



Carter's Little Liver Pills For Constipation

A vegetable remedy that always gives prompt relief in constipation. Banishes that tired feeling altogether and puts you right over-night, stimulates the Liver gently, but quickly restoring it to full and healthy action, and the stomach and bowels to their natural functions. Making life worth living.

Small Pills Small Dose Small Price

ROSY CHEEKS or HEALTHY COLOR indicates Iron in the Blood. Pale or faces usually show its absence. A condition which will be much helped by **CARTER'S IRON PILLS**

Corns Stop Hurting, Then They Lift Out With Fingers

No pain or soreness! Corns and calluses just shrivel up and lift off—Try it!



A noted Chemist discovered a new ether compound and called it 'Freezone' and it now can be had in tiny bottles for a few cents from any drug store. You simply apply a few drops of Freezone upon a tender corn or painful callus and instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can just lift it off with the fingers. Really! No humbug! No pain, not a bit of soreness, either when applying Freezone or afterwards and it doesn't even irritate the skin. Hard corns, soft corns or corns between the toes, also toughened calluses just shrivel up and lift off so easy. It is wonderful! Works like a charm. Keep it on the dresser.



BE ON TIME

"ACCURACY" IS THE FIRST QUALITY A WATCH SHOULD POSSESS. WE GUARANTEE THE TIME KEEPING QUALITY OF OUR WATCHES. WE HANDLE WATCHES FROM THE LEADING MAKERS AND YOU CAN ABSOLUTELY RELY ON THEIR ACCURACY. COME SEE OUR CLOCKS. A CLOCK MAKES A BEAUTIFUL USEFUL ORNAMENT FOR YOUR HOME. NOW CAN YOU MAKE A MORE ACCEPTABLE PRESENT THAN A CLOCK. WE REPAIR WATCHES AND CLOCKS AND FIX YOUR BROKEN JEWELRY SKILLFULLY AND REASONABLY.

C. W. PATTERSON
THE RELIABLE JEWELERS

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Then insure in good strong stock companies, which never contest an honest claim such as is represented by
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ON WORKING WITH MEN

Men are of three kinds: The Bully, the Flirt, and the Gentleman. In offices women have to be prepared to meet all three. It is no use for them to think that they can choose their men in offices they have to put up with what they find there.

The Bully.—This is the man who swears. It may be considered rather strong to say that, but the man who swears in the presence of a woman, unless by accident, is a bully. He knows a woman cannot defend herself. He must know that he wounds her whole sense of refinement. The roughest men know it. "You had better not go there, miss. It's too rough for you," a man said to a woman who wanted to go to Billingsgate. She went, and the men treated her as her own brothers might have done. The bully swears for no reason and for every reason. He might be forgiven if it was because he lost his temper. But he does that, too. And his women workers have no redress, for they cannot reproach their employer, says a writer in the London Daily Mail.

The Flirt.—He is to be found most in the Government offices. He has plenty of encouragement from the girls who did not go there to work. But he is very trying for those who have something else to do than flirt. It is disconcerting to feel that the man to whom you are talking but whose eyes are studying your eyelashes and not hearing a word you are saying; it is undignified to have guesses made as to your name when you initial a memorandum; you do not want to be called "Winnie or Whitehall"; it is intensely irritating to have your head patting by a man say scoldingly, "Was it too much for its little brain; then it is not easy to keep men at a proper distance who insist on almost embracing you as you study the same paper. It is difficult to convince men that you do not want a free luncheon.

The Gentleman.—He does not need describing. He respects the same of a woman in an office as of a woman in his home. He respects her womanhood and he makes other people respect it. He understands her desire to be treated as a worker, and his relations are entirely impersonal.

Now, although it is true that these three types of men exist in offices, it is yet true that it depends largely on the woman in the office whether the first two show themselves in their worst light. All men respect women at heart, and if women respect themselves it takes a lower type of man than it usually found in offices to bully her. Women make their own atmosphere, and its influence is psychologically by the roughest man. A bully, also, is a coward, and he does not want to face the scorn he knows a refined woman feels for his lack of self-control.

The man who flirts knows better than anyone else the woman with whom he has to deal. His favorite occupations is playing upon people's feelings, and he becomes a pretty good judge of them. A man will rarely attempt to flirt with the woman who is prepared to meet him halfway.

It follows that it has for women to set the tone of the offices which they are entering in such large numbers. Women have to be even more womanly than men than with their own sex, for any lapse from respect zones. Am once a man's respect for a woman has gone she may as well go, too. Every woman who has anything to complain about in men's behavior in offices should look to herself.

Views on sweating at once, said one of many men to the only girl in an office. "We had a girl here before, and we all carefully refrained from bad language—at great cost to ourselves—for about a year. Then one day we heard talking on the telephone with a vocabulary which put ours into the shade."

Men always accord a woman the respect she deserves.



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THE CHILDREN'S WINDOW

The mothers of that neighborhood of the town had gathered together for an afternoon's sewing and knitting, and as they talked, the conversation soon centred itself about their children. The question of amusement and variety, came up. Different schemes and inventions for keeping the small folks busy and happy were discussed. Finally, one mother of five spoke up and asked, "Did any of you ever try putting your children in a window to decorate in spite of their chopus noses, everyone looked interested."

"My children love to cut pictures out of old magazines and papers and catalogues, just as I suppose all children do. And they used to put them around everywhere. Finally, I thought of the window scheme. It is in the storeroom and looks out upon the blank wall of the next house, so there is no view to be disguised by their performances. The centre of the room has been cleared out and a low table and chairs have been put in there. Upon some shelves on the wall are the piles of old magazines and papers which they have collected. One shelf is devoted to their pencils and crayons, paints and blunt scissors. Each child has his own pair of these, and there are two or three pairs for visiting children.

"They are allowed to stick their pictures all over that window, if they wish, and they have beautiful times with it. One day someone gave them a beautiful garden catalog, and they had decorated garden catalogues. They played market garden for weeks. I think, cut out the picture of vegetables and made a wonderful garden with them on the window. Later on, they became a firm of florists and had gorgeous flower gardens on their window. That catalogue was one of their choicest treasures, and they are always on the hunt for more like it. Incidentally, they have learned a great deal from it, for they have just plain water, the descriptions of the flowers, vegetables and fruits and the directions for raising them. I am glad of this, for it makes them more interested in our own garden.

When they have stores of all sorts, most remarkable department stores, with all sorts and kinds of merchandise, for which they bravely take orders, make out bills and cheques in payment.

"It is easy enough to stick the pictures on the window. Usually, they use just plain water, because then it is so easy to change the arrangement but sometimes they like a little thin paste. Whatever they use, they do not find much difficulty in washing off their decorations, whenever they want to paste up something new. They never seem to tire of their window, and I notice that their young friends seem quite as enthusiastic over it. Many a time I have heard a small visitor say, when asked what he would like to play, "Oh, let's play store (or garden) or something of the sort) on your window." And they almost always play happily, too. The window has rather small panes, so that, if they want to play different things, each one may take a pane and decorate it to suit himself. Altogether, the children's window, as we call it, is a valuable institution in our house. It is a toy of which the youngsters never seem to tire."—Christian Science Monitor.

GIRLS DON'T GET PEEVED

Those who first saw the light from January 18 to February 17 are good-natured, rather quick-tempered, very successful in business dealings, and of a gentle, affectionate nature. They will be faithful to their marriage vows and the manners will be very quiet and dignified.

Early in the Year
Those whose natal day happens to be between February 18 and March 2 are of an honorable kind, and straightforward disposition. They are essentially people who may be trusted, and are often met with in positions involving much responsibility. They are often great travelers.

The ones whose birth falls between March 3 and April 23 are usually endowed with love for beauty, order and elegance. They make good lawyers, teachers, and have been intellectuals, but they possess strong wills and do not care for contradiction or opposition, and are of very sensitive and loyal natures.

People whose birthdays come between April 24 and May 23 have very strong likes and dislikes, and possess

In a great degree powers of intuition. They are of a jealous temperament, capable of great mental endurance, are energetic and fond of the opposite sex.

If the natal day falls between May 24 and June 23 a restless nature is the dower. Such people are rather unsteady in their aims and pursuits, though of a very lovable disposition. They are often guided by impulse, and have a tendency to be dissatisfied with their position. Socially they are a great success, and shine in public life.

The greatest lovers of home life and of family union are those who are born between June 24 and July 21. If of the fair sex, they are great and good talkers; if men, good business managers.

The men and women whose natal day comes between July 22 and August 21 can readily adapt themselves to any condition in life. They are light-hearted, loving, emotional, love nature, are very impulsive, and require great care in selecting a life partner.

The people who were born between August 22 and September 23 are lovers of music good singers, of a happy agreeable disposition and admirers of beauty. Whatever work they undertake is done thoroughly and well. They make good critics, have strong passions, and plenty of self-control, and are physically strong.

People born between September 24 and October 26 should be good inventors, be experts in mechanical matters and have great foresight in all business transactions. They are impatient of control, particularly eloquent in speech, and very good-natured.

Those whose natal day falls between October 27 and November 23 are of a very passionate nature. They love books, like to be praised and considered superior; have strong wills, dignity, and good manners. They are not easily overcome by adversity and are almost always certain to succeed in whatever they undertake.

RESTAURANT STOPS SUGAR WAIST

An important step toward sugar conservation has been taken by a corporation which conducts an extensive chain of restaurants, says the Boston Evening Transcript. Hitherto it had put no restraints upon its customers in their use of sugar. They have always found one receptacle with a lump sugar at their disposal, with no check upon the number of lumps taken, while on counters there have been bowls of granulated sugar to be dipped into to the heart's content.

Today sugar was handed out from behind the counter. With hot drinks came two lumps of sugar, and for cereals or other dishes requiring sugar in loose form came little paper bags with a set amount of sugar enclosed, enough to satisfy the ordinary customer, but with no chance to waste.

In a large chain of restaurants the saving through this plan doubtless will be considerable. Careless handling of the spoons that were dipped into the bowls of sugar on the counters always meant considerable waste, with sugar scattered over both the counter and the floor. As for the

Constipation Relieved by Food

MAN was provided with the weapon to fight constipation right in his food. The weapon is the natural waste in the cereals. Any doctor will tell you that the long muscular digestive tube is precisely designed to be incited to action by means of waste, and not by irritating drugs.

Dr. Jackson's Roman Meal

is an entirely drugless, full-nutrition food with the proper amount of natural waste. It positively relieves constipation or we return your money. Roman Meal is composed of entire berries of wheat and rye with wheat bran and flax seed (rendered absolutely tasteless and odorless by electricity).

Roman Meal is different from ordinary bran-foods. The irritating effect of bran used alone, which may cause intestinal catarrh, is counteracted in Roman Meal by the soothing effect of the flax, which also lubricates the digestive tract. Do not stir Roman Meal porridge except while mixing meal and water, or you positively spoil it.

Roman Meal retains all the natural food elements, and all of them are needed. It is the opposite of the highly refined cereal foods and flours which are robbed of their precious blood regulating salts, also indispensable food elements known as "vitamins."

The United States Government's Health Service will send you a most interesting booklet written by three well-known scientists. Their experiments show the importance of full-nutrition foods. Just write a letter and ask for booklet entitled, "Bread as a Food." Enclose five cents and address your letter: "Superintendent of Documents, Government Printing Office, Washington, D.C."

When you have read this booklet you will realize how precious Roman Meal, the whole grain, full-nutrition food will be to you. At all grocers.

Roman Meal Company, Toronto, Canada; North Tonawanda, New York; Tacoma, Washington.

A "sameness" that is most enjoyable—the daily, unvarying goodness of a cup of "SEAL BRAND" COFFEE.

It never fails to greet you with that same exquisite fragrance, amber clearness and delightful flavour, that win people with the first cup.

In 1 and 2 pound tins. Whole-ground—pulverized—also fine ground for Percolators. Never sold in bulk. CHASE & SANBORN, MONTREAL.

A strong concentrated Chocolate specially prepared in our factory for overseas forces. It is an ideal food for soldiers subject to the trials and privations of trench life. There will be times, when food is unobtainable, that a Chocolate such as this will be a veritable life saver. It may be obtained anywhere in 5c. and 25c. packages. The 25c. package is specially wrapped for immediate mailing.

This Chocolate also makes a very nourishing and palatable drink when mixed with hot water. Explain this when writing to your friends.

Made by The Cowan Company Limited, Toronto

COWAN'S ACTIVE SERVICE CHOCOLATE

NOTHING

was capable of healing a bad running sore, from which my husband suffered, until he used Zam-Buk," writes Mrs. D. Ellis of Castleton, Ont. "The sore, which was on his foot and was caused by frost-bite had penetrated to the bone. The pain he suffered from the inflammation was so bad that he could not sleep. He tried every remedy he had ever heard of."

nothing gave him relief until he tried Zam-Buk. Within two hours after the first application the pain was eased. With perseverance the inflammation was drawn out and the swelling reduced. The pain was then entirely disappeared and soon the sore was completely healed."

You cannot make a mistake in using Zam-Buk for eczema or any skin trouble, and it is equally good for boils, ringworm, blood-poisoning and piles. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

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171 Great George St.—Phone Connection.
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