

Pay it To-day

It's the little ones that "keep us guessing." Sure—the little bills do not amount to much—in themselves. But a thousand little bills make a lot of money.

Bring it in to-day. We're as fond of writing receipts as ever.

Thank you.

MOORE & McLEOD LIMITED

GOOD DUSTER

Sprinkle a little furniture oil on a square of silkline and you have a dustless, lintless duster.

FARM FOR SALE

AT SEARLETTOWN
Consisting of 92 acres, 70 acres clear, balance covered with hard and soft wood. The farmstead is convenient to schools and churches and is three miles from Albany Station. An excellent new barn and potato house on the premises.

HUDSON LOWTHER,
Albany, R. R.

811-3-7M31.

INSIDIOUS EYE STRAIN

We use this adjective advisedly. Sufferers from Eye Strain may have perfect vision and therefore do not suspect the presence of any eye defect. The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed, utilize about 20% of this Nerve Energy, but when Eye Strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy, may seriously affect the functioning of other organs of the body, and produce ill health.

HAVE YOUR EYES EXAMINED

G. F. Hutcheson

Optometrist.

Are You Sending the Whole Child to School?

Your child's chance in life may depend upon your action now in this matter of his eye-sight.

Get the facts about your child's eyes.

CONSULT

H. J. MABON

Optometrist and Prescription Druggist

MONTAGUE, P. E. I.
Office Connected With Drug Store

Professional Cards

McDonald & McPhee

B. A.

J. A. McDONALD, H. F. MCPHEE

Barristers, Attorney, Etc.
Money to Loan

Riley Building Charlottetown

Mark R. McGuigan

B. A.

BARRISTER, SOLICITOR, ETC.
Money to Loan

Cameron Block
Charlottetown, P. E. I.

Dr. C. C. Archibald

Graduate of N. Y. Post Graduate Medical School and Hospital

Practice limited to Eye, Ear, Nose and Throat

Office Bayer Building
Great George Street

Office Hours—9 to 12 a. m.
Telephone 850-J.

Western Guardian

—SHOP from Holman's Catalog.

—FOR LATE WESTERN NEWS page 3 is available.

—ROBIN HOOD FLOUR. Wholesale and Retail, Holman's, Summerside. 751-1-61f

—DR. F. T. BOWNESS, Dentist, Kensington, solicits a share of the practice available in this centre. 807-3-7M31.

—KENSINGTON SCHOOL CLOSED—Owing to the prevalence of "grippe" among the pupils it has been thought advisable to close the school until March 16.—Y

—A LONG SKATE—Skated from Alberton to Summerside to see the hockey match Tuesday night, Frank Larkin, Upton Seaman and Fred J. White. The ice was very good, but the wind was unfavorable. Larkin and Seaman were used to skating but White was only on skates once in twelve years, until he undertook the long trip to see the big game.

Eastern Guardian

—SHOP from Holman's Catalog.

—FOR SALE—Twenty tons of best No. 1 Timothy and clover hay. Sterling McSwain, Mt. Hope, St. Peter's Bay. 798-3-6M31.

—EASTERN AGENT—Mr. J. W. Murdoch is now Guardian Agent in Montserrat and will be pleased to receive news items, advertising, Job Printing, new and renewal subscriptions.

Orarless Lifeboat In England

LONDON, March 7.—A lifeboat without oars, which it is claimed may be propelled even in rough weather by persons without previous training, was tried out here recently in the presence of shipping experts and representatives of the government. Because of the absence of oars the inventor, J. R. Fleming, contends that one of the chief difficulties of launching a lifeboat from a vessel in distress has been overcome.

The new type of lifeboat is propelled by the occupants, who have levers which they pull forward and backward. This action through a very simple gear causing a propeller to drive the lifeboat through the water. The boat used in the experiment had 42 occupants. With one man at each of the eight levers it was possible to maintain a speed of three miles an hour, and with two men working on each of the levers a speed of six miles an hour was brought about, according to official announcement of Lloyd's agents, who were present.

Representatives of the London Board of Trade, the British Corporation and 40 of the leading British steamship companies also witnessed the experiment, which was reported as a success.

Polish Priest Buried Alive

KIEV, Ukraine, March 7.—Father Andrea Fedoukovich, Polish Catholic priest, has been buried alive in the town of Jitomir near here. The authorities allege his assailants were agents of the Polish secret police.

Hands-nice and smooth

A spoonful of Lux tossed into the dishpan softens the water and makes dishwashing easy. Lux is kind to the hands—keeps them nice and smooth.

Lever Brothers Limited, Toronto.

BRINGING UP FATHER

MAGGIE SAYS THAT IM ALWAYS LOAFIN'-I THINK I'LL SURPRISE HER.

I'LL CUT THE GRASS JUST TO SHOW HER HOW AMBITIOUS I AM.

HOW DARE YOU COME OUT IN THE YARD IN YOUR UNDER-SHIRT? DO YOU WANT TO DISGRACE US?

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Imperial Problems

SOME COMMENTS ON THE DEBATE IN THE CALEDONIAN CLUB ROOM

(W. L. Cotton)

For us the Imperial problems include those which affect Canada in respect to her relations with the Mother Country and those which affect the Mother Country and the British Empire in respect to Europe and the world at large. It was in this way that they were regarded by Ex-Premier Bell, Mr. John Anderson and others who took part in the discussion held in the Caledonian Club Room on the evening of Thursday last.

As to the first, it was pointed out there are two alternatives to the relationship which now exists between Canada and the British Empire: (1) "Independence" and (2) "the Mexican or United States" type of relationship. Respecting "Independence" the opinions expressed were to the effect that with the United States on her southern border and Japan in the West, Canada could not, comparatively weak in resources and population, stand on its own feet. It was pointed out that an independent nation, dependent for its defence upon the friendly interference of another nation would be in a position of no right-thinking or high spirited Canadian would contemplate for a moment.

Concerning the other alternative, Mr. Bell, I think, correctly stated that there is no general desire in any part of the world for a union with the Great Republic, rich populous and prosperous as it undoubtedly is. On the contrary there is a desire and expectation—voiced by Mr. C. Gavin Duffy—that Canada shall ere long become one of the great nations of the Empire of the world. To this end she has extent of territory, a climate conducive to physical and mental strength, and latent resources on land, in her great lakes and in the sea equal to, if not beyond, those of any other nation in the world. Only steady and careful action with patriotism, enterprise and industry are needed on the part of her statesmen and the majority of her people. As in other Northern climates, the development of the wealth and resources of the Empire will be somewhat slower than that of the United States; for people, generally, like flies, dislike cold, and where it is warm. But the development of Canada may on that account be all the more permanent. Heavily indebted people held fast to the favorable political position they now occupy; and in conjunction and co-operation with the world-wide British Empire, "take occasion by the hand."

The present juncture, Imperial Preferential Trade is the avowed policy of the British Government—the strongest political combination the Mother Country has elected to direct her policy for the future or more. It is, therefore, reasonable to expect that the Government of Canada should in the interests of the Canadian people, heartily co-operate with the Government of the Mother Country, and with those of Australia, South Africa, New Zealand, Newfoundland and the West Indies. In any movement towards closer relationship—social, commercial and financial. The immigration of British men and women of the agricultural and laboring classes should be encouraged and the employment of British goods in Canadian industries suitable to the country, should be promoted. True economy should be practiced alike by the people and the Government, and the great public debt, which burdens the taxpayers should be reduced in the most judicious way without injury to the productive forces of the country.

In co-operation with the Governments of the Mother Country and the great Dominions of the British Empire, there will, of course, continue to be common responsibilities and common dangers. These must be accepted and encountered in the Mother Country. It is interest of and involved in movements that will affect the immediate future of Europe—and Europe is just now in a state of political turmoil the ultimate results of which to man can clearly see. In the interests of Canada the Canadian Government should strengthen the hands of the British Government in its efforts to maintain peace in Europe. World peace and goodwill towards all other nations are now, and will always be the main objects as they are the chief concern of the British people and their Government; and peace and

Though You Eat Heartily You Still May Be Undernourished



"Since it is necessary for normal metabolism that the greater number of calories of body heat be produced by carbohydrate foods, it is essential that some kind of cereal food form a part of the daily food allowance.

—Food and Its Preparation.

Grape-Nuts is made of whole wheat and malted barley. More than three-fourths of the content of Grape-Nuts are the precious carbohydrates.

"Only that portion of the food that is digested and absorbed can serve the purposes of growth and maintenance of the vital functions."

—Principles of Human Nutrition.

In Grape-Nuts the carbohydrates have been dextrinized, that is, scientifically broken down into the form your body most readily and smoothly digests and transforms into strength and vitality.

"Proper mastication is always a signal to the secretions of the stomach and intestines to be ready for their share in the work."

—Food Facts for the Home-Maker.

Grape-Nuts is in the form of crisp, golden kernels you must chew. This makes your mouth do its work, which otherwise your stomach must do in addition to its own.

MALNUTRITION—the failure of the body to secure sufficient nourishment from its daily foods—is the real source of most of our present-day ills. Not only the poor suffer from it. It takes its toll from those whose tables are loaded with food as well as from starving people.

Food in plenty, yet undernourished—what, then, is wrong? It is the inability of the body to extract from the food the nourishment it needs.

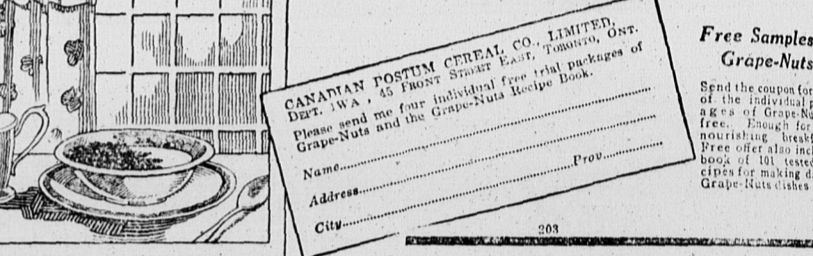
Carbohydrates are the nourishing food-elements your body must have. They are your greatest source of strength and vitality. Most foods contain carbohydrates to a greater or less degree. But very few contain them in a form in which your body can readily use them.

Grape-Nuts does. In Grape-Nuts carbohydrates are available for your body in a form which it can easily assimilate. The vast store of them contained in the whole wheat and malted barley from which Grape-Nuts is made, comes to you in the form of dextrin—the most acceptable of all to your body.

Try this delicious food for breakfast or lunch tomorrow. Serve Grape-Nuts just as it comes from the package, with milk or cream. It is delightfully appetizing and very inexpensive—four teaspoonfuls, which is sufficient for each serving, costs less than one cent. All grocers have it in the wax-wrapped package.

"There's a Reason"

Grape-Nuts



Free Samples of Grape-Nuts!

Send the coupon for one of the individual packages of Grape-Nuts free. Enough for four nourishing breakfasts. Free offer also includes a box of 101 tested Grape-Nuts dishes.

Send the coupon for one of the individual packages of Grape-Nuts free. Enough for four nourishing breakfasts. Free offer also includes a box of 101 tested Grape-Nuts dishes.

Name.....

Address.....

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Please send me four individual free trial packages of Grape-Nuts and the Grape-Nuts Recipe Book.

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PLEASE SEND ME FOUR INDIVIDUAL FREE TRIAL PACKAGES OF GRAPE-NUTS AND THE GRAPE-NUTS RECIPE BOOK.

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