

INTERESTING LETTER FROM FRANCE

Miss Irene Aylward, Pleasant View has received the following letter from her brother, Pte. J. W. Aylward, who enlisted in December 1915 in Edmonton, in the 5th University Division of the Princess Pats.

France, June 15th, 1916. Dear Sister:—Received your very pleasant letter shortly after my arrival in France. I have already informed you of our being drafted over here.

Enjoyed coming over very much. It was a very interesting experience. The boat we crossed in was small and old fashioned being a paddle wheeler and nearly everybody was awfully sick. I escaped from mal de mer and consequently had lots of fun with the others in their misery. Many will settle in France after the war is over to avoid crossing the channel again.

We travelled to our destination in box cars which had a capacity of "six commies," or "six" chevrons. When the number is crowded in there is hardly standing room. Of course we were not so crowded as that but had difficulty in assigning each man his space, especially for sleeping.

The arrangements for sleeping were finally made. We were stowed in two of a three deep which was nice and warm. It was not comfortable. It is surprising how we have developed

the All in the Game side of our characters. We put up with whatever comes along without a murmur and good naturedly. We surely have grown less selfish and have broadened the humor part of us considerably. I think the experiences we are getting here will result to our benefit.

We spent a night and a day in these cars and saw a lot of France by the nature of the country travelled through which we observed from the tops of our box cars. The country is beautiful—the people seem industrious and thrifty but not of superior intelligence. Of course I am speaking in the particular part we are now in. It is beautiful and quiet and well-cultivated. The people are kind and comfortable, having convenient farm houses but not luxuriously furnished as are our Canadian farmhouses. They lead physical, happy, contented, useful lives. They pursue the "even tenor" of their lives as if nothing were happening, yet they are in constant hearing of the guns on the firing line only a few miles away.

Our Battalion is now taking a rest after having been in the trenches for three months. It is probably that we shall be out for some time—a month or so. My address is No. 2 Company, P. P. C. L. I. Canadian Contingent, B. E. F., France.

You need not worry about me I am quite happy. This life although being full of discomforts and inconveniences has its compensations. We grow used to it and like it. Things which to you people seem awful and wonderful

to us seem only ordinary. One cannot regret or be sad. One must be cheerful even though one has lost one's dearest friends. One must have a sporting spirit and "play the game."

I will need lots of socks and handkerchiefs over here. You might send me some every month if you please. Kind to me in that regard. I have received many nice parcels. Write often and keep me posted. Yours affectionately, PTE. J. W. AYLWARD. No. 487355.

Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It

DOCTOR SAYS NUXATED IRON IS GREATEST OF ALL STRENGTH BUILDERS. IT INCREASES THE STRENGTH AND ENDURANCE OF DELICATE, NERVOUS FOLKS 200 PER CENT. IN TWO WEEKS TIME.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man. In fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 40 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron. I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to grow in a soil deficient in iron. If you are not strong or 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 while, double

their strength and endurance and entirely get rid of all 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. But don't take the old forms of reduced iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many athletes or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. SEUER, M. D.

NOTE: Nuxated Iron, recommended above by Dr. Seuer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer a forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to return your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Geo. E. Hughes, Apothecaries Hall and E. A. Foster, Central Druggist, and all other druggists.

The Central Guardian

IT PAYS to buy in this Province.

TO MEET HERE.—The next session of the Supreme Grand Orange Lodge, 1917,—is to be held at Charlottetown next July.

A PICKARD & CO., Coal Dealers have just installed the latest and best six ton Fairbanks Standard Platform Scale at their office, it is constructed of all steel which is a great improvement over the old wooden frame, and is twenty two feet long, long enough to take any horse and wagon. The work was done by Mr. Harry Hermans in a most satisfactory manner. 1267

THE PAINTER AT WORK.—The Hotel Victory, corner Prince and Sydney Streets has been painted on the outside in shades of grey, black and cream. Mr. Lane's cottage, next door is also receiving the same treatment at the hands of Mr. P. Burke the well known painter. Both buildings lend a touch of cheeriness to that part of Prince St. Freshly painted houses certainly add greatly to the good appearance of any city.

DEAF SCHOOL.—The Principal of the School for the Deaf, Halifax, N. S., would be obliged if medical men, clergymen or teachers would let him know of any deaf or partially deaf children in their neighbourhood. There are many children throughout the Maritime provinces whose hearing is so defective that they cannot be successfully taught in the ordinary hearing schools. Such children are eligible for admission to the school for the Deaf at Halifax where their speech will be perfected and lip-reading taught to them.

S. S. SUMMER SCHOOL.—One of the outstanding events of the year of interest to Sunday School workers will be the Summer School to be held in Sackville, August 17th to 24th. This is a co-operation school and all denominations are officially taking with the Sunday School Association to make it a success. Each of the churches will be represented by a lecturer on the staff. Dr. Brown of Chicago will be present and also Mrs. M. J. Baldwin of Philadelphia, one of the outstanding elementary specialists on the continent. It is hoped that island Sunday School workers will recognize the opportunity afforded by this school. All particulars will be furnished by the General Secretary, Rev. W. A. Ross, whose permanent address is Moncton, N. B.

TRAVELLING "MOVIES".—The Dominion Amusement Co., has been keeping up its good reputation as a moving picture company of the highest order. The Company has presented high class programmes at the following places with great success. Ft. Stewart, Morrell, St. Peter's, Bridgetown, Peaks, Georgetown, Webster's Corner and Corran Ban. In most of the halls seating room was not obtainable for all. The pictures exhibited are the very latest, all well chosen subjects. They are sharp, clear and steady and devoid of flicker. So far no other travelling has been able to give such excellent results on the screen. If the Dominion Amusements should decide to visit these places they may be assured of a hearty welcome from all.

SPRINGFIELD.—Notwithstanding the heat of the past week the people have managed to keep their temperatures normal by means of numerous ice cream festivals.—Mr. Lemuel

RED CROSS WORK.—The Valleyfield Red Cross Society Secretary, recently received acknowledgement of a box of supplies forwarded to the Red Cross office, Charlottetown. The contents of the box were as follows:—9 pairs sheets, 9 pairs sleeping suits, 23 pairs socks, 24 slings.

EARLY NEW POTATOES.—Mr. A. T. Dollar, Spring Park visited the Guardian yesterday and showed some samples of new potatoes of the Early Rose variety. They were planted on May 20, and are now of good size, and when used on Sunday proved highly satisfactory. Mr. Dollar states that the potatoes so far are free from disease. Mr. Dollar planted turnips about the same time and was able to reap his first fruits on Saturday when they also turned out excellent.

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Miss D. Rudge 171 Great-George St. Phone 214. Manufacturer of all kinds of fine hair goods including Toupees and Wigs. Hair dressing, Manicuring, Shampooing, singeing. 1169-7-8MmWimo.

All Women Need

a corrective, occasionally, to right a disordered stomach, which is the cause of so much sick headache, nervousness and sleepless nights. Quick relief from stomach troubles is assured by promptly taking a dose or two of

Beecham's Pills

They act gently on the stomach, liver, kidneys and bowels, assisting and regulating these organs, and keeping them in a healthy condition. These famous pills are vegetable in composition—therefore, harmless, leave no disagreeable after-effects and are not habit-forming.

A box of Beecham's Pills in the house is a protection against the many annoying troubles caused by stomach ills, and lays the foundation

For Better Health

Prepared only by Thomas Beecham, of Hales, Leamington, England. Sold everywhere in Canada and U. S. America. Price, 25 cents.

OSTERMOOR MATTRESS advertisement featuring an illustration of a woman in a bedroom, text describing the mattress's quality and price, and contact information for The Parkhill Manufacturing Co., Limited.

Valcartier Camp advertisement featuring multiple illustrations of Canadian military battalions (150th, 167th, 189th, 178th, 105th, 140th) and a central text block promoting the camp's role in training men for overseas battles.

IN training camps —at "the back of the Front"—even in the first-line trenches, the Gillette is helping thousands of our gallant officers and men to maintain their usual standards of personal cleanliness.

As they "pull together" at Valcartier, comparing notes and equipment, those who are without cannot help envying those who have Gillette Safety Razors. If there's a lad there whose comfort interests you, send him a Gillette, or a good supply of blades.