

# OWES HER LIFE TO "FRUIT-A-TIVES"

Cured Both Stomach Trouble and Headaches

PALMERSTON, ONT., June 20th, 1913. "I really believe that I owe my life to 'Fruit-a-tives'. Ever since childhood, I have been under the care of physicians and have been paying doctor's bills. I was so sick and worn out that people on the street often asked me if I thought I could get along without help. The same old Stomach Trouble and distressing Headaches nearly drove me wild. Sometime ago, I got a box of 'Fruit-a-tives' and the first box did me good. My husband was delighted and advised a continuation of their use.

Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked the reason. I replied, 'I am taking Fruit-a-tives'. He said, 'Well, if Fruit-a-tives are making you look so well, go ahead and take them. They are doing more for you than I can'.

Mrs. H. S. WILLIAMS. "Fruit-a-tives" are sold by all dealers at 50c. a box. 6 for \$2.50, trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## When Women Suffer

No remedy gives greater relief than Anti-kamnia (A-K) Tablets in all conditions generally known as "Women's Aches and Ills." One trial will satisfy any woman that she has at last found the remedy she has so long been looking for.

## Indigestion—Dyspepsia

Are you distressed after eating? Do you have nausea when riding in the cars or on the train or boat? Take A-K Tablets and get instant relief.

Genuine A-K Tablets bear the A-K monogram. At all Druggists.

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We carry a full line of Polishes for Suedes all colors, Imperial onze and White Shoes.

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## TO CURE THAT CORN

A Safe and Simple Home Treatment.

(By Charles H. Lerrigo, M. D.)

I have just read a book of over a thousand large pages; all about corns. And at that it treats of only one variety—the corns for which you have at all times so tender a concern and of which you are so especially considerate when a change of weather is in prospect.

That is one of the things discussed—the barometric aspect of the corn. May it be rated as possessing commercial value? The book decides that it may and attempts to prove it, probably on the principle of giving the devil his due. But, after all, little that is new is said, and it leaves a corn a corn in spite of its efforts to fasten upon it a name which, at least to the ear, seems to possess some vague propriety—"heloma."

It is nothing new to tell us that a corn is Nature's attempt at protection against irritation of the skin. I say the skin rather than the foot because it is a mistake to suppose that corns are thus limited. Some persons have them on their hands and a patient came recently claiming the unique distinction of a corn on his scalp, though investigation showed it to be a wen.

One thing is certain, a corn is always the outcome of rubbing and chafing. This theory serves to dispel the teaching of the old-fashioned corn doctor that a corn is yet another of the mysterious dispensations of Providence, that it grows from roots, and that when he "gets the root," and then only, is it all over.

## WHY A CORN HURTS

As a matter of fact a corn has no root. However, it may fairly be said to have a nucleus or core. This is composed of the successive layers of skin which go into its making. You are inclined to think of your skin as a single sheet of protecting envelope, but really it is made up of many layers. There is the epidermis or top layer. This has four subdivisions. Just below comes the corium, or true skin, which is subdivided into two layers and contains blood vessels, nerves and glands. Below this is the subcutaneous tissue, which contains hair follicles and sweat glands, and has muscles of both the voluntary and involuntary kind.

Rather odd to think of the skin having muscles, but it is their involuntary contraction at a chill that creates the act of shivering, and it is the contraction of the hair muscles which induces the hair to stand on end at an appropriate thrill.

Knowing now of these various layers of the skin, you will more readily understand the formation of a corn and the method of its cure. The first irritation causes the top layer of epidermis to become thickened in an attempt at protection. Continued irritation will extend this thickening successively through the lower layers, and it is when it reaches down to the delicate layer involving blood vessels and sensitive nerves that the burning and shooting pain so characteristic of the formation is induced. By this time you have a knot of hard, dense tissue boring into a most delicate network of nerves, every grade of pressure from above being transmitted through this intermediate core.

The necessity for removal of pressure is apparent to anyone giving philosophical consideration to the conditions, and the sufferer comprehends it entirely apart from considerations of philosophy.

An eminent surgeon who observed how invariably the corns of his fracture cases made spontaneous cures has suggested that the best absolute cure for corn is to break a leg. The ensuing vacation from footwear of any kind positively cures the corn, but the plan is not advocated strongly for general use, as the recommendation smacks somewhat of the radical.

## HOW PATENT CURES WORK.

The "one-night" corn cures are mostly dependent upon the action of a caustic which destroys the upper lay-

## CANADA'S HONOR ROLL

OTTAWA, June 4.—Canada's honor roll is growing. It is nearing the eight thousand mark, and from present indications may mount to ten thousand.

Yesterday's and overnight figures from the front are among the heaviest received since the battle of Langemarck. Severe losses in all divisions are recorded, and the customary toll of dead, wounded and missing is now being added to by daily lists of prisoners of war in Germany. The news while not the most satisfactory, does much to relieve the strain upon relations and friends of officers who heretofore had been reported as simply missing.

The total officially reported in 25 casualty lists is 7,450. Of this number, 1,119 were killed or died of their wounds; 4,683 are wounded and 1,625 missing. Under the last mentioned heading are the prisoners, forty of whom were reported yesterday.

ers of horny tissue thereby giving some relief from pressure.

Unfortunately they are very seldom able to fulfill the splendid promise of the advertising matter which so cheerfully proclaims their virtues, and frequently they create an unceremonious condition worse than the corn. For home treatment of corns the safe treatment is always slow, but may be none the less sure.

The first essential is the absolute removal of all pressure. If this entails the purchase of new shoes you may consider it a part of the prescription and take your medicine cheerfully. The next step is to dispose of the corn. Almost all corn eradicators have as their base salicylic acid, which possesses the property of softening the horny cells and causes them to separate without inflammation.

For home application the safest preparation is one which any druggist will readily compound, consisting of thirty grains of salicylic acid and ten grains of extract of cannabis indica combined with one ounce of colodion. This is applied at night, and scraped off the next morning or the following night, and if used persistently will soon dispose of the ordinarily hard corn. It should be used with care, and any sign of irritation is an indication to suspend treatment.

## ONE WORD OF CAUTION

Soft corns are generally found between the toes, hidden yet by no means obscure. Soaking the feet in hot water containing bicarbonate of soda is good for these. Then dry the feet carefully, remove the dead tissue but do not try to apply anything caustic, as in that location it may easily lead to ulceration. Place a corn pad of felt or wool in such a way as to keep the toes from rubbing and to relieve pressure, and use borated talcum as a dusting powder.

In paring corns any instrument used should be sterile. The corn should never be cut to the point of bleeding. It is well to remember that in old people this simple operation has caused senile gangrene.

When corns or bunions have reached the point of ulceration and pus formation, they must be treated just as any other such case. The pus may be relieved by hot poultices. The feet may be soaked in hot water and then wrapped in cloths soaked in a soothing mixture composed of equal parts of linseed oil and lime water with a dram of spirits of camphor added to a four ounce solution.—Farm and Fireside.

## GOOD REPORTS OF WESTERN CROPS.

WINNIPEG, Man., June 2.—"General conditions good, and six points declare plenty of moisture; sixty-nine would like rain and twenty-three need it badly; little if any permanent damage from frost or cut worms, acreage reseeded very small; oats all seeded; increase of acreage twenty per cent; big increase in fodder corn and alfalfa."

Thus a local newspaper sums up the result of its investigation of crop conditions, from replies received from over a hundred and fifty points scattered strategically throughout western Canada.

One hundred and thirty-two points report conditions excellent, and fourteen as fair. Very many reports state conditions could not be better. A number of points state the crop has splendid root, is well stooled and vigorous. While it is evident that some little time has been lost by heavy frosts on May 18-19, there has been absolutely no permanent damage and the crop is still at least ten days in advance of last year.

## SET A BROKEN LEG WHILE SHIP TOSSED.

LONDON, June 7.—A surgeon of a British battleship in the North Sea has written of one night's experience aboard ship during a gale in which a seaman received a broken leg.

A 21-foot torpedo, evidently without its war-head on, broke loose on the upper deck and a squad of men were trying to make it fast when a huge sea swept over them. There were many minor injuries and several men narrowly escaped being washed overboard.

The seaman whose leg was broken was carried to the bakehouse and thither with great difficulty the surgeon and his mate made their way.

"With the aid of a small packing case 'H.' the surgeon, writing with a handkerchief and the baker's apron, we made some temporary splints and bandages and fixed the patient on top of one of the dough-mixing troughs, with a heavy sack of flour on one side of him to prevent him rolling to port, a bulthead being on his other side; and so we made him as comfortable as circumstances would allow. During this time the ship was plunging and lurching from side to side, with all sorts of cork-screw movements and rolling from 25 to 40 degrees. There was quite a ton of water in the little compartment rushing about wildly and adding to the general uproar of the storm so that it was only by shouting that we could make one another heard, except during occasional momentary pauses in the violence of the ship's motion. At every roll of the vessel the water was up to our knees. The

to a ring in the bulkhead in order to prevent the patient and the flour bag by his side being flung to the deck at almost any heavy roll or lurch to port. This became extremely tiring after an hour or two and discovering that the baker had a hammock stowed away, we managed between us to get it slung, and with considerable difficulty we succeeded in transferring the patient to it. During the following hours at different times one or other of us was flung down violently into the water, into which there were now floating and rushing about all kinds of objects which had broken loose and fallen into it."

## THREE HUNDRED MORE GERMAN PRISONERS.

HALIFAX, June 7.—Two hundred and ninety-seven German prisoners of war, most of them members of the crew of the converted cruiser Kaiser Wilhelm der Grosse, sunk off the West coast of Africa on August 20th by H. M. S. Highflyer, arrived at this port on Saturday by the Plant liner Halifax from Jamaica, and were landed at the terminals yesterday morning and entrained for Amherst, where they should have arrived yesterday afternoon. With the exception of five civilians, merchants who were interned at Jamaica shortly after the outbreak of the war, the prisoners are all naval men and wear the uniforms in which they were captured. A number of citizens foregrounded at Deepwater yesterday morning to witness the landing of the men. The prisoners, though by no means boisterous, seemed cheerful enough and are an able-bodied, healthy looking lot. Their uniforms are well kept and, as they marched under guard to the waiting train, they made a good appearance. The prisoners were guarded on the

voyage by a detachment from the 33rd Halifax Rifles, which detachment together with some men from the Composite Regiment here, accompanied the train to Amherst. The train consisted of nine cars, made up of seven colonist and two baggage cars. The Halifax sailed from this port on May 20th for Jamaica. She had as passengers Captain Taylor, Lieut. Watters and Lieut. Roche, and over thirty men of the 33rd Regiment, and Colonel Ross as medical officer. The voyage down was uneventful. After the steamer's cargo had been discharged there, the prisoners were taken from the detention camp at Kingston and marched on board the Halifax. She sailed from Kingston on Saturday, May 30th, for this port. The prisoners were given good accommodation and allowed as much freedom as possible. They were allowed on deck but of course were not permitted to go forward or near the pilot house, or the steering gear. At night time soldiers were on guard outside their staterooms. The voyage was without particular incident.

The steamer arrived in the harbour at five o'clock Saturday afternoon and remained at quarantine overnight. She docked at Deepwater shortly after seven o'clock Sunday morning, and an hour later the prisoners were landed. The train pulled out at a quarter past ten o'clock.

There are no commissioned officers in the number, but there are several petty officers, who give the prisoners their orders. They nearly all speak English, but did not discuss the war.

# Because— You put it in your mouth



—we make it *clean*—no hand but yours can touch it

—we make it in the sunlight where everything is spotless—the men and girls all dressed in spotless clothes and caps.

—we use the finest quality of flavoring and use it generously—producing a gum remarkable for its lasting flavor.

That is why Sterling Gum is winning friends so rapidly.

Chew Sterling—*clean* Sterling—because you put gum in your *MOUTH*.



The Sterling Gum Company of Canada, Limited

(the 7 point gum)

## Canadian Government Railways

### Prince Edward Island Railway

TIME TABLE IN EFFECT MAY 3rd, 1915.

Trains Outward		Atlantic Standard Time		Trains Inward	
Read Down.	Read Up.				
P.M. Noon A.M.				A.M. P.M. P.M. A.M.	
3.45 12.00 7.35	Dep.	Charlottetown	Arr.	11.40 10.50 10.20	
5.00 1.20 8.30		Hunter River		10.36 9.52 9.03	
5.45 2.10 9.02		Emerald Jct.		9.59 9.21 5.45	8.10
6.22 2.55 9.27		Kensington		9.27 8.55 5.02	
7.00 3.30 9.50	Arr.	Summerside	Dep.	9.00 8.30 4.30	
	P.M.				
	12.10	Dep.	Summerside	Arr.	8.45 5.30
	9.38		Port Hill		7.48 4.00
	10.27		O'Leary		7.04 2.40
	11.08		Alberton		6.19 1.35
	11.45	Arr.	Tignish	Dep.	5.45 12.30
	P.M.				
9.25 6.00	Dep.	Emerald Jct.	Arr.	A.M. P.M.	8.00
10.00 7.00	Arr.	Cape Traverse	Dep.		8.40 7.00
	P.M.				
3.00	A.M.				
4.10	6.50	Dep.	Charlottetown	Arr.	9.30 5.45
4.36	8.40		Mt. Stewart	Arr.	8.27 4.10
4.57	9.17		Morell		7.53 3.27
6.00	9.46	Arr.	St. Peters		7.36 2.55
	11.15		Souris	Dep.	6.35 1.30
7.10		Arr.	Elmira	Dep.	5.25
	A.M.				
4.20	8.45	Dep.	Mt. Stewart	Arr.	8.20 3.55
5.09	9.55		Cardigan		7.26 2.48
5.30	10.25		Montague		7.04 2.20
6.05	11.05	Arr.	Georgetown	Dep.	6.30 1.30
Sat. Daily				Daily Sat.	
only ex. Sat. & Sun.				ex. Sat. only & Sun.	
3.10 3.10	Dep.	Charlottetown	Arr.	10.00 9.45	
4.25 4.57		Vernon River		8.23 8.31	
6.55 7.00	Arr.	Murray Harbor	Dep.	6.30 7.00	

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