"Seal Brand" means a certain, definite blend of high-grade coffee – uniform in quality and always delicious.

Don't take any chances—always insist on having "SEAL BRAND" COFFEE.

In ½, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 188

CHASE & SANBORN, MONTREAL.

Every Barrel, Just Like Every Other Barrel

One reason why the Pies and Cake, Bread and Rolls always turn out right when you use

BEAVER FLOUR

is because the flour is always the same. It is milled from *blended wheat*. Ontario fall wheat, strengthened with western spring wheat.

Being blended in exact proportions, Beaver Flour is always the same in strength and quality; and always gives the same results, no matter what or when you bake.

It will be a change for the better when you change from western wheat flour to Beaver Flour, milled from blended wheat.

DEALERS– write us for prices on Feed, Coarse Grains and Cereals. 202

THE T. H. TAYLOR CO. LIMITED, - - CHATHAM, Ont.

CANADIAN GOVERNMENT RAILWAYS PRINCE EDWARD ISLAND

TIME TABLE IN EFFECT, FEBRUARY 1st., 1917.
ATLANTIC STANDARD TIME.

Trains outward—Read down			Trains Inward—Read Up	
DAILY ex. Sun.	Tues Thurs & Sat		Tues Thurs & Sat	DAILY ex. Sun.
A.M.	P.M.		A.M.	P.M.
6.50	2.20	Dept. Charlottetown	Arr. 10.20	5.25
8.13	3.38	Hunter River	9.08	4.15
9.00	4.23	Emerald Junction	8.22	3.32
9.40	5.02	Kensington	7.45	2.51
10.20	5.30	Arr. Summerside	Dept. 7.15	2.20
P.M.				A.M.
2.00		Dept. Summerside	Arr.	11.10
3.33		Port Hill		9.32
4.53		O'Leary		8.05
6.00		Alberton		6.58
7.00		Arr. Tignish	Dept.	6.00
DAILY ex. Sun. P. M.			DAILY ex. Sun. A.M.	
4.30		Emerald Junction	8.10	
5.20		Cape Traverse	7.20	
Tues. Thur. Sat. P.M.	Mon. Wed. Fri. P.M.		Mon. Wed. Fri. A.M.	Tues. Thur. Sat. A.M.
5.55	7.05	Arr. Murray Harbor	Dept. 6.30	7.00
3.10	3.00	Dept. Charlottetown	Arr. 11.30	10.40
4.40	4.45	Mt. Stewart	9.55	9.25
5.04	5.29	Morell	9.09	8.53
5.29	6.02	St. Peters	8.38	8.30
——	7.53	Elmira	6.55	——
6.40	8.50	Arr. Souris	Dept. 6.00	7.20
Daily Ex. Sun. P.M.			Daily Ex. Sun. A.M.	
4.40		Dept. Mt. Stewart	Arr. 9.25	
5.54		Cardigan	8.09	
6.25		Montague	7.35	
7.15		Arr. Georgetown	Dept. 6.45	
Sat. Only Daily Ex. Sat. & Sun. P.M.			Daily Ex. Sat. & Sun. A.M.	Sat Only A.M.
3.10	3.10	Dept. Charlottetown	Arr. 10.10	9.45
4.25	4.55	Vernon River	8.27	8.31

SPECIAL ELMIRA BRANCH.

Mixed train will leave Elmira on Monday, Tuesday and Wednesday at 5.50 a. m., for Souris; returning will leave Souris for Elmira at 7.40 p. m.

HOW TO GET IT ALMOST FREE

Clip out and present one coupon like the above, together with our special price of 98c.

CHARLOTTETOWN GUARDIAN

1 Coupon and 98c Secure the $2.50 Volume

Beautifully bound in rich Maroon— cover stamped in gold, artistic inlay design, with 16 full-page portraits of the world's most famous singers, and complete dictionary of musical terms.

OUT-OF-TOWN READERS WILL ADD EXTRA FOR POSTAGE.
Within twenty miles 7c over twenty miles 18c

"HEART SONGS" The song book with a soul! 400 of the song treasures of the world in one volume of 500 ages. Chosen by 20,000 music lovers. Four years to complete the book. Every song a gem of melody.

SEEKING TO ASSIST THOSE WITHOUT SIGHT

The first institution for the blind in Canada was the Nazareth School, which was started by a French priest, Father Rousselot, in Montreal, in 1861, and is still carried on to-day by the Grey Nuns. In 1863 the Halifax School for the Blind was opened, and about 12 years later the present head, Sir Frederick Frazer, himself a blind man, was appointed. The Ontario blind school at Brantford was started in 1871, and has not been remarkable for any special development of work among the blind, although some people think the chief value of this school has been to demonstrate the futility of attempting to train the adult blind and children in one institution. This school was commenced solely for the training of children, but adults have been admitted from time to time. The first known institution for the blind was the Valentin Hauy Association in Paris, Valentin Hauy being the first to educate a blind man. It was here that raised print came into use, and Louis Braille, who perfected the Braille system of printing for the blind, was a pupil of this school, and afterwards a teacher. In 1791 the school was taken by the Revolutionists. To-day it is still carried on in Paris under the name of the National Institute for Blind Young People.

What it is hoped may be done for the blind all over Canada may be best explained by an extract from the letter of Sir Frederick Frazer, head of the Halifax college for the blind, addressed to the secretary of the Canadian free library for the blind in Toronto: "I know that the Canadian free library is in itself a big institution which is doing a grand work, but cannot you and those associated with you in this work broaden your sphere of operations, so as to meet the needs of the blind of the Province? The first requisite would be a training shop in the capital city, then the establishment, through your field secretary, of local workshops in other parts of the Province, and the securing of legislation for the maintenance or aiding of such shops. I would suggest that you discuss this question and see if we in Canada cannot take a progressive step that will insure employment not only to blinded soldiers but to other blind workers."—Grace E. Kennedy.

SAW "SAFETY FIRST" FILM

Railway Officials Viewed Silent Drama to Stimulate Movement

A realistic moving picture film in the interests of the Safety First Movement was displayed in a specially fitted car at Montreal before Vice-President Bury and a number of C.P.R. officials.

The film was produced by Mr. Marcus A. Dow, general safety agent, New York Central Lines, and tells the story of a railroad man, Jack Foster, whose carelessness endangered the happiness of his wife and home until his friend, Jim Stevens, a booster for the Safety First, convinces him by demonstrating awful examples that it is worse to gamble for life than to gamble in any other way. One man loses his leg, and other accidents are realistically portrayed in an exhibition at the Safety Rally to which Jim Stevens takes Jack Foster—such as the shopman who loses an eye through not wearing goggles, the carpenter losing a finger while working at a buzz saw without the guard, the brakeman being run over while running between moving cars, the engineman being killed while boarding the footboard of an engine in motion. Particularly impressive is the picture of a collision due to slowness in flagging.

In order to promote the Safety First Movement in Canada, Mr. Bury secured a copy of the film, to be offered to moving picture houses at divisional and other important railroad points along the line of the Canadian Pacific Railway.

PEEL OFF CALLUSES WITH THE FINGERS

To painlessly and quickly remove any callus spots from the bottom of the feet apply a few drops of freezone directly upon the hardened skin and shortly it will peel right off without pain, soreness or bleeding.

This drug is an ether compound. It simply loosens the dead calloused skin. It doesn't eat it away, but loosens it so it peels right off with the fingers.

A quarter ounce of this freezone costs little, but is sufficient to remove every corn or callus from one's feet. This is the only way to free the feet from corns and calluses without soreness, danger of infection.

After the corn or callus is lifted away the skin beneath and surrounding, is found pink and healthy, and not inflamed, or even irritated. This is a good thing to know.

Flattering to the Original

But Imitations Only Disappoint

There are many imitations of this great treatment for coughs, colds, croup, bronchitis and whooping cough. They usually have some sale on the merits of the original, but it should be remembered that they are like it in name only.

This is a facsimile of the package bearing portrait and signature of A. W. Chase, M.D.

KNITTING ALARMED

Tourists From United States Were Easily Frightened Away

A strong publicity campaign is constantly being carried on by the Grand Trunk System in the United States with the object of informing American tourists that they are not only welcome in Canada, but that they enjoy the same freedom and hospitable reception as before the war. An amusing instance of how wrong impressions of the situation in Canada are created is reported by an officer of the railway. A party had been formed in a Pennsylvania town with a view to spending the vacation in Canada. Everything was in readiness to begin the journey, when a lady member of the party received a letter from her aunt in Toronto. "We are all busy here knitting for the soldiers," wrote this Canadian lady, "and there is very little entertaining." This innocent phrase was wrongly construed, and passing from one person to another became so exaggerated that it was eventually agreed that it would "be inadvisable to visit a country so given up to war preparations that even the ladies could not cease their knitting to welcome visitors."

DON'T

Don't waste too much time showing Bobby how his new engine works.

Don't start singing a comic song unless you're sure you know the second verse.

Don't tell a chap those cigars were a present from the wife just after he's lit one.

Don't set the alarm for eight o'clock Sunday morning. You'll wear out the works for nothing.

Don't get annoyed if the children tell you they heard Daddy say a naughty word when he kicked his toe on the bedpost.

VARIETY IN FOWL FARE

Wise, Terse Hints For the Practical Poultryman

The first two meals of the day should be light ones, provided the fowls are fed three times a day. But the evening meal ought to be all that will be eaten up clean. A busy hen is one that never loses her appetite. There should be one system of feeding, and that system should have a bill of fare containing as great a variety as possible. To be continually adopting somebody else's plan generally works to the detriment of the egg crop. To continue a long-continued single diet is as bad as overfeeding; both induce indigestion, which is apt to debilitate the flock to a disease inviting condition.

Civilizing India

Sanitary conditions in Southern India are receiving the attention of the Government of Madras Presidency, which has under consideration schemes for opening up congested areas and for town planning along sanitary lines. At an industrial exhibition in the city of Madras much space was devoted to a "model village," and lectures were given daily on health topics and town planning.

Tropics Waken Up

Two gymnasium outfits for the national schools of the city of Guatemala have been ordered by the Guatemalan Government, one for use by pupils of the general school and the other for a girls' school.

Rich AND Mellow

You'll Like the Flavor

You Save all Along the Line When TRAINOR Does Your Plumbing

You have less bother and trouble, no disappointment, and you save in real available cash, when TRAINOR attends to your plumbing,

The next time you want the best in good plumbing, telephone Trainor—either 393 J or 294L.

FRED H. TRAINOR
80 Grafton St.

BEEF GATEAU.

Have ready two large cups of freshly boiled and mashed potatoes beaten up with a little hot milk and one egg. Have ready also a cup and a half of the cold potroast cut in neat little blocks, about the same amount of canned tomatoes, a little dry bread crumbs, a tablespoon of butter, some of the potroast gravy— just a very little— half a lemon and summer savory, or chopped parsley and onion. Line a mold, after buttering it, with bread crumbs, then carefully spread in the mashed potato, reserving sufficient for a covering of the dish. Put in next a layer of the diced meat, season with pepper, salt, a little grated nutmeg, the parsley and onion or the summer savory, and grate a tiny bit of the lemon peel on top. Then put in a layer of the tomatoes, and repeat until the dish is filled. Pour in the gravy, and cover with the mashed potato. Bake in a moderate oven for three-quarters of an hour. When ready to serve turn out carefully on a hot platter. If there is any potroast gravy left heat it and pour around the mold, or thicken the remainder of the tomatoes and use as a sauce.

"The Government Needs Your Money and Offers to Pay You Well for its Use."