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OUT OF THE RUNNING AT 40 YEARS OLD

Men at 40 should be doing their best work. This is impossible unless health is good. Many a man at 40 thinks he is getting old and out of the running, because his back aches, his joints are swollen and sore, or he is the victim of rheumatism.

We have records on file of men who felt just like this but who took Cin Pills and quickly regained the young spirit and energy that goes with good health.

So much depends on the kidneys, whose function is to carry away the poisons from the blood stream. If the kidneys are not working right, though a man is only 20, the poisons will make him feel old before his time. Don't delay if you have a sore back, cannot lift weights, limp with rheumatism, suffer from kidney or bladder trouble, lumbago, inflammation of the bladder, brick-dust deposits, or other urinary disorder. Try Cin Pills.

Cin Pills are noted, too, for their pleasant action as a laxative. If you are troubled with constipation, here is the remedy.

Try Cin Pills. We will refund your money if you fail to get results. All good druggists and dealers sell Cin Pills. Sample free upon request to the National Drug and Chemical Company of Canada, Limited, Toronto. 97

SAYS A CORN ACTS LIKE ELECTRIC BELL

Tells Why a Corn is so Painful and says cutting makes them grow.

Press an electric button and you form a contact with a live wire which rings the bell. When your shoes press against your corn it pushes its sharp roots down upon a sensitive nerve and you get a shock of pain.

Instead of trimming your corns, which merely makes them grow just step into a drug store and ask for a quarter of an ounce of Freesia. This will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. A few drops applied directly upon a tender, aching corn stops the soreness instantly, and soon the corn shrivels up so it lifts right out, root and all, without pain. This drug never inflames or even irritates the surrounding tissue or skin.

CONVENTION

The Convention of the Eastern Teachers' Association in A. J. Adams' Inspectorate, and a Public Educational and National Service Meeting, will be held in

The Public Hall, Murray River on Friday, June 1st, teachers' convention to begin at 2 p.m. sharp, (time subject to change).

Inspector Adams has notified his teachers re the programme of the day session.

The programme of the Public Meeting at 8 p. m. is as follows:

1. Education—Dr. S. N. Robertson.
2. National Service (or subject of choice)—Judge Fitzgerald.
3. Rural Science—Prof. McLary.

A short musical programme will be given by local talent.

The P.E.I. Railway is giving the usual First Class Single Fare on the Standard Certificate plan. Both teachers and the public are urged to attend as this convention promises to be of unusual interest.

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Has sired more race horses than all the other stallions standing for service in the province combined. At every race meeting of note in the three provinces Commodore is always represented by at least 2 or 3 of his get.

The history of all great sires including George Wilkes, Electioneer, Blingen, Peter the Great, and Moko has established the fact that a stallion sires more speed during the period between his 15th and 20th years than he does in all the time before that period.

Commodore Ledyard is 16 years of age this spring. He never was really kept before in the condition that a horse should be kept to make a successful sire and he should beget more speed this year than he has in any other two years of his stud career. He stands for service at his owner's stables at Montague. Anyone interested can obtain his card with tabulated pedigree on application.

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CHARLOTTETOWN MARKETS

| | |
|-------------------------------|-------------|
| Dairy butter..... | 35-38 |
| Butter (creamery prints)..... | 41-42 |
| Eggs..... | 42-44 |
| Powl, lb..... | 15-18 |
| Chicken, lb..... | 14-20 |
| Beef (lb) retail..... | 14-20 |
| Potatoes, bush..... | 2-9-25 |
| Hay, ton..... | 15-00-16-00 |
| Straw (ton)..... | 9-00-10-00 |
| Pork (selects) wholesale..... | 19-19 1/2 |
| Oats (black) bush..... | 95-1-00 |
| Oats (white) bush..... | 95 |

NATIONAL THRIFT

(Continued from page two)

money saved up, would be able to live without going into debt or at all. He would be able to go on longer before doing so than if he were not thrifty. If the country was wealthy trade would not be much disorganized and industries could continue producing much longer than if the inhabitants were poor. And the less the people would have to borrow, the less hardship would there be and the sooner could the country recover from the financial and commercial depression. So thriftiness would help Canada very much in time of poor markets, poor crops or poor commercial activity.

Among the many ways in which Canadians can practice thrift, the giving up of the use of luxuries is probably one of the most effective. During the war we should not buy conveniences because we happen to be prosperous just now. Only absolute necessities should be bought or used. The enormous sum spent yearly on liquor is money wasted. And besides the money there is the lost time, the sickness, accidents and suffering caused by drinking. The use of tobacco, although not so blameworthy, still must be classed among the luxuries and so could be stopped to great advantage, particularly among the young men. Besides these there are many articles of food and dress the using of which could be discontinued with little hardship and much material gain.

Another method of practising thrift is the production of larger crops—larger quantities of foodstuffs, for which the need now is urgent and the supply small. By so doing Canada is assuring victory to the Entente Allies and thus guaranteeing her own future prosperity. By producing bumper crops, we are playing the role in the great war, to which we are best adapted. It is to Canada that Britain is looking for the necessities of life. Everyone who possibly can should grow something to relieve the food shortage. Kitchen gardens should be cultivated even in the towns and large cities wherever there is room. The products of these would considerably help to reduce the cost of living. The high prices of all food stuffs should be another incentive to make Canadians produce the greatest quantity of such products that they possibly can, for by growing great crops when the prices are high, much money will be brought into the country and so more will be there to be saved.

We can become more thrifty by practicing economy in our homes. In nearly every home there is much unnecessary waste, particularly in food and clothing. To put an end to these losses is mostly woman's work. By attending Short Courses and joining Women's Institutes they can learn very many useful hints in Domestic Economy. The men, too, have much to learn—they can, by being careful of their clothes and implements, and by practicing efficiency in their daily labor save much time and money. It is said that "Efficiency and Economy" is the secret of Germany's strength. In our every day affairs we can imitate them with great profit to ourselves. With such an example of what thrift can do we ought to practice it to the best of our ability.

Another way in which Thrift may be practiced is by taking better care of developing our natural resources. We have been too careless and neglectful of them in the past. Hundreds of thousands of dollars worth of valuable timber is destroyed every summer by forest fires. Almost all such loss was caused by carelessness. Similarly we have allowed many of our fisheries to be depleted and some of them well nigh destroyed. When the people of this country see and know the value of thriftiness, they will exert themselves to prevent such losses occurring again.

Many new industries can be started, the raw materials for which are found in different parts of Canada. Here on our own little island we have pottery clay and sand suitable for the making of glass. And likewise the other provinces are well supplied with undeveloped resources. Experience has shown that toy-making and the manufacture of many other trinkets, formerly imported from Germany, can be successfully carried on here. A little outlay on technical Education along these lines would be a good investment for the country. Such new industries when established would keep much money in the country and give employment to many at home and so be another method by which we can be thrifty and economical.

For these reasons thrift and economy should be practiced by the Canadian people. By so doing they will help to win and hasten the end of the war. The evil effects of the war will sooner disappear. Many faults and vices will be ended. Riches will be more equally distributed and there will be much less poverty. And then Canada will be ready to take its proper place among the nations—the most prosperous, the best governed and the most worthy of a true patriot's love, of them all.

"HOPE" Age 16,
Birthday April 22, 1917

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FOLKESTONE WAS THE TOWN

Where the German Airmen Murdered the Women and Children

LONDON, Folkestone was the town where the most damage was done in Friday's air raid.

Seventy-six persons were killed and 174 injured in a raid by about sixteen hostile airships on southeast England last Friday evening. The official statement reported bombs dropped at a number of places, but stated that nearly all the damage occurred in one town, where there were considerable casualties among the civil population and some shops and houses were seriously damaged.

The German official report on the raid stated that bombs were dropped on Dover and Folkestone. Previous London despatches had alluded to the place where the greatest damage was done as a "town on the southeast coast of England," Folkestone, which lies five miles southeast of Dover, is an active fishing port and a widely known watering place, with a population of about 35,000.

TWO LITTLE BOYS DROWN IN LA HAVE RIVER

(Canadian Press Despatch).
LUNenburg—Two little boys, one of six years and one of eight

years, were drowned in the La Have river at Bridgewater, Saturday afternoon. One was a son of Robert Veinot and the other Eliza Wentzel. The little fellows were sitting on a rotten log at the end of Dauphine's wharf when the log broke and they fell into the river. No one saw the little fellows fall although people

were passing by that way all afternoon. Mr. Dauphine saw two hats floating in the river and fearing that an accident had occurred gave the alarm and the river was dragged with the result that the two bodies were found. Mr. Wentzel works in Halifax and the sad news was telephoned to him.

WHAT DO YOU

know about the printing of that most wonderful book—the Bible? Read the interesting facts and figures about it given below, and perhaps you will know more!

The Charlottetown Guardian

offers the very best edition ever printed for popular use, to its readers, in what might be called a "gift distribution:

The Big Print Red Letter Bible

Fascinating Figures About the Bible

Over 200 million copies of the Bible have been printed. Touching end to end, they would go round the world—25,000 miles. Piled one on another, it would take 4,000 mountains like Mt. Everest, the highest in the world, to reach the topmost book. But this is not all. The public libraries of the entire world could not contain them. It would take two of the largest ships ever built, loaded to the deck, or a hundred freight trains with 25 cars to the train, to transport them. Stacked in columns, they would make 100,000 Eiffel Towers, the tallest structure ever built by human hands. To print them would require at least 100 billions of pages of type.

The mere physical facts about the Bible stagger the imagination. All the other books ever printed seem microscopic by comparison. The Bible has been read by more people than any thousand other books. Today it forms the basis of religion for several hundred millions of the most enlightened peoples of the earth. The greatest war in history began in 1914, and

shook the world from center to circumference. As a result, untold millions of people, startled out of their lethargy, took to the Bible to save their sanity and restore their mental vision. The first year of the war saw more Bibles sold than in any other year since it was printed.

It was the consideration of these facts that led this newspaper, in conjunction with all the leading newspapers of the country, to seize upon the psychological moment in which to inaugurate a nation-wide revival of Bible-reading. The edition now offered in these columns is the same as is being offered by the leading papers everywhere—not for profit to themselves—but for the benefit of their readers.

We invite comparison with any other edition of the Bible. We challenge competitive examination; secure in the knowledge that the Famous Red Letter Edition we offer, is easily first—and beyond any ordinary offering by publishers who seek only profit.

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THE NEW TESTAMENT

First published by the English College at Rheims, A. D., 1582, with annotation references, and an historical and chronological index. Published with the approbation of The Bishop of Charlottetown, His Eminence James Cardinal Gibbons, Archbishop of Baltimore, by the John Murphy Company, Printers to the Holy See.

NOTE

Owing to the increased cost of production the publishers are unable to supply any further copies at a rate which would permit of their being given away at \$1.50—the ordinary cost being \$5.00 a copy. Therefore after The Guardian's present supply of Douay Bibles is exhausted, and it is very limited, no more of this edition will be obtainable at the price.

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