Full a Pep!

Iron is the tonic folks need to give them the real Spring feeling. The most pleasant way to take iron is to

Eat More Raisins

Get the habit of eating them, and giving them to the children. Seeded 25c package. Seedless 28c.

Jenkins & Son

Everything That's Good to Eat

REINDEER FLOUR

Is strikingly superior in every test.

Peterboro Cereal Co., Ltd.

"Raisin Week"

FRESNO, Cal., April 20—The California Raisan Industry, with headquarters here have set aside the week of April 23rd to 29th, as "Raisin Week." Raisin Growers in this section, who are constantly increasing in number, feel that, while their product has advanced in popularity in leaps and bounds for the past few years, it has yet to be introduced in many homes throughout Canada, not only as a food of unusual beautiful flavor, but one of maximum health value.

Under this plan Raisins are to be featured in all leading grocery stores during this week, and the housewife will be urged to serve raisins often during these days. Bakers will make special breads, pies and other pastries with raisins, and restaurants will prepare raisin specialties for their patrons.

Minard's Liniment for Distemper

CLASSIFIED ADVERTISEMENTS

RATES.—10c per line per day, 9c per line per day for 3 days or over, 8c per line per day for 6 days or over. Count 5 words to a line. Groups of 5 figures, initial letters, count as one word. 10 per cent. discount for cash. Address forms part of ad, and must be paid for. —Special Rates Furnished Rooms ad. 75c for seven words for one week. —Situation Wanted, 50c for seven words per week.

FOR SALE

FOR SALE—No. 44 WATER ST. Apply to McLeod & Bentley.

FOR SALE—10 YOUNG FOWL and cockerel, 87 Gerald St.

FOR SALE—SECOND HAND driving wagon (nearly new). Apply 17 Spring St.

AUCTION SALE OF STOCK, crop, implements at J. B. Boyce, Argyle on April 20th. See handbills.

FOR SALE—GASOLINE CABIN cruiser "Elinor." Apply to Dr. Alley, 62 Prince St.

FOR SALE — SEVERAL TONS of choice hay Apply Stephen Holroyd, Winsloe

FOR SALE — HOUSE AND LOT at a bargain Edwin McCabe 26 Victory Avenue.

BELTING FOR SALE—SECOND hand extra good, sold at a bargain. Apply to Chas. Todd Bradalbane, P.E.I.

PURE BRED B. P. ROCK EGGS. 75c for 15. J. Herbert Hogg, Kelvin.

FOR SALE.—Kitchen Range, hot water attachment, and one ice chest. Apply 284 Grafton St.

FOR SALE OR EXCHANGE FOR colt, general purpose horse 9 years old. Hugh L. McDonald, St. George's.

McLAUGHLIN FOR SALE—7 PASSENGER car in first class condition. Spanish leather upholstering. Write Box 149, Summerside.

FOR SALE—100 BUSH. BUCKwheat, 30 bush. barley, 40 bush. wheat, White Fyfe. Apply S. B. Gillespie, North Milton.

FOR SALE—FARM AND FOX Ranch on the Brackley Point Road. Apply to B. J. Taylor, Queen Hotel.

BELTING FOR SALE — GOOD year American at a bargain: Shipped to any station on approval. Apply to Peter H. Morrison, South Granville.

FOR SALE—A FINE THREE year-old block colt, broken. Also a good long herring net, new. Will go at a bargain. Geo. Mellet, Union, Lot 33.

FOR SALE—AT UNION, 5½ miles from town, 42 acres of land with house and barns, never failing stream within fifty yards of house. Apply 139 Hillsboro St.

WAGGON FOR SALE—McLAUghlin road waggon. Double seated waggon, both nearly new. Apply to 257 Queen Street or Horne Bros., Winsloe.

FOR SALE—7 PASSENGER STUdebaker car in perfect running condition and good repair. Will be sold reasonable, write or phone Earl Kennedy, Kensington

MAN WAS DROWNING

SHERBROOKE, April 16.—While attempting to cross the "All Stream" at Paquetteville, Joseph Gibeau, who was with several companions, fell into the water and was drowned. Efforts to recover the body have so far been unsuccessful.

ASTHMA USE RAZ-MAH

NO Smoking — No Spraying — No Snuff Just Swallow a Capsule

RAZ-MAH *Is Guaranteed*

to restore normal breathing, stop mucus gatherings in the bronchial tubes, give long nights of quiet sleep; contains no habit-forming drug. $1.00 at your druggist's. Trial free at our agencies or write Templetons, 142 King W., Toronto.

Sold by Reddin Bros.

FOR SALE—REGISTERED PER

cheron stallion "Marshall Foch" No. 10661, three years old, weighing 1475 pounds, color grey. For price and particulars, apply to David Reid, Montague, R. R. No. 3, P. E. I.

Female Help Wanted

FEMALE HELP WANTED—HELP wanted immediately. Apply Milton Rectory.

MISCELLANEOUS

DRESSMAKING DONE AT HOME or out by day. Apply 137 Hillsboro St.

NURSERY STOCK.—Fruits Ornamentals. Shipping season almost here, but still time to order if you write for prices today. Canadian Nursery, Moncton, N. B.

SUMMER BOARDERS MAY BE accommodated on farm near Charlottetown. Surf bathing, boating, fishing, shooting. Week-end boarders may be arranged for. Apply Mrs. Weatherbie, Dunstaffnage, R.R. No. 3.

HOME BUILDERS' NUMBER sent free. The Home Builders' number of The Busy East, soon to appear, will be as full of good things as an egg is full of meat. Everyone interested in building a home should have a copy. Sent free on request. THE BUSY EAST PRESS, LTD., Sackville, N. B.

MALE HELP WANTED

MEN WANTED—WE WANT A few real live representatives in every city and town in Canada to sell automobile stop signals; positively prevents accidents, every car owner a prospect, easy to sell, big profits. Write for particulars and agent's proposition. Canadian Auto Shops, P. O. Box 154, Niagara Falls, Ontario.

FOR SALE

500 bushels Dakota Red Seed Potatoes, government inspected. 50 bushels Blue Stem Seed Wheat. THOMAS McCABE, Kinkora.

AUCTION SALE

93 Weymouth St., Thursday, April 27th, 1922.

We have been instructed to sell the whole of the household furniture and appointments contained in the above residence (9 rooms) comprising Parlor Suite, including Mahogany Lounge, etc., Dining Room suite, including Walnut Extension Table; Hall Mirror, Mahogany Frame, Mahogany Book Case, Hall Rack, Wardrobe, Bedroom Furniture, Iron Bedsteads, Bedding and Blankets, Table Linen, Dishes, Oilcloth, Wringer and Washing Machine, 2 Kitchen Stoves, McClary and Happy Thought; Victor Gramaphone, 12 records, and useful household effects.

House open for inspection, Wednesday 26th.

Sale at 10 o'clock Sharp.

A. WILLIAMSON, Auctioneer.

DEATHS

O'HALLORAN.—At his home in Greenfield, April 6, 1922, Stephen O'Halloran, aged 23 years.

DEATH

PIERCE.—At the P. E. Island Hospital, April 19, 1922, John H. Pierce aged 52. Funeral from his late residence 171 Euston St., Friday at 2.30. Service at 2 o'clock. Please omit flowers.

MULLINS—In this city on April 20th, Edward Mullins, aged 88 years. Funeral Saturday morning from his residence 208 Great George St.

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

GIRLS' FLANNEL MIDS' in Scarlet and navy. Price $4.50 Prowse Bros. Ltd.

ATTENTION OF OUR READERS is called to the ad Auction Sale Thomas F. Hughes, Emerald.

GEORGETTE overblouses, short sleeves, colors white, sand and navy. Special $3.75. Prowse Bros. Ltd.

SATURDAY will be the last day of our stock reducing sale. The W. T. Weliner Co. Ltd., Queen St.

WANTED AT KENSINGTON on 21st and 22nd April, enough customers to purchase 600 bags whole corn at lowest possible prices. J. P. Leard, Bedeque.

CHOIR MEETING—A meeting of St. Dunstan's Choir will be held in Assembly Hall this (Friday) evening at 8 o'clock. Members please attend. Important.

CHURCH SERVICES—Rev. H.G. Mellick will preach at North River 11 a.m., Long Creek 3 p.m., Kingston 7 p.m. Sunday April 23rd.

NO ORCHESTRA WITH "WAY DOWN EAST"—In a reader appearing in the Guardian it stated that an orchestra was coming with the big Griffith picture "Way Down East." This is not correct, as the orchestra only appeared in the larger metropolitan centres, where the prices ranged from One to Three Dollars.

PROVINCIAL LEGISLATURE—Yesterday in the Legislature the debate of the budget was continued by Hon. Mr. Lea, Mr. Higgs and Mr. McIntyre who adjourned the debate at 10.40 p. m.. Adjournment was made until 10 a. m. today.

How History Repeats Itself

Modern scientific research has revealed that many present-day healing methods were actually in existence thousands of years ago. For instance, zam-buk the world-famed skin healer of to-day, had its counterpart in the secret healing balms of Imperial Rome. These were used by the fighting gladiators for dressing wounds and sores.

Like the precious balms of long ago, zam-buk is composed exclusively of rare herbal juices and extracts, but scientifically blended and concentrated into convenient form for modern use.

Applied to any cut, wound or sore, zam-buk swiftly takes out pain, irritation and inflammation. Powerfully antiseptic and germicidal, it cleanses the inner tissues of poison and disease germs. Its stimulative and healing agents grow new skin as by magic.

Lastly, and most important, zam-buk is absolutely free from the animal fats and mineral drugs found in most ointments to-day! 100% pure herbal medicine, zam-buk is always safe and wholesome to use even though kept for months.

For cuts, burns, scalds, sprains, sores and wounds; or the big troubles like eczema, salt rheum, ulcers, ringworm, poisoned sores or piles, nothing can take the place of zam-buk. Get a fifty cent. box of this pure balm to-day.

AUCTION SALE

The Estate of the late Elbert A Read offers for sale by Public Auction on the premises near Alberton on Thursday, April 27th, at twelve o'clock noon, the following Stock and Implements:—

Horse 7 yrs. old, Horse 8 yrs old, Mare 5 yrs. old, Mare 17 yrs. old, 1 year old Filly, 10 Milch Cows, 1 Heifer, 1 Bull, 4 Calves, 30 Hens, Brood Sow. IMPLEMENTS Binder, Mower, Sectional Seeder, Lever Harrows, Gang Plow, Single Plow, Scuffler, all Massey Harris, Spike Harrows, Rake, Disc Harrows 2 double Truck Waggons, Hall's Combined Thresher, Cleaner and Bagger, Double Bob Sleighs, Wood Sleigh, Jaunting Sleigh, Road Waggon, Fairbanks Scales, Grind Stone, Melotte Separator, Daisy Churn, Quantity Harness, Cedar Poles, Fire Wood, Some Household Furniture, Quantity Hay and Straw, Potatoes, Timothy Seed, Wheat and Oats and numerous other articles.

At the same time and place the farm, consisting of 165 acres and situated 3 miles from Alberton, will be offered for sale. This farm is one of the best in the County. Abundance of Mussel Mud within quarter of a mile. One mile from bridge where shipping is done. Two large Barns and large dwelling House in good repair, on property beautifully situated between Hall and Mill Rivers. An ideal location for a country home.

Terms liberal and made known at sale. Should day prove stormy sale will be held first fine day following.

GERALDINE SWEET READ, Executrix.
W. H DENNIS, Auctioneer.

April 19th, 1922.

Up-to-Date Electricians

Before getting that new house of yours electrically wired drop in and have a talk with us. As to prices and plans our advice electrically is at your service. Make use of it. Come in and spend a pleasant hour with us any evening and look our supply over. Our satisfied customers are our recommendations.

S. McISAAC & SONS,
168 Queen St.

ODD LINES and shades in underskirts. Special $1.25. Prowse Bros. Ltd.

TRYON BAPTIST SERVICES—April 23rd, Rev. J. B. Daggett will preach at Bonshaw at 11 a. m. and Tryon at 7 p. m.

WOMEN'S LIGHT TWEED sport coats. Raglan sleeves. Price $11.50. Prowse Bros. Ltd.

THE SEED OATS ordered from W. H. McGregor will be delivered in car at Kensington, Saturday 22nd. Signed, J. B. Milman.

CENTRAL BEDEQUE— Public worship in the Baptist Church, Sunday at three p.m. Visitors most welcome.

CHURCH OF SCOTLAND—Rev D. M. Lamont will preach Canoe Cove 7 p.m., Saturday, Nine Mile Creek Sabbath morning at 10.30.

TRYON METHODIST CIRCUIT—Rev. P. A. Fitzpatrick, Sunday, April 23. Tryon 11 a. m.; Desable 3 p. m.; Victoria 7 p. m.

SPPECIAL IN BOYS' SUITS for Saturday, Double Seat, Elbow and Knee. Sizes 8 to 16 years $9.00, $10.00 and $12.00 PATONS' LTD.

FUNERAL NOTICE—The funeral of Mrs. Charles Murray, Bradalbane, will be Saturday, April 22, at 1 p. m. at the Christian Church, Bradalbane.

ATTENTION is called to the correction in the ad for Mr. John A. Bertram, which should read 4th day of May, not March, as inadvertently appeared in yesterday's issue.

BOYS' PLAY PROOF SUITS with Double Seat, Knee and Elbow. Sizes 8 to 16 years, special for Saturday, $9.00, $10.00 and $12.00. Paton's Ltd.

QUICK SERVICE—Clarke Bros. received a car of mixed fruit from Boston this evening by freight, principally bananas. This car left Boston Monday night at 7.30 p.m. and arrived here yesterday evening at 7 p.m.

THE BOSTON MARATHON—The Marathon Race at Boston Wednesday, was won by Demain, of Melrose, Mass., in 2 hours and 18 minutes, a new record. Victor McAulay of Windsor, N. S., was fourth.

OVERSEAS MAIL—A full mail to connect with the steamer Empress of Britain sailing from St. John on Saturday, the 22nd, will be despatched from this province Friday morning. A paper and parcel mail will be forwarded via Halifax on Saturday morning and letter mail will be forwaded via New York up to and including the morning of the 27th.

PROBABLY LOST IN TRANSIT—With reference to the letter in yesterday's Guardian, signed "C. Ocheltree McDonald," stating that he had asked the government for information regarding the coal and gas boring proposition passed through the legislature in 1920, Mr. Arthur Newbery, Provincial Treasurer, informs us that he sent a letter and a copy of the Act to Mr. McDonald immediately on receipt of the enquiry.

ST. JAMES TEA AND BAZAAR—The annual tea and bazaar under the auspices of the Ladies Aid of St. James Church, was held yesterday afternoon. Notwithstanding the inclement weather there was a large attendance. The refreshment, candy and fancy work tables upstairs were liberally patronized, while the tea tables down stairs were repeatedly filled. Needless to say the tea was in every way up to the high standard set many years ago and faithfully maintained. It is understood that upwards of $600 was realized.

PERSONALS

The many friends of Mrs. William Jackman of Village Green will be glad to learn that she was successfully operated upon in the city hospital and is now progressing rapidly.

Mr. H. C. Christie, popular representative of Cowans' Ltd., Toronto, is at present in the city in the interests of his firm.

Mr. Benj. Carter, Auctioneer, left this morning on the early train for Mt. Stewart where he will conduct a large sale of property and stock for the McAulay estate.

The Convocation

Continued From Page 1

Whether it was on the tide of commercial life, in the rushing, busy streets, the fisherman facing the perils of the sea, the stranger on the pathless wilderness or the far flung frontiers, in the rural districts or the congested metropolis, in the cottage of the peasant or the palace of kings, the saving grace of Christ's gospel could alone satisfy the longings of the human heart.

The speaker spoke of the need for ministers, both at home and in the mission field and of the urgency of obtaining men to study for the ministry. No joy, he said, was equal to that of bringing a young man full of promise and directig his way to the ministry.

Leaders Stay In Top Place

Ford and Dodge Brothers Head List of Motor Car Manufacturers for 1921.

Present reports indicate that no changes occurred last year in the positions of the two leading automobile manufacturers, considering the total production of cars. As was the case in 1920, Ford ranked first and Dodge Brothers second.

The total number of passenger cars built during the year, according to an estimate published recently by the Wall Street Journal, was 1,535,000, as compared with 1,883,150 for 1920.

Commenting on the general condition of the automotive industry, just prior to the close of the year, the Boston News Bureau published the following, which was subsequently confirmed by Dodge Brothers:

"Because it is privately owned, relatively little in the way of figures ever appears in print concerning the activity of the Dodge Brothers motor organization of Detroit. Consequently its splendid and emphatic expansion in production this year and the maintenance even in recent weeks of a high output, which makes it one of the conspicuous bright spots of the industry, are not generally known outside of the trade.

"Dodge Brothers in the third quarter of this year ranked next to Ford among the world's automobile producers, with a monthly shipment record of better than 11,000 cars. This average is nearly maintained—within several hundred cars—in October, an unusual achievement in this year of unsettlement nd competition in the motor industry.

"Considering that production the first quarter of the year was down to 3,000 cars, less than one-eleventh of the same quarter in 1920, and less than any single month's subsequent production that vitality that is Dodge Brothers is apparent. The company should end the year with a final output of between 91,000 and 92,000 cars and probably holds its position as the leader of the industry next to Ford. The heritage left by the Dodge Brothers is thus being splendidly upheld by the present management."

It is understood that Dodge Brothers finished the year with a total production of 92,476 cars, which is over 12,000 cars greater production than the next nearest competitor, not including Ford, thereby making good the News Bureau's production of Dodge Brothers' continued leadership.

Mr. J. H. Malcom, manager of the Bank of Nova Scotia is indisposed and will be confined to the house for a few days

Mrs. George T. Estey left Charlottetown Thursday morning en route to her home in Dorchester, Mass., accompanied by Miss Alice McVittie, Westmorland. Mrs. Estey was formerly Miss Margaret Coffin, and has been visiting her father, Mr. William Coffin, of St. Peter's, for the past two months.

In Memoriam

In loving memory of P. P. Deegan, killed in action April 21st, 1918, aged 23 years.

We are dead, short days ago
We lived, felt dawn, saw sunsets glow,
Loved, and were loved—and now we lie
In Flanders Fields.

Public Advised To See Griffith Picture Early

The local engagement of D. W. Griffith's wonder spectacle "Way Down East" which comes to the Prince Edward Theatre for a stay of four days beginning Monday, is expected to be one of the greatest successes this city has ever seen.

It may seem a little unusual but this paper knows enough in advance about "Way Down East" to advise that you all lovers of the best in motion pictures see this production at the earliest opportunity because the record of "Way Down East" in every city where it has played is that it has done "turn-away" box office business.

From all reliable sources of information it is manifest that Griffith has outdone himself in "Way Down East." He has taken a simple story of a phase of New England life that is all but too swiftly passing from view and employed its plain people with their quaint characters and their rugged sense of the honest and the human and unfolded a series of adventures and restraints which Lillian mine the ever troubled path of love. As Mr. Griffith himself likes to put it "Way Down East," is a tale of love and lovers in a frame of such exquisite charm and pastoral beauty the most captious of critics have said many of its scenes are worthy to hang in the best art galleries of the world. Rising up from its charm and its humors in colorful contrasts it rushes to a climax in the powerful ice jam and the breaking up of the floe on the river which combines every element of stirring drama and becomes at once the most astounding and remarkable scene ever seen within a playhouse in all times.

Seats now on sale for all evening performances.

Modern Medical Views on Alcohol

(By Dr. J. C. Houston, Charlottetown.)

ALCOHOL AS A POISON

V

Where shall we draw the line between the poison action? If we define a poison as a substance which so change or modify the action of an organ as to endanged the life of an individual where shall we place the danger line especially in regard to alcohol? The Advisory Committee took the ground that when alcohol had changed or modified the condition of a man to such an extent that he was no longer able to take care of himself when he was under the poison action of the drug. If you admit that we see a good many cases of acute poisoning by alcohol. While we do not see many cases where death is directly caused by acute poisoning, for the simple reason that when a person gets "dead drunk" and goes to sleep, if he happens to be in comfortable quarters the probability is that he will "sleep it off". On the other hand we do see too many cases, even in our own little province where death is caused indirectly by acute poisoning from alcohol. A victim falls asleep on the side of the road in zero weather or is driven down into a barn on a cold night, or walks over the wharf or gets in the way of an automobile, etc., cases where the immediate cause of death is exposure, etc., but the primary cause is alcohol poisoning.

Chronic poisoning by alcohol is a very different condition. Scientists tell us when blood contains 125 per cent of alcohol for 1-8 of one percent) the man is moderately intoxicated and this requires the drinking of from half to one pint of whiskey within a brief interval (one to two hours). When blood contains 2 per cent or 1-5 of one per cent the man is drunk and this means the drinking from a pint to one and a half pints and when blood contains 5 per cent or 1-2 of one percent of alcohol it is liable to cause death by paralysis of the respiratory centre. In chronic poisoning the man may never take enough alcohol to cause intoxication. In fact the habitual and somewhat moderate drinker scorns the individual who so far forgets himself as to get drunk. He can take a certain amount of liquor every day and it doesn't hurt him and furthermore it is nobody's business. He drinks, say from a flask to a three half pint bottle of whiskey every day, with the result that although the percentage of alcohol in his blood never goes above .1 per cent or 1-19 of one per cent still there is never a minute in the 24 hours that his blood is entirely free from it. Therefore the different organs in his body (brain, liver, heart, kidneys, etc.) are always being bathed in fluid containing a certain proportion of alcohol and the result is bound to be degeneration of the somewhat delicate cells of those organs. As a matter of fact we very often find in those persons some disease of the brain or nervous system manifesting itself in different grades of nervousness or actual insanity; or it may be the liver that is affected in the form of cirrhosis of the liver or it may be the kidneys with Bright's disease and so on. It is hard to say which is the bigger fool—the man who insists on his "just deserts" every day or the man who goes on the occasional spree.

There is another form of alcohol poisoning which we sometimes see and which is perhaps a greater menace to society than either forms I have mentioned. It is generally met in those individuals who seem to have "strong heads for liquor". They seem to be able to drink large quantities of alcohol without developing any of the usual paralysing effects as seen in others. However it is surely doing its deadly work for after one of those overdoses he develops the D. T.'s and after a particularly severe attack or perhaps he has recovered from some severe illness it is noticed that he cannot drink near as much as he formerly did. There is now a special susceptibility to the drug and is shown not merely in the readiness with which small doses give rise to mental symptoms but those symptoms differ more or less widely from ordinary drunkenness. It has been called a "pathological drunkenness" and is said really a form of insanity which is very liable to manifest itself in fits of intense jealousy. In this condition a man is very apt to commit acts of a serious criminal character.

LEGITIMATE USES OF ALCOHOL AS A MEDICINE

With these facts before us as to the action of alcohol on the human system what legitimate uses can be made of them.

If one looks up a text book in theropentics which was written ten or fifteen years ago you will find that alcohol was credited with many uses as a medicine. In fact few drugs would be allotted more space in the book. It is put down as a heart stimulant, a bronchial sedative, a carminative to the stomach, a diaphoretic, a diuretic, a cederal stimulant in small doses, an hypnotic in large doses, an antiseptic, an antipreritic, an antidote for carbolic acid poisoning, an antidote in snakebites. Quite a long list when we disclaim its action as a stimulant we cut out many ailments for which it is commonly used especially by the laity.

From the facts before us we can conclude that alcohol may be used as a food in certain cases of emergency as for instance in some acute illness where the ordinary light diets are not well borne by the stomach and for a brief period sliced champagne or whiskey and soda may be the only thing that are retained —very rare cases. In some cases of diabettes when a heroic attempt is made to rid the system of sugar, alcohol is recommended by specialists in this branch of medicine as a substitute for food but only in such emergency is it given and then only for a few days. It is not given as a staple food in those cases and as such is considered bad treatment.

Elderly people may take alcohol in the form of wine, or whiskey during meals to assist digestion especially those who may be confined to the house and are not living an active life they formerly did. It will assist digestion in such cases not only by its local effect on the stomach but also by its soothing effect on the mind. Advantage may be taken also of its narcotic properties in some cases of insomnia, as a sedative in spasmodic asthma, to relieve the distressed breathing in pneumonia especially in children, to relieve cramps in the stomach and colicky pains, etc.

When we have said this we have said about all that can be said in favor of its use as a medicine. The indiscriminate use of alcohol as it is generally employed by the laity for a cold, rheumatism, etc., ad infinitum, may do more harm than

(Continued on page six)

ROYAL YEAST CAKES

Canadian Made

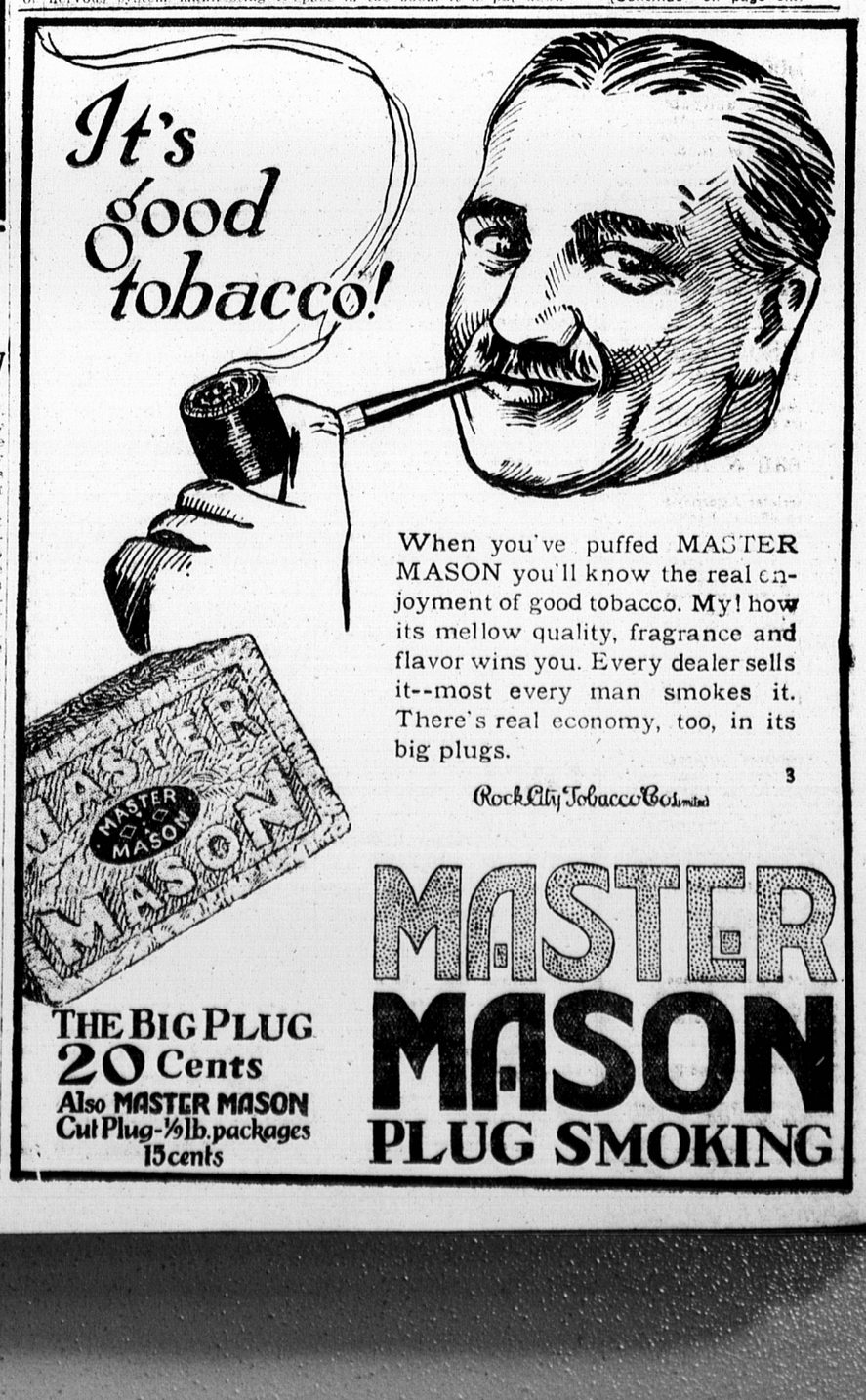
A fresh, rosy complexion indicates perfect health. To secure this in most cases all that is necessary is to take one to three Royal Yeast Cakes a day for a few weeks.

Royal Yeast is a food. It supplies the water soluble vitamine which the diet may lack. Scientists tell us that this vitamine is essential to good health. Royal Yeast is highly beneficial in many cases in which the system seems to be run down. The yeast cakes simply add to the diet. It is a food - not a medicine.

Dissolve a Royal Yeast Cake in fruit juices or mix it with cereal and milk, and take it at meal time. The chances are in a few weeks the complexion will be clear. For children reduce the amount to one-half or one-quarter of a cake with each meal.

Send name and address for free booklet "Royal Yeast Cakes for Better Health."

E.W. GILLETT COMPANY LIMITED
WINNIPEG TORONTO, CANADA MONTREAL



When you've puffed MASTER MASON you'll know the real enjoyment of good tobacco. My! how its mellow quality, fragrance and flavor wins you. Every dealer sells it--most every man smokes it. There's real economy, too, in its big plugs.

3

Rock City Tobacco Co. Limited

THE BIG PLUG
20 Cents
Also MASTER MASON
Cut Plug-½lb. packages
15 cents

MASTER MASON PLUG SMOKING