If you want health

you can have it, by heeding Nature's laws. Keep the stomach strong, the liver active, the blood pure, and the bowels regular, and you will seldom be ill. Take good care of these organs, and at the first sign of anything wrong—promptly take Beecham's Pills.

you certainly need

the help and relief of this world-famed remedy, to keep the body in health. They quickly establish normal conditions, so the organs perform their functions as Nature intended. No other remedy will so surely strengthen the system, stimulate the liver, regulate the bowels and quickly improve the general health as

BEECHAM'S PILLS

Worth a Guinea a Box

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

HOW MUCH DOES YOUR FOOD COST?

Food values are measured in units of calories.

To-day, when food costs are soaring, the careful housekeeper will find out how much per 1,000 calories her food costs.

If she buys:

Butter at 50c. per lb.,	1,000	calories	will cost	13	cents
Bacon at 55c. per lb.,	"	"	"	19	"
Milk at 13c. per qt.,	"	"	"	18.5	"
Roast Beef at 26c. per lb.,	"	"	"	23.4	"
Lamb Chops at 38c. per lb.,	"	"	"	32.7	"
Chicken at 32c. per lb.,	"	"	"	41.3	"
Eggs at 45c. per doz.,	"	"	"	44.7	"
Beefsteak at 34c. per lb.,	"	"	"	45.6	"
Kellogg's Toasted Corn Flakes (ready to serve)	"	"	"	11.7	"

So Kellogg's Toasted Corn Flakes is the most economical food to buy. You get more food value for your money than in any of the above foods.

Kellogg's Toasted Corn Flakes is a three-times-a-day food — just as bread or potatoes are.

Get the Kellogg's Toasted Corn Flake habit. It pays. It saves meat and wheat.

Nourishing for growing children. Sustaining and satisfying for working adults.

Sold only in the original red, white and green package.

Kellogg's TOASTED
CORN FLAKES

CENSED BY THE FOOD CONTROLLER UNDER NUMBER 2—055

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The Battle Creek Toasted Corn Flake Co., Limited
Head Office and Factory: London, Ont.

Est'd 1906

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Hickey & Nicholson Tobacco Co., Ltd.
CHARLOTTETOWN, P.E.I.

Highest Cash Prices Paid For all Kinds of Raw Furs

Silver Black, Red and Cross Fox Pelts—Mink, Muskrat and Weasel—and any other furs you have to offer.

Bring or Ship Me Your Furs—Satisfaction Guaranteed.

B. R. HOLMAN 156 Richmond St.

Confederation Life Chambers,
Charlottetown, P.E.I.

2413-1-30wfrim6i.

The Central Guardian

IT PAYS to buy in this province.

FOR EVERYBODY.— The household and Apron tables at St. Paul's Tea will be well worth patronizing. 2521-2-6M2i.

THE MORNING GUARDIAN may be had at the News and Variety Store, 70 Great George St., opposite St. Dunstan's Cathedral.

CHURCH OF SCOTLTND.—Rev. Jas. MacDougall will preach on Sabbath, the 10th, at DeSable, at 11, and at Hampton at 7, on Monday the 11th at Argyle Shore at 7, and on Tuesday the 12th at Canoe Cove, at 7.

IN HONOR ROLL.—In the Queen Square Honor Roll, Miss Ella Leonard's Department, published yesterday, Edward Hornby, who came second, was given as Edward Harnley which was incorrect.

OVERALLS AND JUMPERS received by Express to-day. Those customers that are waiting for the same can take delivery at once. The Farmer's Clothing Store, Kent St. 2515pd

IN MILITARY HOSPITAL. — The many friends of Mr. Harrison Villett (son of Mr. and Mrs. Geo. Villett, Victoria) of the Royal Flying Corps, will regret to hear that he is now ill in the Military Hospital, Toronto. V

GREAT WAR VETERANS' ASSOCIATION.—Private annual meeting, Headquarters, Charlottetown, Feb. 12, 1 p. m.; public opening Club Room, 8 p. m. Half fare certificates on railroads; free board in city. All returned men from France and England come! 2424-1-31M11i.

WEDDING CELEBRATION. — A very pleasant evening was spent at the home of Mr. and Mrs. Fred MacDonald, Victoria, on Tuesday evening, Jan. 29th, when a number of friends gathered to celebrate their tenth wedding anniversary. Dainty refreshments were served and the evening was spent in music, games, etc. At a late hour the guests departed, leaving Mr. and Mrs. McDonald many beautiful and useful gifts, as well as their best wishes. V

RUMOUR CONTRADICTED. — It has been reported around Charlottetown recently that a certain cartoon appeared in the Orange Sentinel relative to the coming civic election. The following telegram to an enquirer in Charlottetown from the editor of the Sentinel may clear the air: "The Sentinel has not mentioned the mayoralty election in Charlottetown. It has not published picture or cartoon nor in any way whatsoever referred to any of the candidates." Signed H. C. Hockin.

HOW MILITARY MEDAL WAS WON.—Mr. Cartney D. MacLure of Murray Harbor North recently received the official report of the circumstances which resulted in his son receiving the Military Medal. This report, which is signed by Major-General MacAndrew, O. C., 5th Cavalry Division, constituted the recommendation upon which the Medal was awarded. The report and recommendation reads as follows: "During the operations of the night of the 8th and 9th July against four lines of enemy defences East of Ascension Farm, Sergeant William David MacLure, 15405, Lord Strathcona's Horse (Royal Canadians), led a bombing party with great courage and skill, clearing out several dug-outs and capturing a number of prisoners." Award recommended—Military Medal." Since the time mentioned in the above report, Sergt. MacLure has been constantly near the front line, and has so distinguished himself on different occasions as to attract the attention of his superior officers, so that he has been chosen—without making application—to receive a commission, and is at present time in England in connection with that matter. Sergt. MacLure enlisted with the Royal Canadians during the early days of the war and has followed the fortunes of that regiment ever since, being one of the very few original members still at the front. Although in many tight places, and at one time completely buried, he has not had as much as a scratch to date. In a recent letter to his father, he expresses the hope that he will not be delayed unnecessarily in receiving his commission, as he wishes to return again—if possible—to his own regiment as quickly as he can. Although Mr. MacLure has been away from the Island for a few years yet he is remembered by many as he taught school on P. E. Island before going west. All Islanders, irrespective of former acquaintance, will most heartily congratulate this young man upon the fine courage he has shown as well as upon his merited recognition.

::Children suffering from worms soon show the symptoms, and any mother can detect the presence of these parasites by the writhings and fretting of the child. Until expelled and the system cleared of them, the child cannot regain its health. Miller's Worm Powders are prompt and efficient, not only for the eradiaction of worms, but also as a toner up for children that are run down in consequence.

NEW PUMPS and silk hosiery received by express Alley & Co. 2516-2-6M3i.

FORMER ISLANDERS—Announcements have been received of the birth of a son, Arthur Wenburg, to Mr. and Mrs. A. W. Curtis, 868 Belmont St., Brockton, Mass. V

ISLANDER IN CASUALTY LIST.—In the latest casualty list published at Ottawa appears the name of Pte. G. Birch, Southwest, Lot 16, P. E. I. a member of the Army Service Corps who has been wounded.

HONORABLY DISCHARGED.—Mr. Allan Wadman, having received honorable discharge from military duties, is spending a short time with friends in Victoria. Mr. Wadman can give some very interesting narratives concerning "life in the trenches." V

LECTURE.—One of the most interesting and fascinating subjects will be discussed by Mr. J.E.B. McCready next Tuesday evening in Grace Church, entitled The Book of Revelation in relation to the present world crisis. Questions may be asked at the close of the lecture. 2514.

ANOTHER EMBARGO.—The Railway management here were westerday notified that on account of adverse conditions and accumulation of freight the C.G.R. has embargoed all carload freight consigned to or intended for points on the P. E. Island Railway, Superintendant Grady informs The Guardian that he has received approximately about a hundred embargo orders for freight destined for points on the mainland. It will be noted that the above embago affects only freight coming to this province. There is no embargo on outgoing freight.

IN SUNDAY SCHOOL CIRCLES.—A St. John despatch says: The executive meeting of the New Brunswick Sunday School Association met at the Bible House Thursday afternoon. Rev. H. R. Boyer presided in the absence of Mayor R. T. Tayes, and C. R. Wasson acted as secretary. The meeting pledged itself to increase the subscription to the International Sunday School Association to $150. E. R. Machum reported for the educational department of the association, showing that there was a marked increase. A resolution of sympathy was presented to the general secretary, Rev. W. A. Ross, of Moncton, on the death of his mother. General Secretary Ross reports having made successful visits to different sections of the province during the year.

IRISHTOWN.—The semi-annnual examination of Irishtown School took place January 31st. Quite a number of the parents gathered. The pupils were examined in all the branches by their teacher. By the ready answers given they showed a thorough knowledge of work done. After the examination of the scholars Mr. J. B. Millman made a few remarks congratulating the pupils, especially, the ones of the first class, on their progress. Mr. William Profitt, on rising said it was the most thorough examination he ever attended and he was pleased to note steady progress. Other speakers spoke in a similar manner all voicing words of praise for the bright pupils of Irishtown School. The writer though not a ratepayer of the School, would, here like to congratulate the teacher, Jack Montgomery, on the steady improvement noted in this school during the last three years. He would also like to congratulate the rate-payers on the splendid improvement made on their school during the present teacher's stay among them. Some of these are as follows:— School-house painted outside and inside, wall papered with washable paper; a pump-house and woodshed built, and a pump placed in it. Two new blackboards were bought, blinds were put on all six windows. A new floor was laid and the desks varnished. The wood which hitherto had been used green and wet, is now properly dried and placed in the woodshed. With a few more little improvements, Irishtown School will be the finest country school in Queen's County.

::Stop the Cough—Coughing is caused by irritation in the respiratory passages and is the effort to dislodge obstructions that come from inflammation of the mucous membrane. Treatment with Dr. Thomas' Eclectric Oil will allay the inflammation and in consequence the cough will cease. Try it and you will use no other preparation for a cold.

Dr. E. C. Harris
Eye Specialist

Office Royal Bank Building, Charlottetown
Office Hours 9.30–12.30
2—5
Phone 68—Y

"The End of a Perfect Day"

There's nothing like a brisk winter day's sport. So, don't deprive yourself of the pleasures of an outing because you fear injury to your skin and complexion.

Have a good time, but before and after exposure to the cold winds, use

Our Velvet Skin Lotion

It relieves redness, roughness and irritation.

Keep a bottle of Velvet Skin Lotion on your dressing table and use it after your outing. It will round out a perfect day.

Price 35c per bottle.

Johnson & Johnson
The Quality Drugstore
Cor. Prince and Kent Streets.

Militia Officers May Enter Ranks

Status Under Military Service Act is Now Made Clear.

OTTAWA, Feb. 4.—The Department of Militia has ruled upon the status of militia officers under the M.S.A., the instructions implying that these men cannot be drafted into the ranks unless the present Act is changed, but leaving it open to their inclinations to volunteer.

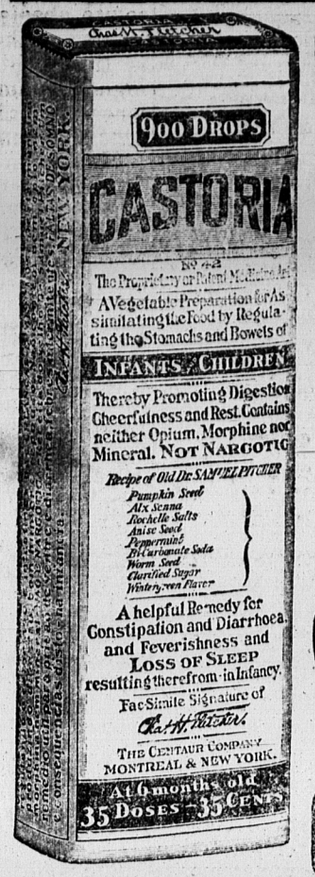
Militia officers may give up their commands and serve in the ranks. Those who volunteer will be seconded from their unit. As they are volunteers they may choose any combatant unit, including the Overseas Training Company. Those militia officers who have served in the C. D. F., but not overseas, are to be given special consideration when the appointment of officers for the depot battalions of the C.E.F. is under consideration, but they may be replaced later by returned officers, should the latter become available. Former C. D.F. officers are not to be required to serve in the ranks.

A militia officer who does not volunteer to serve in the ranks, although eligible under the M. S. A. will get conditional leave of absence until his services can be utilized. Provision officers of the militia, on reporting for duty under the Act, will have to relinquish their commissions and serve in the ranks.

The right to join the O. T. C. is a concession to militia officers, as regular recruiting men for Imperial commissions, was stopped some time ago.

Further orders from Ottawa are that if a man obtains exemption and decides to enlist for overseas before his exemption period expires, he may choose his combatant unit, provided the person who made application for exemption on his behalf releases him by certificate.

::Corns are caused by the pressure of tight boots, but no one need be troubled with them when so simple a remedy as Holloway's Corn Cure is available.



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For Infants and Children.

Mothers Know That Genuine Castoria

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In Use For Over Thirty Years

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Use Baby's Own Soap. It's "Best for Baby — Best for You".

Absolutely pure vegetable oils made fragrant by flower extracts, which help the skin, make Baby's Own Soap the best for toilet and nursery use.

Its fragrant, creamy lather delights all.

ALBERT SOAPS, LIMITED,
Mfrs., MONTREAL.

Baby's Own Soap

CANADIAN GOVERNMENT RAILWAYS

PRINCE EDWARD ISLAND

Time Table in Effect December 31st, 1917.

Trains Outward Read Down					ATLANTIC STANDARD TIME		Trains Inward Read up		
Daily ex. Sun. A.M.	Daily ex. Sun. P.M.	Daily ex. Sun P.M.	Daily ex. Sun. A.M.				Daily ex.Sun. A.M.	Daily ex.Sun. NOON	Daily ex.Sun P.M.	Daily ex.Sun P.M.
	3.45	1.00	6.00	Dep	Charlottetown	Arr	10.30	12.00		7.30
	4.47	2.32	7.00		Hunter River		8.55	10.50		6.25
7.45	5.40	3.25	7.45		Emerald Jct.	Dep.	7.55	10.10	5.00	5.40
	6.40				Cape Traverse					
	7.00		8.20		Borden	Dep				4.40 P.M. / 6.00 A.M.
8.15	6.05	4.20			Kensington		6.45	9.37	4.20	
9.00	6.30	5.05		Arr.	Summerside	Dep.	6.00 A.M.	9.10	3.20 Mon. Wed. Fri. P.M.	
			Tues. Thur. Sat. A.M.							
	6.45	11.30		Dep.	Summerside	Arr.		8.55	12.20	
	7.44	1.14			Port Hill			7.54	10.41	
	8.37	2.44			O'Leary			7.01	9.21	
	9.21	3.51			Alberton			6.21	8.02	
	10.00 P.M.	5.00 P.M.		Arr	Tignish	Dep		5.45 A.M.	7.00 A.M.	
	Mon Wed. Fri. A.M.	Daily Except Sunday P.M.						A.M.	Mon Wed. Fri. P.M.	
	7.00	3.10		Dep.	Charlottetown	Arr.		10.10	6.10	
	8.55	4.30			Mt. Stewart			8.55	4.30	
	9.32	5.00			Morell			8.22	3.35	
	10.02	5.22			St. Peters			8.00	3.00	
	11.35	6.30		Arr.	Souris	Dep		6.50	1.35	
								A.M.		
		7.50		Arr.	Elmira	Dep.		5.30		
	Mon. Wed. Fri. A.M.	P.M.						A.M.	Mon. Wed Fri P.M.	
	9.10	4.35		Dep.	Mt. Stewart	Arr		8.50	4.10	
	10.20	5.27			Cardigan			7.48	3.54	
	11.00	5.51			Montague			7.23	2.25	
	11.40	6.25		Arr.	Georgetown	Dep.		6.45	1.40	
	Sat. only	Daily ex. Sat. and Sun.						Daily ex. Sat. and Sun. A.M.	Sat. only A.M.	
	P.M.	P.M.								
	3.10	3.10		Dep.	Charlottetown	Arr.		10.10	9.45	
	4.25	4.55			Vernon River			8.20	8.31	
	5.55	7.05		Arr.	Murray Harbor	Dep.		6.20	7.00	

Commencing Monday, January 21st, 1918, the above timetable will be changed temporarily as follows:—

Train advertised to leave Emerald Junction at 5.45 p.m., will leave at 3.45 p. m. and arrive Borden 5.00 p.m., two hours earlier than above time.

Train advertised to leave Borden at 4.40 p.m., will leave at 1.40 p.m., arrive at Emerald Junction at 2.30 p. m., instead of at 5.30 p. m. leave Emerald Junction at 2.45 p. m. and arrive at Charlottetown 4.45 p. m. instead of 7.30 p. m. Train advertised to leave Summerside at 3.30 p. m. will leave at 1.30 p. m. and arrive Emerald Jct. at 2.30 p.m., instead of 5.00 p.m. These changes are made necessary owing to ICE CONDITIONS.

C. A. HAYES,
General Manager (Eastern Lines,)
Moncton, N. B.

H. H. MELANSON,
Passenger Traffic Manager,
Moncton, N. B.

W. T. HUGGAN,
District Passenger Agent,
Charlottetown, P. E. I.