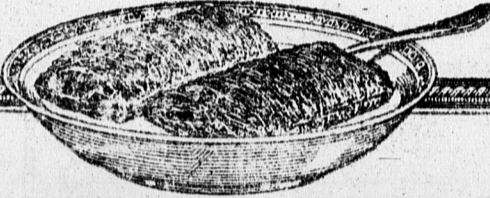


# DON'T STARVE THEIR TEETH

Growing children are entitled to perfect teeth not only for "good looks" but for perfect digestion. You can't build good teeth from white flour or potatoes. **Shredded Wheat Biscuit** contains all the mineral salts in the whole wheat grain that are so necessary in the making of sound teeth. The greatest of all tooth-foods for youngsters as well as grown-ups.

It is also rich in tissue-building, heat-making elements. The most real food for the least money. Two Biscuits with milk make a nourishing meal.

MADE IN CANADA



## To Those Who Bake

EXPERIENCE has taught food cooks that there is no flour quite as good as Beaver Flour.

# BEAVER FLOUR

is the ideal flour for all baking purposes. It is a blended flour, combining the richness and delicate qualities of the world-famed Ontario Winter Wheat with the strength and body of Western Hard Wheat.

Beaver Flour imparts to bakings the qualities which make your bread, pies, cakes and pastries real food treats.

Try it! Sold by your grocer.

**THE T. H. TAYLOR CO. LIMITED,**  
Chatham Ontario



## THE EASTERN GUARDIAN

...IT PAYS to buy in this province

**SOURIS HORSE RACES, St. Patrick's Day, March 17th, 1921.** Three Classes: Free-for-all, 2 mile, Green Race. Race begins 1:30 p.m. By order committee.

**HORSE NOTES**—Mr. Jack McLeure, Albion Cross, purchased a very fine horse from Mr. Hector Nevin, Fortune Bridge, he is to be congratulated on his purchase. V

**TIRED THAT OLD WALL PAPER?**—See our new range of patterns they are exquisite. Paper to suit every room, at a very nominal price.—Ives & Murdoch, Ltd.

### EASTERN PERSONALS

\*Mr. William McKinnon of Bay Fortune, was in Souris last week on a business trip. V

\*Mr. Leo McKenzle, Bay Fortune, paid a flying visit to Fortune Bay on Monday last. V

\*Mr. Milton Younge, South Lake, spent the week end at Fortune Bridge. V

\*Mr. Frank McLellan, Princeton, was visiting Glenfanning recently.—D

\*Mr. Daniel P. McNeill of Lot 14, spent a very pleasant week end at Glenfanning.—D

\*Mr. Leo McDonald and Miss McInnes, Montague, were visiting at St. Georges recently.—D

\*Mr. and Mrs. James Campbell, of Dundas Centre were visiting Glenfanning recently.—D

\*Miss Margaret Thompson of Southampton was visiting Glenfanning recently.—D

\*Mr. Edward Simmons of Central, Lot 16, spent a week at Fortune Bridge, visiting his daughter, Mrs. Arthur Francis. V

\*Mrs. Annie G. McDonald of Central, Lot 16, has returned home after visiting her niece, Mrs. Ross Douglas, Fortune Bridge. V

\*Miss Isabel Cantello has returned home from a visit to her aunt, Mrs. Stone, Lower Montague.—D

\*Mrs. Ed. Rice of Charwood, Souris Line Road, was visiting her aged mother, Mrs. Angus McGillivray, Glenfanning, recently.—D

\*Mr. P. J. McPherson was visiting at St. Peters recently, the guest of Mr. Lawrence McKinnon.—D

\*Her many friends are glad to see Miss Kathleen McGee well again, and back to her duties of teaching the youth of Glenfanning.—D

\*Mr. Thomas Rice, mason work expert, has returned home from Valleyfield, where he was installing fireplaces for the Rev. J. A. McLellan.—D

\*The many friends of Mr. Lloyd Davidson of Fortune Bridge are glad to see him home again after spending the past winter in the Lumber woods in N. B. V

\*The many friends of E. S. Johnstone and family, merchant at Fortune Bridge, who are ill with the prevailing cold hope for their speedy recovery. V

\*Messrs. Angus and Neil McDonald, building movers, are in Annandale removing some buildings for Mr. Will Jenkins, blacksmith at that place.—D

\*Miss Ruth Coffin of the Oakley house, Souris, is visiting a fortnight at Fortune Bridge, the guest of her parents, Mr. and Mrs. David Coffin. V

\*Mr. Earl McLaurin of Belmont, Lot 16, has returned home after visiting friends and relatives at Fortune Bridge, and is highly delighted with the peace especially the north side of the Bay. V

**ANNANDALE NOTES.**—Master W. R. Howlett met with quite an accident while coasting last week when his sleigh came in contact with a tree and he sprained his ankle. At latest report he was doing very well.—Mr. Will Jenkins, blacksmith, has decided to move his building at Annandale village to his farm about a mile from where the family now reside.—Mr. Angus McDonald has the contract for doing the work.—Mr. George Howlett and his daughter Mrs. Hudson McDonald, Dundas, were visitors to Annandale last week.—Mr. and Mrs. John O. Banks, Riverview, were visitors to Fortune Bridge recently. O

### 5 Cents a Day

**\$1.50 A MONTH.**  
Secures the best family medicine treatment which is

### Hood's Sarsaparilla

For the blood, stomach, liver and kidneys. Creates an appetite, aids digestion, makes food taste good.

**More Than This**  
While it purifies, vitalizes and enriches the blood, it eradicates on earth, scurvy, rheumatism, makes the weak strong. Gives you more pep, up-lift and help than any other treatment for three times the money. Get Hood's today.

A word to the wise is sufficient. For a mild, effective laxative or active cathartic, take Hood's Pills.

### Coolidge The Sunny Jim Of Harding House

At First Meeting President Outlines Necessity of Firm Cooperation. "Get Together" Meeting Entirely

WASHINGTON, March 14.—A government of decision and firmness, one which will stand up straight for the next four years under the weight of many vexing problems was forecast by President Coolidge and the members of his cabinet when the official family of the new administration met for the first time.

A determination to do things in a decisive way was the keynote of the two-hour general discussion between the President and the cabinet members, their number augmented by Vice-President Coolidge, called in in accordance with the President's plan to give the Vice-President a real part in the work of the administration.

Recalls "Sunny Jim"

The advent of Mr. Coolidge in the cabinet room recalled former presidential days when "Sunny Jim" Sherman sat in with the Taft cabinet and advised with the President and his immediate advisers on the best method of obtaining co-operation among the various branches of the government. Mr. Coolidge sat at the end of the big cabinet table opposite President Harding and took an active part in the discussion which ranged from consideration of changes in the administration of the executive departments of the government to America's foreign relations. The Vice President spoke at the request of the President and Mr. Coolidge's views were received by the members of the cabinet as if he were one of them.

Get-together Affair

The first cabinet meeting of the Harding administration, therefore was more or less of an innovation and before it ended, became a get-together meeting in the real sense of the term. President Harding opened the meeting with a long talk in which he re-stated his familiar position regarding the importance of the executive departments co-operating with the legislative branch of the government and he also outlined his views on changes which might be effective in the make-up and methods of the departments. When he finished he called upon the cabinet members to air their views. Beginning with Secretary Hughes, all the members talked at length, the Vice-President finishing the discussion. Altogether the discussion of departmental changes, it is understood occupied more than an hour.

### Moonshine Plant At Whitney Pier Exploded

STONEY, March 12.—Fate took a part in the detection of two illicit liquor manufacturers at Whitney Pier this afternoon. About three o'clock one of the largest moonshine outfits that revenue officers in this city have ever come across, exploded from some unknown cause. It set fire to the residence in which it was kept, severely injured one of the occupants, J. D. Schaller, and causing considerable damage. Joe Ritto, a second man, alleged to have been connected with the running of the still, has been placed under arrest and is now in the County Jail.

When the explosion took place it threw the boiling contents of several large vats over Schaller, who was badly burned. An ambulance was summoned and he was taken to the City Hospital. To fight his condition, is considered precarious. Fire started in the house, and when the firemen arrived quite a blaze was in progress. The existence of a still came to their attention at once, and when they investigated they found full

paraphernalia for the manufacture of moonshine whiskey. They placed the foreigner under arrest. A charge will also be laid against several large trucks to convey the seized 100 gallons of rum. It took in seizure to the Police Station.



## Have Bread Filled With Raisins For Flavor and for Health

A bread is made that's full of raisins, luscious nuggets of sun-cured California fruit. Nature's own confections. It's called Sun-Maid Raisin Bread. First-class bakers make it, and supply it to retailers, or you can bake it at home according to the recipe below.

Serve such bread because it's real raisin bread and because it's healthful.

Raisins are rich in natural iron content. Natural iron in the blood makes ruddy, rosy cheeks. Rosy cheeks make pretty women prettier.

One needs but little iron daily, but that need is vitally important. Eat raisins daily and be sure you're getting all the iron you need.

# SUN-MAID RAISINS

Sun-Maid Raisin Bread is made with Sun-Maid Raisins, California's best.

Use these raisins for all home cooking purposes. In pies, cakes, puddings, salads, rolls, etc.

Plump, tender, juicy raisins made from the finest table grapes. Packed in California in a great, new, immaculate plant. Clean, sweet, whole.

CALIFORNIA ASSOCIATED RAISIN CO., Fresno, California

some American raisins—the kind you know are good.

Three varieties: Sun-Maid Seeded Raisins (without seeds), Sun-Maid Seedless Raisins (with seeds), Sun-Maid Raisins (with seeds).

Ask for free book, "Sun-Maid Recipes."

Member of the U. S. Raisin Growers' Association

### SUN-MAID Raisin Bread

- 1 cup flour
- 1 teaspoon salt
- 1 scant teaspoon baking powder
- 1 1/2 tablespoons of sugar
- Sift well together
- 1 package Sun-Maid seeded raisins
- 1 1/2 cups milk

If desire to make bread a little richer, 2 tablespoons of butter and one beaten egg may be worked in. Bake 25 minutes. Will make one loaf. Cannot fail. This recipe makes delicious raisin muffins.

### Cut This Out and Send It

California Associated Raisin Co.  
Dept. No. 2749, Fresno, California  
Please send me your book, "Sun-Maid Recipes," free.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

### AGENTS WANTED

Men and women, not to canvass but to travel and appoint local representatives. \$1,000 and expense guaranteed first year, with good chance to make \$2,000 and expense. State age and qualifications. Experience unnecessary. Wizard Co., Dept. 6, Toronto

### HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up.

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breathe at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream to your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or nasty catarrh.

Luckily it's impossible for a woman to tell the difference between her first born and a genius.

A good many people think they have done their duty to a friend when they tell him not to worry.

### H. J. MABON

Ophthalmologist  
EYES EXAMINED  
GLASSES FITTED  
Montague, P. E. I.

### "They WORK while you sleep"



Do you feel bilious, constipated, headachy, upset, full of cold? Take one or two Cabecreto tonight for your liver and bowels. Wake up with head clear, stomach right with sweet and feeling fine. No breath, no inconvenience. Child ren love Cabecreto too. 10, 25, 50 cents

### OUT O' ORDER STOMACHS

Indigestion, Acidity, Sourness and Gases ended with "Pape's Diapepsin"

The moment you are a victim of one of Pape's Diapepsin ailments—indigestion, pain, the sourness, heartburn and belching of gases, due to acidity, you'll find wonderful relief. Millions of people know that it is needless to be bothered with indigestion, dyspepsia or a disordered stomach. A few tablets of Pape's Diapepsin neutralize acidity and give relief at once—no waiting. Buy a box of Pape's Diapepsin now. Don't stay dyspeptic! Try to ruble your stomach so you can eat favorite foods without causing ill effects. The cost is so little. The results so great.



### Eye-Glasses From \$2.00 to \$10.00

From East Point to Cape Bear is a big territory, yet right across this space

Parkman Supplies the Big Majority of Eye-Glasses

Simply because PARKMAN'S EYE-GLASSES are the FINEST PROCURABLE, and he is the ONLY GRADUATE OPTICIAN (attendance courses.)

In Montague

Call and see for yourself his UP-TO-DATE OPTICAL PARLOURS.

**E. E. PARKMAN**  
GRADUATE OPTICIAN  
Montague, P. E. I.

# Master WORKMAN SMOKING TOBACCO



## The Smoke that Lightens the Work

The same rich flavor—the same restful comfort and satisfaction in both Plug and Cut Plug.

Put up in both forms to please ALL Smokers.

At all Tobacconists and General Stores.

