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If you would always have soft and fine you will appreciate the assistance afforded by

Penlar Shampona

This is an ideal shampoo preparation, quick to lather slightly scented and a remarkable cleanser.

Shampona imparts a new softness, a new sparkle a new delight. Treat your hair to this exceptional toilet help today. The result will surprise you—50c bottles.

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Sunnyside

YOUR FRIENDS can buy anything you can give them—except your photograph. Make an appointment today.

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SITTING for a portrait is a matter of minutes only—the same efficient methods you demand in your business are observed in ours.

Your family have been pleading with you for years, why not make that appointment today at

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LONDON SERVICE
The following first class steamers will sail from London for Halifax and St. John, N. B., returning from St. John, N. B., for London via Halifax.
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The following first class steamers will sail from Liverpool for Halifax via St. John's Nfld., returning from Halifax to Liverpool via St. John's Nfld.
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When in need of Coal for Domestic or Steam purposes, telephone us your order or call at our office. Our prices are lowest and quality the best. Prompt and satisfactory delivery will be made.

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How You May Throw Away Your Glasses

The statement is made that thousands wear eyeglasses who do not really need them. If you are one of these unfortunate, then these glasses may be ruining your eyes instead of helping them. Thousands who wear these "windows" may prove for themselves that they can dispense with glasses if they will get the following prescription filled at once: Go to any active drug store and get a bottle of Bon-Opto tablets. Dissolve one Bon-Opto tablet in 1/2 glass of water. With this harmless liquid solution bathe the eyes two to four times daily, and you are likely to be astonished at the results right from the start. Many who have been told that they have astigmatism, eye-strain, cataract, sore eyelids, weak eyes, conjunctivitis and other eye disorders, report wonderful benefits from the use of this prescription. Get this prescription filled and use it for a few days. You will find that you do not need your glasses any more. Thousands who are blind or nearly so, or who wear glasses might never have required them if they had cared for their eyes in time. Save your eyes before it is too late! Do not become one of these victims of neglect. Eyeglasses are only like crutches and every few years they must be changed to fit the ever-increasing weakened condition. So better see if you can, like many others, get clear, healthy, strong magnetic eyes through the prescription here given. The famous Drug Co. of Toronto will fill the above prescription for you, if you send a check for regular use in almost every family.

Hair Dressing

Shampooing, Singeing, Scalp Treatment Combs made up. Hair Goods Dyeing, Facial and gloves cleaned by Mrs. White, Queen Hotel.
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Canada's \$5. Leader

We have received the Kitchener boot for men in black and tan on all the newest lasts.

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Helps for Housecleaning



Unless you are properly supplied with the right articles for housecleaning, you cannot do the work as quickly or as well as you would like to.

Call in today and see how we can help you by supplying everything that is needed for the work.

- Here you will find—
Floor Paints
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Calcimine
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Paint Brushes
Whitewash Brushes
Floor Wax

Fennell & Chandler

The Central Guardian

THE "PRINCE EDWARD."—The Car Ferry steamer yesterday brought from Pictou 256 tons freight, ten sacks, mail and 56 passengers.

APPRECIATION—A committee consisting of Everett McLeod and Kenneth McLeod on behalf of Knox L. O. L. 1047, has forwarded a nicely worded letter of sympathy to their brother Daniel Buchanan and other members of the family on the death of their brother Charles.

BERMUDA LILIES.—Mr. John McLaughlin, City Police Clerk, yesterday received from his brother, Rev. Neil McLaughlin, in Hamilton, Bermuda, a pretty souvenir of the tropics in the form of a package of the beautiful Bermuda lilies. This plant has a delicious odour and grows wild in Bermuda.

ISLANDER INJURED.—Mr. Weldon L. Crossman of the Boston Journal slipped on the ice at his home in Braintree, Mass., recently, fell heavily on his right shoulder and fractured his collar-bone. Mr. Crossman is one of the best known printers in Boston, and a writer and speaker of much ability. He is well and favorably known in his native province of P. E. Island, where he spends his vacation every summer. Mr. Crossman's numerous friends everywhere will be pleased to hear of his speedy recovery.

RECOVERY OF NEW JERSEY WOMAN

Due To Lydia E. Pinkham's Vegetable Compound.

Brigden, N.J.—"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound for inflammation and other weaknesses. I was very irregular and would have terrible pains so that I could hardly take a step. Sometimes I would be so miserable that I could not sleep a room. I doctored part of the time but felt no change. I later took Lydia E. Pinkham's Vegetable Compound and felt a change for the better after the second day. I took it until I was in a good healthy condition. I recommend the Pinkham remedies to all women as I have used them with good results."—Mrs. MILDRED T. CUMMINGS, 24 New Street, Brigden, N. J.

Such testimony should be accepted by all women as convincing evidence of the excellence of Lydia E. Pinkham's Vegetable Compound as a remedy for the distressing ills of women such as displacements, inflammation, ulceration, backache, painful periods, nervousness and kindred ailments.

Professional Cards

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Barristers and Attorneys
Solicitors for Royal Bank of Canada
MONEY TO LOAN.

A.A. McLean, K.C., Donald McKinnon
McLEAN & McKINNON
Barristers, Attorneys-at-Law
Brown Block, Charlottetown.

WARBURTON & SHAW.
Barristers, Attorneys, Notary Public, Etc., Solicitors for Canada Bankers Association, Bank of Montreal Canada, Permanent Mortgage Corporation.
Offices—Old Guardian Office, Province Block, Charlottetown, P. E. I.

DR. HEATH McINTYRE.
Dentist
Cameron Block, Victoria Row
Charlottetown
Office Hours: 9 a. m. to 1 p. m.
2 p. m. to 5 p. m.
5583-10-25-Mt.

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Late Head Tuner to Several Leading English and Continental Firms
Pipe Organ, Reed Organ and Piano Repairs of Every Description
Best of References
9513.

THE ADJOURNED MEETING.—Of Mt. Albion Telephone directors will take place tomorrow, Thursday evening, May 4th, at 7 p. m., in Mt. Albion School house.

HAIR STYLES.—All the latest styles in hair dressing may be seen by calling on Miss Rudge, 171 Great George St., also combings made up as may be seen by her ad in this issue. 9535.

SAFE ARRIVAL OF SOCKS.—Word was received yesterday from Capt. Stanley of the arrival in Belgium of 150 pairs of socks from the ladies of St. Dunstan's Cathedral. Capt. Stanley says: "The socks are very much appreciated and a great comfort to the men."

PRESENTATION.—Wednesday evening, at the home of Mrs. James Brown, Gordon street, Moncton, Mrs. Percy McMahon who is leaving for Newcastle in a few days, was remembered by her friends in St. Bernard's parish. Mrs. H. H. McInneson read a short address and Mrs. Brown presented a serving tray and cut glass tumblers. Refreshments were served and after several musical selections the gathering dispersed wishing Mrs. McMahon every success in her new location. Mrs. McMahon is a Charlottetown lady—Moncton Ex.

INTERESTING LECTURE.—Professor McCready gave a particularly interesting address last night in St. James Hall on "The Birds of Prince Edward Island." He illustrated his remarks and descriptions by means of charts and diagrams, making his talk most instructive and interesting. There was a large attendance, Rev. Dr. Fullerton presided and at the close tendered the Professor with a cordial vote of thanks moved by Mr. Percy Pope and seconded by Mr. W. A. Cotton.

SOCKS RECEIVED.—Mrs. J. T. Clarkin, City, has received the following note from her son at the front. In France, March 26th, 1916, Dear Mother: Am in receipt of a 7 lb. parcel of socks from C. Ings, Sec'y. of the "Socks for the Front." Tender my thanks to the Secretary. I have taken two pairs as requested and she may have implicit confidence in my following out the instructions contained in her letter of the 23rd ultimo, re the distribution of the remainder. With love, Jack.

ENJOYABLE CONCERT.—The concert and entertainment held last night in the Central Christian Church was enjoyed by a good sized audience. One of the attractions of the evening was the Edison Diamond Disc Phonograph which gave a splendid programme of very select music both vocal and instrumental. Miss Jacqueline McDermid, of St. James' Choir sang two solos in excellent voice and also gave a reading which was much appreciated. Miss Elizabeth Coleman also delighted the audience with two splendidly rendered readings. The pastor Rev. Dr. Bennett, presided.

THE BELGIAN FETE FUND CONTINUED

- This fund was started on November 8th last at a meeting held in the Legislative Chambers, presided over by Mr. W. H. Aitken. The amount collected has been forwarded to Sir George Perley through Sir Robert Borden and forwarded direct to London. The subscriptions to this fund have been kept separate from the regular Belgian Fund. Amount previously acknowledged \$4,117.63
- Proceeds of concert at White Sands and High Bank 38.00
 - Mrs. James Swan, Mt. Edward Road 1.00
 - Henry Swan, Mt. Edward Road 1.00
 - A Friend, Montague, per mail, March 2 1.00
 - The Ladies of Spring Valley per Mrs. Chas. Caseley 20.00
 - King's County District Lodge I. O. G. T., per Oswald Graham 4.32
 - St. Peter's Cathedral per Rev. Canon Simpson 1.00
 - The New London Women's Institute, per Mrs. Walter S. Pound 25.00
 - Mrs. D. Livingstone, 177 Kent St., City 2.25
 - The Young Ladies of Mt. Stewart, per Mary McLeod 113.78
 - Mrs. J. J. Cuthberts, City 5.00
 - Hon. H. D. McEwen, Montague, George E. Goff, Woodville 1.00
 - Philip Sloane, Woodville 1.00
 - John T. Campbell, Woodville Alex. McPhee, Woodville 1.00
 - Pat'k McIntyre, Woodville 75
 - Innocent Campbell, Woodville 50
 - Duncan Campbell, Woodville 50
 - R. A. Campbell, Woodville 50
 - Daniel McCormack, Woodville 50
 - Mrs. John McEachern, Woodville 50
 - Jane McLean, Woodville 50
 - Aloysius McLean, Woodville 50
 - James A. McPhee, Woodville Mrs. Alex. McAskill, Woodville 50
 - Peter McAskill, Woodville 50
 - Mrs. John Fitzpatrick, Woodville 45
 - Mrs. George Powers, Woodville 35
 - John Sloane, Woodville 35
 - Miss Lizzie McCormack, Woodville 25
 - James McDonald, Woodville 25
 - R. J. Steele, Woodville 25
 - James Moran, Woodville 25
 - Mrs. J. F. Moran, Woodville Joseph S. McDonald, Woodville 25
 - The W. P. A., Montague, per Mrs. Pansy Ellis 50.00
 - A Friend, Summerside, per Rev. H. J. Fraser 5.00
 - Part proceeds of drama given at Bonshaw, per A. Blanche Beaton 15.00
 - A Friend, per Rev. Fran. G. Gordon, Alberton 5.00
- \$4,458.98
D. J. RILEY,
Secretary-Treasurer.

CORRECTION.—In the list of recruits to the 5th Siege Battery published yesterday the name Samuel Crockett, Wilmet, should have read Samuel Proft, Wilmet.

SOME FINE CATTLE.—Included in the large offering of different kinds of stock to be disposed of by Mr. Hiram Lea, of Tryon on May 4th, inst., are five pure bred Holstein heifers, two of them being daughters of "Mary Rooker 2nd" a cow that has won more 1st and sweepstakes prizes than any cow now owned in the herd of Lea and Clark. She has also won the dairy test at Charlottetown Fair against all breeds giving 60 lbs milk a day at two milkings. She is still vigorous and producing up to the limit; her last heifer calf was sold to a dairy man in Cape Breton for \$140. These heifers are large, fine lookers in pink of condition bred to a sire that is out of a dam that has made 29.14 lbs butter and 585 lbs milk in a week, the largest weekly official record for the dam of any bull every imported to Prince Edward Island.

ISLAND BOYS ILL.—The many friends of Sgt. Fenton Arbing and Gr. Harold Clay will be pleased to hear that they are recovering from an attack of scarlet fever in the Hospital at Halifax. Sgt. Arbing belongs to C Company of the 105th Battalion and was taking a course in bayonet fighting when taken ill. Gr. Clay recently enlisted in the 4th C. F. A., but was taken ill with Gastritis shortly after reaching Halifax. He was removed to the Military Hospital where he remained for two weeks. While in this weak condition he took scarlet fever and after a hard fight began to recover only to take a severe form of Quinsy Gr. Clay has recovered from both the fever and Quinsy but it will be many months before he will regain perfect health. Gr. Clay remains in quarantine until May 16 and Sgt. Arbing until May 30th. Gr. Clay belongs to Bridgetown and Sgt. Arbing to Summerside.

RECALL "93" Shampoo Paste cleanses the hair and scalp imparting a lovely gloss. 25c tins. Sold only by the Rexall Drug Stores. McKinnon Drug Co.

LAWN GRASS SEED.—Now is the time to renovate and renew your LAWNS and GRASS PLOTS. CARTER'S EVERGREEN LAWN GRASS SEED makes a permanent, rich green grassy carpet. Lawns should be sowed to while the earth is moist. Sow only "CARTER'S EVERGREEN LAWN GRASS SEED" for sale at their Seed Store. 9534-5-3M21.

PERSONALS
Mrs. J. A. S. Bayer, City, returned yesterday from Halifax.
Miss Flora McLeod, of Darlington, was a visitor to the City yesterday.

The friends of Dr. Ledwell, City, will be sorry to learn that he is ill. Dr. S. R. Jenkins is attending him.
The many friends of Dr. W. J. McMillan who has been quite seriously ill for some weeks will be pleased to hear that he has sufficiently recovered to be out of bed.

Mr. James Bradley, City, who was operated on in the P. E. Island Hospital a few days ago is somewhat improved.

Miss May Campbell has returned to her home in Darlington after spending a week visiting friends in the city.

Miss Gwynneth F. Coombs left Monday morning for Boston and New York, on an extended trip.

The friends of Miss A. Clemmie Murphy, Principal of Sturgeon School, will regret to learn that she is at present very ill. Her sister, Miss Mary who has been ill for some time is slowly improving.

Public Opinion Indorses

this family remedy by making its sale larger than that of any other medicine in the world. The experience of generations has proved its great value in the treatment of indigestion, biliousness, headache and constipation.

BEECHAM'S PILLS

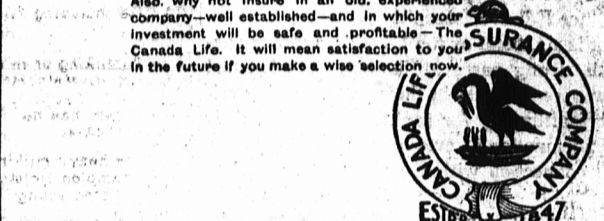
relieve these troubles and prevent them from becoming serious ills by promptly clearing wastes and poisons out of the digestive system. They strengthen the stomach, stimulate the liver and regulate the bowels. Mild and harmless. A proven family remedy, unequalled.

For Digestive Troubles

Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold everywhere in Canada and U. S. America. 16 boxes, 25 cents.

To The Man About to Insure

Why not look into the monthly income plan? The Canada Life will show you how only a small portion of your earnings can be turned into an income of from ten to five hundred dollars monthly, guaranteed for life. This is the perfect way of taking care of your wife and family. Do you know which plan out of many different forms will best suit your circumstances? We do, and can give you some information worth while. Also, why not insure in an old, experienced company—well established—and in which your investment will be safe and profitable?—The Canada Life. It will mean satisfaction to you in the future if you make a wise selection now.



W. K. ROGERS, Manager for Prince Edward Island, Charlottetown.

Stipendiary Wyatt of Summerside was in the city yesterday.

Miss Gertie Curran, City, went to Summerside yesterday where she has accepted a position with the firm of R. T. Holman, Ltd.

Mr. Basil Knight, Chief Officer of the steamer Halifax came to the City yesterday and left in the afternoon for Souris where he will spend a week with his father Mr. W. H. Knight, who is quite ill. Mr. Knight reports that the Halifax is being thoroughly overhauled and refitted in first class style and expects to come to this port in about three weeks time.



Malnutrition Failure to get the good of the food you eat.

It is not what you eat, but what you eat, digest and absorb, that counts in keeping up the health and vigor of the human body. If you are not getting the benefit of the food you eat you should suspect the nervous system, for the nerves control the flow of the gastric juices of the stomach and the other chemical fluids of the digestive system which effect the digestion of starches, fats, etc.

Especially at this season of the year digestion lags, appetite fails, you do not get the good of the food you eat and vitality is consequently lowered. You feel the effects in loss of energy and ambition, feelings of fatigue come over you and you lack in courage and good cheer.

Eating more will not help you, for you must have nourishment in an easily assimilated condition so that it may be taken up by the blood stream without effort. In short, you need such assistance as is best afforded by Dr. Chase's Nerve Food.

By using this food cure you enrich the blood and supply nourishment directly to the starved nervous system. The nerves which control the process of digestion are invigorated, digestion is improved, appetite sharpened, and gradually you are restored to health and vigor.

This is Nature's way. Dr. Chase's Nerve Food supplies the elements and the processes of Nature convert these elements into new, rich blood and new nerve force. You cannot fail to be benefited by such treatment, and the results obtained are lasting.

50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations disappoint.

Dr. Chase's Nerve Food



Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.