


How to Make Coffee

Allow one heaping tablespoonful of Seal Brand Coffee to each cup-pour fresh, boiling water, over the coffee. Simmer 5 minutes. Let stand a few minutes. Then serve. Be sure you use rich, full-bodied

SEAL BRAND COFFEE

Whole, ground—fine-ground for Tricolours and ordinary percolators. In 1/2, 1 and 2-lb. tins—at all good dealers. Write for "Perfect Coffee—Perfectly Made". Mailed free on request.

CHASE & SANBORN, MONTREAL



WHAT THEY SAID

The following conversation ensued between two colored troopers in an outpost while Jerry was putting over a barrage.

"Sam, Ah don't like the hum them shells has; they talks to me."

"You never see me turning white, niggah. What they say?"

"They say, Y—u ain't going back to A—B—M!"—The American Legion Weekly.

ARMISTICE!

Constipation, Headache, Colds, Biliousness, Surrender to "Cascarets"

Bring back peace! Enjoy life! Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head dull and aching. Your meals are turning into poison, gases and acids. You can not feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without griping or inconvenience. They never sicken you like Calomel, Salts, oil or nasty, harsh Pills. They cost so little too—Cascarets work while you sleep.

PROFESSIONAL CARDS

Dr. K. W. McKinnon
VETERINARY SURGEON.
Office, 139 Kent Street.
Opposite Morell Hotel. Phone 764

J. D. Stewart, K.C.
Barrister, Solicitor and Notary Public.
Newsom Block, Charlottetown.
Branch Office, Georgetown.
Money to Loan on Real Estate.

S. S. Hessian
Barrister, Solicitor, Notary Public, etc.
MONEY TO LOAN
Montague P. E. Island

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

McLeod & Bentley
W. E. Bentley, K.C.
Barrister and Attorney-at-Law
MONEY TO LOAN.
Office—Bank of N. S. Chambers

McLean & McKinnon
Barristers, Attorneys-at-Law
Office, Royal Bank Building
Charlottetown P. E. Island

Warburton & Shaw
Barristers, Attorneys,
Notary Public, etc.
Solicitors for Canada Bank Association,
Bank of Montreal, Canada Permanent Mortgage Corporation.

HARRIS & HORTON
ARCHITECTS
Bank of Nova Scotia Building
Jas. E. Harris, Charlottetown
W. T. Horton, Halifax
2476-11-22Mst3wks.

MARK R. McGUIGAN, B.A.
Barrister, Solicitor, Notary Public
Money to Loan
Cameron Block, Charlottetown.
2362-11-12wfm3mos.

AMENDMENTS TO RULES OF RACING

The following amendments to the rules of The National and American Trotting Associations are recommended by the Joint Rule Committee of The National and American Trotting Associations, which met at Terre Haute, Indiana, Saturday, November 15, 1919.

Rule 2, Section 5. Amended changing the word "can" in the third line to "may."

Rule 2, Section 10. Amended by adding the following: "except as provided for in Rule 7, section 7."

Rule 3, Section 1. Amended to read as follows: Races shall be dashes heats two in three, three in five, the three heat plan, or point system.

Rule 3, Section 3. Amended to read as follows: In a two in three race a horse must win two heats to be entitled to first money. If the race is unfinished at the end of the third heat, all but the winners or horses making a dead heat shall be ruled out.

Rule 3, Section 4. Amended by adding the following: "or horses making a dead heat" after the word "winners" in the fourth line.

Rule 3, Section 5. Amended by adding the following: Should one horse only win a heat and make a dead heat, he shall be declared the winner. If two horses each win a heat and make a dead heat they shall go a fourth heat to determine the winner.

Rule 3. Further amended by adding the following section: (point system). Under the point system, if a horse wins three heats he shall be entitled to first money, and the race shall not be continued after the fifth heat. If at the end of the fifth heat no horse has won three heats, the race shall be declared ended and first money shall be paid to the horse having the smallest number of points in the summary, second money to the horse having the next smallest number of points, etc., etc. The fastest time made by the winner either in first or second position shall constitute a win race.

Rule 4, Section 2. Amended by adding the following sentence: Any person violating this rule shall be fined not less than \$10 or more than \$50.

Rule 5, Section 1. Amended by changing the third sentence to read as follows: If only one or two of the horses entered for an early closing event shall appear on the course, he or they shall be entitled to his own or their entrance money and one-half of the entrance money received from the other entries for said purse.

Rule 7. Amended by striking out Sections 6 and 7 and substituting the following:

Section 6. After a horse has acquired a win race of 2.12 or better on a mile track or 2.16 or better on a half mile track, he shall be allowed, whether raced or not, one second for each calendar year in which he fails to reduce it. At the expiration of two calendar years, exclusive of the year in which the win race was made, if a

horse has not reduced same or if it was made over a mile track, won within four seconds of it on a half-mile track, it shall be cancelled together with his time allowance and the horse becomes eligible to the 2.12 class on a mile track of the 2.16 class on a half-mile track until he acquires another win race.

Section 7. A horse with a win race slower than 2.12 on a mile track or 2.16 on a half-mile track shall be allowed, whether raced or not, one second for each calendar year until he reduces it, or wins a race in faster time than the class to which his time allowance makes him eligible. A horse reducing his win race, or if made over a mile track, if he wins within four seconds of it on a half-mile track, loses his time allowance. A horse winning a race in faster time than the class to which his time allowance makes him eligible shall thereafter be considered as having acquired a new win race. At the beginning of 1920 the present time allowance shall apply.

Rule 16, Section 1. Amended by striking out the words "omitting Sunday" in the third line.

Rule 21, Section 1. Amended by changing the second sentence to read as follows: He shall appoint three Timers, one of which must have a license from The National Trotting Association.

Rule 21. Further amended by adding the following section: At each public race or performance against time, where there is not a visible timing clock, there shall be at least one licensed timer in the judges' or timers' stand. He shall sign the Judges' Book for each race or performance against time and send The National Trotting Association a special report, giving him time of his first and second horse in each heat. In the event of there being any suppression or misrepresentation of time at a meeting and the licensed timer fails to report same he shall be expelled from the race and his license shall be revoked. A license shall be issued without charge by the Board of Review or in vacation by order of the President.

Rule 21, Section 9. Amended by adding the words "or timer" after the word "Starter" in the first and fourth lines.

Rule 21, Section 9. Amended by adding the following: "in the place designated after race or performance against time."

Rule 26, Section 3. Struck out.

Rule 30. Amended by adding the following section: When all but one of the horses are ruled out by the conditions of the race, the horse that is entitled to start in the next heat shall be declared the winner without being required to go over the course.

Rule 34, Section 1. Amended by inserting the following sentence: In races under the point system, the fastest time made by the winner in first or second position constitutes a win race.

Rule 36, Section 3. Amended to read as follows: Any public race at a less distance than one mile and exceeding three quarters of a mile shall be regarded as irregular, and time made at such distance shall create a bar.

Rule 36, Section 4. Struck out and the following substituted: Horses racing upon tracks not in membership with a recognized parent association, racing under published rules and keeping records accessible to this association, of performances on its tracks shall be eligible only to the free for all class at meetings given by members of The National Trotting Association, subject to review of the Board of Review.

Rule 39, Section 2. Amended by inserting the words "give orders or" after the word "owner" in the third line.

Rule 44, Section 1. Amended by striking out "race immediate notice shall have been given to the Judges of the race of the intention to so appeal" in the twelfth and thirteenth lines and making the last clause in the sentence read as follows: "If the appeal relates to the decision of a heat, the appeal must be made before the next one in the race is started or if the matter appealed from occurs in the deciding heat the appeal must be made to the Judges before the decision of the race is announced."

Beginning with 1920, The National and American Trotting Associations will publish the rules which are uniform and the win race list in the same volume.

W. H. GOCHER,
Secretary, National Trotting Association.

W. H. SMOLLINGER,
Secretary, American Trotting Association.

A press hand kept his foot on the treadle to see if it would repeat. It did.

NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—"During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it."—Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headache, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done.

For suggestions in regard to your condition write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience is at your service.

Commerce Board Fixes Profit on Clothing

TORONTO, Nov. 22.—The Board of Commerce here today issued an order, after agreement with local clothing dealers, prohibiting a gross profit of more than 33 1/2 per cent. of sales on ready-to-wear and partly ready-to-wear clothing. On less expensive suits, costing the retailers under \$25, the board allows even a smaller margin of profit, namely 26 per cent. maximum. Out of this gross profit the retailer must pay his rent, taxes, salaries, etc., and provide for depreciation and other overhead contingencies.

The order goes into effect in Toronto, December 15.

THREE GIFTS

Wm. Letts, in London Spectator

"Courage, Love, and Fun."—(George Wyndham's motto.)

Each day a beggarwoman at the portal
Of God's high house, by urgent need emboldened,
I ask three gifts for you, my well-beloved.
Three gifts beyond the wealth of djinn or mortal:

Courage to stand now all the earth seems quaking
And wise men grow perplexed and kingdoms totter.
Now faith is sifted, old tradition tattered,
A broken world in need of each man's making:

Love that shall find your kith in friend and stranger,
Brother in man and beast, in saint and sinner,
And cleanse your heart of grudge or pride or grievance,
Bidding you seek Christ in an asses' manger:

Fun ever quick to kindly speech and laughter,
Swift with a jest the day your heart is breaking,
Fun that shall cheer dull years and send you whistling
Clear-eyed and cool to meet the brave Hereafter.

With these you shall not need men's praise or pity,
Defeat shall brace you, conquest
So you shall fight and march and sing till moonrise
Lights up the walls of the Celestial City.

SHE GUESSED

"Robson, do you know why you are like a donkey?" the jester quired.

"Like a donkey?" echoed Robson, opening his eyes wide. "I don't."

"Because your better half is stubbornness itself."

The jest pleased Robson immensely, for he at once saw the opportunity for a glorious dig at his wife. So when he got home he said:

"Dear, do you know why I am like a donkey?"

He waited a moment, expecting his wife to give it up. But she didn't. She looked at him somewhat pityingly as she answered:

"I suppose it's because you were born so."—London Tit-Bits.

HEROES

Not all the heroes go to war,
Or fight for their country's flag.
Many heroes remain at home
With hearts that are heavy and sad.

The mother who clasps her boy to her breast
Asking God's blessing to fall
On the one who is her staff in life,
As he answers his country's call.

The young wife who kisses fondly
The cheek to her so dear,
And bids him God speed whatever
To be brave and have no fear.

The little sweetheart, who with tears
Bids him go whate'er befall,
Although within her heart she feels
She is giving up her all.

The nurse who soothes the wounded one,
And clasps the dying hand,
And with trembling lip, and tear dimmed eye
She talks of the "better land."

God bless our noble soldier boys
Who fight for the "red, white and blue."
God bless the ones who are left at home
Who work for a cause so true.

For each are heroes in their way,
They've had their cross to bear,
And they've borne it patiently,
God will surely "bear their care."

And in the book so pure and white
Their names will there appear,
As heroes who have fought the fight
On the field of life, right here.

FLORENCE L. SHEER
May 8, 1917.

THE PASSING BLACKSMITH

of view of the worker, but the result was not thrust upon him against his will. What he got he deliberately chose and sought because he was dissatisfied with what he had. He had the simple life in which he mixed his labor and his social enjoyment throughout a sixteen or eighteen hour day and went to bed credited with a few shilling. He learned that he worked too long, was paid too little and was too much restricted in his social conditions, and he went out to change those conditions. He is at it yet.

He will never go back to sitting on the anvil and whiling away the long hours with conversation and jest. He no longer looks for his social pleasure during working hours because the type of social intercourse he has learned to prize is different. He desires to meet his fellows, not as a blacksmith or automobile worker or street cleaner, but as a man, cleaned up, dressed up and distinguishable by his garb and manners from his fellows without regard to occupation. He values the leisure and the means to do these things and the liberty to choose his methods. In a word, he has separated his social from his industrial activities.

EXPERIMENTS

A man rocked a boat to see if it would tip. It did.

A laborer stepped on a nail to see if it would go through his boot. It did.

A man looked into a gun to see if it was loaded. It was.

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And cleanse your heart of grudge or pride or grievance,
Bidding you seek Christ in an asses' manger:

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Or fight for their country's flag.
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Asking God's blessing to fall
On the one who is her staff in life,
As he answers his country's call.

The young wife who kisses fondly
The cheek to her so dear,
And bids him God speed whatever
To be brave and have no fear.

The little sweetheart, who with tears
Bids him go whate'er befall,
Although within her heart she feels
She is giving up her all.

The nurse who soothes the wounded one,
And clasps the dying hand,
And with trembling lip, and tear dimmed eye
She talks of the "better land."

God bless our noble soldier boys
Who fight for the "red, white and blue."
God bless the ones who are left at home
Who work for a cause so true.

For each are heroes in their way,
They've had their cross to bear,
And they've borne it patiently,
God will surely "bear their care."

And in the book so pure and white
Their names will there appear,
As heroes who have fought the fight
On the field of life, right here.

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"What About This Nerve Food Doctor?"

"It IS all right."
"Would it do for me to take it?"
"I cannot see any objection."
"Well, I know so many women who are using it to good advantage that I decided to give it a trial."
"Then why ask me about it?"
"Just because you know my condition, and I felt that I would like your opinion."
"Of course, you know that we doctors are supposed to be prejudiced against all package medicines. As a matter of fact, nearly all the best medicines on the market are the prescription of doctors and first made their merits known in some doctor's private practice."
"There is scarcely a day but I see Dr. Chase's Nerve Food in the homes I visit, and to be perfectly candid I know of many instances in which this treatment has brought about really remarkable cures."
"Then you think it suits my case?"
"Undoubtedly. Your blood is thin and watery. You are anaemic. The nerve cells are starved. Hence the neuragic pains, the nervousness and irritability, the sleepless-


ness. The medicine I gave you does not seem to be exactly what you need. The Nerve Food may be just what is required to get your blood and nerves in good condition."
"One thing certain, doctor, it has been a wonderful benefit to several people I know."
"If the conditions are similar in your case there can be no better proof that it will benefit you. After all it is cure we are after, and while every doctor has his own favorite prescriptions, it is results that count."
"Thank you, doctor, I am glad to have your approval and I am going to start in with Dr. Chase's Nerve Food with the determination to give it a good honest trial."
"Good, that is what our medicines do not always get. I would suggest that you follow up this treatment for at least a month or two, and then you will be in a position to know just what benefit you are obtaining. For it takes a little time and patience to restore an exhausted, nervous system."

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Every box of the genuine bears the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

Over There—Over Here

STAG Chewing Tobacco is appreciated by both of Canada's war units—those who fought in Flanders and those who served at home.

It is also enjoyed by civilians of all classes throughout Canada and is recognized as being "Ever-lastingly Good"



BRINGING UP FATHER

PHONE MY HOUSE AN TELL ME WIFE I'LL SURE BE HOME FOR DINNER.

AS LONG AS ALL THE GANG WON'T BE AROUND AN' I HAVE NOTHIN' TO DO I MIGHT AS WELL SAT AT HOME.

DESIDES I'LL PLEASE MAGGIE

HOW ODD?

SPECIAL TODAY CORNED BEEF AND CABBAGE

SAY MAGGIE - I THOUGHT I COULD GIT HOME BUT AN IMPORTANT BUSINESS ENGAGEMENT JUST TURNED UP!

