

Don't delay fighting constipation with BRAN that is ALL BRAN!

When constipation flashes its signs of sickness into your eyes and cheeks; into your breath, your brain and your appetite, it is absolutely necessary that you head it off! Toxic poisoning stands close by; Bright's disease and other dangerous diseases await their turn!

The remedy that nature offers is the simplest and most effective—Kellogg's Bran, cooked and krumbled, which is ALL BRAN! And it is ALL BRAN! It is ALL BRAN you need when you start to fight constipation. You can't afford to delay a minute and you can't afford to use half-way measures with foods that contain a percentage of bran! Your physician will recommend Kellogg's Bran because it is not only effective, but because it is delicious. Why—you will like its nut-like flavor, which adds so much to any food with which it is served.

Be certain to eat Kellogg's Bran regularly—at least two tablespoonfuls daily; in chronic cases with each meal. Results will prove astounding. Remember that Kellogg's Bran is nature's own regulator, which operates in nature's way—which is the best way!

Eat Kellogg's Bran as a cereal, sprinkled on other hot or cold cereals, or make it up into the best of muffins, pancakes, raisin bread, cookies, macaroons. Kellogg's Bran is printed on each package. Let the children eat Kellogg's Bran. It is wonderfully beneficial. It will improve their health over men and women. The value of Kellogg's Bran cannot be overestimated. Sold universally by grocers.

JENKINS & SON, Charlottetown
Dealers for Kellogg's Toasted Corn Flakes and Bran

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

NOTE:—Advertising local cost five cents per word, payable in advance.

FOR SALE—Singer Sewing Machine in good condition. Apply Guardian Office. 11-27-31

SEE TRINOR about a Caloric Pipeless Furnace. 11-28-31.

IRRESISTIBLE! Our Prim Lady shopping bag for only 60c. at Guardian Office.

DECIDE ON A CALORIC Pipeless Furnace. Fred H. Trainor, Agent. 11-28-31.

RED CROSS—A few of the members have not yet paid their annual membership fee of \$1.00. Kindly do so at once and oblige. 31

When the Groceries Come—

be sure it's

REGAL

FREE RUNNING

Table Salt

THE CANADIAN SALT CO LIMITED

GRANVILLE CIRCUIT.—2nd December. Granville, 11 a. m. Wheatley River, 3 p. m., Hunter River, 7 p. m., Q. O. B. in Hunter River, church at 2 p. m., 4th Decem ber.

THE S. S. "CANADIAN SAPPER" will sail from here for St. John's, Newfoundland, about December 4th. This will be the "Canadian Sapper's" last trip from here this season. Buntain, Bell & Co. Agents.—41.

CHURCH OF SCOTLAND.—If the travelling is favourable, Rev. Ewen MacDougall will preach Sabbath Dec. 2, at Birch Hill at 10.30; Kiross at 3 and Birch Hill at 6.30.

ANGELIC SERVICES in the parish of New London on the 2nd inst. will be as follows: Kensington at 10.30 a. m. with Holy Communion, Sunday School at 2 p. m. Irishtown 2.30 p. m., French River 6.30 p. m.

FUNERAL ON FRIDAY.—Owing to serious illness in the home, the funeral service of the late Colonel George Crockett will be held at the York Church on Friday afternoon at 2.30 o'clock. The remains will be placed in the church at 10 o'clock Friday morning.

HIGH TEA YESTERDAY.—The High Tea in St. Paul's Parish Hall yesterday afternoon was exceptionally well patronized, the tables being lavishly provided with the delicacies of the season and expertly waited upon by the ladies and young people of the Church.

POWNAL CIRCUIT.—Worship on Loc. 2nd in Pownal at 11 a. m. and 7 p. m. Millview at 2.30 p. m. Pownal Trustee meeting in the church on Saturday Dec. 1st, at 8 p. m. The quarterly meeting will be held on Wednesday, Dec. 5th at the home of Mr. A. D. Brabant at 2 p. m. The Story Les Mercier by Victor Hugo will be memorized by the Orphanage on Tuesday Dec. 4th at 7.30 p. m.

STANCHER NOTES.—Miss Kathleen White who has been visiting in New Wiltshire the guest of her uncle, Mr. Victor Hugo will be "concomit" to her home in Stancher, Mrs. C. Woods, New York, is on the Island for a short visit and is the guest of her sister Mrs. Allan McLean. Stancher.—The many friends of Miss Webster, the officiating teacher of Stancher School, are pleased to learn of her recovery.—Mr. Herbert Dixon is doing a big business in his new store here.—Mr. Elmer Francis, Seartown, spent the week end in Stancher. Elmer reports the roads in good condition for travelling.

AT ROTARY YESTERDAY.—Mr. C. Gavan Duffy, K. C., was the speaker at Rotary yesterday, the luncheon being presided over by Mr. C. H. Chandler, M. P. Mr. Duffy in the first part of his address dwelt with the establishment of the first communities in Prince Edward Island, quoting from Judge Warburton's History with reference to the colonization work of Count St. Pierre, De Roma and others during the French Regime. He also referred to the deportation of the Acadians and the arrival of settlers from England, Scotland, and Ireland. He appealed for the development of a national spirit, and suggested that the various fraternal organizations such as the Caledonia Club, Sons of England, and the different Irish and French societies should amalgamate into one great organization and call themselves, say The Sons of Canada. The possibility of the centre of the Empire being some day transferred to Ottawa and the need of more boosting and less knocking in this Province if we were to make progress, were also touched on by Mr. Duffy.

FUNERAL OF MRS. J. P. ESDAILE.—There took place Monday afternoon from her late residence Harry street, Halifax and thence to the Dartmouth cemetery, the funeral of a lady of whom it is no excess of praise to say that she was loved with sound reason wherever known.—Mrs. J. P. Esdaile, news of whose passing was received within the wide circle of her friends with a deep sense of loss. Rev. Dr. J. A. Clark, minister of St. Matthew's church, the "aid kirk" of her particular loyalty, conducted the service, one which in accordance with her well known tastes was utterly simple, consisting of selections from the Book of Books and Prayer, with one musical selection only. "Lead, Kindly Light," sang by the choir boys of St. Matthias Church, whom she had herself trained and who sang Newman's beautiful hymn with much sweetness. There was so large an attendance that many friends were unable to get inside the house, while a wealth of flowers testified silently to remembrance. These included a wreath from the Ladies' Musical Club, wreaths from Mattheas

where she had for some years held the position of organist, and a wreath, Zion Presbyterian church, Charlottetown, Prince Edward Island.—Hallfax Exchange.

PERSONALS

The many friends of Mr. H. A. McDonald of Orwell Cove, will regret to learn that he has entered the P. E. Island Hospital to undergo an operation.

Miss Helen McDonald of Orwell Cove, is visiting in the city the guest of Capt. and Mrs. Macrae.

Many friends of Mrs. John Mac Donald are pleased to see her back to the city after a pleasant several weeks visit to friends at Hunter River and surrounding districts.

THE WOMAN HE MARRIED

"The Woman He Married." The opening play of The W. S. Harkins Players at the Prince Edward Theatre Dec. 4 is one of the few plays that in recent years, when so much that is frothy and sensational is to the fore, fulfills the original and legitimate intention of the drama—to please and instruct. The play—"The Woman He Married" is a gem and was played by Miss Virginia Harned (The former Mrs. E. A. Sothorn) an entire season in New York and met with the greatest success on the road. "The Woman He Married" is a comedy-drama in every sense of the word and the play ripples along with a sparkle and zest of very new and then suggests a pool of sincere feeling, and so leaves in one's taste a smack of refreshing wholesomeness as well as exhilaration. It is a perfect performance, delightful in every respect. Managed Harkins has secured the rights for Canada and the West Indies. The record laugh maker of the Century Theatre, SEEDS will be put on Saturday night in place of Paid In Full. Seats now on sale at the Theatre

APPRECIATION

Messrs Moore & McLeod and Alley & Co. who last week put on the lecture and "Fashion Parade" under the direction of Mr V. J. Taplin, President of Natural Treasures of Canada, have received the following letter which explains itself.

November 28, 1923.
Charlottetown, P. E. I.
Messrs Moore & McLeod and Alley & Co.
Gentlemen,—On behalf of the Trustee Board of the P. E. Protestant Orphanage, I wish to convey their thanks to you for your forethought and enterprise, which resulted in our being in receipt of \$67.00, half of the proceeds of the Lecture and "Fashion Parade" which we trust will be a gigantic success for your firms.

I remain
Yours respectfully
G. D. WRIGHT, Treas.
P. E. I., P. Orphanage.

STOCK QUOTATIONS

HALLFAX, Nov. 29.—Quotations furnished by Johnson and Ward, members of the Montreal Stock Exchange.

Bell Telephone	124 1/2
Brompton	42 1/2
St. Lawrence Flour	—
Ottawa Power	—
Cuba Cane Sugar Pfd.	—
Pan American Petroleum	—
American Can.	—
Brazilian Fraction	—
Howard Smith Pfd.	—
Howard Smith Com.	—
Spanish River Preferred	—
Spanish River Com.	—
Steel Company of Canada	—
British Empire Steel 1st Pfd.	—
Penmans	43
Abitibi	117
Shawinigan	117
Laurentide Pulp	93

In the Castle and the Cottage

CHASE & SANBORN'S

SEAL BRAND COFFEE

IS FIRST FAVORITE

Sold only in 1/2, 1 and 2 lb. airtight tins. Whole, ground or fine ground for Triculator or Perculator use.

CHASE & SANBORN, MONTREAL

The Kiddies

Nothing makes them so happy as a regular treat of Hamilton's Candies. Delicious and absolutely pure, from the cheapest lines to the highest priced chocolates.

HAMILTON'S CANDIES

The Favorites Since 1840

Rub Baby's Colds Away With Vicks

"Is a Wonderful Remedy," Says New Brunswick Mother

Treat one cold with Vicks VapoRub and as in the case reported above, you will adopt this external method for all the cold troubles of the family.

When the little ones come in wet and sniffling, just apply Vicks over the throat and chest and cover with a warm cloth. Repeat at bedtime. Vicks acts like a liniment or ointment, vaporized by the body heat, are inhaled all night long. The child is usually better next morning and the bad after-effects of internal dosing are avoided. Just as good of course, for adults.

Mrs. Emanuel Albert, of Ramo Street, Campbellton, New Brunswick, writes: "Vicks VapoRub is a wonderful remedy. My children were all sick with colds. I rubbed their chests with Vicks, always obtaining the best results. My two months old baby as very ill with a cold in his chest and I was afraid he would have inflammation of the lungs or he coughed so much. I applied Vicks and it relieved him. I can't speak too highly of Vicks."

At all drug stores 50c a Jar. For free test size package, write to: W. M. Montford, P. O. Box 100, Montreal, P. Q.

Though Vicks is new in Canada, it has a remarkable sale in the States. Over 17 million jars used yearly.

Greeting Cards

It is None too Soon to Send Greeting Cards Abroad

We have a very nice line of Engraved Xmas Greeting Cards at prices ranging from 5c up.

Make your selections NOW while our stock is complete.

CARTER & Co., Limited

Queen Street

Your Daughter's Xmas

If you consult with daughter you will discover how happy she will be to give photographs this Xmas to friends and playmates.

Make the appointment to-day with

BAYER STUDIO

MONTREAL EXCHANGE

1934 Victory	—
1933 Victory	—
1932 Victory	—
1937 Victory	106.40

BANKS

Bank Commerce	182
Bank Royal	—
Bank Montreal	—
Bank Nova Scotia	—

Hickey's Black Twist

The Chewing Tobacco That Has no Equal for Flavor and Quality. The "Chew" that is always good.

Practical Xmas Gifts

Here's for a Man's Xmas Knives and Axes

Whether it's a pocket knife or a hunting knife or a camping axe, here's gifts for the boy scout or ten or the man of sixty.

Shaving Needs

Razors, Mirrors, Shaving Stands, Shaving Bracket Lights, all are here in the dependable makes that the man who knows likes best.

The Rogers Hardware Company Ltd.

WHOLESALE & RETAIL

Xmas Gifts For My Lady's Table

Here's score of gifts, useful, desirable, for dresser or sewing table. You will be surprised how many "just-the-things" you will find among them for your Xmas gift selections, of Manicure Sets, Scissors, Boudoir Lamps, Jewel Cases, etc. Call and get yours early.

E. R. Brow

146 Richmond Street
Charlottetown

Fire, Life, Accident, Sickness and Plate Glass Insurance at Lowest rate.

Agent at Summerside, Lloyd Lewis, Good Strong Stock Companies.

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Your complexion at this season is apt to take on the rustic effect of autumn leaves unless you protect it against sun and wind and changing climatic conditions.

Our Velvet Skin Lotion

will afford protection to the most delicate skin and impart a charm to the complexion.

This dainty preparation prevents the skin from drying, chapping and roughening even in the most trying weather.

TRY IT—PUT UP AND SOLD ONLY BY US. PRICE 40c PER BOTTLE.

Johnson & Johnson

The Quality Drugstore
Cor. Kent and Prince Sts.

Toothache

Bathe the face. If there is a cavity in the tooth place in it a piece of cotton saturated with Minard's

MINARD'S "KING OF PAIN" LINIMENT

NOTICE

I am locating in Truro, Nova Scotia, Dec. 1st. Any of my patients requiring repairs, adjustments and etc., can mail same to my office there as I will have all their prescriptions on file.

DR. E. C. HARRIS

Optometrist
Truro, N.S.

STEWART'S CREAM BREAD

YOUR STAFF O' LIFE

For good bread—use a good flour

To get uniformly good bread, you must use uniformly good flour. To get the best bread always, you must use Quaker Flour.

Good results are assured every time with Quaker Flour. It is milled only from the finest Manitoba Hard Wheat. It is rigidly tested once every hour during the milling process. Samples of each day's product are baked by our own expert bakers at the mill to ensure that every sack measures up to the Quaker standard.

Use a sack of Quaker Flour. If it does not prove absolutely satisfactory to you for every baking purpose, your dealer will refund your money without question.

Quaker Flour

Always the Same—Always the Best

A product of The Quaker Mills, Peterborough and Saskatoon

Sold by best Retail Dealers in Prince Edward Island
N. Rattenbury, Ltd., Wholesale Distributor, Charlottetown
A. G. Peake, Prince Edward Island representative for Quaker Oats Company