

The Central Guardian

IT PAYS to buy in this Province.

APPRECIATION—Mr. James A. Chisohn and family wish to thank their many friends for their kindness to them during their recent sad bereavement.

SUCCESSFUL WINNER—Miss Theresa Clarkin, of Emyvale, is the successful winner of the business course at the Union Commercial College, offered as a prize for disposing of the largest number of lottery tickets for Kelly's Opera Church.

ISLANDERS MEET—The regular meeting of the Prince Edward Island club was held in the O'Brien Hall, Vancouver B. C., on Friday evening. Arrangements were made for the season's entertainments, after which the following programme was carried out:—Piano solo, Miss Florence McLean; solo, Miss McLeman; recitation, Miss Isabel Morrison; trombone solo, Mr. Edward White; Highland dances, Misses Jessie and Margaret Morrison; reading, Mr. Joe McLeman; vocal solo, Miss McLeman. Each number was well received, but Mrs. McLeman's "Peppermint" won especial applause.

RECEPTION TO SIEGE BATTERY—The hall of Zion Church was the scene of a very enjoyable time last evening when the young people of the congregation tendered a reception to the members of No. 5 Siege Battery. The room was prettily decorated with flowers and the National Colors. About seventy-five of the soldiers were present and a large number of young people attended to welcome them. The programme was as follows:—Remarks, Welcome to Battery, Chairman, Mr. J. Nash; Piano Solo, Miss Lilian McKenzie; Vocal Solo, Miss Ross; Solo Prof. Barlow; Reading, Mr. Edgar Shaw; Solo, Miss Sutherland. The games which included a spelling contest, dressing clothespin contest, musical chairs and other refreshments were served and the evening of pleasure ended with the National Anthem.

FUNERAL TODAY—The funeral of the late Mrs. Joseph J. Gillis, who died in Sydney, September 12th, will take place this morning (Friday) at 8:45, from Hennessy's Undertaking rooms, to St. Dunstan's Cathedral, thence to the R. C. Cemetery.

WILL PREACH—The Rev. D. MacLean will preach (D.V.) at Lot 48 on Sabbath the 17th at 10:30 a.m. Highfield 2.30 and in the People's church at 7 p.m., Monday the 18th Glasgow Road at 7 p.m.

FUNERAL—The funeral of the late Mrs. Joseph Gillis will take place this Friday morning at 8:45 from the residence of Mr. M. Hennessy, Undertaker, to St. Dunstan's Cathedral, thence to R. C. Cemetery.

COVEHEAD SERVICES—Rev. Mr. Cameron will conduct the services in the Probying place church, Covehead, on Sabbath next, 17th, at the usual hours.

WEDDING BELLS—At an early hour on the 13th day of September, Mr. Harry Leach of Charlottetown, and Miss Florence E. Gales, of Bradabane, were united in marriage at the residence of the officiating clergyman, Rev. D. MacLean. The ceremony was witnessed by a few of the immediate friends of the contracting parties. The good wishes of many friends go with the happy young couple.

OF LOCAL INTEREST—The Halifax Herald says that the government steamer Lady Laurier sailed yesterday for Sable Island. The place from where the ponies come, the sand heaps that mark the last resting place of many a gallant ship. The Lady Laurier took a general cargo of supplies for the inhabitants of the island and is bringing back a load of ponies for the exhibition. She had in her cargo a good number of empty barrels to be used for cranberry ship barrels to be carried aboard on Sable Island. Cranberries abound on Sable Island. It is a twelve hour run for the Lady Laurier from Halifax to Sable Island. There is no wharf or shelter and cargo has to be landed in boats. It is no easy task to get on board the wild pony breed on the island, but it is expected the ship will be back in Halifax before Thursday morning.

A GREAT SHOWING—It is doubtful if any commercial institution in Canada is able to make a showing equal to that of the Canadian Bank of Commerce in the number of its staff who responded to the call for men to go overseas in the great world war now in its third year. In all 1,150 men responded to the call, a whole battalion in themselves. At the supreme sacrifice which the wounded runs into the hundreds. The head office has issued a large card bearing the names of the killed and wounded, which is to be displayed in every branch.

RECRUITING IN NEW BRUNSWICK—The Frederick Gleaner says that Lieut. Col. E. H. Beer, officer commanding the 140th Battalion, arrived here this morning from St. John and will be one of the speakers at the recruiting rally to be held in the Opera House tonight. Colonel Beer is on a tour of New Brunswick making an effort to fill up his unit before proceeding overseas with a few weeks. He believes that the present recruiting campaign will result in the required number of men—100—being secured and expressed the desire this morning to get a large number of recruits in Fredericton and the outlying districts. Lieut. Col. Beer pointed out that there were 1045 men of military age in Fredericton and stated that the 140th Battalion should receive its share. The 140th Battalion is recognized as one of the best infantry units at the front. At the last medical examination 300 men were lost to Lt. Col. Beer and it was then decided to make a recruiting tour of New Brunswick to secure the men to fill up this gap. Practically all the absentees have been rounded up and the battalion is ready to go overseas as soon as the present campaign is completed.

Today Matinee 3 p. m. PRINCE EDWARD Today Night 7 & 8.45 Grace Cunard, Francis Ford ---IN--- "The Cry For Help" SIXTH EPISODE OF THE ADVENTURES OF "PEG O'THE RING" CRANE WILBUR Supported By An All-Star Cast ---IN--- "The Mystery of Carter Breene" A Romantic Detective Drama In 3 ACTS 3 "CLAUDIA" A Pretty I-M-P Drama BILLIE RITCHEE ---IN--- "BILL'S NARROW ESCAPE" IN TWO ACTS One half hour of Laughter and Fun A sure cure for the Blues MON. TUES. THE FAMOUS GRAND OPERA STAR GERALDINE FARRAR ---IN--- "Temptation" 5 Remarkable Acts 5 Wed. Thurs. DAINTY, FASCINATING MARGUERITE CLARK ---IN--- "Helene Of The North"

Peaches are the most valued treasure on the preserve shelf. Lantic Sugar Pure cane sugar very "FINE" granulation is best for all preserving. 2 and 5 lb Cans 10 and 20 lb Bags "The All Purpose Sugar" Atlantic Sugar Refineries Ltd. Power Bldg. Montreal

PERSONALS Dr. E. M. Veary, York, leaves shortly for the Canadian Northwest. Miss Pearl Hunter, city, left yesterday on a visit to friends in St. John. Mr. H. C. Chapman, is visiting in Westmoreland the guest of his aunt Mrs. Fred Fall. Lieut. Walter Ings, left yesterday morning on route to Chatham, England. Mr. D. O. M. Reddin, City, left yesterday for Halifax to attend the Exhibition. Mr. C. J. Gallagher, manager of the Prince Edward Theatre, leaves this morning for Halifax on business. Mr. and Mrs. D. Barry Bend, of Amherst are spending a holiday in Charlottetown, guests at The Russ. Mr. E. P. Earl, of Canso, and Mr. Howard Earle, of Sydney, are the guests of Prof. S. N. Earle. Messrs. Samuel Goldsworthy Woodridge and Eddie Beardon both of Covehead, left for Maine last week. Miss Blanche Robertson has returned to her home in St. John, N. B., after spending the summer with relatives on the Island. Mrs. Lydia Bonnell has returned to her home in St. John, N. B., after spending three months with her daughter Mrs. Gordon Robertson, Cavendish. Mr. Frank Leed of the firm of F. J. Holman & Co., Ltd., City, was a passenger to Summerside yesterday afternoon. The Rev. J. Abbott Winfield arrived in the city yesterday by the western train. His many friends will be pleased to see him. Miss Croft, who has been spending the summer here, the guest of her sister, Mrs. C. D. Weeks, left yesterday morning on return to her home in Toronto.

How Thin People Can Put on Flesh

Thin men and women—that big, hearty, filling dinner you ate last night. What became of all that fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment from your meals to pay for the cost of cooking. This is true of thin folks the world over. Four nutritive organs, your functions of assimilation, are probably sadly out of gear and need a healthy, hearty sawdust diet. Cut out everything but the meals you are eating and eat with every one of those single Sargol tablets. In two weeks note the difference. Let the scales be the judge. Five to eight good pounds of healthy, "staythere" fat may be the net result. Sargol aims to change weak, stagnant blood with millions of fresh new red blood corpuscles—to give the blood the carrying power to deliver every ounce of fat-making material in your food to every part of your body. Sargol, to mix with your food, to prepare it for the blood in an easily assimilated form. Thin people tell how they have gained all the way from 10 to 35 pounds a month while their flesh stays put. Sargol tablets are a careful combination of six of the best assimilative elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and inexpensive and all other good druggists in this vicinity sell them subject to an absolute guarantee of weight increase or money back as found in every package. If you find a druggist who is unable to supply you with Sargol, send \$1.00 money order or registered letter to the National Laboratories, 74 St. Antoine St. Montreal and a complete ten-day treatment will be sent you postpaid in plain wrapper.

ALL THE BOYS IN KHAKI GET THE NICE GIRLS. Songs that Sweep the Trenches. HAREST as well, on Columbia Records, come these two dashing hits from England—They're rocking the British trenches with their peppery gaiety and everybody will be singing them in Canada at once. Step into a Columbia store and hear the biggest musical treat since "Tipperary." R 2986 THE BOYS IN KHAKI GET THE NICE GIRLS. Baritone Solo by F. W. Ramsay, Orchestra accompaniment. 10-inch 85c. R 2987 PACK ALL YOUR TROUBLES IN YOUR OLD KIT BAG. Baritone Solo by F. W. Ramsay, Orchestra accompaniment. 10-inch 85c. For a few moments of thrilling heart interest listen to the clear, poignant notes of the "Last Post." For another and brighter phase of soldiering listen to the "Church Parade." R 2978 THE LAST POST—A MILITARY FUNERAL. Descriptive. A BATTALION CHURCH PARADE ON ACTIVE SERVICE. Descriptive. 10-inch 85c. More of England's newest and best in War sentiment is listed below. The splendid swinging marches will set your toes a-tapping, the songs will thrill you as only Columbia Records can; the fun that Cohen makes will make you smile—laugh—roar! Here they are: R 2945 KHAKI BOYS MARCH. Bell Solo, with band accompaniment. 10-inch 85c. R 2946 NAVAL CADETS MARCH. Bell Solo, with band accompaniment. 10-inch 85c. R 2963 COHEN'S RECRUITING SPEECH. Joe. Hayman. 10-inch 85c. R 2949 COHEN'S HONORS HIS TAILOR. 10-inch 85c. R 4000 GOOD-BYE, MOTHER DEAR. Manuel Romain, Tenor. 10-inch 85c. R 4001 OUR HEARTS GO OUT TO YOU, CANADA. Henry Burr, Tenor. 10-inch 85c. R 4002 LADDIE IN KHAKI. Chas. Harrison, Tenor. 10-inch 85c. R 4003 ILL BE A LONG, LONG WAY FROM HOME. Imperial Quartette. 10-inch 85c. R 2949 3rd DRAGOON GUARDS MARCH. Wingate's Temperance Prize Band. A MILITARY CHURCH PARADE. Wingate's Temperance Prize Band. 10-inch 85c. Your nearest Columbia dealer is waiting to play these and more for you. Ask him freely.

An Old English Handbill advertised a public warning about coffee in its early days as a beverage in England. It said: "You are not to drink it after supper unless you intend to be watchful, for it will hinder sleep for three or four hours." That was 250 years ago. Today it is a well-known fact that sleeplessness, brought on by coffee drinking, is due to the presence of the drug, caffeine, in coffee. It is also known that coffee drinking is a common cause of various other ills. POSTUM the delightful pure food-drink was devised especially for people who should not use coffee, but who like a hot beverage with meals. It resembles mild Java coffee in its snappy taste, but contains no coffee, caffeine, nor any harmful element. Postum is good for old and young, and can be drunk freely at any time of the day with pleasure and comfort. "There's a Reason" Canadian Postum Cereal Co., Ltd. Windsor, Ont.

A PATRIOTIC FAMILY

Sherman Mellish arrived in the city Wednesday night, going through to Montague in the morning train to visit his parents, Mr. and Mrs. J. J. Mellish. Serjt. Mellish enlisted in the 140th Battalion several months ago. The battalion is on the way to Halifax for transport to England. This makes seven grandsons and one son of Mr. D. Johnston of Montague, who have offered their services to their King and Country, one of them giving up his life.

WELL DONE P. U.

Yesterday a messenger from the Labourers' Protective Union handed to Mr. J. M. Hughes, Honorary Treasurer of the British Sailors' Relief Fund the handsome sum of \$241.25 as a donation to the fund. The amount represented the proceeds from the Labour Day Sports held in Charlottetown. The donation was a very generous one and the Union deserves the utmost praise for its liberality. It may be noted incidentally that this makes a total contribution of \$700 from the various patriotic funds, an amount probably not exceeded by any other society in the province.

VISITING THE ISLAND

Mrs. D. A. Sutherland and her daughter, Mrs. Thomas Taylor and little child, who have been visiting friends in Montague, spent Sunday, the 10th, at the residence of Mrs. D. MacKay, of Pleasant Street. Tuesday they went to Kensington where they formerly lived. Mr. Sutherland and family moved out to the west twelve years ago. Russell, their youngest son, is a Lieut. in training at Aldershot, where his battalion will leave shortly for England. The other son, Percy, is visiting in Montague, the guest of his uncle, Wm. Sutherland. They leave for Winnipeg again the first week in October. Mr. Sutherland holds a responsible position there, also his two sons hold good positions. Mrs. Sutherland sees a great many changes and misses a lot of her old friends who have either removed to other parts or passed away.