

### Astonishing Power of Iron to Give Strength to Broken Down Nervous People

Physician Says Ordinary Nuxated Iron Will Increase Strength of Delicate Folk 200 Per Cent. in Two Weeks' Time in Many Instances

NEW YORK, N. Y.—In a recent discourse Dr. E. Sauer, Specialist, of this city said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood loses the power to change food into living tissue, and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down, and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night; others are sleepy and tired all day; some fussy and irritable; some skinny and bloodless, but all lack physical power and endurance. In such cases it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your flagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next, take two five-grain tablets of ordinary nuxated iron three times per day after meals for two

weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good, sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron, like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated, and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated iron, for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit \$100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed in this city by G. E. Hughes, Apothecaries Hall, E. A. Foster, Central Drugstore, and all other druggists.

### The Western Guardian

—IT PAYS to buy in this Province. —THE MORNING DAILY Guardian can be obtained at Lafferty's Tonsorial Parlours, Summerside.

—FREE—a business course at the Union Commercial College. For particulars see the teacher of your district. 7394-3-14ME11.

—PLEASANT AFFAIR.—The Mischoche Dramatic Club delivered their Great Western Drama in five acts by David Hill, entitled "Lone Tree Mine" in their hall at Mischoche on Tuesday evening, the hall was packed full, about two hundred left from Summerside by special train. The play was highly entertaining from beginning to end and was a decided success. The special arrived back in Summerside about midnight.—H.

—FOR HOSPITAL.—The Prince County Hospital gratefully acknowledges the following donations received during Feb. From Mrs. J. W. Calbeck, Summerside, cabbage and Jellied meat; Mrs. MacLeod, Long River, Preserves and eggs; Mrs. Angus McCormick, St. Eleanors, Bag flour; Mrs. Hector Campbell, Blanket; A friend, one quilt. The daughters of the Empire, Cake and Sandwiches; A friend, China tray set; Mr. Clifford Wright, Middleton, 1 bag apples; Mrs. Charles MacDonald, 1 pair woolen blankets; Mrs. James Farris, Summerside, Jellied Meat; Mr. Robert Burns, Lower Freetown, Pork, Eggs, and Pickles; Mrs. A. Sharpe one blanket. Mrs. H. C. Mills, old linen.

—A YOUNG PATRIOT.—The spirit of patriotism as displayed by some of the boys under military age should inspire those who are capable of taking up military service of their duty to their country. At the meeting at Alberton on Monday night one of the speakers was a well known clergyman who in opening his remarks excused himself for urging the young men to enlist by stating that his two oldest boys were now in the service, one of them being for some time past in the trenches. When the appeal was made later on for recruits the only ones to respond at first were three boys, one of them when questioned as to his age gave it as 16. When asked if he could secure his parents consent he pointed to his father, the clergyman, mentioned above, and asked the recruiting officer to try and get his father to let him enlist. As to the result of the boys' efforts the writer is not aware but this action, of one not of military age should be an example to the large number of young men of military age and fitness who were in attendance, only two of whom had the courage to follow the boy's example.—C.

reminding them that it would be a kind memento of the many happy years they had spent together. The young people then dispersed to their homes well pleased with the very enjoyable time spent, and wishing their friend a safe return to the Land of the Maple Leaf.

—ONE CENT per word each insertion for the advertising in this column. Cash must accompany order. Minimum charge, twenty-five cents.

—SOLDIERS get your Redio Braes Polishing Cloths at HOLMAN'S Summerside. 7851-3-16-M2E11.

—W. K. McGOUGAN, Globe Fox Exchange, is Guardian Agent in Summerside.

—EXPRESS brought us another shipment of Breeches for the men of the 105th at \$5.00. Patons. 7841-3-15-M3E.

—SHOOTING SEASON—Are you prepared for the shooting season? If not, HOLMAN'S Summerside, can furnish everything in guns, ammunition, and accessories. 7851-3-16-M2E11.

—ST. PATRICK'S KENSINGTON.—Don't lose the chance of hearing Walter Found of Clifton, J. Austin Trainer and others of Charlottetown at Kensington on March 17th. This will be a rare musical treat. 7826-3-15-M2E.

—ATTENTION is directed in this issue to the sale of Fox Stock and shares to be sold by the Court of Chancery in Delaney and Sentener. The foxes in the Silver Fox Ranching Co., Ltd. and in the Klondyke Co. are of the best breeding of P. E. I. Silver Black Foxes. This is an opportunity for investors. 7850

—WEST DEVON.—The following is a report of the standing of pupils of West Devon School for month of February:—Grade VI.—1. Mae Frederick; 2. Ruby Reeves. Grade V. 1. Gladys Frederick; 2. Carl Raynor; 3. Maggie Acorn; 4. Edward McLean. Grade III.—1. Sherman Acorn; 2. Santfort Raynor; 3. Ruby Acorn; 4. Olive Baker; 5. Ruby Culleton; 6. Mable Culleton. Grade II.—1. Arthur Graham; 2. Thomas Culleton; 3. Harold Reeves; 4. Percy Bayles. Perfect attendance for month:—Mae Frederick, Gladys Frederick, Arthur Graham, Audrey Graham.

—TELEPHONE COMPANY.—The annual meeting of the Northern, Port Hill and Arlington Telephone Co., was held in King George Hall, Port Hill on Monday evening, March 13th. Mr. Artemas MacArthur, president of the board of directors occupied the chair and after the meeting had been opened gave a report of the business of the Company for the past year. The Secretary, Mr. Ivan Linkletter gave the financial statement which showed that all bills had been paid and that there was a small balance on hand. Several minor matters were disposed of after which the following directors were appointed for the next year: Artemas MacArthur, John B. Gardner, Daniel Maynard and William Phillips. Ivan Linkletter, Burns McAuslin, William J. Montgomery, Mr. S. P. Dougherty was appointed auditor. After the business had been finished the shareholders discussed the matter of extending the line to Low-Point, where a number of the inhabitants wished to be connected. The shareholders of this Company feel grateful to the directors for the manner in which the work of building the line was carried out and especially to the President and Secretary for the faithful manner in which they discharged their duties.—P.

—SOLDIER HONORED.—The people of Elmsdale showed their interest and good wishes which they held for one of their young men when, on Monday 6th inst. a great number of them gathered at the home of Mr. and Mrs. James McKenna and presented their nephew, Pte. Edward McKenna of the 10th regiment with a handsome self-filling fountain pen. The house was very tastefully decorated for the occasion with Union Jacks and red, white and blue. The evening was pleasantly spent in various patriotic songs, and dancing, during which a nice luncheon was served. The address, the follows, was read by Miss May Callaghan, teacher, and the gift presented by his sister, Miss Mary B. McKenna. Dear Eddie:—You have come here this evening to be the honored guest of us, your friends and your neighbors, and we take this opportunity to congratulate you on the steps you have taken in offering your services to your King and Country in this the Empire's hour of trial and danger, knowing as we do of the grand and we might say, glorious mission, you are about to undertake in the defence of your King and Country. We cannot but feel that you have within you the qualities which go forth to make our a grander and nobler Empire. We wish we could tell you how greatly we will miss you from this community and we wish we could express our admiration and pride for your patriotism in making the great sacrifice in giving up the comforts and companionship of home and loved ones and go to fight, that our Canadian homes may never be ruled by the arbitrary and cruel militarism rule of Germany or Turkey. We now ask you to accept the accompanying gift as a souvenir of remembrance from the friends you are leaving behind—friends whose ardent wish and prayer will be that Almighty God will protect you from all harm and danger while you are away and bring you safely home when this cruel war is over.—H.

WESTERN PERSONALS  
—Mr. J. McDonald, Vernon, is visiting friends in Summerside.—H.  
—Mr. Andrew Noonan, Bedouge, spent the week end in Tignish, returning on Tuesday.  
—Mrs. Keith Profit, of Augustine Cove, has been suffering from an attack of la grippe.—U.  
—Mr. David H. Auld, Freetown, was in O'Leary yesterday on a business trip.  
—Pte. John Howatt, of the 105th, Summerside, is visiting his home in Augustine Cove.—U.  
—Miss Maggie Griffin, Kensington, has returned home after a brief visit with friends in Summerside.—H.  
—Miss Edna Harding, daughter of Mr. and Mrs. J. Arch. Harding, who

### Prowse's You can come here now and see the New Spring Coats and Suits

### Three Bargains in New Spring Blouses

<b>\$1.25</b>	<b>\$2.25</b>	<b>\$2.35</b>
Stylish and becoming Voile Waists in all white or white with embroidered sprays in contrasting shades. They have the popular long sleeves and the new style collars. Bust sizes—34, 36, 38, 40, 42, 44.	A very effective waist of Pongee Silk in the natural or very light tan shade. It is made with long sleeves and novelty collar with separate reverses. Pearl button fastenings in front between one-inch rows of tucks. Sizes 34 to 44.	Plainly tailored, but extremely smart and serviceable white silk waist, long sleeves with pointed cuffs, and front fastenings of white horn buttons and silk loops between two rows of fine hemstitching. Sizes—34, 36, 38, 40, 42.

### House Dresses 59c Sateen Underskirts \$1.00

We don't want you to expect too much, but these dresses at this price are the best value you have ever seen. They are made from good quality striped gingham in neat serviceable styles.

Three quarter sleeves, some with a dainty lace collar and others with self collars. Special price..... 59c

Splendid petticoat value in fine lustrous sateen, cut with extra fullness. The finely accordeon pleated flounce shows a wide and narrow tuck which divides it into sectional effect. Drawstring waist band will fit any size up to 30 inches.

Lengths 36, 38, 40 and 42 inches  
Special price..... \$1.00

### Two Ladies' Rat Coats Left

Furs are advancing in price at a rapid rate and if you expect to need a fur coat next winter it will pay you to buy it now, because it will cost you at least 40 per cent more next season than at the present time.

We don't want to carry these coats over so we have marked them at prices which will be sure to sell them in the next few days.

### Prowse Bros. Ltd.

7828-3-15-M11.

### ADDRESS AND PRESENTATION

On the evening of the 6th inst. a very enjoyable time was spent at the home of Mr. Thos. Dunn of Summerside when a number of the young people gathered to welcome his son Eugene who has recently enlisted in the 105th Battalion. Eugene was very proud to meet his schoolmates and friends and that they showed their appreciation of the step he was taking. The evening was spent in music and dancing and everybody enjoyed themselves. At length Mr. Albert Curran in a few fitting remarks referred to the splendid move Eugene had made and also to his successful career as a teacher in Summerside and elsewhere. He trusted in behalf of the gathering that he would come back safely to them Mr. Harold Cain then presented him with an elegant military watch and

read the following address:—

To Pte. E. J. Dunn.  
It is with feelings of pride not unmixed with regret that we, your schoolmates and friends have gathered together this evening to bid you farewell as you depart from us. We are proud you have enlisted in the service of your King and Country and we congratulate you on your manliness and courage in going forward with the rest of our brave boys to save the Empire. You have enlisted in a grand cause that of saving our country from the tyranny and oppression of an unprecedented foe and may God in his kind Providence spare you to return to your native land when the dawn of peace has arrived. And now we ask you to accept this small gift as a token of remembrance and again wish you God speed.

Signed on behalf of your friends, Cephas Power, William Fraser, William Walsh, Shaw McMillan, Harold Cain.  
Eugene promptly replied to their kind address and fittingly thanked them for their very serviceable gift



### Look to the Coffee and Tea

"In all cases of so-called neurasthenia, the coffee-drinking of the patient should be inquired into. What has been said about coffee also holds good in regard to tea," says a physician of note.

More and more, people are coming to know that the coffee and tea habits are responsible for a large percentage of those nervous disorders classed under the head of "neurasthenia," or nervous prostration.

Both coffee and tea contain the drug, caffeine, a powerful irritant of the nerves. They also contain tannin—as astringent—which acts most unfavorably upon the intestinal walls. Headache, "nerves," insomnia, biliousness—these are some of the signs of caffeine poisoning.

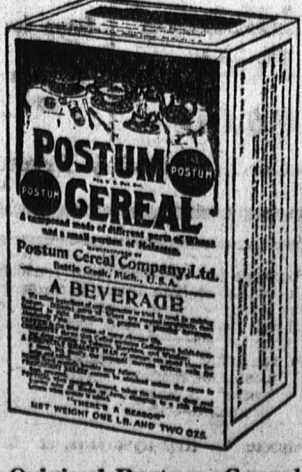
Many coffee and tea drinkers are learning that the way to health is by quitting coffee and tea; and for a pleasant, healthful drink, using

### POSTUM

—the pure food-drink,

This delightful table beverage is made of whole wheat roasted with a little wholesome molasses, and contains only the nourishing properties of the grain. It has a fine color and aroma, a rich snappy taste, and is absolutely free from any harmful ingredient.

There are two forms of Postum. The original Postum Cereal—which must be well-boiled; and Instant Postum—soluble, made in the cup with hot water, instantly. Both forms are equally delicious and the cost per cup is about the same. Sold by grocers everywhere.



Original Postum Cereal 15c and packages

### "There's a Reason" for POSTUM

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

### Closing Out Sale of Entire Shoe Stock



To Prevent Seasickness, Trainsickness and Nausea and insure him a pleasant voyage, be sure to remember to put in his bag a package of

**MOTHERSILL'S SEASICK REMEDY**

Officially adopted by Steamship Companies on both fresh and salt water—endorsed by highest authorities—used by travelers the world over and generally recognized as the One Dependable Preventative of Nausea.

Contains no cocaine, morphine, opium, chloral, coal tar products or their derivatives. Sold by leading druggists. 50c box enough for 24 hours. \$1.00 box for ocean voyage.

A copy of Mothersill's Travel Book sent upon request, without charge.

**Mothersill Remedy Company**  
DETROIT, MICHIGAN.  
Also at 19 St. Bridge Street, London; Montreal, New York, Paris, Milan.

Before the end of May I have to sell every pair of boots, shoes or rubbers in stock, and I have marked such low prices on the usual modest charges that I should have no delay in clearing out the stock.

I am going out of business, to stay out, and another concern is taking over my store. This is the reason for the sale—this is your genuine chance for real footwear bargains.

### Discounts Range From 15 p. c. to 25 p. c.

My expenses are low and I have always been able to sell boots and shoes a little lower than other dealers. I bought my present stock before the war-raised price on leather and footwear came. From my ordinary before-the-war prices all boots and shoes have been marked to clear at additional discounts of ..... 15 p. c. to 25 p. c.

A splendid line of men's heavy working boots in the stock—a rare chance for drivers, farmers and working men.

### Your Chance for Rubbers and Overshoes

The discount marked on rubbers, overshoes and lumbden's rubbers should move the stock quickly—this is your real chance to make a decided saving.

—Remember, most of the newest styles are here.

Cash with purchase—no appropriation.

**J. H. BELL**  
130 Great George Street

### The Sunnyside Crochery Bring Your Dinner Set Up To "Full Strength"

That dinner set of yours need not be lacking a plate, cover, saucer, cup or other odd pieces.

Replace the parts that have been broken or lost—we have any odd pieces here you may require.

If your set is worth having, it is worth keeping complete. And the prices of individual pieces are not high, either.

Why not see about it today?

**Black & Co.**  
125 Grafton Street

### Hundreds of Handsome Designs In the Newest Wall Paper Patterns are HERE Now

Springtime—housecleaning time—wall paper time.

And if ever we could serve you well in making your home beautiful, it is now. For we have, direct from the mills one of the choicest lines of real art creation in wall papers that we have ever had the pleasure of showing you.

Good Wall Papers for the parlor, hall, dining room, kitchen, or bedroom—new designs and unique effects never before shown— YOU WILL LIKE THIS SHOWING.

Today 'would be a good time to look over the line. Prices range from 9c a roll up.

**Reuben Tuplin & Co.,**  
KENSINGTON