

"I Was a Fright!"

"Nothing I Could Take Made Me Any Fatter."

"Up to the time I was seventeen years old, I believe that I was the most miserable and unhappy girl that ever lived. Honestly, I was a fright. I was the most unattractive looking creature you ever saw. I was thin and scrawny—straight up and down. My height was five feet nine inches and I weighed exactly ninety-one and three-quarter pounds. No matter what kind of clothes I put on I looked like a fright. I was clumsy and awkward. I used to stand before the glass and study my features. I found I had a good nose, good eyes and a good mouth but my cheeks were sunken and my face looked like a skull with a piece of parchment stretched over it. But nothing I could do or take made me any fatter. Men rarely even glanced at me. When they did, they merely gave me a casual, amused or pitying look—an expression which I am sure meant, 'why is a being like that allowed to live?' I used to lie awake at night for hours at a time wondering why there were so many beautiful girls in the world and I was so hideous."

meta friend of mine one day, Elsie W. and I hardly knew her. While she had never been as thin as I was, a year or more ago she ran me a close second, but when I met her she had taken on flesh and had developed into a fine handsome girl with one of the prettiest figures I had ever seen. I asked her what had caused the big change. She said, 'Carnol. She told me she had been taking it regularly for the last three months and that from the first week of taking it she had begun to put on flesh. I was so encouraged by what she said that I couldn't get to the bottle fast enough. I bought a bottle and since then I have been taking it regularly. It has made the greatest change in me you ever saw. I now weigh 165 pounds and all my friends tell me what a wonderful figure I have and I know that I am admired!'

For Sale by Hughes Druggists

CLASSIFIED ADVERTISEMENTS

RATES:—10c per line per day, 9c per line per day for 3 days or over. 8c per line per day for 6 days or over. Count as one word to a line. Groups of 5 figures, initials, letters, count as one word. 10 per cent discount for cash. Address forms part of ad. and must be paid for. Special Rates: Furnished Rooms ad. 75c for seven words for one week. Situation Wanted, 50c for seven words per week.

Agents Wanted

WANTED LIVE AGENTS FOR Watkins 150 products. Direct to consumer. Write The J. R. Watkins Co., 379 Craig St., West Montreal.

Help Wanted—Male

WANTED—YOUNG MAN TO work on farm. Apply Peter H. Stewart, Little York. 21

MALE HELP WANTED—MAKE money at home—\$15.00 to \$60.00 paid weekly for your spare time writing showcards for us. No canvassing. We instruct and supply you with work. West- Angus Showcard Service, 102, Colborne Bldg., Toronto.

Wanted

WANTED—TEN PAIRS CLASS A Foxes must be good stock. Apply Box 451, Charlottetown. 41

WANTED—TO RENT SMALL house centrally located. Address A. W. care of Guardian Office. 10657-7-61

WANTED—TWO BOARDERS large front room. Central location. Phone 650-L. 10627-6-31

WANTED—BARBER CHAIR, William E. Graham, Park Corner, P.E.I. 10621-6-31

WANTED—GOOD STEADY young man wants position in fox ranch. Apply Guardian office. Dec 6-31

WANTED—A "V" CUPBOARD. Apply to Carter the auctioneer 10651-21.

For Sale

FOR SALE CHILD'S COT NEARLY new, 96 Elm Ave. 10682-8-31

FOR SALE—DRIVING SLEIGH. Apply 43 Passmore St. 10647-8-21

Western Guardian

—LARGE ATTENDANCE— There was a large attendance at the meeting in the Agricultural Hall Wednesday evening when the speakers Dr Robertson and Dr Wodehouse, gave a very interesting lecture on the National movement for good health, good character, and good citizenship. Mr. H. T. Holman acted as chairman, and at the close of the meeting a vote of thanks was moved by Mr. Neil McLeod, K.C., seconded by Rev. J. J. McDonald to the above speakers for their lecture.

—A BUSY SPOT— Summerside centre of the fox industry, is a busy place at all times but more particularly now, when the various fur farmers are bringing their marketable skins to the various town buyers. It is not an uncommon sight to see several men going along Water Street with thousands of dollars worth of silver fox pelts slung carelessly over their shoulders and in the words of 'Bon-Axis' 'Not a hand would be stretched forth to take them.'

"There Were Many Things Which I Could Not Eat"

Mrs. H. Robert Wells, English Harbour, Trinity Bay, Nfld., writes:

"I was troubled with nervous dyspepsia—so much so that there were a great many things I could not eat at all on account of the distressed feeling afterwards. I used many different remedies, but they did me little good. Finally I tried Dr. Chase's Nerve Food and Kidney-Liver Pills, and was surprised at the relief this combined treatment gave me in such a short time."

DR. CHASE'S NERVE FOOD

50 Cents a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

CRAPAUD AND SPRINGFIELD church of England service next Sunday in Springfield at 11.00 a.m. and at Crapaud at 7.00 p.m. Sermon subject, 'The Recovery of the Bible.' All are cordially invited.

FUNERAL TODAY—The funeral of John Flynn takes place this afternoon from his brother's residence 14 Hillsboro Street at 2.45 p.m. to St. Dunast's Cathedral thence to R. C. Cemetery.

ROTARY LUNCHEON.—Dr. Robertson and Dr. Wodehouse of Toronto whose addresses in the Strand Theatre are reported elsewhere in The Guardian, were the guests of honor at Rotary Luncheon last night. Both visitors delivered inspiring addresses on Red Cross work and the prevention of tuberculosis. Rotarian W. K. Rogers presided. Other guests present were Messrs A J Duff of the General Electric Co., Halifax; H R Hutch, superintendent Canadian National Express and J O Martin, travelling agent Canadian National Express, Messrs Ray Pendleton, Y M C A secretary and B F Conrad local manager of the Harris Abattoir Company, were introduced into membership of the Club by Rotarian Jas. McMillan and President P W Turner, the Rotary Charge being read by Rotarian R H Rogers. At the conclusion of the addresses of Dr. Robertson and Dr. Wodehouse a warm vote of thanks was tendered them by the Club.

PERSONALS

Mr. and Mrs. James Trainor-Rosobank Farm, Southport, left yesterday afternoon for Grand River.

Abie Health Addresses

(Continued from Page 1) this, because we seem to be unwilling to chip into the common banking and to work co-operatively. Our splendid setting, province our breeding and our blood ought to make us a great people, capable of world leadership. "I am not exaggerating what you could achieve" he declared earnestly. "I love the Island and I know its people. And if I were exaggerating, it would be some years before anybody would hurt himself trying to live up to it."

TO LET

FURNISHED ROOMS TO LET Suitable for light housekeeping. Apply 151 Kent St. 10655-5-11

TO LET—TWO OFFICES NEXT to American Consulate, well lighted and heated. Apply at Two Macs. 04713-25-11

TO LET—Application will be received for Ritz Apartments of 6 rooms and seven rooms; janitor service, heated, shades, kitchen ranges, garage, lights; vacant April 1st. Address E. E. Parkman, Ritz Apartments, 10636-7-21

Help Wanted—Female

WANTED—EXPERIENCED MAID References required. Apply Mrs. D. Stewart 155 Kent Street. 12-5-11

WANTED—YOUNG WOMAN with hospital training, would like to care for invalids and the sick. Address "H" care of Guardian Office. 10655-7-2

Strayed

STRAYED FROM MY RANCH, Long River, silver black fox. Handsome Reward. George Coustons. 10687-8-11

—GETTING AFTER A NUISANCE.—A pack of dogs of high and low degree, which have formed the habit of promenading along the principal streets of Summerside at all hours of the day and night, were rather discouraged from the practice a day or so ago when the police chief rounded some of them up and fired several revolver shots into their immediate vicinity. Mr. H. T. Holman acted as chairman, and at the close of the meeting a vote of thanks was moved by Mr. Neil McLeod, K.C., seconded by Rev. J. J. McDonald to the above speakers for their lecture.

If winter comes, will the flapper clothes be far behind?

—A reformer considering other people's wrongs neglects their rights.

Germany is issuing aluminum coins, as wealth won't be such a burden.

Clog dancer wants \$20,000 for broken foot. He claims the jig is up.

Case Pipes

In Amber And Other Choice Materials

Our showing of Case Pipes will interest every smoker or person desiring a gift for a smoker. Beautiful Amber pieces in cases of one Pipe or a number of Pipes. A very fine line is displayed at prices which are the most attractive feature.

Christmas Gifts may be selected now and held by us for delivery on Christmas Eve.

McKINNON DRUG CO

"The Rexall Kodak Store" PHONE 219

Willard Asked Public To Judge

LOS ANGELES, Dec. 6.—Jess Willard, seeking to recover the crown that Dempsey hooked, asked the public to judge, after a few months' training whether he deserved another chance at his conqueror.

BASKETBALL

The big game in the Inter-Church League schedule for last night between the Anglo-Baptists and Methodists was postponed on account of the team leaving for St. John, where they will play the Trojans on Saturday the game will take place soon after the return of the players from their St. John trip.

Billiard Tournament

Last night at Labros Bros Billiard Parlours one of the best games in the history of the Tournament was played between Dr. J. McEachern and Wm. Phillips, both these gentlemen are real cue artists and gave a most remarkable exhibition of cue handling. Many large breaks were made by both players but in this line Dr. McEachern excelled his opponent, getting two breaks of 39 each and one of 51.

See If Possible To Get Free And Return To Cell

QUEBEC, Dec. 7.—In order that they might see for themselves whether it is possible for a prisoner confined in the Quebec military prison cells to escape and re-enter his cell, the judges who are presiding at the royal commission, which is investigating all the circumstances surrounding the murder of Blanche Garneau, who was killed here in 1920, visited the Quebec citadel this afternoon.

At the morning session of the commission, L.G. Belley, K.C., of Quebec, presented a motion to ask the Government to issue a warrant for the arrest of Duval on a charge of murder but his motion was not granted as the commissioners did not believe it would serve the ends of justice at the present time.

SEEDLESS AND CORELESS APPLE

MONTREAL, Dec. 7.—Much enthusiasm was evoked at the annual meeting of the Pomological and Fruit Growing Society of the Province of Quebec at MacDonald College, St. Anne's today by the announcement of the discovery at Abbotsford of a seedless and coreless variety of Fameuse apples. Business was suspended for a time while the apple growers assembled examined and tested specimens.

The fruit was found to be genuine Fameuse, slightly different in shape to the typical variety, longer and flatter at the ends, but of the same coloring and flavor. A slight marking in the heart of the apple was the only indication of where the core of an ordinary specimen would have been.

The representative of a large fruit distributing firm in Montreal assured the grower of these coreless apples that if the latter would produce the parent apple from which they were grown and prove that it reproduced trees by grafts giving similar fruit, he would guarantee him \$1 million dollars for it, as it would revolutionize apple growing in Canada.

Racing Driver And Mechanic Injured

LOS ANGELES, Dec. 7.—Herschell McKee, automobile racer and his mechanic, Hugh Curley were injured, the latter probably fatally when the rear of Joe Thomas' machine while tuning up today before the start of the 250 mile championship race at Beverly Hills Speedway near here.

At the time of the accident the spectators were just beginning to arrive and McKee and Thomas were the only drivers on the track. Apparently McKee was trying to pass Thomas when his right front wheel caught the tail of Thomas' car. McKee's machine pivoted about, crashed into the top guard rail, burst into flames and rolled over and over down the inclined track. Thomas was not injured, nor was his car noticeably damaged.

McKee and Curley, were taken to a hospital, where surgeons said McKee was injured only slightly, but Curley was in a critical condition.

WOOD SALE

I am instructed by W R Shaw St Catherines to sell by public auction on his premises at St. Catherines on Saturday, Dec 9th at 2 p.m. a number of lots of soft and hard wood mixed. Terms made known at sale.

NEIL MACKENZIE, Auctioneer.

VOLLEY BALL

This is a new game and one which should bring forth considerable interest from both old and young. This game was introduced to the boys overseas in the latter days of the war, and proved quite successful. The Y. M. C. C. are getting under way and prospects look good for the forming of a league.

This game will appeal to young and old alike and will give everyone an opportunity of getting the desired exercise without too much exertion, so that it is expected when the league is formed there will be a very large number competing.

BOWLING

Tonight game at seven sharp. Bert Williams and Ernest Perry.

Chatham Hopeful Of Good Showing In Hockey League

CHATHAM, N. B. Dec 6.—E W Watling and Arthur Leggat represented Chatham at a meeting of the northern section of the N B and P E I Hockey League in Bathurst last night. Although several of last year's team are away and will probably be playing with other teams on the circuit, the locals have good material to pick from which, as usual, will have to be reckoned with before the season finishes.

Currie Duncan, and Keoughan are the only veterans left of last year's team, but Milton will be available this year, as well as two or three youngsters who are said to show class.

E W Watling is coach and in these mentioned above will have the making of as fast a lot of players as represented Chatham last year. When the league opens on January 8, Chatham will be there with bells on.

INTERNATIONAL SKATE MEET

ST. JOHN, N B Dec 6.—Provided the sanction of the Horticultural Society can be obtained, the international skating meet next February will be held at Lilly Lake, in Rockwood Park, over a six-lap track, according to decisions reached at a meeting of the executive of the Rotary-Young Men's Catholic Institute organization last evening.

ONTARIO MOTHER HELPS DAUGHTER

Mothers—watch your daughter's health! From the time she reaches the age of twelve until womanhood is established she needs your care and advice. Many women have suffered years of ill-health through lack of such care during this time.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for girls and women. For nearly fifty years it has been helping mothers and daughters. Let it help you and your daughter.

Hamilton, Ontario.—"When my daughter was thirteen and until she was fifteen she suffered every month so that she could hardly move around the house and when she would have the pains in school she would have to be carried home. Besides the pains and the irregularity she also had headaches, dizzy and faint spells, and soreness in her back. I saw your advertisement in the 'Hamilton Spectator' and got Lydia E. Pinkham's Vegetable Compound for her. She does not have the least bit of trouble now, and we both recommend your medicine. She works in a candy-shop now and gets well and strong."—Mrs. I. P. CLAUDE, 76 Walnut St., South Hamilton, Ontario.

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REPORT OF THE RED CROSS PUBLIC HEALTH NURSING SERVICE

December 1st, 1921 to December 1st, 1922

I beg to submit the following report of the Red Cross Nursing Service for the year ending December 1st, 1922.

During the year, health work has been undertaken, in various lines, but most of our attention has been spent on the school children.

120 schools were inspected during the year. 3,791 children were examined, weighed and measured. 56.2 per cent of the children were found to have defects, other than teeth.

24.6 per cent of the children were 10 per cent underweight for height and age, most of whom showed other signs of malnutrition.

Last year's report included most of the schools in the larger centres, while this year, with a few exceptions, the schools inspected were in the country districts.

It was astonishing to find that in the majority of the rural schools, a greater percentage of pupils showed signs of malnutrition than in the larger ones. In some cases this could be attributed to bad teeth and gums or to diseased tonsils and adenoids.

A great interest as is apparent from the increased number of visits made to the Health Centre. The total number for the year was 2291.

School children ..... 1627 Children of pre school age ... 146 Infants ..... 116 Prenatal cases ..... 116 Parents with children ..... 189 Adults for health advice ..... 198 Emergencies ..... 4

Instruction was given to mothers in the care and feeding of their babies and young children. As a rule, the mothers, especially the younger ones, were willing to carry on the advice given. The older children came to be weighed and to have their health habits checked up, for their interest in, most cases, been aroused by the health talks given during the school inspections. Those who found that they had made more than the averaged monthly gain, it once attributed it to their improved health habits, especially the increased amount of milk taken, or to extra hours of sleep in well ventilated rooms. All children whether examined previously at school or not, received the same attention and supervision. Quantities of literature on different health subjects were distributed from the Centre during the year.

The Child Welfare and Public Health Booth at the Provincial Exhibition this year, attracted a great deal of attention. It was visited by several thousand people, who had the exhibit explained to them and who took away health literature. What proved to be an interesting part of the demonstration was the children's food table. On one side was shown the actual food that made for better health and growth and on the other what needed to be avoided, both as to the choice and the cooking of the food. There were 688 boys, girls and babies weighed and measured. A health leaflet, was provided for each one, on which was marked their actual weight and height and how they differed from the average child of the same age. Those who needed further advice were encouraged to visit the Red Cross Health Centre, later. During the afternoon, local doctors and dentists gave talks to the people both individually and collectively, examining the children when requested to do so.

Last winter two groups of school girls, between the ages of 14 and 16 were organized into "Health Leagues" and met in the Health Centre twice a week. Talks and demonstrations were given on "Personal and Home Hygiene," "Elements of Home Nursing" and "The Care of the Baby."

At the close of the year, a special prize was awarded to the girl who wrote the best paper, on what she had learned during the course.

During the Spring a course of five lectures was given to the students of the Prince of Wales College, on the different phases of "Health Education" for which several of the doctors and dentists were invited to give their services. This course proved of great value as shown by the marked interest taken by the young teachers this autumn, when the nurses were inspecting their schools.

Often we are called upon to cooperate with other organizations. For example, last winter a family was referred to us by the Red Cross of the Western Provinces. The father, an ex-serviceman, had gone to the west to work and on the death of his wife here, the children had been left practically destitute, with a girl of fifteen in charge. Till the arrival of the father, this family was supervised by one of our nurses and the necessary food procured. The Western Branch refunded what had been spent.

We have been able to cooperate with the Soldiers' Civil Re-establishment by visiting their T. B. patients who were in the different districts where the nurses were working. This has been of mutual advantage, for often school children were living in the same home and the nurse could then give the necessary advice and supervision. In one case it was necessary to advise that a returned soldier be sent back to Kentville Sanatorium, where he had been previously under treatment.

Several times we have been able to get in touch with people coming into the Province, who have been referred to us by the Immigration Offices at the ports of landing.

A great number of people still do not seem to realize that this work has so far been merely a demonstration, carried on by the Red Cross Society and that naturally preference was given to the larger centres where more people could be reached and to the districts that showed the

Pre-school 241

Infants 146

Prenatal 116

Adult, including T.B. patient 186

2495

The follow-up work has been most satisfactory. Parents, who would otherwise have paid little attention to the slips, have after a personal visit, been convinced of the importance of having the defects corrected and been willing to cooperate with the nurses by encouraging their children to improve their "Health Habits."

In many cases where the children needed to be operated on and the parents were unable to pay, satisfactory arrangements have been made with the hospitals or with the local doctors. Even under these conditions, however, there are those who will not give their consent to having their children's tonsils and adenoids removed. This prejudice is however being gradually overcome.

Although some of the dentists in Charlottetown, have in urgent cases been attending gratuitously to the teeth of the poor children, referred to them by the Red Cross Nurses, a more satisfactory arrangement should be devised.

A great interest is being shown in health matters as is apparent from the increased number of visits made to the Health Centre. The total number for the year was 2291.

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