

Use It In Custards

IT is easy to make the richest and creamiest of custards. Just use Carnation Milk—the creamy-smooth milk which insures better results in all cooking because it is pure, whole milk, evaporated to double richness. It keeps. It saves money. Write for free Cook Book.

Carnation Milk Products Co. Limited
Aylmer, Ontario

Carnation Milk
"From Contented Cows"

Genuine—BARBADOS MOLASSES
Extra Fancy

Everyone loves the rich flavor of the finest of all Molasses!

And no wonder! For it is made only from the pure juice of the Famous Barbados Sugar Cane. You can be sure it is unadulterated and healthful.

(This Trade Mark, stencilled on the head of every cask, is your guarantee and your grocer's guarantee of the World's Finest Molasses!)

Good Grocers Sell it

FERTILIZER

Prices are now available for all rail shipment from our plant at Windsor, Nova Scotia.

Wish to point out to you the advantage of all rail shipment, by which method you are assured of getting delivery of your goods in first class mechanical condition and just at the time you want them.

The uncertainty and late planting often caused by late steamer delivery is not good business and any slight saving in price over all rail delivery is more than offset by having your fertilizer hauled home before the planting season begins and your crop planted and growing as soon as possible.

Our representatives are now on the island and will be glad to talk the matter over with you.

Agents wanted in territory where we are not now represented.

Colonial Fertilizer Company
WINDSOR, NOVA SCOTIA

Carter's Bookstore

PATTERN DEPARTMENT
MCCALL'S PATTERNS ARE THE STANDARD.

of the World, the latest designs and creations received every month. Thousands of Fashion Sheets given free.

LATEST BOOKS received as issued

Office Supplies
We have about everything needed for the Office.

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School Supplies.

A great variety of work books for scholars and students.

WHOLESALE & RETAIL
CARTER & CO. Limited

INSIDIOUS EYE STRAIN

We use this adjective advisedly.

Sufferers from Eyestrain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED

G. F. Hutcheson
Opto netlet

Central Guardian

NEW UNIVERSITY DICTIONARY to Guardian readers for 95 cents and one coupon. Every home should have one.

CHURCH OF SCOTLAND—Rev. Ewen MacDougall, B. D., will preach Sabbath 26th at Cape Traverse at 11 a. m., and if the traveling is favorable, at DeSable at 6:30; Also Monday 27th at Argyle Square at 7 p. m.

ON BROTHERHOOD BUSINESS—Mr. J. J. Trainor, of Charlottetown, General Chairman of the Order of Railroad Telegraphers, is in the city conferring with brotherhood leaders here, on matters pertaining to the welfare of the Order. He is a guest at the American—Moncton Times.

TRYON BIRTHDAY CELEBRATION—Mr. Matthew Callbeck, of Tryon, celebrated his eighty-fourth birthday Monday, February 6th, at the home of his daughter, Mrs. Edith Mabey, where he is spending the winter. At six o'clock the invited guests sat down to a sumptuous goose supper, served in Mrs. Mabey's well known style. After supper Mr. Mabey "tuned in" on his new radio, which rendered excellent music for the ladies, while the men sat around "the old family table" to play chronophone, which is Mr. Callbeck's favorite game, and one in which he is quite expert. Although Mr. Callbeck has reached the ripe old age of eighty-four he is still hale and hearty, and is enjoying life to the utmost. The many friends and relatives of Mr. Callbeck extend to him hearty wishes for many years of health and prosperity yet to come.

GLEANINGS FROM ST. CATHARINES—Mr. and Mrs. James MacNeil and Mr. and Mrs. Alvin MacNeil of Charlottetown were recent visitors to St. Catharines. The Women's Institute held their monthly meeting at the home of Mrs. J. T. Iman with a goodly number present. Miss Elsie MacNeil has gone to the P. E. I. Hospital. The aeroplane was seen by many residents of this district enroute to Charlottetown on Sunday last. Miss Annie MacNeil has returned to Charlottetown to resume her studies at C. B. C. after spending the week-end at her home here. The young people of this and surrounding districts are enjoying themselves on the open air rink at West River Bridge. Life is short and death must come, go it while you're young. Mr. W. R. Shaw, City, was a visitor to St. Catharines recently. Preparations are being made for the social to be held in the near future.

AUGUSTINE COVE AND VICINITY

Mr. Ammet Crooken, Bradford, passed through Augustine Cove on Wednesday.

Mr. John O'Holoran, Bradford, made a business trip to Carleton on Thursday.

Mr. Newton Mayhew, North Tryon, made a business trip to Cape Traverse Thursday morning.

The Messrs. James E. Murphy, Frank Murphy, Augustine Cove, made a business trip to Summerside Friday.

Our mail driver, Mr. Charlie McNutt, is making good success this winter with his mail carrying.

Mr. Harry Dawson, of Augustine Cove, is busy hauling spuds to Carleton, where prices are good.

Miss Mary Power, Augustine Cove Corner, was a visitor Sunday, the guest of Mr. and Mrs. Richard Cameron.

Mr. Marill Dawson, Augustine Cove, attended the hockey match at Victoria Monday night.

Mr. James Sherren drove to Carleton and Cape Traverse on Wednesday with his speeder.

Mr. Richard Large, Albany passed through Augustine Cove Thursday.

Mr. John A. Thomson made a business trip to Cape Traverse on Wednesday evening.

Miss Lillian Milligan had the misfortune of falling on the ice, and hurting her knee. We all hope for her recovery soon.

Mr. and Mrs. Artemas Leard, of Tryon, were visitors to Augustine Cove Tuesday, the guests of Mr. and Mrs. J. H. Thomson.

HOW TO FIGHT EXCESS FAT

There are hard ways, like starvation, but fewer and fewer employ them. There is a pleasant way, modern and scientific, which combats the cause. A vast number of people now use it. And the slender figures now seen everywhere are largely due to that.

That method is embodied in Marmola prescription tablets. People have used them for 20 years—millions of boxes of them. And everybody, in almost every circle, sees the change. New beauty, new health, new vitality.

Each box of Marmola contains the formula, also the scientific reasons for results. So users have no fear of harm. Learn the facts about Marmola, because of the good it has done. Ask your druggist—now—for a \$1 box with the book. Then decide.

NYAL'S CREOPHOS

Five tonics in one relieves coughs, colds, bronchitis, asthmatic conditions, prevents and safeguards against disease.

NYAL'S CREOPHOS

Will keep you well. Get a bottle now. Guaranteed satisfaction or your money returned. Once a trial always Nyal.

H. L. WORTHY
Queen St.

Sole Agent

Augustine Cove Notes

(By Naina.)

Mr. Fred Leard, Tryon Cross Roads, recently passed through Augustine Cove.

Mr. Austin Cameron was a visitor to the Western Capital last Tuesday.

Mr. Alfred Clarke was a recent visitor to Cape Traverse wharf.

Mr. Leith Cameron recently was visiting friends in Charlottetown.

Mr. and Mrs. Hillard Francis and little son, Leith, spent last weekend with friends in Crapaud.

Our old friend "stork" recently made another appearance in Augustine Cove, and left Mr. and Mrs. Edward McFadyen the proud parents of a "bonnie wee lassie." Congratulations.

Mr. Archie Robinson was a recent visitor to Cape Traverse.

Mr. Donald Howatt was a recent visitor to Port Borden, the guest of Mr. and Mrs. Arthur Jay.

Mrs. J. E. Howatt is at present visiting in Cape Traverse, the guest of her daughter, Mrs. Nathan Bell.

The Misses Buelah Robinson, Verona Leard and Mr. Archie Robinson were visitors to North Tryon last Tuesday evening, and enjoyed one of the season's skates on the excellent North Tryon Arena.

Messrs. George McWilliams and Stanley Thompson, Tryon, recently passed through Augustine Cove enroute to Cape Traverse.

Mr. Leith Cameron left for Summerside last Tuesday to visit his parents, Mr. and Mrs. Artemas Cameron, the latter, who is very seriously ill. Her many friends are very sorry to learn of the above, and hope that she will soon recover.

Miss Vera Leard was a visitor to Crapaud Thursday evening.

Mr. H. A. McPhee, Tryon, passed through Augustine Cove Friday morning.

Mr. and Mrs. Frank McFarlane were visitors to Albany Friday evening.

Mr. Taylor, of Lower Tryon, who is employed by Mr. Maynard Foy, has had the honor of catching a flying squirrel a few days ago. As these small animals are very rare, Mr. Taylor is quite proud of his possession.

Quite a number of our energetic "garden" growers, are busy hauling to Carleton siding. The price is a little better than the past. Fall months and needless to say the farm-men hope for better still.

Mr. George Leard was a recent visitor to Tryon.

"Geel" I guess I shall have to sign off as I am dead broke for more "geesp." But, anyway, perhaps I told enough, for you see I hate to tell too much on my kind neighbors. So "Bon jour," friends.

Naina O.K.-e-e.

60th Wedding Anniversary Celebrated

On Saturday, Feb. 11th, Mr. and Mrs. David Jones, of Pownal, were delightfully surprised, when a number of their neighbors came to congratulate them on the occasion of their 60th anniversary. The evening was very pleasantly spent in social intercourse and happy recollections.

A dainty supper was partaken by those present, and the affair was one of the nicest celebrations ever held in Pownal.

The following address, which was accompanied by suitable gifts, speaks for itself:—
Mr. and Mrs. David Jones.

Dear Friends:

The month of February is an eventful month for you. On Feb. 9 you celebrate each your birthday. Two days later, February 11th, is another important anniversary—that which commemorates your marriage. But this year it is fraught with peculiar significance, in that it commemorates the sixtieth anniversary of your marriage.

To very few is it given thus to have the blessed companionship of each other for so many years.

The years, no doubt, have brought both sunshine and shadow, but as some one has said "Sorrow, shared are halved and joys doubled," so we trust that as you look back over the years, you find the sunshine all the brighter by contrast.

We, a few of your near neighbors and friends, felt we couldn't let the occasion slip by without giving expression to the esteem in which you are held, and wishing that you both may be spared to each other for many years. These wishes I am sure are echoed by a host of relatives and friends who have not had the opportunity of extending them personally as we have.

Kindly accept the accompanying gift as a remembrance of this auspicious occasion—your 60th marriage anniversary, and may our Heavenly Father richly bless you both through the remainder of life's journey.

"Thy word is a lamp unto my feet and a light unto my path."
Mr. and Mrs. Albert Jenkins; Mr. and Mrs. John Brown; Mr. and Mrs.

ALEXANDRA SCHOOL

Honor roll for January:—
Grade X.—1, Evelyn Wood; 2, Doris Beaton; 3, Gladys Burhoe; Grade VIII.—1, Edith Judson; 2, Helen Judson; 3, Vernon McLenan; 4, Delno Carver. Grade VII.—1, Cecil Carver; 2, Stanley McCabe. Grade V.—1, Peter McDonald; 2, Hazel Wood; 3, Willis McLennan. Grade III.—1, Ida Wood; 2, Harold Judson; 3, Elmer Carver. Grade I.—1, Doris Wood; 2, Osborne Wood. Grade I.—1, Finley McDonald.

Perfect attendance: Hazel Wood, B. Judson, teacher.

EYES TESTED

AND Glasses fitted by scientific methods.

L. W. TAYLOR
AND
J. S. TAYLOR

Registered Optometrists
142 Richmond Street

Are you fighting against middle-age?

ONE OF the most critical periods of a woman's life comes between 45 and 50. Most women dread the approach of middle-age because they know, only too well, the depressing ailments it brings.

The best preparation for this period a woman can have is a good physical condition. Lydia E. Pinkham's Vegetable Compound will help her to gain strength and energy. It builds up the appetite and induces natural sleep. The following letters were written by women of middle-age.

AFTER LONG SUFFERING

South Omaha, Nebraska:—"After fifteen years of terrible suffering each month with sick headaches I began to take Lydia E. Pinkham's Vegetable Compound, and I have felt my health steadily improving. After taking your medicine for almost a year and a half, I believe I can say the headaches have left me. I also was troubled with nervousness. I am feeling fine now and do all my work myself. I am the mother of six, and manage an eight-room house without anybody to help. I feel that I am entirely well." Mrs. Adolph Bratke, 4316 South 13th St., So. Omaha, Nebraska.

MRS. BOLLERMAN'S CASE

West Hoboken, N. J.:—"I was troubled with headaches, weakness, flushes of heat to the face and head and loss of appetite. I would often get so weak I could hardly stand. I read about Lydia E. Pinkham's Vegetable Compound and began to take the medicine. After the first few bottles I began to feel stronger and could eat better and had fewer headaches. I am a well woman today, and feel like a different person. You may use this letter for every word is true. I will answer any letters sent to me." Mrs. Jennie Bollerman, 611 Eleventh St., Union City, New Jersey.

Lydia E. Pinkham's Vegetable Compound
LYDIA E. PINKHAM MEDICINE CO., CROSBURG, ONT.

Locke Jones; Mr. and Mrs. Robert VIII.—1, Marion O'Donnell; 2, Mary Power. Grade I, sr.—1, Mary Jones; Clifford Jenkins; Wendall Power; 3, Frances O'Donnell. Grade VI.—1, Mary O'Donnell; 2, Genevieve O'Donnell; Margaret Ryan. Grade IV.—1, Catherine O'Donnell; 2, Jack O'Donnell; 3, Joseph O'Donnell. Grade II.—1, Wilbert O'Donnell; 2, Agatha O'Donnell; 3, Geo. IX.—1, Teresa O'Donnell. Grade

Changed oftener, washed oftener—
Our modern standards demand fresh, clean clothes

MEN insist on it, as well as women. Children's happiness and welfare depend on it. To all of us now it is a necessity, not a luxury.

Garments are more valuable, of finer fabrics, more beautiful colorings. Each garment makes more trips to the tub. What of its safety?

Poor quality soap may blur a garment's colours, weaken its fabric, ruin its value, shorten its life. Do you realize how much more value is going into your tubs now than before? How are you protecting it?

Remember, it is difficult to detect the harmful quality of cheap soap, until it is too late, and the damage has been done forever.

To protect your garments you must have the certainty that the soap you use is safe.

You do not have to hunt. No need to make risky experiments. There is one soap you know is safe. Over forty years have proved it.

Surprise Soap has always been safe, for finest fabrics and delicate colours. They all need the SAFETY, and gentle thoroughness of Surprise Soap more than ever before.

Surprise Soap was first made in St. Stephen, N.B., 44 years ago on the policy that quality should be the first consideration.

This policy has never been altered and quality has improved with advancing knowledge, keeping pace with the modern requirements.

SURPRISE SOAP
A PURE HARD SOAP
SURPRISE SOAP