

MEN AND BATTERIES

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the value of a storage battery is something you cannot see. And the dealer who does not take advantage of that fact but offers you a battery of unquestionable merit, justifies your complete confidence. You are in good hands at service stations and garages displaying the Exide sign. It is a safe guide to follow in buying automotive merchandise and service generally. There is an Exide Battery designed to suit every car. Exide Hycap Batteries have extra high capacity for radio, heater, defroster, etc., with ample reserve for starting in any weather.

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That Body of Yours

By James W. Barton, M.D.

MOST FREQUENT CAUSES OF DYSPEPSIA

Dyspepsia or pain in the stomach is considered the commonest of any single ailment. A study of 1000,000 patients aged 15 and older showed 4,223 cases (about 42 percent) complaining of dyspepsia. Drs. A. B. Rivers and A. E. Mendes Ferrera, Mayo Clinic, who made the study divided the causes into four types: organic, reflex, systemic, and functional. Organic dyspepsias are those due to changes in the tissues of the stomach and first part of small intestine adjoining the stomach (duodenum).

Among reflex causes of dyspepsia are diseases of the appendix, gall bladder, bile ducts, and kidney stones which disturb the chemistry or mechanics or working arrangements of the stomach and duodenum.

Among dyspepsias due to something wrong with the body or system are disorders of the great organs and poisons in the blood. Functional dyspepsias include disturbances due to nervousness, emotional disturbances, and nervous exhaustion.

Of the twelve most common causes of indigestion functional dyspepsia (no real or organic disease) stood first numbering 25 percent, ulcer of stomach or small intestine stood second with 9 percent, and liver and gall bladder and bile ducts stood third with about 8 1-2 percent. Other common causes were heart and blood vessel ailments 5 1-2 percent, migraine (one-sided headache) 4 1-2 percent, and constipation about 4 percent. Cancer would have been more common if the ages had started at 40 instead of 15.

Why should the functional (no organic trouble) cause the greatest percentage of cases of dyspepsia?

"The stresses of life in this day and age exact quite a toll in those who choose to take part vigorously in the race of life. The resulting nervous and physical exhaustion, worry, depression, and various mental conflicts produce changes in the normal smooth, regular behavior of the motor (movements) and chemical mechanisms of digestion, and these disturbances of the movements and chemistry of the stomach and small intestine cause dyspepsia. It is not surprising that most of these cases of functional indigestion occurred between the ages of 25 to 39."

After the age of 40, cases of cancer become more numerous.

The lesson then is that while most cases of stomach trouble are due to nervous and emotional disturbance, disturbances of other organs can also cause many cases. After the age of 40, the possibility of cancer must never be forgotten.

Many Perennials Grow Best From Fall Sowing

Seeds of many perennial plants may be sown this fall rather than next spring. They will germinate earlier and will have a corresponding longer growing season next year. Then, too, the weathering of winter speeds up germination in many of them which, sown in the spring, are slow to appear. In fact, some of them will be over a year in the ground before appearing if they do not have the weathering. The iris, the gas plant, *Ficoidium fraxinella*, and other phloxes sometimes show these traits. Sow delphiniums, columbines, gallardias, foxgloves, Canterbury bells, peach-leaved bellflower, coropelis—in fact any of the hardy perennials—late this fall and save that much spring work and get better results in the way of germination. Primrose seed gives much higher percentage of germination if sown in the fall than in the following spring.

Some of the rows where they may grow along until the plants are of sufficient size to transplant. The one danger of fall planting is the wash from heavy rains, a danger always present in planting seeds in the open. To obviate this danger, mulch the beds with some material that will not mat down solidly, such as oak leaves, pine needles, or fresh straw. In the spring the beds may be protected by frames covered with window screen, which breaks the force of driving rains and prevents the tiny seedlings from being washed out of existence. This scheme is used quite widely by professional gardeners to protect their seedlings, a large proportion of which might be lost if fully exposed to spring downpours.

Those who grow irises from seed, a popular garden pastime of recent years, should plant the seeds in a trench deep this fall. Siberian Japanese, and the tall bearded sorts. This will give good germination next spring, which will result with much certainty from spring-sown seed, some of which will take a year before appearing.

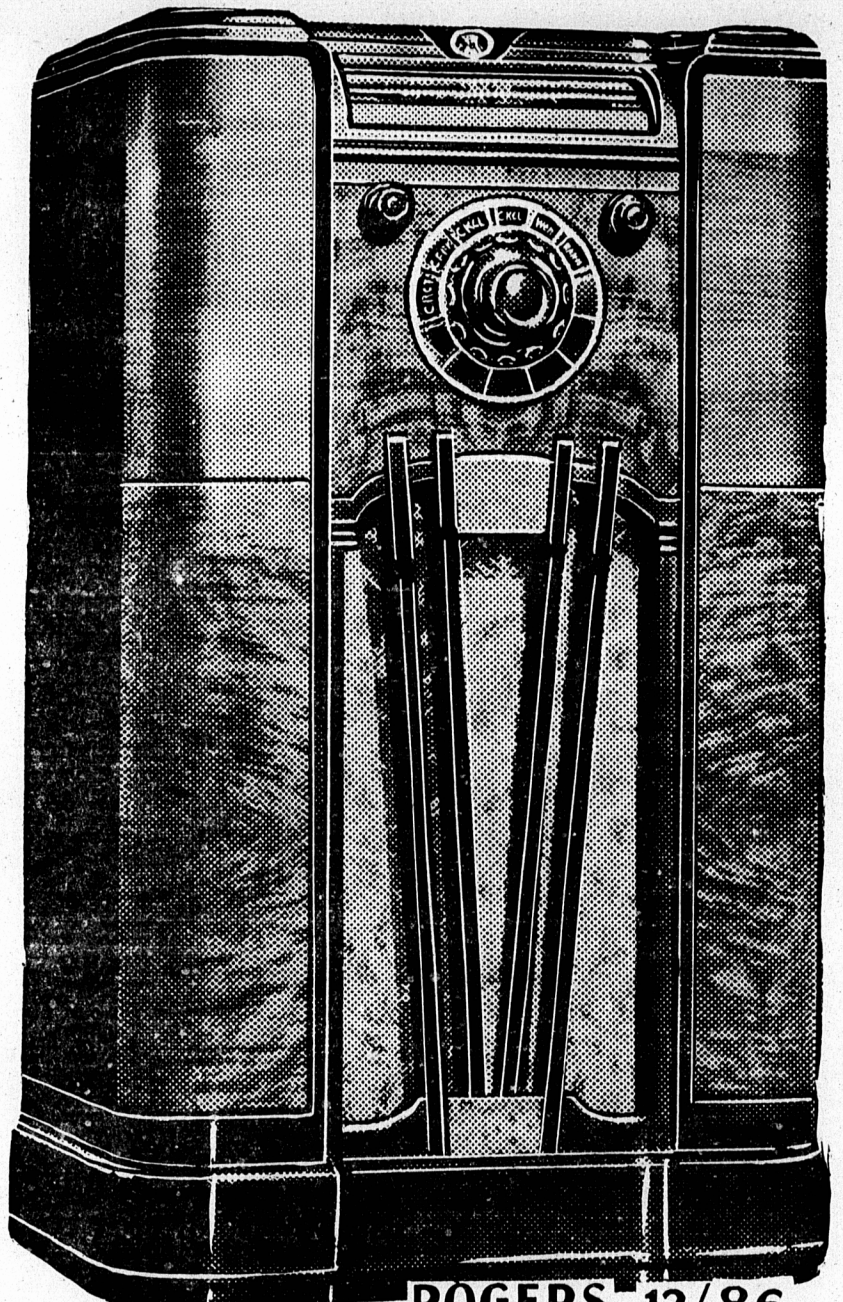
Perennial aster seed sown this fall will give blooming plants next fall. The perennial seed-bed should be made now, spading in a good supply of fertilizer and sowing it upon the surface of the bed to encourage a strong early growth of the plants so that they may better withstand the hot dry weather of midsummer each year.

for BURNS
Mix equal parts of Minard's and sweet oil, castor oil, or vasoline. Spread on brown paper. Apply to burn or scald. Before long the painful smarting stops.

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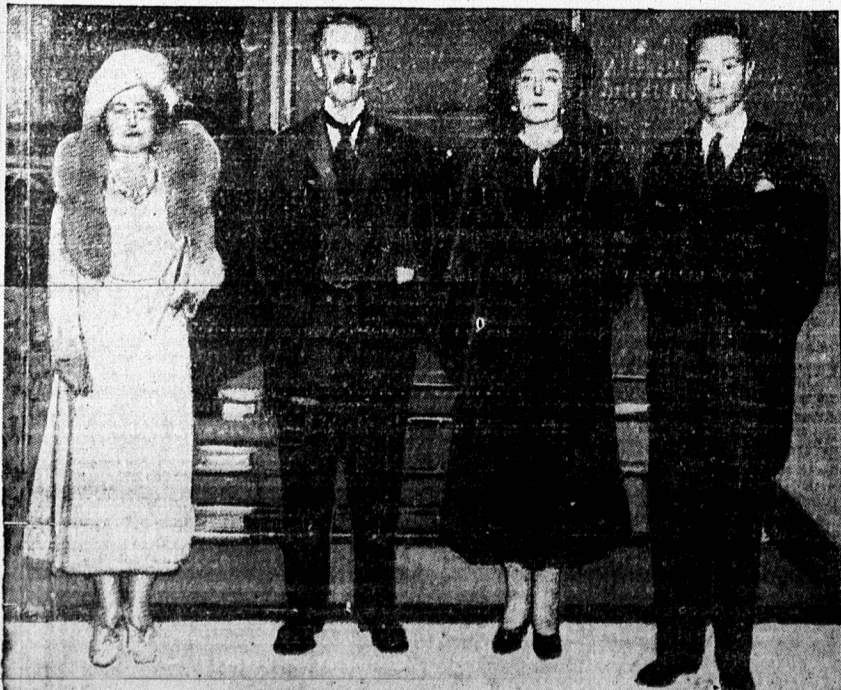


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HOLMAN'S CHARLOTTETOWN STORE



Historic was this meeting of Prime Minister Neville Chamberlain and his wife with the King and Queen of England Sept. 30. The group met at Chamberlain reported to King George VI on details and implications of the pact shaped at the Four-Power party in Munich in settlement of the German-Czech dispute. Accessory to the major understanding was a peace agreement which brought Germany and England closer than at any time since before the World War. Photo shows: left to right at the Palace: Queen Elizabeth, Prime Minister Chamberlain, Mrs. Chamberlain, King George VI.

Bring Your Garden Indoors For the Winter

Home gardeners who enjoy the experience of growing plants are well equipped to follow the modern fashion of indoor gardening. A great variety of flowers may be forced into bloom indoors with little trouble. Arranged in shelves, or in a window box near a sunny window, they will keep fresh throughout the winter the memory of summer days.

Experience in growing flowers indoors is of value in outdoor operations, too. The gardener sees at close hand the progress of the plants, and learns how gratefully they respond to intelligent care.

The easiest plants to grow indoors are the bulbs, both the hardy kinds, which are grown in gardens, and tender varieties which will not stand our winters, but grow vigorously indoors.

Some of them need potting in soil, others can be grown in bowls with fibre, moss, or even pebbles and water. Select them according to the experience you have had, and the attention you are willing to give them. It is easiest to grow those which flower in pebbles and water, but more interesting, and a better test of your gardening skill, to bring into flowers those which require soil.

All bulbs can be grown in soil, a smaller number in fibre, and still fewer in water with pebbles, or moss. To begin with the latter, they include the tender narcissi known as Paper Whites (white), Soleil d'Or (yellow), and Chinese sacred lilies, the largest size hyacinths, and lilies of the valley. In bulb fibre, which is a mixture of peat and plant food, it is possible to grow in bowls without drainage all the above, together with dianthus, early tulips, crocuses, freesias, calla lilies, grape hyacinths and scillas.

In pots with soil all the above can be grown, together with all garden tulips and narcissi, amaryllis, Roman hyacinths, and by the more skillful, lilies. From this list one may select a pleasing assortment of colors and shapes, to decorate the winter garden. By starting bulbs in succession, a bowl or pot may be replaced as soon as its flowers fade and a continuous display maintained through the season.

ENGLISH WOMEN TAKE TO FRENCH
LONDON, Oct. 6.—(CP)—Whitehall civil service examination results reveal that the favorite study of public school girls is not science or mathematics but they still cling to French as in Victorian days. German also was amazingly popular with young women, ranking next to French and English Literature.

An analysis of the results show that girls may be taking to man's jobs and man's trousers but they have not yet taken to his subjects of study. There was a boom in science among the men, physics came second to mathematics in popularity, while chemistry was fourth. Not one of the 33 girls who were successful in getting appointments by examinations took physics or chemistry.

The average of the girls was 147 and of the men 145 out of the maximum of 200 marks. Lack of interest in qualifications for their profession among school girls does not deter women engineers from holding a convention early in October but it is to be a congress with a difference. Days are to be spent sightseeing and all

discussions will take place in the evening after dinner. Mrs. C. H. Douglas, wife of the Social Credit expert, will be the leader of the conference. She is in charge of a small shipbuilding yard at Southampton and expert with the inner working of all types of ships.

Miss Margaret Partridge, electrical engineer who has put through many recent developments in Southern England, will be among the delegates.

CAPE TRAVERSE SCHOOL
Honor Roll for September:
Primary Department
Grade IV—1. Gloria Bell; 2. Anita Lord; 3. Nadine Howatt.
Grade III—1. Betty Campbell; Shirley Waddell; 3. Sybil Howatt and Jackie Campbell.
Grade II Sr.—1. Arthur Newrick; 2. Glenda Waddell; 3. Gladys Norring.
Grade II Jr.—1. Marion Lord; 2. Byron Cutcliffe; 3. Arnett Howatt.
Grade I Sr.—1. Pauline Ir-

ing; 2. George Irving and Gordon Trowsdale; 3. Jessie Gardiner.
Grade I—(No exams.)
Perfect Attendance—Gordon Norring, Roger Waddell, Greta Howatt, Byron Cutcliffe, Marion Lord, Arthur Newrick, Gladys Norring, Glenda Waddell, Betty Campbell, Gordon Cutcliffe, Shirley Waddell, Gloria Bell, Ralph Campbell, Anita Lord.
Teacher, Evelyn Harvey.

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