

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...

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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

RUBBISH AND GARBAGE

The Poison Germs Lurk in Accumulations of Refuse

Fortunes have been found and lost in dust heaps. Lives also are lost in them every year, despite modern progress.

Every poorly managed ash-heap or garbage-pile is a poisoner in some degree. City folks may think themselves free from this trouble because the city takes away the garbage.

Whenever it is possible waste should be turned to ashes. Things which cannot be burned should be dried and kept dry. When you apply this, concretely, it means burnt paper, dirty cardboard of any sort, rags, straw, excelsior, hair, lint, carpet sweepings, feathers, bones and old leather.

For the most part the burning can be done in a stove or grate or range, especially if one burns up things right along. When this is impossible, burn outdoors in a deep can.

If there is sufficient garden space, instead of burning leather, and bones, bury both two feet deep where the roots of a plant can reach them. They make an excellent fertilizer.

Fruit-skins and pits, potato-skins, pea hulls, beet tops, the refuse of salads, any sort of vegetable waste in fact, ought to be spread out, thin, and dried through and through before going to the dust heap.

Cabbage leaves and potato parings mashed together and left to decay will breed pestilence almost as soon as animal matter. If such massing is unavoidable, the heap should be mixed with quick-lime and charcoal. If the stench is bad, drench the whole heap with a strong chloride of lime solution.

Woman—As Seen by a Bachelor



CAUSE OF DOUBLE CHIN

The Formation Can be Remedied by Systematic Effort

A double chin is not to be desired, as it spoils the outline of the face. It can be remedied by systematic effort. Contrary to the common supposition, double chin is not always due to excessive fat, but is as frequently due to relaxed muscles.

To Keep Egg Yolks

When eggs are not required for immediate use, put the yolks in a basin and barely cover with cold water. Place a plate on the basin to exclude the air. Stand in a dark cool place until required for use.

Soda Peels Potatoes

Many housewives do not know that it will be much easier to scrape potatoes if they are soaked for a while in water in which a little soda has been dissolved. Add a little milk to the water in which they are boiled and it will improve the flavor.

Great Britain sold more than 1,680,000 incandescent lamps to other countries in the first six months last year.

"Vacuum Cleaning. Patrons will kindly book orders ahead so as to avoid disappointment. Beer & Weeks. 4-29M3

BEDROOM VENTILATION

Raise the Windows or Lower the Upper Sash Before Going to Sleep

Every person should remember that it is essential to ventilate a bedroom properly. Impurities of the body are thrown off while people sleep exactly as much as when they are walking. Yet scores of men and women forget apparently that there is any need of an exit for the impure breath, or that it is quite as essential to have a source of fresh air as in the waking hours.

HURRY WEARS

It is Like Worry in Exhausting the Human System

Don't hurry. It wears the system like worry.

It tears out the nerves and the bodily tissues rapidly; puts lines in the face, interferes with digestion and other intestinal action, and in time may produce permanent palpitation of the heart. Loss of both mental and physical control and a number of varieties of nervous disorders may result.

Hurry exhausts twice the energy in a given time than would be required to accomplish twice the work: if undertaken leisurely.

Don't hurry at your meals. If you have only a few minutes in which to snatch a bite forego the usual breakfast which requires careful mastication. Instead take a cup of warm milk or break a couple of raw eggs into a cup. These you may swallow quickly. They will digest easily.

Don't hurry after a train or a street car. It has been known to be the cause of many fatal accidents and serious hurts.

Don't hurry when you are dressing in the morning. It will fester you and make you irritable at the outset of the day. Your appearance will bear the marks of the insufficient time, too. Instead get up ten minutes earlier and take proper time.

The system can stand an immense amount of physical labor for an indefinite time. But it cannot very long safely withstand the wear of hurry.

Have plenty of exercise. Be alert in your work. But don't wear out before your time hurrying.

HEALTHOGRAMS

Proper treatment for tubercular glands in the early stages includes thorough cleansing of the tonsils, mouth and teeth; tuberculin properly given and abundant feeding, good ventilation and sufficient rest.

A bedroom should not have storm windows. The windows should be left open enough to keep the temperature of the room during sleeping hours about 50 degrees. The humidity should be between 60 and 80, preferably about 70.

Stoop shoulders are best remedied by straightening the spinal column through properly developed muscles gained by gymnastics and exercise persisted in for a long time, and by the avoidance of posture and occupations which cause them.

Hives is a nervous eruption and is due to some kind of food poisoning. A good dose or two of a purgative usually cures it. Frequently one dose will suffice. Foods which cause hives should be avoided.

Suggestion creates symptoms. It does not create disease. Deny yourself the self-indulgence of thinking the first and you may double your reserve power to cope with the second.

Water in abundance is an excellent aid to health if not more than two glasses are taken at one time. Very cold or very hot drinks are not good for the stomach.

Daytime drowsiness may often be overcome by sleeping less at night, having more fresh air in the workroom or living rooms, eating a lighter noon meal, correcting constipation, getting more exercise and giving more thought to the subject in hand.

Colds are caused by germs. The best way to avoid them is to eat lightly, harden one's self, keep the nose clean, avoid people with colds and keep out of warm rooms and badly ventilated rooms. Dress suitably.

Warm up the body with a half-dozen good breaths. Deep breathing is an excellent method of diffusing heat throughout the body and a very fair method of increasing the production of heat.

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Advertisement for Pen-Angle Underwear. Features illustrations of a man and a woman in underwear, a circular logo with 'WARRANTED X HIGH PENMAN'S GRADE X UNSHRINKABLE Trade Mark', and text: 'It fits better', 'That perfect fit and comfort which you are assured when you ask for your size in Pen-Angle Underwear...', 'Pen-Angle Underwear', 'PENMANS LIMITED, PARIS, CANADA HOSIERY, SWEATERS, UNDERWEAR'.

Advertisement for Cowan's Maple Buds. Features an illustration of a man in a top hat and a woman, and text: 'Don't Eat Them ALL, Grandpa!', 'It's no wonder Maple Buds taste good, and it's no wonder mothers everywhere are encouraging the little folks to spend their pennies for them.', 'COWAN'S MAPLE BUDS', 'They're Not MAPLE BUDS Unless They're COWAN'S', 'The Cowan Co., Limited Toronto Ontario'.

Advertisement for S. W. CRABBE. Text: 'A Castle in Spain', 'S. W. CRABBE', 'Agent for Enterprise Monarch Steel Ranges'.

P. E. I. RAILWAY schedule table. Commencing on April 16th, 1913, the trains of this Railway will run as follows: READ DOWN, READ UP, STATIONS, Daily ex. Sun., Daily ex. Sun., Daily ex. Sun., Daily ex. Sun., Daily ex. Sun., Daily ex. Sun., Daily ex. Sun., Daily ex. Sun.

Advertisement for G. D. Wright. Text: 'G. D. Wright', 'Funeral Director and embalmer—Miss A. Ferguson, Lady Assistant—Personal Attention and Promptness Guaranteed.', 'SPECIALTIES: Disinfecting and Fumigating Furniture Repaired and Reupholstered.', 'Office: King Square Phone 337, Residence: King Square North Side, Phone 327, distnl'.

Advertisement for Canadian Pacific. Text: 'CANADIAN PACIFIC', 'Around-the-World-Tour', 'EMPEROR OF ASIA', 'To Leave Liverpool June 14th', 'Special Booklets on Application', 'Homesecker Excursions', 'Special Second Class Round Trip Tickets on Sale every Wednesday until November.', 'Winnipeg 46.65 Calgary 64.15', 'Equally Low Rates to other Points.', 'CANADIAN PACIFIC "SHORT ROUTE"', 'Points in Maritime Provinces to Montreal and West.', 'Two Fast Express Trains EACH WEEK DAY BETWEEN ST. JOHN AND BOSTON.', 'W.B. HOWARD, D. F. A., C. P. E., St. John, N. B.', 'I. K. H. 88, Local Agent, Opera House Building, Charlottetown'.

Advertisement for Kellogg's Corn Flakes. Text: '10¢ Packages', 'DON'T FORGET TO ORDER FROM YOUR GROCER', 'MAKE SURE OF THE NAME', 'Kellogg's CORN FLAKES'.

Advertisement for King George's Navy Plug. Text: 'King George's Navy Plug', 'KING GEORGE NAVY PLUG CHEWING TOBACCO', 'IS IN A CLASS BY ITSELF!', 'It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.', 'SOLD EVERYWHERE: 10c A PLUG', 'ROCK CITY TOBACCO Co., Manufacturers, QUEBEC'.