

## DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

## AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is directly responsible for serious kidney and bladder troubles; that it upsets the stomach, causes indigestion, loss of appetite and sleeplessness; that chronic rheumatism, gout, pain in the back, are relieved as soon as the bowels become regular; and that pimples, rashes, eczema and other skin affections disappear when "Fruit-a-tives" are taken to correct constipation.

"Fruit-a-tives" will protect you against auto-intoxication because this wonderful fruit medicine acts directly on all the eliminatory organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

## BIG-E-NUFF



**EASTERN double-L-bow Work Shirt**  
Sold by all reliable stores

## Professional Cards

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CHRONIC DISEASES  
CURATIVE TREATMENT by the month in advance, Victoria Hotel, Charlottetown, P. E. I., Canada.  
HOURS, 12 to 3 daily. NOW 2466-2-23mospd

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WEDNESDAY

**AID FOR HALIFAX**—The Guardian has received from Mrs. A. M. Green, Secretary of the Success Women's Institute, Graham's Road, a money order for \$18 for the Halifax Relief Fund and has forwarded same to the proper authorities.

**LEAVE FOR THE WEST TODAY.** Messrs. J. W. Moreside and J. B. Moreside, of Swift Current, Saskatchewan, leave on return to their homesteads this morning after a most enjoyable visit to their old home in North Milton. On their return they will be accompanied by Messrs. Lorne Moreside and Milton Crabbe, of North Milton. Bruce Macdonald, of Ebenszer, James McNeil of Cardigan and Milton Kennedy of New Perth.

**ISLAND SOLDIER ILL.**—Miss Mabel Heron, of this city has received a letter from the Director of Records, Ottawa, stating that her brother, Private William Heron of the Canadian Expeditionary Force was admitted to the 2nd Western General Hospital, Manchester, England, on February 12, 1918, suffering from pleuro-pneumonia. Private Heron enlisted in the 105th in Charlottetown, fought for a year in France, and was gassed in April last. A brother Roland, who went across in the same battalion has twice been wounded. Another brother James is also in khaki having gone in the draft which left Charlottetown recently. Miss Heron is the only member of the family now in Charlottetown.

The funeral of Mrs. Jemima Rackham, relict of the late Henry Rackham, took place on Saturday, March 9th. Relatives, friends and neighbors followed to pay their tribute of respect to one who had been an example of piety and spirituality. Through all her affliction she was visited by her faithful pastor, Rev. F. H. Littlejohns.

Service was held at the home of Mrs. John McNevin, Brighton. Rev. R. G. Fulton kindly officiated. Miss Katie Stanley, assisted by Grace Church choir, rendered the singing very sympathetically. A favorite hymn "My Saviour First Of All" was beautifully sung by Miss Mamie Smith.

The pall-bearers were Messrs. Alexander Horne, C. B. Chappelle, George Rackham, James Tait, J. D. Seaman, and Dr. Ayers. The deceased lady was a daughter of Mr. John Bryenton, a native of England, and was the last surviving member of a family of twelve.

The floral tributes were a symbol of the spirit which had winged its flight from earth. Out in Life's garden where sympathy grew God planted a soul 'twas the soul of you. Life's wonderful garden, Love, seeking, went through Till he found a heart 'twas the heart of you.

I have sought through Life's garden of roses and sweet And I find one sweet blossom, all jewelled with dew— Love, Sympathy, Faith—all unchanging, and true— Are the heart of my flower—dear Mother, 'tis You. 4047

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully vigorous. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

TO RELIEVE CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or head noises go to your druggist and get 1 ounce of Parment (double strength), and add to it hot water and just a little sugar as directed in each package. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Any one who has Catarrhal Deafness or head noises should give this prescription a trial.

## Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food.

It is not how much you eat, but how much you assimilate, that does you good.

The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

5-18a

THURSDAY

**SERGT. BONNELL RETURNS HOME**—Sergt. J. Sydney Bonnell of the "Happy Eight" returned home last night. He was among those who suffered in the gas attack last fall, the effects of which has affected his heart.

**"MET WITH ACCIDENT"**—Mrs. Hugh Campbell, Whim Road, who has been visiting her three daughters in Somerville, Mass., had the misfortune to fall and break three of her ribs. Mrs. Campbell's friends here will be very sorry to hear of her accident, as it will spoil her visit to a large extent.—T.

**WILL LOCATE HERE**—Dr. McGuigan, of Emerald, has been in the city the past two days completing arrangements for taking up his quarters here. Dr. McGuigan has been at Emerald for the past fifteen years where he engaged an extensive and lucrative practice. Announcement will be made within a few days as to the location of his office.

**OFFICER PROMOTED**—Lieut. J. N. McEachern, Souris who went overseas in the early part of 1915 with 6th Brigade Canadian Field Artillery has been promoted to the rank of Captain and mentioned in despatches by Commander-in-Chief. Capt. McEachern visited his home near Souris on two months leave last summer and has been wounded since his return to France.

**"CALLED HOME"**—Mrs. D. M. Campbell, Montague, who has been on an extended trip since last July, visiting her sons and daughters in Boston and Canadian west, was called home in January on account of the illness of her daughter, Mrs. Allen Wyand, Mayfield. Mrs. Wyand is in Charlottetown now, and will likely have to undergo an operation in the P. E. Island Hospital.—T.

**KILLED IN ACTION**—Mrs. Chas. Newson, Rockly Point, has received word that her cousin, Jack Matthews, of Campbellton, N. B., made the supreme sacrifice in Oct. though not officially reported until March. The parents of this brave young man, Mr. and Mrs. Anthony Matthews, formerly of P. E. I., have many friends who will be sorry to learn of their sad loss. Mrs. Matthews was formerly Miss Annie McNeill, of New Dominion.

**ONE OF THE 26th BOYS**—Private A. Stewart son of Mr. J. A. Stewart of Iris who was one of the returned heroes welcomed on Tuesday evening was a member of the famous 26th Battalion not the 105th as reported. Private Stewart who is a splendid specimen of young manhood, joined the colors in New Brunswick and fought through many famous battles, having been over in France for one and a half years. He is royally welcomed home and it is hoped will soon regain his strength.

**G.W.V.A**—An excellent meeting of the Ladies' Auxiliary of the Army and Navy Veterans' Association was held yesterday afternoon. There were 54 members present and eight new members were added to the roll. The Treasurer reported that the finances were in good condition. Many schemes for increasing the funds were suggested and some of them will be placed before the public within a short time. Reports were received from the visiting committees. Among yesterday's donations was a handsome cushion from Miss Sara McNeil. Screens were donated by Mrs. J. F. Wear and Mrs. Ballingall. The meeting was one of the most enjoyable yet held by the Auxiliary. It was decided to hold the next regular meeting in the evening.

**—ARSENAL—LEMIRE WEDDING**—A very pretty and interesting event took place at the Roman Catholic Cathedral, Regina Sask., on Saturday morning, Feb. 9, 1918, when Miss Lena Arsenault formerly of St. Eleanor's, P. E. Island, was united in marriage to Mr. Joseph H. Lemire of Coderre, Sask. The nuptial Mass was celebrated by Rev. Father David Gillis of Regina. The bride was prettily dressed in white and wore the conventional wedding veil with orange blossoms. She carried a bouquet of pink carnations and maiden hair fern. She was attended by her friend Miss Rubey Sullivan, while Mr. N. S. Godin of Ottawa, Ont supported the groom. The bride received many useful presents, among them being a substantial check from the groom and a set of silverware from her classmates at Regina Normal School in which institution Mrs. Lemire was a student previous to her marriage. The wedding breakfast was served at the King's Hotel, after which the happy couple left for a short honeymoon trip to Moose Jaw. They were accompanied to the Depot amid good wishes and showers of confetti by a throng of Normal students. Mr. and Mrs. Lemire will reside at Coderre, Sask. Their many friends unite in wishing them a long and happy married life.

**RURAL ROUTE**—It is understood that the Post Office at Abram's Village is about to close and the mails will be delivered under the Rural Route system.—M.

**BUILDING IMPROVEMENTS**—The new addition to the railway freight shed, on water street, facing Hillsboro, is being improved by the addition of three double doors for the track and street sides.

**"SENDING EASTER BOXES"**—The Red Cross Society, Montague, are busy packing Easter boxes for the boys overseas. These busy women are utiring in their efforts, that the boys may have at least some of the home comforts.—T.

**COMING WEDDING**—The marriage will take place next April in New York, of Mr. Harry H. Hyndman, barrister-at-law, Edmonton, brother of Mr. A. W. Hyndman, Manager of the Royal Bank of Canada, to Miss Anderson, a nurse.

**DRIVING ACCIDENT**—Last evening a country team, box sleigh, and city team, with light speed sleigh, collided at the Apothecaries corner. The speed sleigh had the dash board and runner broken and the driver was somewhat injured in the leg.

**"BIRTHDAY PARTY"**—The birthday party held at the Methodist parsonage on Thursday evening, March 7th, was a decided success in every way. The admission was "As many cents as years you were old." The evening was pleasantly spent in playing games, etc. The sum of \$20.00 was realized.—T.

**JOINS COLORS**—Mr. William Gill, who has been for the past few years in the mail service at Brantford, spent a few days with his parents Mr. and Mrs. Jas. Gill, Crapaud, prior to his leaving for military training in Charlottetown. Although Mr. Gill has voluntarily offered his services three times and each time has been rejected for some slight defect he has now been called in under the Military Act.—V.

**RETURNING TO P. E. I.**—The Westville, N. S. correspondent of The New Glasgow News writes that paper: "We direct attention to the advt. in another column of Mr. James McKeeney, who offers his property on McKay's Street for sale 'Jim' in tends to return to his old home in P. E. Island and take up farming. He is a good, steady dependable man; and whilst we are sorry to lose a citizen of his type, yet we trust that wherever his lot may be cast he may have happiness and prosperity."—Q.

**HALIFAX, March 18**—Word was received yesterday from Bridgetown of the sudden death of Rev. F. C. Simpson, minister of the Presbyterian church at that place. He was preparing for the church service to be held soon afterwards when he dropped dead. Cerebral hemorrhage was the cause of death. Mr. Simpson had been apparently in his usual health and the death was entirely unexpected, though his physician had informed him previously that he was liable to an attack such as that to

## Does Your Boy Want to Join the Soldiers of the Soil?

If so, let him. It will give him several months of open air, body building, muscle developing work. In addition it will stimulate his self respect and his sense of responsibility because he will be doing work that is vitally necessary to win the war.

### The most serious problem

confronting Great Britain, France and Italy this year is the food supply and Canada must produce every pound she possibly can to meet the emergency. And your boy can help.

All boys will be paid wages, current rates for farm work, and in addition every boy who serves three months will be presented by the Dominion of Canada with a bronze

### Badge of Honour

Besides the good experience your boy will gain on the farm, the money he will earn and the physical benefit he will derive, he will be performing a patriotic, a vitally necessary service to his country.

Parents are asked not only to consent to their boys enrolling in the Soldiers of the Soil, but to encourage them to do so.

Enrollment week April 8 to 13 for all boys from 15 to 19 inclusive.

High School Teachers, Y. M. C. A. Secretaries, and Scout Masters are enrollment officers in all cities and towns and in cities of less than 10,000, bank managers will also accept enrollment applications.

**CANADA FOOD BOARD**  
Ottawa  
Henry B. Thompson,  
Chairman

Those who knew her best will the most sincerely mourn the death of Mrs. Elizabeth Enman of this City which sad event occurred yesterday at the ripe age of 82. Mrs. Enman had enjoyed comparatively good health until a few days ago when she gradually began to sink under the pressure of age. She was a lady of exceptionally fine character, kind, generous and lovable. She was formerly Miss Elizabeth Taudvin, a native of Murray Harbour. Her husband, Captain Thomas Enman predeceased her by twenty-five years. She leaves to mourn two sons, William Edgar and John J., of this city and one daughter, Mrs. Frank J. Armeson of Springfield, Mass., also one sister, Mrs. Richard Boyle of this city and a brother, Mr. James Taudvin of Providence, R. I. Two other brothers, Daniel and Joseph Taudvin of Providence and well-known in this city recently passed to the Great Beyond. The Guardian unites with the many friends in deepest sympathy.

**—INSTITUTE**—The March meeting of the Misgouche Institute was held at the home of Mrs. John L. McQuaid on March 6th. There were fifteen members present and two visitors. The President presided and the minutes of the last meeting were read by the Secretary. It was decided to send four boxes to the following boys overseas—Ptes. Aylre Gaudet, Phillas DesRoches, Ray Gaudet, and Joseph Arsenault. The members made each a square, assembled them and made three beautiful quilts for the Orphanage. The next meeting is to be held at the home of Mrs. Eddie Gaudet on Tuesday evening 2nd.—L.

**"SELLING POTATOES**—Messrs Harry McGregor and John Poole, of McLeod & McGregor, Montague, who have been in Halifax for the last month disposing of a cargo of potatoes, have returned home. They report very cold weather there, scarcely ever being able to open the hatches of the vessel for any length of time.—T.



## Flour Facts—and Flour Fallacies

Every good cook knows that Ontario winter wheat flour makes the most delicious pastry in the world. The good cook, who takes pride in the flaky lightness of her Pie Crusts—in the fine, even texture of her Tarts, Cakes and Buns—says there's "nothing like the famous old Ontario winter wheat flour for pastry".

But the good cook of today does not have to buy "special pastry" flour to get such results. She uses the same flour for Bread as she does for Pastry—and is particularly careful to see that her dealer always sends

## BEAVER FLOUR

MILLED OF BLENDED WHEAT

"BEAVER" FLOUR contains Ontario fall wheat blended with western spring wheat to increase the strength, without decreasing the delicate, nutlike flavour.

Quite naturally, the Bread, Rolls and Biscuits you make with "Beaver" Flour have a flavour, a tastiness, a satisfying deliciousness, that you never remember to have enjoyed in such breadstuffs before.

"Beaver" Flour is blended in exact proportions, which are predetermined by scientific tests. Thus, it is always the same in strength and quality, and will always give the same happy results.

Try it for Bread and Pastry—have your dealer send a sack for baking day. Be sure and get the genuine—order by name, and insist on having "Beaver" Flour.

DEALERS—write us for prices on Feed, Coarse Grains and Cereals.

THE T. H. TAYLOR CO. LIMITED, CHATHAM, Ont.

Miss Blenda Wheat Makes Good Things to Eat.