

To-day, to-morrow and every day.

Good for Bread, good for Pastry—good for you.

PURITY FLOUR

More Bread and Better Bread

The Eastern Guardian

..*IT PAYS to buy in this Province

..*CARL McDONALD is Guardian Representative for Souris.

..*T. GORDON IVES is Guardian Representative for Souris.

..*Miss Lulu Dalziel, of Murray Harbor North, is visiting Miss Jessie Dalziel in Georgetown, for a few days.

..*GIVE OLD ADDRESS—Subscribers are asked when having their papers changed from one address to another to please give old address as well as new one. This prevents any delays and saves unnecessary trouble in going over the books.

..*PICNIC.—The annual picnic of St. George's Lodge, No. 109 I. O. G. T. was held at St. Andrew Point Thursday, July 15th. The attendance was one of the largest in the history of the Lodge and a very enjoyable day was spent by all.

Theatre the week of June 19th, the last of the Meistersingers' record breaking engagement in "The Flag Station." Cecil Cunningham, the comedienne extraordinaire, and Charley Case, the man who talks about his father, will be two of the big headlines offered with "The Meistersingers At The Flag Station." Miss Cunningham is the wife of Jean Havez, the great song writer, and she will offer a series of original songs written especially for her by her husband. Charley Case is one of the finest black face comedians in the world. He is a great favorite in Boston, and vaudeville patrons look eagerly forward to his annual visits to Keith's. "The Meistersingers," for the third and positively last week of their engagement, will offer new solos, new soloists, and new choruses, and the much talked about railroad train effect will continue to amaze the audiences. Ota Gygil, the court violinist to the King of Spain, will be another star feature, and the surrounding bill includes George Howell and Co. in "The Red Fox Trot," Mr. and Mrs. Gordon

lids, the famous English shadowgraphists from the London Coliseum; Bronte and Aldwell, singing comedians; and Ward, Bell and Ward, in "Under The White Top," featuring Adelaide M. Bell.

The Wretchedness of Constipation

Can quickly be overcome by

CARTER'S LITTLE LIVER PILLS.

Purely vegetable—act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, and Indigestion. They do their duty.

Small Pill, Small Dose, Small Price.

Genuine must bear Signature



Small Pills, Small Dose, Small Price. 70
Potatoes, bus. 27

S'SIDE MARKETS

Straw (per ton)	\$6.00
Turnips, bus.	1.10
Wheat, bus.	1.60
Wool, lb.	.30
Eggs, dozen	.15
Hay, loose ton	\$10.00
Hides, lb.	10.00
Lamb pelts	.30
Oatmeal, per 100	3.75
Oats, (white) bus.	65
Barley bus.	65 to 90c.
Buckwheat	.60
Butter, lb. (dairy)	.20
Butter, lb. (creamery)	.22
Calfskins lb.	.10

LET us develop your films and make your prints.

We have a complete and very modern department for handling this work.

Send us your exposures we will get the best there is in them.

The G. H. Cook Studio

Telephone us for an appointment. We will be glad to make portraits of the children, yourself the entire family or any gathering of friends.

The Bayer Studio

Sandals!

Sandals!

—FOR—

Infants, Children, and Misses

59c a pr.

SIZES

From 4 to 2

See Our Window!

Alley & Co.

135 Queen St.

A. E. Lyon

Photo Studio

Specialty in Groups, College, Society and Family

Work unexcelled.

Moderate Prices.

Amateur's work given personal attention

107, Queen St. Ch. Town Phone 68J

PLANT LINE

All sailings to and from Charlottetown are cancelled for the present.

The S. S. "EVANGELINE" sails from HALIFAX to Boston every Monday and Thursday morning at 7 o'clock.

JAS. CARRAGHER, Agent.

Charlottetown.

CANADIAN PACIFIC

PANAMA-PACIFIC EXPOSITION SAN FRANCISCO

Tickets on Sale Daily to November 30th Return Limit Three Months

\$122.80

From Charlottetown

Going and Returning via Chicago direct

Returning via Vancouver, or vice versa, \$17.50 additional

CANADIAN PACIFIC

From Montreal—Quebec

MISSANAHIE JULY 29

METAGAMA, AUG. 12

W.B. Howard, D. P. A., C. P. R., St. John, N.B.

Geo. Waller, Dominion Express Building Charlottetown

Hard Coal To Arrive

We have the following schooners, now on way and due from New York and Philadelphia with cargoes of Best American Anthracite coal in Egg stove and Chestnut sizes, namely

"ISAIAH K. STETSON, with 600 tons

"R. POWERS" with 670 tons

"F. A. ALLAN" ...with .650 tons

This coal is all of best quality, and will be sold at very lowest price while discharging. Parties requiring Anthracite Coal cannot do better than by booking their orders at once, and delivery will be made from vessels while discharging.

Buntain Bell & Co

Agents Dominion Coal Co., Ltd. PHONE 404

Time Table, Rocky Point Ferry, S. S. Hillsboro.

Leave Ch. town	Leave Rocky Point
7:00 a.m.	8:30 a.m.
8:00 a.m.	9:30 a.m.
9:30 a.m.	11:30 a.m.
1:30 p.m.	2:00 p.m.
2:30 p.m.	3:00 p.m.
3:30 p.m.	4:00 p.m.
4:30 p.m.	5:00 p.m.
6:30 p.m.	7:00 p.m.
9:30 a.m.	10:00 a.m.
12:00 p.m.	1:00 p.m.
2:00 p.m.	2:30 p.m.
3:00 p.m.	3:30 p.m.
4:00 p.m.	5:00 p.m.

M. MURPHY, Manager.

Eastern S. S. Lines International Line

Steamships Calvin Austin, Gov. Dingley and Governor Cobb.

COASTWISE—Leave St. John, Mon., Wed., and Friday at 9 a.m. for Lunenburg, Portland and Boston. Return, leave Central Wharf, Boston, Mon., Wed., and Fri., at 9 a.m. for Portland, Eastport, Lunenburg, and St. John.

DIRECT—Leave St. John, Tues., Fri., and Sat., at 7 p.m. Return, leave Central Wharf, Boston, Mon., Thurs., and Sun., at 10:00 a.m.

METROPOLITAN LINE STEAMSHIPS MASSACHUSETTS AND BUNKER HILL

Leave North side of India Wharf, Boston, every day at 5 p.m., due New York at 8 a.m. Same service returning.

MAINE STEAMSHIP LINE STEAMSHIPS NORTHLAND AND NORTH STAR

Leave Franklin Wharf, Portland, Tues., Thurs., and Sat. at 6:30 p.m., also Mon., at 10:30 a.m. for New York. Same service returning.

City Ticket Office, 47 King Street.

A. C. Currie, Agent, St. John, N. B.

A. E. Fleming, T.F.&P.A. St. John, New Brunswick.

Coal

We carry a complete stock of all HY GRADE Coals and always give prompt and careful attention to all orders large and small.

We have vessels now en route with HARD COAL—Egg, Stove Nut, Old Sydney Round, Sydney Run of Mine, Inverness Round and Peanut, Albion Round, Run of Mine and Nut Customers who want the best should order now so as to take delivery from the Vessels.

Use our Coal and save money.

Phone 111

G. Lyons & Co

MOLASSES ON THE JUMP.—

The Trade Bulletin of Montreal says: Judging from recent advices from Barbadoes it seems that the crop of fancy molasses was very short and that it has been cleaned out entirely at the Island. It appears that Montreal imports did not believe the realizations of planters and shippers in Barbadoes regarding the short crop this year, and consequently they would not buy at the lower rates first offered. And now it looks like a famine in fancy molasses unless a substitute can be found. Round lots are quoted at 45c on spot, and jobbing lots at 48c in the city, and 47c at country points. Holdings of 100 puncheon lots are said to be holding for still higher prices.

BRITISH GAINED MILE IN VALLEY OF DEATH

LONDON, July 20.—The British press representative in the Dardanelles reporting under date of July 4th, says: "The successful advance of the British left wing on July 25 placed in our hands another mile of the 'Gully Ravine,' which is the Gallipoli Peninsula's valley of death. The Turks know every inch of the ground and pour a tremendous number of shells into the ravine, which is dotted for miles up from the shore with lonely graves, marking the last resting place of some soldier who was buried where he fell.

"Despite the tragedies staged here, the spectator must admit that the ravine presents a scene of rugged grandeur, resembling the Scotch Highlands. The mile of gully most recently added to the British positions is still littered with the debris of the Turkish positions, which are invariably ill-kept and filthy from a sanitary point of view. If the enemy goes through the campaign without some great epidemic he will have undue luck.

"As the correspondent travelled up the ravine twenty-four hours after the battle there were visible plenty of evidences of the strenuous character of the fighting—scattered bodies half protruding from the ground, hastily dug graves, hundreds of broken rifles and scattered equipment and everywhere great fires burning and giving forth a sickly stench, for on the fires Turkish dead in hundreds were being burned.

"In front of the trenches British soldiers were working like bees preparing barriers and trenches under a continuous fire of the enemy sharpshooters, while others, for whom there was no room in the trenches, were sleeping calmly close behind, and awaiting the summons to resist an expected counter-attack.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO. Toledo, O.

We the undersigned have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Furness

Sailings

From LONDON	From HALIFAX
July 11th	Messina July 31st
July 21st	Appennine August 10th
From LIVERPOOL	From HALIFAX
July 22	Durango August 7th
August 3rd	Tabasco August 20th

Furness, Withy & Co., Ltd.

Halifax, N. S.

*ONE CENT per word each insertion for advertising in this column. Cash must accompany order.

..*A GRAND TEA PARTY at Morell on August 9th. A special train leaves the city at 1.15 p.m. 2180-7-21m6i

..*SEVERAL SPLENDID ORATORS will be heard at the Patriotic Rally in Souris this evening. No one should miss the opportunity of listening to the appeals to be made on behalf of the Empire.

..*FOR SALE.—Will sell at reasonable rates by the car load or similar lots. Mackerel bbl staves shingles, 2 in. studding, scantling, 1, 2, 3 and 4 in. Hard Wood also squared. F. S. MacDonald, Souris. 2130-7-19M6i.

*GREAT PATRIOTIC RALLY.—

A great Patriotic Rally will be held in Souris this evening, when addresses will be delivered by Sir Louis Davies, Rev. Dr McMillan, Colonel Peake and others. Vocalists from the city will render a delightful musical program, and the Souris Brass Band will give selections.

SUMMER SCHOOL FOR TEACHERS

(Continued from page four)

a distance, they have to reduce it to a smaller scale after examining it thoroughly, and to analyse its forms, to compare them and to evaluate their respective proportions. In this way he develops his faculties and gains acuteness of vision and freedom of hand.

The study of plaster casts, ornaments and figures are more the work of the High School or Normal School and should be used sparingly and in simple forms in the Public School.

Mr Larose's work is very interesting and helpful, and it is to be hoped that it will do good service in the development of drawing in our rural as well as in our city schools.

What To Do To Get Fat And Increase Weight

THE REAL CAUSE OF THINNESS.

A Physician's Advice.

Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all hush to say that this is the nature of the individual. It isn't Nature's way at all.

Thin folks stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat to maintain life and a semblance of health and strength. Stuffing won't help them. A dozen meals a day won't make them gain a single "stay there" pound. All the fat-producing elements of their food just stay in the intestines until they pass from the body as waste. What a waste! people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power.

For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not, as some believe, a patented drug, but is a scientific combination of six of the most effective and powerful flesh building elements known to chemistry. It is absolutely harmless and wonderfully effective and a single tablet eaten with each meal often has the effect of increasing the weight of a thin man or woman from three to five pounds a week. Sargol is sold by good druggists everywhere on a positive guarantee of weight increase or money back.

LATEST FROM THEATRES

"THE FLAMING SWORD" AT THE BOSTON THEATRE, BOSTON.

Jane Grey and Lionel Barrymore, in the great five part sea story, "The Flaming Sword," adapted from the novel of the same name, will be the principal attraction at the Boston Theatre the week of July 19th. This is a thrilling story of love and hate amid the rock bound coast, and five acts and over two hundred scenes of superb dramatic action are enacted upon the screen with a rare skill by Miss Grey as Meera and Mr. Barrymore, as Steve, the disolute young college chap who is eventually regenerated through the love of a good woman. The scenes of "The Flaming Sword," posed at a lonely lighthouse on a rock bound island off the same coast, have a touch of rugged realism which is entirely different from anything previously attempted. This great picture will be surrounded by a wonderful show of features, including Charlie Chaplin and Mary Pickford subjects; Caroline B. Nichols and her superbe Fadettes, the great musical organization that has become one of the recognized musical institutions of Boston during its engagement at the Boston Theatre; the eleventh chapter of "The Goddess," Gouverneur Morris' great serial of love, hate and mystery, with Earle Williams and Anita Stewart, and numerous other features yet to be named. The performance is continuous from ten a. m. to ten-thirty p. m.

CECIL CUNNINGHAM AND CHARITY CASE AT B. F. KEITH'S THEATRE BOSTON

A big quadruple-headed all-feature bill will be offered at B. F. Keith's

The Merchants Picnic



At White's Point July 26th, Monday

The Merchants of Charlottetown will hold a basket picnic on the above date. Everybody is invited.

Big Program of Sports--82nd Band in Attendance

The S. S. Harland will make three trips from S. N. Wharf the first at One o'clock, and two other trips as quickly as she can return in each case.

The proceeds over the expenses will be donated to the Patriotic Fund.

The Stores Close at 12 Sharp Noon

Big Street Concert by the 82nd Band, Beginning at 10 a. m

A caterer with all kinds of refreshments will be on the grounds.

See the Funny Sports

See the Aquatic sports, the first for a long time.

Fun Galore

Program of Sports

Open Events	Aquatic Sports
100 yards Dash	Handicaps
220 " "	" "
440 " "	" "
Hop Step Jump	" "
High Jump	" "
	Walking Greasy Pole
	50 yards Swimming Race (boys) under 17
	Canoe Race, single
	Canoe Race, double

Events Open to Clerks and Merchants

Three Legged Race
Wheelbarrow Race
Measuring Race
Sack Race
Blind Race
Backward Race
Cigar Lighting Race
Fat Man's Race
Boot Race, 50 yards
50 yd Dash, ladies (hobbles barred)
Potato Race, Ladies



To Merchants Only

50 yd Dash
Putting Shot

A medal will be presented to the best all around merchant making the most points.

Return Fare, including sports—Adults 20c, Children 10c

S. A. McDonald Pres **W. A. Gaudet Secy**