

THE CENTRAL GUARDIAN

ASTHMA USE

No Smoking—No Spraying—No Suffering—Just Swallow a Capsule

Restores normal breathing, stops mucus...
R10

RAZ-MAH

GUARANTEED RELIEF
Sold by Retailing Bros.

Notes By The Way

(Continued from page 4.)

In our midst, building up a valuable and enduring home industry such as is so greatly needed in this province. Surely the present fuel prices are tempting enough to encourage our farmers who have peat bogs to make a beginning!

Fuel prices will be high for years to come. There is every indication that this must be so. Miners will keep up their wages; freight rates can at best be but slowly reduced. Wherefore let us turn our attention to peat. Let us do it now, this year! Some first attempts may be crude and not quite satisfactory, but improvement will come with time. Hope rests on effort. This winter's fuel famine and famine prices for fuel, fire warning of other cold winters to come. Developments of the peat industry can be begun at small cost of money or labor. Is it not well worth a trial?

Eminent Scots Preacher In Maritimes

HALIFAX, March 7.—Halifax has recently been very fortunate in having had opportunities of hearing distinguished visitors from the Old Country, and now it is to have the privilege of listening to addresses from the Rev. A. Herbert Gray, D. D., who is to spend the first part of next week here. Dr. Gray was born and educated in Edinburgh and has held important churches in England and Scotland. Finding that his interest was chiefly with the problems and struggles of the masses he chose as his sphere of ministry the heart of the great city of Manchester, where he soon acquired the friendship of the working classes and became known to them as a leader in social matters. It was because of his successful solution of some of the grave questions of practical Christianity that he was invited some time ago to visit New York.

During recent years Dr. Gray was a minister in Glasgow, where in addition to his other burdens he assumed a great responsibility in the interests of college students, and his success with the latter department was so conspicuous that the leaders of the Church Students Movement asked that he be released from his congregation and be allowed to spend a year visiting the great universities of Britain. A year ago last autumn Dr. Gray addressed a great meeting of students at the Mansion House, London, when the sphere of Manchester presided and Sir Michael Sadler was the other speaker. That was the beginning of his new work and was so successfully accomplished that he was requested to visit the Universities of Canada for the same purpose. Already he has spoken at Toronto, McGill the Universities of British Columbia, Saskatchewan, Alberta and Manitoba, and will visit all the Maritime Colleges.

OWLS' GREAT LOVE FOR YOUNG

Owls have a great love for their young, and though, often regarded as cowardly birds, they will, in defence of their offspring, show a good deal of courage.

Even if the young are taken from the nest while the parent is away, she will follow them up, and seek to help them. Some young barn owls that had been captured in this way and tamed sufficiently to take food out of the hands of their owners, when hung outside the house at night were visited regularly by their parents, who fed them with the same care that they had bestowed upon their offspring in the nest.

In another case a young owl that had been caught was shut up in a hen-coop, and every night for weeks its parents brought it some dainty morsel in the form of a moorhen or other creature. This could not be actually given to the captive owing to the bars of the coop, but it was laid down on the ground outside as near as was possible.

There is no danger whatever to be anticipated from owls unless they are interfered with when they have their young. The common owl should most certainly be allowed to live, and most farmers now recognize this, for these birds do nothing but good, and if their numbers were to be reduced materially the farmer would be the first to suffer.

Owls destroy immense numbers of vermin, such as rats, mice, and voles; and the damage attributed to owls, such as the destruction of young pigeons and eggs, is nearly always the work of rats.

A man who shot an owl which he thought was stealing his young pigeons found that it was carrying a rat. It was the rat that had carried off his birds.

When The Son Of A King Goes Wooing

Of the choice which the young Duke has made his nation may well be proud, for Lady Elizabeth does not only come of ancient lineage, with all the pride of Scottish nobility in her pretty person, but stands as an example of the fact that the modern girl may be, and often is, just as womanly and earnest as devoted to duty and earnest in conviction, as were her mother and grandmother before her. Those who know her describe her as having been rather a serious child, diligent and very affectionate the care, no less than the charm, with which she discharged the duties—arduous, indeed, for so young a girl—as hostess to her father at Glamis and in London, during the Countess's serious illness, in itself speaks both for her unselfishness and power of personality.

A REAL HELPMATE

Those who know her in the bosom of Highlands, no less than her friends at home, are full of stories of her kindness and charm, and it is certain that a vote as to the twenty-five most popular girls in the highest rank of society be taken, Lady Elizabeth Lyon—as generally the name is still used—would come very high up indeed. No important social gathering has been complete without her for the last three years, her father winsome charm with its unconscious little air of dignity and aloofness, giving her a marked personality. And she has brought into the limelight, as the recipient of an empire's delighted felicitations, Always studious and thoughtful, she stands as one among many of her contemporaries, high up in the social scale, who though they dance and play, take, nevertheless, a very real part in the serious affairs of life. And here no doubt, the young Duke, who has already made a distinct place for himself in his country, will find a very real helpmate in his wife.

Lady Elizabeth has spent a good bit of her life at St. Paul's, where the betrothal took place. This estate was brought into the family by the heiress of the Bowes, whose name is perpetuated by hyphenation with the ancient one of Lyon, so closely interwoven with Scottish history.

There is something very charming in the romance of the recently engaged couple, Lady Elizabeth Lyon and the Duke of York. It is not the case that the Duke fell in love with Lady Elizabeth at his sister's wedding, as it generally is stated, for his determination to win her was well known in their immediate circle during the summer previous to the wedding. Indeed, says "The Queen," London, "her inclusion in that pretty band of bridesmaids may well have

Our Baker Has Tested The Flour You Buy



EACH day's milling of Quaker Flour must prove its baking perfection before it leaves the Quaker Mills. It undergoes hourly tests during the milling process. It must then pass its most exacting critic—our Master Baker. From each day's milling he bakes bread. His loaves must be perfect in size, colour, texture and flavour. Use Quaker Flour and you will always be certain of success in baking. "The happy baker uses Quaker."

Quaker Flour

Always the Same—Always the Best
MADE BY THE QUAKER OATS COMPANY AT THE QUAKER MILLS, PETERBOROUGH AND SASKATOON

DISTRIBUTORS: MOUNT STEWART—H. E. Peckham, MOREL—H. H. Cox, MOUNT STEWART—H. E. Peckham, MOREL—H. H. Cox, CHARLOTTETOWN—Carroll Bros., DeBate Bros., A. Home & Co., N. Rattenbury, Ltd., Jenkins & Son.



ask for purify free running Salt
families. These families usually have enough small boys to herd the cow on the public commons and to see that each family gets its share. This experiment is so successful that the money secured for her hire is being laid aside for the purchase of another cow. There are reproaches which would win where many children need pure, praise, fresh milk, but are not able to secure it. The church hires out the cow to poor families with small incomes at very reasonable rates. The cow gives about four gallons a day which is sufficient for seven or eight children.

HELPING THE POOR

A Presbyterian Church in North Carolina had just bought a cow! The church carries on a large work in the "poor section" of the town, where many children need pure, praise, fresh milk, but are not able to secure it. The church hires out the cow to poor families with small incomes at very reasonable rates. The cow gives about four gallons a day which is sufficient for seven or eight children.

You, too, would like them in Your Home
Macey Bookcases
Write for our new Book. We mail it free.
WOODSTOCK, ONTARIO

W.G.Y. Program

MONDAY, MARCH 12
WGY (Schenectady, N. Y.)
General Electric Company
Eastern Standard Time

12:00 m.—U. S. Naval Observatory time signals.
12:30 p. m.—Noon stock market quotations.
12:45 p. m.—Weather report on 485 meters.
2:00 p. m. Music and household talk.
6:00 p. m.—Produce market and stock market report and quotations; news bulletins.
7:45 p. m.—Musical program by the WGY Instrumental Quartet.
Instrumental selection, "Puppen Parade"..... Gruenwald
WGY Instrumental Quartet
Cello solo, "Aria de Handel"..... Handel
Ernest Bursleigh
Reading, "Something of Interest to All" (Copyrighted stories from Youth's Companion)
Instrumental selection, "Moonlight Quartet"..... Bennett
Baritone solo, "A Son of the Desert"..... Weizand
Mr. De Forest
Piano solo, "Marie Suite"..... Godard
Kitty Meinhold
Reading "The Bachelor's Lament"..... De Forest
Mr. De Forest
Violin solo, "En Bateau" Debussy
Edward A. Rice
Baritone solo, "Sneezing Song" (by request)..... Varley
Mr. De Forest
Instrumental selection, "Dane Gracieuse"..... Beaumaire
Quartet
Reading, "Imitation of 'Cohen at the Telephone'"..... Mr. De Forest
Piano solo, "Nocturne"..... Grieg
Kitty Meinhold
Instrumental selection, "Grand March"..... Gruenwald
Quartet

Pape's DIAPYPSIN

FOR INDIGESTION
Stomach, heartburn, fullness, belching, bloated, sick or uncomfortable after eating, here is help. Pape's Diapypsin sets the stomach and corrects digestion the moment it reaches the stomach. Guaranteed stomach corrector—costs but a few cents at any store. Keep it handy!

Rub it in

It's nothing much worse than a Back, a Stiff Shoulder or a Stiff Knee or Foot. Rub it in at the time and you just get it in an easy position. See what a difference, when you rub it in.

Absorbine J

Relieves the pain with the first rub, and each succeeding rubbing lessens the swelling, limbers up the muscles, and starts up healthy circulation.—Try it.
\$1.25 a bottle
Most druggists or sent postpaid
W. F. YOUNG INC.
104
Man Building - Montreal.

This Easter SEND YOUR FRIENDS A PORTRAIT BY BAYER

HALF PRICE WALL PAPER REMNANT SALE

Here are real bargains, take advantage of them if you want to save money.
Many beautiful Patterns for Parlor, Halls, Dining Room, Bed Room and Kitchen, done up to suit any room with and without Borders but all at exactly
HALF PRICE
Now ready in our New Wall Paper Department. Come early, you are sure to find what you want, and the small cost will surprise you.
Carter & Co. Ltd
Dealers in Artistic Wall Papers

HALF PRICE WALL PAPER REMNANT SALE

Here are real bargains, take advantage of them if you want to save money.
Many beautiful Patterns for Parlor, Halls, Dining Room, Bed Room and Kitchen, done up to suit any room with and without Borders but all at exactly
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Now ready in our New Wall Paper Department. Come early, you are sure to find what you want, and the small cost will surprise you.
Carter & Co. Ltd
Dealers in Artistic Wall Papers

SHOP from Holman's catalog.

LADIES UNDERSKIRTS IN black, rose, green and purple. Special \$1.50. Prowse Bros Ltd.

A SPLENDID ASSORTMENT of ladies and misses new spring coats. In smart styles and new materials. Prowse Bros. Ltd.

HARD-COAL—We have stove size suitable for furnace or large base-burners A. Pickard & Co. 112032-8-31.

ADVANCED SHOWING of new spring suits in all the leading styles. Prowse Bros. Ltd.

CAVENDISH CONGREGATION. Services North Rustic 11 a. m. and Stanley at 7 p. m. The pastor: will preach.

JUST IN LADIES and Misses tricot dresses. New styles and special value \$16.50. Prowse Bros Ltd.

FOR SALE trotting bred horses 1 male by Captain Aubrey, 1 Gelding by Commander Ledyard 1 gelding by Upton Prince will be at the Horse Show.—Byrns Bros, North River 112045-10-21

ALL THOSE WHO subscribed \$1.00 or more to the Red Cross Society during the recent membership campaign will receive the "Canadian Red Cross" for one year beginning with the March number.

THE PUPILS AND STAFF of West Kent School wish to express their sincere thanks to the managers of the rink, the P. W. C. Hockey Team, the captain and members of the band, the judges and other officials, the press and the citizens generally for the generous support they so cheerfully gave toward making the West Kent Sports such a grand success.

SHOULD BE PATRONIZED.

The Provincial Horse Show, to be held in the Agricultural Hall next Tuesday afternoon and evening, deserves the patronage of citizens. Some of the finest horses in the Province will be exhibited. This year is a lady's saddle class for gentlemen and ladies. This class, as well as the standard breeds and roadster classes, will be shown on the street in the afternoon, and in the evening at the Building. There is quite a number of entries in and should be patronized by all who are interested in horses. The services of the band have been secured for the evening.

Sneezes and Sniffles are Distress Signals

Many people make the mistake of neglecting slight colds. When you begin to sneeze or are afflicted with sniffles, you should take

Our Cold Tablets

These little tablets will equalize the circulation, soothe irritated membranes, reduce the fever and by restoring natural action to the bowels, rid the system of all clogging poisonous waste matter.

Johnson & Johnson

The Quality Drugstore
Cor. Kent and Prince Streets

Are You Sending The Whole Child To School

Statistics prove that over 60% of the School Children are not equipped for their work because of faulty vision. Your child's chance in life may depend upon your acting NOW.

DR. E. C. HARRIS

Eye Specialist
Royal Bank Building
OFFICE HOURS:
9.30 to 12.30
1.30 to 5.

WONDERFUL \$25 dresses

ready here.—Moore & McLeod Ltd. 112048-10-21

THE G. W. V. A. request donations of magazines or subscriptions for same.

THESE WONDERFUL \$25.00 Dresses are sold in this store only.—Moore & McLeod, Ltd. 112048-10-21

LADIES AND MISSES spring hats in all the newest materials. Small and large shapes. Prowse Bros. Ltd.

AT \$25.00 Dresses that ordinarily would sell for \$30.00 to \$35.00. See ad.—Moore & McLeod Ltd. 112048-10-21

NOTICE.—The postponed annual meeting of the shareholders of the John R. Dennis Pedigreed Foxes, Ltd. will be held on Friday evening, March 23rd, 1923, at the hour of 7.30 p. m. in the Board of Trade rooms, Charlottetown. Signed, John R. Dennis, president. 31

ST. PETER'S CATHEDRAL

4th Sunday in Lent 8:00 Holy Communion in the Chapel, 8:40 Matins 11:00 Litany and the Holy Eucharist, choral with sermon, 2:30 Sunday School, 7:00 Evensong and sermon. Subject, "The lesson of self sacrifice." The Miserere. Psalm 51 will be sung.

CHARLOTTETOWN BOY LEADER

Mr. A. J. G. Murchison, member of the Zion Presbyterian Church, Charlottetown, a student of The Moody Bible Institute of Chicago, has been appointed head of the group of students who held gospel services during the noon hour in one of the large factories in Chicago.

WILL ADDRESS RETAILERS.

Retail merchants in the city are looking forward to hearing Mr. Geo. S. Hougham, of British Columbia, special representative of the Dominion Board Retail Merchants Association of Canada speaking on "A Nation of Shopkeepers" at the luncheon in the Victoria Hotel on Monday evening next. Despite the railway blockade it is expected to have Mr. Hougham here in time for the luncheon which takes place at 7 p. m. Mr. J. C. Doyle, secretary of the Nova Scotia provincial Board, and others will also speak. The meeting is open to all retailers, whether members of the Association or not. The five possibilities in the event of a Labor gold rush in the early spring will be brought up by Coun. T. W. L. Prowse, vice president of the provincial Association, who will preside in the absence of the president, Mr. C. H. Chandler.

Ouch! Lumbago Pain! Rub Backache Away

Kidneys cause backache? No! Listen! Your backache is caused by lumbago, sciatica, or a strain, and the quickest relief is soothing, penetrating St. Jacobs Oil. Rub it right on your painful back, and instantly the soreness, stiffness and lameness disappears. Don't stay crippled! Get a small trial bottle of St. Jacobs Oil from your druggist and limber up. A moment after it is applied you'll wonder what became of the backache or lumbago pain.

Castle Soap

We have just received an other shipment of the celebrated Gouret Freres Castle Soap in large bars—this is really a wonderful soap and the great number of our patrons who were disappointed at not getting some of the last shipment should send for or telephone us at once to reserve a bar or two for them as the quantity will not last long. A large bar delivered anywhere in the city — \$1.75

The 2Macs

The Dependable Druggists

Castle Soap

We have just received an other shipment of the celebrated Gouret Freres Castle Soap in large bars—this is really a wonderful soap and the great number of our patrons who were disappointed at not getting some of the last shipment should send for or telephone us at once to reserve a bar or two for them as the quantity will not last long. A large bar delivered anywhere in the city — \$1.75



"He Told Me About How He Got Strong After the 'Flu'"

"I MET this man on the train on the way home from the coast, and he began telling me about having the 'flu' very badly, and how he regained strength by using Dr. Chase's Nerve Food.
"Then he took a box of the Nerve Food out of his grip, and was so enthusiastic about it that I said: 'You are not selling Nerve Food, are you?'"
"Oh, no," he said, "I am not selling it, but I am recommending it. When I find a good thing I believe in telling others about it. I was on my back for two weeks with the 'flu,' and when I got up I was so weak that I did not get out of the house for ten days. I started out on the road, but did not have the energy to sell goods."
"What seemed to be the matter?" I asked.
"The doctor said my nerves were in bad condition," he said, "I could not sleep nights, and after talking to a customer I seemed to be all in. There was so little

nerve force in my system that I went all to pieces with a little exertion."
"I did not get right," he continued, "until I had used Dr. Chase's Nerve Food for about two weeks. By that time my appetite was good and I began to feel like myself again."
"For a month I scarcely missed a dose of the Nerve Food, and am now feeling fine. I eat and sleep well, and take the same old pleasure in my work that I always did when in good health. I thought for a while that I would have to quit the road entirely, but I never felt better than I do now."
"He left the train then, but I thought I never heard a stronger recommendation for any treatment than he gave for Dr. Chase's Nerve Food."
Dr. Chase's Nerve Food, all dealers, or Edmondson, Bates & Co., Ltd., Toronto. On every box of the genuine article you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.