Insurance executive says Kellogg's ALL-BRAN is "Conqueror of Constipation"

Former addict to pills and drugs says ALL-BRAN *restored youthful vim.*

Here is a most remarkable tribute to Kellogg's ALL-BRAN:

For more than one-third of a century, I was an addict to all kinds of pills, drugs and nostrums to alleviate the tortures resulting from constipation. They brought only temporary relief. Then I tried Kellogg's ALL-BRAN, and as a result I have a new birth of freedom from the terrible foe of the race. I am again in the pink of condition, the personification even of youthful vigor in my advancing years. Truly, Mr. W. K. Kellogg's ALL-BRAN is the conqueror of constipation.

Gratefully yours,
(Signed) A. M. SWEENEY,
(Address on request).

Let Kellogg's ALL-BRAN conquer constipation forever for you. Doctors recommend it. It is what they call a bulk food, that sweeps the intestine clean, stimulating digestion and normal, healthy action. Something habit-forming pills and drugs can never do.

Eat at least two tablespoonfuls daily—in chronic cases, with every meal. If eaten regularly, relief is guaranteed or your grocer returns the purchase price. Kellogg's ALL-BRAN is made in London, Canada. Served in leading hotels and restaurants. Sold by all grocers.

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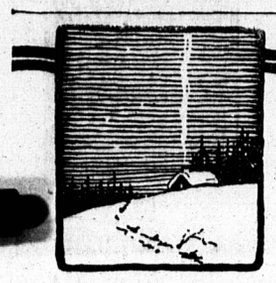

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$22.30 FREIGHT PAID

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Or same complete pen of 24 in. x 1½ in. x 15 ga. and 48 in. x 2 in. 15 ga. freight paid $22.90

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Having installed in one "Unit" the latest Optical Instruments for Eye Examination, I am giving Montague and vicinity service equal to any in the larger centres. This De Zeng Unit was brought from the United States and was shown at the Maritime Optometric Convention in Charlottetown. It is considered the last word in Optical Equipment on the market.

Have your Eyes Examined with precision and thoroughness.

H. J. MABON
Optometrist, Montague
Office Connected With Drugstore

STOCK QUOTATIONS

HALIFAX, Nov. 19.—Quotations furnished by Johnston and Ward, Members of the Montreal Stock Exchange:

At. Top. and Santa Fe Ry.	122
N. Y. Air Brake Co.	96
American Can Co.	247¼
Am. Car and Foundry Co.	108½
Am. Locomotive Co.	120
Am. Smelting and Refng. Co.	119⅞
Anaconda Copper Min. Co.	49⅝
N.Y. Cen. and Hud. Riv. R.R.	128
International Paper Co.	55⅝
Kelly Springfield Tire Co.	16¾
British Empire Steel 1st	2¾
British Empire Steel 2nd	9½
Bosh	29⅛
Chili Copper	35⅛
General Pet.	48⅛
Int. Petroleum	28⅛
Standard New Jersey	43
Standard New York	44⅝
Pan-American Petroleum	71⅛
Reading Co.	87¼
Southern Pacific Co.	100
Union Pacific Ry.	142½
U.S. Industrial Alcohol Co.	84⅝
Westinghouse Elec.	73
United States Steel	130½
Cruc. Steel Co., of Am.	77½
Brompton	23
Brazilian Fraction	75¼
Howard Smith Pfd.	96

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Mix Minard's with sweet oil and apply at once. Quick Relief.

MINARD'S "KING OF PAIN" LINIMENT

INSIDIOUS EYE STRAIN

We use this adjective advisedly.

Sufferers from Eyestrain 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 Eyestrain 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

Summerside Business College
A NEW STUDENT EVERY DAY.
Good positions can only be held by those who have had a good BUSINESS EDUCATION.
NIGHT CLASSES J. POGSON, Prin.

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THE WESTERN GUARDIAN

—SHOP from Holman's Catalog.

—GUARDIANS ON SALE at the Guardian's western office in the McNeill Building, Summerside every day.

—BEDEQUE UNITED CHURCH—Sunday, Nov. 22, 11 a.m., Rev. P. A. Fitzpatrick; 7.30 p.m., young men of the Tuxis Squares; Searletown, 3 p.m.; Cape Traverse 7 p.m.

—SUNDAY SERVICES—Rev. Dr. J. J. Sidey will preach as follows: Sunday, Nov. 22, morning, Belmont at 11 a.m.; afternoon at Central Bedeque at 3.00 p.m. evening at Upper Freetown Hall at 7.30 p.m.

—BEDEQUE L. O. L.—There will be a special meeting of Bedeque district L. O. L. in Berthelier Lodge rooms, Summerside, on Friday evening, November twentieth at 7.30 p.m. Rev. Edward Morris will be present. D. M. Bernard, District Secretary. 6143-19-21

—GUARDIAN OFFICE. — The Guardian's Western Office is now located in the McNeill Building, Water St., Summerside, where subscriptions, news or advertising will be received. The phone number is 233.

Eastern Guardian

....*SHOP from Holman's Catalog.

..*FOXES FOR SALE—Two female cross foxes ¾ and ⅞ black, good breeders, well furred. Apply Fred Robertson, Brudnell. 6092-11-17-4i

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

..*PRESBYTERIAN SERVICE—The Presbyterians of Montague will hold service in the Montague Baptist Church, Nov. 22nd at 7 p. m. "Ordination of Elders." Rev. D. McVicar, preacher. Everybody welcome.

..*BAPTIST CHURCH—Lic. G. G. Moreside will preach in the Montague Baptist Circuit on Sunday, Nov. 22nd, as follows: Montague, 11 a.m. Georgetown 3 p.m.; and Sturgeon 7 p.m.

PERSONALS

..*Miss Gladys Layman of the staff of the Georgetown High School is visiting at her home in Charlottetown. A.

..*Mr. James Hessian, driver on the C. N. R. spent Sunday at his home in Georgetown. A.

Howard Smith Com.	38
Spanish River Com.	99¼
Steel Company of Canada	92¾
Abitibi	68
Shawinigan	161
Laurentide Pulp	79
Dominion Bridge	97
Montreal Power	207
Winnipeg Electric	48¼
National Breweries	51½
Can. Con. Smelters	152
BANKS	
Bank Commerce	223¼

Wheat—Dec., 157¼; May, 153½; July 134¼.

Corn—Dec., 74¾; May, 79; July 1p.

Oats—Dec., 39¼; May, 43⅜; May, 43⅜; July 43¾.

Wheat—Dec., 135⅛; May, 138; July, 137¼.

Gargle Aspirin for Tonsilitis or Sore Throat

A harmless and effective gargle is to dissolve two "Bayer Tablets of Aspirin" in four tablespoonfuls of water, and gargle throat thoroughly. Repeat in two hours if necessary.

Be sure you use only the genuine Bayer Aspirin, marked with the Bayer Cross, which can be had in tin boxes of twelve tablets for few cents.

—FOR LATE WESTERN NEWS—Page 3 is available. tf

—FUR COATS—Nice ones at good prices. James A McNeill and Sons, Summerside. 6160-20-3i

—DICTIONARIES.— There are still some dictionaries left at the western office of the Guardian in the McNeill Building, Summerside. P. E. I., for those who renew or subscribe for the Guardian.

—BARGAINS IN FUR COATS—Fur Robes, Horse Rugs, etc., James McNeill and Sons, Summerside. 6159-20-3i

—DICTIONARIES can be had at the Western Guardian Office, Water Street, Summerside for only fifty cents with a new or renewal subscription. tf

—DRESSED HOGS WANTED with organs removed, Tuesdays and Wednesdays at our warehouses at Kensington, Malpeque and French River. Best market prices. Peter McNutt & Son. 6126-11-19-4i

—GUARDIANS.— Those desiring to buy copies of the Guardian in Summerside will please secure them at the Guardian office in the McNeill Bldg., where they are on sale every day.

LADY FANE SCHOOL.

Honor Roll of Lady Fane School for October:—

Grade VIII—1 Lillian Oakes.
Grade VI—1 Vivian Gamble. 2 ack Oakes.
Grade V—1 Amy Oakes.
Grade IV—1 Wanda Gamble. 2 Orion Gamble.
Grade III—1 Robert Oakes. 2 Lindell Gamble.
Grade II—1 Aletha Rogerson. 2 Leith Stordy. 3 John Gamble.

Perfect Attendance: — Aletha Rogerson, Lindell Gamble, and Irving Rogerson. Teacher Beatrice N. Cobb.

"Is your wife the boss in your household?"

"She is," answered Mr. Meekson, "now that the cook has left."

Minard's liniment for sprains & bruises

AT ROTARY

Mr. Marcus Calder presided at Rotary yesterday it being Music Day. The musical program included besides Prof. Fletcher's paper given below, a baritone solo by Mr Harvey MacPherson, and a tenor solo by Mr. Percy D. Williams, both being encored. The guests were Joseph McCarey, A. W Hyndman, Charlottetown, and Rotarian Ernest Cunningham, St. John.

Following was the address given by Prof W. E. Fletcher:

A DAY WITH BEETHOVEN

At daybreak, on a summer morning, in the year 1815, a short, thick set, strongly built man might be seen entering his sitting room in a house on the "Sailer-statte," Vienna, Austria, and at once set to work composing music. This does not mean that he sat down at the piano and began disturbing the slumbers of neighbors by impromptu performances at the keyboard. No; Beethoven almost invariably composed away from the instrument, either in his studio, or more frequently "out of doors," in the lonely rambles, far removed from any influence, save that of Nature, which he so passionately loved.

Some may wonder why the great master did not do more of his work at the keyboard and to such, the following reasons may be offered:

First—That he was in the habit of writing everything, as he composed it, in notebooks; mostly out of doors, and therefore away from any instrument.

Secondly—That being a consummate master of the Science of Music, and the best pianist, perhaps of his day, he had no occasion to put to proof in actual performance, the constructions of his fertile brain.

Thirdly—And chiefly, and sad to relate, when he had been composing for awhile, his deafness would deepen into stone-deafness; and "because of the inner world of harmony at work within his brain" (said Bettine Brentano) "the external world seemed all confusion to him."

As the years passed, Beethoven's greatest works were "conceived," produced and given to the world—when not one of those wondrous successions of phrases could by any possibility reach his ears; when in a "splendid isolation" beyond the average power to understand, he and music dwelt alone in an inner shrine—together.

This affliction, sad though it undoubtedly was, still had its compensations,—for "by the entire exclusion of external sounds, and the entire concentration of his mind upon his work, the master was enabled to enter those unexplored altitudes whither none has followed, as none had preceeded him.

Let us take a look at him at work in his studio. Seated at a table, with plenty of music paper at hand; the floor littered with books, music, un-corrected proofs, orchestral scores, business letters, and manuscript,—the hasty sketch of some immortal work among the rest.

But the great master does not see the untidy condition of his room; at intervals he gazes out upon the vista of the beautiful Belvedere Garden, the Danube River, and the distant Carpathian Mountains—the view for the sake of which he had taken up his lodging in this house. For if there was one thing which could still afford a unique and cloudless pleasure to this sensitive and unhappy man, it was Nature in all her varied forms of light and loveliness.

His appearance is far from beautiful, belying the lofty heart of the composer as he works.

His thick, dark hair, upstanding, and already turned grey, crowns a pitted, swarthy face; his looks rugged, gloomy and forbidding; his chin poorly shaved, his hands covered with thick black hair; his small, deep-set fiery eyes alone redeeming him from ugliness.

The housekeeper brings in his breakfast, but he pays no attention to her, and although having punctiliously counted out sixty coffee-beans the night before, and handed them to her in readiness for morning—he now forgets all about his coffee, and after absently dipping his pen into the coffee-cup some three or four times—instead of the ink,—he pushes away the spoiled beverage, and nibbles his crusty roll.

He is composing a "Polonaise" for the piano, to be dedicated to the "Empress of Russia" for which he is to receive fifty ducats. This seems an absurdly small remuneration but although Beethoven was "really forced" (to quote Richard Wagner) "to support himself from the proceeds of his musical labours" life had few allurements for him in the ordinary sense, so there was less necessity laid on him to make very much money.

His compositions include orchestral, piano and vocal masterpieces, but it is perhaps as "Supreme Lord of the Sonata," that he is best known to us.

Of the piano Sonatas, time will only permit mention of a few, viz: "Sonata Pathetique," the opening movement of which is transfused with gloomy majesty.

The "Schertzo" of the lovely "Moonlight Sonata" wherein a troop of glimmering fair forms come dancing through the midnight forest.

The verve and vigour of "Waldstein Sonata" and that unapproached "Andante" of the "Appassionata," which some have declared they would wish to hear when dying, that the solemn glory of its pensive chords might companion them into the rest of God.

Besides being the Pianoforte Virtuoso of his day, Beethoven was a fine performer on the organ, violin and viola, but it was characteristic of the master, that anything savouring of professional display was to him distasteful in the extreme, and when, on one occasion, after an inspired rendering of his famous Waldstein Sonata, his friends crowded round to express their boundless admiration, he rose with almost a shamefaced air, as though guilty of displaying his marvellous powers of execution, and buttoning his old coat, shuffled away to his own room.

In order to understand Beethoven the MAN, we must read extracts from his own diary. The "bitter, sarcastic tongue" of which folks complained, that irritable temper which often alarmed his young lady pupils—were sometimes conspicuously absent. For he had a real sympathy with young students who were sincere in their ambition, and would keep and encourage them whenever possible.

At other times, the great composer would dwell upon the gathering clouds of his manhood—the secret dread of encroaching deafness—the hidden sorrows of unrequited love.

To quote from his diary, he says:—

"Such things have often brought me to the border of despair, and I have come very near to putting an end to my own life . . . . Yet it seemed impossible to quit this world for ever, before I had done all that I felt I was destined to accomplish . . . . and how much of that is still before me!

Another glimpse of the "real man" is afforded us by the following words, written by himself after the death of his beloved mother.

He says:—

"She was such a good, loving mother to me, and my best friend. Oh, no one could be more fortunate than I, when I was able to speak that sweet name 'Mother,' and it was heard—and to whom shall I ever say it now?"

This deep love for his mother was the mainspring of his unsullied life, and probably served to intensify the longing he always had for a home, and the companionship of a life-partner. These joys were not for him, though their denial was ever a source of keen disappointment, causing him to exclaim:

"For me there can be no joy of human fellowship,
In solitary exile I am compelled to live."

Then he adds: "But one thing I ask of Thee, my God—Let me tend towards Thee, no matter by what means—and be fruitful in good works."

Small wonder that the music of this great soul lives on, and will continue to live while music remains; and now, we who fain would worship at his shrine must say farewell, for our "day with Beethoven" is ended, and the great master, his intellectual ear filled with the majesty of glorious harmony, seeks his meagre straw mattress and thin quilt, and falls asleep—as softly as a child.

The question for each man to settle is not what he would do if he had the means—time — influence and educational advantages — but what he will do with the things he has.

LIB.-CONSERVATIVE CONVENTION THIRD DISTRICT OF KING'S

A Convention of the Lib.-Conservative Electors of the Cardigan District, will be held on Wednesday, November 18th at 2 P. M., in the Public Hall at Cardigan, for the purpose of nominating a candidate to contest the District, in the forthcoming bye-election. Chairmen of polls are required to call meetings, to appoint the five delegates to which each is entitled.

J. A. McLEAN,
Convener.
FRED R. MELLISH,
Secretary.

5995-11-11tf.

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Always the Same~Always the Best

For flaky pastry, delicious cakes, and large, light loaves of bread.

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New Price $25.00 Marshall Mattress New Price $25.00

Price is no barrier to the enjoyment of Marshall Comfort!

The Marshall "Special" Mattress at $25 gives you the wonderful comfort of the Marshall Spring Mattress for the price of an ordinary mattress.

Start now to enjoy Marshall Sleeping Comfort.

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Marshall "SPECIAL" Mattress $25.00

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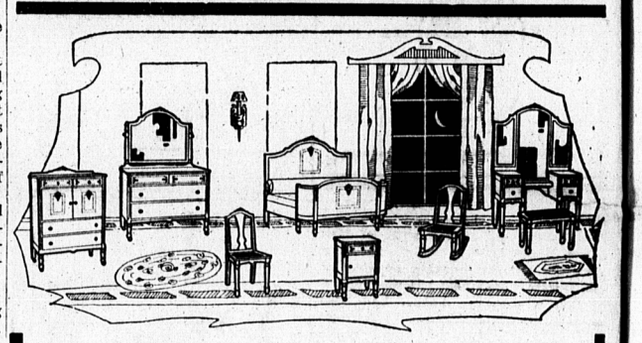
$32.50	$42.00	$48.50	$75.00



You Can "Look" in Here And Not be Tagged Around By a Salesman

So many times ladies wish to "just look around" in a furniture store without any definite idea of buying. They enjoy seeing the new things, getting ideas possibly to carry out at some future time, yet we have them tell us they don't like to bother us.

Now you're welcome to wander here and we're sincere when we say we are glad you are bothering us. Visit all the floors, see the Bedroom and Dining Room floors too. We'll feel it a compliment, and while a sales person may ask if they can be of service, yet if you prefer "to be left alone" just tell them so.

Our salespeople are here to give you service when you want it and any information you wish, and all you need is to ASK, and should you be neglected in any way we'll feel grateful if you'll tell us.

All goods are marked in plain figures—just help yourself—look as long as you wish—we'll appreciate it. Thank you.

HOLMAN'S
Charlottetown Branch
The Furniture Store and Wall Paper House

BRINGING UP FATHER— —By George McManus