

20 YEARS OF ILL HEALTH

Then Mrs. Duke Discovered Kellogg's ALL-BRAN

Of her own accord, Mrs. Duke sat down and wrote a glowing tribute to Kellogg's ALL-BRAN:

"I have been constipated all my life, which has been about 20 years, up until last year when I started eating your ALL-BRAN. Since I have been eating it, people tell me I am looking better, and I am sure that I feel a great deal better."

Constipation is usually caused by lack of two things in the diet: "Bulk" to exercise the intestines; Vitamin B to help give them tone.

Within the body, the "bulk" in ALL-BRAN forms a soft mass, which gently clears the intestines of wastes.

How much more natural it is to enjoy this delicious cereal than to risk taking pills and drugs—so often harmful.

Just eat two tablespoonfuls daily—serious cases with every meal—for most types of constipation, ALL-BRAN is not habit-forming.

Sold in the red-and-green package. Made by Kellogg in London, Ontario.

Mother: What are you crying for, Reggie? Reggie: It isn't fair. At night I am too small to stay up, and in the morning I am too big to stay in bed.

Periodic—Eye Examinations

Don't wear your glasses for five or ten years, as some do, without re-examination, for in that time serious changes are vitally important, whether one's eyes are good or otherwise.

may take place, which if not discovered, may work permanent injury to the most precious sense you possess.

Guard your eyes.

G. F. HUTCHESON OPTOMETRIST

Professional Cards

Prohibition Commission Chas. H. Black, Chairman, Charlottetown.

Jas. B. McDonald, West St. Peters, John Simpson, Hamilton.

Stewart & Lowther J. D. Stewart, K. C. N. W. Lowther BARRISTERS, SOLICITORS, ETC.

BELL & MATHIESON R. R. Bell, D. L. Mathieson, LL.D. Barristers & Solicitors

MARK R. MCGUIGAN B. A. BARRISTER, SOLICITOR, ETC. MONEY TO LOAN

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EYES TESTED AND GLASSES FITTED E. W. TAYLOR J. S. TAYLOR Optometrists

C. M. Lampson & Co. LIMITED. Public Auction Sales OF RAW FURS

Emerald

Miss Lillian Murphy, Freetown, spent last week end in Summerside.

Mrs. Ambrose Carr and little son Gerard, Emerald were week end visitors to Summerside.

Mrs. Thomas E. Hamill, and two children, Middleton, are visiting relatives in South Freetown and Emerald.

Mr. Irving Haslam, Springfield, returned Saturday morning from a visit to friends and relatives in Cornwall.

Miss Margaret Read of Vernon River is visiting her aunt, Mrs. P. F. Hughes, and Mr. Hughes, Emerald.

Mr. Francis Hamill, Middleton, is visiting his daughter Mrs. C. W. Croken, also friends at Emerald and South Freetown.

Mr. John M. Murphy, Kinkora, attended the funeral of the late Hon. Leonard MacNeill, Mr. Louis McCourt, South Freetown and Mr. Frank Hamill, Middleton also attended the funeral.

Miss Jean Donald, Sea View, is visiting Mr. and Mrs. Fred Campbell, Graham's Road.—E

ROSE VALLEY

Miss Margaret Todd spent the week end visiting Miss Annie Newsome.

Miss Lulu Champion, Stanchel, is visiting friends in Charlottetown.

Miss Eva Ramsey spent the past week in Springton, visiting her uncle, Mr. Charles Ramsey.

Among the Rose Valley most recent visitors, Messrs James Nicholson, Donald Gillis, Albert Ramsay.

Miss Mary Clow of Charlottetown, is visiting in Rose Valley, the guest of her sister, Mrs. John Trousdale.

Congratulations are being extended to Mr. and Mrs. Isaac Stewart on the arrival of a bouncing baby boy.

Mrs. Raymond Newsome of Rose Valley, spent the week end in Tryon, the guest of her parents, Mr. and Mrs. Leard.

We are glad to report that Mr. Hugh Gillis, Rose Valley, who has been seriously ill, is doing as well as can be expected.

Mr. Daniel Todd and Mr. James Cousins of Rose Valley, spent the week end at Grand River, the guest of Mr. James Cousins.

Mr. T. C. Gillis, teacher of Borden School, spent the week-end with his parents, Mr. and Mrs. Hugh Gillis, of Rose Valley.

The many friends of Miss Marion Blonden were very sorry to hear that she had the misfortune of falling on the ice and fracturing her leg.

Mr. Roddie MacDonald, teacher of Bradabane Village School, spent the week end with his parents, Mr. and Mrs. A. R. MacDonald, of Rose Valley.

Rose Valley School is progressing favorably under the skilful management of our efficient and capable teacher, Miss Marion Blonden.

Teacher—How can you tell the approach of winter? Pupil—It begins to get later earlier.

NERVOUS? Try Life Savers. Soothing Refreshing Hole some Pure. LIFE SAVERS. PEPO-MINT WINT-O-GREEN OLO-VE LICO-RICE CINNO-MON VIO-LET

Georgetown

The death occurred of Miss Charlotte Lebroc at New Glasgow, N. S. on Thursday, March 3rd at the home of her nephew, Mr. Russell MacLean.

She also took a keen interest in the welfare of P. E. L. and was always glad to welcome many of her old friends in Georgetown who always enjoyed her company as she was cheerful, bright and intelligent, a true christian woman, always having a kind word for everyone.

That medical aid and kind nursing was done, but God called her to his Heavenly Home. She was a member of St. David's United Church, Georgetown and her death has cast a sad gloom over her many friends in Georgetown.

She visited her native home about five years ago and was greatly pleased with the improvements of the place, and always said, no place like Prince Edward Island.

The many beautiful floral tributes and messages of sympathy show the high esteem in which she was held. She leaves to mourn her niece, Miss Susan LeBroc, in U. S. A. and her nephew, Mr. Russell MacLean, New Glasgow, N. S., to whom sincere sympathy is extended. The remains were conveyed to Georgetown for burial.—A.

Hunter River

Mr. William Green, Cavendish, was the guest recently of Mr. James Dover, Ebenezer.

Miss Adele McGlennan, teacher at Greenvale, spent the week end at her home in Charlottetown.

Miss Martha Ling, New Glasgow, is spending the week end with her grandmother, Mrs. Allan McDonald.

Mr. and Mrs. Harry Coles, Winsloe, were the guests of Mr. and Mrs. Horace Ling, New Glasgow, Thursday.

Mr. Howard Court, Supervisor of Schools, was a recent visitor to the home of Mr. and Mrs. Earnest Houston, New Glasgow.

Mr. Henry Tunter who recently returned from a trip to Holland his native country, intends purchasing a farm in this vicinity.

The hockey matches recently to have been held in Wheatley River Rink have been postponed until the weather clears.—L

The recent snow storms, making travelling impossible, compels the farmer to remain indoors. However this results in a general hunt for reading materials, books, newspapers etc., get read quite a number of times, passing from one farm house to the next. It is "an ill wind that does nobody good," and many a good piece of literature will be read and treasured now, that had there been fine weather, would never have been opened.

She Is Now Able To Do All Her Own Housework

Says Nova Scotia Lady After Using Dodd's Kidney Pills

Mrs. Douglas Rafuse, Who Suffered With Her Kidneys, Is Now Feeling Fine, And Gaining In Weight

Berwick, N. S., March 9.—(Special)—"It is just a year ago since I was in hospital with a very bad attack of kidney trouble," writes Mrs. Douglas Rafuse, a resident of this place. "I had three operations and afterwards was unable to do my own work for months. I have been taking Dodd's Kidney Pills for months and find them just wonderful. I am now working for seven in a family and am feeling fine and putting on weight. I will recommend Dodd's Kidney Pills to all who suffer with their kidneys. They should never be without a box in the home. I am very thankful for the help they have given me."

Dodd's Kidney Pills have been used by thousands of Canadian men and women with very beneficial results. They are purely and simply a kidney medicine and can be taken by old and young alike.

WESTERN GUARDIAN

TENDERS for hauling Cream received up to Tuesday, March 15th. Kensington Dairying Association. 1354-3-9-21

CASE DISMISSED.—In the Summerside Police Court on Monday a case of assault adjourned from Saturday was dismissed.—S.

NORTH BEDEQUE AND FREETOWN United Church: N. Bedeque 11 a. m. Wilmot Valley 3 p. m. Freetown 7 p. m. Minister, J. W. A. Nicholson.

NOTICE TO FISHERMEN.—Woodland Mills on the old Beaton Stream are now open for the cutting of all kinds of laths, palings, trap sills, etc.; also lumber, boards and shingles for the public. Charges moderate. Work guaranteed. James H. Getson, operator. 1360-3-9-wst-31.

PERSONALS

Miss Pope of Charlottetown is the guest this week of the Misses Green of Summerside.—S.

Mr. and Mrs. A. D. Hierlihy who have been visiting in their old home at Hebron, Lot 8, returned this week to their home in Edmonton, Alberta.—S.

Mrs. G. H. Barbour of Charlottetown, is visiting her sister, Mrs. John Hogg of Summerside.—S.

Mrs. Bennett, wife of Professor Bennett, of Charlottetown, is visiting her parents, Mr. and Mrs. Alex Lockhart of St. Eleanors.—S.

Mr. James Bearstro, who has been undergoing treatment in the Prince County Hospital for a fractured leg, returned to his home in Malpeque on Tuesday.—S.

Friends of Rennie, son of Mrs. P. C. Gallant, of Summerside, will be glad to know he is resting comfortably after an operation, Feb. 29th, in the Prince County Hospital. S

Miss Emma Bradshaw has returned to her home in Summerside after spending a pleasant week in St. John, N. B., the guest of Mr. and Mrs. Garfield White. Many little parties were given in her honor.

Mr. Robert Dingman of New York entertained for her at the home of her parents, Mr. and Mrs. M. B. Edwards, Meekenburg Street, St. John.—S.

EASTERN GUARDIAN

CARDIGAN DUNDAS Presbyterian Churches. Services for Sabbath March 13th.—Cardigan at 11 a. m. Dundas at 3 p. m. Rev. W. E. Davies, B. A., Minister.

UNITED CHURCH of Canada, Georgetown and Sturgeon. Services Sunday March 13th. Georgetown 11 a. m. and Sturgeon 2.30 p. m. Subject, "Parable of the Great Supper." Service also in Georgetown at 7 p. m. when the subject will be, "The Prodigal Son." Message will be emphasized by Dure's picture "The Prodigal Son." Service also in Sturgeon Friday evening at 7.30 if suitable traveling when the message will be on Tissot's painting of "The Ruins." Rev. C. U. MacNevin, Pastor.

After 10 Years of Asthma Dr. J. D. Kellogg's Asthma Remedy proved the only relief for one grateful user, and this is but one case among many. Little wonder that it has now become the one recognized remedy on the market. It has earned its fame by its never failing effectiveness. It is earning it to-day, as it has done for years. It is the greatest asthma specific within the reach of suffering humanity.

Willis—Don't you think Miss Screamer has wonderful control of her voice? Wells—No, I don't. She sings every time anyone asks her to.

Amateur Actress: "Didn't I act the part well?" Her Friend: "Yes, indeed, dear, when you left the stage the audience said it was the best thing you ever did."

2000 Acres For A Caribou Calf

HALIFAX, N. S., Mar. 8.—(By The Canadian Press)—The first caribou exhibited in the animal collection of the Tower of London came from Nova Scotia, according to Patterson's History of Pictou County.

But that is not the only distinction of this creature: it made history in Nova Scotia before Sir John Wentworth, who was governor of the province from 1792 until 1808, sent it to England. It was captured alive by Alex Mackay, a fleet-footed hercules among the early settlers in Pictou County. Mackay kept it until it became quite tame, then exchanged it for a heifer with Squire Mackay. The squire sent the animal to Halifax as a present to the governor, receiving in return 2,000 acres of land at St. Mary's, Guysboro County.

All Alexander Mackay received for his feat, then, was the heifer and a reputation for physical prowess. The Indians had a saying regarding young caribou: "one day old, Indian catch him, two days old dog catch him, three days old Mundus himself no catch him."

However, Mackay, being in the woods with other men, started a herd and this calf became separated from the rest. He pursued it, endeavoring to drive it in a direction opposite that in which its companions had gone, at the same time watching lest the dam should turn upon him. After a short chase the calf tripped in crossing a tree and in an instant he was upon it. Alexander Mackay was a son of Alexander Mackay, whose name appears among the immigrants of 1784. He came with his father to this province when a boy of about 12 years. On the passage from the Old Country, he performed another feat that is noted in history. He and another boy having climbed the masts, two sailors followed with ropes, intending to tie them. One of them caught the boy, but Mackay seized the top-mast stay, swung himself from it by his hands and then passed hand over hand to the other mast, by which he descended to the deck while the bystanders looked on in terror.

Many stories are told in Pictou County of the physical power and dexterity of Mackay in mature years. One concerns a bull that had become wild and was hup up in a barn which none dared approach. The owner sent for Mackay, who ordered that the barn door be opened, while he stood beside it. As the animal rushed out, he seized it by the horns, threw it on its back and held it until the neighbors tied it. Mackay was much engaged in lumbering, but neither river driving nor the other hardships of the

EYESIGHT EXAMINATION

Fitting and supplying Glasses, etc. H. J. MABON OPTOMETRIST Office Connected With Drugstore

EBENEZER SCHOOL Honor Roll for February: Grade IX—1 Fosh Dolron, 2 Curhis Ford, Willard Roberts, 4 Eleanor Ford, 5 Fred MacLeod. Grade VIII—1 Kathleen MacDonald, 2 May MacRae. Grade VI—1 Emerson MacLeod, 2 Audrey Ford. Grade V—1 Douglas MacDonald, 2 Ivan Ford, 3 Alex Ford, 4 Lloyd Ford. Grade IV Sr—1 Allison MacLeod, 2 Lincoln MacRae. Grade IV Jr—1 Dorothy MacDonald, 2 Norma Ford, 3 Ruth Roberts, 4 Leith MacLeod. Grade III Sr—1 Lois Ford, 2—Teacher, Ruby Stead.

MILBURN'S HEART NERVE PILLS. Price 50c a box. Sold at all drug and general stores, or mailed direct on receipt of price by The T. Mills Co., Ltd., Toronto, Ont.

Nerves A Complete Wreck Sat Up Half The Night

Mrs. John Rose, Bark Lake, Ont., writes:—"I was troubled so much with my nerves I was a complete wreck. I could not do my work, and would have to up half the night on account of not being able to sleep. One day a friend recommended Milburn's Heart and Nerve Pills. I used one box and got relief and by the time I had taken six boxes I was as well as ever!"

BRINGING UP FATHER

