Hard to Drop Meat?
All depends on what you eat as a substitute. It is a good time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. **Shredded Wheat Biscuit** contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-eat. Made in Canada.

Delta—"Why does Nutt call himself a female pugilist?"
Kappa—"Oh, he worked on his uncle's fruit-farm, boxing peaches."—Pitt Panther.

The nth Power

Knicker—"What is the nth power of patriotism?"
Bocker—"Enlist."—Sun.

DR. DeVAN'S FRENCH PILLS A reliable Regulating Pill for Women. $5 a box or three for $10. Sold at all Drug Stores, or mailed to any address on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vim and Vitality; for Nerve and Brain; increases "grey matter"; a Tonic—will build you up, $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.
Sold by George E. Hughes

-Men-
A special boot bargain
A new fashionable Dark Brown Kid Boot Good year Welt Sole
Only
$4.95
On sale while they last made on a nice medium pointed toe last, a pretty boot that will wear well and be comfortable
At present prices the boot would be worth $7.
See our window
Alley & Co
135 Queen St.

YOUR FRIENDS can buy anything you can give them--except your photograph
Make an appointment today
The Cook's Studio
New DesBrisay Block

GOOD PHOTOGRAPHY
We photograph men as men are
It's a business matter—
And there's no fuss or bother.
Your family, friends, and business associates want your portrait.
Make an appointment today at the
The Bayer Studio

Montague Horse Races
Wednesday
August 15th, 1917
$750 In Purses
The following Classes will be held, All Stakes.
2.18 Trot, Stake, Purse, $250 00
2.25 Pace, Stake Purse $250.00
2.30 Trot, Stake, Purse $250,00
Entries close June 9th. One per cent June 9th, two per cent July 3rd, two per cent August 4th when horses must be named. Five per cent additional from money winners.
T. GORDON IVES
Secretary
801,6,2M7i.

The Eastern Guardian

..*IT PAYS to buy in this Province

..*EASTERN TEACHERS, do not miss the convention in Montague on Friday, June 8th. See ad. on this page. 845,6,6M3i.

..*SCHOOL WORK.—Following is the standing of Gladstone school for the month of May: Grade V., 1, Clara Cuddy; 2, Hazel Sharam. Grade V. 1, Gertrude Cuddy; 2, Annie Richards. 3, Daniel Bears. Grade IV. 1, Stanford McKay; 2, Allan Bears; 3, Charlotte Nicolle. Grade III. 1, Ida Kirby; 2, Jennet Richards; 3, Cecil McKay. Grade II. 1, Margaret Richards; 2, Jennet Bears; 3, James Connors. Grade 1. 1 Bryant O'Connors; 2, Francis Graham; 3, Willie Gosbee. Perfect attendance,—Clara Cuddy, Gertrude Cuddy, Annie Richards, Jennet Richards and Margaret Richards. Josephine Heartz, teacher.

LETTER OF SYMPATHY.

Mrs. Edward J. Carew acknowledges with thanks the following letter of sympathy from the members of the Ladies Aid Society of the Granville Circuit.

Dear Mrs. Carew,— We the members of the Ladies And would tender you our deepest symapthy in your bereavement of a kind and affectionate son.

Words fail to give comfort in so great a loss as you and your partner have sustained. He will be greatly missed in the community, also in the Church and Sabbath School at Wheatley River of which he was a member.

Only a short time and you shall meet him in the day-break of glory. Grief we know is a painful reality and words seem only to mock it. Our blessed Saviour was called the Man of Sorrows. He knew grief but mastered it, and have told us all things work together for good to them that love God.

Our Father in His wisdow called
The boon His love had given,
And though on earth the body lies
The soul is safe in Heaven.

Signed on behalf of the members of the Ladies Aid of Granville Methodist Circuit.

MRS. JOHN WAYE.
Secretary.

Vale

"Has the plumber finished his work"
"Oh yes, over two hours ago. He is almost ready to leave."—Life.

State of Ohio, City of Toledo, Lucas County, ss
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALLS CATARRH CURE. FRANK J. CHENEY.
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.
(SEAL) A. W. GLEASON, NOTARY PUBLIC
Hall's Catarrh Cure is taken internally and acts through the blood on the Mucous Surfaces of System. Send for Testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by all Druggists, 75c
Halls Family Pills for constipation.

Teachers Convention At Montague

The teachers of Eastern Kings, particulary those in Inspector Cain's district are reminded of the Teachers convention, to be held in Montague on Friday, June 8th beginning at 2 p. m.

Matters of practical interest will be discussed at the day session.

Supt. Shaw, Council Pierce, and Prof. McLarty wil be the speakers at the Public Meeting at night.

First class Single Fare Tickets will be issued on the Standard Certificate Plan.

Teachers should make it a point to attend as the cenventions this year are exceptionally interesting.

LLOYD SHAW, PRES.
GEO. GREEN, SECY.
846,6,6M3i.

Pure Bred
Clydesdale Stallion
BLACKBAND SENSATION
No. 9476
Enrollment No. 37 will make the season at the owners stables in Montague. This horse is a registered stallion, eight years old, and weighs 1800 pounds, and anyone intending to breed should look this horse over before booking their mares elsewhere. Terms $10.00. Settled by note at the time of service or 7 per cent discount allowed for cash.
Mares at owners risk.
Ellis Pharmacy Ltd
Montague
Joseph Hood in Charge
814,6,4Mtf.

..*GUARDIAN AGENT.— Give all new subscriptions, renewals, advertising, etc., to the Guardian representative in your district. HAROLD R. GORDON is the Guardian agent for Georgetown and vicinity.

..*SCHOOL WORK—The following is the standing of the pupils of Eglington School for the month of May: Grade VI—Emily Underhay. Grade V.—Pearly McDonald. Grade IV.—1st—Gussie McDonald, 2nd— Jessie Burke. Grade III. (Sr.)—1st—Myra Lutz, 2nd—Edwin Wood. Grade III. (Jr.)—1st—Orrin Dingwell, 2nd—Myrtle Dingwell. Grade II.— 1st—Fulton Underhay, 2nd—Janet Burke. Grade I. (Sr.)—1st—Wesley Dingwell, 2nd—John J. McDonald, 3rd—Mildred McKenzie. Grade I. (Jr.)—1st—Ernest Underhay, 2nd— Wm. Burke, 3rd—Arthur Wood. Annie Campbell, Teacher.

IN MEMORIAM

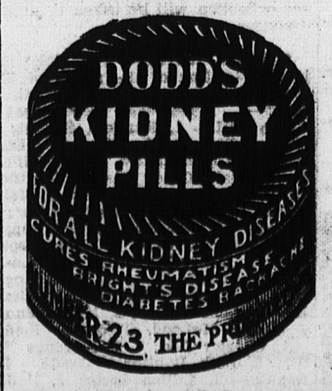
JOANNA BUCHANAN.

One of the oldest inhabitants of Ebenezer passed away on May 21st, 1917, in the person of Joanna Buchanan, who had lived to the ripe old age of 88 years. Although affectionately attended by her sister-in-law who gave it. The service at the house and niece, Miss Margaret Buchanan, she gradually became more feeble until her spirit passed away to Him of her nephew, Anthony Buchanan, was conducted by the Rev. Daniel McLean and at the Rustico Church by the Rev. Mr. Chaisson and the body quietly lowered into the grave by Messrs Charles P. Heuston, John C. MacLeod, Alex. MacRae, Thomas Wood., William Green and J. L. Matheson.

MRS. JOHN WOOD

The news of the sudden death of Mrs. John Wood, Mt. Albion, came as a great shock to her many neighbors and relatives, last Saturday morning. Mrs. Wood had retired, as usual, the previous night, and in the enjoyment of fairly good health. She had been about her work on the previous day. About 4 a.m. she complained to her granddaughter, who slept with her, that she felt a soreness in the region of her heart, but did not desire that her husband, who slept in another room, should be awakened. Nothing was observed until eight or nine o'clock, when the little granddaughter, who had left her sleeping, as she supposed went to call her, and to her great surprise the spirit of Mrs. Wood had taken its flight. A doctor was secured, and he pronounced her death due to heart trouble. It was a terrible blow to Mr. Wood and his family.

Mrs. Wood's maiden name was Maria S. Wood, and she was born at Hazelbrook, sixty-nine years ago, being the daughter of the late James Wood. In 1872 she was united in marriage with Mr. John Wood, of Mt. Albion. A family of three daughters and one son with her sorrowing husband, survive (Mrs. Wm. H. Stewart, also a daughter, having died some years ago), John and Mrs. Hensley Jenkins, of Sherwood, Mrs. Percy Myers, of Mt. Albion and Mrs. Charles Mellett, Brackley Pt. Road. Two sisters also survive, Mrs. Weatherbie of Bethel and Mrs. F. Guard out west, and one brother, Geo. W Wood, Hazelbrook. Mrs. Wood with her husband professed conversion during the ministry of Rev. J. J. Colter on the Pownal Circuit, and united with the Methodist Church where they were valued members ever since. Mr. Wood having been an active and enthusiastic local preacher until he lost his hearing some few years ago. Mrs. Wood was of a kindly disposition and was a genuine help-mate to her husband who greatly grieves her loss. "She rests from her labours but her works do follow her." The funeral service was necessarily held on Sunday afternoon at 3, Rev. E. S. Weeks officiating. Interment took place at Pownal cemetery. There was a large attendance. (Patriot please copy.)



HOTEL ARRIVALS

Victoria Hotel

W. L. Miller, St. John.
J. E. Barry, Moncton.
James Polly, Truro.
J. W. Walsh, Mt. Stewart.
W. H. Prowse, Murray Harbor.
M. F. Schurman, Summerside.
P. G. Clark, Summerside.
A. D. Crowe, New Glasgow.
H. J. Knight, Halifax.
J. R. Dufresne, Montreal.
H. C. Holland, Montreal.
J. Robertson, Montreal
F. G. Gamester, Montreal.
W. J. Stucoff, Toronto.
E. A. Mason, St. John.
D. R. Morrison, Summerside.

Queen Hotel

J. Anderson, New Glasgow.
John Champion, Summerside.
L. Dystant, Ellerslie.
Mrs. Robert Schurman, Summerside
L. Smith, Toronto.
A. McAdam, Toronto.
A. D. Rice, New Glasgow.
H. D. McEwen, Morell.

The Western Guardian

—IT PAYS to buy in this Province

—MR. W. K. McGOUGAN is Guardian representative in Summerside. 4950-3-22M3i.

—BASKETS—1½ bushel galvanised Wire Baskets for handling lobsters. Price $1.35 at HOLMAN'S, Summerside. 838-6-6M2iE1i.

—GIRL'S RUBBER COATS AND HATS.—A great storm outfit. Special price, complete for $5.50. HOLMAN'S Summerside. 838-6-6M2iE1i

—JUST A FEW BOXES OLD COLOBOR fox or dog biscuits to clear at old prices. HOLMAN'S, Summerside. 838-6-6M2iE1i.

—NEW SUMMER STYLES and seasonable colors in ready trimmed Hats on sale at $2.50 and $2.75 during this week. SINCLAIR & STEWART LIMITED. 860-6-7M2iE1i.

—SHIPPING.—The schooners Dictator, Waugh, master, with coal from Sydney, and the Sarah P. Ayres, Cain, master, with cedar posts from Chatham, have arrived in port, both of which are consigned to Messrs. M.F. Schurman & Co.—H

—GOING OVERSEAS—Messrs. Fred Durant, Gabriel Rowe and James Cail, of Alberton, came down to Summerside on Monday, passed a creditable medical examination, and signed on for overseas service, they returned home in the evening subject to report when notified.—H

—KENSINGTON FACTORY.— Kensington cheese factory opened for the season on Tuesday, May 29th. The quantity of milk is little below the usual amount considering the scarcity of fodder. Mr. Austin Murphy has been re-engaged as cheese maker and a large output of cheese is expected, as the districts supplying milk to the factory are generally accepted as among the best dairying districts in the province. Mr. . Larkin has charge of the Hamilton branch.

—LOBSTERS PLENTIFUL.— Lobsters are being taken in good quantities hereabouts says the Alberton correspondent of the Island Farmer. Messrs Herb Fraser, Silas Matthews, Sam Fraser and Eldred Hutt have landed over 3000 lbs. in two days fishing. Messrs Sam Fraser and mate landing 900 lbs. from 235 traps in one over haul. Cod are coming in more plentifully and the Nova Scotia vessels are close on the trail, many schooners being in port over Sunday. The local fishermen are making ready for the mackerel which are expected to strike in about 10th or 12th inst.

WESTERN PERSONALS

—Mr. A Horne, Charlottetown, was in Summerside on Monday.—H

—Mr. Thomas Hayes, St. John, N. B., was an inward passenger by the Northumberland on Monday night. H

—Mrs. W. A. Noonon, Centreville and Miss Alice Sherry, Fernwood, were visiting in town on Monday. H

—Mr. Oliver Burns, Kensington, has taken a position in the crockery dept. of Holmans', Limited.—H

—Mrs. Charles Needer, Tryon, paid a short visit to Victoria on Saturday.—V

—Sergt. Norman Lowther, the returned Kensington hero, left for Toronto (Tuesday) morning, to be fitted for an artificial limb.

—Mr. Ernest Reid, manager of the Royal Bank of Canada, Tyne Valley, spent a few days at his old home in Crapaud.—V

—Rev. C. W. Neish the new rector of New London parish entered on his duties on Sunday last, and was greeted by large congregations.

—Mr. Frank Brothers, of Sinclair & Stewart, Ltd., is spending a short vacation at the home of his parents at Vernon River.— H

—Mr. Owen Larkin, Summerside, was a visitor to Albany on Sunday, the guest of Mr. and Mrs. Frank McKenna.—H

—Mr. and Mrs. George Sheen, O'Leary, passed through Summerside on Monday morning on a visit to friends at Kensington; they returned by evening train.—H

—Pte. K. Smallet, R.C.R., who had been spending a short furlough at his home in Bedeque, left Monday on return to Halifar.—H

—Mr. James Noonan, Albany, has purchased a nice gelding colt by Commodore Lidyard, from Mr. W. J. Howatt, Bradford, the colt is handsome and shows good signs of speed.—H

SASK. ELECTIONS SET FOR JUNE 26.

REGINA, Sask.— Writs were issued on Saturday dissolving the third Saskatchewan Legislative Assembly.

Nominations will take place on June 19, with elections one week later.

In Cumberland and Ile la Grosse, the two northern seats, elections are defered, as they are also in three over seas soldiers seats.

OLD-TIME REMEDY MAKES PURE BLOOD

Purify your blood by taking Hood's Sarsaparilla. This medicine has been and still is the people's medicine because of its reliable character and its wonderful success in the treatment of the common diseases and ailments—scrofula, catarrh, rheumatism, dyspepsia, loss of appetite, that tired feeling, general debility.
Hood's Sarsaparilla has been tested forty years. Get it today.

—THE NEWEST STYLES in ladies' patent and kid pumps $2.50 to $4.00 per pair. SINCLAIR & STEWART LIMITED. 860-6-7M2iE1i

—MAKE IT A POINT to see our special millinery offerings on sale this week. SINCLAIR & STEWART LIMITED. 860-7-M2iE1i.

—IN SUMMERSIDE.— Mr. H. W. Vinnicombe will be in Summerside on Monday, June 11th, on a business trip.

—FLEET FOOT OUTING SHOES IN white, tan and black for sale by SINCLAIR & STEWART LIMITED. 860-6-7M2iE1i.

—THE Y. L. M. C. WILL HOLD THEIR ANNUAL THANKOFFERING SERVICE in the church at Kensington on Sunday, June 10th at 7 p. m. Rev. J. S. McKay will speak at this meeting. There will also be a programme and special music for this service. 859.

—SHIPPING.— The schooner "Blake" Capt. McLean, with a large general cargo is discharging at the dock at Crapaud, for Calvere Howlett. When discharged the "Blake," will go north for a load of shingles.

SUCCESSFUL YOUNG ISLAND SOLDIERS

Many friends will be delighted to learn that Sergeant Elmer McLeod of Hunter River, and Corporal Fred M. Nash, of Charottetown, two of the most popular young men who left here with No. 2 Siege Battery, now the 98th, have successfully passed their examinations and have received commissions as Lieutenants in the Royal British Flying Corps. Both young men entered No. 2 Battery as gunners, and when the battery left here had attained to the rank of Sergeant, and Nash as a Bombardier. The latter who is a son of Mr. F. J. Nash, editor of The Patriot, was after his arrival in France promoted to the rank of corporal. Both these non-commissioned officers were afterwards recommended by Major Prowse for commissions in the Artillery or in the Aviation Corps. They decided to enter the latter service, believing that the chances for peramnent occupation, after the war, would be better in that branch of the service. Today, they have their reward, in having successfully passed their examinations and received their commissions.

Elmer McLeod is a young man of note. He was a brilliant student and made a record for himself in the Prince of Wales College. It was his intention to enter law, and had not the war broken out, which called him to the colors, no doubt his career in that profession would have been a notable one.

Nash, at the time of his enlistment, was in the Bank of Montreal at Fort William, and was steadily gaining promotion. He was well known in his native city, Charlottetown, as an athlete of excellence, as proven by the fact that he was a member of the Abegweit Championship Football and Hockey Teams in the years 1911-12, and was also a member of the Y.M.C.A. Champions in 1912. He has always been exceedingly fond of athletics and in this way kept himself fit for the stern duties which the boys have to encounter at the front.

Both these young men were through many engagements with the 98th, up to the time and including the battle of Vimy Ridge. It will thus be seen that these gallant lads have well won their promotions and no doubt they will give excellent accounts of themselves in the rather perilous duties falling to the lot of aviators.

The Guardian unites with their many friends in city and country in extending congratulations to Lieutenants McLeod and Nash, and also to the parents of these brave young men.

JOFFRE TO CO-OPERATE WITH U. S. IN FRANCE.

PARIS.— Marshal Joffre has been designated to the minister of war to coninue his work, begun in Washington, of assisting to organize American participation in the war. He will therefore be the representative of the French government in co-operating with the American commander, Major-General Pershing, Lieutenant-Colonel Fabry, as chief of staff, and Lieutenant De Tessan, as an aide, both members of the French War Commission to the United States, will continue with the marshal.

When General Pershing reaches Paris he will be received by M. Viviani, minister of justice, and Marshall Joffre, and will be escorted through some of the principal streets, so that Parisians may have an opportunity to see the distinguished American soldier.

DONALDSTON LINE AND ANCHOR JOIN.

LONDON.— In connection with the recent co-ordination of Anchor-Donaldson Limited announced in the Lloyds' list, the Donaldson Line management explain that the new company has acquired the steamers Letitia, Santurnia Cassandra and Anthenia. Otherwise the Donaldson Line continues as before, managed by the Donaldson Brothers Ltd., and there is no prospects of further change.
fifiuqS —c Ikv ?y.gcoD MWD RHMH

ROUMANIA'S NEW ARMY

JASSY, Rumania—Rumania's national feast was celebrated with enthusiasm behind the front. I visited various districts where the new army has been re-organized, and was astonished at the quick recovery of the much tried troops. The units visited were those placed under the severest ordeal in the autumn campaign, and since exposed to pestilences during the winter. It would be almost impossible to guess they were the same troops. They are longing to be sent as soon as posible to the front. The enemy will have to face a new army, adequately equipped and seasoned, and imbued with deep hatred for the invaders of their homes.

Representative Wanted

We want an agent for "Phonola" Talking Machines in each of the Maritime Provinces on either a jobbing or a commission basis.

The Phonola is a high grade Canadian made instrument that plays any disc record. It has been on the market for the past ten years, has an established reputation and is sold at prices ranging from Eighteen to Two Hundred and Fifty Dollars.

Any wholesale house, merchant or responsible individual can build up a big profitable business by securing one of these exclusive agencies. This is an exceptional opportunity for the the right man and is undoubtedly the most valuable because the Phonola no-duty-customs prices give you a distinct advantage over all competitors.

Exclusive Agency Appointments Now Being Made.

Write today for full particulars of our liberal proposition.

The Pollock Manufacture Co., Ltd.
KITCHENER, ONTARIO.

Save the Food and Serve the Empire!
The Average Canadian Family Wastes Enough to Feed a Soldier

"The Kitchen must help as well as the Workshop and the Trenches"
Lloyd George.

INTELLIGENT economy in the kitchen can do much to prevent the threatened world famine—can counteract the effect of high prices—and can replace growing debt with systematic saving.

Careful investigations show that before the war the average British family wasted 25% of their food—and we Canadians were even more extravagant.

This waste is not in a few big things, but in many little ones, each, we used to think, too small to bother about—such as careless peeling of vegetables and fruit—failure to make good use of dripping and "left-overs"—and such others as will occur to every thrifty housekeeper.

For the Empire's sake as well as your own, hunt up and cut out these leaks! You'll be helping to relieve the food shortage—saving your own money—and putting yourself in a position to buy Canadian War Savings Certificates and help win the war.

War Savings Certificates are issued in denominations of $25, $50 and $100, to be repaid in three years at full face value. They cost $21.50, $43 and $86 respectively, at all Money Order Post-Offices and Banks, thus yielding over 5% Interest. Should you need it, you can get your money back at any time. 19

The National Service Board of Canada,
OTTAWA.