

WHAT A YOUNG MAN EXPECTS OF A GIRL.

A young man contributes the following to the December Woman's home companion: "I don't care for a prude; but I like still less the other kind of girl who has rather uncertain ideals of womanhood. It is quite probable that the latter is more popular than the quiet girl who refuses to allow even 'nice' boys to hold her hand, hug and kiss her; but allow me to express the opinion that no popularity at all is better than such popularity. A girl can be a 'good fellow' and a jolly comrade among the boys, and at the same time let the boys know that they are not to make free with her. Such a girl will be accorded genuine admiration on the part of the boys. "The young men may seem to flock around the girl who will let them snatch a kiss in a dark corner, for young men have an evil nature as well as the better side that responds quickly and gladly to the good influence of a pure, sweet girl. "I can answer for a large circle of young men friends when I say that we prefer the pure-minded girl to the girl who appeals to our baser natures. There would be no hesitation in making a choice. "I sometimes feel that girls do not

make full use of their power to influence young men for good. Much as it would embarrass me to admit it in public, seven-tenths of the things I do, plan, and strive for are because they will result in making me what I think a certain young lady expects me to be. For some reason—possibly shyness and the thought that the young men would not care for such influence—the majority of girls do not seem to attempt to exert their ability in this way. A pure girl consciously using this gift will do more, I think, to keep a young man in the 'straight and narrow' than anything else I know of. Not even a mother can do as much in guiding a young man as his sweetheart in a 'puppy love-affair' at 20 or more years of age. "The one big thing every young man worth while expects in a girl—whether she is sweetheart or just a friend—is her influence for good. Everything else is incidental, and will fade into the background in comparison with what most young men silently expect in girls."

ANOTHER NEW CURE FOR INCURABLES.

Many and magnificent as are the forward steps which medicine and surgery are taking in these days, few

in the field of cure, as distinguished from prevention, will be considered by those well qualified to judge in such matters; as of more importance than that which has been made by Dr. E. G. Abbott of Portland, Me. As told at length in last Sunday's Times by Dr. V. B. Thorne, an appreciative expert, Dr. Abbott, work quietly and steadily in the small but well-equipped Children's hospital of which he is the head, has discovered how to remove, promptly, permanently, and almost painlessly, what the members of his profession call scoliosis—or, when they want to be better understood by the laity, lateral curvature of the spine. Dr. Abbott cannot, indeed, relieve this affliction when it is of too long standing or when it is the result of degeneration processes like tuberculosis. In by far the greater number of cases, however, scoliosis is otherwise caused. It may be called distinctively a civilization disease, since it follows the daily and prolonged performance of tasks and maintenance of postures that are required only in carefully organized societies of the higher grade. Disgraceful to educators as is the fact, scoliosis begins and becomes fixed often in schools that are ill-adapted to school furniture—desks and chairs—to the physiological protection of those who use them. Next most effective in this evil work are the factories employing—or exploiting—children. The curvatures thus caused are exactly those which Dr. Abbott rectifies. The chief, if not the only, difference between his procedure and those which have always failed lies in the fact that, instead of contenting himself with straightening the crooked spine, he bends it as far the other way and keeps it there until, when released from the confining plaster corset, it returns not to its original mal-position, but only half that distance, which is where it ought to be. Of course, there is much more to Dr. Abbott's work than that, but the essential idea has the simplicity that so often marks the achievements of genius. "This magnificent discovery in bone manipulation, it is worth noting, has been made by a regularly trained physician. He does not even dream of establishing a new 'school' for the treatment of all maladies on this one plan. In other words, Dr. Abbott is a man of science, not a charlatan.—New York Times.

SEVEN DAYS' HARD LABOR.

A woman who recently served a sentence of seven days' hard labor in Holloway Jail has given the following account of her experiences to an "Express" representative:— "The prisoners all seemed to have different kinds of 'hard labor' to do. Mine was chiefly scrubbing. It made me very tired, so that I was always glad when bedtime came. But I really should not have minded the work so much if I could have had plenty to eat. I felt hungry all the time I was there. This was our timetable:— 5 a.m.—Get dressed, fold up the bedding, and clean up the cell. 6.—An hour's scrubbing in the cell. 7.—Back to the cell for a tin of porridge and a loaf of bread. 8.—Service in the chapel. 9.—Start scrubbing landings till about 11. 11.45.—Dinner in the cell, consisting of the same amount of porridge and bread. 12.30 to 5 p.m.—Needlework in a general room with the other prisoners. 5.—"Tea"—which meant more porridge and bread—in the cell. After this I was allowed to read my Bible or any book from the library, and I could go to bed when I liked. The lights were all out at eight o'clock. I was fortunate enough to be treated as a juvenile. As I was under 25, and this meant that I could talk to a juvenile companion during the sewing hours. Otherwise they would have been unbearable.

The Things I Prize.

These are the things I prize And hold of deepest worth: Light of the sapphire skies, Peace of the silent hills, Shelter of forests, comfort of the grass, Shadows of clouds that swiftly pass, Music of birds, murmur of little rills And after showers The smell of flowers And of the good brown earth, And, best of all, along the way Friendship and mirth. —Henry van Dyke.



The First Opportunity

you should avail of, if you want a smoke to remember, is to buy a package of our RIVAL or MASTER MARINE smoking tobacco. You will not need to be urged a second time. These brands sell themselves after a trial. Our COMBINATION TWIST chewing tobacco is a 'winner' too. Try it. Hickey & Nicholson Tobacco Co.

When Nostrils Are Plugged Your Catarrh is Bad

By Acting Today You Can Quickly Cure Catarrh and Avoid Bronchitis, Perhaps Consumption.

Most Agreeable and Surest Cure is Catarrhose, Which Cures Every Curable Case.

Catarrhose proves especially good in those chronic cases where mucous drops down the throat, sickness the stomach, and pollutes the breath. When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes the soothing, "healing" properties of Catarrhose act almost as magic. Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhose at work you can be sure of quick and lasting cure for nose colds, catarrh, weak lungs, bronchitis, and speaker's sore throat.

13 YEARS OF CATARRH CURED. "As Catarrhose has cured me of a Catarrhal Cough and Asthma that lasted thirteen years, I feel I can honestly recommend it. I really used all kinds of medicine, but Catarrhose was the only one that did any real good. I am entirely cured—have no cough, no bad breathing spells, not a sign of a cold or Catarrh about me. But I always occasionally use 'Catarrhose,' I prize it so highly. Mrs. E. L. Osgood, Johnson P. O., Ont." The complete \$1.00 Outfit of Catarrhose is sufficient for 2 months' treatment, and is guaranteed. Smaller size, 50c., at all dealers, or The Catarrhose Co., Buffalo, N. Y., and Kingston, Ont.

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The Perfection Oil Heater is smokeless and odorless—a patented automatic device insures that. It is reliable, safe and economical—burns nine hours on one filling. Handsome, too—drums finished either in blue enamel or plain steel, with nickel trimmings.

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The Charlottetown Condensed Milk Co., Ltd., are now prepared to handle any quantity of fresh full cream milk, also good fresh cream. Delivery can be made at factory or any railway station. Price, terms and conditions made on application, by letter or at the factory office. Highest prices paid. The Charlottetown Condensed Milk Co. r-sttdr1f.

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YE OLDE FIRME HEINTZMAN & CO. Judged by the highest standards in tone-quality, sensitiveness of action, in beauty of design and finish, the new Heintzman & Co. Piano must be accorded a position in the very front rank of exclusive-art pianos. Miller Bros.

Notice

The best Christmas present and New Year's gift you can make to your parents or to any of your friends, which will be highly appreciated, is a pair of high grade Gold Spectacles or Eye Glasses made by the firm of Silverston & Epstein at a moderate price. Any one in need of optician's advice kindly drop us a card and we will attend to it in part of the Island. Silverston & Epstein. Graduated Drs of Optics. 168 Queen St. Ch. Town.

According to Government Estimates

\$100,000,000.00

was made in Western Town Property during the year 1910

Did you participate in these huge profits or did you "pigeon-hole" the proposition submitted to you by your western friends for future consideration? In short, are you the man who made a profit or the unfortunate one who had the chance but did not possess sufficient judgment to recognize the opportunity or sufficient courage to close a deal? The man or woman entitled to sympathy is the one who says: "Five or ten years ago I had the chance to buy this or that property at \$100 or \$500, and now it is worth \$10,000." The average person sneers at the person who makes such a statement and says: "I would have bought and made that money." Are you going to say five years from now that you had a chance to buy a lot at Poe, Alta., at from \$50. to \$100. each, or are you going to be the man who will have from \$1,000 to \$10,000 in cash as a result of having bought property in this town in this year of grace, 1911?

POE A COMING COMMERCIAL CENTRE.

Poe is located on the main line of the Grand Trunk Pacific Railway between Edmonton and Saskatoon. It is located in one of the finest farming districts in Western Canada. The surrounding country is settled by a progressive type of farmers and consequently will become the market centre for Northern Alberta. Poe district possesses rich coal mines, is close to river and lakes and large forests are easily accessible from this point. These natural resources insure for the residents of the town, first, low cost of living, and second, great commercial activity, two essentials in the up-building of a large town, thus creating valuable real estate.

POE AS A MANUFACTURING CENTRE

This townsite and contiguous territory has the requirements outlined by large manufacturing concerns for the location of large factories or large enterprises of any kind employing large numbers of people. The rivers and lakes furnish water, the coal fields and forest furnish fuel and cheap building material, the fine farming lands furnish farm products, enabling the residents to live at a low cost.

The town is located on the main line of a transcontinental railway, assuring the necessary transportation facilities. These combined conditions will furnish cheap labor, one of the most important, features of a manufacturing centre.

Poe is a good new town in which to engage in business or a profession

THE WALCH LAND CO.

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Portage Ave. Corner Fort St. WINNIPEG, CANADA

INFORMATION COUPON.

Gentlemen—With a view to buying property in Poe, Alta., please send me full information, with map and price list and oblige. Yours truly.

Name P. O. and Province

Poe townsite was recently placed on the market and already over 200 lots have been sold, and many of these lots have already changed hands at a substantial increase in price. Most of these lots were purchased by representative business men throughout Canada, who are now profiting by their foresight. The townsite is high and dry and very suitable for building purposes.

OPPORTUNITY

is useless unless you possess the courage to act. You might possess great wisdom, you might read a good deal or travel much and thus see all kinds of opportunities to make money, but unless you have the courage to act on your judgment and wisdom all of these desirable qualities are entirely useless.

Lots in Poe are a good investment at present prices. The town is bound to grow rapidly. Owing to the easy terms of payment you have the ability to buy and if you do not buy now it is because you are lacking in courage, and the chances are you will never be like the man you now admire most, rich, courageous and wise.

TORRENS TITLE.

Poe townsite is held by us under the Torrens system of title. Under this system the title is guaranteed by the Government, therefore absolutely safe.

PRICES AND TERMS.

Prices of lots range from \$50 to \$100 each, and they can be purchased on terms of one-tenth cash, balance in eighteen equal monthly payment; or quarter cash, balance in six, twelve and eighteen months.

INFORMATION.

We have issued an attractive circular giving full information pertaining to the town and its prospects, together with map showing lots for sale. If you wish to receive this attractive circular cut out and fill in the attached coupon and mail it to us today.