

5 Operations—15 years suffering with constipation—Kellogg's Bran restores health

Mr. Lancing's case is typical of thousands of others. He found permanent relief from constipation in Kellogg's Bran because it is ALL bran. Nothing but ALL bran can be 100 per cent effective. Read what he says:

Dear Sirs: I have been afflicted with constipation for the past 15 years, and during that time I have been in four different hospitals and submitted to five different operations that were the result of constipation. I was getting so bad that every meal I ate soured on my stomach. Two months ago I was advised to eat your Kellogg's Bran. I tried it, and I was trying everything I could hear of. From that day on I have never taken a physic. My stomach does not sour any more and my bowels move regularly morning and evening.

HICKEY'S BLACK TWIST

The Chewing Tobacco That Leads Them All For Flavor and Quality HICKEY & NICHOLSON Tobacco Company, Limited

DRESSED HOGS

We note that there are altogether too many small, thin, unfinished Hogs being marketed at the present time, that is, Hogs weighing 120 pounds and under. There has been an outlet for some of these Hogs for Butcher Shop Trade, but the season for this is about over. In the interest of all concerned, we want to urge the farmers not to kill their Hogs until they reach the weight, at least 120 pounds, and they must be well finished, thick and fat at any weight.

DAVIS & FRASER

Rexall Remedies for Specific Ailments

- REXALL DYSPEPSIA TABLETS, 25c, 50c and \$1.00 make digestion easy and the stomach healthy. REXALL CATARRH JELLY, 35c relieves catarrh and cold in the head. REXALL LIVER SALTS 35c, 65c, \$1.25 restore the liver to normal action.

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THE CENTRAL GUARDIAN

SHOP from Holman's Catalog BEAN SUPPER AND ENTERTAINMENT in Springfield Hall, 67 on Tuesday, Mar. 18th. 2037-3-14-11.

WE WILL TAKE POTATOES, any kinds at our cellar on MID Days—at best prices—Good stock wanted. M. Kennedy & Co. Brudalbane.—1774-3-3 mwf 1 mt.

POSTPONED SOCIAL EVENING AT SPRINGFIELD HALL 67 —The bean supper which was to have taken place in Springfield Hall tonight has been postponed until Tuesday, March 18th when the same program will be carried out. 2038-3-14-11.

TICKETS FOR PIANO RECITAL to be given by Mr. Fred Morris and Mr. Charles Earle are on sale at the Maritime Stationers, Reddin Bros., Hughes Drug Co. and Purdie & Ferguson. Only limited number for sale, make sure you get one promptly. 1969-3-12-31.

CHURCH OF SCOTLAND: —There will be no service at Nine Mile Creek on Friday, March 14th, on account of the funeral of the late Mr. McKenkie of Rose Valley. Rev. D. M. Lamont will preach at Stanchell on Friday, March 14th, at 7:30 p. m.

FREDERICTON NOTES. —Mrs. Garnet Ford and Mrs. Mayus Ford of the Glasgow Road returned to their homes after visiting their sister Mrs. Ruckham of Fredericton.

NOTICE TO SHAREHOLDERS OF CHARLOTTETOWN HOTEL CO. LTD.—The annual meeting of the shareholders postponed from Feb. 4th will be held in The Victoria Hotel dining room Thursday evening, March 20th. The meeting will be preceded by a supper served at 8:15 sharp. All shareholders are asked to please reserve Thursday night the 20th for this supper and meeting. Arrangements will be made to accommodate the one hundred shareholders. If you cannot possibly be present please notify the Secretary, Lt. Col. D. A. MacKinnon a day or two in advance of meeting. 2022-3-13-7h.

RICE POINT AND VICINITY. —Mr. and Mrs. Lee Darrach of Clyde River were visitors to Rice Point the guests of Mrs. G. Lowther. Miss Mary Driscoll, teacher of South Shore is spending the week, visiting friends in Rice Point.

PERSONALS Mr. John Callaghan, Lake Verde, was a visitor in the city yesterday. Mrs. Heber Weeks, Fredericton is visiting in this city the guest of Mrs. S. V. Acorn, Queen Street.

Mr. J. A. Messervey left yesterday on a visit to Toronto and Ottawa. Mr. Alfred Brehaut, Village Green, has returned home after a pleasant visit with friends in Fredericton.

The many friends of Miss Bessie Duffy both in city and country will be sorry to learn of her illness.

Mr. Wm. B. Taylor, Mill View, left this morning for Quebec where a good position awaits him. He was accompanied by Joseph Redmond, of Lake Verde.

Miss Jean McLeod, Chestnut Street, has accepted a clerical position, with one of the largest Packing Companies in this city. She enters upon her duties about the first of the month.

Mr. T. W. Enwright, Master Mechanic and Sales Agent for the International Harvester Co., who has been attending St. Dunstan's University and later the Union Commercial College, while on leave of absence, left this morning to resume his position with his firm. Before his departure, Mr. Enwright made a thorough inspection of the local International Fire Equipment. While here Mr. Enwright made a long list of friends with whom he will always find welcome, should he wish to visit our city.

STOPS CROUP Mothers want it, for it quickly clears away the choking phlegm, ston the hoarse cough, gives restful sleep, safe and reliable.

CHAMBERLAIN'S COUGH REMEDY No Narcotics

COAL Try us for your next order for Coal. We have Sydney Screened, Albion Nut or stove. Inverness, Springhill, Hard Nut, also Besco Coke and wood. Phone 176.

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DeBlois Bros., Ltd. Wholesale Distributors

MINARD'S "KING OF PAIN" LINIMENT Rub the stiff parts with Minard's. It eases pain, relieves stiffness. STEWART'S CREAM BREAD YOUR STAFF OF LIFE

Lenten Lectures

(Continued from Page 1)

common use that give some suggestion of its character. There is the word selfish, that is, being absorbed in one's own self; in getting every stream to flow by his own door. That is commonly regarded, even in absolutely worldly circles, as a detestable trait. Its opposite, self-forgetful, being full of forgetting one's self in thinking of others, is as commonly regarded in all circles, as a charming, winsome trait of character.

There are some quite marked characteristics by which its presence may not be recognized. They may not all be noticeable together in any one person. But one or more will be found in every person whom we meet. It is a dominating and dominating One characteristic is this: it covets praise, it feeds and fattens on commendation. It constantly seeks to be highly esteemed, to have its worth properly appraised. It is immensely impressed with its own importance, its value to society, its keenness, wisdom or goodness, and wishes others to be so impressed also. It is fond of a mirror, especially one made to magnify. It seeks recognition. It presses forward, rudely or politely, according as its habitat has been trained in rude or polite circles. It may put on the garb of humility, and use the language of depreciation. But its eye is none the less keenly alert to hear the agreeable things and to cherish them.

Another characteristic, which really is simply the other side of the first named one, is this: it shrinks from criticism. How it shrinks and wails at the least touch of unfavorable criticism is always on the defensive. The cheek colors at the suggestion of its being wrong, or having blundered, or of being peculiar.

How quickly it explains and defends and brings evidence of its being in the right. It is extremely sensitive. It is that touchy thing in you. It is always "ouching" with "the disease of touchiness." Its feelings are readily hurt. It is easily slighted. It remembers grievances. It has an interrogation point constantly on sentinel duty, namely, "What will they think? What will they say? It lives in constant fear, and has the lash of that huge vapor, awful they say, I remember knowing a Sunday school teacher who had a mission class of rather rough boys from non-christian homes. I asked one day how she was getting along with them. "Going to give them up," she replied. "Is that so? They have all become christians?" No, none of them were christians, and they liked her, and said they would not come if she gave them up, but she felt discouraged, and anyway she had decided to give them up. Lawyers and women do not always give their reasons, very wisely. I ventured to suggest that before giving them up, she have the boys come up to her home, one at a time, perhaps for tea; and have a pleasant chatty time at tea and afterwards, and then before the boy left have a quiet friendly talk with him by himself about being a christian, and a few words of prayer with him. "Wouldn't you try that before giving them up? And I remember distinctly that her face blushed as red as a bright rose, as she replied, "Why, Mr. Gordon, he'd laugh at me!" And she could not bear the possible chance of being laughed at for the other more likely possibility of winning a soul—a man—a life. That was "ouching" her, shrinking back from a laugh; dreading that look of possibly contemptuous surprise that might come.

Another person, speaking about certain recreations very common in society, and which he was in the habit of indulging in though freely questioning the propriety of so doing, said, "Oh, I don't care much for those things. I could easily give them up, but people think you are so queer if you decline, and you feel as if you were a back number." Ah! there was the rub. The desire to be thought well of, of the habit of being considered peculiar; the fear of that thinly veiled sneering curl on the lip—that was self in him asserting its presence, and ever more, ruling his action. Do you recognize the individual inside of you that Jesus is speaking of?

There is a third tell-tale mark of self that is difficult to conceal—it is assertive. It dearly loves to have its own way. It has plans and ambitions, and proposes to carry them through regardless of man, or let the plain truth be spoken softly—of God. Its opinions are held tenaciously. Its favorite pronoun is I, capitalized, with variations of my and me. The personal equation is extremely powerful and persuasive.

The true follower of Jesus holds every plan subject to change from above. But this self, if allowed to rule, takes the bit in its tightly-shined teeth, and drives determinedly ahead, reckless of either man's or God's preferences, even though religious phraseology may be upon its tongue.

Still another trait of character of this self whom closer acquaintance we are making is this: It has an insatiable appetite. It grows hungrier by that on which it feeds. Its capacity is beyond the measuring line. If given free rein it will debase the holiest functions of the body, and degrade the highest powers of the mind to appease

its gnawing, passion-bitten hunger. The noblest gifts, the purest emotions, the most sacred relationships, are dragged down to the slimy gutter to tempt and temporarily stay its jaded palate.

That is something of a suggestion of the character of this other master than Jesus, who seeks to get control of us, and from whose relentless, vise-like grip Jesus would fain free us. He says there is only one thing to do with it. No half-way compromise—the great American expedient—will do here. The Master says plainly it so to be denied, repressed, put determinedly down, starved, strangled. To every suggestion or demand there is to be a prompt, positive, jaw-locked no.

There is war to the knife, and the knife clear up to the hilt, between these two claimants for the control of our powers—self and Jesus. Paul understood this antagonism thoroughly. It comes out repeatedly in his writings. His name for this inner enemy, by an accidental turn in English, is Jesus' word "self" spelled backwards with the letter "y" added—(I-e-s-h). His remarks in Romans, eighth chapter, verses four to eight, and twelve to thirteen, are simply an enlargement of these words in the sixteenth of Matthew's gospel. If one will read these verses, substituting Jesus' word "self" for Paul's word he will be surprised to find how strikingly Paul is expressing this thought of Jesus. A free translation of part of these verses would read like this: Verse five—"They that choose to walk after self (as a slave walked after, or behind, his master) will show their choice by obeying the desires of self, and they that choose to walk after the Spirit will obey the desires of the Spirit." Verse seven—"For the purposes of self are opposed to God's purposes; for it does not hold itself subject to God's purposes; for it does not hold itself subject to God's wishes; indeed, in its very nature it cannot; and they that choose to obey self cannot please God." Verse thirteen—"If by the Holy Spirit's aid ye kill off the plans and doings of self, and shall therein find real true life, and only so."

Plainly, the deep searching experiences of Paul's great soul, and his wide observation of others, in his ceaseless travels, confirm the statements already made, that there is the intensest hatred, the bitterest antagonism, between these two personalities represented by Jesus' words, "himself" and "me." There can be no patched-up truce here. The only way the lion and the lamb can lie down together in this case is for the one to lie down underneath the other—conquered; or inside the other—devoiced.

The Hall-Mark of Value

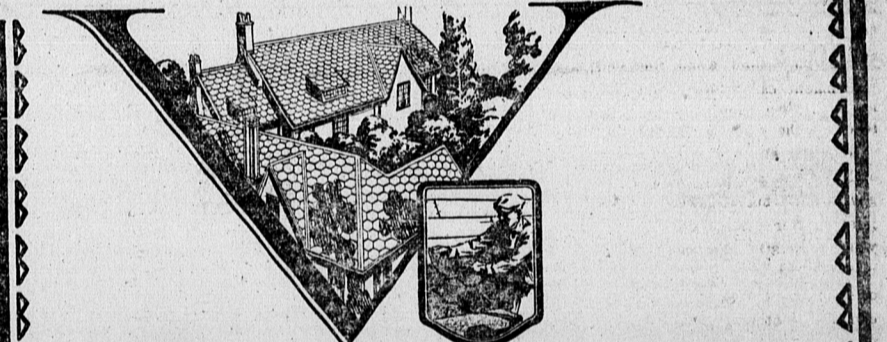
THE name Sunlight on Soap is the Hall-Mark of Value. Sunlight means absolute purity, for it is all soap, through and through. This means value for every ounce of it. Only the finest natural cleansing oils are used in the manufacture of Sunlight Soap.



The name Sunlight on soap means absolute value. Every particle of every tablet is pure soap. There is no waste. Being all soap, it is economical. Buy Sunlight today.

down underneath the other—conquered; or inside the other—devoiced. In his other letter Paul sometimes uses still another name, "the old man," and names the characteristics of this omnipresent self, which crop out with varying degrees of prominence, in different persons, and under different circumstances. Notice only a few of these: In Galatians, fifth chapter, nineteenth verse: "The deeds of self are . . . improper sexual intercourse, impurity, shameless looseness . . . It will, whenever possible, debase the holiest functions of the body. In Colossians, third chapter, fifth verse, speaking of the "old man": "And covetousness, which is reckoning of highest worth that which is less worthy than God." That is to say, the ambitious longings of self, will if unchecked become the ruling passion, thrusting all else ruthlessly aside and degrading the highest powers of the mind to satisfying its feverish desire. In Ephesians, fourth chapter, thirty-first verse: "Bitterness, passion, anger, loud disputing, evil-speaking . . ."

(Continued on Page 8)



6 Daring Tests

If Your Roof Had to Hold Up the Walls— You would see that the roofing materials were tough, sturdy and capable of a lifetime's service. While it does not bear the strain and weight the walls do, the roof has just as great a duty to perform—to combat year after year the wearing, tearing, grinding effect of rain and wind, sleet, ice and snow—to protect your home in its most unprotected part against flaming embers which may be carried from near-by fires.

- 1. HEAT TEST: Lay sample of Vulcanite Hexagon Slabs for 12 hours. See if it will melt or dry out. 2. ICE TEST: Lay sample on ice for 12 hours. Then pour boiling water on it. See if extremes of temperature affect it. 3. WATER TEST: Soak sample in water for 12 hours. See if, by weight, it absorbs any water. 4. ACID TEST: Immerse sample in hydrochloric acid. See if it is affected in any way. 5. FIRE TEST: Lay white-hot coal of fire on sample. See if it sets the roofing on fire. 6. "SCUFF" TEST: Lay sample on floor; scuff it hard with your shoe. See if any of the slate-surfacing will come off.

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