

AVOID ALUM IN FOOD

Baking Powder is one of the most important food ingredients. Alum or other injurious acids are frequently used by some concerns to lower the cost of production.

MAGIC BAKING POWDER

Contains No Alum

It is a pure phosphate baking powder and is guaranteed to be the best, purest and most healthful baking powder possible to produce.

W. Matthew Williams, in "Chemistry of Cooking," says: "Phosphates are the bone-making material of food and have something to do with building up of brain and nervous matter."

Made in Canada

BULBS FOR THE WINTER.

Everyone loves flowers, but during the winter everyone cannot afford to buy the lovely blossoms which, like everything else, have become so expensive.

With a little care more people are able to grow the bulbous flowers, which do so much to brighten up a room on cold, grey days.

The Christian Science Monitor recently gave an excellent article on growing bulbs for winter use, from which some extracts are quoted below.

By choosing bulbs of the proper kinds and bringing them into the light at short intervals, it is easy to have a constant succession of flowers all the winter through.

When you come to buy your bulbs for winter forcing, you will find that they, too, cost more than in former times, yet the cost is not to be reckoned, when compared with the pleasure and satisfaction which the flowers will give. If the higher price causes you to be a little more careful in your buying no harm will be done. Do not, however, be induced to buy inferior bulbs, because they are cheaper than the others. Only the best are suitable for forcing.

If you have grown bulbs in past years, no doubt you are familiar with the dainty Roman hyacinths and will order a supply of them. Probably you will be disappointed, for a ruling of the French inspectors has barred practically all shipments this season. In spite of their name they really come from the South of France. The same section also produces the paper white narcissus, and, under the circumstances, this is the bulb to plant most freely for indoor use this season. It is not expensive, it grows rapidly, and it flowers within a few weeks. Get a good supply of bulbs now, store them in a lark, cool place, and start forcing them at intervals of two or three weeks. You can grow them in pots if you like, but a better plan is to flower the bulbs in bowls filled with pebbles and water. Dainty little bowls have been designed especially for this purpose, but any shallow bowl or deep saucer will serve. Even the yellow kitchenware bowls take on a drawing-room aspect, when they support several blooming bulbs. And it is always better to have more than one bulb, unless a small bowl is used. The dish should be two-thirds filled with pebbles and the bulbs made to nestle securely in them. Then keep enough water in the bowl so that it will touch the bottom of each bulb at all times. Set in a secluded corner of the room until roots begin to show among the pebbles. After that keep the bulbs in a light place and rapid growth will take place. The warmer the room, the more rapid the

growth. There are several varieties of narcissi which force readily and quickly but which are distinct from the paper white and should be grown only in pots of soil. Among the most charming is the poet's narcissus, *Poeticus Ornatus*. Then there is the double flowering von slon, and the large trumpet varieties, *Golden Spur Bicolor Victoria*, and *Camparuelle*.

Now with the tulips, hyacinths, and narcissi, the same methods must be used and it is important that they are not overlooked. The bulbs should be potted in good soil and there should be good drainage at the bottom of the pots. The bulbs should be just covered and it is better to fill in the soil around them, rather than to press them into place. Do not quite fill the pot or there will be no place for watering. Now take the pots to the cellar and set them on a layer of earth or coal ashes several inches deep. Next cover them entirely with sand or ashes, but first give them a thorough watering. Choose, if possible, a place away from the heater, so that the bulbs will be kept cool. If no cellar is available, you can dig a trench for them out-of-doors. Cover the spot with straw or litter to keep out early frosts. The one secret of getting good flowers with these bulbs is to obtain a strong root growth. Several weeks will be required, but is impossible to give any reliable rule. Occasionally dig out a pot and, if necessary, remove the ball of earth by rapping the side of the pot against a solid surface. If this is done with the pot inverted and one hand held over the top, the ball of earth will drop into the hand. If the bottom of the ball is covered with a network of white roots, the bulb is ready for taking to the living room. Sometimes these roots may be seen through the hole in the bottom of the pot.

When the bulbs are ready for forcing, take them to a room which is not very warm nor very light. They will probably have made a little top growth which will be white. When this growth has changed to green, the pot may be taken to a window or any other light location to develop the flowers. It is important that they be kept from sudden blasts of either cold or hot air, and they are best at a little distance from the radiator. Water freely, but do not keep the soil water soaked. None of the bulbs mentioned can be forced a second time, but the hyacinths, tulips, and common narcissi may be set in the open ground when summer comes.

Left All Right

"I thought Jim married a woman with a million in her own right."
"So he did, but he hasn't been able to get his right on any of it and so he's left."

THE WESTERN GUARDIAN

—IT PAYS to buy in this Province.

—THE GUARDIAN is on sale at Lafferty's, Summerside.

—WANTED — A maid at Clifton House, Summerside. 1468-10-9mft

—FOX RANCH FOR SALE.—Ranch with 6 good sized pens, also dog pens. Large guard fence, room for number of pens, also small building. Located at Crapaud, G. H. MacCallum, Summerside, P. E. I. 2307-11-14M31.

—A SCHOOL TREAT.—Instead of a School Fair Mr. and Mrs. John J. Sark organized for the Lennox Island school a school treat as they have in England. Last Monday they entertained the school children to the number of twenty to a splendid dinner. It was presided over by the teacher and the Rev. John A. McDonald. Mrs. Sark was assisted by Miss Agnes Mitchell. The parents and friends of the pupils were present in large numbers and the day was pleasantly spent in music and song and outdoor games.

—SMELT NETS.—I have a number of smelt bag nets for sale. James England, Traveller's Rest. 2306-11-14M31.

—CHURCH OF SCOTLAND.—Rev. Jas. MacDougall will preach as follows:—On Sabbath the 16th at Summerside at 10.30 Searletown at 3 p. m. Cape Traverse at 7.

—SCHOOL WORK.—The report of the Travellers Rest School for the months of September and October is as follows: Grade VI—1, Donald Matheson; 2, Evelyn Pillman; 3, Reta Champion. Grade V—1, Jean Walker; 2, Hilda Hefel; 3, Gerlie Hefel. Grade IV—1, Gladys Macdonald; 2, Willie Hefel. Grade III—1, Nellie Hefel; 2, Celia Baker; 3, Genevieve Blanchard. Grade II—1, Ernestine Marchbank; 2, Joseph Manderson. Grade I—1, Loring Rayner; 2, Delbert Rayner; 3, Preston Champion and Borden Hoag.

HOTEL ARRIVALS

VICTORIA HOTEL

J. Rutherford, St. Thomas; W. V. Gale, Montreal; A. C. Hewitt, Toronto; F. L. Clements, Fredericton; E. A. Hughes, Galt; J. Lyons, Guelph; M. H. Robinson, Guelph; R. V. Ramsay, St. John; C. L. Marion, Montreal; A. S. McLeod, Montreal; J. D. Levison, Montreal; J. A. Charlebois, Montreal; L. Mineau, Montreal; C. H. Birch, Montreal; H. E. Aminege, Boston; A. H. King, Montreal; H. Robb, Quebec; G. D. Scarborough, Toronto; L. Young, Vernon; W. Forbis, Vernon; Mrs. F. Andrews and daughter, Halifax; W. McLeod, St. John; A. McAulay, St. John.

REVERE HOTEL

J. D. MacNutt, Moncton; C. E. Macdonald, Borden; J. P. Cheverie, Magdalen Islands; E. L. LaBourdois, Magdalen Islands; Geo. J. Abalee, North Sydney; J. Mitchell, New Castle; D. A. Mitchell, New Castle; A. McDonald, Clear Springs; J. McDougall, Clear Springs; H. A. McDonald, Clear Springs; W. H. McDonald, Clear Springs; J. Ackman, Chicago; A. Currie, North Wiltshire; W. H. McKay, Halifax; M. Waye, St. Peter's; F. P. Cheverie, Magdalen Islands; G. L. Le Bourdois, Magdalen Islands; M. S. McKay, Debec, N. B.; Gertrude Pineau, North Rustico; Clara Pineau, North Rustico.

GEMS OF THOUGHT

Wealth is a weak anchor, and glory cannot support a man; this is the law of God, that virtue only is firm, and cannot be shaken by a tempest.—Pythagoras.

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief From Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffing, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone. Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relieves you instantly. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly.

AN ENGLISH LAD.

(Lloyd Roberts, in Ottawa Citizen.)

The Prince of Wales is an English lad, And what is there more to say? For out of the list of Galahad, Into the list he rode today.

An English lad has rode his horse, Galloping all the way.

An English lad has galloped straight, Clad in his shining mail, Breaking the bloody spear of Fate, On the quest of the Holy Grail; And wherever the fiercest foes were set There did his arm prevail.

From Francis Drake to Jellicoe, From Crecy to Cambrai, An English lad has met the blow, Leading us all the way— And the Prince of Wales is an English lad;

What is there more to say?

For an English lad is an English lad, Whatever his skill or crest; Whatever the rank or birth he had His heart still keeps the quest, If the Prince of Wales is an English lad,

His blood is the best, the best!

DUMAS HAD REVENGE

When Alexander Dumas, French novelist, was a young man, he was gravely insulted by a man whom he had regarded as his friend.

Everyone expected him to punish the offender severely, but instead he began looking upon him with more consideration and apparent friendliness than he had ever shown before.

At length, three years later, when the erstwhile friend was to be married, the novelist was asked to serve as best man and did so. When the ceremony was over and the guests were leaving, some one remarked to Dumas: "I have often wondered at your kindness to this man. Surely yours is a remarkable forgiving nature, for, although he insulted you grossly you have assiduously studied his happiness ever since and even assisted him in getting married."

"Quite right," answered Dumas. "I flatter myself that I have given the fellow the most furious and lynx-eyed mother-in-law to be found in France!"—Rehoboth Sunday Herald.



Economy for you in good Towels and Table Linens

DAY AFTER DAY THIS LINEN DEPARTMENT of ours is getting orders by mail from many distant cities. Within a week orders have been received for linens from the largest cities in Eastern Canada—and also from the largest city in the Dominion. There's a reason. This linen store was buying linens—sheetings, towels and the like, when good goods were available—and when prices were low. That's why there are better values here right now than you'll find as a rule, in most other cities.

Bleached English Sheet-ing in a strong round thread. This is a good wearing sheeting, easy to wash, 68in. wide, per yd. **65c.**

Bleached English Sheet-ing in heavy strong and durable, very evenly woven, 70in. wide at per yr. **75c, 85c, 90c, \$1.00**

Linen Huck Towels made from all linen yarn, splendid wearing towels with good drying qualities in a large range of prices at per each 50c, 60c, 75c, 90c, \$1.00, \$1.25.

Table Linen Values

Bleached Union Damask Table Linen. Splendid wearing cloth for everyday use, in pretty floral designs, 66in. wide, at per yard **\$1.00**

Bleached Damask Tabling in a good, strong, sturdy cloth, for hard wear; fine and woven free from dressing in a polka dot or Maple Leaf, 70in. wide, at per yard. **\$1.50**

Bleached Damask Table Cloth in a good, heavy, splendid wearing cloth, in floral designs with the border all round, size 72 in. at per each **\$3.50**

Lovely Linen Specialties

Hem stitched and embroidered tray cloths in many pretty designs and qualities, at per each 60c, 75c, 90c, \$1.00, \$1.35.

Lace edge, hem stitched and embroidered runners for sideboard and bureau. This is a beautiful range. All good, well made, that will give you real service in wear. Now is the time to pick up these goods before Xmas. They range in price from 75c, 90c, \$1.00, \$1.50, \$2.00, \$2.50.

MOORE & McLEOD LIMITED
119 121 Queen Street Charlottetown

Over There— Over Here

STAG Chewing Tobacco is appreciated by both of Canada's war units—those who fought in Flanders and those who served at home.

It is also enjoyed by civilians of all classes throughout Canada and is recognized as being "Ever-lastingly Good"