

SIR JAMES WATSON'S OPINION CONSIDERED VERY VALUABLE

He says that the commonest of all disorders, and one from which few escape is Catarrh. Sir James firmly believes in local treatment, which is best supplied by "CATARRHOZONE." No case of Catarrh can exist where Catarrhozone is used; it is a miracle-worker, relieves almost instantly and cures after other remedies fail. Other treatments can't reach the diseased parts like Catarrhozone because it goes to the source of the trouble and

long with the air you breathe. Catarrhozone is free from cocaine, it leaves no bad after-effects, it is simply nature's own cure.

Beware of dangerous substitutes offered under misleading names and meant to deceive you for genuine Catarrhozone which is sold everywhere, large size containing two months treatment costs \$1.00; small size 50c; trial size 25c.

The Central Guardian

IT PAYS to buy in this Province.

PEDDLERS' PARADE in Heartz Memorial Hall, to-night. Proceeds for Red Cross. 3830

K. O. C. MEETING.—The Knights of Columbus will hold their regular meeting this evening at 8 o'clock. 3834-11-9m11.

ATTRACTIVE POSTERS.—Messrs C. E. Fulford Ltd., Toronto, have attractive Zam Buk posters now displayed on the billboards on Rockford, Richmond, Great George and Grafton Streets. They are beautifully coloured and attract the attention of all passers by.

COLLEGE GIRLS' MEETING.—In Zion Church on Wednesday at 4.30 p.m., a special meeting for college girls will be held, and girls from the Business College and Prince of Wales College are cordially invited. There will also be a meeting on Wednesday evening at 8.30 o'clock.

ON FURLOUGH.—Private Lyman Wood, of the 4th University Company, now training at Montreal for the Princess Pats Regiment, arrived home Saturday night by the Empress, having been granted a five days leave absence, with his parents at Tryon. He expects to sail for England immediately on his return.

ISLANDER'S IMPORTANT POSITION.—Recent advices announce that Mr. Alfred Baines, who was electrician on the Earl Grey, and went to Russia with her, remaining in Archangel all the winter, keeping that port open for navigation, is now in England, and has an important position building aeroplanes. He has thirty men under him and they turn out 300 aeroplanes a week. The King paid a visit to the factory recently to inspect the work, and Mr. Baines was presented to him. The King shook hands with him and asked him all about his trip to Russia and seemed much interested in his experiences. Mr. Baines was a member of St. Peter's choir when he resided in Charlottetown.

READY FOR THE FOE.—The following letter has been received by Mr. and Mrs. Isaac Murley, from their son, Mr. C. Buller Murley, who left here for the front with the Sixth C.M.R.—October 22nd. This is my last letter from England for the present. I have been trying to think out a plan whereby I could convey the information to you, and "get by" the censors, but our captain has just informed us all that there is no further need of secrecy and that we may tell our relatives we are leaving England to-day. The Signalmen and the wireless operators are to be used to pack everything in our bicycles. It is much more convenient than carrying it on your back. We were supplied with identification disks yesterday, also handkerchiefs, and a protest against the putting green.

"How's that, my boy?" I cried. "Gee boss," he said, "if I had your strength and you had my brains what a pair we'd make."

THE BAZAAR and high tea at St. Joseph's Convent will be held as usual in the convent hall on the 24th and 25th inst. 3831

DISCOUNT.—Any person paying their electric light bill on or before Nov. 10th will receive the discount and thus save money. 3825

PEDDLERS' PARADE.—Buy something from the Peddlers to-night. Everybody is going to see them. 3833.

SUPREME COURT.—The Supreme Court of Assize and General Jail Delivery for Prince County will be held at the Court House, Summerside, on Tuesday, November 30, at 10 a. m.

RECORD BROKEN.—Last autumn the record for "bath" bathing in the harbour was held by Dr. Alley and Mr. Morris, who took their last dip on November 5th last year. This record has been broken yesterday by several citizens diving in from the top of the Hillsford heading "clubhouse" into the sea water. Providing the weather keeps moderate as at present, these dips will be continued at noon for some days to come. One of the professors of Prince of Wales College witnessed the swimming, and being fond of nature was filled with admiration. He promised the boys he too would like to join the party before the season closed in for swimming.

DON'T BUY CEREALS AS YOU DO MILLINERY.

When you buy millinery you choose something charming and pretty. But don't choose cereal foods because of their pretty appearance. A light, highly refined, fancy cereal, no doubt, looks prettier than the coarse, dark, nutritious. It is the dark parts, of the grains that contain the greatest nutriment—that best enrich the blood build up flesh, muscles, and bone, and stimulate the bowels and liver. Since flavoured cereals are also more delicious. If you select a cereal for food, value rather than for pretty looks, your first choice will certainly be Dr. Jackson's Roman Meal. At all live grocers, 10 and 25-cent packages.

SOLD \$150 BOTTLE OF WHISKEY TO SOLDIERS, AND WAS FINISHED IN THREE MONTHS.

MAMILLTON, November 5.—Albert Stewart, found guilty of supplying whiskey to soldiers, was fined \$500 for three months jail. Military Police-man Smith was also instrumental in bringing Stewart to justice. He found the prisoner in the middle of a bunch of soldiers and saw him hand a bottle of whiskey to them. He followed Stewart and sent for a civil constable who took him into custody. In the meanwhile the soldiers with the bottle got away. Private William Hislop said the prisoner asked them if they wanted a drink, and three of them paid 50 cents each \$1.50 for the bottle. C. W. Bell, who acted for the prisoner, said there was no use of going any further. It was a clear case, and the fine was imposed.

WHAT DO WE PLANT?

(By Henry Abbey)

What do we plant when we plant a tree? We plant a ship which will cross the sea. We plant a mast to carry the sails; we plant the beams to withstand the gales—A keel, a keelson, and prow and knee; We plant a ship when we plant a tree.

What do we plant when we plant a house? We plant the houses for you and me. We plant the pillars, the shingles, the floors. We plant the studding, the laths for the doors. The rafters and roof, all parts that be; We plant a home when we plant a tree.

What do we plant when we plant a tree? A thousand boons that we daily see; We plant a spire to out-climb the flag; We plant a staff for our country's staff; We plant a shade, from the fierce sun free; We plant all wealth when we plant a tree!

TURN OVER TIME

When Nature Hints About the Food.

When there's no relish to food and all that one eats doesn't seem to do any good, then is the time to make a turnover in the diet, for that's Nature's way of dropping a hint that the food isn't the kind required.

"For a number of years I followed railroad work, much of it being office work, and I was trying to get a few more out of it, but I was eating too much and too quickly of food such as is commonly served in hotels and restaurants, together with the sedentary habits, were not long in giving me dyspepsia and stomach trouble which reduced my weight from 205 to 160."

"There was little relish in any food and none of it seemed to do me any good. It seemed the more I ate the poorer I got and was always hungry before another meal, no matter how much I had eaten."

"Then I commenced a trial of Grape-Nuts food, and was surprised how a small saucer of it would carry me along, strong and with satisfied appetite, until the next meal, with no sensations of hunger, weakness or distress as before."

"I have been following this diet now for several months and my improvement has been so great that others in my family have taken up the use of Grape-Nuts with complete satisfaction and much improvement in health."

"Most people eat hurriedly, have lots of worry, thus hindering digestion and therefore need a food that is pre-digested and concentrated in nourishment."

"There's a Reason." Name given by Canadian Postman Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

SEVERE RHEUMATIC PAINS DISAPPEAR

Rheumatism depends on an acid in the blood, which affects the muscles and joints, producing inflammation, stiffness and pain. This acid gets into the blood through some defect in the digestive process. Hood's Sarsaparilla, the old-time blood tonic, is very successful in the treatment of rheumatism. It acts directly, with purifying effect, on the blood, and improves the digestion. Don't suffer. Get Hood's today.

NO MEETING.—The regular meeting of the City Council was not held last night on account of the absence of a number of councillors.

PEOPLE'S THEATRE

A varied programme of thrilling interest was that given at the People's Theatre last evening. The "Exploits of Elaine" dealt this week with present-day pathological problems, including the "Twilight Sleep." The effects of hypodermic injections of scopromatin are revealed in the Hillside Sanatorium and the "Clutching Hand" works his will on Elaine during a nocturnal visit. Dr. Kennedy the scientist scents the villain's work and puts Elaine under the influence of the drug and she reveals the "Hand's" work, and Kennedy receives another "last warning" from the "Hand."

In "The Fox Trot" the two willy boys have a terrific time of it in the hotel bedroom and in the dancing hall below. The missing trousers lead to a wild whirl of escapades that made some furious fun.

Teisen has another string of "Hazards." The two villains plot to secure the \$8,000 diamond necklace and earrings and the unaccompanied train is saved by Helen's wild leap from the motor car on to the flying train.

In "The Broken Chain" Kitty has more than her "bit" of thrills. The candid waiters have a terrible time with her, and she grows more dilapidated than ever. Count Frederick falls into the hands of a rival tribe at the other end of the island and saves their friendship. The tribe plots an attack on their enemies, who are preparing Kitty as a sacrifice to the fire. Pinned on the outstretched arms of the cannibals she is about to be plunged into the raging flames when—

PERSONALS

Mrs W. S. Louson has returned from an extended visit to Montreal.

Rev. Mr. Fulton, city, went over to Sackville, N.B., yesterday morning.

Mrs (Senator) Murphy will be at home to her friends at her residence, Tignish, on Thursday the 14th inst.

Mr. and Mrs. George D. Jenkins of Mt. Herbert have arrived home from Bedouque where they spent a pleasant week visiting their son Walter and Mrs. Jenkins.

CASTORIA

For Infants and Children. The Kind You Have Always Bought. Bears the Signature of Dr. J. C. H. H. H.

People's Theatre MATINEE DAILY 3 p. m. Admisson Matinee 5c Night Adults 10c Children 5c

EIGHTEENTH EPISODE OF The Broken Coin "The Underground City"

With Grace Cunard and Francis Ford

The Hazards of Helen The Fox Trot Craze A Hysterical Comedy

For Complete Program See Evening Papers

Our Stove Display Is Unsurpassed on the Island

This Is A Complete Stove Store



We invite you to come and see our large stock of Heating Stoves and ranges. In buying a stove or range it is generally a serious matter—except here. Unlike most stores who confine themselves to a single make, we offer you the latest designs of all the acknowledged manufacturers of Canada to choose from.

Remember, we handle the genuine **New Burrell Johnson Iron Co's.** Silver Moon Base Burners, the best finished and heaviest Silver Moon on the market.

Also McClary's famous Heating stoves and ranges, and all the latest types of fixtures.

Actual comparison with the prices asked elsewhere will convince you of the lowness of our prices. We are making a special showing on the things required to make your home comfortable and cosy for the coming winter, and our prices are within the means of everyone.

See our line—Get our prices.

The Rogers Hardware Co. LIMITED. Wholesale and Retail

Prince Edward Theatre
ALL THIS WEEK
Klark-Urban Co.
MATINEE TODAY
"The College Girl"
TONIGHT
"The Squaw Man"
High Class Vaudeville Between Acts
PRICES MATINEE 10 and 20c
EVENING 50c, 35c and 25c
SEATS ON SALE AT JAMIESON'S AND RANKIN'S DRUG STORES

IRRESISTABLE
John D. Rockefeller tells this story on himself.

"Golfing one bright winter day, I had for a caddy a boy who didn't know me. An unfortunate stroke landed me in a clump of high grass.

"My!" I said. "What am I to do now?"

"See that tree there," said the boy, pointing to a tall tree a mile away. "Well drive straight for that."

"I lofted vigorously, and, fortunately, my ball soared up into the air, it landed, and it rolled right on to the putting green.

"How's that, my boy?" I cried. "Gee boss," he said, "if I had your strength and you had my brains what a pair we'd make."

Coal

Hard and Soft All Kinds of The Best Quality and Lowest Prices at **Geo. E. Full's Coal Yard** Phone 278

Thin Folks Who Would be Fat
INCREASE IN WEIGHT TEN POUNDS OR MORE.

"I'd certainly give most anything to be able to fat up a few pounds and stay that way," declares every excessively thin man or woman. Such a result is not impossible, despite past failures. Most thin people are victims of malnutrition a condition which prevents the fatty elements of food from being taken up by the blood as they are, when the powers of nutrition are normal. Instead of getting into the blood, much of the fat and flesh-producing elements stay in the intestines until they pass from the body as waste.

To correct this condition and to produce a healthy, normal amount of fat, the nutritive processes must be artificially supplied with the power which nature has denied them. This can probably best be accomplished by eating a Sargol tablet with every meal. Sargol is a careful combination of six splendid assimilative agents. Taken with meals they mix with the food to turn the sugars and starches of what you have eaten into rich, blood-nourishment for the tissues and pipe and its rapid effect has been in many cases reported remarkable. Reported gains of from ten to twenty-five pounds in a single month are by no means infrequent. Yet its action is perfectly harmless. Sargol is sold by all druggists everywhere and every package contains a guarantee of weight increase or money back.

NOTE:—Sargol is recommended only as a flesh builder and while excellent results in cases of nervous indigestion, etc. have been reported, care should be taken about using it unless a gain of weight is desired.

DID YOU GET A PAIR OF OUR \$5.00 for \$3.95 Men's Fall Boots

We had a 120 PAIRS but they are going out quickly and every purchaser of a pair is pleased—TWO PATTERNS—ALL SIZES

We are clearing out this week. 50 Pairs Ladies' Gaiters WERE \$1.15 and 85 cents **NOW 49 Cents** **Morris-Smith-Beer**

ANOTHER ISLANDER DEAD.—Private Talmage Lawson, son of the Charlottetown is among the many young men who have given up their lives gladly for their country. Private Talmage Lawson was one of the proprietors of the *Saskatoon Daily Star* of the West; he was also practically a millionaire, and owned most valuable property than he knew what to do with. He was a son of Rev. S. G. Lawson, a Presbyterian minister, a native of Charlottetown, P.E.I., who died in 1913 in Saskatoon. The family came out to the prairies in the hard old pioneering days, and Talmage Lawson became a cowboy, later renowned for his skill with the rope, the gun, and for gentleness with his cattle. Then he became a rancher, and ultimately sold his ranch near Calgary, to take up a homestead near what is now Saskatoon. Then he acquired more land and more land, and one day Saskatoon woke up to find a man growing rapidly, and Talmage Lawson woke up to find himself rich enough to do as he pleased. Then he made some more money in city lots, still holding on to his farm—a whole section between Saskatoon and its suburb of Factoria. His brother, Oliver Lawson, owns the section adjoining. Another brother, Newton Lawson, is in training at Sewell. Talmage was 31 years of age and unmarried.

DR PRINGLE'S LETTER.—Dr John Pringle of St. Andrew's Church, Sydney, N.S., chairman of the committee, a letter to be read to the Synod of the Maritime Provinces while in session in St. John early in October. The letter did not arrive in time to be read as intended, but appears in last week's issue of the Presbyterian Witness. It is a straightforward, manly letter from start to finish, and cites many interesting incidents in his experience during the past year. Speaking of the war generally, he goes on to say: "I have been a pronounced optimist ever since the war began, and am still. I began the year seeing God and Righteousness at our side in this struggle, and was able to say to myself and others, as the prophet said to Jehoshaphat of old. 'This battle is the Lord's.' Disasters have not there, now, and again, the death of friends and comrades, the sorrows of the people at home, my experience among the wounded, sick and dying, all these have touched by heart and made me full of sorrow. I know it may come nearer still, for my wife is in the trenches, and I hear the rattle of the rifles on his front as I write. But I cannot be depressed or made pessimistic or doubtful of the issue. We are going to win this fight for justice and freedom, and my children and yours shall know nothing more of war except by hearsay. . . . The heart of Britain beats true and strong as of old, in sympathy with the things that are best. He who judges Britain by the conditions in her social and national life which we all deplore, is judging the depth and strength of the stream by some of its blind and sluggish sloughs. . . . Let every fit man in Canada give his own proof of the coherence, in this crisis, of the different parts of Empire by calmly looking sacrifice and death in the face and saying resolutely, Here am I, send me."

Hartt Shoes
\$5.00 \$6.00 and \$7.00
Hartt Shoes are in a class by themselves. Built without a fault in a factory that specializes only on Men's High Class Shoes. See our window display

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We are now in a position to handle all kinds of Job Printing at short notice. Give us a call with your next order and be convinced.

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We carry a large stock of Writing and Printing Papers all colors to select from, Card Boards, Cover Papers and Tag Board. Prompt deliveries and lowest prices.

Charlottetown Guardian

Charlottetown, P. E. I.