

# AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" - The Wonderful Fruit Medicine - will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema - and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure Auto-intoxication or self-poisoning - as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

# The Central Guardian

IT PAYS to buy in this Province.

FRESH BOILED LOBSTERS every day. - Charlottetown Fish Supply Co. 523.5, 17M21

NEW SPORT SHIRTS. - All sizes in many new colorings, \$1.25. Just received at "The Haberdashery" Sunnyside.

HAY! HAY! A few tons at a right price for prompt buyers at Braces. 560.5, 19ME13.

PREACHING AT MARSHFIELD. - Rev. C. R. Freeman will preach in the Marshfield Baptist Church on Sunday afternoon at 3 o'clock.

MOUNT STEWART CIRCUIT. - Services Sunday, May 20th: Marie 11 a. m., Mount Stewart 3 p. m., Dunstaffnage 7 p. m.

FREE. - Two 15c cakes Palm Olive soap with purchase of 50c bottle Shampoo or Jar Cream at Jameson's drug store. See windows. 558

THE 105th COMFORT CIRCLE has an immense family to take care of. All should help by attending the Pantry Sale, beginning 3 p. m. today in Paton's Store. 557

ENGINE DERAILED. - By the spreading of a rail an engine from Emerald was derailed yesterday afternoon at Freetown. A work train from the city proceeded to the scene. There was no damage.

S. D. C. CLOSING. - The commencement Exercises of St. Dunstan's College will be held on Wednesday afternoon May 23rd at 3 p. m. Mr. W. M. Pierce American Consul will address the graduates.

C. G. S. PRINCE EDWARD. - The "Car Ferry" brought 351 tons of freight to Georgetown Thursday evening. It was discharged at 11 a. m. yesterday and the work of reloading started. There were 45 men employed in handling the freight. The outward cargo to-day will include 2 cars horses, 2 cars cattle, 20 cars potatoes and 6 cars of way freight.

SOLDIER RETURNING. - Miss Nellie Gillespie, Secretary of the Returned Soldiers Aid Committee received a telegram dated Quebec May 18 informing her that Corporal Fenton Gunn had left by the 3:40 p. m. train on that day (the 18th) for New London, P. E. Island. This probably means that Corp. Gunn will arrive this evening via Summerside.

Supt. Grady of the P. E. I. R., went to Georgetown yesterday.

Mr. A. S. McAllister who has been in the city for the past few days in connection with the campaign in aid of the Y. M. C. A. Military Fund, leaves this morning for Halifax. Before leaving Mr. McAllister stated that in no other campaign in which he had taken part, had he seen such enthusiasm, harmony and willingness to help in a worthy cause as had characterized the campaign now being conducted in aid of the Y. M. C. A. and of boys in whose interests the fund is being collected. He expressed his heartfelt thanks to the clergy who afforded the Y. M. C. A. representatives an opportunity to present the claims of the cause, to the press and to all others who so gladly gave of their time and their means to make possible the invaluable service of the boys who are giving all in the cause of humanity and righteousness.

FRESH FINE LOBSTERS every day. - Charlottetown Fish Supply Co. Ltd. 523.5, 17M21.

CHESS TONIGHT. - The Chess Club will hold a session in their rooms this evening.

NEW CAPS. - A splendid assortment to choose from \$1.00 \$1.25 and \$1.50 "The Haberdashery" Sunnyside.

NEW HATS. - Just received in all the most fashionable blacks and colors prices \$2.50 and \$3.00 "The Haberdashery" Sunnyside.

A. O. H. WIN. - In the second of the series of bowling games being played between the different Catholic societies on the League of the Cross Alleys the A. O. H. came off victorious having a majority in the games total of the three games of 39 pins, defeating the Knights of Columbus in a very interesting game, the interest is growing every night and the schedule of games will be framed up for next week.

REV JOHN F. FLOYD DEAD. - Many friends in Charlottetown will learn with deep regret of the sudden death in North Troy, N. Y., of Rev. F. J. Floyd for several years pastor of the Central Christian Church in this city. He was a warm hearted gentleman, an able preacher and always took a keen interest in every movement affecting the interests of the community. Mr. Floyd before coming to Charlottetown was pastor of a church in St. John. He proceeded to North Troy after leaving here. His funeral takes place there next Tuesday.

Borsalino's, Christy's and Wolthuisen hats are here in all the latest styles. Popular prices. Prowse Bros., Ltd. 566

## LETTER FROM ISLAND SOLDIER

The following interesting letter has been received by the Rev. J. L. Dawson, from his son, Bdr. Wilfred, with the Canadian Forces in France:

France, Apr. 29, 1917  
Dear Father, - I am writing this in the "office" on a lovely Sunday morning. My day's work so far has not been hard. I got up a little earlier than usual, owing to new orders about getting up at 7 a. m. Appointed a man to sweep out, got my pig bread and tea and reported at the office where I deciphered a meteorological report, made up corrections for the day, or until a new one comes on and have since been waiting for orders to come in for the battery to undertake a little cleaning up across the line. An R. A. M. C. captain has come in and gone over the sanitary arrangements with the R. O. C. Jack Phelan, was the only man reporting sick - bruised up due to falling on a stake in a trench, which is a more serious accident in Jack's case, due to his weight - 195 lbs.

The office is an interesting place. Behind me is the "officer's mess," a table of valetarian habits, half of whose legs are supported on bricks. The walls are papered with maps of trenches, hostile battery positions, topographical features, etc. diagrams of mathematical shortcuts, regulations and reports. Articles of dress and equipment hang from pegs in various places. Visitors come in from time to time, but usually the place is quiet. The paper has come, yesterday's "Daily Express," and been duly read, the most interesting item being Lloyd George's speech on receiving the freedom of the City of London. Must have been an imposing occasion. London seemed a very home-like place to me, and news from there is correspondingly interesting. We had a visit yesterday from the Brigadier. He gave a few hints as to our conduct, while on active service and promised to look us up again. It was amusing down at our gun. I went down and took the part of gun captain till the Sergeant dove in sight. The General looked at Phil Francis, who was standing by the trail. "How often do you shave?" Every second day, sir. "Why didn't you shave today?" "My face gets sore, sir. He looked at me. - I was more, in the gun crew, omitting apparently. Dan Bonnell, our gunlayer, who was shaved to the arteries, and declared, "Well, it seems nobody shaved." The O. C. explained that we were working under difficulties, there being only forty gallons of water, for cooking, dusting, washing, and shaving. The

matter is being adjusted today.

I have finished "Oil Blas," and am sending to the publishers in Paris for Caesar's Gaelic War and Voltaire's History of Charles XII, of Sweden. Meantime, I am studying a little German in my spare time, from a quick action set Alex. Murray has.

It seems strange to think of this being Sunday. On the table next is a sheet with data all ready to open fire on any one of four German positions. Continental Sunday, all right. So far the line ahead seems very quiet day. An amusing incident occurred yesterday. We were running an aeroplane shoot, which requires the guns to be loaded and fired very quickly. A man was hurrying along with two shells in a wheelbarrow when for some reason the conveyance twisted and shells, wheelbarrow, and man went into a ditch containing about four feet of water covered with this unappetizing green stuff. They have both been fished out now, the shells, I mean, and incidentally an old washing machine, dredged out too.

The weather here is getting warmer every day, and I must discard the seven-in-ones of Mrs. Johnson's, which has served me so well - as a pillow at night, sweater coat by day, and for various supplementary purposes, such as keeping off the sun, when I am taking a sunbath in idle moments.

Last week there was a little more excitement. We had a bombardment one day in the wrong direction. I took refuge with Jim McKenna, lately promoted Bombardier, in a concrete splinter-proof. One shell landed about fifty yards away and shook the place. I think we were safe enough, there, even from a direct hit. Shrapnel landed around the gun before we left, it fell among the gun crew, striking nobody. In fact, the boys regard shrapnel and shelling generally as a sort of comic fireworks, and many are the jokes cracked in the billets afterwards over the speed displayed by a so-and-so in evacuating his position on the "ignorance" of Phelan in perching in a cartridge shed with a "B" roof for shelter.

I had the pleasure also of seeing an enemy aeroplane descend and its officials surrender. These planes buzz around above us so frequently, that we no longer bother, usually, to look for them, and they seem rather out of our world. On this particular day, through, we heard machine gun fire away up above us, and eagerly waited the progress of the fight. Soon the planes began to descend and we ran across the fields, tore their barbed wire and stood beside, or as near as the military police permitted, a plane with the black cross of Germany plentifully displayed on wings and tail. The officer seemed to take it as a joke, but his companion was grim enough for two. The cheerful Hun pointed out a hole in his gasoline tank, caused by a bullet as his reason for descending. The British planes lag around on the field. It was certainly a memorable sight, the more pleasant as nobody was hurt.

Well, I feel quite satisfied today with life in general. Plenty to eat, not much to do and fine weather, and best of all, no lice yet.

Lots of love,  
WILFRED.  
Note address:  
Bdr. W. T. Dawson, 1261462,  
8th Canadian Siege Bty., C. G. A.  
B. E. F., France.

## To-day We're Ready with a Fine Showing of New Shirts

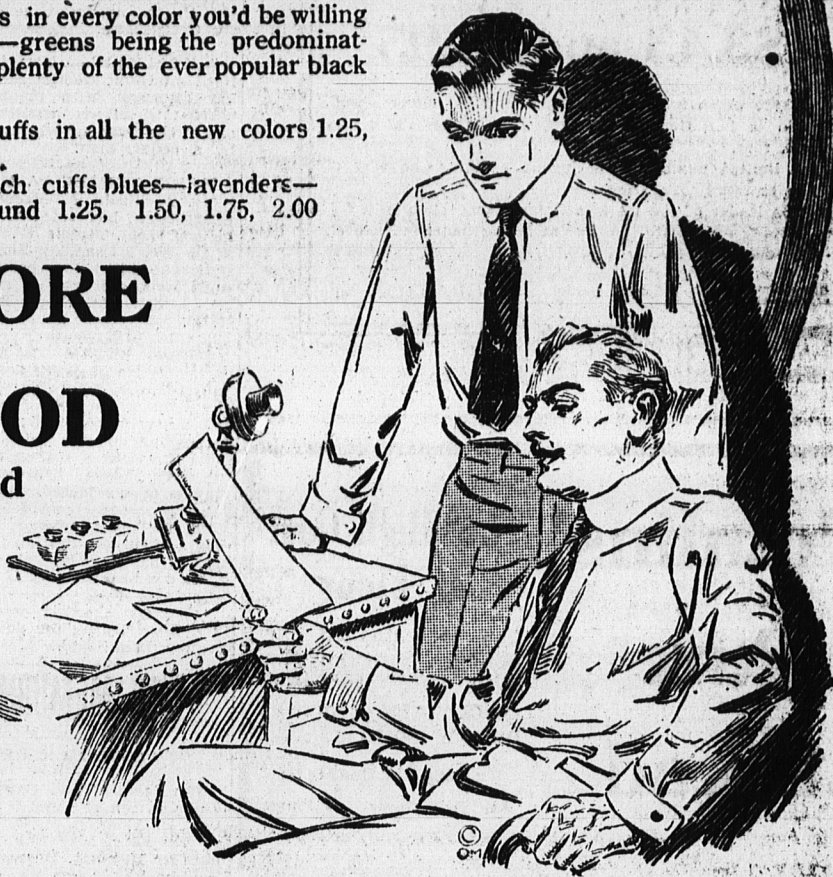
THIS IS A GREAT BIG SHIPMENT THAT HAS BEEN SOMEWHAT belated on its way from the factory to you. Just came in yesterday—and is all ready on display for you today. There are shirts for the man of quiet conservative tastes in dress. There are shirts for young men—and for men who stay young. There are shirts for every size—for every taste.

Soft front shirts with stiff cuffs—soft front shirts with soft "French" fold cuffs. There are stripes and checks in every color you'd be willing to wear—blues—lavenders—greens being the predominant colors. And there are plenty of the ever popular black and white stripes.

Soft shirts with stiff cuffs in all the new colors 1.25, 1.50, 1.75, 2.00 and 2.75.

Soft shirts with French cuffs blues—lavenders—greens on white background 1.25, 1.50, 1.75, 2.00 3.00.

## MOORE and McLEOD Limited



## Here You Are \$3.95

Women's 8 inch High Cut Patent Leather Laced Boots

cloth top We have these in all sizes and they look fine and are WONDERFUL VALUE

MEN We have a Grand Work Boot strong and roomy made in Mule Hide which we are selling for only \$2.49.

WHILE THEY LAST Morris-Smith-Beer



## Let Us Clean Your Hat

We can make your old hat look like new—put in inside and outside bands, re-block them in the latest shapes. Men's Borsalino, straw and Panama hats, and women's straw, leghorn and Panama hats—no job too small or too difficult.

Shoe-shining—polishes for all the new styles in men's and women's boots. Laces of all kinds in stock, and everything in the tobacco line. Orders from all parts of the Island attended to. Telephone Connection. Boston Shoe Shining Parlor SUNNYSIDE 161-4-25Mwrm4mos.

## Ask for HICKEY'S Twist

Hickey & Nicholson Tobacco Co. Ltd Charlottetown

## For Sale

Laundry Premises and Business

Owing to continued illness I have decided to dispose of my Laundry business and premises. The above is well and favorably known, being situated in the centre of the City on one of the busiest streets in the best business section, and offers a splendid opportunity for any one wishing to make a good investment. Full particulars obtained by calling on or corresponding with J. A. Webster, Masonic Temple Building, Grafton Street, Charlottetown, P. E. I.

A. F. Webster. 540-5-18Mtf.

## For The Boys At The Front

You can do your "mite" by sending things to the soldier boys that will add to their comfort and health. We suggest such articles as:

- Safety Razors, Razor Blades, Tooth Brushes, Shaving Soaps and Powders, Foot Powders, Writing Materials, Tobacco, Cigars, Cigarettes, Beef Extract, Malted Milk Tablets, Oxo Cubes, Etc., Etc., Etc.

Be sure that your next parcel is well stored with the things which will be needed by the young patriots while they are in camp or on the march.

Johnson & Johnson The Quality Drugstore. Cor. Kent and Prince Sts.

## BIOGRAPHY OF KAISER WILHELM

Kaiser Wilhelm, Emperor of Germany, imposed his presence on civilization about sixty years ago, and the world has been wearing crepe on its ears ever since.

The stork that was assigned to the task committed hari-kari out of sheer mortification. The second day after he say day-light he cut a dachshund in half and commanded Krupp to work his plant in four shifts a day. Immediately after his birth was announced, eight medal factories were built to make decorations for him to wear.

Nothing of particular interest happened in his life until he got old enough to get jealous of Bismarck whom he fired without the customary two weeks notice. Ever since Bismarck stopped punching the time clock the German flivver has been running on flat tires. The versatile young autocrat then conceived the idea that it would be awfully nice to make every man in his employ a soldier.

He then proceeded to muster a large army of mechanical toys hinged at the hips in order to goosestep properly. At his dictation individual thought was discouraged to Germany and all the average German had to strain his brain for was to say "Hein!" when the Kaiser passed by.

with 700 servants, three dachshunds and 1,000 guards. Soon the army grew so large that a civilian was looked upon in the same manner that a freak is regarded in a museum.

The Kaiser's mustache was clamoring for publicity by that time, and in order to train it upward he wore a powerful magnet in his nose. Being an unselfish and generous hearted man he benevolently told the Almighty that he would make him his junior partner and announced to the world that "Me and Gott" would rule it, which was very nice of him indeed.

Possessing a modest and retiring nature, the Kaiser dislikes egotism as only a democratic man like him can. In fact he hates himself to such an extent that he will not allow a mirror in any of his castles. He has so many uniforms that seventeen adding machines are required to count them. Under his supervision the German spy system grew to such an efficient state that if Mr. Blubber of the North Pole, lost a trouser button, the German Government knew it and filed the information accordingly. His idea of a map of the world is one country, and that Germany.

His great love for humility was proven by his invasion of Belgium and Serbia.

Regarding the lobster as a good example he believes in moving backward, and if he had his own way we'd

propose to woman by hiding her on the head with a club and hot dachshund steak for breakfast. He is so yellow that the sun is getting yellow. He fits in with modern civilization like a number ten foot fits in a number five shoe. The world would regard it as a great favor if he'd surround himself with a wooden overcoat.

## Lucky It Wasn't Herules

A Scotchman in search of work was recently given employment as a laborer at a shipyard. His first job was to carry heavy planks. After he had been as it for several hours, he went to the foreman, and said: "Did I tell ye ma name when I started to work?"

"Yes," replied the foreman: "ye said it was Thompson."

"Oh, then it's all right," said the Scot as he looked toward the pile of planks he had yet to carry. "I was just awunnerin' if ye tocht I said it was Sampson."—Public Ledger.

"Aren't you carrying things with a high hand, your majesty?" ventured one of the subjects.

"Sometimes it's a high hand," answered the Kaiser, "and sometimes it's only a bluff."

## To Arrive This Week AT KENSINGTON

FOR

## Estate James Kennedy

Where Cash Buys the Best Goods Procurable

- FLOUR, FEED AND SEED 100 bags Red Fyfe Imported Wheat. 100 Tons No 1 Timothy Hay. Mixed Car Feeds, containing Bran, Middlings, Corn Meal, Cracked Corn, Oil Cake, Feed Wheat. 2 Cars Robin Hood Flour. Steele Briggs & Rennie's Clover Seeds. Special prices on 3 bbl Lots and over.

WIRE FENCING ETC We have on hand an immense stock of Maritime Woven Wire Fencing, Gates, Etc., Barb & No. 9 American Spring Coil Wire. Martin—Senour outside Paint.

BOOK YOUR ORDER NOW We beg to advise all parties desiring to obtain any quantity of the above to call and see us at once. First come, first served.

SPECIAL ATTENTION TO MAIL ORDERS Mail orders for Hay, Feeds, Wheat & Flour will be given SPECIAL ATTENTION. Cash Must accompany order.