

SO MANY PEOPLE ARE NERVOUS

"Fruit-a-tives" the Greatest of all Nerve Remedies

This Fruit Medicine Restores Health

The increase in the number of persons suffering from Nervousness is world-wide; due, in a measure, to the condition following the war. Sleeplessness, Headaches, Mental Depression, Irritability, Nervous Dyspepsia, and Heart Action, are the results of the disturbed condition of the Nervous System.

The nerves and the blood are so intimately, so vitally, connected that the condition of one is bound to affect the condition of the other.

The blood is laden with impurities, it is impossible to have strong, steady nerves.

The first essential in treating nervousness is to purify and enrich the blood. This "FRUIT-A-TIVES" will do.

"FRUIT-A-TIVES" stimulates the bowels, kidneys and skin and purifies the blood. "Fruit-a-tives" improves appetite and digestion and insures food being properly digested, thus enabling the blood to carry wholesome nourishment to build up the body, particularly the nerves.

Men and women who take "Fruit-a-tives" for some form of nervousness—because they cannot eat or sleep or work or enjoy life—say that this fruit medicine is simply marvellous in its action.

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

Nearly Insane From Leg Ulcers

She tells of suffering and brief story of her cure. Read these two letters from Sarah D. Lawrence of Woodstock, Ontario.

"I could sleep at night from leg ulcers. I am in pain most of the time. I have doctors but no use. A lady from Winnipeg says that D. D. D. cured her of a bad case of leg ulcers. That her story is all healed. Can you help me?"

Now I feel words from a later letter. "I have used D. D. D. as directed, and my leg is completely well. Why not try it today for any form of skin disease? One application and the pain is gone. Your money back if it does not come from the first bottle. \$1.00 a bottle. Try D. D. D. soon."

D.D.D.

The Lotion for Skin Disease. Central Dispensary, E. A. Foster, Charlottetown.

AGENTS WANTED

Men and women, not to canvass, but to travel and appoint local representatives. \$21 a week and expenses guaranteed, with good chance to make \$100 a week and experience unnecessary. Winston Co., Dept. G., Toronto.

Dr. Devan's French Pills

A reliable regulating pill for women. Restores health, maintains strength, cures leucorrhoea, nervous pain, etc. As all druggists or direct from THE SCOBELL DRUG CO. LTD., Montreal.

for lame back

which usually comes from strained or over-worked muscles. Absorbine, Jr. is highly recommended.

Briskly rubbed in at the sore spot, Absorbine, Jr. will take out the pain and stiffness quickly, and restore the muscles to their normal, healthy condition.

Absorbine, Jr. is clean and wholesome and leaves no oily residue.

12 1/2c a bottle at all druggists. W. F. YOUNG, Inc., 344 St. Paul St., Montreal.

Prince George Hotel

250 ROOMS 100 with Private Bath. EUROPEAN PLAN. E. WINNETT THOMPSON, GEN. MGR.

Tryon Seed Fair

(Continued from Page Ten)

- 2. Leth Moore, Westmoreland 3. Chester Lea, Victoria. 4. Milton Carr, Augustine Cove. 5. Ralph Lyman, Tryon Con.

Section 2, Pigs under 6 mos.

- 1. Sheldon Dixon, N. Tryon.

CLASS 11, COLLECTIONS

- Section 1, Weeds 1. Primary room, Victoria. 2. Principal's room, Victoria. 3. Principal's Room, Tryon Con. 4. Ruth Mullins, Tryon Con.

Section 2, Leaves.

- 1. Principal's room, Victoria 2. Principal's room, Tryon Con. 3. Primary Room, Victoria 4. Ruby MacNeill, Tryon Con.

Section 3, Weed Seeds

- 1. Principal's Room, Tryon Con. 2. Principal's Room, Victoria.

CLASS 12, SCHOOL WORK

- Section 1 A, Exercise Book, 2nd, Reader. 1. Penzie Chisholm, N. Tryon. 2. Cedric Boulter, Tryon Con. 3. Adelaide Pooley, Tryon Con. 4. Hilda Kehough, Tryon Con.

Section 1 B, Exercise Book, 3rd, Reader.

- 1. Marquerite Bell, Tryon Con. 2. Ruby MacNeill, Tryon Con. 3. Thelma Dawson, North Tryon. 4. Aletha Mabey, Tryon Con.

Section 2 Map, 3rd Reader

- 1. Amy Ferguson, Tryon Con. 2. George MacWilliams, North Tryon. 3. Amy Lea, Tryon Con. 4. Ralph Lyman, Tryon Con.

Section 2 B, Map 4th, Reader

- 1. Donald MacLeod, Victoria. 2. Charles Bacon, N. Tryon. 3. Marquerite Bell, Tryon Con. 4. Beth Boutler, Victoria.

Section 3 A, Pen and Ink Drawing

- 1. George MacWilliams, N. Tryon. 2. Ruby MacNeill, Tryon Con. 3. Charles Bacon, N. Tryon. 4. Marquerite Bell, Tryon Con.

Section 3 B, Crayon Drawing

- 1. Novella Delaney, Tryon Con. 2. Cedric Boulter, Tryon Con. 3. Marion Howatt, Tryon Con.

Section 4A, Writing, 2nd, Reader

- 2. Cedric Boulter, Tryon Con. 2. Adelaide Pooley, Tryon Con. 3. George Roblee, Tryon Con. 4. Vernon Webster, Augustine Cove.

Section 4B, Writing 3rd, Reader

- 1. Grace Wright, Tryon Con. 2. Margaret Calbeck, N. Tryon. 3. Stanley Stewart, Victoria. 4. Gordon Calbeck, Tryon Con.

Section 4C, Writing 4th, Reader

- 1. Ruby MacNeill, Tryon Con. 2. Amy Howatt, Tryon Con. 3. Edith Lord, Tryon Con. 4. Florence Profit, Victoria.

CLASS 13, SPORTS

- Section 1A, 50 yds. dash for girls under 9 1. Pinzie Chisholm, N. Tryon. 2. Novella Delaney, Tryon Con. 3. Frances Doherty, Victoria. 4. Mary Rogerson, Victoria.

Sec. 5, Potato Race for Girls

- 1. Margaret Bell, Tryon Con. 2. Ruby MacNeill, Tryon Con. 3. Jean Webster, Augustine Cove. 4. Aletha Mabey, Tryon Con.

Sec. 6, Wheelbarrow Race.

- 1. Donald MacLeod, Hedley Mill, Victoria. 2. Edward Holland, Gordon Calbeck, Tryon Con. 3. Ralph Lyman, Louis Mabey, Tryon Con. 4. Elmer Cameron, Willie Singleton, Victoria.

Sec. 7, Jockey Race.

- 1. Donald MacLeod, Hedley Mill, Victoria. 2. Elmer Cameron, Willie Singleton, Victoria. 3. George Dawson, Fred Leard, Augustine Cove. 4. Frank Large, Wendell MacLean, Tryon Con.

Sec. 8, 3-Legged Race Girls.

- 1. Marquerite Bell, Aletha Mabey, Tryon Con. 2. Hilda Foy, Grace Wright, Tryon Con. 3. Beula Robinson, Vera Leard, Augustine Cove. 4. Amy Lea, Gertrude Howatt, Tryon Con.

Sec. 9, 3-Legged Race Boys.

- 1. Ralph Lyman, Willie Lea, Tryon Con. 2. Lloyd Inman, Stanley Thompson, N. Tryon. 3. Jimmie Taylor, Willie MacQuarrie, Victoria. 4. Elmer Cameron, Willie Singleton, Victoria.

Sec. 10, Tread and Needle Race.

- 1. Marquerite Bell, Gordon Calbeck, Tryon Con. 2. Jean Webster, Harry Leard, Augustine Cove. 3. Beula Robinson, Vera Leard, Augustine Cove. 4. Elva Gill, Chester Lea, Victoria.

Sec. 11, Pie-Eating Contest.

- 1. Frank Large, Tryon Con. 2. Fred Leard, Augustine Cove. 3. Donald MacLeod, Victoria. 4. Elmer Cameron, Victoria.

Sec. 12, Relay Race. Team of 10 Girls.

- 1. Tryon Con. School. 2. Victoria School. 3. Relay Race Team, Four Boys. 1. Tryon School. 2. Victoria School. 3. Augustine Cove School.

Sec. 13, Trustees Race.

- 1. Augustus Waddell, N. Tryon. 2. Harry Webster, Augustine Cove (equal). 3. Artemas Cameron, Augustine Cove. 4. Fred Leard, N. Tryon.

Mrs. Rose M. Brown Gained 20 Pounds In Four Weeks Time

DECLARES ITS SIMPLY AS-TONISHING TO SEE THE WONDERFUL BENEFITS SHE HAS DERIVED FROM TANLAC, SAYS TERRIBLE HEADACHES HAVE DISAPPEARED.



MRS. ROSE M. BROWN

"It could not be possible but I have actually gained 20 pounds in less than a month's time by taking Tanlac, and the wonderful benefit I have derived from the use of this medicine is simply astonishing," said Mrs. Rose M. Brown, 111 Third Street, Manchester, N. H.

"Why, I am so happy to be relieved of my troubles I can really never praise this medicine enough. Up to the time I began taking Tanlac, I suffered for something over two years with a very bad form of stomach trouble. "My appetite was so poor I could scarcely eat a thing. My stomach would be so badly bloated with gas sometimes I was almost afraid to go to bed for fear it would actually smother. I felt tired and worn out most of the time and became terribly discouraged over my condition. I often had such violent headaches I was unable to be out of bed for two or three days at a stretch. "Four bottles of Tanlac completely restored my health and any one can see at a glance the wonderful change that has taken place in my condition. I have a splendid appetite now and the stomach trouble has entirely disappeared. I can eat just anything I want without ever feeling a sign of indigestion. The best of all, I am never bothered with headaches and that was the greatest relief of all."

Want to tell everybody what this medicine has done for me. Tanlac is sold in Charlottetown by Reddin Bros., and all leading druggists everywhere.

In the shadow of death the mother who had struggled bravely from what even the minister called the shadow of death, was still far from strong, though the nurse had gone, and the family in the little house was doing its best to take her place.

"Then came the father of the house, making anxious enquiries. "But his face wore an expression that his wife knew all too well. Something was wrong.

"What has happened, John?" the sick woman asked, taking his big hand and holding it against her face just as she remembered what she had seen done during the time she had spent in hospital when she had scarlet fever?

"Bring in the new mattress, father," she said. "And lean it against the wall. Isn't it a beauty, mother?" she said as the new mattress, a wonderful tufted thing of blue and white chintz, was carried into the room and propped against the wall. And the sick woman smiled pleased thanks at the big awkward husband who was always thinking of things to give her pleasure.

"Now, put two chairs on either side of the bed, and lift mother well over to this side of the bed," Mary took up her stand on one side of the bed like a little general directing an army.

"I can move over to the side of the bed myself," and sitting up she actioned the word, the invalid carefully wriggled herself close to the edge of the bed nearest her daughter.

Mary then motioned her father to draw the mattress toward him, until one half the wire mattress was exposed. Then two chairs slipped under the mattress that projected, to support it.

The new mattress was adjusted on the exposed half of the wire mattress. Then Mary deftly covered it with a clean sheet, tucking the corners in firmly, like envelope flaps. Her mother eased herself back onto the new mattress with a sigh of pleasure.

"It is so soft and springy," she sighed. Placing two chairs to support the free side of the new mattress Mary directed her father, who was beginning to see light, to draw off the mold mattress, and to pull the new one into place on the bed.

Which is really all changing the mattress under a helpless patient amounts to.

Beets—1. Ethel Hynes, Millview; 2. Lila Dixon, Mt. Mellick; 3. Elliot Robertson, Mt. Mellick; 4. Mabel Docherty, Cherry Valley; 5. Pumpkin; 6. Arthur Sullivan, Vernon; 7. Joseph Smith, Millview; 8. Mabel Docherty, Cherry Valley; 9. Howard McDonald, Vernon.

CLASS IV Flowers and variety—1. Lili Dixon, Mt. Mellick; 2. Alberta Carrier, Earncliffe. Mixed flowers—1. Alex McRae, Mt. Mellick; 2. Katie Rooney, Cherry Valley; 3. Leslie Murray, Vernon; 4. Mildred Dixon, Mt. Mellick.

Potted plant—1. Myrtle McEachern, Millview; 2. Annie Gleason, Cherry Valley; 3. Ethel Grant, Millview; 4. Ruth Grant, Millview.

CLASS V Apples—1. Joan Irving, Vernon; 2. Margaret Huntly, Vernon; 3. Russel Sheldow, Millview; 4. Myrtle McEachern, Mill View. Canned Beets—1. Marlon Innes, Cherry Valley; 2. Margaret McDonald, Vernon; 3. Vera Irving, Cherry Valley.

Plums—1. Leslie Murray, Vernon; 2. Marlon Gleason, Cherry Valley; 3. Louis Murray, Vernon; 4. Horace Taylor, Millview.

CLASS VI AND VII CANNING Loaf Bread—1. Hazel McEachern, Mt. Mellick; 2. Winnifred Robertson, Mt. Mellick; 3. Olive Brodie, Vernon; 4. Bernice McDonald, Mt. Mellick.

Biscuits—1. Gertrude Jenkins, Mt. Mellick; 2. Olive Smith, Millview; 3. Frances Wood; 4. Bernice McDonald, Mt. Mellick.

Ginger snaps—1. Margaret McDonald, Mt. Mellick; 2. Alberta Carrier, Earncliffe; 3. Margaret McDonald, Vernon; 4. Winnifred Robertson, Mt. Mellick.

CLASS VIII Apron—1. Margaret McDonald, Vernon; 2. Margaret McDonald, Mt. Mellick; 3. Elsie McInnis, Millview. 4. Ethel Grant, Millview. 5. Hemstitched towel—1. Betty McDonald, Mt. Mellick. 2. Crocket Yoke—1. Olive Brodie, Millview; 2. Lila Dickson, Mt. Mellick.

Darned Sock—1. Margaret McDonald, Vernon; 2. Vera Irving, Cherry Valley. Diamond pattern, under 10 years—1. Annie Grant, Millview; 2. Mildred Dixon, Mt. Mellick. Handkerchief—1. Annie Grant, Millview.

CLASS IX Hammer handle—1. Frank Grant, Millview; 2. Ralph Sheldow, Millview; 3. Theodore Crane, Millview; 4. Earnest Dunphy, Millview. Milling School—1. Frank Grant, Millview. Nail box—1. Harold McInnis, Millview; 2. Frank Grant, Millview.

Green Tomatoes—1. Hazel Docherty, Cherry Valley; 2. Lila Dixon, Mt. Mellick; 3. Sarah Wood, Mt. Mellick; 4. Bertha Wood, Mt. Mellick. Onions—1. Leslie Murray, Vernon; 2. Louis Murray, Vernon. Cucumbers—1. Eva Carrier, Cherry Valley; 2. Constance Innes, Cherry Valley; 3. Helen Sullivan, Vernon; 4. Ruth Fraser, Vernon.

CLASS 10 Dakota Red Potatoes—1. Horace Taylor, Millview; 2. Margaret Huntley, Vernon; 3. Gertrude Jenkins, Mt. Mellick; 4. Edward Carrier, Earncliffe. Turnips—1. Robert McRae, Mt. Mellick; 2. Almond Docherty, Cherry Valley; 3. Bernice McDonald, Mt. Mellick; 4. Leigh McEachern, Mt. Mellick. Carrots—1. Bertha Wood, Mt. Mellick; 2. Almond Docherty, Cherry Valley; 3. Horace Taylor, Millview; 4. Edward Carrier, Earncliffe.

CLASS 11 Beans—1. Lawson McEachern, Mt. Mellick; 2. Leslie Murray, Vernon; 3. Margaret McKenna, Mt. Mellick; 4. Lewis Murray, Vernon. Turnip Seed—1. Horace Taylor, Millview. Beet Seed—1. Russel Sheldow, Millview; 2. Ethel Hynes, Millview. Parsnip Seed—1. Lila Dixon, Millview.

CLASS 12 Class II Green Tomatoes—1. Hazel Docherty, Cherry Valley; 2. Lila Dixon, Mt. Mellick; 3. Sarah Wood, Mt. Mellick; 4. Bertha Wood, Mt. Mellick. Onions—1. Leslie Murray, Vernon; 2. Louis Murray, Vernon. Cucumbers—1. Eva Carrier, Cherry Valley; 2. Constance Innes, Cherry Valley; 3. Helen Sullivan, Vernon; 4. Ruth Fraser, Vernon.

CLASS 13 Class III Class I 1. Winnie Flynn, Iona. 2. Loretta Flynn, Iona. 3. Marion Crawford, Iona. Junior 1. Malcolm Docherty, Iona. 2. Patricia, Reville, Glenfanning. 3. Elmer McInnis, Lorne Valley. Senior 1. Marion Crawford, Iona. 2. Loretta Flynn, Iona. 3. Winnie Flynn, Iona.

CLASS 14 Class I 1. Georgina Fogarty, Glenfanning. 2. Jessie McInnis, Martinvale. 3. Mary Martin, Martinvale. Junior 1. Loretta Flynn, Iona. 2. Patricia, Reville, Glenfanning. 3. Elmer McInnis, Lorne Valley. Senior 1. Marion Crawford, Iona. 2. Loretta Flynn, Iona. 3. Winnie Flynn, Iona.

CLASS 15 Class I 1. Georgina Fogarty, Glenfanning. 2. Jessie McInnis, Martinvale. 3. Mary Martin, Martinvale. Junior 1. Loretta Flynn, Iona. 2. Patricia, Reville, Glenfanning. 3. Elmer McInnis, Lorne Valley. Senior 1. Marion Crawford, Iona. 2. Loretta Flynn, Iona. 3. Winnie Flynn, Iona.

Home Nursing And Health Hint

Changing the Mattress

There was a great commotion in the kitchen of the little house, and a girl of sixteen tipped into her mother's sick room eagerly. Her eyes were dancing. Her lips curved in an anxiety to tell pleasant news that she had promised to keep a "secret."

"The sick woman, on the bed that sagged a little in the centre, turned weary eyes toward the door and her face lighted at the thin face. "I might have known I couldn't keep anything from you," said the big man, a trifle ruefully. "You see, I have been worrying about the mattress on your bed. The nurse said it was pretty bad, and that a new one would make you feel more comfortable and rest your head. But what puzzles me is how we are going to put the new mattress on the bed while you are lying in it."

Father Considers Problem The sick woman smiled. "You might lift me in your arms." "But Mary is too slim to rustle that new mattress in and the old one out," said the father, doubtfully. "If I brought another bed into the room I could lay you on it."

But the room was small and the other beds were upstairs. Then Mary had an inspiration. Or did she? Her pretty daughter.

"What is it, Mary?" she asked, as the girl hovered uncertainly at the threshold.

"Oh, it's the best secret, but father told me not to tell. It's his surprise."

And the weak, wistful mother smiled to herself at the way Mary kept a secret.

In the shadow of death the mother who had struggled bravely from what even the minister called the shadow of death, was still far from strong, though the nurse had gone, and the family in the little house was doing its best to take her place.

"Then came the father of the house, making anxious enquiries. "But his face wore an expression that his wife knew all too well. Something was wrong.

"What has happened, John?" the sick woman asked, taking his big hand and holding it against her face just as she remembered what she had seen done during the time she had spent in hospital when she had scarlet fever?

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"Now, put two chairs on either side of the bed, and lift mother well over to this side of the bed," Mary took up her stand on one side of the bed like a little general directing an army.

"I can move over to the side of the bed myself," and sitting up she actioned the word, the invalid carefully wriggled herself close to the edge of the bed nearest her daughter.

Mary then motioned her father to draw the mattress toward him, until one half the wire mattress was exposed. Then two chairs slipped under the mattress that projected, to support it.

The new mattress was adjusted on the exposed half of the wire mattress. Then Mary deftly covered it with a clean sheet, tucking the corners in firmly, like envelope flaps. Her mother eased herself back onto the new mattress with a sigh of pleasure.

"It is so soft and springy," she sighed. Placing two chairs to support the free side of the new mattress Mary directed her father, who was beginning to see light, to draw off the mold mattress, and to pull the new one into place on the bed.

Which is really all changing the mattress under a helpless patient amounts to.

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Potted plant—1. Myrtle McEachern, Millview; 2. Annie Gleason, Cherry Valley; 3. Ethel Grant, Millview; 4. Ruth Grant, Millview.

CLASS V Apples—1. Joan Irving, Vernon; 2. Margaret Huntly, Vernon; 3. Russel Sheldow, Millview; 4. Myrtle McEachern, Mill View. Canned Beets—1. Marlon Innes, Cherry Valley; 2. Margaret McDonald, Vernon; 3. Vera Irving, Cherry Valley.

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Home Nursing And Health Hint

Invalid Could Help Herself

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