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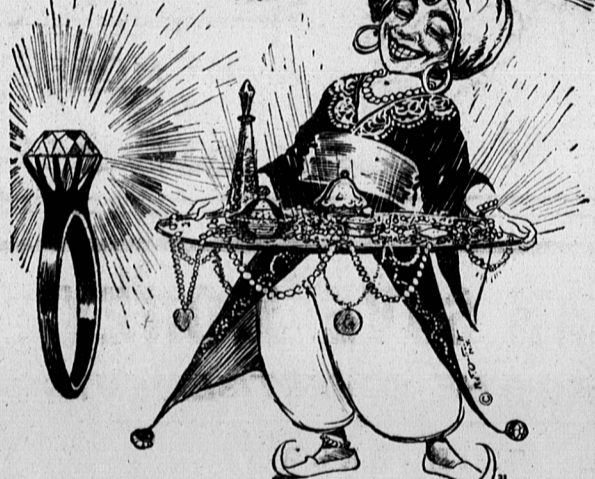
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Some authorities say 90 p.c. of all headaches are caused by eyestrain; no authority puts it less than 70 p.c. Leave it to your own experience. When getting a headache, you close your eyes, don't you?

Of the twelve pairs of nerves in the skull, six have some connection with the eye. No wonder the dull ache from eyestrain occurs in any part of the head. So when defective eyes are called upon to do the eye-work required by modern life, the third ocular muscles set up pain along the nerves connecting with the other parts of the head. A correct pair of glasses gets at the cause. Glasses banish not one headache but a thousand.

Make an appointment now. Consult

H. J. MABON

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It is expected that this measure, which presupposed that the low figure is due chiefly to speculation by foreigners, will add two billion francs to the annual receipts of the state.

Eastern Guardian

—SHOP from Holman's Catalog.

—FISH MARKET OPENED at Montague. Salt and fresh fish, prices right.—William Landrey, North Side Bridge.

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

—REBEKAH CELEBRATE—The members of Acme Rebekah Lodge, No. 67 and Hillside Lodge, No. 123 I. O. O. F., Montague, held a supper in their large and comfortable hall on Wednesday, Jan. 30th. About one hundred Rebekahs and Oddfellows were present, and a most enjoyable evening was spent by all. Both these lodges have a large membership at Montague, and have a larger attendance this winter than at any time in the past. W.

—GOOSE RIVER NOTES—Mr. Dougal Cummings paid a flying visit to Selkirk Sunday.—Mr. Hugh McDonald, was a recent visitor to the city the guest of his brother.—Messrs Hugh and Daniel McIsaac of Portage and Aeneas McDonald, Monticello, spent Sunday evening at Goose River. The guests of Angus Cummings.—Miss Anna Cummings spent the week-end in the city, visiting her sister before her sister's departure from the Island.—The school is progressing favorably under the very skilful management of Miss Mary McAdam.—Mrs. Andrew McLaren and Miss Anna Cummings were visiting in Georgetown.—Mr. Joseph McKinnon has returned to his home following to ill health. His many friends wish him speedy recovery.—Mr. J. P. Sutherland is busily engaged hauling his spring cord wood.—Mr. and Mrs. Paul McKinnon spent Sunday in Selkirk at the home of Mrs. McKinnon's mother, Mrs. R. McPhee.—Mr. Dougal Cummings visited the city recently, while there he visited a well known friend at P. W. C.

Would Lighten Burden of German Students

BERLIN, Feb. 21.—Berlin University is making every possible effort to lighten the burdens of students who are endeavoring to earn their own living, and at the same time carry on their university work under the financial collapse which has robbed many of them of all their savings.

Professor Gustav Roethe, rector of the university, said recently that the efforts of the school on behalf of its students have been met more than half way by the student body, which strives to conceal its privations and works on earnestly under most distressing conditions. But the hardships have driven many students out of school. Unemployment has become so general in Berlin that part-time work which formerly went to students, is frequently taken over by men and women who will give more time, or are better equipped for the tasks.

All students' organizations and clubs which have been created to help the self-sustaining students have been consolidated into one big union, with Dr. Michaelis, former chancellor of the republic, at its head. This organization will open more dining halls where meals will be served to students at a low rate, or even free. As a great majority of the students cannot afford heated and lighted rooms, the university has arranged to keep a number of study halls open until late at night for students who want to use them.

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"Finest Thing I ever Used," Says New Brunswick Lady.

Vicks is good for common colds, sore throats, bronchitis, catarrh, croup, tonsillitis, grippe and all inflammations of the nose, throat or lungs. The ingredients, Camphor, Menthol, Eucalyptus, Turpentine, Thyme, and Juniper Tar, make Vicks equally effective for inflammations of the skin, such as cuts, burns, sores, bruises and skin itching.

Mrs. Thomas Brown of Sandy Point Road, St. John, New Brunswick, says: "Vicks VapoRub is the finest thing I have ever used. I had catarrh of the throat for years and nothing seemed to do me any good. I read about Vicks and bought a jar at the drug store. I was relieved at once, but I kept on using Vicks. I now feel quite well."

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Don't Cut Out a Shoe Hock or Capped Heel or Bursitis—for ABSORBINE

will reduce them and leave no blisters. Stops lameness promptly. Does not blister or remove the hair, and the horse can be worked. \$2.50 a bottle, delivered. Book 6 R Free.

W. F. Young, Inc., 141 Lyman Bldg., Montreal

Western Guardian

—SHOP from Holman's Catalog

—CARNIVAL Central Bedeque rink Saturday, Feb. 23rd. Skaters in costume free. Prizes for best costumes. Admission 25c and 15c.

—SUMMERSIDE AGENT—Mr. Byron MacDonald of the MacDonald Drug Co., is now Guardian representative in Summerside and will be pleased to receive news, advertising, new and renewal subscriptions and Job-Printing. Mr. MacDonald sells the Morning Guardian at his store. His Telephone No. is 12-2.

—TWINS CELEBRATE—A very pleasant evening was spent at the home of Mr. and Mrs. Fraser Sullivan, Summerside, on the evening of Feb. 7th, when their neighbors, friends and school children gathered to celebrate the seventh anniversary of their little twin daughters Mildred and Myrtle, after an enjoyable evening of music and games, lunch was served. The twins placed in the middle of the floor received many useful and pretty presents consisting of handkerchiefs, ribbons, paints, dolls, china, ivory and silver. The Guardian joins in wishing those twins many more happy birthdays.

—SOCIAL GATHERING—Another event in the recreative life of Kensington was evolved on Thursday evening in the Strand Theatre when the youth and beauty of the town and of the country encircling assembled to participate in a few hours of entertainment. Messrs Penner and McMahon, guides, the destinies of action and you may be sure that the needs of the guests were well served. Whist was played in the early part of the evening, and the game was manipulated with zeal, interest and satisfaction. When the results were announced it was shown that Miss Rosella Curley won the ladies and Mr. Linwood Gorman, the gent's prize. Then the tables were set aside and the musicians introduced the Terpsichorean portion of the event with appropriate selections on violin and piano. Messrs Bernard Ready and William Brown breathing inspiration through the violin and Mrs. Frank Ready and Miss Lillian Ready and Miss Florence McNeill contributed some sympathetic and auxiliary choruses on the piano. Later to provide a respite and yet to amplify the interval some of the ladies melodiously sang some well balanced choruses, which added spice to the entertainment. The guests, not to be thus outdone, also sang with gusto, thus all present contributed to amplify the occasion. In every respect the event proved the most comprehensive of this season's tournament. Y.

—FARMERS' MEETING—Messrs Pepin and Boulter addressed a largely attended meeting of farmers in Kensington recently on the important subject of Potato growing. The points strongly emphasized were the quality and preparation of the soil, the kind of seed that will produce best on a particular soil, the care that is required in planting and cultivating, then the harvesting and above all, the grading. These points the speakers could not too strongly present, for as was conclusively shown, if Prince Edward Island is going to open up and maintain new markets they must convince themselves that the first shipments made there must make a favorable impression if we want to contend with competing countries. It is important that potatoes be not exposed to the influences of weather since experience must have shown all that such exposure is detrimental to the quality of the tuber. Now, the new market for potatoes lately opened up in the South wants the product that, when he is choosing for seed, he selects the very best. The people south naturally want a similar privilege. The seed from the North matures earlier, hence they prefer it to their own. Every farmer knows also, that seed, in the local venacular expressed, "runs out," hence a change is desirable. Tubers, our sound, healthy vigorous tubers cannot fail to produce the attention of the southern planters, and when planted in congenial soil and treated according to their natural exigencies, must give results that will increase in estimation. Hence the market is available and the Island farmers have the seed with the ability to meet their just demands.

This market can be maintained so long as our farmers will insist that the quality of the product will measure up to the requirements. Experience has shown that whole crops of seed potatoes have been rejected because of defects. In this marketing that has been done, No. 2 grade had to be supplied when No. 1 grade was exhausted. Increase acreage will increase quality to select from. A too large acreage is not advisable—only as large as can be properly attended to. The Potato Growers' Association is a co-operative body—the benefits are open to all in the general markets, both in securing the necessary chemicals and in marketing the product. The farmers could secure their own chemicals and could do their own mixing. This would have an immediate effect. The farmer could examine the soil in which he intends to plant potatoes, see in what essentials it is weak, and mix to strengthen this defect. As regards markets, offers are now open for next fall's products. This augurs well. You must know the estimated cost of production before you can quote prices. This must include fertilizers and other essentials for the crop. He claimed that too much is paid for Paris Green. Use arsenate of lime. The Association has not the Government at its back—a small percentage on the fertilizers pay expenses. The members have obligations to the Association and vice versa. Care must be taken when both manure and fertilizer are used to see that the proper proportion be observed. Mr. Pepin in-

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YOU can enjoy eating bran regularly. You can get the positive relief from constipation which bran can only give if eaten regularly—with Post's Bran Flakes, the appetizing, natural laxative cereal.

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POST'S BRAN FLAKES

With Other Parts of Wheat

A Laxative Food

\$75,000 WON IN LOTTERY

(By Dominion News Service.)
LONDON, Feb. 20.—About \$75,000 has been won by two Toronto men, who have drawn third prize in a Belgian Government lottery.

The winning ticket was held jointly by Thomas Nancarrow and Aubrey Frost, brother-in-law, and was purchased for \$5 in London about twelve months ago.

Nancarrow carries on a small business and Frost is a motor mechanic.

N. Willys at a luncheon at the Metropolitan Club recently.

Two main reasons for governmental interest in the Congress urged by Mr. Willys, who is Chairman of the Foreign Trade Committee of the National Automobile Chamber of Commerce were:

a. Increase in property values through motor transport;

b. Greater efficiency of population through saving of time and better living conditions.

"In increasing the value of property," Mr. Willys said, "the motor vehicle is rendering a service to government. Places of habitation have been improved in outlying sections, once the automobile made unnecessary cramping of houses in congested areas. For instance people can now live in better

homes at distant points of the Island of Martinique and still attend business in the city of Fort-de-France. In extensive pine forests of Landes in France, the underbrush is cleared out and transported in motor trucks, thus preventing serious fires.

"Governments also benefit as people are given means for greater production. In Ireland the farmer has found it possible to make greater use of his time with the adoption of rapid transport for marketing of eggs, butter and milk.

"The health of its citizens," Mr. Willys continued, "is of outstanding concern to legislators. Uses of motor vehicles in hospital work are generally recognized as essential to public welfare. Recently

an automobile was purchased by popular subscription for the Victoria Order of Nurses to be used in their visits in outlying sections of Nova Scotia. In Aken, officials who were formerly compelled to do much riding on horseback to performance of work, were adversely affected from exposure. The advent of the motor car has changed this and with improvement in health increased the efficiency of administration as well. "These economic services are increasing as legislators adopt towards the motor vehicle a policy based on sound principles which, to establish by mutual enlightenment, is an objective of outstanding importance that will be striven for at the World Motor Transport Congress."

spector of potatoes stated that certified seed must pass through the inspection service. Experts are trained to detect diseased plants and to expunge them. They in turn instruct the grower how to detect and control these. There are seven field diseases and seven tuber diseases; hence it requires some scientific skill to detect and differentiate these. Black Leg is sometimes prevalent and shows small, sickly leaves, rolled up, plant pulls easy, bottom of stem black and rotted. This condition may extend to the set, and the tubers may rot. Be sure to select the best individuals for seed, since diseases can be detected only in the stalk. Leaf Roll shows in the rolled leaves, they are tough and thick. Some diseases are transmitted by insects which suck the plant, thus become infected with the germs and transmit them. This disease appears six or seven weeks after seed is planted, but it does not stay in the soil. This may be cured by a solution of 4 lbs. bluestone, 4 lbs lime, to 40 gals. water. Y.

40 EMBASSIES HEAR PLANS FOR MOTOR CONGRESS

National Automobile Chamber of Commerce Director Gives Instances of Economic Importance Abroad

WASHINGTON, D. C., Feb. 21.—Need for participation by government in World Motor Transport Congress, Detroit, May 21-24, to which delegates are being invited from official automotive and trade bodies in all countries to study economic development of motor transport from international viewpoint, was indicated to representatives from 40 embassies by John

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