


**YOU CAN'T SUCCEED WITH A HALF-STARVED BODY!**



YOU probably wouldn't call it being half-fed! Breakfast, luncheon and dinner in your home are probably all that could be desired so far as satisfying you is concerned. But do they satisfy your body? Do they give you all those varied food properties your body requires for energy, strength, proper development? In an alarmingly large number of cases modern meals don't—to an alarming degree!

There is one food from which you can be sure your body receives the vital nutritive elements. And it's one of the most delicious foods you ever tasted! This food is Grape-Nuts.

Grape-Nuts is made from whole wheat and malted barley, specially prepared so that it is easy to digest. It supplies dextrins, maltose and other carbohydrates for energy; iron for the blood; phosphorus for teeth and bones; protein for muscle and body-building; and the important Vitamin-B.

Your grocer sells Grape-Nuts—in wax-wrapped packages from which it is ready to eat with milk or cream. Four teaspoonfuls—costing less than one cent—is a serving. Eat it regularly—beginning to-morrow.

**Grape-Nuts**  
for Delicious Nourishment  
Made in Canada

**SEND FOR TWO TRIAL PACKAGES**

CRISP FOODS ARE OF VITAL IMPORTANCE

Doctors and dentists are constantly warning us that we must eat some crisp foods that require chewing. Grape-Nuts must be chewed—and its pleasant "crunchiness" and delightful flavor tempt you to chew. This starts digestion in the mouth—where it should start—and gives to teeth and gums the exercise which alone can keep them in healthy condition.

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Please send me, free, two trial packages of Grape-Nuts, together with "A Book of Better Breakfasts."

Name: \_\_\_\_\_  
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CHELTON. The members met at the home of Mrs. James Beers, proposed new Sanatorium. Mrs. Rayers were read on "Maternal Mor-tality" and "Red Cross." It was meeting.

**LAST CONSERVATIVE GUN FIRED IN BUDGET DEBATE**

Continued

When the Schooners Come in.

Our friends say conditions are so much better from a temperance standpoint. Well, you can get as many opinions on that point as people you meet. All you have to do is to go to any person and say: "What do you think of conditions now? Are they any better now than they were last June? Ask another fellow and you will get a different answer. There is no use in quoting one man's opinion, or even a number of men. But the general fact remains that liquor is still being consumed, drunks are still being arrested and people are still being jailed for selling it. Not so much, perhaps, is being sold through the Prohibition Commission, but it is still being consumed. That is the point. Those who cannot get it legitimately will get it illegitimately until next summer. Then the "ideal" situation of this Province for the enforcement of Prohibition will again be made most apparent to the public! Then you will see the schooners hanging off East Point and off my hon. friend's district from Murray Harbor; and the storehouses will be replenished. They are getting low at the present time, according to the Minister of Agriculture, he says it is very "dry" now. If so, he can be assured that they will be well replenished before the summer is over. The consequence is, of course, that those who cannot get liquor through the vendors will get it some other way—as they always did.

They are trying to do now what this Province has had ample experience of for the last twenty-seven years—that is, to put into effect this Prohibition Act, this great cure-all which is going to make our young people temperate, which is going to save money and make the Province rich and prosperous. The people will be asked to have their taxes increased by the Taxation Party which is now in power, according to their own admission, and we will be called upon to pay a little more for the enforcement of an Act which Canada in general and a great many other civilized countries of the world, after having given it a fair trial, have concluded is not a workable Act. We have a Premier in this Province who is going to do what all these other countries have failed to do—HE is going to make this Act "more workable," so he says.

It has never been explained yet what "more workable" means. As I pointed out to him before—the very point in dispute is the point which they do not propose to touch—that is the matter of doctors' prescriptions. That is the great point at issue between the Alliance and himself, between the Alliance and the Government. That is the point in dispute between the doctors and the Government. The Medical societies of this Province have waited on the Government and have told the Premier that they want to be relieved of the burden and responsibility of being the "goats" under the Prohibition Act. And that is the one point which they propose not to touch at all, but to leave just as it was. Well, I will tell the Premier this, that he is going to make a mistake, that if he is going to enforce the Prohibition Act, he will have to devise some other means. Someone else can take the roll of "goat" for a time. If he is going to appoint a new Commission and pay them salaries he can well give them the power and authority of filling doctors' prescriptions. But not he says. "If you do that, that is Government Control." It is the only reasonable way to do it, whatever it is, call it anything you like.

this Prohibition business. We are sick and tired of the whole farce. It has come now to the point when this Act is being amended, that there should be some relief from it for the Medical profession. We don't want to be put into the class of profiteers, to have aspersions cast upon us of every sort, because of the failure of the Prohibition Act. I wish my hon. friend from O'Leary was in his place now, because I want to deal with a reference he made last night. He said if the member from Charlottetown wanted to give as much morphine as he liked he would find the law would soon step in to stop him. I fail to see any parallel between taking a drink of whiskey and administering a dose of morphine. That is just the trouble with this whole business; you are trying to make it a criminal offense when the common sense of mankind has never regarded it in that way. The medical profession know the regulations regarding morphine and drugs of that sort just as well as anyone else, and we know that the Government does NOT regulate the dose of morphine or any other drug; it is left to our judgment. But the Prohibition Act is going to say how much liquor you shall use. What business have they to do that?

As I said before—and I have yet to find anyone who will correct my statement—the whole philosophy, the whole premise, of Prohibition, is wrong. You might as well try and legislate that people shall eat only so much, because if a man eats so much he is going to do harm to himself. You might as well try and legislate that every person shall go to church, because the Prohibition people are only going by their individual opinions on this matter, however sincere they may be, and are forcing others, whether they like it or not, to believe them and follow them, and, if they don't, to penalize them on the ground that otherwise they might do some harm to themselves.

**The Only Sin!**

The idea seems to be that drinking liquor is the only sin in the category. We are to have the law so arbitrary that if you get a bottle of liquor from the vendor and take some of it for sickness, and then get out of bed, and drink the rest of it when you are better, you are a criminal. That is the Act, and that is what we have been trying to change. They say our proposed amendment was a "machine," but if it was, it is not a machine that can compare with this invention that has been foisted upon the people of this Province.

One fact almost lost sight of is that when people cannot get liquor legitimately they will drink all kinds of stuff that is infinitely more injurious to their system. Thousands of men's lives have been lost in the past few years through those substitutes for liquor—more lives than ever Prohibition will save. There are no better judges of this fact than are the members of the medical profession.

One feature which we see in this new Act and which we do not like is that the general revenue is going to be invaded for it. The Premier has often made the statement that this Act is to be self-supporting. This is another point of difference between himself and the Temperance Alliance as to whether there will be enough revenue out of the Prohibition Commission to make the Act self-supporting or not. If there is not, then the revenues of the Province will be drawn from to make up the discrepancy, and I suppose we will have more taxes.

(To be Continued)

**Doctors Tired of the Farce.**

The Premier will find that the Medical profession in this Province is not going on being bothered by

**RHEUMATICS**

**How To Get Well**

Eat meat sparingly, and take but little sugar. Avoid intoxicants. Keep away from dampness. Drink water abundantly, and rely upon Nerviline as a quick relief for pain. "I proclaim Nerviline an infallible relief for rheumatism," writes S. A. Brunswick from Augusta. "After years of suffering I can say it is the most penetrating liniment I ever used. With Nerviline I have rubbed away all my aches and pains, and I urge others to use Nerviline for sore joints, stiffness, and muscular pain." All dealers sell Nerviline in 35c.

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For Every Purpose

Our business is not confined to one particular grade. We handle Coal for all uses, including home, public buildings and factories.

Telephone your wants to-day.

**W. D. GILLIS & CO.**  
PHONE 176

**Y. BOWLING**

The Zion team succeeded in defeating United in three hard fought games last week. United won the first game by a neat margin but Zion came back strong in the final games and defeated their opponents in each case by over 300 pins. In the first game United rolled the high score of 3020 while in the second Zion had 3135 and in the third 3017. On Monday evening at 7:00 Zion meets St. James, the winners of the section for the deciding games to the title of champions. It has been rumored that the St. James' team has had considerable practice lately and now feel quite confident of winning out. This week will tell the tale.

**L. O. C. Basketball**

An exciting game of basketball took place on the League Gym last night when two girl teams the "Grads" and "No-Names" met, the former winning out by a score of 31 to 16. It was a hard fought game with plenty of spills and thrills to make it still more exciting.

Line up:

GRADS	14
Hilda Praught	14
Vivian McGuigan	13
Gladys Walsh	13
Babs Leightner	13
Charlotte Creighton	13
Anna Sherry	13
Mary Creighton	13
Total	31
NO-NAMES	10
Florence Mallett	10
Isabel Mullins	10

**The Commerce and Transportation Building**  
CORNER BAY AND FRONT STREETS, TORONTO

Fire Proof and Concrete Construction Model Office and Store Building with Fire Proof Garage for 426 Cars.

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Please send me full particulars of how I may secure 7% and a share in the profits of the Commerce and Transportation Building, without any obligation on my part whatsoever.

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Which offer good interest and opportunities of substantial capital appreciation.

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which may be purchased outright for from \$10 up.

Lists free on application.

git Coyle ..... 4  
Bessie McQuaid ..... 4  
Dot Connors ..... 4  
Total ..... 16  
Referee—Ray Doyle.

**Canada To Assist Empire Migrants**

(Special to the Guardian)

OTTAWA, May 25.—Canada will spend a million dollars on the Empire Settlement Scheme this year, an increase of a quarter of a million over 1927.

The classes of migrants to be assisted under this scheme include:

- A. Married men, widowers and widows with their family who are coming to Canada to settle on the land.
- B. Single men coming as farm laborers, to whom no passage loan is made.
- C. Household workers.
- D. Juveniles between 14 to 17 years.

**Woman Performs Wedding Ceremony**

LONDON, May 26—A woman officiated at a wedding at Grimby Wesleyan Church recently. The parties were Miss Edith Dawson, of Scarthoe, and Sydney H. Kendal who is the widow of Rev. F. E. Ching, a Wesleyan minister at Grimby she was assisted by Rev.

**A Reliable Antiseptic**

Make sure no infection of cuts and wounds takes place, by applying Minard's Liniment.

**MINARD'S "KING OF PAIN" LINIMENT**

A. Stanley Burton, the Wesleyan Church is a rare number of ministers at the front. The performance of a wedding event nowadays, but it happened undertook their husbands' duties ceremony by a women lay agent in during the war, when the wives of a and officiated at marriage.

**Imperial Fox Food**

FOR PUPPIES

The wonderful success, following its use during the past three years, has clearly proven the superior merits of this IMPERIAL product to our experienced ranchers and they are planning on feeding liberally this season.

Our formula is specially adapted to the needs of the young and growing foxes, is rich in vitamins and a sure preventative of rickets.

IMPERIAL PUPPY FOOD is guaranteed to be strictly fresh.

Order early so as to be sure of receiving your supply in good time as a heavy demand is assured.

**HAUCK FIRE GUN**

We have the exclusive agency for this popular and highly efficient ranch disinfectant which is heartily endorsed by leading ranchers for clearing pens and houses of destructive parasites. Full information on request.

**IMPERIAL BISCUIT CO.**  
CHARLOTTETOWN  
P. E. I.



**Stop the trail of Danger!**

The steady drip of water from your radiator is the outward sign of certain engine trouble—overheating, scored cylinders and sloppy pistons. At the first sign of leakage pour a can of Whiz Radiator Stop Leak into your radiator. Instantly the leak will stop. Whiz Radiator Stop Leak is the most efficient preparation ever produced and is absolutely harmless to the cooling system.

Carry a can for safety.  
Ford Car Size, 50c;  
Large Car Size, 75c

WHOLESALE DISTRIBUTORS  
Canadian Fairbanks Morse Co., Ltd.  
Emerson & Fisher Ltd.  
Maritime Accessories Ltd.  
Saint John, N. B.

And for your tubes use Whiz All-Rubber Patch Outfit. It stretches with the tube and makes a permanent repair.  
Complete Outfit, 50c.

**Whiz**  
RADIATOR STOP LEAK

Made in Canada

**THE GABBS**

By Barrie Payne



ELMER, I'VE DECIDED WE NEED A NEW CAR—WHAT DO YOU THINK?

THAT LOUD NOISE YOU DON'T HEAR IS ME APPLAUDING!

BUT MY STARS, ELMER!—THAT OLD BUS IS A PERFECT DISGRACE!

I WON'T BUY A NEW CAR AND THAT'S POSITIVELY FINAL!

NOW THAT THAT'S SETTLED WE'LL KEEP ON ARGUING ABOUT IT!

GABBYGRAMS TO WED OR TO NOT? THE MEN WONDER WHAT IS THE ANSWER, THAT IF ANY FOR NO WIFE AT ALL IS NOT QUITE ENOUGH BUT ONE WIFE IS SLIGHTLY TOO MANY.

SEND IN YOUR GABBYGRAMS TO "THE GABBS" CARE OF THIS PAPER.