

PAINFUL PERIODS

Suggestions How to Find Relief from Such Suffering.



While no woman is entirely free from periodical suffering, it does not seem to be the plan of nature that women should suffer so severely. Menstruation is a severe strain on a woman's vitality. If it is painful or irregular something is wrong which should be set right or it will lead to a serious derangement of the whole female organism.

More than fifty thousand women have testified in grateful letters to Mrs. Pinkham that Lydia E. Pinkham's Vegetable Compound overcomes painful and irregular menstruation.

It provides a safe and sure way of escape from distressing and dangerous weaknesses and diseases.

The two following letters tell so convincingly what Lydia E. Pinkham's Vegetable Compound will do for women, they cannot fail to bring hope to thousands of sufferers.

Miss Matilda Richardson of 177 Wellington Street, Kingston, Ont., writes: Dear Mrs. Pinkham:—

"Some four years ago my usually good health began to fail. I had severe pains in my back, my head ached, I would have dizzy spells, and during my monthly periods I would suffer intense pain. I was advised to try Lydia E. Pinkham's Vegetable Compound, and I am so glad that I did, for it brought me new life and health to me. My monthly periods were natural and painless, and my general health improved. I have not had an ache or a pain since, and I feel it a duty as well as a pleasure to tell you what your medicine has done for me."

Mrs. Louise McKenzie of Mount Carmel, Montreal, Canada, writes: Dear Mrs. Pinkham:—

"I have heard so much good about Lydia E. Pinkham's Vegetable Compound before. Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills."

Iron-Ox Tablets

Cure Biliousness

Nearly everyone has occasional bilious attacks; many are bilious nearly all the time; none need suffer from biliousness if they will use Iron-Ox Tablets.

Bilious attacks are caused by a sluggish, inactive liver, which does not throw off the poisons which nature intends it to remove.

This unhealthy condition of the liver is generally denoted by failing appetite, sallow, dirty complexion, blood-shot eyes, coated tongue, offensive breath, weak back and indigestion—the result of poisons accumulating in the system.

Generally the kidneys are affected, and the bowels badly constipated.

Iron-Ox Tablets cure biliousness by stimulating the liver to proper action; and by eliminating the deadly poisons from the system. They tone and strengthen the weakened organs and give them the power to do their duty properly, and as Nature intended they should.

True Stories of Iron-Ox Cures

Worth Their Weight in Gold

Miss Mabel L. Pugh, 635 Scotten Avenue, Detroit, Mich., was ill for a long time could scarcely be on her feet for any time at all, until she took Iron-Ox Tablets. She says: "I have been taking Iron-Ox Tablets, and they have done me a world of good. My blood was in an awful condition. I was very thin, and I was nervous and was in bed half of my time, till Iron-Ox Tablets were recommended to me by a friend and it has done me worlds of good. The public ought to know more about Iron-Ox Tablets. They are worth their weight in gold."

A Wonderful Medicine

Mr. C. W. Brown, of Appleton, Mich., recently used Iron-Ox Tablets in his family, and is delighted with the results. He said recently: "Your Tablets have helped us wonderfully, my wife being troubled with constipation and stomach troubles, and I have been bothered with my liver and kidneys."

Without an Equal as a Tonic

Mrs. C. E. Davis, 201 Ann St., Sault Ste. Marie, Mich., is one of those who joyfully testify to the worth of Iron-Ox Tablets. She says: "I am very much pleased with the beneficial results of the Tablets as a tonic."

Used With Best Results by the Entire Family

Mrs. Jean Russell, of London, Ont., Can., used Iron-Ox Tablets in her family with the best results. She says: "I am glad to tell you of the good effects of Iron-Ox Tablets. We first got them for our boy, two and a half years old, who was very cross and had no appetite. Your remedy soon made him as bright as ever. My husband uses them for headache and sluggish liver. While certainly effective they cause neither pain nor inconvenience. We have a box in the house always now."

Fifty Iron-Ox Tablets in a handy aluminum pocket case for 25 cents. At your druggist's, or sent direct upon receipt of price. The Iron-Ox Remedy Co., Detroit, Mich.

OTTAWA IS STRONG FOR THE TUNNEL

Neil McQuarrie, K. C. who had been to the Capital Urging Island's Claims has Returned.

Neil McQuarrie, Esq. K. C. the first delegate re winter communication to return home from Ottawa arrived in Summerside by last night's train from the east. Mr. McQuarrie was highly pleased with the cordial reception given the delegates by Premier Laurier and



NEIL McQUARRIE, K. C. Member of the Ottawa Delegation who returned yesterday.

Finance Minister Fielding when presenting their subject of such vital importance to this province.

Further than what has already been published Mr. McQuarrie had little to say to the Guardian representative last night. The prospects for third winter steamer, he said, are bright. As regards the tunnel it was yet early to form any definite opinion, as the Ministers would need to consult their colleagues before taking any action in the matter.

Mr. McQuarrie says that the tunnel question is in the air at Ottawa. The arguments of the delegates seem to have impressed the members and people at the capital more forcibly than the case has even been presented before, as the matter of communication with this province, Mr. McQuarrie says, is a live subject at Ottawa and expressions of intense interest and sympathy are heard on every hand. The argument used by the delegates, that this province is being depopulated seemed to have the strongest favorable effect. Many were surprised in hearing the different features of our case, and the difficulties to which the Island is subjected in the matter of communication.

"The people are with us," says Mr. McQuarrie, "and the tunnel as a solution of the problem to alleviate our troubles is looked upon most favorably."

COMING EVENTS.

- S. O. E.—Next meeting Lodge Prince Edward Tuesday evening April 11th. Red Rose Degree. Visiting brethren welcome.
- City Council meets on the second Monday in each month. Dr. F. F. Kelly Mayor; W. W. Clarke, City Clerk.
- Iron-Ox Tablets are on sale at A. W. Reddin's.
- Soaps—Great bargains in expensive soaps at the Central Drugstore for a few days. Some clearing at cost.—A. W. Reddin, Pharm. B. 4d 3l
- Paton & Co. have received by express another shipment of American Hats, bought by Miss Dorion. They will be opened by 11 o'clock today. Come early and get your pick. No two alike. 7dl.

Women's Fine Boots all odd and broken lines at 25 p. c. discount to clear. MORRIS & SMITH.

THE SUMMERSIDE GUARDIAN

Office—Upstairs Brace Brick Block—J. B. C. Baker, Mgr.

Court Chautauqua I. O. F. meets to-night.

Wm. Stewart returned home last night from Montreal.

Leslie A. Wright returned to Summerside from the east last evening.

Miss Millicent Wright, Bedeque, has returned from a visit to friends in Nova Scotia.

Mrs. W. S. Steeves has returned to Summerside from a visit to friends at Cape Traverse.

Wall paper for 5c, double roll, at Morris Bookstore, Summerside. Large variety of patterns.

Alexander Robblee, Tryon, left yesterday for Regina where he will locate. Mrs. Robblee will join him in the west later.

Best quality American Barb Wire now in stock at lowest prices wholesale and retail. Brace, McKay & Co., Ltd., Summerside.

A reputable gentleman living at Sea Cow Head said yesterday that the conditions during this winter have been the best that he has ever seen for the successful operation of a winter steamer. He is confident that a good service could have been kept up all through the season. At present there is no ice in the strait between these points outside of about two miles from Summerside. The board ice is clean and smooth and would not hinder the working of a steamer like the Stanley.

\$1,000 REWARD

FOR A CASE OF INCURABLE CONSTIPATION.

To a person who can't be cured of constipation by Dr. Hamilton's Pills, the above reward will be paid. No cathartic medicine gives such lasting satisfaction or effects such marvelous cures as Dr. Hamilton's Pills. It immediately follows for orders. No billings, no burning sensation, nothing but the most pleasant relief attends the use of Dr. Hamilton's Pills—others not so good. Price 25c a box, at all dealers.

MARRIED.

At Charlottetown on the 5th inst by Rev. W. W. Lodge, Albert James Corney, to Miss Maud Savdant.

At Charlottetown on the 5th inst, by Rev. W. W. Lodge, Harry Riggs to Miss Leah Ledwich.

At St. James' Manse, Wednesday, April 5, by Rev. T. F. Fullerton, Richard Cosbie McPherson, Buffalo City, Montana to Katherine Hume, Wood Islands.

DIED.

At Mayfield on Wednesday morning March 29th, 1905, Hattie Pearl Bryenton, aged 15 years and 7 months.

At North River, on April 6th, Jane McGregor, aged 90 years.

[Funeral from the residence of her niece, Mrs. James McIntyre, on Saturday at 2 p.m.]

ANNOUNCEMENTS

—Any person wanting to purchase a 13 foot flat dory, nearly new, should apply at this office. 6d 3l

—Grace Church choir will meet for practice tonight at 7.45. All members please be present.

—Every boy and girl taking part in the program of the Loyal Legion social on Monday, will please meet at the residence of Mrs. J. R. Davison, Prince St., at 4 o'clock today.

—See the great Loch Scene! There a woman in de vater! I can't swim, but I can goller! Help! Help! King's Evidence! Easter Monday Night.

The Country Press.

The country newspaper is a power in the land. Its place can never be filled by the big daily papers or the bulky magazines or agricultural journals. It fills a field entirely its own. It is the barometer of the place in which it is published. Its news pages represent the life of the people, and its advertising pages should reflect the business activity of the town.

It is the duty of every good citizen to give his support to the local press, says The Home Trade Advocate. Particularly the business man should patronize it with a view of bettering his trade. It is not money wasted in advertising space in it. One good merchant in the town who understands how to advertise rightly can bring trade to the town that will help every other business man in it.

But all should do their part, and the storekeeper who does not give his home paper the support it merits is not the wisest kind of a business man.

Baked Mud As Food.

Consumption of earth as food is said to be common not only in China, New Guinea and New Guinea, but in the Malay Archipelago as well. In Java and Sumatra the clay used undergoes a preliminary preparation for consumption, being mixed with water, reduced to a paste, and the sand and other hard substances removed. The clay is then formed into small cakes or tablets, baked in an iron saucepan. The Japanese frequently eat small figures roughly modeled from clay which resemble the animals turned out in our pastry shops.

W. S. Stewart, Charlottetown, was a passenger to Summerside last evening to attend the funeral of the late R. C. McLeod which takes place this afternoon.

Two young lads playing truant had a narrow escape on the harbor Wednesday. One broke through the ice and was only rescued after he had twice sunk.

We are headquarters for all kinds paints, varnishes, wall finishes, etc. etc. required for housecleaning. We have a large stock at lowest prices. Brace, McKay & Co. Ltd., Summerside. 3d mwf 3l.

Phillip Gallant and his son Gabriel, Fifteen Point, returned home from working all winter in the lumber woods in Nova Scotia. Hearing that the steamers were stuck they went to Cape Tormentine and hired four men to bring them to the Island, the trip in the ice boats costing them \$10 each. From Cape Traverse they walked to Emerald and took the train to Summerside Wednesday evening. They report six miles of open water between the Capes.

The members of Lodges King Hiram No. 3 and Mount Lebanon No. 6 A. F. and A. M. are requested to meet in their Lodge room at 2 p. m. sharp today, in full uniform to attend the funeral of their late brother R. C. McLeod.

A SUCCESSFUL HORSEMAN

Never blows his horse to suffer pain. He always uses Nerviline which is noted for curing stiffness, rheumatism, swellings and strains. Nerviline is just as good inside as outside. For cramps, colic and internal pain it's a perfect marvel. In the good racing stables Nerviline is always used, because it makes better horses and smaller veterinary bills. Twenty-five cents buys a large bottle of Nerviline, try it.

NEARLY KILLED HIM.

PETERBORO, March 31.—Duncan Cameron, merchant taylor, was to-day nearly totally asphyxiated by escaping gas from the coal stove in his room and but for the arrival of a customer would have died.

1500 EMIGRANTS COMING.

LONDON, March 31.—Fifteen hundred emigrants to Canada sailed by the Bavarian, seven hundred of the number being young men.

A PROPHECY.

LONDON, March 31.—A brilliant future for Canadian asbestos mines was predicted at the meeting of the Bells Asbestos Company to-day.

Clark's Potted Meats

Canadian goods—put up by a Canadian—for Canadians and others—first class in very respect. W. Clark, Mr. Montreal.

Crime in Scotland.

Comparisons of the criminal statistics of Scotland for the years 1898 to 1903, in the report on the latter year just issued, show that the more serious crimes are increasing, while minor offences are decreasing.

The total number of crimes and offences reported for 1903 were 166,180, which corresponds nearly with the number in 1898, namely, 165,203. From that year the numbers rose, and reached a maximum of 186,595 in 1901, since which they have decreased.

The Irish statistics for 1903 give 32,669 as the number sent to prison in that country, and it is pointed out that, although the population of Ireland is almost equal to that of Scotland, the imprisonments in the latter country, 53,902, were nearly double. No fewer than 7,698 boys and 650 girls under the age of sixteen were convicted in Scotland last year.

An Englishman As a God.

At one time there was an Englishman in India, John Nicholson, who in his own proper person was worshipped as a god in spite of his protests. Such a hold had this powerful personality taken upon the native mind that a strong sect of worshippers persisted in regarding him as a god. If, however, one of the Niskalsayn fakirs so far lost control of himself as to offer worship to the deity in person Nicholson was in the habit of ordering him to receive a dozen lashes, a fact which did not in the least interfere with the worshippers' belief in his divinity. When Nicholson was killed, some of his worshippers slew themselves upon his tomb, but the remainder went over in a body to Christianity, saying: "Our god told us that he was but a man, and now we see that it was true. We wish, therefore, to be Christians, as he was."

Pronunciation of English Names.

The London Chronicle gives the pronunciation of a number of names of places in England where "phonetic business" has made the spoken name of the town far different from the written name. The eccentricities of pronunciation are as great as those involved in calling the family names of Cholmondeley, Chumley and Colquhoun-Cochoun. According to The Chronicle, these are the local pronunciations: Rhudaxton, is Ribson; Woodmanote, is Udenmuckat; Sawbridgeworth, is Sapper; Churchdown, is Chosen; Sandacre, is Soniker; Chaddenwyche, is Charnage; Hapshburgh, is Hazeborn; Salt Fleetby, is Sollaby; Almondesbury is Amesbury, and Congresbury, is Commesbury. Of places better known Ulverston, is Oost'n and Hurstmonceux, is Horamouneux.

OUR NEW SPRING MILLINERY

was very much admired Saturday by the busy throngs that crowded our store. The styles are indeed dainty and bewitching and with a very practical in the Ready-to-wear Hats. Many flattering expressions were heard regarding the taste in selection, the beauty of the new straws, the lovely foliage, fruit and flowers which are to adorn the Easter Chapeau. They must be seen to be fully appreciated, so we invite the Ladies to call early and make their selections.

M. TRAINOR & CO.

Some Good Reasons FOR INSURING IN THE Great-West LIFE ASSURANCE COMPANY

- 1st. Because it invests the Premiums to better advantage than any other company can.
- 2nd. Because while charging much lower premiums, it paid last year to participating policy-holders over 30 per cent. more profits than was paid in 1904 by the oldest and largest Eastern Companies.
- 3rd. Because those insuring now are more interested in present and future results than in what has been.
- 4th. Because the GREAT-WEST was the first Canadian Company to adopt a higher standard of reserve; and
- 5th. Because it leads in everything that is to the interest of policy-holders.

JAMES A. HOUSTON, Manager for P. E. I.

Summerside 29 tts & w 6nos

Kensington Sash and Door Factory. Planing Mills, Lumber Yard

If you contemplate building or repairing, give us a call. If you want an estimate on any kind of a building, give us a call. If you want hard or soft coal, give us a call. Better give us a call anyway. We keep in stock everything in the shape of lumber either rough or manufactured at prices that defy competition.

M. F. Schurman & Co.

YOU ARE THINKING

about buying a stove or range, come to us. We guarantee every stove we sell to give satisfaction.

We also have the largest assortment of enameled and tinware in the city. Get our prices.

FENNELL & CHANDLER

The Reliable Hardware Men.

Those Hard Times

Why buy a new coat or suit, either lady or gent, when for a trifle you may have your old garments, if they are not worn too much, made to look like new; some may be faded or soiled, you may be tired of some color, when spring comes you will want to change. Loose no time, but bring all your extra goods either wearing apparel or otherwise, lace curtains, or any other kind, silks, a.c., ties, gloves, opera cloaks, a.c., or any article, but first Dyeing, cleaning and finishing is the best and cheapest at Parker's Dye Works, the largest in Canada. Agency at

S. F. TARBUSH.

High Grade Art Parlors, Queen St., Ch'town. 1-3 tu sa & wtf

For sale in Charlottetown by Apothecaries Hall, Johnson & Johnson, H.A. Ellis, A.W. Reddin, McDonald & McKinnon and in Summerside at Gourlie's Drug Store