



# INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-tives"

Rochon, P. Q. "I suffered for many years with terrible Indigestion and Constipation. A neighbor advised me to try 'Fruit-a-tives'... I began to improve and he advised me to go on with 'Fruit-a-tives'."

I consider that I owe my life to "Fruit-a-tives" and I want to say to those who suffer from Indigestion, Constipation or Headaches - try "Fruit-a-tives" and you will get well!"

CORINE GAUDREAU, 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

**A. Pickard & Co**  
Phone 240 Charlottetown

# JONTEEL is Different

It has the Odor of Twenty six different flowers. To produce this New Odor has cost the United Drug Co., thousands of dollars. The Jonteel Talcum is meeting with a big success because of the good quality of the powder. This is Jonteel Week in Charlottetown and we strongly advise you buying JONTEEL as your next Talcum. Price 35c.

Sold only by  
**The Mac Kinnon Drug Company.**  
The Rexall Kodak Store

HOW TO CLOTHE FEET RIGHT  
As shoe repairers of the better class we are in a position to answer this query. First, wear comfortable shoes—and what is more comfortable than a worn pair. Next, save money on your shoes—and can you save more than on repaired shoes? Last, wear shapely shoes—we reshape as well as rebuild them.

**LAMBROS BROS**  
Phone 579 31 Grafton St.

## The Boiler Inspection and Insurance Company of Canada

CONSULTING ENGINEERS EFFICIENCY EXPERTS  
POWER PLANT SPECIALISTS  
(Established 1875)  
TORONTO

### BOILER INSPECTION AND INSURANCE

Periodical Inspection of Steam Boilers, Digesters, Economizers And Other Vessels by Experts

Specifications Furnished for Boilers, Digesters, etc.  
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Inspection and Indication of Steam Engines by Experts  
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SERVICE PROTECTION SUPPLEMENTED BY INSURANCE

For Full Information Write to  
**W. K. Rogers Co. Limited**  
General Agent  
Charlottetown, P. E. I.

# THE CENTRAL GUARDIAN

**IT PAYS to buy in this Province.**

**CADETS.**—West Kent Cadet Corps are requested to meet at the school tonight at 6.45 for drill.

**VISITING PREACHER.**—Rev. Cecil Wiggins of Sackville preached fervent sermons in Charlottetown yesterday at St. Paul's Church in the morning and St. Peter's in the evening.

**CAMP ENDED.**—After a very enjoyable outing the Pastime Club boys broke camp at St. Peter's Bay on Saturday. The boys are all feeling fine after their period of camp life.

**SOLDIER BROTHERS GOING WEST.**—Messrs Donald, James and Everett Lamont, brothers St. Catharines, leave this morning for the west, with the harvest excursion party. All three are returned soldiers.

**FIRE ALARM.**—The fire alarm sounded Saturday for a slight blaze on the roof of a house on Rochford St. The firemen responded with their usual alacrity, and in a few minutes had it extinguished.

**HIS FIRST VISIT HERE.**—Mr. C. O. Nichol, Principal of Victoria Avenue School, Hamilton, Ont., is spending his holidays in Charlottetown. This is Mr. Nichol's first visit to the Garden of the Gulf and having left Ontario luring the excessively hot season he regards Prince Edward Island as a veritable paradise. He is registered at the Russ.

**AUTO OWNERS!** Get your cars decorated for Peace Celebration. 158-8-9-M21

**DR. AYERS OFFICE** will be closed for vacation from August 11 to 18th, inclusive. 174-8-9-m31

**POLICE COURT.**—Two adjourned abusive language cases before the court Saturday were dismissed. One drunk was fined \$10 or thirty days.

**FOR THE WEST.**—Messrs Wilmot and Ernest McNeill of Rocky Point leave this morning for Western Canada where they intend locating. Mr. Wilmot McNeill only returned a month ago from overseas where he served with the 98th Siege Battery and later with a western battery.

**BAND CONCERT TONIGHT.**—A serenade band concert is to be held at Victoria Park this evening by the War Veterans Band. This concert is being given by the Veterans as a tribute of their esteem to Mr. Brent Garnham, who was formerly one of the leading military officers of the 4th Regiment, having served 23 years or until unfortunately deprived of his eyesight. The concert will take place in front of Mr. Garnham's refreshment bungalow near the shore. Needless to say Mr. Garnham greatly appreciates this thoughtful act on the part of the bandmen and cordially invites the public to be present.

**PERSONALS**

Mr. Wm. Stewart, New Dominion leaves this morning for Western Canada.

Mr. S. T. Gallant, Inspector of Fisheries goes to Souris this morning on official business.

Mrs. Chas. Fielding, of Boston, accompanied by her two children is spending a few weeks with relatives and friends in the city.

Mrs. Percy Turner and son Lewis, of Charlottetown, P. E. I., arrived on Thursday to spend some time at Mrs. Turner's former home in Albert County, guests of Mr. and Mrs. Nelson Smith.—Moncton Transcript.

Mrs. S. T. Gallant and her sister Miss Mary Ellen, arrived in Charlottetown last Friday night from Tignish where they attended their mother's funeral which took place in Tignish last Thursday.

Mr. H. W. Coleman, President of the Coleman Baking Powder Co., Ltd., of Brockville, Ontario, and Mr. Geo. A. McCrea, representing the Co., in the Maritime Provinces are spending a few days in Charlottetown, guests at The Russ.

Minard's Liniment for sale everywhere

### STOCK QUOTATIONS

Hallifax, August 8.—(Quotations furnished by F. B. McCurdy and Co., the Montreal Stock Exchange.)

Atch.	90 3/4	91 1/2
U. F.	114 1/2	126 1/2
Alb.	80	88
Cent.	71 1/4	73 1/2
Cruc.	—	135
C. P. R.	153 1/4	156 1/2
M. N. P.	—	113 1/2
Stu.	100 1/2	105 1/2
S. P.	120	125 1/2
P. R. S.	87 1/2	—
X.	—	104 1/2
M. P. R.	110 1/2	113 1/2

**A WATCH FOR COMPASS.**

A watch is said to make an excellent compass. Hold the watch with the hour hand pointing to the sun. Midway between the hour hand and twelve is due south and of course a line drawn across the face of the watch from this points north. For example, when it is 3 o'clock and you point the hour hand at the sun the line due south and north runs across the watch from 1.30 to 7.30, 1.30 being to the south and 7.30 being to the north.

## Just What You Have Been Wanting

Friends New England Brown Bread with raisins

Put up in tins—all cooked—ready to eat

Contains 1 lb 2 oz  
**PRICE 30c**

AT  
**BEER & GOFF**  
GROCERS.

"The Store Where Cleanliness Prevails"

Armstrong, B. C. June 11th, 1919.  
Minard's Liniment Co., Ltd.  
Yarmouth, N. S.

Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,  
**ARMSTRONG,**  
Secretary Armstrong High School

**Dr. E. C. Harris**  
Eye Specialist  
Office Royal Bank Building, Charlottetown  
Office Hours 9.30-12.30  
2-5  
Phone 68-Y

**There's a Live Wire Connecting Your Home with our Store**

It means you can have what you want just when you want it. You always have the privilege of returning or exchanging goods ordered by phone.

**5000 Military Boxes**

We have in stock 5000 overseas Military Boxes that we will dispose of at 10 cents each—These are the real thing for carrying lunch to Picnics, Parkes, Fishing Trips, etc. Original price 20c. While they last 10c.

**THE TWO MACS**  
149 Grant George St.

**Johnson & Johnson**  
The Quality Drugstore  
Corner Kent and Prince Streets

# DOMINION TIRES

**Come Through with the Miles**

**DOMINION TIRES** are consistently economical. The owner of a high class touring car in Toronto, who rides on the luxurious "DOMINION ROYAL CORD" Tires, the driver of a jitney at Lake Louise, who scoots over the Rockies on "DOMINION CHAIN TREADS", and a grocer in Halifax, whose delivery cars are equipped with DOMINION "PLAIN TREADS", all say the same thing—  
**They Get the Mileage Out of Dominion Tires.**

Dominion Tires gives this extra mileage because they are made extra well, of extra good materials, by experts.

**DOMINION INNER TUBES** are mileage mates of Dominion Tires—they insure perfectly balanced tires. See that your Dominion Tires are fitted with Dominion Inner Tubes.

**DOMINION TIRES and ACCESSORIES** are distributed through **DOMINION RUBBER SYSTEM BRANCHES** and sold by the Best Dealers throughout Canada.

## Canadian National Railways

### P. E. Island-Mainland Service

#### To St. John and New England Points

Passengers leaving Charlottetown at 6.15 a.m., and Summerside at 6.45 a.m. (daily except Sunday) for St. John and New England Points will take No. 13 train leaving Cape Tormentine at 10.30 a.m., which goes through to St. John without change.

#### From St. John and New England Points.

Passengers from New England points and St. John will leave St. John by No. 14 train at 12.50, going through to Cape Tormentine without change. Arriving Summerside at 11.00 a.m. and Charlottetown 11.20 p.m. Parlor Cafe Cars serving regular meals, are attached to these trains.

#### To Montreal and West.

Passengers for points north of Moncton to Montreal and West, leaving Prince Edward Island in morning, will take No. 13 train at Cape Tormentine, arrive Sackville 12.05 p.m., and transfer to Ocean Limited (No. 199), due at 12.45 p.m., or they can come on to Moncton on No. 13, arriving 1.35 p.m., and transfer to Ocean Limited due to leave there at 2.25 p.m.

#### From Montreal and West.

Passengers from Montreal and West and points north of Moncton to Prince Edward Island, travelling on Ocean Limited (No. 200) arriving Moncton 4.00 p.m., will transfer to No. 14 train due to leave Moncton at 4.15 p.m. for Cape Tormentine, arriving Summerside 11.00 p.m., and Charlottetown 11.20 p.m.

The Ocean Limited (No. 200) leaves Moncton at 4.30 p.m., for Halifax, and there is no connection with this train at Sackville for Prince Edward Island.

#### To Halifax-Sydney and Intermediate Points.

Passengers leaving Prince Edward Island in morning for points east of Sackville, will connect at Sackville with local train No. 18, due to leave at 12.58 p.m.

#### Afternoon Service from Prince Edward Island.

Passengers leaving Prince Edward Island in the afternoon arriving Sackville at 7.50 p.m., will make connection at 8.25 p.m., with Maritime Express for Montreal and points north of Moncton and with night express trains for St. John and Halifax.

#### Morning Service to Prince Edward Island.

Passengers leaving Montreal by the Maritime Express, arriving Sackville 10.10 a.m., and leaving St. John by local express at 7.10 a.m., arriving at Sackville 12.28 p.m., and Ocean Limited leaving Halifax at 7.40 a.m., arriving Sackville 12.45 p.m., will connect with train leaving Sackville at 1.00 p.m., arriving Charlottetown, Summerside, Tignish and intermediate points same evening.

District Passenger Agent's Office, Charlottetown, P.E.I. MEG

## Prosperous P. E. Island

Capt. P. J. Webb, who has been in Prince Edward Island for the last three weeks returned home last Saturday. In conversation with a Post reporter, Capt. Webb stated that the island was the most prosperous spot in the Dominion. "The first garden of Canada," I travelled from one end of the island to the other," said the captain, "and I did not see any evidence of what may be termed poverty. I happened to be in Tignish visiting Sir Charles Dalton on election day. Sir Charles was the conservative candidate for Tignish. After polling his vote in his own constituency he decided to poll a second vote in another constituency some 65 miles away. His son Dr. Dalton and myself accompanied him. On the way, in order to avoid running into a farmer and his team over a small embankment. The injuries sustained, however, were slight. I got away with a bruised hand, but Dr. Dalton received a

**\$3.00**

We have some wonderful BARGAINS in the following lines:—  
Women's Patent Oxfords.  
Women's Kid Oxfords.  
Women's Grey High Cut Bats.  
Women's Brown High Cut Bats.

The Oxfords are all small sizes 2-1-2, 3, 3-1-2, 4.  
The High Cut Bats are in all sizes.  
Every pair of the above goods are worth today up to \$6.50 and you can have your choice for

**\$3.00**

SEE OUR WINDOW  
**MORRIS-SMITH-BEER**

## To Our Country Customers

When we fitted up and moved into our new premises we had you all in our minds eye—it was our idea to have a store that would be a pleasure for you to deal in—having the space we planned a rest room, where you can check your parcels meet your friends and use it in any way you may desire. Our stock of Drugs, Sundries, Patent Medicines, Dyes etc., etc., will be up to the usual high standard and everything and anything you may want will be here—Make of our store what we desire a place to trade in.

# REDDIN BROS

Phone 86