


Blood was like Water Anaemia



You cut your finger and the wound is slow to heal. The blood is watery and fails to form a clot. The lips and gums are pale. You are anaemic.

This condition is best overcome by using Dr. Chase's Nerve Food. In this food cure there are combined in concentrated form the elements that go to form new, rich, red blood.

The appetite is sharpened, digestion improves, color and strength return, and you rid yourself of weakness and many annoying derangements.

25 cts. a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.

Dr. Chase's Nerve Food

STRONG OPTIMISM IS TONE OF BANK OF COMMERCE MEETING

Gratification at the position of the bank and optimism for the future were the outstanding features of the addresses of the President, Sir Edward Walker and General Manager of the Canadian Bank of Commerce Mr. John Aird at the annual meeting on January 11th.

After a careful survey of the position of the Dominion by the President in which he referred to the gradually diminishing excess of imports over exports from \$309,447,181 for the year ending March 1915 to an excess of exports over imports in the first six months of the year ending March 1916, he pointed out that this was a demonstration of what Canada can accomplish under pressure and stated that it had greatly strengthened the country's credit.

Therefore while for the moment it was impossible to sell securities in Great Britain there was being built up for them a market in the United States which, when the enormous increase of wealth in that country was considered, was likely to be of a permanent character.

In Canada there was plenty of work for all who had not enlisted; and there was a steady demand for the country's products from the Allies. Those things tended to produce a condition of prosperity with ease in the money market.

The General Manager in his address, pointed out that while there was a decrease of \$316,197 from the net profits of the preceding year, yet with the year ending November 30 they amounted to \$2,352,035 or 8.25 per cent. upon the moneys which belonged to the shareholders of the bank. There had been appropriated for the officers' Pension Fund \$80,000, and after paying the war tax of 1 per cent. upon the note circulation amounting to \$122,906, subscribing \$5,000 to the British Red Cross Fund, and reserving as a special appropriation the sum of \$1,000,000 against further possible depreciation in the values of the stocks, bonds, and similar securities owned by the bank, there was carried forward \$461,892 to the credit of the Profit and Loss Account.

Dealing with the question of taxation the General Manager said that there was an impression that the banks do not bear their just share of taxation. He showed that during the year the Canadian Bank of Commerce had paid in taxes, Dominion, Provincial and Municipal over 27 per cent. of the net profits or in all \$650,000.

There was a satisfactory growth of deposits which raised them to the level of three years ago when the boom was at its height. The strength in quick assets and buoyancy of assets was most encouraging.

HOUSEHOLD HINTS

In laundering mats, or any articles that require careful shaping, iron them first without starch. Then, placing them carefully on the board, lay

over them a thin, smooth cloth dipped in raw starch, and iron dry.

A number of materials may be used as soap substitutes. Soap bark, made from the leaves, stems and bark of some plants, acts quickly and removes dirt. Ox gall is sometimes used to wash woollens and fabrics of delicate color, or other material that is easily injured by strong alkalis. Solutions of bran, rice, potatoes and starch are recommended as good soap substitutes in washing delicate fabrics and colors.

Remember that too much furniture polish is just as bad for furniture as too little. Only just enough is required to cover thinly the surface of the furniture. The real secret of obtaining a high polish is to have a number of clean polishing cloths, old pieces of silk make nice finishing ones and use plenty of "elbow grease."

Most people object to the smell of new paint. When a room has been newly painted it is a good plan to place hay in a pail of water and leave it in the room for a few hours. You will find that the smell will completely vanish.

In selecting wall paper, furniture, etc., preserve the greatest harmony possible in the rooms which open together. Violent contrasts are not pleasing and restful. Make the dining room and living room as cheerful and inviting as your means allow. As to the bedrooms, let them be simply furnished and have all hangings of a washable nature.

An old newspaper makes an excellent pad for polishing windows and mirrors. Dip the paper in methylated spirits and go all over the window with it and you will be delighted to find what a brilliant polish results.

ABBEY WAS CHIEF FAME OF TOWN OF ST. MIHIEL

War waves have rolled forward and backward around the little town of St. Mihiel, like angry surf against a rocky shore, and the struggle here has been as stationary as that between granite headland and the sea.

A primer on war geography, just issued by the National Geographic Society, describes this village, grown famed during the past year as the starting point of innumerable German assaults, and as a position bearing the brunt of many a fierce French answer. The primer reads:

"St. Mihiel, in its youth, was a place of much military importance, a feudal stronghold of good revenue and fair renown. In those days it possessed massive fortifications and two castles, about which cling a wealth of traditions of bravery, stories of romance and tales of unbridled revelry. The old fortifications and the castles were destroyed in a quarrel between Louis XIII. and Charles IV., Duke of Lorraine, in 635.

"Modern St. Mihiel formed an important link in the long, closely woven chain of French defences toward the German frontier. The chief fame remaining to it at the time of the world-war's outbreak, however, was that of its age-mellowed abbey, the Benedictine Abbey of St. Mihiel, to which foundation the town owes its name. The abbey was founded way back in the infancy of Central Europe, in the year 709. The present abbey building, in which the municipal offices house, date from the 17th century.

"On the road to Verdun, the dominant fortress of the whole region, are seven huge rocks, in one of which a sepulchre has been hewn and a life-sized figure of Christ carved. Miraculous powers are ascribed to the image, and to it the pleasure of the neighborhood take their troubles and their petitions.

"St. Mihiel lies on the right bank of the Meuse, and the Canal de l'Est in north-eastern France, some twenty-three miles south-east of Verdun. In peace times it has a population of 6,000 and a large garrison."

HOW THEY TOLD

Some visitors who were being shown over a lunatic asylum enquired of their guide what method was employed to discover when the inmates were sufficiently recovered to leave.

"Well," replied he, "you see, it's this way. We have a big trough of water, and we turn on the tap. We leave it running, and tell 'em to bail out the water with pails until they've emptied the trough.

"How does that prove it?" asked one of the visitors.

"Well," said the guide, "them as ain't idiots turns off the tap."

The Western Guardian

—IT PAYS to buy in this Province.

—W. K. MCGOUGAN, Globe For Exchange, is Guardian Agent in Summerside.

—THE MORNING DAILY GUARDIAN can be obtained at Lafferty's Tonsorial Parlours, Summerside.

—TONIGHTS MEETING.—There will be a meeting of the Summerside Driving Club in the Town Hall this Monday evening at 7.30, to arrange for a race on Thursday next the 20th inst. All Horsemen are invited to attend. Dr. A. Black, President.

—WEDDING ANNIVERSARY.—A very pleasant evening was spent at the home of Mr. and Mrs. Johnson Bernard, Baltic on Dec. 31, when a large number of friends and relatives assembled to celebrate their twenty-fifth Anniversary. It was a surprise to Mrs. Bernard to see the ladies take possession of the pantry and dining room, and served a sumptuous repast. After this the company returned to the parlor where Mr. and Mrs. Bernard received on behalf of those present a silver tea service and a purse containing a sum of money, accompanied by an address showing the esteem in which the couple are held. Mr. and Mrs. Bernard were both very much pleased to be thanked in such fitting terms for their kindness in remembering them. The remainder of the evening was spent in games and music. After singing the National Anthem they all dispersed to their homes wishing Mr. and Mrs. Bernard many years of prosperity and happiness.

HOW TO WASH WOOLLEN GOODS.

To wash woollen goods successfully the hands should be made soft and warm, not hot, and of uniform temperature throughout the operation. Only the milder soaps should be used and these not applied directly to the fabric. If much dirt is present, a volatile alkali such as ammonium carbonate may be added to the wash water.

The scrubbing to which fabric is subjected should be gentle and the wringing through loosely set wringers.

The reason for this careful treatment is found in the peculiar nature of the wool fibre. Its outer or epidermal layer is made up of minute serrations which are arranged in some such manner as the scales on a fish. These scales are softened and opened up by hot water and by such alkalies as are found in the trasher soaps. In this softened condition the fibres are due to hard scrubbing is sufficient to cause the serrated edges of the fibres to interlock of felt. Felted fibres are usually hard and brittle. This is because the alkali which has helped in felturing process has removed from the cells certain fatty substances which serve to make the fibre soft and pliable.

Fabrics which have become hard and felted have not only lost their attractiveness, but also most of their usefulness as a protection from the cold. This latter quality is due to the "air blanket" which is formed between the fibres, for quiet air is, as we know, a very poor conductor of heat and cold. When the fibres have become felted, these air spaces are lost and consequently the fabric is no longer able to materially add the body to retain its heat. (Journal of Halliday Colorado Agricultural College.)

HAPPY HUSBANDS

The Man is What the Woman Makes Him.

Tom Hood, the pathetic humorist, when absent from home, gave his testimony to the truth of Rousseau's saying that, "Man is what woman makes him." "I was never anything, dearest, till I knew you, and I have been a better, happier, and more prosperous man ever since. Whatever may befall, my wife shall have my acknowledgments for her kindness, worth, and excellence."

Happy was the domestic life of Benjamin Disraeli, Lord Beaconsfield. He married late in life a woman much his senior who brought him wealth, but to whom he was greatly attached. Once, as he was paring with her at the entrance of the House of Commons, where he purposed making an important speech, the full force of the carriage door shut against her thumb. Though suffering greatly she bade him a smiling adieu, in order that he might not be distracted before his speech. The surgeon to have her crushed thumb dressed.

Thackeray's tenderness to the poor, insane wife whom he loved to the last is a well known fact. The poet Longfellow, who, by a fearful catastrophe, lost the queenly woman who had been the light of his life, wrote of "Hyperion" maintained a domestic life as perfect as falls to the lot of mortals. "During twenty years," wrote a friend, "following this event, he only waited for the hour which came at last. Through all the grand periods of his being, through his meek but manly acceptance of all the events of life, this was the one prevailing truth—he was waiting for the end."

The secret of the sustained power and energy of Gladstone, the "old man eloquent," lay in the fact that his domestic relations were always delightful, and that Mrs. Gladstone was entirely devoted to his well-being. Always accompanying him even to the hustings, ready to shield him from every exhausting condition, she was likewise the companion of his intellectual life. And no man of true greatness but gives a grateful acknowledgment to such womanly influence whenever he has been its happy recipient.

Among such may be numbered the blind Postmaster-General who brought in postal orders, Mr. Fawcett. By an accident Mr. Fawcett became blind at the early age of twenty-five, yet in the next twenty years he accomplished remarkable feats through the help of his wife, Miss Garrett, before their marriage a woman of rare capacity became after that event his secretary, fellow-student, adviser, and other self.—The Bits.

—ONE CENT per word each insertion for the advertising in this column. Cash must accompany order. Minimum charge, twenty-five cents.

—FOUND in Summerside, a sum of money. Owner can have same by proving property and paying for this advertisement. Ernest Palmer Summerside. 6573-1-14M3L.

—TO LET.—Business Stand at Richmond Station. The undersigned offers for rent his store and out-buildings at the above station. This is one of the best business stands in the town. For terms and particulars apply to John R. Larkins, Richmond. 6593-1-17-M5L.

—FANCY CARNIVAL, Tuesday, 18th. Get your costume ready for the big fancy dress carnival on Tuesday, January 18th, and win one of the four valuable prizes. Special band programme. Skaters without costume admitted to the ice after nine o'clock. Admission to all, 25c. 6561-1-13mTh.S.M.T.eF.

—SPECIAL TRAIN from Kensington Bay on Tuesday, January 18th, fare 30c. For Summerside to connect with the big carnival at the New Crystal Rink. Judging from past experience there will likely be a big effort made to take home on this train some of the valuable prizes offered. Skaters without costume admitted to the ice at 9 o'clock. Admission to all, 25 cents. 6561-1-13mTh.S.M.T.eF.

OPEN LETTER TO LORD MILNER

QUINCY, Mass., Jan. 15.—Mr. Wm. C. Anderson, of this city, has addressed the following letter to Lord Milner:

Lord Milner,—I have read with intense interest the report of your speech appearing in the Times Weekly Edition of Nov. 19th. You mentioned the indifference of the working man to affairs. I am a working man, and possibly my views on these questions may be of some small interest to you. When I speak of my views I mean that they are also the views of other workers with whom I come in contact. I mix daily with several dozen workers, and I assure you that the opinions here expressed are the opinions of practically all.

We believe that right now a strong committee should have a well thought out, clearly defined, and decisive policy to put in operation the moment the war ends. We believe that not less than half a million soldiers who have fought in the war should be settled in Canada, Australia, and U. S. Africa, and that an appropriation of not less than one billion pounds sterling should be voted for the purpose. Canada is a land of vast agricultural possibilities and great mineral wealth. A small group of the best agricultural and engineering experts in the Empire should be sent over to make all necessary preparations for the coming of the men. The exact location or locations where they are to settle should be defined. In Australia very great possibilities await irrigation. I have only to point out what has been done in arid S. California and Arizona to prove this.

The British Empire heretofore has been more or less imaginary; there has been nothing tangible about it. Take my own case for instance. I cite it merely because it illustrates a principle. Seven years ago I was in Scotland, and unemployed. There were a great many unemployed at the time. Those who had no means were left to starve. Was anything done for them? Absolutely nothing! All were British, loved Britain, were able and willing to work, yet no organization was created to utilize their services. Personally I came to the United States. I have done better here than at home; had better pay, shorter hours, better conditions. What if the British Empire to me? Absolutely nothing! A mere sentiment. Yet our feelings are British still, our sympathies are British, but that is not enough. There must be

something tangible to go on, something real; sentiment alone is no use. An Englishman here whom I meet daily is a veteran of the S. African war. When that war finished he was not allowed to settle in S. Africa. At home he could not get work. He was driven to want. He had to pawn his medal to live, and finally was assisted to America. He has done well here and has been steadily employed. But he has been embittered, and his sentiment, in his own words, is:—"To hell with the British Empire." It is an empty phrase to him, without meaning, and I tell you, with all the earnestness of which I am capable, that these things will mean the decline and fall of the Empire if they do not stop. In the United States there are several million British born who are lost to the Empire forever. Their sentiments are British, but their interests are here, and interest overcomes sentiment. And observe that their children born here have sentiment as well as interest for the land of their birth.

The British Empire is the largest in the world. In natural resources it is the wealthiest. It could support a population of hundreds of millions in a high degree of prosperity. The British are an able and intelligent people. The nation is rich. The problem is to settle the people throughout the Empire and develop its resources under the guidance of experts, according to a well thought out and definite plan. This plan wants to take shape now. If the war were to suddenly end one year hence and an army of three million men disbanded, we would (and will), be faced by industrial chaos. The problem must be placed in the hands of experts, and be so clearly worked out that when peace is declared the soldiers will be drafted without fuss to the various parts of the Empire and immediately tackle the problems of city and railway building, agriculture and irrigation, mining and manufacturing. And these properties must be owned by the Nation. These measures will create a real Empire in which every citizen will have a tangible interest. Each part will legislate on its own domestic affairs, and the Imperial parliament dealing with Imperial affairs, and representative of all the Dominions, will be held in London. With such conditions you will find a strong sentiment for free trade within the Empire and protection without, and also a strong desire for that universal military training which will defend what in very truth is one's own. Start this programme at once, and do it thoroughly and you can be absolutely certain of a solid and enthusiastic backing. Endorsed by Lauchlin Steele, late of Georgetown, P. E. I., Canada, and John A. McKinstry, late of Summerside, P. E. I., Canada.

There are great irrigation and artesian possibilities in S. Africa. Preparations should be made now. Incidentally, the intensely loyalist stock thus settled would swamp the Herzog party with their disruptive deals in Australia very great possibilities await irrigation. I have only to point out what has been done in arid S. California and Arizona to prove this.

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WHAT WEAK WOMEN NEED

We Have It in a Remedy Containing the Three Oldest and Most Famous Tonics Known

Vinol contains the three oldest and most famous tonics known to medicine, viz.—the medicinal extractives of cod liver fish, stout, and peptonate of iron and beef peptone.

This is why Vinol is such a wonderful remedy for weak, run-down persons, feeble old people, delicate children, and to restore strength after sickness. Read this testimony, Savannah, Ga. "I was not able to eat, but I had no appetite, and could not sleep, I had tried medicines without any benefit, and one day the nurse asked me to try Vinol. I did so and it made me feel like a new woman. It has restored my strength and I can do all my own housework. I would not take anything for the good Vinol has done me." Sarah White.

We return money in every such case where Vinol fails to benefit the purchaser.

E. A. Foeter, Druggist, Charlotte, N. C.

H. J. Mabon, Druggist, Souris.

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GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.

Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, such suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

Carters Bookstore

The following Newspapers received daily.

New York Herald.
Boston Herald.
Boston Post.
Montreal Gazette.
St. John Telegraph.
Halifax Herald.
Halifax Chronicle.
Montreal Standard.
Montreal Weekly Star.
London (England) Standard.

Boston Sunday American.
The New York Times.
Boston Sunday Globe.
New York Sunday Herald.
Boston Sunday Post.
New York Sunday World.

All the leading English, Canadian and American Magazines received as issued.

Carter & Co, Ltd

Further Recruiting Rally Meetings Will be Held as Follows

Monday 17th, at Traveller's Rest, Wilmot and Searletown.
Thursday 20th, at Margate and Hamilton.
Friday 21st, at Kensington, Spring Valley, Freetown, Emerald, Kinkora and Cape Traverse.

Meetings will be held at 7.30 p. m.

Prominent speakers will address the meetings and an attractive musical programme will be prepared for each of them.

On Friday evening a special train will leave Summerside at 5 p. m. for Cape Traverse. Arrangements have been made with the band to be in attendance.

YOUR KING AND COUNTRY NEED YOU

The Prince County Patriotic Recruiting Society
M. L. BRADSHAW, Sec'y.

6577-115ME3L.

Wise Housekeeper Always Has a Supply of DUSTBANE

It is unsafe to sweep without it for Sweeping Dust contains numberless disease germs.

When you are tired or a bit run down, then is just the time these germs get in their work.

It is better to be safe than sorry. Order a tin today from your grocer.

Insist on Dustbane. Imitations are not so good.

Barrels and kegs for store, office and school.

CARVELL BROS.
General Distributors.

Circular Saws

| Diameter | Size Hole | Price |
|----------|-----------|--------|
| 6 | 3/4 | 1.10 |
| 8 | 7/8 | 1.35 |
| 10 | 1 | 1.85 |
| 12 | 1 | 2.45 |
| 20 | 1 1/2 | \$5.25 |
| 24 | 1 3/8 | 7.35 |
| 26 | 1 3/8 | 9.00 |
| 28 | 1 1/2 | 9.65 |
| 30 | 1 1/2 | 11.00 |
| 32 | 1 1/2 | 12.50 |

All saws guaranteed. Rip and Cross cut same price.

Wise Housekeeper Always Has a Supply of DUSTBANE

It is unsafe to sweep without it for Sweeping Dust contains numberless disease germs.

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Barrels and kegs for store, office and school.

CARVELL BROS.
General Distributors.

Saw Spindles

Our Standard Steel Wood Cutting Saw Spindle 1 3/4 inch diameter 4 feet long with 5 inch flanges, extra heavy babitted boxes and 8 inch pulley with 7 inch face.

Right or left hand nut saw fit 1 1/2 inch.....\$ 9.00
100 lb Balance Wheel for above Spindle.....5.00
1 1/2 x 4 ft. Saw Spindle, complete with Boxes, Flanges and Pulley.....8.00
1 1/4 x 2 ft. Lath Saw Spindle complete.....5.00
Rip and Cross Cut Saws at same prices.

Bruce Stewart & Co, Ltd.

For Mental and Physical Efficiency

there must be efficiency in digestion—but first and more important, the food must possess sound nourishment.

In this respect no food supplies in more splendid proportion, all the nutritive elements of the field grains and is at the same time so fully possessed for easy, quick digestion as

Grape-Nuts

This famous pure food, made of whole wheat and malted barley, retains the vital mineral salts of the grains—so lacking in many foods—but all-important in building brain, nerve and muscle.

There's a wonderful return of mental and physical vigor for the small tax upon the stomach in the digestion of Grape-Nuts.

"There's a Reason"

Made in Canada Sold by Grocers

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Carters Bookstore

The following Newspapers received daily.

New York Herald.
Boston Herald.
Boston Post.
Montreal Gazette.
St. John Telegraph.
Halifax Herald.
Halifax Chronicle.
Montreal Standard.
Montreal Weekly Star.
London (England) Standard.

Boston Sunday American.
The New York Times.
Boston Sunday Globe.
New York Sunday Herald.
Boston Sunday Post.
New York Sunday World.

All the leading English, Canadian and American Magazines received as issued.

Carter & Co, Ltd

Lumbermen's Rubbers

Cold feet, wet feet, chilblains, colds—and worse—are prevented when you wear a pair of our

They are good in a rainstorm, snow storm—any storm.

They keep your feet warm on the coldest days.

They are light, but strong.

They are good for you—good for your feet. Wear a pair.

Reuben Tuplin & Co.
Kensington

