

Iron Is Greatest of All Strength Builders, Says Doctor

A SECRET OF GREAT ENDURANCE AND POWER OF ATHLETES.

Ordinary Nuxated Iron Will Make Delicate, Nervous Run-down People 200 p. c. Stronger in Two Weeks' Time, in Many Cases

NEW YORK, N. Y., Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sager, a well known Specialist who has studied widely both in this country and when as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well you owe it to yourself to make the following test. See how long your can work or how far you can walk without becoming tired. Next take five grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were alling all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the gold simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated Iron, recommended above by Dr. Sager is not a patent medicine nor secret remedy but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary it is a most potent remedy, in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100,000 to any chemist or druggist who can not take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten day's time. It is dispensed in this city by Geo. E. Hughes, Apothecary's Hall, E. A. Foster, Central Druggstore, and all other druggists.

THURSDAY.
WANT SEASON EXTENDED.—The lobster fishermen from Black Point, near Canoe Cove, to St. Peter's Island have petitioned the Government for an extension of ten days of the lobster fishing season. The reason given for this demand are the fact that the season did not open until May 11th and also because of the scarcity of bait. The present season as it stands is the shortest in the history of that section, and the fishermen who were unable to obtain bait if deprived of the profits usually accruing from the fishery will feel the loss severely.

In memory of the late Mr. Andrew Stewart who died of hemorrhage of the brain on the 9th of May, 1916 at his home at Upton, aged 52 years. He died trusting in the Lord. He was the son of Mr. Donald Stewart of Upton and leaves an aged father and one brother Charles of Upton and one sister Mrs. A. G. Mathieson of Dunham. He was much respected by his neighbors and all his acquaintances. He was a hard working man and a good honest citizen. The funeral was conducted by Rev. Mr. Rand and Rev. Mr. McLeod at the house and Dundas Cemetery.

THE HALIFAX.—The "Plant" Line steamer Halifax docked in Charlottetown last evening at 7 o'clock. She brought a fair sized cargo, consisting of fertilizer binder twine, household goods and fruit, also the following passengers: From Boston—J. Gadsby, Miss T. Gillis, Miss M. Gillis, Mrs. J. A. McKinnon, J. McQuaid, Mrs. J. A. McLean. From Halifax—Mrs. E. W. Weave and family; From Hawkesbury—J. McInnis. The steamer sailed on return during the night with a large cargo, consisting of lobsters, scrap tin, and miscellaneous goods. She also took the following passengers: Mrs. M. F. Wilds, Bruce Wilds, Mrs. F. E. Colwill, John P. Jones.

—WEDDING BELLS.—The marriage took place in St. Patrick's Church, Grand River, Lot 14 on Monday morning last of Miss Florence Kilbride, daughter of Mr. and Mrs. John W. Kilbride, Port Hill, to Mr. Marshall McLellan, son of Mr. and Mrs. Angus J. McLellan, Grand River. The ceremony was performed by Rev. John A. McDonald assisted by Rev. F. J. Connolly. The bride was attended by her sister Miss Lillian J. Kilbride while Mr. Linus McDonald supported the groom. The ceremony the newly wedded couple with relatives and friends drove to the home of the bride where all partook of a wedding breakfast after which the newly married couple drove to Summerside.—P.

A SICKLY WIFE NO FIT MATE FOR ANY MAN

GIRLS AND WOMEN SHOULD LOOK WELL TO THEIR HEALTH AND STRENGTH.

Never before was physical health and vigor so highly esteemed and so eagerly sought for as to-day. No man finds happiness in a sickly wife, and the woman who wishes to enjoy the pleasure of life should spare no effort to maintain perfect health. Is your daughter growing up strong and ruddy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks—or is she compelled to use the street car instead of enjoying the delightful exercise of walking—does she after the ball arise refreshed and vigorous, or is she exhausted, indifferent, and perhaps irritable? When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks and elasticity to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health. Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood which imparts that power and surplus energy so earnestly desired by those in ill-health. Stop and think what this means for your daughter—certainly a great deal, and it can be accomplished by Ferrozone.

Every growing girl and young woman derives enormous benefit by many ways from this nutritive, vitalizing tonic. It is specially suited for young women and a guarantee of health and regularity, as long as it is used. Ferrozone is free from alcohol and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold in 50c. boxes or six for \$2.50, at all dealers, or direct from the Cartharozone Co., Kingston, Ont.

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At Garlock, Belfast on the 12th inst., Elizabeth relict of the late Mr. Robert McKenzie in the 78th year of her age. The deceased was a woman greatly esteemed, and came to her end in a good hope of eternal life. Her words were "I have but one wish to see my dear Saviour face to face. Her son deceased her by one week, which event filled her with sorrow but made her more ready to depart. She leaves three daughters to mourn the loss of a very loving mother, Mrs. Kenneth Mathieson and Mrs. John A. McKenzie near by and another in the States. Her remains were buried at the Belfast Cemetery the Rev. J. W. McKenzie in attendance.

The two stake classes that closed June 10th, in connection with the Montague Horse Races to be held on Aug. 30th, 1916, have filled splendidly, there being ten entries for the 2:30 and the entries for the 2:30 race second payment is due July 3rd. The entries in the 2:30, trot are as follows.

Angus McGillivray, New Glasgow, N. S.

Dr. J. T. Jenkins, Charlottetown.

J. Stanley Wedlock, Charlottetown.

Everett McLeod, Grand View.

H. C. Hooper, Charlottetown.

John McPhee, Freetown.

Hammond Kelly, Charlottetown.

Dr. J. D. McIntyre, Montague.

H. H. Acorn, Souris.

T. Gordon Ives, Montague.

The 2:30 pace stake, has the following entries.

J. Stanley Wedlock, Charlottetown.

James Riley, Gasperaux.

Peter J. Conroy, Charlottetown.

Gavin Harding, Grahams Road.

Gordon McMillan, North River.

Chas. P. Conroy, Charlottetown.

Ellis Pharmacy, Montague.

Hammond Kelly, Charlottetown.

J. Stanley Wedlock, Charlottetown.

This is the first time that the Montague Association has ever attempted a stake event and it is indeed gratifying to the managers, that the classes have filled so well.—B.

At Hartsville, Strathalbyn on the 10th inst., an aged and worthy man was gathered to his father's in the person of John Ban McKenzie, and the event calls for more than a passing notice. He was a pioneer settler who emigrated to this country from the old land in the year 1839, and after a few years settled on the homestead now occupied by his grandson. There, without an interruption, he carried on the battle that was ended victoriously. He had reached the patriarchal age of over ninety-six years, and lived during the most eventful period of the world's history. What a diversified experience was his! He encountered the usual hardships of a pioneer. He had his joys and his sorrows, but through it all, his life was grand and his character was noble. The most adverse circumstances could not daunt his courage. He would say "The Lord reigneth." He never failed, and he saved many another from failure. He lived the ideal life. It was ever maintained on a high level. When we were young, we read that he never held against him for a moment by those who knew him whether in a public or private capacity. He walked in the light. So he was a special gift in Providence to the home of which he was the honored head to the community in which he lived. He was a man of great character which his devoted life was spent. Strathalbyn owes more to him than to any other man who ever lived there. He was a sheet anchor to that congregation for over seventy years. For sixty-five years without a break he led the singing in the great congregation, and he had no peer in that divine service. We have seen him do this alone in a congregation of two or three thousand in open services, on sacramental occasions. Even in his old age, whether in prayer or praise, his voice had a sweetness that gave him pre-eminence over all others. If you reckon some ten appearances a week as pre-centor, the labour and responsibility that went with that office were immense, and all done with no thought of compensation but the good of the people and the glory of God. For fifty years he was an Elder in the office in the congregation. He had to face many a difficulty, and often to stand alone, but while it was true of others, it was especially so of him, that he never shirked a duty. And with all, he was peaceable, gentle, unspoken, firm, kind, generous and light shone brightly to the last. He kept the faith and has entered upon his reward. He is survived by one brother and one sister, by four sons, John T. McKenzie and Nell of Charlottetown, Rev. J. W. McKenzie of Belfast and John A. of Hartsville, and two daughters, and many grandchildren, to cherish the memory of one whose influence will go on doing its good work till times end. A large concourse of people escorted his remains to their last resting place at the Hartsville church. The pastor of the congregation, Rev. Mr. McKenzie officiated.

Among the pall bearers were John Murray and John Callaghan from the Lot 65 Congregation.

TO REMOVE OLD WRECKS.—Mr. H. E. Poland of the Marine Department, Ottawa, diver and dynamite expert is in the City and will inspect the several wrecks of vessels lying around the coasts and harbors of this Province. These include one at Crapaud, one at Cardigan, one at Charlottetown and probably others. It is the intention in about a month's time to blow up all these wrecks which are a menace to navigation and do not tend to improve the appearance of the places where they are situated.

MARRIAGE YESTERDAY.—A very pretty wedding took place in St. Paul's Church, Charlottetown, yesterday afternoon, at 3 p. m. when Miss Rebecca Cole, daughter of Mr. John Coles Craven, Saskatchewan, (formerly of Brandon, P. E. I.) was united in marriage to Mr. Ernest Bulman, Rustico, the officiating clergyman being Rev. T. W. Murphy. The bride who was unattended, was dressed in white satin, draped with nylon and lace. The happy couple will leave this morning on the western train, for a wedding tour.

MARRIAGE.—In St. Dunstan's Cathedral on Tuesday morning the marriage was solemnized of Miss Susan Gillan, the eldest daughter of Mr. and Mrs. Thomas A. Gillan, Edgewood Street, City, to Mr. Daniel Woods, of Emvayle, Lot 65, son of Mr. and Mrs. John Woods of that place. The ceremony was performed by Rev. T. Curran. The bride was attended by her sister, Miss Ada and the groomsmen were Mr. Leo McCloskey. The happy couple left by the morning express on a short honeymoon trip abroad.

RECORD TO BE PROUD OF.—The Canadian Bank of Commerce has more than 1,100 officers who have taken up military duty, representing over fifty-five per cent. of the male staff between the ages of 18 and 45, forty-eight per cent. of the entire staff and thirty-eight per cent. of the entire staff of the bank. On their honor roll there are the names of thirty-four killed, seventy-nine wounded, five prisoners of war and three posted as missing. Many girls are now being employed by the bank to fill the vacancies of the men who have gone to fight for their country.

Two more brave sons of Prince Edward Island have made the supreme sacrifice on behalf of the Empire and liberty. The sad news was received that Archibald Campbell of Long River, and George A. Campbell of Cape Traverse had been killed in action in France.

Another list of wounded among the islanders was as follows:—

Louis McMurrer, Charlottetown.

Leslie S. McDonald, Peter's Road.

William Goodwin, Morell.

Everett McLeod, Grand View.

John D. Burns, Spring Valley.

A. C. Walker, Georgetown.

George H. Robertson, Bradalbane.

Kilburn R. Sherran, Crapaud.

Albert Ira McGougan, Battic.

A SCRAP DESCRIBED.—The following is an extract from a letter received by Mrs. R. B. Dewar from her son Gunner W. H. Dewar, somewhere in Belgium. "Received your letter on June third and if you look up the date you will find that it was the King's birthday and that the Canadian boys were having one of the hottest set-to's that have been yet. I am going to give you a little idea what it is like when there is a scrap on. The flashes make the whole scene bright and the noise seems to hit you, while the shells

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overhead are like trains hurtling through the air. A sharp sound grand piano. I am quite well. You like a gale howling through the branches of a tree—it is a moan, a groan and a shriek and when the explosion comes it sounds as if some one had called it "Blighy." He is on pass."

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In fact, "Beaver" Flour is a special pastry flour. It contains the choicest Ontario fall wheat (the finest pastry wheat in the world) blended with western spring wheat to increase the strength.

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makes the lightest, flakiest Pies and Tarts—the most inviting Cakes, Cookies and Doughnuts—and real homemade Bread, with the delicious, nutlike flavor.

There's no comparison between the tough Pastry and tasteless Bread, made with western wheat flour, and the "good things" made with "Beaver" Flour. Order some.

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SHAVING is a daily nuisance. Why make it worse by abusing your face? Because of its particular properties Mennen's Shaving Cream softens the beard without the objectionable "rubbing in."

"Rubbing in" lather with your fingers is messy and disagreeable, and if your soap contains free caustic, the rubbing works it into your skin, causing smarting, burning, soreness, skin eruptions, etc.

Mennen's Shaving Cream is put up in sanitary airtight tubes with handy hexagon screw tops. Just try it, on your own face, then you will realize what a relief and benefit it is.

MENNEN'S SHAVING CREAM

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DELIGHTFUL after shaving—natural tint—invisible—antiseptic and protective. Retains all the high standards of Mennen quality. Has a distinctive perfume and package that make a hit with the masculine.

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A NEW sense of restfulness—that's what you will experience the first time you sleep on the "Banner Spiral Spring."

(Patented July, 1908.)

This Spring is not new; it has been proven by thousands of satisfied users, and it is guaranteed for 20 years by the largest manufacturers of beds and bedding in Canada.

The Banner Spiral Spring

is made of 100 elastic steel Spirals, each one independent of the other 99, yet held together at the top by an interlacing of tempered steel wires as illustrated, and supported on flat steel bands.

Each one of these Spirals "gives" according to body pressure, thus ensuring healthful sleep. Every tired muscle is rested, and you get a night's sleep, such as you can enjoy on no other spring made.

Here's another very important feature that every careful housewife will appreciate. This spring has a **Guaranteed Non-Rusting Enamel Finish** that will not damage bedding.

And because of its reinforced adjustable corner castings, it will fit any bed. Be good to yourself! Don't sleep doubled up like a jack-knife on a sagging woveen wire spring, when you can get a Banner Spring (patented July 1908) from your dealer, and enjoy real sleep comfort. But be sure you ask him for a Banner Spring (patented July, 1908) by name.

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