

# HEALTH FOR WORKING WOMEN

## Let Lydia E. Pinkham's Vegetable Compound Help You to Become Well.

Thousands of girls have to work in homes, offices, stores, mills or factories who are physically unfit for work, with often an aged or invalid father or mother dependent upon them for support. Standing all day week in and week out, or sitting in cramped positions a girl often contracts some deranged condition of her organic system which calls a halt to her progress and demands restoration to health before she can be of use to herself or any one else.

For these distressing weaknesses and derangements these girls have found health to do their work in Lydia E. Pinkham's Vegetable Compound.

Toronto, Ont.—“My work is to run a power-machine which is very heavy, and I had a pain in my left side and a weakness caused by getting my feet wet. It was only a few days later when I read an advertisement in the paper and began taking Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash. The pain left my side and the weakness disappeared after I took the first bottle of Vegetable Compound, but I took five in all and used two of the Wash. I didn't have a physician and I didn't take any other medicine. If this letter will help you you may use it.”—Mrs. KATY KELLY, 21 Sullivan St., Toronto, Ont.

### Nova Scotia Woman Helped

Scottdun, N. S.—“I have been bothered for over three years with a weak side caused by female illness. At times it has bothered me so that my side ached so I could feel it way to my toes. I took two bottles of Lydia E. Pinkham's Vegetable Compound and found it helped me considerably, and I intend taking more as I know the results will be good. I saw the medicine advertised in the newspapers, and before I had finished the first bottle of it, noticed a difference in my health. I hope every woman who has female troubles will try it.”—Mrs. JOHN R. McLEOD, R.R.1, Scottdun, N. S.

### Pains In Side

Portreeve, Sask.—“My sides would get sore and pains so that I would be unable to move around. I felt just as if there was a weight bearing the abdomen down. I learned about Lydia E. Pinkham's Vegetable Compound from a neighbor who took it, and that soreness has left me. I live on a farm and have housework to do. If this letter will help any woman who suffers from female troubles you can use it. I know of no better medicine than the Vegetable Compound.”—Mrs. T. C. MATTICE, Portreeve, Sask.

# THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

DR. H. D. JOHNSON'S Office will be closed for two weeks from October Ninth.

REMEMBER THE AUCTION sale on Wednesday, Oct. 10th, of the properties on corner of Great George and Sydney streets. 21

SEE SALE BARGAIN in classified column re farm 180 acres. 523-19-9-21

SHORTHAND—This is a subject that requires an experienced teacher to handle—a poor start means failure. Don't take chances—Two experienced Shorthand Instructors at the Union Commercial College. Prin Moran is the only certified teacher in a business school in the Province. It pays to get the best.

WHY IS IT NECESSARY that the water for making tea should be freshly boiled? Because if it has been boiling for a great length of time water loses its aeration and becomes flat. The best tea—MORSE'S SELECTED ORANGE PEKOE—must, in order to secure the best flavor, be brewed in water that has just come to the boil. See the directions on the package.

WELL KNOWN LADY DEAD.—The following notice contains the following notice of the death of Mrs. Fisher, who is kindly remembered by many in this city, where she resided from time to time: “Mrs. Amy Florence Fisher, widow of Sidney A. Fisher, a well known attorney, passed away on Sept. 26th, at the home of her daughter, Mrs. Florence A. Rudd, after an illness of five weeks, aged 81. The deceased was born in Boston, the daughter of Mr. and Mrs. Charles C. McCallum, and came to Malden some 58 years ago. She spent a good many of the intervening years in Maplewood, residing on Columbia St. Her husband passed away about five years ago. Mrs. Fisher is survived by two children, Arthur S. Fisher, and Mrs. Rudd; also two grandchildren.”

STORM DAMAGE — Southport suffered heavily from the recent storm. Mr. Matthew Ellsworth's new machinery building was completely wrecked, a wagon on the second floor being blown some yards while the binder on the lower floor was left intact when the building blew down and was strewn all over the field. Fences and trees were levelled generally and Mr. H. H. Crossman's \$150 yacht at the wharf was smashed to pieces, as the waves rose to a great height above the wharf. Fortunately a vessel anchored at the wharf escaped with just minor damages.

### Simple Way To Take Off Fat

There can be nothing simpler than taking a convenient little tablet four times each day until your weight is reduced to normal. That's all—just purchase a case of Marmola Prescription Tablets from your druggist for one dollar, the same price the world over. Follow directions—no starvation dieting or excessive exercising or absurd salves and greases. Eat substantial food—be as lazy as you like and keep on getting slimmer. And the best part of Marmola Prescription Tablets is they are harmless. This is your absolute safeguard. Purchase them from your druggist, or send direct to Marmola Company, 4612 Woodward Ave., Detroit, Mich.

DR. BELL'S OFFICE, Craquad, is closed until October Twentieth. 945-10-9-21

POULTRY LEG BANDS assorted colors 15,000 in stock CARTER & CO., LTD. 942-10-9-21

SPECIAL MEETINGS — The special Evangelical Service in the Central Christian Church Annex last evening was well attended. The subject of the discourse by Dr. Genge was “The Work and Office of the Holy Spirit.” He eloquently explained the workings of the Holy Spirit from the time of creation until the descent on the day of Pentecost. The interest manifested so early in the beginning of these meetings indicate a very successful series before the close. Dr. Genge has another important and interesting subject for tonight. Come and bring your friends.

BURIAL SERVICES — The funeral of the late Mrs. Patrick Duff, Binbury, was held yesterday morning to St. Dunstan's Cathedral where a High Mass of Requiem was celebrated by Rev. Jas. Rooney. The pall bearers were: Messrs. John Mahar, John McAleer, Jas. Farquharson, Hammond Kelly, Henry Smallwood and George McDonald. Services at the grave were conducted by Rev. R. St. John.

RELICS FOR THE STORM. — Mr. G. Lovther, whose farm is at Nine Mile Creek, on the Gulf Shore, picked up last Thursday, directly after the wind had shifted to the south after the big storm, the deck of a steamer which was apparently part of a wreck of recent date, on the deck was the head of a big pump, sixty feet of galvanized pipe and ten feet of three-inch pipe, evidently part of the pump. Also a steel radiator which was caught in a hole in the deck, and had apparently been in recent use, as the tap was easily turned and in good order. A penknife, 1920 cent, fish hooks, etc., were also found and one wonders what the story of the wreckage would be.

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The Man with Asthma almost longs for death to end his suffering. He sees ahead only years of endless torment with intervals of rest which are themselves fraught with never ceasing fear of renewed attacks. Let him turn to Dr. J. D. Kellogg's Asthma Remedy and know what complete relief it can give. Let him but use it faithfully and he will find his asthma a thing of the past.

### Try Our Essence Of Vinegar

MACS Brand Essence of Vinegar is the favorite of all good cooks for purity and strength. This Essence is an exceptional strong concentrated Vinegar. One pint makes three quarts of fine pickling Vinegar and is recommended by the most successful cooks as the best procurable for Chow Chow or Pickles.

Our stock of Spices for Pickling are pure, strong and free from “tailings”, etc. Just see our goods.

### The 2Macs

149 Great George Street

# FIVE YEARS' AGONY ENDED

## When He Took "Fruit-a-lives" For Rheumatism

The Medicine Made From Fruit There can be no doubt that “Fruit-a-lives” is the long sought remedy for Rheumatism and Lumbago. From all over Canada come letters testifying to this fact. Mr. John E. Guilderson of Parrsboro, N.S. writes: “I suffered badly with Rheumatism for five years—tried different medicines—was treated by doctors in Amherst—and here at home—but the Rheumatism came back. In 1916, I saw an advertisement for “Fruit-a-lives” and took a box and got relief, so I took them for about six months and the Rheumatism was all gone and I have never felt it since.” 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

Mr. John E. Beaton, who has been visiting his parents at Hunter River leaves Monday morning for his home in Grenfell, Sask. Mrs. Beaton will join him at Ottawa.

Friends and relatives of Mr. John Beaton Sr., Hunter River will be pleased to know he is on the road to recovery and doing nicely again.

Miss Cora M. MacLean of Meadow Bank leaves this morning for Chicago where she will spend the winter with her sister, Mrs. J. R. Griffith.

Mr. F. Boudreault is visiting his home in Georgetown, after spending some weeks in Charlottetown.

Mrs. May S. Briscoe and family who has been visiting her parents Mr. and Mrs. J. Beaton, in Hunter River leaves Monday morning for her home in Prince George, B. C.

Mr. Edward Easton, of the R. C. M. V. R., has returned home after spending a few weeks in Halifax, G.

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Over 500 Uses

# GILLETT'S PURE FLAKE LYE

It is best for cleaning and disinfecting sinks, drains, closet bowls, etc.; for softening water, making your own laundry soap; cleaning floors, greasy pots and pans, etc.; for removing old paint, destroying vermin, etc. Full directions with every can. Be sure you get the genuine Gillett's FLAKE Lye. Substitutes are usually costly and unsatisfactory.



MADE IN CANADA

NEEDED IN EVERY HOME

“Accidentally killed” was the inquest verdict.

Never start a modest man talking about himself unless you have nothing to do but listen.

## DON'T COUGH

Rub the throat and chest with Minard's. Also inhale. It gives quick relief.



**MINARD'S "KING OF PAIN" LINIMENT**

### JUST TAKE A WHIFF

Of NICHOLSON'S BRIGHT CUT SMOKING TOBACCO

And You Will Always Smoke It It is Made from Genuine Virginia Leaf

The Smoothest and Coolest Smoke of Them All

## HICKEY & NICHOLSON

TOBACCO COMPANY LIMITED

Manufacturers Charlottetown

—Just over from ENGLAND

# Men's Boots

ENGLAND'S LEADING SHOE MANUFACTURERS ARE RESPONSIBLE FOR OUR PRESENT REMARKABLE SHOWING OF MEN'S BOOTS FOR FALL AND WINTER WEAR.

The premier model is a very heavy box kip boot, with Kip leather lining. Built for hard service and rough weather it looks exceptionally nice for a heavy boot. It comes in Black only. The price **\$8.00**

is the price of a lighter weight “Glace” Kid Boot in Black. It represents the highest in English craftsmanship, quality of material and economy.

There are two other notable members in our present showing—a light Box Kip Boot (canvas lined) at \$7.00, also an extra high grade boot in Brown Russian Calf at \$9.00. These models are all displayed in our window.

# ALLEY

AND COMPANY, LIMITED.

“FASHIONABLE FOOTWEAR.”

New Universities Dictionary

# COUPON

How To Get It

For the Mere Nominal Cost of Manufacture and Distribution

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secure this NEW authentic Dictionary, bound in black seal grain, illustrated with full pages in color.

Present or mail to this paper three Coupons with ninety-eight cents to cover cost of handling, packing, clerk hire, etc.

MAIL ORDERS WILL BE FILLED

Add for Postage 15 cts.

22 Dictionaries In One

All Dictionaries published previous to this one are out of date

### FASCINATING FALL “KODAKING”

At this season nature is garbed in her most attractive hues. It is a time to delight the hearts of “Kodakers.”

A jaunt through the woods and fields will bring you in contact with many subjects which will make excellent snap-shots. We have a full line of

## KODAKS AND CAMERAS

Come in and have a Camera talk with us and we believe you will decide to join the ranks of happy photographers without further delay.

Kodak prices range from \$6.50 up


Camera prices range from \$1.75 up

We also carry a full assortment of films and supplies, and do prompt developing and printing.

**Johnson & Johnson**

The Quality Drugstore

Cor. Kent and Prince Streets



### EYESTRAIN

is Probably the Cause of Your Headaches

Have Your Eyes Examined

Consult

**DR. E. C. HARRIS**

123 Queen Street

Next Moore & McLeod, Ltd.

PHONE 158



### Here's exactly what we mean Each and every loaf is clean.

**STEWART'S CREAM BREAD**

YOUR STAFF O' LIFE

# EXIDE AUTOMOBILE BATTERIES

## at Lower Prices!

An Announcement of Interest to Every Automobile Owner

Effective October 10, the cost to you of the famous Exide Battery for your car will be materially reduced. The following comparison of old and new prices will give an idea of the extent of these reductions:

CAR TYPE	OLD	NEW
Ford and Chevrolet 490	6 volt, 11 Plate \$25.75	\$18.90
Ford, Chevrolet 490, Durant 4, Essex, Gray-Dort 4, Maxwell, McLaughlin-Buick 4, Overland, Star and others	6 volt, 13 Plate 34.35	23.60
Durant 6, Hudson, Hupmobile, McLaughlin-Buick 6, Reo, Studebaker and others	6 volt, 15 Plate 41.20	28.20
Dodge, Franklin, Maxwell and others	12 volt, 9 Plate 48.00	34.50

F.O.E. DISTRIBUTORS' WAREHOUSES

Quebec City, Que., Sherbooke, Que., St. John, N.B., Amherst, N.S., Halifax, N.S.

These lower prices have been made possible through the adoption of certain changes in merchandising methods by the manufacturer, based on the present day requirements of car owners.

The quality of the Exide Battery remains unchanged. It is the same as that which has brought world-wide acceptance of the Exide as the standard storage battery.

The new low prices put the Exide within reach of any car owner who wants the comfort and satisfaction of driving with the rugged, long-life Exide Battery.

# Exide

MADE IN CANADA

## BATTERIES

NO BUTTON UNDERWEAR