

Totally Discouraged by Nervous Prostration

After Many Weeys of Doctoring a Friend Recommended Dr. Chase's Nerve Food and She Was Cured

There is nothing more discouraging and dependent that I thought I would lose my mind. I doctored with several doctors and received but little benefit. At last I became very much discouraged and thought I would never get better. A friend advised me to try Dr. Chase's Nerve Food, and before I had finished the first box I knew that it was helping me. It took several boxes of the Nerve Food to that it is a wonderful builder up of the nervous system.

It is only wise to prevent such dreaded disease as Nervous Prostration, Paralysis and Locomotor Ataxia by keeping the nervous system in good condition at all times. When you cannot sleep well, have headaches and indigestion, be warned of approaching dangers and restore the nervous system by using Dr. Chase's Nerve Food 50 cents a box all dealers or Edmondson, Bates & Company, Limited, Toronto.

KITCHEN EQUIVALENTS IN WEIGHTS AND MEASURES.

- 2 cups butter (solidly packed) weigh 1 pound.
- 2 cups granulated sugar weigh 1 pound.
- 2 2/3 cups powdered sugar weigh 1 pound.
- 4 cups flour (about) weighs 1 pound.
- 9 or ten eggs weigh 1 pound.
- 2 tablespoons butter weigh 1 ounce.
- 4 tablespoons flour weigh 1 ounce.
- The juice of one lemon is equivalent to 3 tablespoons.—Except from correspondence study course in home economics, University of Wisconsin Extension Division.

"Have you seen this new line of dainty Talcum Powders we are now showing? If you haven't, you'll want to see it. It's one of the largest and most complete exhibits of the world's best talcum powders you ever saw. The Two Macs, 149 Great George St.—Mtf.

Silver Black Fox Industry

Owing to disturbed conditions caused by European war prices are somewhat lower than last year; therefore a golden opportunity is offered you to become interested in this great industry.

If you are thinking of establishing a ranch, we can assist you by furnishing you with Foxes of this year's production, all guaranteed to be the highest grade of P. E. Island standard ranch-bred stock.

Full particulars upon application.

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Canadian Government Railways

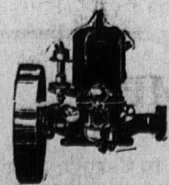
Prince Edward Island Railway

TIME TABLE IN EFFECT MAY 3rd, 1915.

Trains Outward		Atlantic Standard Time		Trains Inward	
Read Down.				Read Up.	
P.M. Noon	A.M.			A.M.	P.M.
3.45	12.00	7.35	Dep.	11.40	10.50
5.00	1.20	8.30		10.36	9.52
5.45	2.10	9.02	Dep.	9.59	9.21
6.22	2.55	9.27		9.27	8.55
7.00	3.30	9.50	Arr.	9.00	8.30
					4.30
8.40	P.M.			8.45	5.30
9.38	12.10	Dep.		7.48	4.00
10.27	1.42			7.04	2.40
11.08	3.10			6.19	1.35
11.45	4.22			5.45	1.30
	5.20	Arr.			
9.25	P.M.			9.15	8.00
10.00	6.00	Dep.		8.40	7.00
	7.00	Arr.			
P.M.	A.M.			9.30	5.45
3.00	6.50	Dep.		8.27	4.10
4.10	8.40			7.58	3.27
4.36	9.17			7.36	2.55
4.57	9.46			6.35	1.30
5.00	11.15	Arr.			
7.10		Arr.		5.25	
4.20	A.M.			8.20	3.55
5.09	8.45	Dep.		7.26	2.48
5.30	9.55			7.04	2.20
6.05	10.25			6.30	1.30
	11.05	Arr.			
Sat. Daily	Daily Sat.			10.00	9.45
only ex. Sat.	ex. Sat. only			8.23	8.31
& Sun.	& Sun.			6.30	7.00
3.10	3.10	Dep.			
4.25	4.57				
5.55	7.00	Arr.			

Gray Marine Motors

3 to 50 H.P. 2 and 4 Cycle



Gray Motors are the simplest and most powerful gasoline engines for their size in the world.

No Repairs If Taken Care Of

You can have a guaranteed Gray Motor in your boat for less money than you have to pay for inferior engine.

Write for Catalogue and Prices. Extras of all kinds kept in stock.

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161 Great George St. Charlottetown, P. E. I.

ON SAFE GROUND.

With a fraction of uncertainty on one or two points, such possibly as high prices for seed, scarcity of help, the dairy farmer, nevertheless, the whole Dominion over is actually engaged now in planning for a more abundant milk harvest than ever from his faithful, patient cows. The prudent, far-sighted man has organized, nearly all points, such as seed selection, labour-saving implements, better stables, more alfalfa, a new silo, abundant water and the best cultivation he can possibly give to the land owned or rented.

On many dairy farms, however, one more point needs immediate attention before the herd owner can truthfully be said to be on really safe ground. For if the abundant crop or the expensive feed purchased is given to a cow, or cows, whose dairy ability is lacking, sadly lacking, some one is bound to receive an unpleasant surprise and disillusionment. If dairy ability means ability of the cow to turn feed into good milk at low cost, is it not the step of wisdom to make sure that each cow on the premises does possess that ability?

Where no cow testing has been practiced a moderate estimate is that three out of twenty cows consume feed valued as high as the price received for the milk they yield. Records aim at detecting these bovine crooks; but further, a study of records kept so easily, show the dairyman which cows produce the most milk and fat, and which produce them the cheapest, (for instance 63 or 95 cents per 100 pounds of milk) so may man keeping dairy records is speedily on the home stretch towards the winning post inscribed "each cow pays a good profit." That is safe ground for the dairyman.

WATER CURE FOR INSOMNIA

Many times sick people or even well people are unable to sleep because the air is too dry. This may be so in modern houses, even though the windows are left open. A large bowl of water placed as near as possible to the head will induce sleep. If placed under the edge of the bed there is no danger if its beir tipped over. Added to this, a cloth saturated with cold water and placed over the eyes and around the temples will act as a soporific. In some cases better results are obtained by soaking a cloth in hot salty water, renewing as soon as it cools, until sleep is secured. The hot water is probably the better, if the patient is very nervous. However, a general lack of moisture in the air or by some of the glands about the head will cause wakefulness in a perfectly healthy person.

Under no circumstances should one resort to drugs and dosing to secure sleep. If the wakefulness is persistent, even after using the water, a glass or two of hot milk sipped slowly generally finishes the treatment.

NOT A WINTER.

The death of Lord Londonderry recalls a peculiar incident which happened at the Curragh at the September meeting in 1910. There were three runners for a race, one of which was Lord Londonderry's St. Dunstan, the others being Bell H., and Marble Hall. St. Dunstan came in first, but he was not qualified to start and was disqualified, the race being awarded to Marble Hall, but his rider was not qualified to ride in the race under his conditions, and so he was disqualified. Then the third starter Bell H., should in the ordinary course have received the race, for she was the only one qualified to run. She was killed in the race through colliding with a post. It was one of the most extraordinary incidents that has ever happened in connection with racing.

Lord Londonderry had some horses in training with M. Arnott at Clonsilla, and the best of these was St. Dunstan, which when he had finished his racing career was sent to the stud by his owner, who provided the well-bred horse for the use of his tenantry with a view to their improving the breed of their horses. St. Dunstan was by St. Serf-Dulcis, by Isinglass—Sweet Lavender, by Hampton. He was a really good horse over hurdles, and won some races on the flat as well. Lord Londonderry was interested in Irish racing in Ulster, and was a steward at the County Downs Hunts (Donpatrick) meeting, as well as at the Royal (Maze) meeting.—London Sporting Life.

Action of Single Spoonful

Surprises Many

Charlottetown people who bought the simple mixture of buckthorn bark, glycerine, etc., known as Adler-ika, are surprised at the INSTANT effect of a SINGLE SPOONFUL. This remedy is so complete a bowel cleanser that it is used successfully in appendicitis. Adler-ika acts on BOTH upper and lower bowel and ONE SPOONFUL relieves almost ANY case of constipation, sour or gassy stomach. ONE MINUTE after you take it the gasses rumble and pass out. E. A. Foster, Druggist.

TO WASH WOOL ARTICLES.

Where there are small children articles of wool are constantly in use, and therefore require wearing, and unless it is properly done they will be ruined. If this simple plan is followed success is sure:

Make a fairly hot suds with good quality white soap; immerse the piece, allow it to soak for half an hour, then wash and pat it around. Squeeze out as much moisture as possible and repeat the process; if it does not look perfectly clean do it a third time. Rinse it through clean warm water until all traces of soap are gone; squeeze it, then place it on a towel; twist the towel tight to get out more water; put a clean towel in a large agate pan or a china bowl; place the article lightly upon it; put all in a warm (not hot) oven; leave the door open. Fluff it up occasionally by turning it over until perfectly dry. The washed piece should look almost like new.

Never rub crocheted or knitted wool articles, as it stretches them; to hang them up also pulls them out of shape; done as above they will not be hurt in either way. Baby socks should be laid in shape on the towel.

NICKNAMES OF FAMOUS REGIMENTS

Every great war in which British troops have been engaged has supplied a nickname for some regiment or other, and the present war is no likely to prove an exception. The Manchester Guardian has been investigating the origin of some of the titles of regiments which are well understood and tells how various corps got the names they are so proud of.

The Forty Thieves

The Royal Artillery Band, for instance, long ago, received the appellation "The Forty Thieves." During the reign of William IV, the band—composed of 40 players—was in great demand at the Royal Palace. It was usual for the Royal household to provide wax candles of a superior kind as the illuminant, and after each performance the partly-used candles were appropriated by the band members to light up their messrooms in barracks. The constant supply of new candles for the band performances caused an order to be issued from the Royal household requesting the musicians not to remove the partly-used candles. The news of this interdict spread, and the band was called "The Forty Thieves." The Royal Scots is the oldest regiment in the British army, and it is from this circumstance that it gained the name of "Pontius Pilate's Bodyguard." It seems that a dispute arose between the Royal Scots and the Picardy Regiment so far back as 1637 concerning the antiquity of the two corps. The Picardy regiment claimed to have been on duty on the night after the Crucifixion. The Royal Scots, in reply, are reported to have said: "Had we been on duty we should not have slept at our posts." Lord Rosebery, speaking of the great traditions of this regiment at Delhi, recently reminded his audience that the Royal Scots was probably the oldest regiment in the world. In an old Scottish pamphlet he had read that at one time the regiment was perhaps, not entirely, but largely, armed with bows and arrows.

The Gloucesters' Custom

"The Right-about's" is the name by which the Gloucestershire Regiment is known. There is not a regiment in the British army that has greater reason to be proud of its unofficial designation for it recalls the distinguished conduct of the First Battalion when engaged to the front and rear at the battle of Alexandria in 1801. Officially this exploit is commemorated by a unique distinction not possessed by any other regiment. The men of both battalions wear a badge on the back as well as on the front of their helmets. A quite subsidiary nickname is "The Old Brags" taken from the name of one of their colonels—General Philip Brags. The Worcesters (29th Foot) were the first to draw blood in the disturbances which preceded the American War. This event won them the name "The Vellopeners." They were also known as "The Ever-sworded Twenty-ninth" because for a number of years the officers always dined wearing their swords. This custom arose out of a battle incident. When a part of the regiment was quartered at St. John's Island in the eighteenth century officers and men were surprised when unarmed and slaughtered by Indians. Later the custom was modified in that only the captain and subaltern of the day dined at mess armed with the sword, a custom which is observed today.

The Twelfth Lancers

The Twelfth (Prince of Wales' Royal) Lancers, called "The Supple Twelfth" from its rapid movement when in action at Salamanca, has a peculiar custom. By way of penance (it is said) during peace the band plays every night, after "Last Post" is sounded, the "Spanish Chant," "Vesper Hymn" and the Russian "National Anthem." Tradition records that during the Peninsular War the regiment sacked a convent, and as a punishment for this sacrilege the authorities imposed the playing of the "Spanish Chant" as a means of atonement. The "Vesper Hymn" is played in accordance with the conditions laid down by the widow of an officer when she presented new instruments to the band 100 years ago. The origin of playing the Russian Anthem is not known. This unique custom is known in the regiment as the "Penance." The men of the Queen's Own (Royal West Kent Regiment) when in Egypt in 1801 suffered greatly from ophthalmia. The regiment was then the 50th Foot, and it became known as "The Blind Half-Hundred." A name of which the regiment is proud is "The Gallant Fiftieth." This was gained in the Battle of Vimiera in 1807. The 97th Foot, or 2nd Battalion) was known as "The Celestials" because of the sky-blue facings. The Life Guardsman is known to most of us because in time of peace he wears a cuirass, a relic of the days when our soldiers went to battle clad in armor. Infantrymen used to call the Life Guards "Tin Bellies" and "Patent Safeties," but not in the hearing of these six-foot soldiers. The Royal Horse Guards when in full dress are distinguished from the 1st and 2nd Life Guards by being clothed in blue instead of scarlet, hence "The Blues," one of the new nicknames which have been officially recognized and which consequently appear in the Army List.

The Buffs' Privilege

In the reign of George II, the Seventh (Princess Royal's) Dragoon Guards was given the name "The Virgin Mary's Bodyguard" having

BRONCHIAL GOLD

Yields To Delicious Vinol

Philadelphia, Pa.—"Last Fall I was troubled with a very severe bronchial cold, headaches, backache, and sick to my stomach. I was so bad I became alarmed and tried several medicines, also a doctor, but did not get any relief. A friend asked me to try Vinol and I brought the relief which I craved, so now I am enjoying perfect health."—JACK C. SINGLETON.

We guarantee Vinol, our delicious cod liver and iron tonic without oil, for chronic coughs, colds and bronchitis. E. A. Foster, Druggist, Charlottetown, P. E. I.

been sent to assist the army of the Archduchess Mary Theresa of Austria. They also, with the First Dragoons bear the name called "Butchers on White Horses" by the Germans. At home they are known as the "Bubbly Jocks" (meaning a turkey cock), name derived from their uniform. They also, with the First Dragoons, bear the name "The Birdcatchers," the origin of which is not known. At the siege of Delhi the natives called the First (Queen's Royal) Lancers "The Delhi Spear-men," while the Eleventh Hussars are generally known today as "The Cherry Pickers" and "The Cherubins." The former name comes from the time when some of the men were taken prisoners while on outpost duty in a fruit garden in Spain, and the latter from their crimson trews. A privilege not allowed to any other regiment is claimed by the Buffs (East Kent Regiment.) The name "The Buffs" is derived from the color of the facings, which was retained under a special privilege after the territorial organization was adopted. This regiment also rejoices in the time-honored privilege of marching through the city of London "with drums beating and colors flying without let or hindrance," a privilege which comes from the trained bands of Elizabethan days.

HOUSEHOLD HINTS.

New leather boots are sometimes difficult to polish successfully. When this is the case it is a good plan to rub over the leather with a cut lemon. Allow the juice to dry thoroughly. Apply blacking in the usual way, and polish with a good hard brush. For a nervous headache or one following a too strenuous day a simple means of alleviation is to remove the pressure of the blood on the brain by soaking the feet in water as hot as can be borne. The blood is quickly drawn to the feet, and the brain is thus relieved of pressure. A teaspoonful of mustard added to the water will give a relief when the former method fails.

To keep irons from rusting rub them with mutton fat, wrap in common brown paper, and put them away in a dry place. If they have become rusty, they may be made smooth by putting some white sand on a smooth board and rubbing the iron over it several times.

Chilblains may be cured by soaking them, as soon as they begin to appear, in a basin of strong salt water for ten minutes.

When buying tan boots or shoes always put polish on them before wearing, as that will prevent them from getting stained if you are caught in the rain.

A porcelain sink can be quickly cleaned with a little paraffin. Dip a flannel in the paraffin, and rub the sink until all the stains are removed. Then thoroughly wash it with soapy water.

To keep a grained and varnished front door in perfection rub on lightly a little brown boot polish, and finish with a clean soft rag. It also gives a brilliant polish and hides scratches on the furniture.

If the piano is of brown wood try washing it well with warm beer and a very clean flannel, which wring out frequently. When quite dry, polish with brown boot-polish. Finish off with a velvet pad or wash-leather.

If a stone floor is required to be covered with linoleum get some fine dry sawdust and cover the floor with it evenly before laying the linoleum. This will preserve it from damp and make the floor warm and pleasant to walk upon. When spring-cleaning, the sawdust is easily removed and a fresh supply substituted.

It is occasionally desirable in a bathroom window or in one having an objectionable outlook to have an opaque pane. A pretty frosted effect can be readily produced at home at a little cost. To a pint of stale ale and a handful of Epsom salts; mix and apply with a brush. This makes a hard finish that will remain indefinitely, or if desired may be removed at any time.

HE WAS CRUEL.

Mrs. Kate Hauk, of Glen View, Ill., wants a divorce from Fred because she says:

"He kicked me thirty years ago.
"He blackened my eye 24 years ago.
"He threatened me nineteen years ago.
"He locked me out of the house one years ago."



will clear up your urine—neutralize uric acid—dissolve stone in the Bladder or Kidneys—stop the pain in the back—and cure all Kidney and Bladder Trouble. 50c. a box, 6 for \$2.50. Trial treatment free if you write National Drug & Chemical Co. of Canada, Limited, Toronto.

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THE RESIDENTIAL COLLEGE FOR WOMEN STUDENTS OF MCGILL UNIVERSITY
Students (both resident and day) prepared for degrees in Arts, Pure Science and Music. Scholarships are awarded annually. For Prospectus and information apply to the Warden.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher.
In Use For Over 30 Years
The Kind You Have Always Bought
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Marble and Granite Works

A large shipment of Marble Monuments of the 1915 designs in different colors, were purchased from the Vermont Marble Co. at their works in Proctor Vt. This selection was personally selected by the Company and have been shipped and will arrive by the Winter Boats any day, and will be placed in our show rooms Revere Hotel Building, Kent Street, lately occupied by Acorn & Brown.

The public are invited to inspect our stock.

All kinds of Cemetery work promptly attended to.

Lettering a specialty.

The P. C. BROWN & CO.

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Are You in the Market for a MOTOR?

There's some points no intelligent man can overlook in selecting a Motor—there's some cold facts that command attention. In the first place what do you want? Don't you want a motor that will be simple, reliable and durable? Of course you do.

THE IMPERIAL MOTOR

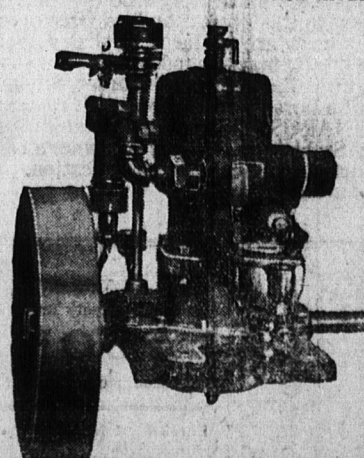
is equipped with the best die-cast babbit bearings, the famous Schebler Carburetor, all parts made to expensive gages, interchangeable and accessible, tank lubrication insuring all parts getting an even and economical supply of oil—no danger, no waste.

Besides all these advantages the Imperial is equipped with the world-famed Improved Thermen Muffler.

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