

The Cook's little helps

Oxo Cubes are little wonders of convenience and economy. In the hands of the cook they are something to conjure with—they save meat—they save fuel—improve the cooking—increase nutrition—and make for better health and well-being all round.



OXO CUBES

The little money-time-and-trouble-savers



The Wise Mother Uses

TAROL

BECAUSE, having used it often, she knows that no other remedy acts so quickly, surely and agreeably for the relief and cure of COUGHS, COLDS and other ailments of the respiratory organs. Children like it and it is good for them.

Wise mothers always have a bottle of it on hand: it's their protection.

Dr. ED. MORIN & CIE, Limitée, : : QUEBEC, Qué.

Western Guardian

—IT PAYS to buy in this Province.

—RAILWAY CARPENTERS are making some very needed repairs on the Summerside station.—H.

—THE PIE SOCIAL in aid of the Prince County Hospital which was to have taken place on Friday, February 6, was postponed to an advanced date.—A.

—DIRTY STREETS.—The town streets were in a very undesirable condition for travelling on during Saturday from the effects of the recent snow and heavy rains.—H.

—AN AGRICULTURAL SHORT COURSE WILL BE HELD at Kensington beginning Monday evening, February 16th and continuing to Wednesday evening. 6900-2-10ME4L

—PROPERTY PURCHASED.—Mayor M. M. Foley, Alberton, has purchased the residence of W. M. Cahill, situated on Main Street. This is a very desirable property and no doubt Mr. Foley will add many improvements.—A.

—INDICATIONS OF STORM.—The heavy circle of unusual prominence which was around the moon on Wednesday evening last, surely indicated the approach of the severe storm which set in early on Friday morning but abated shortly before noon.—H.

—COMING CIVIC ELECTION.—Very little interest has, so far, been taken in the coming Civic Election for the election of a Mayor, three Councilors and one Water and Sewerage Commissioner. The Election will be held on the 24th, nominations on the 17th inst.—H.

—K. OF C. AT SUMMERSIDE.—A new Council of Knights of Columbus is to be instituted at Summerside on Tuesday afternoon and evening, February 10. All Knights of Columbus of the province are invited to be present. First, second and third Degrees. 31

—SAD BEREAVEMENT.—Mr. and Mrs. Joseph Gaudet of Alberton were bereaved on Saturday, February 7th, by the death of their little son, Cedric, who died of Diphtheria. Cedric was a bright, lovable little chap and will be greatly missed by his school mates but particularly by his mother and father to whom we offer our deepest sympathy.—A.

—FORWARD MOVEMENT.—In the Summerside churches on Sunday evening, special emphasis was laid on the Forward Movement campaign. Interesting and instructive papers were read in the Baptist church by co-workers, showing the necessity of this great drive, the real financial test of the campaign then, is not as to whether a man gives largely of his money or not, this has been laid on the consciences of men and women. It is therefore important that each congregation shall reach its quota, to fail is to jeopardize the success of the church at large.—H.

—HOCKEY.—The best hockey game of the season took place on Thursday evening, Feb. 5th, between the second team of Abegweit and our own Regals and it certainly was some match. The final score 9-7 in favor of the Abegweits was not by any means an indication of the strength of the two teams. Call of the Regals had it over any player on the opposing team and the Wilkies and Kluch made a great defence. Ramsay played his usual good game. For the visitors, Prowse, second 3 goals, Regal, Burke, J. Bryanton and Lodge 3. For the regals the scoring was done by Call 4, Ramsay 2 and P. Wilkie 1. No doubt these two teams will meet later in the season and if played here will surely draw a record crowd. The visitors speak very highly of the treatment received in our town. The game was ably handled by William Arsenault.—A.

WESTERN PERSONALS

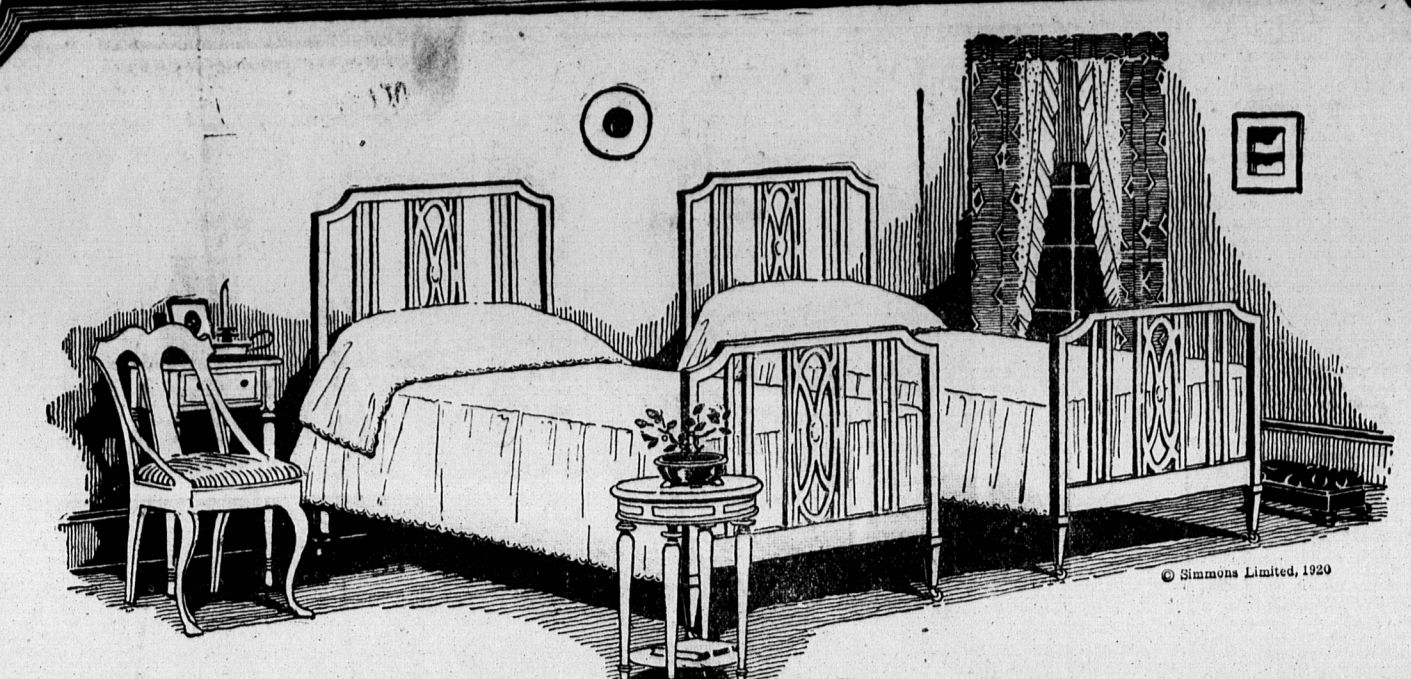
—Mr. H. A. Thompson, Tryon, was in town on Thursday.—H.

—Mr. Joseph Sheen, Kensington, was a recent visitor to Summerside.—H.

—Miss P. Degan, has returned to Charlottetown after paying a brief visit to her home in town.—H.

—Mr. William Hagen, Summerside, is spending a few weeks visiting friends at South Granville.—H.

—The numerous friends of Mr. Andrew Doughart, of Holman's, Ltd., will be sorry to learn that he is confined to his home by illness.—H.



How Much Sleep do You Need

The great common sense of the human race says—"Go to bed when you're tired; get up when you're rested"

JUST how long it takes to get rested depends on how "deep" you sleep. If you are only about half asleep all night, waking at every little sound, you can stay in bed twenty-four hours and still need sleep.

Sleeping soundly is a matter of getting perfectly relaxed. Nobody can sleep soundly in a bed that rattles or squeaks, as most beds do.

What you need for deep, sound sleep all night is a perfectly quiet bed and a spring that invites complete relaxation.

That is why people sleep so much better on a Simmons Metal Bed and Waldorf Box Spring, with Simmons Mattress and Pillows.

THE Simmons Metal Bed is noiseless. It locks firm at the corners. The corner locks are made of pressed steel—have much longer bearing surfaces than the average—fit true and snug—not a creak, rattle or feeling of unsteadiness.

The Simmons Pressed Steel Corner Locks are protected by basic patents. They are the most fundamental inventions of modern bed manufacturing—exclusive with Simmons Limited, not to be duplicated or imitated.

And these patented corner locks have made possible the Three-piece Bed—the new Simmons idea—the spring forming a single unit with the side rails.

THE Waldorf Box Spring really does what you have always wanted a spring to do.

It invites complete relaxation.

It supports the body of each on separate spring coils—each coil conforming freely to the contours, so that the spine is perfectly rested, whether one sleeps on the back or on the side.

Simmons Waldorf Box Spring is covered with ticking of the finest grade and great wearing qualities, is new and attractive designs.

It is made on the bed—noiseless—never rattle or hump, never loses its resiliency.

And to make the sleeping equipment complete, Simmons Limited produces Mattresses and Pillows worthy to go with Simmons Metal Beds and Waldorf Box Springs.

If you have given much thought to sleep it will interest you to know that Simmons Limited are specializing in Twin Beds.

The Twin Bed is unquestionably the most advanced thought of the time—welcomed by nice people everywhere.

Physicians are urging a separate bed for everybody. One sleeper does not disturb the other or draw on the vitality. Colds and other infections are not communicated.

THE hard work and nervous strain of these days are forcing attention to sleep.

Simmons Metal Beds, Waldorf Box Springs, Mattresses and Pillows are what you are looking for. They invite sleep.

You will find them in your leading dealer's store.

You have choice of beautiful styles in brass—and in enamel in colors and natural wood effects. The prices are no higher than for ordinary beds.

And when you are selecting your Simmons Beds with an eye to their appearance in the room, you will see that Simmons has for the first time established beautiful and authoritative design in Metal Beds.

If you do not know the Simmons Merchants in this section, we shall be glad to send you their names.

Sleep is a big subject! Write us for the brochure, "What Leading Medical Journals and Health Magazines Say about Separate Beds and Sound Sleep." Free of charge.

ST. JOHN TORONTO WINNIPEG MONTREAL CALGARY VANCOUVER

SIMMONS BEDS

Built for Sleep

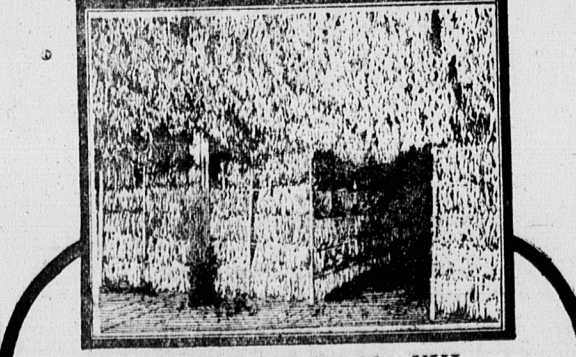
Get the Habit of Eating

More Wholesome Appetizing Bread Baked From PURITY FLOUR

USE IT FOR ALL YOUR BAKING

Western Canada Flour Mills Co., Limited
TORONTO—Head Office
Branches at Winnipeg, Brandon, Calgary, Edmonton, Montreal, Ottawa, St. John, Goderich

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TOBACCO SERIES No. VIII

"Curing" or drying by natural air (old method). This process is still practised in Virginia. The leaf is placed in racks to dry and mature before being packed for export.

The "Tobacco with a Heart" which has been a favorite for 60 years.

MACDONALD'S TOBACCO

Smoking and Chewing

The Tobacco with a Heart

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—Mr. A. Forsyth was a passenger to Charlottetown on Saturday, returning home on a business trip to West Prince.—H.

—Mrs. J. F. White, Jr., went to Tignish on Friday to visit her little daughter, Florence, who is a pupil in the Notre Dame Convent there.—A.

—Miss Minnie Steele of Summerside, was a visitor to Kensington on Saturday.

—Mrs. F. A. Boyle who had spent the last couple of weeks visiting friends at Summerside and Elmsdale, left by the car ferry on Friday for her home in Lowell, Mass.—H.

—Messrs W. S. Louson, Charlottetown and Ephraim Phillips of Tyne Valley, were in town on business on Thursday. "Eph" took in the hockey match in the evening.—A.

60,000 NAMES ON WALLS OF CHURCH
A church will be erected in

Notre Dame de Grace, a suburb of Montreal, upon the walls of which will be inscribed the names of every man who died for Canada in the great war. The church will be used by the combined congregations of the Anglican Church of the Good Shepherd and Trinity Church. Sixty thousand Canadians were killed.

PILES

Do not suffer another day with itching, bleeding or protruding Piles. No surgical operation necessary. Dr. Chase's Ointment will relieve you at once and as certainly cure you for a box. All dealers, or Edmondson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2¢ stamp to pay postage.

BRINGING UP FATHER

YOU SENT FOR A DETECTIVE—WELL, HERE HE IS!

THE FELLOW YOU PASSED IN THE HALL IS THE MAN I WANT YOU TO WATCH—

I THOUGHT THAT BE THE FELLOW SO I WALKED UP CLOSE TO HIM TO GET A GOOD LOOK AT HIS FEATURES

I DON'T WANT HIM PINCHED—AS HE IS MY WIFE'S BROTHER

I UNDERSTAND IF I CATCH HIM UP TO ANY TRICKERY I'M TO REPORT TO YOU

JUST WATCH HIM AN NOTE THE TIME HE GOES OUT AN RETURNS

BY JERRY!!! MY WATCH IS GONE!

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