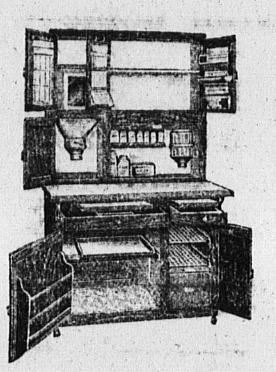
"One Whole Wheat Meal a Day"—that's the slogan for those who want to conserve food and also conserve strength and health. But be sure it is the whole wheat prepared in a digestible form. **Shredded Wheat Biscuit** is 100 per cent. whole wheat—nothing wasted, nothing thrown away. Fifteen years ago Shredded Wheat was eaten only as a breakfast cereal; now it is eaten for any meal as a substitute for meat, eggs, or potatoes. Two or three biscuits with milk or cream and some fresh fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.



Big Values

Kitchen Cabinets

Right now we are showing some exceedingly good values in up-to-date **Kitchen Cabinets** You will find cabinets here combining the most improved features—we can show you cabinets that will fit right into your kitchen.

A modern Kitchen Cabinet is the greatest time saver and labor saver than can be added to the kitchen. It saves miles of steps, eliminates the drudgery and worry, and keeps everything right at your finger tips for instant use.

All prices to suit all purses. Call or write us for prices.

R.T. Holman Ltd.

Summerside.

8047-9-11M2iE1i.

The Western Guardian

—IT PAYS to buy in this province.

—MR. W. K McGOUGAN is Guardian representative in Summerside.

—GENUINE ENGLISH NASH SCYTHES—A shipment just received at Braces. Right prices wholesale and retail. 7060-9-3MtuesfriEfri2wsks.

—COME to the Prince County Exhibition on Wednesday, October 3rd 25cts admits you to both the Exhibition and Horse racing held on that day. 8039-9-10M2i.

—ON FURLOUGH.— Pte. C. Leo Coyle of the Royal Flying Corps, Toronto is spending a brief furlough with friends at Summerside and Charlottetown.—H.

—SUCCESSFULLY FLOATED. — The term schooner Lavonia which had been stranded during the last two years on the reef off Shimogue, N. B., has been successfully floated and towed to Pictou where she will be put on the slip for repairs.—H.

—SHIPPING.— The schooner Florrie V. Capt. LeBlanc and the Ellen Mary. Capt. Olson, cleared on Saturday for the Port of Pictou. Entered on Sunday the Schooners, Emelien Burke, Capt. Arsenault and White Bird, Capt. Trombley, both coal laden from Pictou.—H.

—ABRAM'S VILLAGE.— Miss Henrietta Arsenault of Tignish is paying a visit to relatives and friends in Edmont Bay, —Messrs Lean D. Arsenault, Mayvaville and Philbert Gallant of Abram's Village were in Summerside Friday.— Mr. Ferdinand Richard, Urbanville paid a visit to Tignish not long ago.— Mr. Alcide Arsenault son of Laurent A. Arsenault went away a few days ago to seek employment.—M.

—RETURNED HERO DEAD. — Mr. Frank Doucette, Summerside went down to the Dalton Sanitorium on Friday to visit his son Pte. Thomas Doucette who has been gassed by the Germans about a year ago, while fighting in France and afterwards returned home for medical treatment. The dose of gas was so heavy that nothing could be done to relieve him and he gradually declined until Saturday afternoon when his spirit passed away. The remains arrived home on Saturday evening for burial. Mr. Doucette has two other sons doing Military duty, Jonah in the Railway Construction Corps in France and Jerry who enlisted with the 10th in Summerside and now with the reserve battalion in England.—H.

THE LATEST METHOD

of grafting skin over a severe burn or scald is by the Zam-Buk process. Zam-Buk contains herbal ingredients that literally **grow new skin.** How much safer, simpler and cheaper than the old method, which was by surgery!

Mrs. George Currie, of 194 Waterloo Ave., Guelph, Ont., writes: "My baby sustained a very severe burn, and although he received medical attention for eight weeks, he got very little better. Finally the doctor told me that skin would have to be grafted.

"Meantime I had heard of Zam-Buk and decided to try it first. This soothing balm soon drew out the inflammation, and in a short time I could notice a great improvement. New skin began to form, and in three weeks' time the burn was quite healed over, without having to resort to surgery."

Zam-Buk is equally good for cuts and bruises, as well as for eczema, old sores, blood-poisoning and piles. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for $1.25.

Zam-Buk

—COAL LADEN.— The Schooner Marguerite, Capt. Doucet, cleared Saturday for Sydney to load coal for the port of Summerside.—H.

—CRUDE PETROLEUM! Get Brace's special price on this splendid, cheap roofing. 7060-9-3MtuesfriEfri2wks.

—FLY OIL at Braces 60c per ½ gallon can—protects the cattle thoroughly. 7060-9-3MtuesfriEfri2wks.

—FRESH PORTLAND CEMENT.— Braces can make immediate shipment at right price, small or large quantity. 6012-8-28MtuesfriEfri2wks.

—OLD GRIST MILL cod liver oil fox biscuit—absolutely the best article of its kind on the market. Big shipment just received at Braces. 6012-8-28MtuesfriEfri2kks.

—HORSEMEN will please notice change in the classes in the Races to be held on the Summerside Driving Park, Thursday October 4th. The 2.21 class is now changed to 2.20 and the 2.40 class to 2.30. 8038-9-10M2i.

—A WHIST AND DANCE.—Division Number 5. A. O. H. will hold a dance in the St. Paul's Hall, Summerside, on Thursday evening. All who attended previous dances are expected to be present on this occasion. 8069-9-11M1i.

—THE NORTHUMBERLAND took away 122 passengers on Friday morning and returned at 8.40 in the evening with 78 passengers, two cars Railway ties, one car sewer pipe and three cars of way freight. Entered on Friday the schooner Malabar, Capt Carver, with Railway ties from Miramichi. The schooner, Ellen Mary, Capt. Olson from Pictou with coal for Holman's Ltd.—H.

—ATTENDING RACES.— Among those leaving Summerside on Saturday morning to attend the horse races at Halifax were:— —Mr. John McPhee, Freetown, with his trotting horse, Keltie and driver, Mr. Tyndal Semple of Travellers Rest and Messrs Daniel Steele and M. Steele, Summerside with five horses which included Sister Patch and Devilish Dorothy; Dan Steele will hold the lines for Sister Patch while Devilish Dorothy will be handled by Mr. Mack Steele, who is one of the best qualified horsemen on the Island.—H

WESTERN PERSONALS

—Mrs. A. Gillis, Bradalbane was a visitor in town on Saturday.—H.

—Miss Woodside, Summerside is visiting her sister, Mrs. R. M. Owne Moncton.

—Miss Maude Elliott, Hyde Park, Boston, is visiting at Found's Mills, the guest of Mrs. A. M. Green.*

—Miss Laura McLeod, arrived home at Found's Mills from Boston on Saturday night.*

—Her friends will be most pleased to learn that Mrs. Pius Durant is now rapidly improving after an illness of two weeks.—H.

—Mrs. F. Perry and son Master Earl left on Saturday for Emerald where they will spend a couple of weeks vacation.——H.

—Mr. J. J. Gaudet, Summerside crossed over by the Northumberland on Saturday morning on a special business trip to St. John.—H.

—Mrs. J. D. Bigger and Mrs. R. J. Todd of Bradalbane were over Sunday visitors at O'Leary, guests of Mr. and Mrs. William Kennedy.—H

—Mr. Avard Jelly, O'Leary, brought a party of friends to Summerside on Thursday by auto and made the return trip home in the evening.—H.

—Miss Hilda Maher, Milliner with Rogers & Co., Alberton, returned last night from the Mainland millinery openings.

—Capt. (Dr.) McPhee, Summerside arrived home from Halifax Friday evening to spend a brief furlough before leaving for overseas service.—H.

SYDNEY MINES HAS FUNNY BOOZE CASE

The North Sydney Herald says:—

Stacking up Injuns for stool-pigeons to have them knocked down like tenpins on their own evidence before a tribunal of His Majesty's court, partially describes the fiasco in an emergency liquor case staged in the police court one day recently. That somebody was going to be soaked for filling up redskins with firewater was a foregone conclusion, and those who saw the sky darkening and signs of the breaking storm lost no time in hugging the inside of the court room, when Deputy Stipendiary McLean, in the breathless silence of the stuffy, booze saturated interior, read the charge from the bench, implicating four men with the serious offence of supplying "Injuns" with liquor.

But, as often happens, the best laid plans of men and mice hungfire and there was nothing but pity for the poor deluded "Injun" when he came within range of the machine gun fire of solicitor Butts, counsel for the defendants, one of whom is the proprietor of a stingless dispensary on Commercial street, from whom the redskin said he bought ten bottles of beer for experimental purposes, with satisfactory results, after consuming eight bottles of the beverage which another "Injun argued was more than his share of the consignment.

"Well, you were bought to buy beer from the man with the red whiskers, were you not?" queried Mr. Butts.

"Yes, sir," answered the Indian.

"Somebody in North Sydney supplied the necessary collateral, and sent you to Sydney Mines to string somebody, is this so?"

"Yes, sir."

"You are a penitentiary bird?"

"Yes, sir."

"Stole money from Indian friend?"

"Yes, sir."

"Served a long term in jail "

"Yes, sir, I———."

"Well, that is sufficient just now," broke in the magistrates.

In answer to Mr. Butts, he said he was the same penitentiary bird that bought (?) the beer from the man with the red whiskers.

"Yes, and you are a sneak and a thief. Is that right?"

"Yes, sir."

"And somebody gave you money to do the dirty work?"

"Yes, sir."

"The Indian constable put up the money?"

"Yes, sir."

"And you are here to swear to anything and everything?"

"Yes, sir."

"And you are a ———"

"Hold! enough!" interjected the magistrate. "I absolutely refuse to listen to such evidence, and wash my hands of the whole transaction," declared His Honor. Rev. Schurman attempted to engage the court's attention, which furnished considerable merriment for the court habitues, and failing in this he quit the court room to continue his part of the affair to a crowd who gathered on the street. The case was about as flimsy an attempt to secure a conviction as was probably ever staged in a Cape Breton court, and those who heard the brazen admissions of the Indian were dumbfounded at the crooked swearing of the Micmac. Witnesses of this stamp will do a lot to injure the cause of temperance.

CANADA LEADS.

"I have travelled through the Empire, and I know of no system which approaches that which you are fortunate enough to have in Canada," declared Sir Ryder Haggard who toured the Empire studying the problem of vocational re-education.

HOTEL ARRIVALS

VICTORIA HOTEL

Jas. Gibson, Toronto
M. Ross, St. John
J. W.Fenheir, Montreal
A. D. B. Bremaine, Ottawa
Laura M. Hurst, Pictou
Mrs. John Hackett, Tignish
Miss Dorothy Hackett, Tignish
E. J. Sullivan, Biddeford, Me.
Lt. E. G. Morris, Summerside
G. H. Morrow, Souris
H. W. Lingley, Truro
E. A. White, St. John
Stanley Perry, Summerside
J. M. Quinn, Toronto
P. E. Morris, City
John Morris, City
Mr. and Mrs. Morris, City
D. A. McRae, Halifax
Mrs. Martin, Grand View
Mrs. Alex. Martin, Grand View
Florence, Martin, Grand View
L. G. Moffatt, Montreal
C. M. Rogers, Summerside

QUEEN HOTEL

J. M. Morrow, Annandale
N. H. Morrison, Annandale
Mrs. S. E. Reid, Tryon

REVERE HOTEL

E. B. Scanlon, Troy
C. N. Hall, Gloucester, Mass.
J. C. Milford, York Point
G. R. Morrison, Mt. Stewart
McLeod Douglas, Mt. Stewart
F. F. Sigsworth, Cardigan
H. H. Hatch, St. John, N. B.
Miss A. D. Hatch, St. John, N. B.
Mrs. J. L. Heriegall and son, Georgetown
Miss Lucy Smith, Georgetown
Wm. Pope, Elmira

HELP HIM TO HELP HIMSELF.

"Those who are interested in the soldiers must take long views. It is right to pension them liberally, and give them special consideration in the civil services, but the main thing is to put the soldier in the way of helping himself, of advancement, industry, business and the professions."—Editorial in the Toronto Star.

SUMMERSIDE MARKETS.

(Corrected Tuesday.)

Buckwheat, bus	1.00 to 1.25
Butter, dairy, lb.	35
Butter, creameary, lb.	.38
Calfskins, lb.	.22

GET RID OF HUMORS AND AVOID SICKNESS

Humors in the blood cause internal derangements that affect the whole system, as well as pimples, boils and other eruptions, and are responsible for the readiness with which many people contract disease.

For forty years Hood's Sarsaparilla has been more successful than any other medicine in expelling humors and removing their inward and outward effects. Get Hood's. No other medicine acts like it.

For Preserve 'Chow" or Pickles

the best jars are our Mason Perfect Seal and Crown. A new stock just in.

BLACK'S
Sunnyside

Canadian Government Railways,

-Prince Edward Island Railway-

Provincial Exhibition, Ch'town,

September 25th to 28th Inc. 1917.

Excursion Return Tickets at ONE WAY FIRST CLASS fare will be issued from all Stations to Charlottetown by all regular trains on September 24th, 25th, 26th and 27th good to return up to and on October 1st, 1917.

Special Cheap Fares

Tickets at special REDUCED rates will be issued from all Stations to Charlottetown, on September 25th, 26th, 27th and 28th, good to return on day of issue or following day by special or regular trains up to and including 27th. and by regular trains ONLY on 28th and 29th September.

Special Train Arrangements & Fares

STATION		LEAVE	FARE
Tignish		5.00 A. M.	$1.40
O'Leary		6.12 " "	1 25
Summerside		8.15 " "	1.00
Kensington		8.40 " "	.80
Emerald		8.02 " "	.70
Hunter River		9.35 " "	.45
Charlottetown	Arr.	10.40 " "	
Elmira		6 10 A. M.	$1.00
Souris		7 20 " "	1.00
St. Peters		8 20 " "	.50
Mt. Stewart		9 20 " "	.50
Bedford		9.37 " "	.45
Charlottetown.	Arr.	10.20 " "	

Proportionate fares from all other Stations.

Incoming A. M. and out going P. M trains will stop at Exhibition grounds to leave off and take on passengers.

Returning from Charlottetown trains on 25th and 26th and 27th will leave as follows:—For Murray Harbor at 6 p. m, for Souris and Elmira at 5.30 p. m. and 6 45 p. m., for Cape Traverse, Summerside and Tignish at 4 p. m., and 6 p. m, and for Georgetown at 7 05 p. m.

See posters at Stations for full information.

C A. HAYES, General Manager, Moncton.

H. H, MELANSON, Passenger Traffic Manager, Moncton.

W. T. HUGGAN, District Passenger Agent Charlottetown

Eggs doz.	39 to 40	Potatoes, new, bus.	50
Hay, new, loose, ton	$10 to $11	Pork lb.	.16 to .19
Hides, lb.	.19	Wool, washed	.75
Oats, white, bus.	.80	Wool, unwashed lb.	.55
Oats, black, bus	.83	Lamb pelts, each.	.50 to .75

THE PRINCE EDWARD ISLAND EXHIBITION

And

Horse Races

At

Charlottetown, Sept. 25 to 28, 1917

Open to all Canada

Over $10,000 in Exhibition Prizes

Live Stock entries, except poultry, close 14th September. All other close 18th September.

Three days Horse Racing, $3000.00 in purses.

Special attractions in front of the Grand Stand.

Nearest Station Agents will give particulars of rates.

For Prize List and all information write the Secretary.

FRANK R. HEARTZ,
PRESIDENT

C. R. SMALLWOOD,
SEC'Y-TREAS.

6072-8-29 Mtts tf

BRINGING UP FATHER