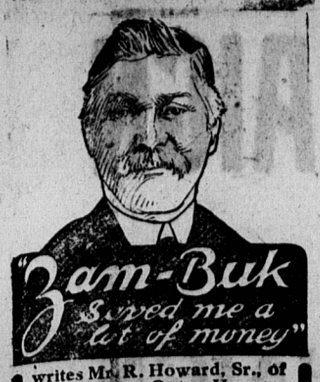

"Zam-Buk saved me a lot of money"

writes Mr. R. Howard, Sr., of Bracebridge, Ont. He continues: "Four years ago I sustained a scratch on my leg, which turned to an ulcer. I was confined to my bed for six months under doctors' treatment, during which time I did not earn a cent, and in addition, spent dollars upon dollars before a cure was effected.

"Recently I sustained a scratch on my other leg. It became very inflamed and swollen, and finally turned to an ulcer. This time, however, I knew about Zam-Buk, and I acted very differently. I used Zam-Buk alone, with the result that not only was the ulcer healed in much shorter time than the previous one, but I was able to go to work all the time it was healing, and I did not lose a single day's pay. I sincerely hope that my experience may be the means of showing other working people the great healing value of Zam-Buk and of saving many from needless expense and unnecessary suffering."

Zam-Buk is just as good for eczema and all skin diseases, ringworm, boils, piles, cuts, burns, etc. 50c box, 3 for $1.25, all druggists, or Zam-Buk Co., Toronto. Send 1c stamp for postage on free trial box.

Wisdom Whispers

"A DOCTOR'S PRESCRIPTION, FAMOUS FOR MORE THAN 100 YEARS"

JOHNSON'S Anodyne LINIMENT

(Internal as well as External use)

This wonderful old family medicine quickly conquers Coughs, Colds, Grippe, Sore Throat, Cramps, Chills, Sprains, Strains, and many other common ills. Soothes, heals, and

Stops Suffering

Belyea and McNiece

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CURATIVE TREATMENT by the month in advance. Purdy Station, Westchester Co., N. Y., U. S. A.

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MONEY TO LOAN

TRYON DRIVING CLUB

(Continued from page 11)

Provinces, to step up here and hand in your name and your dollar to our secretary, Mr. Lyman, and help to make this an organization to be proud of, and for which I predict great things in the years to come.

Now, I know that there are men here who will not care to join our club but enjoy seeing the races. Now, if we went to Kinkora or any of the track meets in the summer we would cheerfully pay our quarter and probably spend a dollar or so at the tent. Now gentlemen, we have gone to some expense, and done a good deal of work to get our track in shape, and it cost between thirty and forty dollars to buy the prizes, and as we have gone to considerable trouble in order to give you a pleasant afternoon. I am going to ask every man on the ice today to hand us twenty-five cents and the boys fifteen cents. We want you to come up to the judges' stand, and hand your money to the secretary and he will put down your name and the amount opposite it. With prizes to buy and other expenses, you will see why I am making this appeal to you, which I know will not be in vain. I wish to announce that in a building kindly provided by R. A. Howatt the ladies are serving hot coffee and sandwiches not as a money-making scheme to the association, but merely to accommodate the public. The proceeds of the sale of this lunch will be handed over to the ladies to donate to any cause which they deem worthy. It is needless for me to say that I know that the same feeling of good fellowship and friendly rivalry will prevail at this meet as has been characteristic of our races in the past. The most important factor in starting a club of this kind is to get your principles right; the rest is a matter of detail. Now, we can not all win, but we can all try. It is just as necessary to be a good loser as a good winner, and after all in anything we undertake, a horse race or any other race, the man worth while is the man who will smile when everything goes dead wrong. Now, gentlemen, I think these afternoons of amusement gives us a chance to meet our friends, and I think from a social standpoint they will be very helpful. We will go home with a broader vision, better able to grapple with the cares and responsibilities that come to us day by day. I thank you for your kind attention this afternoon and if I have dropped a word or thrown out a suggestion that will be helpful to any here to day to enable us to see things from the other fellow's standpoint, I will feel amply repaid.

The friend to every sufferer of kidney or bladder complaints. That pain in your back is Nature's warning that you need Gin Pills.

50c. a box at all Drug or General Stores.

The National Drug & Chemical Co. of Canada, Limited. Toronto.

U.S. residents should address: Na-Dru-Co., Inc., 202 Main St. Buffalo, N.Y. 215

Stop! Motorists

Before you go home tonight be sure to come in and let us demonstrate to you the easy way to keep your car young; let us show you how, with a good brush, a little patience and a can of

Kyanize **Motor Car Enamel**

you can put a bright glossy new coat on your old car that is waterproof and durable. Varnishes and enamels at the same time. Nine classy colors and black.

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Dealers in Drugs, Groceries, Boots & Shoes, Paints and Wallpaper Etc.

MONTAGUE P. E. I.

Salts is Fine For Kidneys, Quit Meat

Flush the Kidneys at once when Back hurts or Bladder bothers

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and can not injure; makes a delightful effervescent lithia water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

GOOD CANDY GOOD

A recent issue of "The Canada Lancet" contains a leading article entitled, "Candy as a Food," which entirely dissipates the theory still prevalent in some quarters, that candy is an unwholesome luxury which should be very charily indulged in. The "Lancet" brings an abundance of scientific data to the support of the contention that sugar is a necessary food. It is especially suitable for children who do not as a rule care for fat meat, but who take readily to sweets, which serve as a natural substitute for fat. Candy constitutes a food of the carbohydrate class and it is estimated that the average active and healthy adult requires daily for his effective sustenance about 6,000 grains of carbohydrates. The popular ingredient, chocolate, is also a most nourishing fat food and stimulant; while it appears that the flavorings of good candy are an aid to digestion and elimination.

The notion that the eating of candy injures the teeth is dismissed by this scientific journal as a superstition. The lack of sugar is much more likely to injure the teeth, through poor nutrition, and is attendant with more serious consequences that even those caused by the derangement of the digestive apparatus by over-indulgence in candy or any other food. On the whole, candy, when safeguarded against vicious adulterations, is a boon to the human race because it affords necessary heat-producing nourishment in a most palatale form.

Minard's Liniment Cures Colds, E[illegible]

Parkman's Special Announcement THE CHILDREN'S HOUR

The school children of Montague and vicinity are to have shortly a service that is enjoyed by only a few American cities Mr. Parkman, Optometrist, will conduct (from March 1st to March 31st) daily a children's hour—8 a. m. to 9 a. m No charges of any kind will be made, neither will orders be accepted, but each child will have its vision thoroughly tested and a record will be kept of the results, both subjective and objective. These records will be a valuable reference for future years.

Please make appointments for your child ahead, and as Mr. Parkman is very busy the Children's Hour is from 8 to 9 a. m.

E. E. PARKMAN

Jeweler & Graduate Optometrist

Montague, P. E. I.

How to Become a Bond Holder

A SIMPLE SUM FOR SHAVERS

A man shaves every other day at a cost of 20 cents per shave. If he buys a Gillette Safety Razor, how many War-Savings Stamps (which are "baby bonds") can he buy with the money he thus saves between March 1st and the end of the year?

And what will those stamps, or "bonds", be worth on Jan. 1st, 1924.

METHOD—

At 20 cents a shave every other day, the cost per week would be. . . . 20c. x 7 ÷ 2 70c.

A man can shave *every* day in the week with one Gillette blade, which costs 8c. Add for soap, etc, 2c; total, 10c.

BUY W-S-S WAR-SAVINGS STAMPS

Therefore, amount saved per week by shaving with a Gillette Safety Razor equals 60c.

From the first Monday in March to the last Monday in December is 43 weeks, during which the net saving by Gillette shaving is 60c. x 43 = $25.80.

Deduct $5.00, the price of the Gillette Safety Razor, and with the remainder the man buys *5 War-Savings Stamps,* at four dollars and a few cents each.

On January 1st, 1924, these 5 W-S.S. will be worth *$25.00,* representing one year's shaving saving, and the Gillette Safety Razor is paid for and still in daily use.

This shows how systematic saving along only one line mounts up. Naturally, this particular example will not apply to all who should be buying War-Savings Stamps. Men who already use the Gillette Safety Razor, and women and children generally will find other expenses which can be cut down without material loss, or indeed, any loss of comfort.

The man who was paying 20 cents for a shave, should buy a Thrift Stamp every other day, at a cost of 25 cents, so that he would not be tempted to spend needlessly the money saved.

SAVE—and buy War-Savings Stamps.

443

W-S-S W-S-S

$5.00 for $4.02

And Each Dollar Worth More

How Money Grows

AT the rate of interest you receive on War-Savings Stamps, approximately 4½ per cent compound interest, $4.00 grows to $5.00 in the five-year term; $4.00 grows to $9.76 in 20 years; to $37.24 in 50 years; to $346.88 in 100 years!

CONVERT YOUR FILLED THRIFT CARDS INTO W-S.S.

W-S-S **BUY WAR-SAVINGS STAMPS** W-S-S

70

Austin Haley

COMMISSION MERCHANT

Fresh and Salt Fish

Lobsters, Scallops, Clams

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Wholesale commission dealers and shippers.

FISH! FISH!

Smelts, Eels, Lobsters and Frogs are specialties.

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ARE YOU THINKING

Of having your Bath Room Fixtures changed or new PLUMBING INSTALLED.

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See or phone us today. Our prices are right.

FRED H. TRAINOR

Phone 393 J. 80 Grafton St.

Opp. Prince Edward

Eyestrain Often Alters a Boy's Career

Not half enough attention is paid to Children's eyesight.

If a child complains of his eyes aching at night when poring over his home lessons, he is supposed to be shamming and the verdict is generally "Weakness—he will grow out of it," instead of which he grows "into it," the sight grows worse, and a trifling defect, which might have been arrested by proper treatment becomes aggravated.

The result is that the child is handicapped from the start. If he cannot see as well as his fellows he must necessarily strain the muscular power of the eye in trying to see. This gradually kills his enthusiasm for study, and he becomes a "dull" scholar.

Children often force the eyes to do the work even when the power of vision is very deficient. This can only be detected by careful examination. The eyes of all should be tested before being put to any definite course of study; if this were done many children would be benefitted.

We make a specialty of correcting children's eyesight and fitting glasses suitable to children's needs. Bring the little ones to us and make sure you are not starting them in life under the serious handicap of eyestrain.

SUPERIOR EYE SERVICE

H. J. Mabon

Optometrist and Prescription Druggist

Montague, P. E. I.

Next door Bank of Commerce