

A Hot, Nourishing Meal— one that will put vim and energy into the worn-out body and fortify it against exposure—**Shredded Wheat Biscuit** (heated in the oven to restore crispness) with hot milk supplies all the strength needed for a half-day's work. Also delicious with bananas or other fruits. Made in Canada.



DREDGE HAULED UP.—Dredge No. 11 (the Prince Edward) is now being hauled up at the Marine dock, Charlottetown, for the winter. Four quadruped steel blocks and wires were used in hauling her out of the water. The dredge's own power and hoisting drum were used as a purchase instead of capstans as formerly. This is the first time this dredge has been hauled up since the pontoon was placed under it three years ago. Captain MacDonald states that the dredge was practically fit for nothing but scrap until this was done. As the craft lacked buoyancy, being so low in the water that at times her decks was awash and the water poured through the chain holds. The pontoon's covering of 1 1/4 inch plank will need to be replaced next season as the worms have made a perfect network of holes through it all the way into the poisoned tar paper covering which they have left intact. The screws, lugs and other Government material have been hauled up in the same dock as the dredge.

LONG DELAYED.—Orders have been received from military headquarters asking that a draft of fifty men and one officer be despatched overseas at once, from the No. 9 heavy siege battery, now mobilized at Partridge Island. This order it is believed, is due to the fact that a large number of men have fallen in Canadian batteries already at the front and these gaps must be filled up as soon as possible. No. 9 battery is perhaps one of the best trained units of its kind in Canada, and hence it was this unit which was called upon to supply the draft needed for reinforcements.

CORNS CURED QUICK Applied in 5 SECONDS. Sore, blistering feet from corn-pinchers can be cured by Putnam's Extractor in 24 hours. Putnam's soothes away that drawing pain, causes instant relief, makes the feet feel good at once. Get a 25c bottle of "Putnam's" today.

DR. DeVAN'S FRENCH PILLS A regulating pill for women. \$5 a box or three for \$15. Sold at all drug stores, or mailed to any address on receipt of price. The SCOTT'S DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores vitality for nerve and brain; increases "grey matter"; a tonic—will build you up. \$3 a box, or two for \$5, at drug stores, or by mail on receipt of price. The SCOTT'S DRUG CO., St. Catharines, Ontario. Sold at Hughes Drug Store.

The Central Guardian

IT PAYS to buy in this Province.

RESERVE FRIDAY EVENING Mr. Watkis' evening with Handel. A choice programme is also being prepared. 3270-12-7M31.

TWILIGHT RECITAL.—The next of the series of Twilight Organ Recitals will be held in the Baptist Church next Saturday afternoon from 4 to 5 o'clock.

AN EVENING WITH HANDEL at St. James Hall, Friday evening. Mr. Watkis will read a paper on Handel while local artists will assist with musical numbers. 3270-12-7M31.

THE HORSE BUYERS.—Colonel Courtois, Chief Inspector of horses purchased for the French army, left yesterday morning for Halifax. The other members of the remount commission, Captain Buisot, Dr. Cayreau, B. K. Farrow, D. J. Grey and G. E. Stacey went to Bradalbane yesterday. They all leave on Saturday for the mainland.

STARTS PLUMBING BUSINESS.—The many friends of Mr. M. F. McLeod 18 Upper Hillsborough Street, will be interested to learn that he has started in business for himself as a plumber and sheet iron worker. Mr. McLeod has had ten year's experience in the work with Bruce Stewart & Co., Ltd., and also four years experience in the United States. His advt. appears in this issue. 3290.

SPLENDID WORK.—The Cumberland Women's Institute packed 50s. cake, 30 lbs. candy, 45 pairs socks, shaving soap, towels, canned lobster, butter, tobacco, cigarettes and candles into 25 Xmi boxes for their soldier boys in England and France. To the Belgian Relief Fund the Institute contributed \$117.95, and to Miss Plummer \$10 to assist in her Red Cross work.

VICTORIA SCHOOL WORK.—The following is the standing of the pupils of Victoria High School for November.—Nelson McEwen's department: Grade VIII.—1, Rhea Collins; 2, Marion Lea; 3, Pauline Miller. Grade VII.—1, Claude Snow and Mildred McMurdo (equal); 2, Clifford Lea. Grade VI.—1, Wm. Cameron; 2, Whit Howatt; 3, Joe Miller. Grade V.—1, Everett Watton; 2, Karl Boulter; 3, Hollis Snow. Ruth Boulter's department: Grade IV.—1, Millie Palmer; 2, Helen Trowsdale; 3, Harry McMurdo. Grade III.—1, Helen Rogerson; 2, Jeanette Rogerson; 3, Lila Watton. Grade II.—1, Alice Villett; 2, Myrtle Snow; 3, George McLeod. Grade I.—1, Beth Boulter; 2, Florence Proffitt; 3, Sydney McMurdo.

PATRIOTIC WORK.—The annual meeting of the Women's Patriotic Association of Victoria District, was held on Nov. 27th. The Treasurer reported \$285.65 during the year with a balance from last year of \$10.63. \$75.00 was sent to the Patriotic Fund, \$40.00 to the Belgian Relief Fund; \$14 to Prisoners' Fund; \$12 to the Christmas Stocking; and \$1 to the Y. M. C. A. fund. Besides the amount spent for material for sewing, knitting, etc. there remains a balance on hand of \$66.67. Shipments were made during the year consisting of 223 pairs socks, 21 flannel shirts, 10 scarfs, 17 housewives, 11 handkerchiefs, 2 face cloths 1 Coz. bandages, 1 autograph quilt, 7 pairs half gloves, 6 jars petroleum jelly, besides soap, bootlaces, etc. The following are the officers elected for the new year: President, Mrs. E. Boswell; 1st Vice-President, Mrs. S. Cameron; 2nd Vice-President, Mrs. Webster Boulter; 3rd Vice-President, Miss Cattie Lea; Treasurer, Mrs. K. C. Holm; Sec'y, Miss Neavy Myers; purchasing committee, Mrs. F. Inman, Mrs. R. Myers, Mrs. C. J. Stright, and Mrs. K. C. Holm, with Mrs. S. B. French as an honorary member.—V.

HANDEL RECITAL.—Mrs. Henderson, Prof. Hinton and Rev. Mr. Littlejohns, will assist Mr. Watkis at the Handel Recital in St. James Hall Friday evening. 3270-12-7M31.

RETURNED SOLDIER.—Pte. T. Knockwood of Lennox Island was one of 200 soldiers returning from France by the Missanable which arrived in St. John Monday. Pte. Knockwood enlisted with the 55th Battalion of New Brunswick in 1915 and has been in several actions. He was wounded in the head and in the eye.

A PROMOTION.—Robert Fairclough Acorn who left Canada as a Corporal in the 105th Battalion, has been promoted to the rank of Sergeant in England. He has taken a course of instruction and passed a very creditable examination, and also passed as a marksman, making possible at two of the ranges. His father, G. C. Acorn is Q. M. S. of the 272 Siege Battery R. G. A., now training in England.

100 YEARS

and more, people with chest and throat troubles have tried to cure them by pouring cough syrups, lung tonics and the like into their stomachs. All a mistake! The Peps way is different. Peps are tablets made up of Pine extracts and medicinal essences, which when put into the mouth turn into healing vapors. These are breathed down direct to the lungs, throat and bronchial tubes—not swallowed down to the stomach, which is not ailing. Try a 50c. box of Peps for your cold, your cough, bronchitis or asthma. All druggists and stores or Peps Co., Toronto, will supply

Peps

A Complete Assortment

of the J. B. Williams Famous Toilet Preparations just arrived.

- Talcum Powder
- English Toilet Water
- Shaving Powder
- Shaving Liquid
- Shaving Cream
- Holden Top Shaving Stick
- Shampoo Liquid
- Cold Cream
- Dental Cream, etc.

Special For This Week

3 cakes of William's Baby Bath Soap and one trial package of William's Talcum Powder—All for 25c

Colin A. McDonald
Prescription Druggist
Revere Hotel Block
Phone 616 Kent Street
3288-12-28131.

State of Ohio, City of Toledo, Lucas County, ss. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every false statement made by him or by any assistant or agent of his in connection with the sale of HALL'S CATARRH CURE. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. (SEAL) A. W. GLEASON, NOTARY PUBLIC.

Hall's Catarrh Cure is taken internally, and acts through the blood on the mucous surfaces of the system. Send for Testimonials Free. F. J. CHENEY, & CO., Toledo O. Sold by all Druggists, 75c. Hall's Family Pills for constipation.

SCHOOL WORK.—The standing of the pupils of Glengarry School for the month of November was:—Grade IV. 1, Myrtle Griffin, 2, Patricia O'Holloran. Grade III.—1, Fred O'Holloran; 2, Inez Butler; 3, Helen Dalton; 4, Gladys Butler; 5, Alfred Griffin. Grade II.—1, James O'Holloran; 2, Reagh Griffin; 3, Edward Dalton. Grade I.—Johnnie Dalton; 2, Mamie Butler; 3, Carl O'Holloran.

A TRIBUTE.—The Canadian Fisherman just to hand contains the following:—Mr. Chas. H. Earle, formerly with the Maritime Fish Corporation, Limited, and well known to the trade from Coast to Coast, has

gone into business for himself in Charlottetown, P. E. I., under the name of the Earle Fisheries Company. Mr. Earle was a gifted singer and a remarkable entertainer, and as such, he was exceedingly popular wherever he went. After an absence of ten years, he, like the Prodigal Son, has returned to his home town and has already commenced a thriving business dealing in Island fishery and farm products, chickens, geese, etc. When we knew him, "Charley" was a pretty good judge of "chickens." We have no doubt that his long experience in both the fish and chicken trade will build him a first class business. Here's to him.

RHEUMATISM GOES IF HOOD'S IS USED

The genuine old reliable Hood's Sarsaparilla corrects the acid condition of the blood and builds up the whole system. It drives out rheumatism because it cleanses the blood thoroughly. It has been successfully used for forty years. For rheumatism, stomach and kidney troubles, general debility and all ills arising from impure blood, Hood's has no equal. Get it from your nearest druggist today.

Munitions or Lives?

There is a splendid way in which YOU can help to save Canadian soldiers' lives.

Give them enough munitions to smash the enemy's trenches so thoroughly that when the "advance" is ordered our boys may go forward with minimum loss of life.

More and more munitions are needed as the enemy is beaten back to his lair.

Every Shell is a Life Saver

MARK H. IRISH,
Director of Munitions Labor,
National Service Board,
Canada.

PRINCE EDWARD THEATRE

YOUR LAST CHANCE TODAY TO SEE

'BRITAIN PREPARED'

10 SMASHING BIG REELS 10

THE WONDERFUL RECORD OF WHAT GREAT BRITAIN HAS ACCOMPLISHED SINCE THE GREAT WAR STARTED NOW SHOWING IN ALL THE LARGE THEATRES IN CANADA AND THE UNITED STATES AT DOLLAR PRICES

OUR PRICES

MATINEE—Adults 15c Children 10c
EVENING—“ 25c “ 15c

TIME

AFTERNOON 3.15
NIGHT 6.45 & 9

SEE IT NOW - TODAY