

### My Limbs Would Twitch

And Waken Me—Unable to Rest or Sleep, I Walked the Floor in Nervous State—When Specialists Failed I Found a Cure

This is the kind of cure that has set Windsor people thinking and talking about Dr. Chase's Nerve Food. The action of this Food cure is so radically different to the usual treatment for the nerves that everybody wants to try it. Gradually and certainly it nourishes the starved nerves back to health and vigor and the benefits obtained are both thorough and lasting.

Mrs. M. Smithson, 27 Arthur Street, Windsor, Ont., writes: "I was suffering from nervous breakdown, which was caused by a shock when fire broke out in the adjoining house. My nerves were in such a state that, after going to bed I could not get my nerves quieted down sufficiently to go to sleep. I used to get up and walk around the room or go downstairs. Even when I would be dropping off to sleep my limbs would twitch and waken me. I used to have cold, nervous, night sweats, sometimes would become unconscious and lie that way for quite a little while. I was always cold and it seemed impossible for me to get warm or keep warm. When on the street I would see two or three objects at once, and did not want any person to speak to me or bother me. Any little noise irritated and annoyed me very much. I had consulted specialists and tried many remedies during this time, but could not gain relief. At last I tried Dr. Chase's Nerve Food, and before long could see that this treatment was proving of benefit. I am now feeling so much better that I can go out on the street without any difficulty, can go across the river and go about the same as usual. I sleep well at night, and am feeling more like myself every day. I am pleased to be able to write you to tell you how much good the Nerve Food has done me. It has strengthened and built up my whole system. I am recommending it to everybody I find suffering from nervousness of any kind."

### LOBSTER PACKERS MEET IN S'SIDE

A representative meeting of the lobster canners of Prince County was held at Summerside on Tuesday, Feb. 26th. Senator Murphy presided and stated the objects of the meeting in a short address.

It was unanimously agreed to support the resolution adopted at a meeting of lobster canners held at Charlottetown recently relating to the change in the date of the lobster fishing season.

Rev. Dr. Gauthier addressed the meeting on the necessity of forming an organization of the fishermen and fishing interests of Prince Edward Island, so as to put them in a position to take united action along the lines of technical education and other matters affecting the industry. Speeches in support of this were made by Mr. Clarence Morrissey, Mr. G. Shelton Sharp, W. F. Tidmarsh, and others.

It was agreed to call a meeting of the fishermen and fishing interests to be held at Charlottetown, and the following committee, consisting of Messrs. W. F. Tidmarsh, Rev. Dr. Gauthier, G. S. Sharp, Benj. and J. A. Hackett, was appointed to fix the date of meeting and attend to details.

### SEWING ROOM AIDS

Keep a small pin cushion hanging on the machine with pins and needles in it.

For an extra large hole in stockings fit a piece of netting to the hole and darn through the meshes.

In making children's dresses make the sleeve straight and put a casting on the underside about one inch from the hem. These may be run with ribbons and removed when washed, making the sleeve easy to iron.

When the eyes are tired and smart take a basin of water, dip the face in and when the eyes are completely under water open and shut them. Do this once or twice and find how refreshed they feel.

### EAT LESS MEAT IF BACK HURTS

Take a glass of Salts to flush Kidneys if bladder bothers you

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

## The Western Guardian

—IT PAYS to buy in this province

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

—ROCK SALT! Your stock require it—low prices at Braces. 2617-2-19tufri2wksEfr12wks.

—BLACK SATEEN undershirts regular \$1.00. Value for Saturday 75c. Sinclair & Stewart Limited. 2790.

—"WEAR-EVER" aluminum ware—Braces are headquarters. 2617-2-19tufri2wksEfr12wks.

—CANNED PORK AND BEANS, 3 lb. tins special for Saturday 18c per tin. Sinclair & Stewart Limited. 2790.

—FOR SALE—House and lot in the village of Centerville. Apply J. W. Wright, Bedegus. 2726-2-25M61.

—CORSET COVERS.—10 dozen Corset Covers clearing at 15c each on Saturday. Sinclair & Stewart Limited. 2790.

—CHILDREN'S STRONG rubber boots, solid. Sizes 8, 9 and 10. Regular \$2.00 special for Saturday \$1.69 a pair. Sinclair & Stewart Limited. 2790.

—RED CROSS.—The Summerside Branch of the Red Cross Society received thirty two pairs of socks from the Patriotic Society of Knutsford, per Mrs. Dymont.—L.

—FOOTWEAR BARGAINS.—We have still some good old stock of boots and shoes clearing at less than the old price. It will pay you to call, see that this treatment was proving of benefit. I am now feeling so much better that I can go out on the street without any difficulty, can go across the river and go about the same as usual. I sleep well at night, and am feeling more like myself every day. I am pleased to be able to write you to tell you how much good the Nerve Food has done me. It has strengthened and built up my whole system. I am recommending it to everybody I find suffering from nervousness of any kind.

—HORSE RUGS will be much higher in price next season. It will pay you to anticipate your requirements for a year and order in advance. Send your order to Holman's at once and I will save money. 2768-2-28M21E11.

—SOCIAL A SUCCESS.—The shoe social including music, games and lunch held on Tuesday evening in Epworth Hall by the Women's Missionary Society of the Summerside Methodist Church was largely attended and a decided success. Half the proceeds which amounted to \$27.00 was handed over to the Red Cross Society.—L.

—TWO CENTS PER WORD EACH insertion for advertising in this column. Cash must accompany order. Minimum charge twenty-five cents.

—PRUNES.—New fresh stock selling on Saturday 13c per pound. Sinclair & Stewart Limited. 2790.

—RICE.—Good quality rice 7½c per pound on Saturday. Sinclair & Stewart Limited. 2790.

—COLUMBIA BRAND cotton seed meal. Only 200 bags in stock. \$2.65 per 100 lb. bag. R. T. Holman, Ltd., Summerside. 2768-2-28M21E11.

—ROYAL PURPLE, Stock and Poultry specific, lice killer and disinfectant at F. W. Strong Co., Ltd., Summerside. 2795.

—BEET MEAL, extensively used by the Dairy Industries of Ontario, an excellent feed for cattle and horses. \$1.75 per 90 lb. bag. R. T. Holman, Ltd., Summerside. 2768-2-28M21E11.

—PROPERTY PURCHASE.—Mr. Charles Crossman, Cape Traverse, has purchased the farm at Augustine Cove known as the Smith property.—H.

—MEN'S BOOTS.—Men's tan grain working boots. Just the thing for spring wear. Regular \$4.75 on sale Saturday \$3.69 a pair. Sinclair & Stewart Limited. 2790.

—CONSERVE BEEF AND BACON by eating game. Buy a gun and ammunition and enjoy the spring hunting. We supply all successful hunters. F. W. Strong Co., Ltd., Summerside. 2795.

—MILITARY MEDAL.—A military medal for distinguished service in France has been awarded to Pte. Geo. McAssey, son of Mr. Dan McAssey of St. Stewart, Pte. McAssey left for England with the 105th Battalion, later being transferred to the 14th. He has taken part in some of the fiercest fighting in France.—L.

—DROVE TO O'LEARY.—Messrs. James Adams and Richard Adams, O'Leary, drove by teams to Summerside on Monday, they were accompanied on the return trip Tuesday by several Commercial men, who owing to the uncertainty of train service considered they would make much quicker despatch on their journey.—H.

—CHURCH OF SCOTLAND.—Rev. James McDougall will preach next Sabbath at Sealestown at 11. Cape Traverse at 7.

—GOING OVERSEAS.—Mr. Gus Galian has returned from Halifax where he had been engaged at the munition works he has enlisted for Military Service and will report for duty in a few days.—H.

—WESTERN PERSONALS

—Miss Mabel Lord of Summerside, spent the week end at her home in Tryon.—L.

—Miss Mae Bell of St. John's Newfoundland is visiting her aunt Mrs. Chas Rogers of Summerside.—L.

—Dr. John Jardine of Summerside, has gone to Ottawa and Montreal on business.—L.

—Mr. J. M. Locke was in Summerside on Tuesday in the interest of the firm of Locke Bros., Montreal.—L.

—Dr. Doyle of Moncton, who had been visiting friends in Summerside, has returned to his home.—H.

—Mr. Ralph Noonan returned to Charlottetown on Monday to again take up his studies at St. Dunstan's.—L.

—Messrs Cecil McGregor and Duncan McKenzie of Park Corner were in Summerside on Tuesday on business.—L.

—Mr. Edward Sharkley has returned to Summerside after spending a couple of weeks at his home in North Tryon.—H.

—The Misses Harriet, and Bertha Higgins of Summerside, taking advantage of the fine weather and good roads drove to Kensington on Sunday, to visit friends.—R.

—The following were among the recent arrivals in Summerside. Messrs. Joseph F. Arsenault, Charlottetown; William McKay, engineer of the Car Ferry, Prince Edward Island; Joseph L. Gallant, Port Borden and James Clements from Halifax where he had been engaged at Construction work.—H.

Courtesy helps others to like us, and this helps us to like them.

Courtesy makes the machinery run smoothly and keeps it running.

### STOCK QUOTATIONS

HALIFAX, N. S., Feb. 28.—(Quotations furnished by F. B. McCurdy & Co., stock and bond brokers, members Montreal Stock Exchange, McCurdy Building, Halifax, N. S.)

#### CLOSING PRICES

	Yesterday	Today
Archison	86½	85½
Am Loco	66½	67½
Anaconda	63½	63½
Can Pac	146½	148½
Am S & R	82½	82
M. F. Ct.	99½	98½
Can	71½	71
Cruc	64½	63½
Mex Nor Power	96½	96
P.R.S.	61½	61½
Reading	77½	77½
S. P.	87½	86
S.T.U.	47½	47½
U. S.	87½	96
U. P.	122½	122½
U. T.	82	82
A. F.	76½	78½

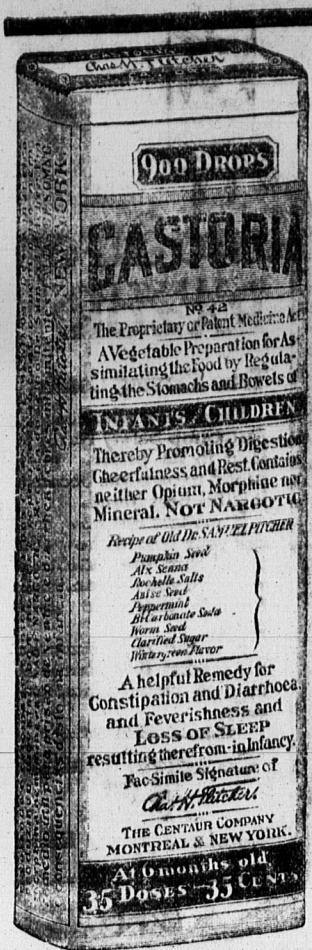
### HOTEL ARRIVALS

#### VICTORIA HOTEL

F. M. Redding, St. John. Chas. MacDonald, Kensington. W. A. MacDonald, Prince Rupert. Laura MacDonald, Souris. J. F. McDonald, Montreal. J. Havers, Montreal. H. H. Beer, Summerside. W. H. Stewart, St. John. D. R. Rutherford, Halifax. H. R. Boggs, Halifax. Chas. F. Egan, Philadelphia. P. S. Cochrane, Boston. Alex. Cumming, Cleveland. C. K. Potheringham, St. John. E. K. Johnson, St. John. O. K. Oakley, St. John. A. M. Piper, Toronto. W. H. Church, Kentville. S. D. Wolfe, Liverpool.

#### REVERE HOTEL.

M. J. O'Brien, Windsor. E. Brown, York. E. Berry, Borden. Helen Berry, Borden. Wm. Mullaly, Gowan Brae. G. J. McQuaid, Souris. L. F. Gillespie, Parrsboro. E. H. Skinner, Georgetown. E. McDonald, Amundale. Samuel Garrell, Cable Head West. Samuel McKinnon, Cable Head West.



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E. S. DeLaney, Albany. J. D. McGuigan, Emerald. J. J. McDonald, Tracadie. P. MacDougall, Morell, Sta. J. B. Wetmore, St. John. W. W. Ingram, Moncton. C. H. Shaw, Toronto. F. J. Rafter, Montreal. C. H. Milton, Port Elgin. G. F. Casper, Montreal. G. R. Wilson, Halifax.

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