



The Children

CHILDREN are constantly hungry. Their rapid growth depletes their strength. If they are to be strong and healthy they must have nourishing food adapted to their delicate digestive organs.

The food substances contained in Cocoa make it a perfect food and drink for growing children. Wholesome and nourishing, it has remarkable sustaining power and is a valuable asset in building up their strength and vigor.

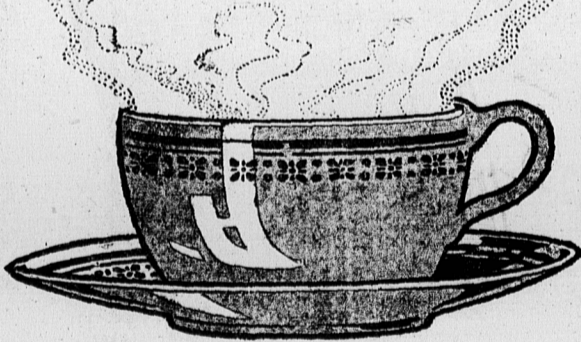
They can take it at any time of the day. They always enjoy it, and it helps to ward off colds and illness.

Give your children Cowan's Cocoa every day and they will thrive. It is made from the finest selected cocoa beans and is delicious, wholesome and easily digested.

COWAN'S Perfection COCOA

Free: A Booklet of Cocoa Recipes sent upon request.

THE COWAN CO., LIMITED
TORONTO



Essential—if the best results are to be obtained from your bakings—

BEAVER FLOUR

Beaver Flour gives to bread a distinctive, delicious, nutlike flavor; and makes pies, cakes and pastry of light, even texture. The only reason why every Canadian housewife is not using Beaver Flour is—all have not yet tried it.

Use Beaver Flour and note the difference in your bakings.

Sold by your grocer.
THE T. H. TAYLOR CO.
LIMITED
CHATHAM, ONT.

Western Guardian

—IT PAYS to buy in this Province.

—HOCKEY AT ALBERTON. — Second Abbies vs. Regals, Thursday and Friday, Feb. 5th and 6th. 6718-2321.

—DON'T FORGET the dance in Spring Valley Hall, Wednesday evening, February 4th. All welcome. 6707-13ME21.

—THE HOCKEY GAME SCHEDULED to be played this Tuesday evening between Crystals and Abbies at Crystal rink Summerside has been postponed until Friday evening, Feb. 6th. 6727

IN MEMORIAM

MISS CATHERINE McCORMACK

The death took place on January 15th, at her home in Launching of Miss Catherine McCormack, aged 78 years. Deceased had been in poor health for over seven years, and although suffering a great deal at times, bore her illness with the Christian patience. Of a quiet, unassuming manner she had many friends who were truly sorry to hear of her death. She was attended in her last illness by her pastor, Rev. D. J. G. McDonald, from whom she received the last rites of the Catholic Church. Her funeral took place on Jan. 15th to St. George's where the services were conducted by her pastor. The pallbearers were:—P. W. Farrell, Daniel Yoston, Nathan Allen, Jos. Allen and Michael McLean. May her soul rest in peace.

HOTEL ARRIVAL

VICTORIA HOTEL

E. W. Hickson, Toronto; A. C. McCabe, Montreal; Colonel Halleck, Ottawa; Major Whyte, Quebec; L. C. Blackwell, Toronto; G. C. Kemp, Toronto; A. E. Hewitt, Montreal; K. Ishino, Japan; B. R. Brown, York; J. C. Anderson, Campbellford; Joseph Grady, Boston; Frank Gray, Toronto; A. C. Rogers, Summerside; J. P. Arnett, Summerside; C. B. Morris, Summerside. E. A. Hight, Toronto; L. P. Rushton, Montreal; C. B. Green, Montague; A. B. Fortier, Toronto; Thos. Gray, Toronto; L. G. Dixon, Ottawa; J. M. Stevenson, Charlottetown; Thomas N. Beaulieu, Montreal; W. S. Freeman, Liverpool; N. S. P. W. Ross, Ottawa; J. E. Duncan, Halifax; E. A. Thornton, Cookshire, Me.; A. G. Jones, Halifax.

REVERE HOTEL

James McGrath, Tienish; G. A. Thompson, Ottawa; Harry M. MeLean, North Westbary; M. L. Myers, New Perth; R. McNaught, Coleman.

Happy is the man who sees things as they should be instead of as they are.

According to an old bachelor, the nice thing about getting married is that you don't have to.

Distribution of Sugar

The per capita distribution of sugar in Canada during the year 1919 was 94.95 pounds, and of this amount Ontario had the heaviest share, with 139.56 pounds per capita, or for her 2,839,000 people, a total of 2,326,328 pounds, consumed only 68.98 pounds of sugar per capita and this is thought to be chiefly due to the increased development of the maple sugar industry in the province.

The figures were issued by the Canadian Trade Commission and are based on population figures supplied by the bureau of census and statistics. They show that while in 1919 there was no control over the distribution of sugar, the refiners treat all provinces fairly equal.

Ontario, New Brunswick and Manitoba, which figure as the heaviest sugar users in the following table, use large quantities for the manufacture of candies and soft drinks.

The distribution and population by provinces follows:

Province	Population	Distribution (Pounds)
Alberta	496,525	84.70
Nova Scotia	515,751	80.09
P. E. Island	83,738	40.42
New Brunswick	368,769	110.81
Quebec	2,326,328	68.98
Ontario	2,326,328	139.56
Manitoba	553,869	106.70
Saskatchewan	647,837	71.12
British Columbia	918,689	72.71

Totals 8,545,566 94.55
Manitoba, Saskatchewan and Alberta population figures are accurate 1919 figures, while in the case of the other provinces are the official estimates in each case.

SHE LOOKS LIKE ANOTHER WOMAN

Mrs. Young So Built Up She Declares Tanlac Grandest Medicine in World

"I have never seen anybody in as miserable a condition from indigestion as my wife was but now since she has taken Tanlac she has gained ten pounds and is in better health than for years," said Edward Young, a well-known employee of the Robb Jones and Whitman Co. and living at 199 Grafton St., Halifax, while telling of the remarkable experience of his wife, Mrs. Anna Young, with the medicine. "My wife has suffered so much for the past eight years that she was almost a physical wreck and had fallen off in weight until she was a mere shadow of her former self," continued Mr. Young. "Her appetite had about left her and she did not enjoy a thing she ate. She had an awful case of indigestion and suffered for hours after she would eat anything. Gas bloated her up and caused her heart to palpitate so bad that she could hardly get her breath and her nerves were in such a wretched condition and the least little excitement would upset her. She was subject to severe headaches and came on her. She would give completely out and be in bed for three or four days, then would get up and drag around the house for a day or so and then be back in bed. Her strength and energy left her and she lost thirty-five pounds in weight and was so weak and miserable that she was on the verge of a complete nervous breakdown. No so long ago, I took her down to our old home at St. Margaret's Bay and had her rest up for six weeks, thinking the change would do her good, but as soon as we came back she was as bad off as ever."

"So many people were talking about Tanlac that I made up my mind to get a bottle. She began to improve right away and now that she has taken five bottles she looks altogether like a different woman and eats anything she wants without suffering any after effects whatever. Headaches and nervousness have both left her and she has not been in bed a single day since she started taking Tanlac. Her strength and energy have returned and she is gaining back her lost weight as fast as she can. She says Tanlac is the grandest medicine in the world and I certainly have every reason for believing it!" Tanlac is sold in Charlottetown by Reddin Bros., in Montague by J. E. Ferguson, in Kensington by Kier and McFadden and in Emerald Junction by P. F. Hughes.

No lazy man is too lazy to have a good time; he couldn't be.

Minard's Liniment cures diphtheria

FLOUR

We have the following well known brands in stock:

- Prince
- Beaver
- Queen City
- Royal Gold
- Robin Hood
- Five Roses

In barrels and 98 lb. bags.

FEED

- Bran
- Shorts
- Oil Cake
- Cotton Seed
- Sugar Beet Meal
- Schumacher Feed
- Feed Wheat
- Cornmeal
- Cracked Corn
- Rolled Oats

All of which we are selling at lowest prices.

WHOLESALE AND RETAIL

Send us your orders now before prices advance, as our new prices against stock now in transit will be much higher owing to the millers' recent advance of from \$1.25 to \$2.25 per barrel. Don't delay as our present stock is selling fast.

A. Horne & Co

MOORE & McLEOD LIMITED

119-121 Queen Street

Charlottetown



4 Wonderful values in Women's Coats

Here are four special lines of new coats for women—all handsome, well-made, well-tailored coats, made up of the very smartest new cloths—all specially reduced.

Coats worth to \$29. **\$22.**
Are selling for

Trim coats in many colors including blues, black, brown and grey worth to \$29 **\$22.**

Coats worth to \$48. **\$35.**
Are selling for

These include Silvertone's friezes tweeds and velour. There are dark and light brown, black, blue and heather. Worth \$48 **\$35.**

Coats worth to \$35. **\$25.**
Are selling for

Women's coats worth to \$35, made up of Velours and Tweed shown in green, fawn, brown, grey and navy **\$25.**

Coats worth to \$ **\$39.**
Are selling for

Here's a really wonderful chance, values running as high as \$65, principally velours and silvertone, semi-dolman styles, with a few beledemodles **\$39.**

Buying Wall Paper right and left at the Wall Paper Remnants Sale

HOUSEHOLDERS, LANDLORDS AND HOTELS WILL FIND THIS GREAT SALE A WONDERFUL opportunity to secure handsome wall decorations at a fraction of the ordinary cost.

All the small lots of wall paper from last year's selling have been culled from our shelves, and tied up in room lots and are offered at ABOUT HALF PRICE

Every roll of paper offered is all right in pattern—style—coloring—and every other respect. In fact the patterns offered are the MOST POPULAR from last year's stock—being the ones that have sold down to the smallest quantity.

Get your share today—this sale brings you a bargain offering that you will not equal for many a day. Remember—the

Prices are Cut to About One Half

Stock Quotations

HALIFAX, N. S., Feb. 2.—(Quotations furnished by F.B. McCurdy and Co., the Montreal Stock Exchange.)

Al.	136 1/2
Alo.	98
C.	60 1/2
Can. Pac.	128 1/2
Can.	70
Cru.	220 1/2
Mex. Pet.	195
M. P. R.	95 1/2

P. R. S.	98 1/2
R. G.	75 1/2
S. P.	100 1/2
St. L.	124 1/2
U. P.	123
V. T.	75
X.	104 1/2

Colds Cause Headaches and Pains
Feverish Headaches and Body Pains caused from a cold are soon relieved by taking LAXATIVE BROMO QUININE Tablets. There is only one "BROMO QUININE." E. W. GROVE'S signature on the box. 30c.

BRINGING UP FATHER

