

Children Cry for



Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

"Proper Food and Exercise," by ARTHUR A. McGOVERN Former physical director, Cornell Medical College

Are you taking your miles in a bunch?



RECENTLY an editorial repeated this bit of advice given by a garage man to an autoist: "There are so many miles to an automobile. You can take them in a bunch or you can stretch them out. You are not wearing out your car, you are burning it up."

The same advice applies to a great many of us in regard to our human machines, or bodies. If we were to take a new automobile and drive it at 60 or 70 miles an hour, we would put a terrific strain on the machine. However, I am sure most people follow implicitly the instructions given by the manufacturer that the car must be broken in slowly and gradually. I have handled a great number of people who take the utmost precautions with their automobiles although they utterly neglect their own bodies. Automobile parts can in most instances be replaced by new pieces, but when we damage a part of our human machine, it is broken forever, and all the scientific repairmen in the world cannot substitute the organ.

ecial filling stations in order that we may obtain a high grade of fuel. We are very careful to keep our crankcases clean by constantly replenishing them with fresh oil. The crankcases of our human machines, which may be likened to the crankcase of an automobile, do not get one per cent of the solitude or discretion given to that of the automobile.

Scientific experiments are proving daily that the majority of diseases of the body are caused indirectly by food. If we could or would only be as wise in the selection of our diet as we are in the choice of fuel for our automobiles, we would avoid many of our ailments and would be free from blocks and squeaks.

Before starting out on a trip, we are careful to go over our cars thoroughly, fill the radiator with water, check up on the oil gauge, and make sure that there are no nuts or bolts loose and that there is sufficient air pressure in all the tires. Let us take the same precautions with our human machines each morning before we start on a trip. Upon arising start exercising. This will tone up the organs and circulate the blood. After the exercise, a bath followed by a good brisk rub with a Turkish towel. Then take a few minutes to carefully brush the teeth both inside and out. Now fill up the human radiator by trying to drink from one to three glasses of water. Then we are ready to fill our human crankcase with fuel.

Diet for the Sedentary Worker

BREAKFAST: Some stewed fruit such as prunes, apricots, figs, apples. Bran flakes or cereal meal. Chocolate, cocoa or coffee substitute. Toast made from dark bread only. At least two glasses of water should be taken between breakfast and luncheon.

LUNCHEON: A vegetable luncheon consisting of any of the following: Spinach, stringbeans, carrots, peas, cauliflower, onions, brussels sprouts, lima beans, cabbage. Take any two or three of the above vegetables with some dark bread toasted, cocoa, chocolate or coffee substitute.

DINNER: Clear soup and any of the following meats: Chicken, broiled lamp chop or any broiled fish. At least two vegetables as mentioned above, chocolate, cocoa or weak tea. Between luncheon and dinner and bedtime, at least two glasses of water should be taken.

Mr. McGovern will answer your questions. © A. A. McGovern

STOCK QUOTATIONS

HALIFAX, Jan. 29.—Quotations furnished by Johnston and Ward, Members of the Montreal Stock Exchange:

American Can. Co.	29 1/2
Am. Car and Fdy Co.	109
American Locomotive Co.	113
Am. Smelting and Refng. Co.	127 1/2
Am. Bosch Magneto Co.	29 1/2
Butte and Sup. Mining Co.	140
Anaconda Copper Mng. Co.	48
Canadian Pacific Co.	148 3/4
Chile Copper Co.	24 3/4

N.Y. Cen. and Hud. Riv. R.R. 130
Cuba Cane Sugar Co. 11 1/2
Cuba Cane Sugar Pfd. 47
Granby Cons. Min. & Smeltg. 57 3/4
International Paper Co. 58
Standard Oil of New Jersey 41 1/4
Kelly Springfield Tire Co. 18 3/4
Marland Oil Co. XD 3% 260
Pan-American Petroleum 68 3/4
Reading Co. 88
Railway Steel Spring Co. XD 3% 254
Southern Pacific Co. 101
Union Pacific Ry. 148 3/4
U.S. Industrial Alcohol Co. 64 3/4
Westinghouse Electric 132 3/4
United States Steel 132 3/4
Brompton 29 1/2
Brazilian Fraction 88
Howard Smith Com. 49 3/4
Spanish River Pfd. 99 3/4
Spanish River Com. 106 3/4
Steel Company of Canada 8 1/2
Abilthi 170 3/4
Shawigan 81
Laurentide Pulp 83 3/4
Canadian Steamship Pfd. 60 3/4
Dominion Bridge XD 119 1/4
Montreal Power XD 32 1/2
Winnipeg Electric XD 152 3/4
National Breweries 58 3/4
National Breweries Pfd. 44

FROST BITES

Prevent complications by rubbing the affected parts with Minard's. It draws out inflammation, soothes and heals.

MINARD'S "KING OF PAIN"

A DARING DISPLAY ON SKATES



Phil Taylor, a Canadian skater well known in European winter resorts, shows his skill in jumping on skates over two tables.

Truro Beat New Glasgow In Overtime

TRURO, Jan. 29.—In a fixture in the second round of the A. P. C. League Schedule over two thousand fans saw the Bearcats, Maritime Amateur Champions, nose out a 3 to 2 victory over New Glasgow in ten minutes of overtime play. The game was the fastest and hardest contest ever staged in the arena here and though rough, marvellous stick handling and poke checking featured, Murdoch, Smith and Kuhn for Truro were in the thickest of the battle and forced the issues throughout the game, while Hopper, Fraser and Wilson made a stonewall defence that held the visitors in check. Guinan in the net was in old time shape. Lennon displayed marvellous skill in the visitors' net while Donald, McDougall and Wright showed up well throughout, with McDougall taking the heavy end of the play. Many offside plays kept the referee busy. Truro scored in the first and second periods, and the visitors tallied up in the first and third.

Amateur Team May Retire From League

MONTREAL, Jan. 29.—Canadiens of Ottawa are about ready to drop out of the Senior Amateur Hockey group, according to reports current yesterday. It appears that the team, which is making it pay, though in the group, has been losing heavily financially through poor support in its home games. Tonight they are scheduled to play at Quebec, but it is stated, have informed the Sons of Ireland officers that they cannot make the trip, though they would be willing to travel to the Ancient Capital for the game if the Sons will pay their expenses. Not only are the Canadiens down financially, but it is said that the Sons of Ireland is the only team in the league that is making it pay. Victors of Montreal are down and the only way the Vics can balance their accounts this season would be through getting into the play off and drawing one big game.

Senators Win From Canadiens

OTTAWA, Jan. 29.—Canadiens went down to defeat before the Ottawa Senators in a National Hockey League fixture by a score of 4-2 here last night.

Says American Men Soon Be The Ruled, Not Rulers

CHICAGO, Jan. 29.—If American women continue the pace they have been travelling for the past century, American men must soon surrender the rule of business and government and be content to be ruled sex.

Sunny Brae Won From Oxford Team

OXFORD, N. S., Jan. 29.—The Sunny Brae Rovers defeated the Oxford team here last night by a score of 7 to 2 in a regular Central League hockey fixture.

41 Minutes to Play One Period At Chatham

FREDERICTON, Jan. 29.—It took 41 minutes of elapsed time to play the second period of Fredericton's game at Chatham in the Northern Section of the M. P. A. H. A. according to members of the Fredericton team who returned home yesterday afternoon.

Capt. Clark said that one of the most unusual events of the recent evening occurred when the woman felled Allen Sterling with a blow with a can as he was rushing the puck up the ice near the boards. Some of the players said this woman was supposed to be an old lady who was the occupant of a wheeled chair, but for that feature of the story none of them could positively vouch. Allen Sterling said it was true that he had been knocked down by a blow on the head from a woman's cane while he was rushing the puck.

Board of Trade On Transportation Problems

In presenting his brief on transportation before Mr. Appleton, Divisional Manager of the C. N. R., and other railway officials in the Board of Trade rooms on Wednesday night, Mr. R. E. Mutch emphasized the fact that with the present service passengers for the island were obliged to wait over in Sackville for thirteen and a half hours, and that when the train did leave it took seven and a half hours more, according to the schedule, to get here. It was never on time and the statement had been made by Post Office officials that it was generally an hour overdue. It took twenty two hours, then, to get from Sackville to Charlottetown, a distance of eighty-eight miles. This was a rate of four miles an hour, a fair walking speed.

Mr. Appleton thought that this was an unfair statement. He would like to know what was the average number of passengers coming by this train. Mr. Mutch replied that the service was so poor that no one would bother travelling by it. Mr. Appleton: We put in what the Railway Commission ordered, and it was approved by the Board when finally established. What had been asked in the Island's request to the late Mr. L. S. Brown had been put into force in so far as was possible without causing too much consideration as to the question of service the matter could easily be adjusted, but the question of cost had also to be considered. Mr. J. O. Hyndman said here that the question of cost should be no consideration at all. It would be had visited Ottawa on a Maritime delegation it had been pointed out to the government that the amounts expended in communication facilities in Central Canada were far greater than in the East, and that the expenditure in the Maritime Provinces was not nearly equitable. Costs was a question that should not come up at all. Mr. Appleton: I am not trying to throw cold water on your proposal, I am just trying to give you the railway's point of view. The chairman, President W. M. Rowe, then called upon Mr. J. E. Whear, Post Office Inspector, to give his opinion of the service to Sackville. Mr. Whear said he thought that this Province was entitled to the double service. It would only be giving her what all other sections of the Maritimes were already receiving. In addition it had been the wish of the Province that the service be maintained during the winter months. If it was at all possible, they should start coming all that were wanted were got ten days from the demand, and there was no shortage after that. When the weather became cold, however, they found they were not getting sufficient. In two months 887 protected cars were ferried across the straits, the whole hitch was in those ten days in November. If the price hadn't jumped there wouldn't have been such a demand. Mr. Higgins stated that a large percentage of the potato crop had to be marketed in the fall because of lack of winter storage facilities. This was the reason there was usually such a heavy fall shipment.

PRINCE EDWARD WED. — THURS. February 3rd & 4th

MARY PICKFORD IN "LITTLE ANNIE ROONEY"

DIRECTED BY WILLIAM BEAUDINE

The World's Sweetheart

In the ragamuffin and hoydenish type of role that made her beloved by millions. Her curls of gold again fly free, her mischievous smile and her frankish ways fascinate and charm in a picture so pleasing that it takes the hurt away.

3 Shows Daily. 3.15, 7 and 8.45
Matinee—26c, 16c.
Evening—37c, 26c, 16c.

Prince Edward TODAY AT 3, 7, & 8.45 MATINEE—16c, 11c. NIGHT—26c, 21c, 11c.

Tom Mix THE LUCKY HORSESHOE

WILLIAM FOX PRESENTS
J.G. BLYSTONE Production

JUST LIKE A MAN—BY GENE KNOTT

BAH! I NEVER SHOULD HAVE LET THE WIFE DRAG ME TO THIS PLACE. IF THIS IS A FISHING RESORT I'M AN ESKIMO.

I'LL GO AN' SEE IF I CAN'T INDUCE HER TO LEAVE THIS JOINT AN' GO WHERE THERE ARE SOME FISH.

SAY THERE AIN'T FISH AROUND THIS PLACE.

DON'T BE SILLY.

—THIS HOTEL IS FULL OF THEM.

large number of protected cars about 375, would be required; to start coming on the first of September and fill the month's demand. Previous to November 1st box cars could be used. Mr. Grady said that he had wired Montreal to this effect, but when the time came for the first supply there was a dearth of refrigerator cars and they couldn't be got. All that were available were used and the shortage took place. Where they did start coming all that were wanted were got ten days from the demand, and there was no shortage after that. When the weather became cold, however, they found they were not getting sufficient. In two months 887 protected cars were ferried across the straits, the whole hitch was in those ten days in November. If the price hadn't jumped there wouldn't have been such a demand. Mr. Higgins stated that a large percentage of the potato crop had to be marketed in the fall because of lack of winter storage facilities. This was the reason there was usually such a heavy fall shipment.

PUZZLE \$9.00 GIVEN FREE

The above amount of money has been given away by our CASH PRIZES.

\$500.00 more will be given away as follows:

1st prize \$100.	5th prize \$10.
2nd " 75.	6th " 8.
3rd " 50.	7th " 6.
4th " 25.	8th " 4.

5 prizes of \$10, each in Cash
10 prizes of \$5, each in Cash

Solve the Puzzle CASH PRIZES

There are 7 faces to be found watching the deer. Can you find them? Mark each one with an X, cut out the puzzle, and mail it to us with your name and address. In case of a tie, the puzzle will be given to the first one who writes to us. Don't send any money. You can be a winner without spending one cent. Send your reply to: GOOD HOPE MANUFACTURING COMPANY, 275 CRAIG STREET WEST.

Very good!

Whenever we ask people what kind of results they have received from "Furnished for Sale" classified ads in the Charlottetown Guardian the answer invariably is "Very good!"

USE THE CHARLOTTETOWN GUARDIAN

Let The Charlottetown Guardian dispose of those extra pieces of good furniture which you have no use for. Lots of people would like to buy them as you will learn by inserting classified ads in The Charlottetown Guardian.