays at 6 p. m. Same Service returning from Pier 15, North River, Foot of Murray St., New York City. St. John City Ticket Office, 47 King St. A. C. Currie, Agent, St. John, N. S. A. E. Fleming, T. F., & P. A. St. John

The Magdalen Islands S. S. Co. Ltd

The S. S. Amelia carrying H. M. mails, passengers and freight leaves Pictou every Monday and Thursday after arrival of morning express from Halifax, for the Magdalen Islands calling, going and coming at Bouris. CHAS. W. IVES, Agent, Pictou W. H. Starratt, Manager, Amherst Harbor, N. I.

GERMANS REPULSED IN EAST AFRICA

(Special to the Guardian) LONDON, Nov. 22.—Unsuccessful attempts by a German column on the British post in German East Africa, following which the Germans were driven away with heavy losses by a British relief force, are announced in an official statement here today. The statement reads: "The enemy, four hundred strong, with three guns and eight machine guns attacked a small British post at Lupembe. The garrison repulsed the assaults inflicting heavy losses. Later, two British columns closed in on Lupembe and the enemy fled in a northeasterly direction, taking their wounded with them and abandoning one heavy gun with its ammunition. Forty seven dead were collected on the field."

CHARLOTTETOWN MARKETS.

Wool lb.	35 to 48
Wheat, bus.	\$1.40 to \$1.50
Butter (fresh) lb.	35 to 38
Butter (creamery) in prints.	42 to 44
Butter (tub) lb.	32
Butter (fresh) lb.	32-35
Eggs, doz.	15 to 20
Beef lb (retail)	12 to 14
Fowls, lb.	12 to 14
Chickens lb.	12 to 15
Ducks lb.	14 to 15
Hay (pressed) ton.	\$11 to \$12
Oats (black) bus.	60
Oats (white) bus.	57
Carrots, bus.	40 to 50
Ferrets, lb.	.01
Straw (pressed) ton.	7.00
Pork lb.	12 1/2
Turnips, bus.	20
Potatoes, per bus.	60
Buckwheat, per bus.	75 30

SUMMERSIDE MARKETS.

Butter, (creamery) lb.	38 to 40
Butter (dairy) lb.	33 to 34
Buckwheat, bush.	75 to 1.00
Calfskins lb.	18 to 20
Eggs, doz.	35
Hay, (pressed) ton.	\$12.00 to 13.00
Hay, (loose)	\$10.00 to 12.00
Lamb pelts each.	50 to 80
Oats, (black) per bus.	62
Oats (white) per bus.	59
Potatoes per bus.	60
Straw (pressed, ton)	6.50 to 6.50
Turnips bus.	20
Pork, (organs att.) lb.	10 1/2 to 12 1/2
Hides lb.	17 to 18

What Thin Folks Should Do To Gain Weight

Good Advice for Thin, Undeveloped Men and Women Who Want to Put on Flesh.

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs who, having tried artificial 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 suchness 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 drug 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 money order or registered letter to the National Laboratories, 74 St. Antoine St., Montreal and a complete ten days treatment will be sent you post

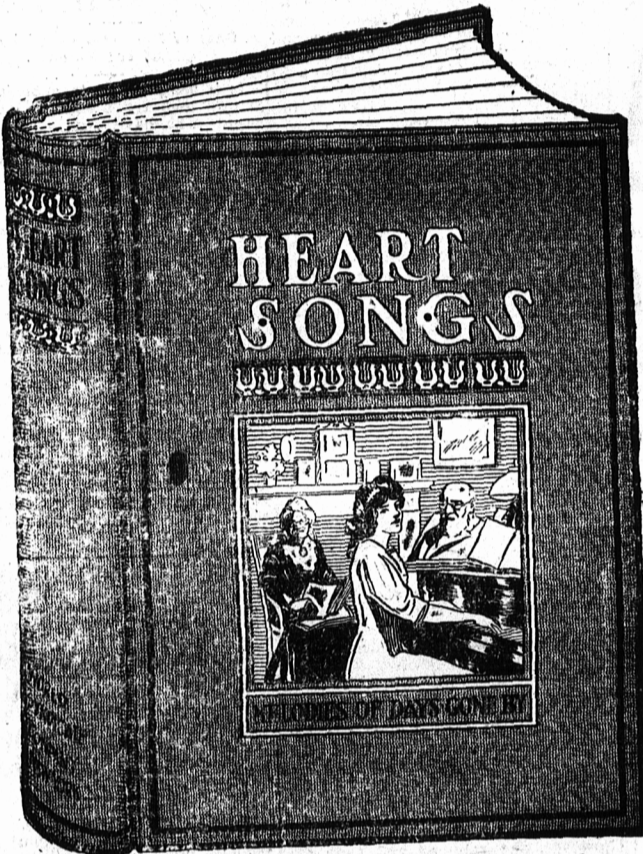
CANADIAN GOVERNMENT RAILWAYS PRINCE EDWARD ISLAND

TIME TABLE IN EFFECT OCTOBER 2nd, 1916.

Trains Outward, Read Down.		Trains Inward, Read Up.	
P.M.	A.M.	A.M.	P.M.
3.45	11.50	7.35 Dep.	11.40
5.00	1.15	8.30	10.15
5.45	2.05	9.02	9.20
6.32	2.49	9.27	8.23
7.00	3.30	9.50	8.00
	P.M.	P.M.	A.M.
8.10	12.15	10.00	8.45
9.08	1.57	10.35	8.31
9.57	3.32	11.03	8.07
10.38	4.40	11.15	7.44
11.15	5.40	11.45	7.19
	A.M.		6.55
Tues. Mon. Wed. Tues. & Thurs. & Sat. Friday. Sat.	8.55	8.55	8.35
9.30	9.50	7.35	8.00
F.M.	A.M.		
3.00	8.50	9.45	5.50
4.10	8.40	8.35	4.10
4.36	9.17	8.07	3.24
4.57	9.47	7.44	2.50
6.00	11.15	6.40	1.25
7.10	11.15	5.30	
	A.M.		
4.15	8.50	8.35	3.50
5.04	10.00	7.40	2.39
5.25	10.30	7.16	2.10
6.00	11.10	6.40	1.30
A.M.	P.M.		
8.10	3.10	9.45	6.55
9.50	4.25	8.31	4.01
11.45	5.55	7.00	3.00

All trains, unless otherwise marked, run daily, Sunday excepted.

Over 400 Complete Songs with Words and Music Over 500 Pages



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A Priceless Contribution to the Home Life of the Nation

400 pearls of song that illustrate the evolution of national character and the musical progress of the American people.

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Think of 400 of the songs that cheered a nation in the throes of civil war; that were sung by all the young lovers for four generations; that were crooned by countless thousands of mothers in their nightly lullabies; that were spontaneously developed by a virgin minstrelsy; that were heard each Sabbath from the little country churches, all over the land. These are the songs in Heart Songs.

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PLANT LINE

S. S. Halifax is due to arrive in Charlottetown on Saturday, November 25th. No perishable freight will be received before that date. For further information apply to JAS. CARRAGHER, Agent Ch'town 3297-11-22Mt.