

# ESPECIALLY FOR WOMEN

## "Fruit-a-tives" Now Known as Woman's Best Medicine

"FRUIT-A-TIVES," the famous fruit medicine is particularly well suited for the use of women, because of its mild and gentle action and its pleasant taste.

In severe cases of Constipation, Indigestion, Bloating, Sick Headaches, Pain In The Back, Neuralgia, or a General Run-Down Constitution, "Fruit-a-tives" is the only medicine needed to correct such troubles and restore the sufferer to complete health.

As a tonic, "Fruit-a-tives" is invaluable to purify and enrich the blood and build up strength and vigor.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

## A Remedy For All Pain

"The efficiency of any drug" says Dr. C. P. Robbins, "is known to us by the results we obtain from its use. If we are able to control pain and disease by means of any preparation, we certainly are warranted in its use. One of the principal symptoms of all diseases is pain, and this is what the patient most often complains of, i. e. something to relieve his pain. If we can arrest this promptly, the patient is most liable to trust in us for the other remedies which will effect a permanent cure. One remedy which I have used largely in my practice is Anti-kamnia Tablets. Many and varied are their uses. I have put them to the test on many occasions, and have never been disappointed. They are especially valuable for headaches of malarial origin, where quinine was being taken. They appear to prevent the bad after-effects of the quinine. Anti-kamnia Tablets are also excellent for the headaches from improper digestion; also for headaches of a neuralgic origin, and especially for women subject to painful certain times. Two Anti-kamnia Tablets give prompt relief, and in a short time the patient is able to go about as usual. These tablets may be obtained at all drug stores. Ask for A-K Tablets. They are also unexcelled for headache, neuralgia and all pains."



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McLeod tailoring stands today—and has always stood—for the maximum of style, fit, finish, materials and workmanship at a price no higher than you would pay for clothes that will not give half of "McLeod's Satisfaction."

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**John McLeod & Co.**  
157 Queen Street.

### FAULTS OF BUTTER

In spite of the dairy instruction which has been poured out upon farmers for some years, it is a common thing to come across those who make bad butter, and who do not know that it is so. They have been so used to it being bad that they cannot realize that anyone should consider it as otherwise than the usual type. There are quite a few who obstinately refuse to see anything wrong with their butter, and resist all attempts at improvement.

The faults of inferior butter are generally of two kinds: either the butter is strong and badly flavored, or it is weak and it fails to keep. Apart from the lack of cleanliness, there are two main faults which are responsible for these two conditions. First, the cream is kept too long before it is churned. Second, the buttermilk is not properly washed out.

As regards the first, it is quite safe to say that a great deal of butter is spoiled before it ever reaches the churn. If cream is kept before churning until it develops strong flavors, these flavors are bound to appear in the butter. It amounts to this: You cannot make clean flavored butter from putrid cream.

The remedy is obvious. The cream should be churned oftener. The cream should be churned twice a week at least in summer, and only in the coldest weather once a week. The cream should be kept well stirred while ripening, so as to get the air into it. This is important, but a good many overlook it. This stirring prevents the setting up of undesirable fermentations.

As regards the second point it is an absolute certainty that if butter has not had the buttermilk washed out of it, it will not keep. Pure butter fat, like other pure fats, does not show much tendency to go bad, but the nitrogenous material present in the buttermilk undergoes such changes very rapidly. Hence, the need for thorough washing.

If there is one process more than another taught in the modern butter school which pays for adoption it is that of washing butter in the grain. It is only by so doing that the buttermilk can be thoroughly and easily washed out. It is obviously a senseless proceeding to churn the butter into big lumps, and then proceed to get it apart in the endeavor to get the buttermilk out of it, when we have done all we could to enclose it in the lumps.

This, however, is what the old buttermilk used to do, and what the bad buttermilk of the present time are still doing. If they would wash their butter in the grain the process would be both easy and effective.

### A POCKET WIRELESS

Dr. H. Barrington Cox demonstrated in New York this week a wireless telegraph device that may be strapped about the waist, hidden in folds of a cloak and as there are no antennae visible it can be operated without attracting any attention. Dr. Cox intends it is said, to lend it to a certain foreign power for use in the trenches until this war is over. For military purposes he has strong hopes of it, for there are no aerials to attract shells, and the man in khaki, who is apparently doing nothing at all may be sending wireless orders along the line for a general advance. The models which are exhibited were made for his laboratory, but there are smaller ones being designed which will be far more conveniently carried.

The sending apparatus consists of a box in which there are five dry cells and a vibrator. The electric pulsations are started by tapping a telegraph key, and the current, which the doctor says is modified with a hidden transformer of his own invention, sends out its message in waves long and short.

About as much electricity is used as is equivalent to half a watt or one-eighth as much as is required for the ordinary electric bulb. From the box projects a wire. The one used in most of the work was an uninsulated one five feet long. It is intended that in warfare, the wire shall be carried down the leg of the soldier operator and connect with a metal plate or spur in the shoe. The operator then taps his message, which vibrates from the "rounder" antenna.

The receiving instrument at present employed consists of a drum about which is a coil of wire, and on top of this is a fine detector. It has a pair of ear plates such as are worn by telephone exchange and wireless operators. An officer in the trenches may carry the sending and receiving contrivances on the same belt, and when the time comes he can listen or send his orders.

Dr. Cox set one of the sending devices to going with an automatic sender. A reporter with the receiving instrument adjusted walked about the grounds, and presently there came the

singing into his ears, the information by Morse code that "The Turkish Hussars were arrested at Scutari." Then the bulletin was withdrawn and the doctor telegraphed directions to fall back on Post No. 2. No. 2 was in the neighborhood of a cornfield. It was not always that the message came distinctly, but when the receiver was lifted higher, the sounds became louder. A few sentences from a magazine story, directions as to where to go and conversation were distributed over the neighborhood.

### SUGGESTIONS FROM A NURSE.

Among the many fallacies with which the subject of the clothing of infants has been surrounded, the de-

vision to the binder is certainly one, says a trained nurse of experience. Indeed, it is a fallacy which has wrought considerable harm in the past, for it is undoubtedly a serious to sew a baby up in a tight band, which impedes movement, and by constriction is the direct cause of much digestive mischief, and through this, of malnutrition. The binder, looked upon as indispensable in the past, and still far too much employed, acts really like a splint and nothing but harm can accrue to any healthy limb or part—and a tiny baby is normally essentially a healthy little person—by treating it as if it were injured or ill. Some protection during the early weeks of life is obviously necessary, but it should not be in the

nature of a strong support, but rather of protection and warmth. The only result of strapping up of infants is to cause weakness and possible atrophy, so that the babies who grow strong backs and strong abdominal muscles—and strength here is most essential to health and progress generally—are just those who are allowed to develop naturally by movement and exercise, free from constriction and unassisted support. Practically the best binder is made from the finest flannel, from which the nurse should tear off strips as they are wanted, fixing them in position on her little charge with safety pins, and even this should be dispensed with after the first six weeks or so.



## Island Roll of Honor

### Wounded

- Lieutenant Morrison, Georgetown
- Private Peter Hughes, Mill Cove
- Private Geo. W. Sharp, Summerside
- Private J. E. Lockerbie, Cascumpee
- Private J. A. Beaton, Brookfield
- Private MacQueen, Mount Vernon
- Private Bruce McLellan, Indian River
- William McIntyre, Charlottetown
- K. F. Ellis, Summerside
- Pte. Damien McKenna, Charlottetown
- Pte. N. McKenzie, Nine Mile Creek
- Private W. B. Davey, Albion Bay
- Private Charles S. Beaton, Brookfield
- Corp. Ambrose Cosgrove, Wellington
- Wilfrid Clark Wright, Victoria, Cra-paud.
- Harry M. Whitlock, Charlottetown.
- Robert Trainor, Charlottetown, (Vancouver, B. C.)
- Lieut. Reuben E. Stewart, Wilmot Valley, (Montreal)
- Corp. H. S. Pearson, Charlottetown (Victoria, Australia)
- Pte. M. J. Fraser, Whim Road Cross.
- Pte. Ed. Hicken, Georgetown.
- Driver W. L. Ferguson, Alexandria
- Harold Gillis, Summerside.
- Ronald Vessey, Charlottetown.

- Gunner J. Bowden, Charlottetown
- John Stewart, Wood Island
- Stephen McKinnon, Charlottetown
- Emanuel Dolron, Charlottetown
- Gunner W. G. Bruce, Red Point
- Private Peter Martin Grant, Bangor
- Pte. C. A. Arnold, Charlottetown
- Pte. Samuel Elliott, Winslow Station
- Pte. Harry Riley, Sea Cow Pond, Lot 1
- Pte. Lester Proulx, Charlottetown
- Pte. Donald F. Campbell, Newport, Lot 54.
- Pte. L. Coffin, Morrell.
- Sergeant John A. McLean, North Cardigan.
- Private Gordon M. Sinclair, Montague.
- Pte. S. E. Chandler, Mt. Albion.
- Pte. Wm. O. Delaney, Kensington
- Pte. Garnett Gillis, Montague.
- Lieut. Eric Warburton, Charlottetown.
- Pte. Fred Halliday, Eldon.
- Pte. Clifford Rogers, Miscouche, P.E.I.
- Pte. Alexander McDougall, Nine Mile Creek.
- P. Carragher, Kelly's Cross.
- Sergt. John A. McNeill, Charlottetown

### Prisoners

- Private J. Fraser, St. Peter's Bay.
- Pte. H. J. Wells, Elmsdale
- Private Daniel A. Simons, Port Wood
- Private Lloyd Leeman, Georgetown
- Private John Curry, Charlottetown

- Pte. Lester Clark Johnston, Peter's Road.
- Peter M. Grant, Bangor, P. E. I.
- Pte. John Murphy, Charlottetown.
- Pte. Peter McKenzie, St. Peter's Bay.

### Missing

- Lieut. C. B. Pitblado, Charlottetown
- Pte. Jas. Dawson Brown, New London

- Pte. Lloyd Leeman, Georgetown.
- J. F. Peters, Charlottetown.

### Died From Wounds

- Pte. John W. McDonald, Bradalbane.
- Private William Gordon, Montague.
- Private Arch. McKinnon, Canoe Cove
- Private Walter Smith, Pownal, (Western Canada.)

- Private John Curley, Charlottetown
- Patrick A. McManus, Bonshaw.
- Gunner Neil McIsaac, Souris.
- John Currie, Charlottetown.

### Killed in Action

- Charles L. Pitts, Charlottetown
- Sergt. Wm. E. Brady, Charlottetown.
- Cyrus B. Birt, Piquid East.
- A. C. Henderson, Union Road.
- John McLean, Charlottetown.

- Pte. Alex. Lorae McNeill, Rocky Point.
- Robert O. Stewart, Dunstaffnage.
- Sapper Stephen Robison, of Charlottetown.
- Moses Gallant, Wheatley River.

### Died on Military Service

- Gunner Alfred James, Midgell.
- Bom. Adolph Gallant, Rustico.
- Bom. James Stevens, Kingston.
- Gunner Martin Dalton, Georgetown.
- Private Fenton Alchorn, Rocky Point.

- Gunner Robert McPhee, Charlottetown.
- Gunner O. S. McEachern, Charlottetown.
- Capt. Thomas M. Hyndman, Charlottetown.

# Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

**What is CASTORIA**  
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of *Chas. H. Fletcher*  
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