

The three words that tell the whole story of a perfect cup of coffee, from plantation to breakfast table—“SEAL BRAND” COFFEE.

In 1/2, 1 and 2 pound tins. Whole-ground—pulverized—also fine ground for Percolators. Never sold in bulk. 117 CHASE & SANBORN, MONTREAL.

THE MARKET BASKET

(Meriden, Conn., Journal.)

Permit us to repeat a platitude: Times change. But yesterday nobody honored a market basket. No woman who pretended to "place in society" ever dreamed of carrying one. Even the college girl with socialistic tendencies failed to recognize the market basket must be taken soberly. And this country, saw to it that her little brother, and not herself, went to the corner grocery when a market basket was required. But as a result of the change, especially war times, behold the apotheosis of the market basket. It now rides triumphantly in every motor car. It accompanies very fashionably dressed ladies into the street cars, subways and elevated of the land. It is a symbol of the new democracy that the market basket must be taken soberly. Not alone in Europe's trenches are the battles for world democracy to be won. Whenever in a street car you trip over the market basket of a lady who is nobly doing her bit, you are reminded of the first great principle of democracy, "liberty, equality and fraternity," also sorority; and you are convinced that since carrying a market basket is now the height of fashion, world democracy is surely on its way.

DYSPEPSIA AND STOMACH TROUBLES

Dr. Cassell's Tablets Restore the Natural Power of the Digestive Organ and effect Natural Cure.

Dr. Cassell's Tablets cure Dyspepsia, Flatulence, and other digestive troubles by giving strength to the digestive organs. They enable the stomach to produce those natural digestive fluids which dissolve food, and so dyspepsia becomes impossible. Wind or gas cannot form, pain cannot arise, because your food is properly digested and absorbed for the nourishment of your body. Sufferers in all parts of the Empire have been cured by Dr. Cassell's Tablets when other means have failed, because these supreme restoratives overcome the cause of the trouble.

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address Harold F. Ritchie and Co., Ltd., 10, McCaul-street, Toronto.

Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anaemia, Nervous ailments, and Nerve paralysis, and for weakness in children. Specially valuable for nursing mothers and during the critical periods of life. Price 50 cents per tube, six tubes for the price of five, from Drugists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets. Proprietors, Dr. Cassell's Co., Ltd., Manchester, Eng.

Professional Cards

Dr. Clift

CHRONIC DISEASES CURATIVE TREATMENT by the month in advance, Victoria Hotel, Charlottetown, P. E. I., Canada. HOURS, 12 to 3 daily. Now. 979-11-1M3mospd.

J. D. STEWART

Barrister, Solicitor and Notary Public. Office Newson Block, Charlottetown. Branch Office, Georgetown. Money to Loan on Real Estate.

S. S. Hessian

Barrister, Solicitor, Notary Public, &c. MONEY TO LOAN. Montague, P. E. I.

McLEAN & McKINNON

Barrister Attorney-at-Law. Office Royal Bank Building, Charlottetown, P. E. I.

McLEOD & BENTLEY

W. E. Bentley, K. C. Barrister and Attorney-at-Law. Money to Loan. Office—Bank of N. S. Chambers, Charlottetown, P. E. I.

MORSON & DUFFY

Barristers and Attorneys. Solicitors for Royal Bank of Canada. MONEY TO LOAN.

WARBURTON & SHAW.

Barristers, Attorneys, Notary Public, Etc., Solicitors for Canada Bank Association, Bank of Montreal, Canada, Permanent Mortgage Corporation.

TECHNICAL FARMERS

(American Lumberman).

The farmer of today is rapidly becoming a technical man. Agricultural schools have made wonderful growth the last five years, and it is there that many of the leading farmers of tomorrow are receiving their technical education. The graduates in many cases do not farm, it is true, but in occupying the place of country farm advisors they exert a much more powerful influence upon the farmer. They disseminate near and far the knowledge that they gained at the agricultural school. No field presents great opportunity for the use of wood than the farm; no better way of reaching the farmers than through the alert, aggressive, technical farmers turned out by the universities. The grouping together of lumber on the farm and its publication in last year's form for distribution among agricultural students at leading agricultural colleges ought to result in much good to the lumber industry. If the graduates of technical courses are not fully informed upon the uses of wood whose fault is it?

Why Not a City Always Beautiful?

(New York Tribune)

Beauty is a word that somehow seldom comes to American lips. When we have thought of beauty, it was usually as something extraneous and applied, a frame or fringe or extra gewgaw, seldom as a quality inherent in the structure of everything we see or touch or know. The decorations of our streets have been applied for an occasion. But they have served to bring out all the latest beauty in our city of horrible contrasts into a thing of living, unified beauty. Why sink into our lethargy or indifference? That is the question which New York ought to put to themselves. If beauty is so pleasant on a gala occasion, why not see to it that its essential spirit is spread over all our days? Why spoil our skylines with egregious signs? Why permit atrocities of architecture anywhere? Why not carry out city planning a step further, and upon the long-needed connecting highways with civic centres duly controlled as to architecture and yielding up vista in every direction?

WOMEN WORK HARD IN JAPAN

Women in Japan are being employed as dockers, and particularly so at the port of Tsurauga, a half-way point between America and Petrograd. These women smoke cigarettes and wrestle with huge boxes and packages that often seem certain to overtax their strength. Much of the supplies for the Russian army pass through that port and are handled by women—Marine Journal.

"THE BRITISH VICTORY."

Hark! the bells are gaily ringing Over land and over sea. Praise to God we now are singing For this glorious victory. Come join the song of triumph And with gladness raise your voice in a grand united chorus. Let us one and all rejoice.

God bless all our gallant heroes Who have under His Command Brought this triumph to our forces. Guided by His mighty hand, Cheered are all our drooping spirits. We will now fresh courage take. For we know that God is with us And He never will forsake.

Now, we will not faint or falter. Onward still, we'll bravely go. Till we lay the tyrant low. Send, O send our reinforcements To our brave boys overseas, Hasten to their aid, O hasten, Help them win fresh victories. —Isabella B. Watson.

SAFETY FIRST?

You've heard that so often that it begins to sound stale. Besides, you will wonder why the question mark is there. Well, safety first is an excellent thing, but now that vacation is here and, as usual, the number of accidents to boys and girls in the city begins to increase, it ought not to be "Safety First" but "Safety All the Time." It is an appalling thing that so many children are crippled or otherwise seriously injured, and some of them killed, each year through their own carelessness. At almost any hour of the day, especially in the crowded parts of the city, it is possible to see little boys stealing rides behind an automobile or a truck, and sometimes hitching on cars. Then another car or vehicle comes behind or from the side, and another accident has happened.

Of course, you never expect anything to happen to you. But every little fellow who met his death or is crippled for life thought the same thing. Something did happen. Something always happens when you do not expect it. You may steal rides and again, but in the end you will probably be sorry. Make it a rule this summer to be more careful than ever you were before. And, if you see smaller children subjecting themselves to danger, try to stop them. If you do not succeed, tell a policeman, or the child's parents, if that is possible. You will be doing that child a real bit of service.

There is probably enough food wasted during the holiday season in America to feed the hungry of Belgium and Armenia for several months.—St. Louis Post Dispatch.

CHRISTMAS SUPERSTITIONS

IN HOMES OF OUR ALLIES

We of the new world and the modern customs are always deeply interested in any quaint beliefs or unusual mannerisms of the countries across the Atlantic. Most particularly have the habits of England and France held us; the former because she is our mother country, the latter because of the unquenchable dear memory of Lafayette, and more recently because of that same spirit so gloriously upheld today by France's noble sons. And this holiday time finds us with our eyes turned thitherward for a more poignant reason—for there aren't many homes who cannot claim a son or brother "Over There."

And it is well to know some of the homely, sweet little superstitions which prevail among the people of our Allies.

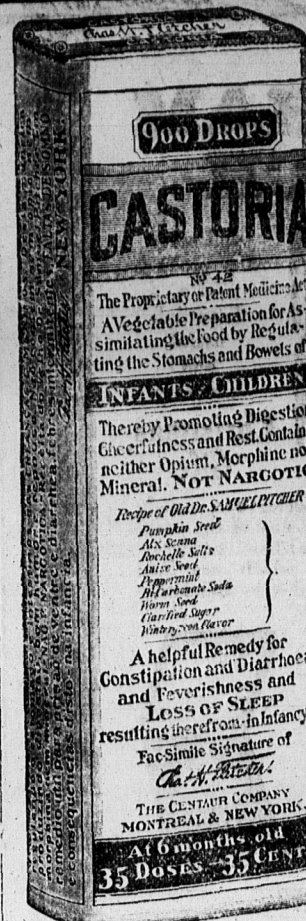
In England and in Scotland the saying goes that it is unlucky for anybody but a brunet to first cross the threshold on Christmas morning. To bade bread on Christmas day is praiseworthy, and loaves baked then will never grow moldy. In these times of scarcity of flour, the poor loaves do not stand half a chance to mold!

Woe to the housewife who on this day lacks for a mattress. It bodes ill luck for the whole year. A superstition which has its origin in Devonshire tells us that it is bad form and ill luck indeed not to wish the bees good morning and compliments of the season. On Christmas eve the hives are decorated with sprigs of green and a bit of red ribbon. "Be also said that the bees sing all night on Christmas eve. But bees are rather perpetual singers anyway.

The graceful traditions prevail in northern England and Wales, that the birds and beasts have some mystic connection with the Nativity. Hence, the farmers and landowners purchase sheaves of oats from little boys who sell it as our boys sell holly. These bundles are placed in convenient high places in trees and fences, that the birds may partake. The cattle, sheep, goats and even the pigs are all given double the amount of feedings on Christmas morning.

In Lyons, France, at the Foundling Hospital, a very pretty custom is to welcome the first baby that arrives with special honors—a beribboned cradle, padded basket, soft clothing, solicitude and a bestowal of gifts, and careful attention. This is done in explanation of the poor welcome given to a Wee Child of Bethlehem twenty centuries ago, and a beautiful thought it is.

In some provinces in France it is considered bad luck to cross a strange threshold on Christmas day.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of *Dr. J. C. Ayer & Co.* In Use For Over Thirty Years **CASTORIA**

Exact Copy of Wrapper.



Monuments that endure the Ravages of Time

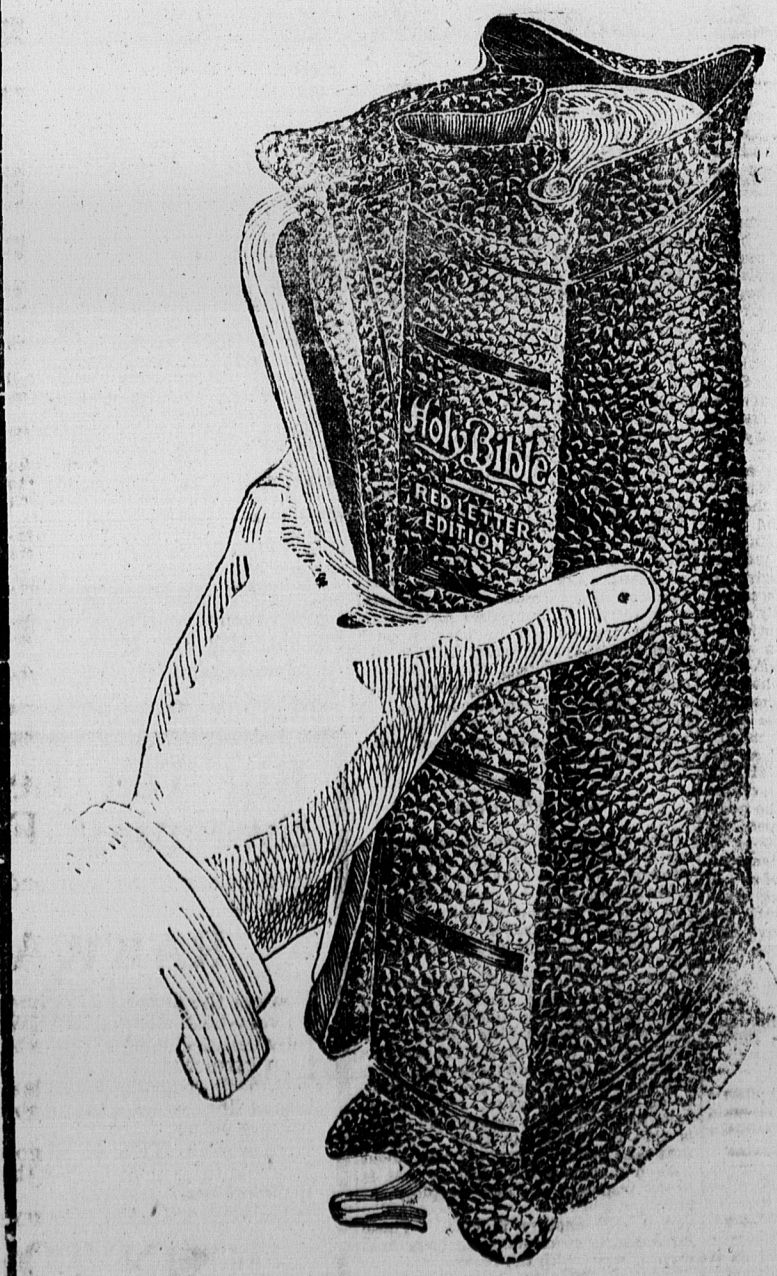
Are what you seek to make the grave of your departed with. We supply no others. Our Monuments are the best to be had. Estimates given.

Chandler & Bell

60 Kent Street

The Last Period

of the famous Bible Distribution begins next, December, 12 ends December, 24. But cannot say how long--- because any day may see the last of these wonderful bargains go to the lucky coupon holder! But while they hold out, coupons will be gladly honored. The



GUARDIAN

again urges every man, woman and child who reads this paper to clip the coupons and get the

The Big Catholic Douay Bible AND THE Big Print Red Letter Bible

COMPARE IT -- NO OTHER BIBLE LIKE IT

Wonderfully Beautiful Half-tones of Scenes of Sacred History. Text printed in Large Type Easy on the Eyes. Light Tinted Maps of Bible Lands

ALL THE WORDS AND SAYINGS OF CHRIST distinguished from the context by being printed in red ALL Passages in the Old Testament prophetic of the coming of Christ, marked with a Star. All the difficult words in both Testaments made self pronouncing by diacritical marks; made so simple a child can pronounce them. Complete compendium of Bible Aids and Helps; useful to every Reader. This feature alone is worth MORE THAN the small distribution price asked by this paper

Exquisite colored plates of Nazareth, Bethlehem, Holy Sepulchre, Garden of Gethsemane, Visitation of Virgin Mary, Modern Jerusalem, After the Crucifixion, Tiberias, Damascus, Gate of Jerusalem, etc.

Special Price to Our Readers

WHILE THEY LAST

Only **\$1.59** (and 3 Coupons)

MAIL ORDERS

Filled on terms explained in coupon printed elsewhere in this paper