

**Are You Intoxicated?**  
The question is not as impertinent as it sounds. You may be a real teetotaler and yet be "intoxicated"—that is, poisoned by the gases that come from imperfect digestion. The products of food putrefaction are taken up by the blood and often poison the entire system. Cut out meats and starchy foods for a while. Eat **Shredded Wheat with milk or cream for breakfast**; eat it with stewed fruits and green vegetables for dinner or supper. It will cure auto-intoxication and make a new man of you. All the meat of the whole wheat in a digestible form. A perfect meal at lowest cost. Made in Canada

**The Western Guardian**

—IT PAYS to buy in this Province

—LADIES' Spring Suits Including New York Models at HOLMAN'S, Summerside. 4578-2-28ME21

—SAVE money on shoes by buying Regals \$5.00 to \$6.50 per pair for sale by Sinclair & Stewart, Ltd. 4599-3-1M21E11.

—BUTTERICK PATTERNS.—The new Spring designs now on sale at our pattern counter. Sinclair & Stewart, Ltd. 4599-3-1M21E11.

—ANNUAL MEETING of "Kensington Egg Circle" will be held in the Temperance Hall Friday, March 2nd at 7.30 p. m. 4602-3-1ME11.

—LECTURE.—Hon. John H. Bell Summerside will deliver his popular lecture on Canada and the Empire under the auspices of Tyne Valley Red Cross Society in Britannia Hall, Tyne Valley on Thursday evening, March 8th. 4603.

—BOXES ARRIVE SAFELY.—Word has been received by the members of the "Pollyanna Class" O'Leary, announcing the safe arrival in England of the Christmas boxes sent by them on November 15th, 1916. These boxes were the proceeds of two very successful birthday parties held in the Orange Hall, on November 7th and 9th, respectively, at which the sum of fifty dollars was realized. The boxes, thirty in number, were sent to Corporal Ira Ellis of the 105th Battalion, to be delivered to the boys of O'Leary, and vicinity, serving in England, and France. The girls of the Class wish to thank the people of Union Vale, Knutsford, and O'Leary who so kindly contributed to this worthy object.

**RHEUMATISM GOES IF HOOD'S IS USED**

The genuine old reliable Hood's Sarsaparilla corrects the acid condition of the blood and builds up the whole system. It drives out rheumatism because it cleanses the blood thoroughly. It has been successfully used for forty years.

For rheumatism, stomach and kidney troubles, general debility and all ills arising from impure blood, Hood's has no equal. Get it from your nearest druggist today.

—DON'T MISS THE IRISH DELECTIVE at Central Bedouque Hall Tuesday evening, March 6th. A surprise in every act, a laugh at every turn. 4614-2-29M11.

—CIVIC ELECTION.—The civic election in Summerside on Tuesday resulted as follows: Councilors, Thomas Carruthers, 369; John Boates, 321; P. G. Clark, 299; Chas. R. McLehlan, 291; E. W. Manson, 256; E. H. Monkley, 221. The first three being elected. Water Commissioners, R. H. McDonald, 272; Daniel McNeill, 266; the former being elected. The Mayor, Mr. James A. Morrison, was elected by acclamation on Nomination Day. There were 626 votes polled. —C.

—S. S. SABLE NOT SOLD.—In answer to an enquiry by the Summerside Board of Trade as to the report that the steamer Sable had been chartered for the summer and would therefore not be available for the service between the Island and Newfoundland the Secretary, Mr. R. H. McDonald, received word yesterday from the owners, Messrs Farquhar & Co., Halifax, that this report was incorrect and that the Sable would likely be on the route during the coming season. The Board of Trade was also informed by the Minister of Railways that in the event of the Car ferry not being in commission between Port Borden and Tormentine, the Northumberland would be retained on the Summerside Pt. du Chene route. —C.

**DREADED NEURALGIA**

Most people think of neuralgia as a pain in the head or the face, but neuralgia may affect any nerve in the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease are the same. The cause being the same, the cure to be effective must be the same. The pain in neuralgia is caused by starved nerves. The blood which carries nourishment to the nerves has become thin, and impure and no longer does so, and the pain you feel is the cry of the nerves for their natural food. You may ease the pains of neuralgia with hot applications, but you can only cure the trouble by enriching and purifying the blood. For this purpose we know of no medicine that can equal Dr. Williams' Pink Pills. These pills actually make new, rich blood and thus act as the most efficient of nerve tonics. If you are suffering from this most dreaded of troubles, give these pills a fair trial, and see how speedily you will be restored to good health. You can get Dr. Williams' Pink Pills from any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**People More Particular**

THE demand for package goods grows greater every year. Why? Because the world is ever growing more and more particular about foods.

Packages keep the goods in wholesome, sanitary condition. They keep out dust, flies, moisture and odors, preventing deterioration.

They preserve flavor, freshness and strength—insuring value for the money.

**REDROSE TEA** is good tea

In Sealed Packages Only

NO U. S. MAIL IN ENGLAND SINCE FEB. 6.

LONDON, Feb. 23—As an example of the effect of the submarine warfare in paralyzing the trade of the United States, it may be pointed out that no mail has been received in England from the United States since Feb. 6. The mail from Canada is still coming through.

Officials of the foreign mail service at the Boston post office said today that since the order that all European mail shall be routed by way of New York went into effect, nothing is known regarding the arrival of mail matters sent from Boston to various points in Europe.

No word has been received in Boston as to whether any of the mail from that city has reached its destination during the past three weeks, nor is any such word expected while the present arrangement is in effect.

Postal officials were unable to state whether matter mailed for Europe by way of Montreal, Halifax or other Canadian points would be surer of reaching its destination.

—TWO CENTS per word each insertion for advertising in this column. Cash must accompany order. Minimum charge twenty-five cents.

—THE MORNING DAILY Guardian can be obtained at Lavery's Tensorial Parlors, Summerside.

—SHOES.—Are you wearing Regals. See the new stock at old prices. Sinclair & Stewart, Ltd. 4599-3-1M21E11.

—NEW STOCK of beautiful Silk Ribbons in plaids, stripes, checks, floral, paisley and Dresden effects; also narrow fallie trimming ribbons. HOLMAN'S, Summerside. 4578-2-28ME21.

—SEE OUR 25c assortments of WOMEN'S LACE COLLARS in a large show-case, some hemmed, others hem-stitched, insertion trimmed, assorted lace edges; still others in Jap silks. Choose from the lot, 25c. HOLMAN'S, Summerside. 4578-2-28ME21.

—NEW IMPORTED SILKS, including Crepe de Chine, Georgette Crepe, Ninons, Habutal, Fashion Silks, including plain shades, sport colors, sport stripes, coin spots and Paisley, effect. See our new showing of imported silks. HOLMAN'S, Summerside. 4578-2-28ME21.

—CONCERT AND PIE SOCIAL.—On Monday the 12th of February was the scene of an enjoyable party held under the auspices of the Mont Carmel branch of the Women's Institute in aid of Mont Carmel Church. The hall was replete with people from the parish and the neighboring sections, all eager to participate in the enjoyment of the evening. Forty-one pies were furnished by the ladies of the Institute and others. The programme was as follows:—Music by Mrs. T. L. Polier, Solo by Rev. M. Monaghan. "La Mera Robat Jole" a play in one act. Song, "La fleur au Sauvage" by the young gentlemen and ladies. Solo by Father Monaghan. Solo by Mrs. Philip Arsenault. Solo by Rev. M. Monaghan. Play entitled "Loo Docteur Gratiis" in one act and three scenes. Solo by Rev. P. P. Arsenault. Solo by Rev. Father Monaghan. Solo by Mr. J. J. Arsenault. Solo by Mr. Guillaume Arsenault. "La Petit Bradeuse" a play in one act. Rev. P. C. Gauthier and Mr. Bertram of Montreal also contributed largely towards making the evening an enjoyable one by singing a few solos which they rendered in a degree of perfection. At the conclusion of the enjoyment of the sale of the pies was announced and the eager bidders made it interesting for the Auctioneer. The round sum of over \$50.00 was realized. But this was only a repetition of the one held last week before also in aid of Mont Carmel Church which on account of the bad roads did not permit the further away people to attend, hence the reason why it was held a second time. But notwithstanding the circumstances, the former had realized \$45.00 which makes a total of well nigh one hundred dollars. The ladies of the Institute in particular and others who helped are to be congratulated on their enthusiasm and initiative towards the society.—R.

**No More Corns**

Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putman's Painless Corn Extractor. Sold everywhere. 25c per bottle.

**CURE GUARANTEED**

Never known to fail; acts without pain in 24 hours. Is soothing, healing; takes the sting right out. No remedy so quick, safe and sure as Putman's Painless Corn Extractor. Sold everywhere. 25c per bottle.

**GIRLS! HAVE WAVY, THICK, GLOSSY HAIR FREE FROM DANDRUFF**

Save your hair! Double its beauty in a few women's—try this.

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots fashish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a 25 cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?



**Wincarnis gives New Health to all who are Weak, Anaemic, Nervous, Run-down**

**DON'T let your life be clouded by indifferent health. Don't let ill-health steal your good looks. Don't remain weak, or anaemic, or nervous, or run-down. Don't suffer needlessly. Get well the Wincarnis way—the quick, sure, and safe way to new and vigorous health.**

Wincarnis is the quick way, because the benefit begins from the first dose—the sure way, because it has given new health to countless thousands of sufferers for over 30 years—the safe way, because it does not contain depressing drugs. Wincarnis is recommended by over 10,000 Doctors, because it possesses a four-fold power in producing new health. It is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all in one. Therefore it promotes new strength, new blood, new nerve force and new vitality.

This life-giving Wincarnis is the one thing you need when you are Weak, Anaemic, Nervous and Run-down. Because Wincarnis quickly brings back your old-time vigor—gives a sparkle to your eyes—and coaxes the roses back to your cheeks. You look well—feel well—eat well—sleep well—and can revel in the new health and new life Wincarnis creates. But, remember, that only Wincarnis can give you this new and vigorous health. Imitations only waste your money and disappoint you.

Remember that Wincarnis is not a new untried preparation. Wincarnis has an unrivalled reputation of over 30 years' standing. Begin to get well now. Buy a bottle to-day. Imported only in two sizes—90c. and \$1.50 per bottle.

**Wincarnis**

ASK YOUR DOCTOR

GET IT AT YOUR DRUGGIST'S

Pints 90c. Quarts \$1.50

FRANK S. BALL, Resident Director, 67 PORTLAND ST., TORONTO 31

**Wilson's INVALIDS' PORT**

(a la Quina du Perou)

Recommended by hundreds of Physicians

Absolutely no Alcohol is added.

BIG BOTTLE ASK YOUR DOCTOR ALL DRUGGISTS

**Catarrh Cannot be Cured**

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must use an internal remedy. Hall's Catarrh Cure is taken internally, and acts through the blood on the mucous surface of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.

All Druggists, 75c.

Hall's Family Pills for Constipation.

**HOTEL ARRIVALS**

REVERE HOTEL.

R. S. Roadhouse, Toronto.  
A. M. Piper, Toronto.  
W. H. Fisher, Montreal.  
M. Kelly, Toronto.  
J. R. Bigger, Cleveland, Ohio.  
E. B. Scott, Detroit.  
R. H. Morrison, Summerside.  
E. Wood, Pownal.  
H. C. Van Wart, St. John.  
E. H. Cunningham, Montreal.  
A. F. Arsenault, Summerside.  
Miss A. Poryer, Cleveland, Ohio.  
Horace Wright, Bedouque.  
Jas. O'Connor, Clinton.  
Jas. F. Profit, Kensington.  
P. F. Hughes, Emerald.  
W. M. Lee, Victoria.  
J. W. Wolley, Bedouque.  
H. D. Dobie, Arlington.  
Alex. Hamilton, New Perth.  
Chas. J. Cooke, Kensington.  
C. M. Howatt, Kensington.  
Jas. N. Hall, Kensington.  
J. H. Simpson, Bayfield.  
M. Bell, Halifax.  
C. L. Toombs, Halifax.  
C. J. Gibson, Halifax.  
Theodore Ross, North Bedouque.  
C. E. MacKenzie, Milton.  
T. C. Owens, Truro.  
E. V. Clarke, Halifax.  
J. Madeson, Malpeque.  
C. T. Ferguson, Marshfield.

**Notice to Contractors and Builders!**

We have on sale all grades of Shingles and finished Lumber at lowest prices Give us a trial and be convinced.

**Hartle O. Bowness**

Kensington

4507-2-22MThuSms41.

**Casserole Cookery**

is the refinement of good taste. Excellent dishes are prepared and superior results secured, by this method. See the good values we can offer you today in Casseroles.

**LACK & CO.**

Sunnyside.

**WANTED**

Wanted to hasten the end of the war.—Skilled Railway Employees.

	PAY	\$1.00 per day extra
Engineers	\$1.10 and	75c per day extra
Firemen	1.10 and	70c per day extra
Conductors	1.10 and	70c per day extra
Brakemen	1.10 and	70c per day extra
Mechanics	1.10 and	70c per day extra
Clerks, etc	1.10 and	70c per day extra
Operators	1.10 and	70c per day extra
Yardmasters	1.10 and	70c per day extra

This unit for the manipulation of the Canadian Railways now being installed. Men urgently wanted at once. Mobilization quarters at Montreal. Apply to Major Fullerton, Recruiting Office, Market Building. 4613-3-1M31.

**You Save all Along the Line When TRAINOR Does Your Plumbing**

You have less bother and trouble, no disappointment, and you save in real available cash, when TRAINOR attends to your plumbing.

The next time you want the best in good plumbing, telephone Trainor—either 393 J or 294L.

**FRED H. TRAINOR**

80 Grafton St.

**BRINGING UP FATHER**

