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he makers tell you why our Mothers sed *Sunlight Soap.* It is the best be-ause it is made from the pure oil of he Cocoanut and Palm.

Cocoanut Oil gives you that soft easy ather that saves your energy and saves our clothes.

The Palm Oil makes Sunlight firm and ard so that it is the most economical oap in the world to use.

Sunlight is the purest laundry soap in Canada.

"Our Mothers Knew'

LEVER BROTHERS LIMITED
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THE SMOKING TOBACCO THAT HAVE NO EQUAL

NICHOLSON'S BRIGHT CUT

The smoothest smoke. Guaranteed Virginia Leaf. 15 cents a package.

RIVAL CUT PLUG

Is another dandy smoke. 10 cents a package. PEERLESS AT THE PRICE.

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JAMIESON'S FLOOR ENAMEL

Is superior to any Floor Paint on the market.

It dries hard overnight, with mirror gloss, stands repeated washing, never sticks and wears like iron.

Can also be used on Verandahs, etc.

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Charlottetown, P. E. I.

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Fire, Life, Accident, Sickness and Plate Glass Insurance at Lowest rate.

Agent at Summerside, Lloyd Lewis, Good Strong Stock Companies.

Many People Wonder

why it is that glasses are worn more commonly in the present generation than in the past. Some say that the race is deteriorating, some that is for style, but the real reason is that our modern civilization requires the eye to do more work than was even the case before.

Consequently, the eyes, if in the least defective, may give you a lot of trouble though in reality they are no worse than those of your grandfather who did not wear glasses till he was an old man.

If you feel the least symptom of eyestrain, remember that it is natures warning to act and consult us at once.

EYESTRAIN
Is Probably the Cause of Your Headaches

HAVE YOUR EYES EXAMINED
Consult

DR. E. C. HARRIS
12-2 Queen Street

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

BAY FORTUNE.—Big Tea Party near the church, July 19th. 2574-7-12-12,16,17

FOLLOW THE BAND to Union Road Festival on Tuesday 17th. 2644-7-14-3i.

SUMMER COMFORT you will find under one of Prowse's Straw Boaters.— Prowse Bros, Ltd. 2592-7-13-3i

THE LATEST from New York in hand bags is depicted in a collection offered by the Guardian through a fortunate circumstance for only 60 cents. 2619-13-2i.

POLICE COURT.—At the police court Saturday a prohibition case was disposed of by a fine of $300.00 and costs.

MEN'S AND YOUNG MEN'S summer suits in latest styles and shades, lowest prices. —Prowse Bros, Ltd. 2592-7-13-3i

FRANCIS FARM WAGONS—Buy your wagon direct from makers and get a close price. J. S. Francis & Sons, Fortune Bridge, P. E. I. 2647-7-14-2i.

I AM PREPARED to take in a few boarders. Meals served on Sundays. Mrs. Phemie Marshall, Churchill House, North Rustico. 2642-7-14-2i.

HOPE RIVER TEA PARTY—The parishioners of Hope River are sparing no efforts to make July 21st the biggest tea party yet. Remember the date. 2621-13-1i.

DISCHARGING HARD COAL. —800 tons best quality hard chestnut coal for base-burners discharging ex schr. Edward R. Smith at A. Pickard & Co. Order your supply while the price is low. 2668-7-16-3i

HOPE RIVER ANNUAL TEA PARTY—Bigger preparations than ever are being made to make a pleasant day at Hope River on July 21st. Plan your holiday to Hope River. 2621-13-1i.

STAFF CHANGES.—The following changes have been arranged to take place in the teaching staff of St. Dunstan's University: Rev. Fr. G. J. McLellan, D.D., to Tignish; Rev. Fr. D. F. Croken, D.D., of Georgetown, as Rector of St. Dunstan's University; Rev. Fr. Owen Kiggins to Georgetown; Rev. Fr. F. McQuaid, as Bursar at St. Dunstan's University; Rev. Fr. F. McDonald to Freetown.

ON VISIT HERE.—Captain and Mrs. J. Austin, Gillingham, Kent, Eng., arrived in the city Friday evening and are the guests of Major and Mrs. C. L. MacKay, 218 Kent Street. Captain Austin served in the South African war also during the last great war and has several decorations. He enlisted with the Royal Engineers and was later transferred to the Royal Canadian Engineers, where he served with great distinction, until the close of the world war, and has since retired from the service after a long distinguished career. Captain and Mrs. Austin are visiting in Canada and will return to England in August next.

TALENTED SOLIST AT METHODIST CHURCH—The large congregations at both services in the above church yesterday, greatly enjoyed the splendid singing of Miss Mary Hessell, vocal teacher at Mount Allison Conservatory of Music who while spending a vacation here, kindly consented to sing at each service.

Miss Hessell posesses a charming sopiano voice. Perfectly trained and always under control and in her songs, "There is a Green Hill (Gounod) "Great is Jehovah" (Schubert) and also in a Hymn she gave sympathetic interpretations of each number.

In compliance with a request, the choir gave a fine rendering Prof. Fletcher's anthem. We give Immortal Praise, the duet being well sung by Mrs. Fletcher and Mr. G. Elmer Ritchie. The paster Rev. Mr. Ryan preached at both services.

STRAW HAT season is now on get under one of our new Boaters. —Prowse Bros, Ltd. 2592-7-13-3i

NEWEST HANDBAGS—Don't be late in getting your hand bag from the Guardian for only 60 cents. You'll be sorry if some one else gets yours. 2619-13-2i.

COUNTRY WOMEN may have fifth Avenue vogue in hand bags at nominal price. Mail 60 cents to the Guardian and we will send the finest handbag you could wish for. 2619-13-2i.

DURING HECTOR CELEBRATION week commencing Monday the 16th the S. S. Magdalen will leave Georgetown every morning at 7 a. m. leaving Pictou at 4 in the afternoon single fair $2.00, return fair $3.00 2622-7-13-tf.

STOCK NOTE.—Mr. G. C. Holland, of Tryon, shipped to Mr. H. M. Wood, of Southport, forty choice fat cattle. They were driven from Mr. Holland's farm to Charlottetown and as they passed through the different sections they were much admired and came in for much favorable comment and were pronounced by competent judges to be the most high class bunch of cattle shipped by one man that had passed that way for years. Mr. Holland since last fall has handled upwards of two hundred head. He has on hand at the present time twenty-five choice stall fed cattle, which he will use on his meat route. He handles nothing but the best, is prompt in delivery and merits and enjoys the patronage of the public.

A Trip To Australia

The following is a detail of a trip told by Mr. Harry Fraser, of Georgetown:—

I signed articles on Canadian Challenger as carpenter for a voyage to Australia. The Challenger is an oil burner, with a speed of 11 miles per hour and her tonnage is 8,390 odd. She was built more for cargo than for comfort. We started to load at Montreal on the 20th of September, 1922, a mixed general cargo, consigned from different parts of Canada and U. S. such as automobiles from Detroit, beaver-board from Buffalo, steel and iron bars from Collingwood, rubber goods from Brantford, and scores of other Canadian manufactured products. The balance of our cargo was to be taken on at Sydney, C.B. The sailors and firemen were shipped on the 27th and I never sailed with a finer bunch of men, such as our second mate, Edward McDonald, belonging to Georgetown. He has been in the C.G.M. since April, 1920. Our boatswains, Michael J. Young from North Sydney. The latter and I roomed together, and he is a jolly good fellow. He has seen quite a bit of sea life. He and I have been shipmates for over two years in the C. G. M. M. Ltd. The ship left Montreal Friday, 29th at 5 p.m. and the city became a smudge astern as we steamed smoothly down the river. There was some traffic on the river. We passed a Norwegian, two Britishers and an American ship in rapid succession. Saturday morning brought us to Quebec, where we changed pilots. Sunday evening we arrived at Father Point, and our pilot left us. Then we took our course for Sydney, C.B., arriving there on Tuesday morning. Started to load wire and nails. On Thursday night at 11 o'clock one of the stevedores was working in No. 3 hold, the hatch being open, when he tripped in some manner and fell down 27 feet to the bottom. He was instantly killed, and the poor fellow was taken up dead.

We finished taking on cargo at noon Saturday, then the gangway and lines were taken in and the ship steamed out of the harbor for Panama.

The ship arrived there on the 18th of October, after a pleasant trip of 11 days. We went into the Atlantic terminal coaling plant in Christobel, C. Z., being the largest of its kind in the world. We took on 2,000 lbs. fuel oil. While there the crew started to paint down the funnel, and one fellow, Joseph McDonald, from Charlottetown, fell off the ladder, fractured his wrist hurt his spine and was sent to the hospital.

Thursday morning, 19th, we started to go through to Panama, a distance of 55 miles. Ships enter the canal at Limon Bay, and proceed under their own steam to Gratum Locks, where they are raised 85 feet by means of three flights of locks to the level of the lake. Each lock will admit a ship 1800 feet long and 110 feet wide, with a draft of 40 feet. Ships are taken through the locks by means of electric locomotives called mules, three on each side, these tow the ship. The ship proceeded under her own steam 23 miles until we reached the Culebra Cut, then we arrived at Pedro Miguel. The boat was lowered 85 feet by three flights of locks to sea level on the Pacific side, where they steamed 8 miles to deep water. The time occupied in passing through the canal is about 10 or 12 hours or according to the speed of the vessel. It was late in the afternoon, when we cleared the coast and dipped to the broad Pacific. The crew was kept busy painting, oiling decks, chipping rust and overhauling blocks. One job completed make room for another. Each day became more sweltering and hot. We could not sleep or eat in our rooms. We slept on deck under canvas. Our only glimpse of land in the long journey was far off volcanic islands, which were verdant and inhabited. The weather was splendid with a steady cool breeze at night. We crossed the line on November 11. We went to bed on Sunday night and woke up on Tuesday morning, time was shifted one day ahead.

The ship arrived at Brisbane, a busy but rather rustic little city. We had a run of about 20 miles from anchorage up a flowery bordered river with garden backgrounds of silver green russet and brilliant scarlet from sea to wharf. Then the ship left the next day for Newcastle where we arrived the next morning and tied up at the steel works, five miles out of town. We each received £6 and took in the sights, being glad to get on Mother Earth again. Left Newcastle on Monday evening and arrived at Sydney, Australia, Tuesday middle harbor, passing Woolomooloo, the background for miles of waterside violence, where men of the sea foregather. We passed Cockatoo Island, where lay the Australian cruiser Sydney, then to Hunter Hill wharf, but about 6 miles past the city. We went over Friday evening to the oil docks and took on fuel oil and sailed Saturday morning for Melbourne, a distance of 550 miles. Arrived on the 3rd at the mouth of the Yarra River, and Melmourne was a few miles up the stream. The latter is the capital city of the State of Victoria. Both take their name from history. Melbourne was officially founded in 1837, when Queen Victoria came to the throne of England, and Lord Melbourne was Prime Minister. The city lies in a valley bordered by mountains and rugged coast ranges. It is superior to Sydney in civic beauty, although lacking the latter's splendid harbor. We left here on the 8th for Adelaide, went around Kangaroo Island and up the Gulf of St. Vincent to Port Adelaide. The place was alight with the sun of a brilliant morning, the approach was busy with shipping. The ship left Adelaide on the 13th for Freemouth a distance of 2500 miles, and arrived there on the 24th, and anchored. We remained here till the 27th December, then the ship went into dock, and we started to load wool. Left the next morning for 30th. Took aboard 7 cars of wool, and left the same evening for Sydney. Arrived in the latter place Jan. 7th, took on wool, hides and tallow. Then the ship went to Melbourne, where we took on more wool, hides and tallow. Left there on the 23rd for Tasmania, crossing Bass Strait to Beauty Point was our objective. Volumes could not delineate more surely the sheer loveliness of this bend of the winding Tamar, than the two simple words of its name—Beauty Point. The village was a collection of small beflowered houses and a wooden hotel built alongside the pretty river road. The place might well have stood for the Deserted Village, so silent and forlorn it seemed. We walked down the long street, and sat at the base of a South African War Memorial to watch the life of the village dash [illegible] small boy a cow loading and left for Sydney on the 27th, arrived there on the 30th and started loading more wool, hides and tallow.

We left there on Feb. 3rd for Brisbane, where we docked on the 6th. This was the last port of call in Australia. Left here on the 7th of February for New York, arrived at Panama 21st and took on bunker oil. Went through the canal the same evening and proceeded to New York, where the ship arrived on April 3rd. Discharged part of our cargo and went to Boston, thence to Halifax, where we docked on April 12. The ship's engines were loosened up, for they under-went a long, hard journey about 25,000 miles of steady running without an overhauling. But we did not mind as we were nearly home. Snow and ice formed in latter place on the deck, and the coast hills were white. We found it difficult to keep ourselves warm. It is all right to go foreign, to see foreign, speak foreign and sometimes to think foreign, but after all, give me this —"I'm home."

Fresh Chocolates

"A BOX WHERE SWEETS COMPACTED LIE"

When your appetite craves something sweet—really pure toothsome confections — or when you wish to present some one with the best

Boxed Chocolates

—the ones we carry,—will fill the bill.

These chocolates are received at frequent intervals and are always fresh and pure. Our assortment contains—

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It's great sport landing big trout and it is a great disappointment to loose one. You will not loose the big ones if you use gear.

Our stock was chosen by an expert angler who knew just what to buy. Have a look at our Lines, Reels, Flies, Gut Hooks, Coats, Rod Baskets, Etc., and see for yourself what a magnificent stock we have. Then get your outfit from us and bring the big one's home.

The 2 Macs

Your Grocer is the Carnation Milkman

YOUR grocer has the most convenient milk supply in the world ready for you all the time—Carnation Milk. Order it from him and *always* have on hand rich, sweet, safe milk for any use. Carnation is simply fresh, whole milk with about 60% of the natural water content removed by evaporation, sealed in the container and sterilized. Nothing is added. Ready for use as cream, or by adding a little more than equal parts of water ready for all milk uses.

Order from your grocer several tall (16 oz.) cans or a case of 48 cans.

Cook with Carnation Milk. Try this recipe and write for our Cook Book containing 100 tested recipes.

SCALLOPED POTATOES

One tablespoonful salt, 4 medium-sized potatoes, 1⅓ cups water, 2/3 cup Carnation Milk, ½ tablespoonful butter. Wash, pare and cut potatoes in thin slices. Put a layer in buttered baking dish, sprinkle with salt and dredge with a small amount of flour. Add milk, mixed with the water, and butter, and bake until potatoes are soft. This recipe serves six people.

CARNATION MILK PRODUCTS COMPANY, Limited
Condenseries at Aylmer and Springfield, Ont.

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"From Contented Cows"

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Now that warm weather is here make yourself comfortable by using one of our roomy, servicable HAMMOCKS

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With or without steel frame for verandah's or under shade trees. Our prices are right.

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