

How Thin People Can Put on Health

A NEW DISCOVERY Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick to your plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over. Your nutritive organs, your functions of assimilation, are sadly out of gear and need reconstruction. Cut out the foolish foods and funny sawdust diets. Omit the flesh cream rub-on. Cut out everything but the meals you are eating now and eat with every one of those single Sargol tablets. In two weeks note the difference. Five to eight good solid pounds of healthy, "stay there" fat should be the net result. Sargol charges your weak, stagnant blood corpuscles—gives the blood the carrying power to deliver every ounce of fat-making material in your food to every part of your body. Sargol, too, mixes with your food and prepares it for the blood in easily assimilated form. Thin people gain all the way from 10 to 25 pounds a month while taking Sargol, and the new flesh stays put. Sargol tablets are a scientific combination of six of the best flesh-producing elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive, and all druggists sell them subject to an absolute guarantee of weight increase or money back.

DAILY SELECTIONS FOR GUARDIAN READERS

COINING KINDNESS INTO DOLLARS. The circular letter which Mr. E. J. Chamberlin has sent out to the 50,000 employees on the Grand Trunk system with a view to still further popularizing the service, is one of the most remarkable messages a railway president has ever issued to his subordinates. Here is a clause which contains the essence of the message: "The railroad man has a great opportunity for passing out kindness and good will. He comes in contact with every kind and condition of individual. The old, the young, the rich, the poor, the illiterate, the learned, the happy, the prosperous, and those in defeat, saturated with

THE CENTRAL GUARDIAN

IT PAYS to buy in this province. PROPERTY SALE.—Mr. George Tweedie, of Alberton, has purchased from Mr. Justice Fitzgerald the latter's residence on the Mount Edward Road.

LOBSTERS PLENTIFUL.—Mr. Farquhar McRae, of McRae Brothers, the well-known lobster packers and exporters of Canoe Cove, reached the city yesterday, in the spawn boat, D. G. McRae Mr. McRae reports the lobster fishing in the South Shore as being exceptionally good this season, one of their boats having taken as much as 1,000 lbs. of lobsters on Tuesday.

INSTITUTE MEETING.—An appreciative audience greeted the Supervisor, Mrs. Dumbrack, and her assistant, Miss Macdonald, at Cornwall School on Monday, June 1st, when the latter gave an interesting discourse on millinery, explaining the art of being well and becomingly dressed in that line with the least possible expense. The ladies showed great enthusiasm and the meeting was a success. This is one of the most progressive institutes, and funds are now on hand from the proceeds of the Valentine Tea held last winter and it is proposed to make some much needed improvements to the Cornwall Hall. The subject for next meeting to be held in York Point School will be "Summer Deserts."

sorrow and distress; he sees them all and through intuition knows to which class they belong. A smile, a kind word, or a kindness done to any of these cannot fail to leave its impression for good, and this good cannot help but expand. Try it. This is possible for the first instance in which a railway president has made an attempt to coin kindness into dollars. It exemplifies a new and growing spirit in all lines of business. The proportion of corporations that "have no soul" is growing less and less every day. It is recognized now that the highest efficiency and the greater success are not obtained by drastic application of impersonal methods, but by the heads of enterprises getting into personal touch with the men, and by those employees who are brought in contact with the public, serving the public with cheerful mien and sympathetic attitude. We hope railway men generally will take to heart President Chamberlin's recommendation of "a smile, a kind word, or a kindness done." Indeed that advice might profitably be adopted in all lines of business for wherever friction is removed efficiency is at its highest.

MOTOR SUPPLIES.—The Island Motor Supply Co. wish to call their patrons' attention to the fact that they will be supplied with filtered gasoline at their station, at twenty-five cents per gallon.

HEAVY GALE.—A severe wind storm blow over the city yesterday morning and made its influence felt among craft making the harbour, some of which had some difficulty in reaching safe anchorage. One of these vessels was the spawn boat D.G. McRae, which arrived yesterday from Canoe Cove, and reports having experienced an unusually tempestuous trip. The staunch little craft, which is owned and commanded by Capt. Thomas Elsie, however, weathered the gale splendidly. No disaster, happily, however, has as yet been reported.

FOX BREEDERS MEET.—The Executive of the P. E. Island Fox Breeders' Association held a meeting in Summerside last evening in the office of Mr. A. C. Saunders, to confer with Dr. Higgins, Pathologist, Dominion Department of Agriculture, Ottawa, who had recently visited a number of fox ranches throughout the province. There were present at the meeting, in addition to members of the Executive, Premier Mathieson, Dr. Black, Dr. Alex McNeill and Mr. Charles Rogers, Summerside. Dr. Higgins gave a most interesting and instructive report of the conditions met with in the ranches visited and much valuable information relative to the care of foxes, fuller reference to which will be given in a future issue.

THE PRINCE EDWARD.—A good program of pictures was put on at the Prince Edward Theatre last night, the feature being an elaborate three-reel detective story, "The Diamond Master," in which there was an interesting streak of love. A clever thief who manufactured "diamonds" convinced the expert jewelers of New York of the genuineness of his manufacture and on a threat to oust them from their business by producing diamonds "as cheap as dirt" he obtained \$10,000.00 from them and "clips" with his sweetheart. They are unable to operate his diamond-making machinery and in the result both they and their detectives are "left." "Alkali Ike" was responsible for unusual laughter and Miss Blaisdell sang a pretty song.

SUNDAY SCHOOL WORKERS.—There was a meeting of Sunday School workers at Zion Church school room last night at the close of the prayer meetings of the city Churches. Rev. G. C. Taylor, President of the Charlottetown District Sunday School Convention, presided. Rev. W. A. Ross spoke on the proposed Girls Conference. Mr. Wesley Steele also spoke briefly. A Committee was appointed to co-operate with the girls of the city, in reference to the holding of a conference for the province early in August in the city. There will be a meeting of the girls of the Sunday Schools with the Committee on Monday evening. Rev. W. A. Ross will be present. The Superintendents of the city schools are asked to appoint one lady delegate and a number of girl leaders for the meeting on Monday night.

BOYS WORK.—The Conservation Committee, who are promoting the Boy's Work under Mr. Wesley Steele, throughout the Province, met yesterday afternoon in the Y. M. C. A., building in connection with the Executive of the P. E. I. Sunday School Association. Mr. Steele, gave an interesting and inspiring report of the progress of the work and testified to the hearty co-operation of clergymen and teachers in rural districts. Many words of appreciation of the work were spoken by those present and the hope expressed that Mr. Steele's services could be retained to carry on the work. Rev. W. A. Ross, General Secretary of the Sunday School Association, spoke of New Brunswick being anxious to secure Mr. Steele's services to organize the boys work there as well as in the province of Nova Scotia.

INTER-MARITIME MATCH.—The Nova Scotia and New Brunswick teams for the Inter-Maritime Rifle Match, which takes place on Kensington Range this morning, arrived in Charlottetown last night. The Nova Scotia contingent came on the S.S. Northumberland via Pictou and are as follows: Lieut.-Col. Flowers, Capt. H. G. Dunbar, Capt. J. E. Barron, J. C. Crudman, Lieut. W. Murray, W. W. McPherson, A. McKenzie, T. McCallum, W. P. Spencer, N. B. Coates, M. G. Goudey and J. Burnham. The New Brunswick team arrived by the late express. It consists of Messrs. J. S. Frost, J. F. Archibald, J. T. Downey, Q. V. Venn, Jas. Sullivan, C. A. Estey, W. Cranley, H. M. Smith and W. E. Forbes. The Match commences at 10 o'clock.

HOTEL ARRIVALS VICTORIA C. E. Patterson, St. John; I. C. Barnes, Sackville; W. H. Prowse, Murray Harbor; John S. Porter, Toronto; S. S. Runciman, Portland, Me.; H. L. Hewson, Muriel Hewson, Amherst; W. F. Montgomery Summerside; A. M. Rogers Montreal; Mrs. E. K. Betty Ottawa; T. Hudson, Pictou; A. C. Jardine, St. John; J. D. Lynn, Toronto; P. A. Wallan, Halifax; S. D. Haskett, Montreal; K. I. Milwaukie, Wis.; S. S. Kahn, Toronto; H. R. Coffin, Toronto; E. M. Peer, Jos. Kieve, Toronto; H. E. M. Kay, Toronto.

THE PEOPLE'S THEATRE.—Applauded gradually, as the best furred appreciative audiences were in attendance at both shows at the People's Theatre last evening and witnessed a splendid all-round show. A two-reel cinematograph film, "The Masked Dancer," was the feature, being a story of mining life in Mexico, showing how a wife outwitted her husband and his innamorata, and finally won back her husband and his love. Thrilling climaxes abound in this film, which must be seen to be appreciated. "The Sorority Initiation" was somewhat out of the ordinary run of dramas, being different in plot and theme from those usually shown. "Into the Weak," a powerful sociological drama of moral regeneration by the flying A. featuring Ed. Caxon and Ida Lewis, was exceptionally good, and last but not least, was the Popular Serial "Who will Marry Mary?" "A Proposal Deferred" being the fifth story of this interesting series, and very probably the best one to date. Miss Clark was well received in her vocal numbers. To-night the "Masked Dancer" and "A Proposal Deferred" will be shown for the last time with additional two new reels, making up a program which all should see.

INTERESTING ARTICLE.—The current issue of the Canadian Farm contains a full-page illustrated article entitled "An Inside View of Fox Farming on Prince Edward Island," describing how ranches are built and managed, ranch conditions, food cost, etc. The article, which is by a staff correspondent of the Canadian Farm, glances at the future of the fox industry, and states that the annual increase of foxes is estimated at one hundred per cent. Even with this increase the enormous demand for stock will build up high prices for a few years. Eventually prices will drop to the belt basis and then be ruled by the laws of supply and demand. Some people predict that the drop will

S. A. McDonald The Islands Leading Store

Great June Sale of Whitewear Whitewear 20 p. c. Discount

Our whitewear sale opens on this morning. We are giving a special discount of 20 per cent of all the lovely whitewear imported by us from one of the largest and most sanitary whitewear factories on the Continent.

This sale includes embroideries, laces, white cottons, sheetings, pillow cottons and all yard goods.

This sale of whitewear will be the greatest June white sale ever conducted by us. All our white cottons subject to 10 per cent discount during our white sale.

Laces and Embroideries 20 p. c. Discount

Embroideries and laces imported by us direct from Switzerland, at rock-bottom prices for spot cash. Every width, every design, every price, going during our great ten days sale of whitewear at 20 per cent discount.

Ladies Waists

At the present moment we have in stock \$3,000 worth of ladies' waists, all designs and prices, all sizes, in silk, net and lawn, during the great white sale at 20 per cent discount.

Pillow Cottons

Very special values, imported direct from the makers, on sale now less 20 per cent.

Bleached Sheetting

The best value in the City at our regular prices, with the 20 per cent discount makes it a real snap.

40 inches wide 25c less 20 p. c. discount
42 inches wide 25c less 20 p. c. discount
44 inches wide 28c less 20 p. c. discount
42 inches wide 30c less 20 p. c. discount

White Table Linen

We have in stock a very complete line, in prices at 50c, 65c, \$1.25, \$1.65, \$1.75 per yard, during white sale, discount of 20 p. c.

Princess Slips

A dainty line of these goods in their snowy whiteness some finished with lace yoke and lace flounce at \$1.15, 1.35, 1.50, 1.85, 2.20, 2.35, 2.25 at 20 per cent discount during the white sale.

Corset Covers

Now fresh direct from the factory to us, finished with lace and embroidery insertion, at 35c, 40c, 50c, 60c, 70c, 75c, 80 and 98c. 20 p. c. discount now.

Slip-over Night Dresses

Slip-over night dresses and open necks; the work of cunning hands, finished with embroidery insertion and lace. Your choice at a discount 20 per cent for ten days. Regular value 80c, \$1.10, 1.15, 1.25, 1.65, 1.75, 1.85, 2.00, 3.00, and 3.50.

Childrens Nighties

Why waste precious time in sewing for the kiddies when we can now sell you the finished garment at the actual cost of the materials: 65c, 70c, 75c, and 85c, less 20 per cent discount.

Childrens Underskirts

Some finished plain; others with set-in lace and insertion, at 40c, 45c, 50c, 60c, 80c and 90c, now 20 per cent discount.

Misses Princess Slips

All beautifully designed; special values at 70c, \$1.30, 1.45, 1.50 at 20 per cent discount during white sale.

Ladies Drawers

At 25c 35c, 40c, 55c, 60c, 75c, 85c and \$1.00 at 20 per cent discount during white sale.

Childrens Drawers

At 30c, 35c, 40c, 45c, 50c, at 20 per cent discount during white sale.

Other Lines 20 p. c. Discount

All other lines of white goods not here mentioned, will be sold at 20 per cent discount during our white sale. We guarantee that the values here offered have never been beaten in the Province.



A Yawner

is not likely to be found doing "big things." To succeed nowadays one must be wide awake daytimes and sleep soundly at night. Tea and Coffee, on account of their drug, caffeine, keep many people awake nights and make them dozy in the daytime, when they should be keen and alert. If you have any ambition to "make good" try quitting both tea and coffee and using

POSTUM

Made of whole wheat and a bit of molasses, Postum contains no caffeine, or other harmful substance, but does contain the nutritious food elements of the grain. Wholesome---Nourishing---Delicious! Postum comes in two forms: Regular Postum—well boiled, yields a delightful flavour. 15c and 25c packages. Instant Postum—a soluble powder. Made in the cup. No boiling required. 30c and 50c tins. The cost per cup of both kinds is about the same. "There's a Reason" for POSTUM —sold by Grocers everywhere. Canadian Postum Cereal Co. Ltd., Windsor, Ont.

CHANGES IN MINISTERS

CHATHAM, N. B., June 10.—The first draft of the station list of the N. B. and P. E. I. Methodist Conference shows the following changes for the Island: First Methodist Charlottetown, J. L. Lawson; Grace Church, E. Westmoreland; York, T. Pierce; Mt. Stewart, F. Bertram.

LT.-COL. C. CREW READ, Sussex.

I was cured of Acute Rheumatism by MINARD'S LINIMENT, Markham, Ont. C. S. BILLING.

I was cured of Rheumatic Gout by MINARD'S LINIMENT, Halifax. ANDREW KING.

I was cured of Acute Bronchitis by MINARD'S LINIMENT, Lakeside, Que., Oct. 9, 1907.

Souvenir Jewelry You'll like our array of Island souvenir jewelry.

Here you'll find match, cigar, cigarette and card cases, hat pins, brooches, tie pins, shirt sets, fobs and small jewelry of every kind, properly inscribed, at prices ranging from 45c upwards.

W. N. Tanton Sunnyside

Buying Carriages

Is an art learned only after years of experience. Our buyer has had the experience and has profited by it, so that his purchases for this season's trade are the very cream of carriage values, they are not factory job lots but built to order, manufactured from the best stock, specially for Prince Edward Island trade. Inspect our stock and get our prices, the beauty of design and quality of our goods, coupled with our low prices will make you decide to buy without further investigation.

HARNESS

Buying for cash in large quantities, selecting only the best value from stock shown by several manufacturers; we can give you values that are simply surprising, no use trying to tell you how nice our Harness is, we cannot do them justice. Look them over, then you will buy from us.

W. GRANT & CO.

