



Five Roses, Madam, Gives You Better Pastries Cheaper

Who started that moth-eaten, bowshiskered fallacy, Madam, that the best all-round family flour should be made from soft winter wheat?

Then, again, what great and eminent exponent of the culinary art would risk his reputation on such a delusion?

Once again and then some, we ask, who says it?

For behold FIVE ROSES, coming from the heart of the hard, sun-ripened Manitoba Spring Wheat, for bread unbeatable, for pastry peerless—behold FIVE ROSES, Madam, ready to prove them wrong, woefully wrong.

Soft wheat, you see, means more starch and less glutinous protein.

If it's starch you want, Madam, not gluten—starch is cheaper and more plentiful in potatoes.

Wheat flour is valued above all for its protein content, which is the real breadstuff.

And Manitoba wheat is ever so much richer in gluten and protein than the soft winter article.

Of course, Madam, you already know the wonderful breadstuffs in the FIVE ROSES barrel.

But think of the pastries and the goodies you could make from that selfsame flour.

Take any standard recipe, Mistress Housewife—some quantities of shortening, water, salt and other ingredients.

Then, owing to its high absorbing power, you require ONE FIFTH LESS OF FIVE ROSES than of so-called "patry" flour.

Just mix your dough and set aside awhile before rolling, and roll thinner than usual.



Think of the saving, Madam, both in health and dollars.

And for the same reason your cookies and cakes, etc., will keep longer, for more moisture because FIVE ROSES adds the moisture.

Your FIVE ROSES pies, your cakes, biscuits, griddle cakes, all contain that exceptional nutritive value lacking entirely in soft winter flour.

And they invariably raise by a checker, richer, more delicious appearance.

In tenderness, crispness, texture we who have used FIVE ROSES twenty-one years have never been shamed.

The binding aroma gives you an idea of the flavor; there's no perfume to compare with that coming from a hot oven full of FIVE ROSES goodies?

If you want more pastries with less labor—more nutritious, more palatable, dainties—if you want to save temper, time and trouble—buy money.

If you want to reduce the amount of flour in your recipe, then, Madam, you require FIVE ROSES.

BIGGER FREIGHT ENGINES FOR C. P. R.

MONTREAL, March 7.—Preparations are being made by the Canadian Pacific for a change in their standard type of freight locomotives, as usual the change being toward a heavier standard of engine.

The new consolidation type of engine weighs 220,000 pounds, as compared with 190,000 pounds for the regulation engine at present in use.

"It is always a big business changing the type of locomotives," said H. H. Vaughan, assistant to the vice-president of the C. P. R., in charge of operative work.

The present heavy type of consolidation locomotive, weighing about 190,000 pounds, was brought out in 1904, and after some experimentation it was adopted as the standard.

PLAN TO ASCEND MT. MCKINLEY. LEWISTON, Me., March 7.—An attempt to ascend by a new route the Alaskan peak, Mount McKinley, which Dr. Frederick A. Cook claims to have conquered, is to be made this spring by a party led by Prof. Herschel C. Parker of Columbia University.

"We shall reach the summit or prove that it can be reached only by aeroplane," he added. "Our courage will lead us in part over Dr. Cook's route, but we know now that the peak he climbed is one about 20 miles south of Mt. McKinley.

"The Parker expedition, consisting of four climbers, two packers and an engineer, will go by power boat from Cook's inlet, 150 miles to the Chulitna glacier. Crossing the glacier by



FOR BABY'S TENDER SKIN

Doan's Kidney Pills are the only medicine that is safe for a baby's tender skin. It is a great national evil.

Dr. Luther Halsey Gulick, of the department of child hygiene of the Russell Sage foundation of New York spoke on the health of the teacher.

INDIANAPOLIS, March 7.—In his lecture on "Health and education," before the National Educational Association here yesterday, Dr. Thomas F. Harrington, director of hygiene in the Boston schools, spoke of tea drinking among school children as "a great national evil."

"By far the most common and pernicious factor in the problem of nourishment of school children," he declared, "is tea drinking among children. Tea drinking ranks very high as a cause of much of the ill-health among pupils and its use is now so firmly fixed among all classes of school children that its eradication would require the combined efforts of every agency at our command. It is

STRENGTH AND VITALITY are combined in the invigorating tonic FERROVIN, which consists of fresh leaf beef, Citrate of Iron, and a pure stimulating ingredient. Nothing could be more beneficial for anemic women and children, elderly people whose strength is failing and all persons run down and debilitated. \$1.00 bottles.

"Saving money is what all the people are after now—day after day to do this is to buy your carpets and house furnishings here to-day at the big discount sale. The aid in to-day's paper. James Paton & Co. 3-5431&11.

"Get busy Madam, if you expect to get your dresses from your dressmaker before middle of April, we have got the goods, the new 1910 colors the material and prices are right at Paton's 3-84rtf.

MINARD'S LINIMENT CO., LIMITED. Gentlemen.—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering by the judicious use of MINARD'S LINIMENT.

GRAND TRUNK RAILWAY SYSTEM. Low FARES TO PACIFIC COAST PORTS, ETC. In effect March 1st to April 15th, 1910.

THE CIRCULATION OF THE GUARDIAN. Morning Daily and Rural Daily. WEEK ENDING MARCH 5TH 1910.

MONDAY (Morning) 3474 MONDAY (Rural) 3563 TUESDAY (Mor. ing) 3470 TUESDAY (Rural) 3578 WEDNESDAY (Morning) 3515 WEDNESDAY (Rural) 3592 THURSDAY (Morning) 3443 THURSDAY (Rural) 3597 FRIDAY (Morning) 3402 FRIDAY (Rural) 3582 SATURDAY (Morning) 4171 SATURDAY (Rural) 3600

Total divided by six days. Daily average 7164. THE CHARLOTTE TOWN GUARDIAN IS READ DAILY BY 50,000 PERSONS.

That the above statement does not include any spoiled sheets, destroyed papers, returned uncollected copies, or papers sold in any other way than by day in the ordinary course of trade and to news dealers, news vendors and subscribers, including "ey changes."

The circulation of the CHARLOTTE TOWN GUARDIAN is greater than that of all the other daily newspapers on Prince Edward Island combined.

Subscription book are open to interested parties and all possible assistance will be given anyone who wishes to verify circulation.

Had Weak Kidneys For Two Years. Doctor Failed to Help. Doan's Kidney Pills Cured Him.

Mr Edmund Assels, New Carlisle, Que., writes:—"I feel it my duty to let you know of the great cure I have obtained by using Doan's Kidney Pills. I was troubled with my kidneys for two years. I tried a doctor, but he failed to help me. I read in the B.B.B. Almanac about Doan's Kidney Pills, and began using them, and after the first box began to feel better. I only used four boxes and they completely cured me. I am very thankful to have found so speedy a cure, and would advise everyone suffering from kidney disease to try them."

Perhaps no other organs work harder than the kidneys to preserve the general health of the body and most people are troubled with some kind of Kidney Complaint, but do not suspect it. It may have been in the system for some time. There may have been backache, swelling of the feet and ankles, disturbances of the urinary organs, such as brick dust deposit in the urine, highly colored, scanty or cloudy urine, bladder pains, frequent or suppressed urination, burning sensation when urinating, etc.

Do not neglect any of these symptoms, for neglected they eventually lead to Bright's Disease, Dropsy and Diabetes. Price 50 cents per box, or 3 boxes for \$1.25, at all dealers or The T. Millburn Co., Limited, Toronto.

Hotel ST. DENIS. BROADWAY and 11th STREET NEW YORK CITY.

Within Easy Access of Every Point of Interest. Half Block from Astor-Madison 3 minutes' walk of Shopping District. NOTED FOR Excellence of Cuisine. Comfortable accommodations. Service and Home-like Surroundings. ROOMS \$1.00 PER DAY AND UP. Very Commodious. Sample Room at Reasonable Rates. EUROPEAN PLAN. Table d'Hote Breakfast 50c. W.M. TAYLOR & SON, Inc.

MANY SEIZURES MADE. TORONTO, March 7.—Reports have been sent to J. E. Rogers, superintendent of provincial police, showing that constables in the north are continuing their efforts to put down the illegal traffic there. Constable Stewart of Cochrane seized a dozen bottles of whiskey in a valise, and last week shipped 285 bottles of whiskey and nine gallons of alcohol to Inspector Blackwell, North Bay, for disposal.

Constable Rowell of Matheson seized two bags supposed to contain clothes, which contained 24 bottles of whiskey. On a train he seized a valise containing twelve bottles of whiskey, but none of the passengers would admit they owned the grip.

Constable Storey of Veihwood prosecuted several keepers of places last week, among them being Mrs. A. Harvey of Messey, Ont. Constable McRae of North Bay did likewise and prosecuted women for selling liquor. Constable Phelan of White River seized a case of gin, for which no owner could be found.

WESTERN CANADA FLOUR MILLS CO., LIMITED. Mills at Winnipeg, Goderich, Brandon.

THE EDITOR. A JOURNAL of Information for all Literary Workers. Thirtieth year. Only permanent and successful magazine of its class. Tells what editors want: how MSS. should be prepared; where to find the best market. Answers every question that you want to know about the business of writing for the press. 10c a copy. \$1.00 a year. Send too for sample copy, or 25c for three recent numbers.

THE EDITOR. Deposit, N. Y. —25dtf.

Furness, Withy & Co Ltd. STEAMSHIP LINERS. LONDON, HALIFAX SERVICE.

From London From Halifax Steamer Rappahannock March Kanawha " 15 March 19 Shenandoah " 29 March 19 Rappahannock April 12

From Liverpool From Halifax Steamers Tabasco March Durango " 15 Venango " 29

Our Camel, Monarch, Swastika and King brands are the best for their respective purposes. Send for our booklet. The James Robertson Co. Limited Montreal and St John, N. B. 2-25dmw1yr

ELECTRIC RAILWAYS TO SERVE THE PUBLIC.

TORONTO, March 7.—In the legislature this afternoon Sir James Whittemore, premier, introduced a bill that will make the electric railway companies sit up. It gives the Ontario Railway and Municipal Board the right to say to any electric railway company, whether a complaint is made or not, when the service is inefficient, or wants betterment of any kind, the board has power to compel the railway company to do just what the board thinks necessary to remedy things.

39 DAYS ON THE VOYAGE. BOSTON, Mass., March 7.—The three-masted schooner Jennie Stubbs came into port today after taking 39 days to make the two-day run from St. John. Marine statisticians declared that this feat, all sailing ship records for slow going, but the Jennie A. Stubbs wasn't going all the time. For twenty days she was lying in Portland harbor, whither she had scurried to escape a blizzard. Once in there she could not get out, but was driven back every time she poked her nose seaward. She called at other ports on the way. The Jennie is thirty-three years old and is a native of Lemoine, Maine.

Most Remarkable Ever-Made By Any Remedy. Are Daily Credited to the Wonderful Powers of "Fruit-a-Lives". Bancroft Man Thinks This Fruit Medicine Will Work Miracles.

It is the old chronic case the stubborn case, the case that will not yield to the ordinary remedies for the physician, that "Fruit-a-Lives" never fails to cure. Many of the cures made by "Fruit-a-Lives" are the wonder and admiration of the doctors who cannot understand how "Fruit-a-Lives" can do what they cannot.

Bancroft, Ont., October 17th. "I have been troubled for years with Indigestion—have tried every kind of medicine, and found only temporary relief. Then I used "Fruit-a-Lives" and now I am no longer troubled with Indigestion. I think it is a splendid remedy." JOHN REDDEND.

50c a box; \$1.00 for 3 boxes; or 100c a box. At dealers or from "Fruit-a-Lives" Limited, Ottawa.

WESTERN CANADA FLOUR MILLS CO., LIMITED. Mills at Winnipeg, Goderich, Brandon.

NEW YORK FISH ADS. Consignments Solicited. Prompt Returns. John Dais Co. 107 Fulton Market New York Wholesale Commission Fish Dealers. Fish. Bass, Smelts and Eels Specialties. All correspondence promptly answered. Stencils sent on application. S.B. WILEY & SONS Boston, Mass., Transfer Agents. References, Greenwich Bank, Trust Co. of America, or any wholesale fish house in the United States. 1-1drw3m.

ESTABLISHED 1841. S.B. Miller & Co. Wholesale Commission Dealers in and Shippers of all kinds of Fish. Lobsters, Salmon, Etc. Smelts and Eels a specialty. 7 FULTON FISH MARKET NEW YORK S. B. WILEY & SONS Boston, Mass., Transfer Agents. 11-22dmw1yr.

DOMINION ATLANTIC RAILWAY. Steamship Lines to Boston via Yarmouth. The popular New Line. Between Eastern Nova Scotia and Boston via Truro, Windsor, Jct., and Halifax. EXPR. 1000 FRANK leaves Halifax, daily (except Sunday) at 7.35 for Digby and Yarmouth making connection at Yarmouth or Boston.

MIDLAND DIVISION. Trains of the Midland Division leave Windsor daily except Sunday for Truro at 8.45 a.m., 7.30 p.m. and 6.30 p.m. and from Truro for Windsor at 6.0 a.m., 11.15 a.m., and 3.30 p.m. connecting Truro with the Intercolonial Railway at Windsor with Express trains to and from Halifax and Yarmouth. Commencing October 17th, The Royal and U. S. Mail Steamship Boston.

The fastest and finest Steamship plying between the Maritime Provinces and Boston will leave Yarmouth for Boston, twice weekly, and return from Boston to Yarmouth, twice weekly, on arrival of train from Halifax. Leaving leaves Long Wharf Boston, Tue. and Fri. with Express trains to and from Halifax and Yarmouth. Commencing October 17th, The Royal and U. S. Mail Steamship Boston.

For further information, Reservation of Tickets, etc., write to the General Passenger Office, General Passenger Office, 1100 Nova Scotia, W. K. BROWN CO., LTD. (The "L" line).

Five Roses Flour advertisement with logo and detailed text about its benefits for pastries.

"Paprus" Picnic and Pie Plates and Dishes advertisement with a list of products and prices.

Schofield Paper Co., Ltd advertisement for remnant sale of paper products.

Guardian Classified Ads advertisement listing various services and rates.

Female Hepl advertisement for a girl wanted for domestic work.

Teacher Wanted advertisement for a primary department teacher.

To Let advertisement for a western compartment on the Terrace on Water Street.

House to Let advertisement for a house on Hillside St.

Miscellaneous advertisement for a quantity of old gold for manufacturing purposes.

Wanted advertisement for a name for Paton's famous chifton broadcloth.

Male Help advertisement for a man to take care of horses, etc.

Doan's Kidney Pills advertisement featuring an illustration of a baby and text about kidney health.

Dominion Blend Tea advertisement for a peace producer and business increaser.

Eastern S.S. Co. advertisement for a reliable and popular route between St. John and Boston.

The Circulation of the Guardian advertisement showing daily and weekly circulation figures.

Advertisement for Babbitt Metal, highlighting its quality and uses.

Advertisement for The James Robertson Co. Limited, Montreal and St. John, N. B.

Advertisement for Doan's Kidney Pills, including a testimonial and pricing.

Advertisement for Hotel St. Denis, listing amenities and location.

Advertisement for Dominion Blend Tea, emphasizing its health benefits.

Advertisement for Eastern S.S. Co., detailing shipping routes and schedules.

Advertisement for The Circulation of the Guardian, providing circulation statistics.

Advertisement for Babbitt Metal, a product used in various industries.

Advertisement for The James Robertson Co. Limited, a Montreal-based company.

Advertisement for Electric Railways to Serve the Public, discussing legislative proposals.

Advertisement for Purity Flour, highlighting its quality and baking properties.

Advertisement for Western Canada Flour Mills Co., Limited, listing mill locations.

Advertisement for The Editor, a journal for literary workers.

Advertisement for Furness, Withy & Co Ltd, a steamship line.

Advertisement for S.B. Miller & Co, a fish market and commission dealer.

Advertisement for Dominion Atlantic Railway, detailing steamship services.