

The "grain of Mustard" for health

Don't refuse the mustard when it is passed to you. Cultivate the habit of taking it with meat, especially fat meat. It stimulates the digestion and aids in assimilating your food.

but it must be Colman's

FARM FOR SALE Valuable Property For Sale

I offer for sale my farm of one hundred and twenty-three acres, balance under good growth of hard wood. This farm is in a high state of cultivation and well watered. The Dunk River flowing through the back of the farm, it is situated in a public place about one mile from Emerald Junction. The buildings are all in good repair. Can be purchased with or without crop. For further particulars apply. **LOUIS MCCOURT, Emerald, P.E.I. 3101-8-6-61.**

Farms for Sale

A good level farm of 100 acres twenty five acres under cultivation balance good hardwood over half of it heavy and an 80 acre farm about 40 clear and an 80 acre farm fenced with wire, balance good growth hard and soft wood, a good barn on the premises. Both farms are within a mile of Bonshaw village, school, shipping, churches, mills, etc. Will be sold with or without crop. Apply to **G. ABSNER CROSBY, Bonshaw, 3092-8-4-51.**

FARM FOR SALE

The undersigned offers for sale 81 acres at Cornwall, lately owned by John J. Kellow, deceased. This farm is in excellent state of cultivation, with good house and barn and conveniently near church, school and post office. For further particulars apply to **George S. Inman, Solicitor, Charlottetown, or to the undersigned, ANNABELLA KELLOW, Administratrix Estate John Kellow, Cornwall, P. E. I. 3107-8-7-61.**

Next Week EUROPE

Canadian Pacific Empresses enable you to reach London and Paris in a week from Quebec; with only four days on the open sea.

Direct Service to Cherbourg, Southampton and Hamburg.

Full particulars of rates, sailing dates and other information from local steamship agents, or from

Canadian Pacific

IT BRINGS THE WORLD

G. BRUCE BURPEE, Dist. Pass. Agent, 40 King Street, St. John, N. B.

INTERNATIONAL LINE EASTERN STEAMSHIP LINES, INC.

Resumption of Freight and Passenger Service Between ST. JOHN AND BOSTON

B. S. GOVERNOR DINGLEY will leave St. John every Wednesday at 8 a. m. and every Saturday at 8 p. m. (Atlantic Time) for Boston. Wednesday trips are via Eastport and Lubec, due Boston about 11 a. m. Thursday. Saturday trips are to Boston direct, due Sundays about 2 p. m. **HEBURN** leaves Boston Mondays and Fridays at 10 a. m. (Daylight Saving Time) for Eastport, Lubec and St. John. **STATEROOMS \$3.00** At Boston connection is made via the Metropolitan Line and freight and passenger steamers for New York and points South and West. For staterooms, rates and additional information, apply to **COURRIE, Agent, St. John, N. B.**

S. S. "MANOA"

Passenger and Freight Steamer 8500 Tons Displacement

Leave Montreal for Ar. Charlottetown. Ar. Charlottetown. Ar. Charlottetown & leave for St. John's & leave for Montreal

July 7	July 10	July 16
July 21	July 24	July 30
August 4	August 7	August 13
August 18	August 21	August 27
September 1	September 4	September 10
September 15	September 18	September 24

CARVELL BROS. Agents

"THE LOVE PENDULUM"

BY MARION RUBINCAM

A DIFFERENT LIFE

Chapter 45
I did not expect the first few days to go very well, so I was not disappointed at the moodiness on Win's part, in fact, I was so tired I did not notice particularly.

I had started out half dead and that last evening had nearly taken all my strength. But the house was turned over to me sweet and clean, and I had little work to do. I had mailed an order and a check to the grocer in the village, and we were hung with provisions.

For a few days I unpacked, hung away clothes, rearranged the house, to make it more cheerful. I blessed Win's mother for having blessed Win's mother for having blessed my dear old nurse and housekeeper for the efficient method of doing work that she had shown me. We lived almost picnic fashion the first days.

Yet I was so tired that when I cleared away the last of the dishes, I was glad to go to bed. Win stayed below in the little living room, reading a paper and smoking endless cigarettes. He had evidently made up his mind to be miserable, and he was really having a good time being thoroughly so.

I let him alone. After all, that was the wisest thing to do. And the week and after we were settled, I had Nedda down. Win liked Nedda. As for me, I began to enjoy myself again. I went to bed early and often slept in the afternoons. I was out doors digging in the garden watching the green things grow under my care. I was outdoors in the sun and wind weeding my flowers. I read up books on gardening to make up for my lack of knowledge, and I made friends with some of the women living near, who helped me out with practical advice. I learned that Win and I were regarded as bride and groom, and smiled at with that reminiscent kindness with which even the cynical regard newly married couples.

"What an awful hole, there isn't a thing to do." Win would mutter. I looked out from the porch of the place. The lawn sloped to a low white painted fence. Beyond the road was a stone wall, and a field that dropped down toward a creek. A full moon hung over the country, where we stood. The hills rose gently toward the clear blue and silver of the sky, a waving brown line that our eyes followed for long distances.

Behind us, in the valley, the town lay, a patch of little lights gathered together into a hollow. Our house was high, one reason why I had chosen it.

"It's like daylight, let's go for a walk!" Win, too bored to stay home, was

GAINS 12 LBS. AND FEELS FINE

Mrs. Blaudine Declares Tanac Entirely Overcame Weakness, Headaches and Nervousness.

"There's nothing on earth I appreciate more than the good health Tanac has given me," is the grateful statement of Mrs. A. Blaudine, a highly esteemed resident of 1525 Chabot St., Montreal, Que.

"For over twelve months I was in a terrible run down condition. My nerves were in such a bad fix I couldn't sleep, I suffered from awful headaches, and it seemed that I really had no strength at all. A friend advised me to take the Tanac treatment and I did, with the result that I now feel like an entirely different person. It has given me such a wonderful appetite I have gained between twelve and fourteen pounds in weight. I never have a headache, my nerves are perfectly calm and I sleep soundly every night. I certainly do feel grateful to Tanac."

Tanac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

ready enough. I threw a cape around me and we tramped miles along the roads. As we topped the hill above our house we could see it, and the village beyond it, black shadows of houses and two church spires, and the gleam of the bay miles from the Sound. How can you help liking it?" I said. "Look, look at the town, and look how our house stands out from the trees and the soft yellow of the light in the living room window."

"If you'd lived in such a place as this all your life, as I had," Win said, "you'd hate it too."

"But we have to save. We can live here all summer for less than \$1,000, and save the five we owe your mother. Win, you want to get ahead. How else can you do it?"

"No other way, I don't suppose," Win conceded. "I'm tired between two women. One holds my money because my father made a silly will. The other holds the money I earn myself."

"To pay the debt you contracted," I hung back angered by this injustice.

"I know." He was contrite at once. "I'm a brute. I can't seem to help it. I hate this sort of life. It bores me to death."

"We'll have people down every week end."

"Who can we have, in such a tiny hole—with you doing the work? How does that look?"

"It looks at least as though we were trying to pay our debts and have a clean slate financially. That's better than owing everyone, you know, as Charles Young does."

"Oh I never see him any more," Win dismissed him easily. "Of course it will take more to live than you planned. I have to have lunch at good restaurants."

"Of course," I said amiably, wondering what this was leading to. "And you'll have guests. That's only good business."

"I had Gwen down for lunch today and she's coming again Friday."

"That was what I wanted to know. He was seeing her, of course, was he not? He was handling her investments. You said she had a little at the thought. Well, Gwen always to be in my mind."

"I have to have some diversion," Win insisted. "I hate this. You don't. You have a grand time pulling weeds. You like that sort of thing."

"Win," I pleaded suddenly. "Last winter I tried to play the same your way. I went everywhere you wanted me to, did everything you liked me to do. The result was dead—now you've a chance to come back again."

"Won't you try my way—just for this summer?"

"All right—but after this summer I can have things the way I like them!"

And with that we started homeward down the hill.

Tomorrow—Guests

SCOTCHMEN LIKE TO BET

LONDON, Aug. 7.—Betting among the thrifty Scotchmen is done on a scale that has shocked members of the house of Commons with millions of pounds of the government's money every year.

A Glasgow bookmaker admitted to the House committee on betting appointed to investigate the possibilities of the government placing a tax on horse race betting, that he took in an average of \$25,000 a day, or more than \$8,000,000 a year in bets. This particular bookmaker operates a credit account system in established offices and his business comes within the law.

Improve Your Complexion By Using Cuticura

Bathe with Cuticura Soap and hot water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming.

See Dr. Glenn, 25 St. James St. Sold throughout the Dominion. Canadian Depot: **Lyness, Limited, 244 St. Paul St., W., Montreal.** Cuticura Soap always without sugar.

The Bankruptcy Act

In the estate of Springtown Lumber Company, Ltd., authorized assignors.

Notice is hereby given that the Springtown Lumber Co., Ltd., of Springtown, Prince Edward Island, did on the 31st day of July, 1923, make an authorized assignment to the undersigned.

Notice is further given that the first meeting of the creditors in the above estate will be held at the office of The Eastern Trust Co., Charlottetown, on the 17th day of August, 1923, at 11 o'clock in the forenoon.

To entitle you to vote thereat, proof of your claim must be lodged with us before the meeting is held. Proxies to be used at the meeting must be lodged with us prior thereto.

And further take notice that if you have any claim against the debtor for which you are entitled to rank, proof of such claim must be filed with us within thirty days from date of this notice, for, from and after the expiration of the time fixed by subsection 8 of section 37 of the said Act we shall distribute the proceeds of the debtor's estate among the parties entitled thereto having regard only to the claims of which we have then notice.

Dated at Charlottetown this 4th day of August, 1923.

THE EASTERN TRUST CO.
The Authorized Trustee
Charlottetown Branch
3129-8-8-w12wk.

BLISTERED FEET

Bathe them with Minard's It heals, eases.

MINARD'S "KING OF PAIN" LINIMENT

Property situated at Murray Harbor North one acre land, large dwelling house. General store in connection and the outbuildings. Apply to owner **W. J. JOHNSTON, M. H. WORTH 3115-8-7-21.**

SAYS INDUSTRIAL WORKERS ENJOY GREAT PROSPERITY

NEW YORK, Aug. 7.—American wage-earners are now enjoying a period of prosperity, greater even than the so-called "peak period" of 1920 according to a statement issued by the National Industrial Conference Board, which recently concluded a research into wages and the cost of living.

Asserting that 1920 "need no longer be considered the most recent high-water mark for workers in industry," the investigators point out that many plants have announced increases of 10 to 15 percent.

"It is true," the report continues, "that wages were at their highest levels in 1920, but the cost of living was also high at that time."

Later, the investigators find, the cost of living declined more rapidly than earnings, and in 1922 wages again began to rise. "First as a result of longer hours worked and later, report, based on a study of conditions in plants employing 600,000 workers, estimates the comparative excess of rising wages over rising living costs as between 17 and 18 percent greater in May, 1923, than in June, 1920, using July 1922, the last pre-war month—as a working basis.

"The wage-earner was better off in May, 1923, than during the 'peak' months of 1920," it observes in conclusion. "Wages in general are fast approaching the level of 1920, while the cost of living was considerably below the 'peak' and in consequence 'real earnings' rose well above the former 'peak' figures."

KING ABDULLAH COOLS ARDOR OF HASTY CIRCASSIAN LOVER

JERUSALEM, Aug. 7.—Beyond the Jordan is a Community of Circassians, recruited by the British for police duty the male members of which are inclined even to a day, to follow the old custom of a whirlwind which is called marriage by capture.

A few days ago one of these men, making use of the custom and the opportunity, attacked a house with some of his companions and captured a woman who had come from Damascus to the wilds of Transjordan to look after her late husband's sheep. The sergeant ran off with her to Kerak, where he proposed that they be married.

Unfortunately, he had omitted one detail which is curiously regarded as essential even in "marriage by capture," to secure the lady's consent. In this case she declined. Appeal was made to the authorities, and King Abdullah ordered the arrest of the would-be groom and decreed that the custom of marriage by capture should cease.

SAYS ALBANIA IS QUIET

TIRANA, Albania, Aug. 7.—W. F. Stirling, official adviser to the Albanian government, who has just completed a tour of the whole country, says the reports of insurrection and fighting in Albania are pure inventions, and that the country was never more tranquil.

The state of public security is remarkably good, Mr. Stirling declares, and no Balkan country was ever more orderly. The Albanians are a keen and enterprising people anxious to develop their country and attract foreign capital to assist them in exploiting its wealth.

HOW TO SLEEP ON A BARE FLOOR

It is more a matter of SLEEP, than of bed or board.

Some people can sleep sitting up, standing up, even while walking.

Many people can't sleep in the softest of downy beds; and all of us suffer occasionally from restlessness at night.

There is always a reason for sleeplessness. Usually it is a "sour" stomach, a liver that has "lain down" on the job, congested bowels, or biliousness.

Then, just before retiring, take Beecham's Pills. They soothe an uneasy stomach, encourage the organs of digestion and elimination to normal activity, and assure restful sleep no matter what!

At All Druggists—

NOTICE

Ross' Mill, Vernon River, will be closed for repairs from August 15th until the new crop comes. 3116-8-7-31.

FOR SALE

Property situated at Murray Harbor North one acre land, large dwelling house. General store in connection and the outbuildings. Apply to owner **W. J. JOHNSTON, M. H. WORTH 3115-8-7-21.**

RICKENBACHER SEES US ALL UP IN THE AIR

AKRON, Ohio Aug. 7.—A brilliantly colored airplane swooped down to the landing field beside the filling station and the driver, accompanied by his wife and three children, alighted and strolled over to the attendant.

"Lemme have ten gallons," he ordered and then stretched himself on the grass to rest.

"Better tighten up those propellers, too, pard," he said. I wouldn't miss that dinner engagement in New York for anything."

An automobile racing along the road nearby attracted the driver's attention and he called to his wife "Oh, Martha, there goes an automobile."

According to Major Eddie Rickenbacher, ace during the world war, just this to be expected in a very few years.

Eddie told how he got up and ate breakfast at 9:45 A. M. in Mt. Clemens, Mich., went to the landing field and boarded "Spark Plug" (Eddie's plane) and one hour and fifty minutes later was dusting "Stick Plug's" propellers at Stow Field in Akron.

Rickenbacher said that after a while every city in the United States would have its own municipal flying field.

"In twenty-five years," he remarked, "planes will drop down and take on gas just as autos do now and there will be garages that specialize in airplane repair work."

"Air planes can go anywhere there is atmosphere," continued Eddie, "and for that reason they will be the leading means of travel in a quarter of a century."

ERIC GEDDES SEES DISMAL FUTURE FOR BRITISH TRADE

LONDON, Aug. 7.—"I put the settlement of the European situation first and foremost of all measures which can be taken for the improvement of trade and the reduction of unemployment in this country," said Sir Eric Geddes, former cabinet minister and economic authority, addressing the Bradford Branch of the Federation of British Industries the other day.

"The general upward trend of the trade," continued the speaker, "is checked because of the disturbed condition of Europe and while I have fair reason to hope for an upward trend in the cycle of trade, I can at present see nothing but blackness when I look for a resumption of the upward progression in the general level of trade shown during the last century."

"Our unemployment is caused by the state of Europe. The working trading and banking community of the country cannot too insistently bring before the government the conviction that the great problems of this country would melt as mist before the sun if a stabilized condition could be brought about in Europe."

"Not only can Germany not purchase from us, but Italy prefers to purchase from Germany because the German cost of production is much lower owing to her depreciated currency. And it does not stop there. India cannot purchase from us because Germany cannot purchase India's products and so throughout the world."

As proof that England still lags behind America in the efficiency of her factory operatives, Sir Eric said that while English hands did no more work than they did some years ago, in America there had been an all-round improvement of fifteen percent in the efficiency of factory workers.

GREAT OPPORTUNITY FOR LADIE

The Prim Lady Shopping Bag

Waterproof, Big, Roomy and Handsomely Lined

The Guardian announces an exceptionally good offer to its readers. The Prim Lady Shopping Bag, retailing at \$1.50 will be given with every NEW or RENEWAL Subscription to The Guardian for an additional

60 CENTS

This is the greatest opportunity ever offered to the lady readers of The Guardian.

Your NEW or RENEWAL Subscription and 60 CENTS will secure for you this BEAUTIFUL PRIM LADY SHOPPING BAG.

It is carefully made — strong and durable, of high grade, waterproof ART LEATHER and handsomely lined with flowered cretonne. The handles are exceptionally strong and will support any reasonable strain. The open mouth top is kept securely closed by a broad strap and clasp. The entire BAG reflects good taste and is ideal for SHOPPING or as an OVERNIGHT BAG.

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