

Hard to Drop Meat?
All depends on what you eat as a substitute. It is a good time to study "food value." You may be eating, the wrong foods, the foods that cost most and give the least nutriment. **Shredded Wheat Biscuit** contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-eat. Made in Canada.

Germany's Lost Empire

By John H. Harris.

Fortunate for every interest concerned the German colonies possess very little gold, although it is true that the diamond fields of "German South West" are almost as valuable as those of Kimberley. The chief value of the German colonies is an agricultural one; given a new colonial system, given sound principles of administration, Germany's late colonial empire will repay investment a hundred fold.

Prior to the outbreak of war the price of animal fats had increased enormously and there was a steadily growing demand for vegetable butters; but prejudice, based largely on ignorance, erected a solid barrier against "margarine" or "nut butter." With every increasing cost of living, prejudice has broken down, and the consumption of margarine has become so general at the family table that even the autocrats of the kitchen are graciously condescending to consume "nut butter."

Every Germany colony, with the exception of "German South West," is suited to the production of vegetable butter and its allied food products, which even "German South West" will assist if cotton can be grown, for cotton-seed also spells butter. The four main vegetable butter agencies in the German colonies are (a) the oil palm, (b) copra, (c) ground nut, (d) cotton-seed; two are the products of the palm trees of perennial growth, one a surface plant and the other from the earth kernel. The cocoa bean also produces butter. The as a price which prohibits consumption, but permits its use for the personal adornment of the fair sex.

THE BUTTER PRODUCERS.

Alike queen over all, both in beauty and productivity, is the oil palm found almost everywhere in Togoland and the Cameroons. Lord Harcourt recently pointed out that within the last seven years the value of the exports of raw butter products from Britain's West Africa possessions had "increased from £2,400,000 to £5,300,000," and there is good reason to hope that the next seven years will see the figures rise over £10,000,000. There is no reason whatever why under suitable conditions, the Cameroons and Togoland should not export

The Western Guardian

—IT PAYS to buy in this Province.
—A FEW TONS BASIC SLAG at old price at Brace's.
—FOX NETTING.—Low prices for a short time yet at headquarters.—Brace's.
—FOX BISCUIT, feeding pans, meat grinders, etc. Right goods at right prices at Brace's.
—POLICE COURT.—The case of a young man charged with selling goods known to have been stolen, came up for hearing on Monday, before Stipendiary Magistrate Wright. After a couple of witnesses were examined the case was adjourned till Saturday next.—H.

£5,000,000 within a few years. The oil palm, growing everywhere, needs little cultivation; it only requires reasonable protection to give forth continuous supplies of butter. The coconut palm, the dried flesh of whose nut provides copra, requires cultivation, and only grows within some 200 miles of sea influence. "German East Africa" and the possessions of the South Pacific have large coconut industries. In 1912 "German East African" plantations contained 800,000 coconut palms, which on an average should soon be producing 25,000,000 coconuts per annum. The ground nut is the favorite little "monkey" which grows as an annual crop just beneath the surface of the soil. Every German colony produces the ground nut, of which Europe requires about 100,000 tons per annum. The seed of the cotton plant, but little larger than the English pea, gives a useful oil for butter, and still more attractive ingredient for fancy pastry.

COCOA AND BUTTER.

The other two main products in German colonies are cocoa and rubber. But the German colonies HHHH retain plantations production as far as possible in the hands of white natives, but unsound from the financial point of view. This policy involved such heavy charges upon the industry that although Germany had 20,000,000 rubber trees, the planters could not compete with British rubber, which now dominates the world's markets. The same policy is primarily responsible for the failure of the cocoa industry. Germany's cocoa producing areas in West Africa cannot measure less than 100,000 square miles, whilst the British areas can hardly exceed 75,000; yet the British cocoa production from the smaller area now exceeds £4,000,000, whereas the German production barely reaches £200,000.

There is only one way by which Germany's Colonies can be made a success by the efficient help of the black producer. White labor in any capacity is expensive; moreover, white labor either dies or kills itself in the tropics. The relationship of the white man to indigenous production is that of a teacher, that of leading the native to adopt more scientific methods of planting, growing, harvesting and marketing his raw supplies of nut butter, cocoa rubber, sugar and hemp. It is only by this policy that the late German colonies will be made fruitful and a blessing alike to the colonies and to European and American civilization.

—MR. W. K. McGOUGHAN is Guardian representative in Summerside. 4950-322M21.
—COAL ARRIVES.—Two cargoes of coal arrived in port Monday evening. The H. H. Kitchener, Murray, master from Sydney coal consigned to R. T. Holman, Ltd., and the schr. Pacific, Capt. Murray, also from Sydney with coal for Joseph Read & Co., Ltd.—H.
—NEW BANKING PREMISES.—The Manager and Office Staff of the Canadian Bank of Commerce here, opened up business in their new building on Monday morning. It is understood the old building will be converted into a garage and a number of carpenters are now at work making the necessary changes on the building which is the property of the firm of R. T. Holman, Ltd.—H.

WESTERN PERSONALS

—Mrs. Vernon Matthews and son Ralph, returned to Summerside from O'Leary where they had spent the week end with friends.—
—Mrs. D. M. Waugh and Miss Clay Summerside, spent Sunday with friends at Alberton. They returned to town on Monday.—H.
—Mr. and Mrs. Andrew A'Hearn, have removed back to Summerside after a sojourn of several months at Richmond.—H.
—Miss Ada Mulligan, returned to Summerside on Monday after spending a short visit at the home of her parents Mr. and Mrs. Michael Mulligan, Newton.—H.
—Mrs. D. J. McNeil and son Preston, arrived home on Monday from Albany where they had been visiting her parents Mr. and Mrs. Abraham Noonan.—H.

—The friends of Mr. Albert Gaudet, Summerside, will regret that he is confined to his home with illness and that his case is considered more serious than at first anticipated.—H.
—Mr. and Mrs. Joseph Clow, Free-town, Rev. P. J. Arsenault, Mt. Carmel and Mr. J. T. Cosgrove, Wellington, were among the Monday visitors to Summerside.—H.

TOOK IT LITERALLY.

"Willie," said his mother, "I wish you would run across the street and see how old Mrs. Brown is this morning." A few minutes later Willie returned and reported: "Mrs. Brown says it's none of your business how old she is."

Children Of All Ages

When sick the newborn babe or the growing child will find prompt relief through the use of Baby's Own Tablets. They are absolutely safe for all children and never fail to banish any of the minor ills from which little ones suffer. Concerning them Mrs. Arthur Sheasly, Adanac, Sask., writes: "I have used Baby's Own Tablets and think they are splendid for children of all ages." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FREE WHEAT

(Continued from page four)

upon international trading. Now let us see what has happened since the war has broken out. Our imports from the United States have immensely increased.
Sir WILFRID LAURIER: Hear, hear!
Sir THOMAS WHITE: My right hon. friend says "hear, hear."
Sir WILFRID LAURIER: Certainly.
Sir THOMAS WHITE: Yes, our imports from the United States have immensely increased. How can we liquidate that adverse balance today with existing conditions of transportation and exchange between England and the United States unless we increase the sale of our products to the United States?
Sir WILFRID LAURIER: Hear, hear, by all means.
Sir THOMAS WHITE: At last my right hon. friend and I are together on the war conditions.
Sir WILFRID LAURIER: That is what reciprocity would have done.
Sir THOMAS WHITE: But reciprocity was a peace time measure.
Sir WILFRID LAURIER: Oh, oh.

Sir THOMAS WHITE: I am speaking about war conditions, and they have brought this about.
Sir WILFRID LAURIER: You seem very much involved.
Sir THOMAS WHITE: Let us see what the conditions were in 1911, or even in 1914. My right hon. friend need not take my opinion or my statements; I shall cite to him one whose authority not even my right hon. friend will question. But let us see, just for a moment, the change that has taken place in the exchange of commodities between Great Britain and the United States since the outbreak of this war. In 1914 the exports from the United States to Great Britain were \$594,000,000 let us say \$600,000,000, merchandise only, and in 1916, last year, those exports had risen to \$1,600,000,000 from the United States to the United Kingdom, or an increase of \$900,000,000 in favour of the United States as compared with previous exports.
At the same time, the exports of Great Britain to the United States had increased only from \$293,000,000 to \$308,000,000. This means that exchange has completely broken down between the United Kingdom and the United States; that the conditions which prevailed before the war do not prevail today; that an entire change has taken place both as to the character of trade and the conditions under which trade is carried on.

I told my hon. friends that I would quote an authority to which he would defer. At the Guildhall a few days ago, Mr. Lloyd George, Prime Minister of Great Britain, referring to the transportation situation and the food conditions in Great Britain, made a most important statement. Speaking about the shortage of ocean transport and its effect in Great Britain, he said that arrangements were being made whereby imports would be cut down by over 10,000,000 tons yearly without interfering with any essential industry in Great Britain. Why is the Government of the United Kingdom devoting its energies to cutting down imports? Because of the shortage in tonnage brought about by submarine warfare. Sir Edward Carson said yesterday that the losses from submarines were growing. There is no use minimizing or blinking matters; the submarine menace is a terrible one. During the week before last 40 large British and Allied vessels and 15 smaller ones were sunk; to say nothing of neutral shipping. That is the condition with which we are confronted today; the submarine menace to British and neutral shipping; regulations as to the losses from submarines in the United Kingdom. Mr. Lloyd George further said, "We are placing under cultivation 3,000,000 acres of land so that in 1918 we shall be able to support ourselves within the confines of the United Kingdom." Will that have any effect upon trade or upon imports of foodstuffs? This war has brought about a limitation of ordinary imports into Great Britain of exports from Great Britain. Every day of my life I am asked by some interest in Canada to see if I can get the embargo lifted whereby exports from Great Britain of commodities in which they are represented are prohibited from leaving the ports of the United Kingdom—the reason being, of course, the shortage of shipping.

Coming to the wheat question, what does Lord George say? I direct the attention of my right hon. friend and of the member for Assiniboia to the following words:
There are 85,000,000 bushels of wheat in Canada.—
That is an under-statement.
—I would not say for the asking, but for the fetching. It ought to have been 100,000,000 bushels of wheat had to go to the United States for lack of another market. We must cut down our food until we discover a method of destroying this ocean bac-

ITCHY SALT RHEUM

Sometimes Called Eczema—Removed by Hood's Sarsaparilla
Salt rheum is one of the worst and unfortunately one of the most common of all diseases. How it reddens the skin, itches, oozes, dries and scales, and then does this all over again! Sometimes it covers the whole body with inflamed, burning patches and causes intense suffering, which is commonly worse at night.
Local applications may do some good, but they cannot permanently relieve. The disease will continue to annoy, pain and perhaps agonize, until the blood has been purified and the general health improved.
Ask your druggist for Hood's Sarsaparilla, the good old reliable family remedy. It has given perfect satisfaction in thousands of cases. Insist on having Hood's Sarsaparilla, for no substitute acts like it. Get it today.

Very Attractive Ladies' Suits

A new shipment of Ladies' Suits received, in the latest styles with novelty pockets, large collars and belted in effects in colors Brown, Navy and Black



Now about these Suits they are tailored from fine quality serge, some of the coats are made with a pleated back, others with plain back and finished with belt at the waist--a very pretty skirt made in the full style shirred at the back. Price range from \$13.90 to 36.00

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See our line of children's dresses in colored gingham and fancy cottons in the latest styles for summer Price 49c to 2.35 Ages from 2 to 14 years.

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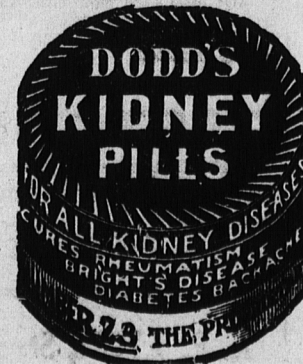
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PHOSPHONOL FOR MEN. Restores Vitality for Nerve and Brain; increases "Grey Matter"; builds you up. \$5 a box, or two for \$5, at drug stores, or by mail on receipt of price. This SCOTT'S DAWG Co., St. Catharines, Ontario.
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