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The self-stropping feature of the AutoStrop Razor provides you with a keen-edged blade for each shave.

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AutoStrop SAFETY RAZOR

RHYMED EPITAPHS OUT OF FASHION

SOME OLD ONES HAVE UNCONCIOUS HUMOR.

(From the Nomad in Boston Transcript.)

Rhymed epitaphs, and indeed all epitaphs, have in these days gone out of fashion. It rather seems a pity, in view of the good literature which the old cemeteries supply—and the humor, unconscious and otherwise. Now the humor of the following inscription on a stone in Concord, reported by Dr. George Hodges, is unconscious:

In the church he was a deacon; in private life a Christian,

But of this, on the tombstone of James McGregor, a prohibitionist, which is supposed to have been composed by himself, it is conscious:

Vote as you pray
And hasten the day
When whiskey's sway
Shall be done away.
Far better be dumb
Than to pray as some
"Thy Kingdom come"
And then vote for rum.

In view of the present situation of our legislation, Mr. McGregor is likely to have a joyous resurrection. The humor of the following from Harpswell, Me., is also probably conscious:

Here lies the body of Jerusha Tuttle,
Age 64.
She was five times married,
And five times widowed.
Her first husband, John Smith,
Was drowned at sea;
Her second was killed by a tree;
Her third died of typhus fever;
The fourth ha djaundice when forced to leave her;
Her fifth and last, he died of stone
And left Jerusha Tuttle alone.

No wonder Jerusha thought best to go herself, though her three-score and ten were not completed.

TOILET TABLE.

Three Skins and Their Treatment.

There are at least three kinds of skin, each requiring different treatment. There is the skin of an oily, greasy character, with enlarged pores. Second, there is the dry, rough skin with not enough oil. Third, there is the sensitive skin that is dry or moist, rough or smooth, according to the state of the atmosphere in which the person is.

An oily skin, with enlarged, coarse pores, is the result of excessive secretion of sebaceous matter, or, to use a plainer expression, the pores are clogged with fatty matter. Of all kinds of face skin, this is the hardest to keep clean, as on account of its oily nature, it retains traces of every kind of dust that comes in contact with it. This is the kind of skin that is improved and benefitted by the frequent use of soap and warm water. This is because it takes an alkalized solution, such as soap, to dissolve the oil exuded through the pores, and takes warm water to remove the oil and old scarf skin. Cold water will not remove the oil, but after the skin is thoroughly cleansed and rinsed with warm water, it can be bathed with cold (or iced) water, to which has been added a few drops of tincture of benzoin.

For the skin that is too dry and inclined to be rough, use soap but once a day. At night, just before retiring, is the best time for this. Afterward, dry the face gently and apply one of the milder oils, almond oil or olive oil, or use the almond oil cream. Massage the face gently, using the upward and backward rotary movement. A dry skin may be the result of using soap, or powder too freely, so be careful about the way in which you use these.

For the third kind of skin, the sensitive skin, almond meal can be used as a cleanser. The possessor of this skin should not use soap often. In this case all the benefit of the cleansing properties of the soap can be achieved by putting a few shavings of pure soap into a cheese-cloth bag with almond meal and using that. In this way the soap will not come in direct contact with the skin, but will achieve its purpose.

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the signature of Chas. H. Fletcher

Arrest Couple at Montreal Enemy Aliens

MONTREAL, Que., Oct. 9.—Arrested just on the eve of embarking on the Empress of France for Great Britian, Count Maxmillian Egn Potocki was today sent up to Kapuskasing Internment camp, while a woman, who was travelling with him, was sent back to New York, from which city the two had come to Montreal. In justification of this arrest, which was made at the Windsor Hotel on Tuesday morning by men on the staff of Capt. J. N. Carter, Registrar of Alien Enemies, it is stated that the Count had upon him various incriminating papers. One was a letter from Dr. Friedrick Adler, the Spartacan leader in Vienna, commenting on the "wonderful work" that his mother was doing in Southern Europe for the revolution, together with an eulogy on Rosa Luxemburg and Karl Liebknecht.

In the lining of the man's overcoat and in his hat lining were found addresses of men and women in many parts of Europe, whose names were on Government files as people of more or less advanced opinions.

Travelling Incog

Count Potocki was travelling incognito, as James Dunn and his passport showed him to be a British subject and general manager of a big corporation. In this capacity he was to visit the United Kingdom, France, Holland, Switzerland, Denmark and Sweden. It is now stated that he had procured his passport on a certificate of discharge of a British soldier, and that the date of birth had been altered. It is stated that Count Potoki and the woman arrived in this city on Monday morning and took two rooms at the Windsor.

They were seen at the lecture delivered by Owen Lovejoy on Child Labor problems at the Royal Victoria College on Monday afternoon. It was noticed that they always applauded the more advanced sentiments of the speaker, and once the woman was heard to exclaim, "Long live the Soviets!"

Capt. Carter, who was following the trail for two days, found that they were booked to sail on the Empress of France (which sailed today from Quebec), and they would be entraining on Wednesday. It transpired that they had booked one of the best staterooms on that ship.

Puts Up Fight

In Tuesday morning, James Cloran and William Lord were sent to the hotel to effect the arrest. After hearing a conversation in German, they entered the coupl's apartments and requested them to accompany them to Capt. Carter's offices. A scene ensued, and the Count blustered about "this outrage" on a "loyal subject of His Majesty." When the two had been separated by force, the versions as to their marriage did not tally, Mrs. Dunn claiming that she had been married five months ago in New York, while "Mr. Dunn" said it was two months. When Captain Carter ordered the woman to be removed to a cell, the man made a savage attack upon that officer, and was only overcome after a powerful resistance. Amng the papers found on "Mrs. Dunn" was a letter which purported to be a letter of introduction from "A. Martin," of the Russian Soviet Federated Republic Embassy, but the contents of this letter were rendered illegible by the action of the Count in pouring an ink well over it. In the woman's lag was a small black book which was an autographed picture of Alexander Berkman, who was just lately released from Atlanta Penitentary, and who is now under indictment in connection with the San Francisco outrage on Preparedness Day.

Admits Game

The Count claimed this book was given him, and that he himself put it in the bag. In fact, he tried to exonerate the woman entirely, offering to make a clean breast if she were set free. He declared that she knew him only under the name of Dunn, and that he had entered into a mock marriage in order to get her into his power, and that as she was born in Switzerland and spoke German, he could use her in Austria. "I know my game is up now, and I am ready to take my medicine, though I call it "the degree of honor," he said to Captain Carter. When the couple were arrested it is said they had letters of credit for $48,000 and cast of $3,673 on them. besides jewelry worth $5,000 A link with the Irish trouble was also found in a letter addressed to Count Potocki, by a woman who has figured prominently in Ireland. .his letter—which has been forwarded to Ottawa to be photographed—opens up with "My dear wonderful comrade Max," and the writer, enthusing about the prospects of meeting the Count in Britian, says: "Although you have thrown away your names long ago, your soul is a true aristocrat amongst souls."

The arrest was made in virture of the "Defence of Canada Act, 1914" and under the sections relating to use of false passports and the carrying of letters.

Too Short to Do Up And Still Falling

A LITTLE "DANDERINE" STOPS YOUR HAIR COMING OUT AND DOUBLES ITS BEAUTY

To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of delightful "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Help your hair to grow strong, thick and long and become soft, glossy and twice as beautiful and abundant.

Had to Stay in Bed Many a Day

MRS. PURCELL'S CONDITION WAS ALARMING TO HER HUSBAND —HE PRAISES TANLAC

"Before my wife took Tanlac her health was so completely broken down that I would go home every night expecting to find her down in bed," was the statement made by Christopher Purcell when he called at Kinley's drug store in Halifax the other day. Mr. Purcell and his wife, Mrs. Stella Purcell, reside in Portuguese Cove, N. S., where Mr. Purcell has been in the fishing business all his life.

"My wife," continued Mr. Purcell, "was subject to terrible headaches, and when these spells would come on her she would be in such agony that she could not do a bit of her housework for nine or ten days at a time and many a morning she was not even able to get out of bed. The aching and pain was right above her eyes and she said it felt just like her head would split wide open, and nearly all the time she was badly constipated. Her appetite was poor and she lost about fifteen pounds in weight and got so weak she could barely drag around and hardly a day passed that she wasn't complaining about her awful condition. Many a night she would be so nervous and restless that it would be one and two o'clock before she could go to sleep, and her condition became so alarming that any day I was expecting to see her break down completely, and suffer a long spell of sickness.

"We had been reading in the Halifax papers about Tanlac and how it was helping people so much and we decided to try it. My wife has taken three bottles of Tanlac and you just ought to see how much she has improved, why, she never has a sign of those headaches now, does all her housework by herself and is feeling stronger and better than she has in years. She has a splendid appetite and is picking up in weight right along, and is not nervous or constipated and can sleep fine every night that comes. My wife is looking better and feeling better, and it is just simply remarkable how Tanlac has overcome her troubles and put her on her feet again, and I join with her in praising Tanlac and recommending it to other suffering people."

Tanlac is sold in Charlottetown by Reddin Bros., in Montague by H. J. Mabon, in Georgetown by Seymour C. Knight, in Souris by James G. Ferguson and in Kensington by Kier & McFadgen.

THRIFT IN THE SCHOOLS

Increasingly insistent is the demand that the schools of this Dominion teach citizenship—that they equip the child to do the full duty of a good citizen. It is not forgotten that the schools have for generations done excellent work; but the experience of the last four years has brought the realization that a change in method and in subject-matter a shifting of emphasis—is urgently required. A young man may be an expert in arithmetic, in spelling, in writing, grammar, geography, and every other subject on the curriculum and many more the less, display qualities of brutality, injustice, wastefulness, and treason—may, indeed, be a Bolshevik. An altered type of training, a new view of relative values, must come. A knowledge of the fundamentals on which rests the structure of democracy must be a part of all instruction worthy of the name. Education may make or mar a nation—it has done so in Europe and elsewhere.

What are the fundamentals? Honesty is one. Industry is another, and there are many more. Frugality is an important one, and one that is being overlooked in this new country. Canada was built on thrift, among other things—the pioneers were specialists in thrift.

Thrift is not hoarding; it is not miserliness; it consorts not with the pessimist. Thrift is intelligent care of money and resources, conservation for the future, wise and thoughtful spending. The thrifty man is an optimist, for he has stored up power.

And thrift must be taught in the schools. This will not add to the teacher's burdens, for every subject of study can be taught that it helps to inculcate the practice of thrift. A Thrift Club in the class room works wonders in the discipline of the school; it gives the pupils something worth while to talk about and something worth while to think about. United for a common aim, they learn esprit de corps. They come to know the value of money and the principles of business; they are imbibing the necessary preparation for citizenship. For the attractive investment of small savings, War Savings Stamps afford an excellent medium. This plan has been highly successful in the schools of Great Britain of the United States, and of Canada.

Thrift taught in the schools encourages industry because children wish to earn so that they may save. And, more than ever in its history, this old world needs to go to work. Production must be increased. Produce, save, invest, must become the universal slogan.

He Raised 'Em

"How did you get the turkeys the officer found in your possession?" sternly asked the police-magistrate.

"I—I—I raised 'em your Honor," stammered the prisoner.

"Tell me the truth."

"That's the truth, your Honor," persisted the crime-stained creature. "I reached down through a hole in the roof."—The Continent.

DIET IN MIDDLE LIFE

Moderation in eating as well as moderation in exercise is an admirable rule for all ages of life. It particularly needs to be observed when one is on the shady side of forty.

Most of all should moderation then be practised with regard to meat eating. This for the reason that after forty the internal organs tend to function less vigorously than when one is young. And meat eating, if at all excessive puts a special strain on the organs of digestion and elimination. Carroll does not phrase it too strongly when he says:

"With the small amount of tissue destruction in the comparatively inactive lives of business and professional men meat becomes a drug in early maturity.

"Good digestion and good kidneys will take care of it for many years, but meat is an acid producer, and unmerited red meats, especially, are subject to decomposition in the intestinal tract in all who have not aggressive stomack digestion, and such digestion is rarely enjoyed by those who are not earning it by much work."

There is the further fact that the high protein content of meat makes extra demands on the liver and kidneys, demands which in middle life are less likely to be efficiently met than in earlier days. The increasing prevalence of liver and kidney trouble must in no small way be attributed to the heavy meat eating now so common.

For the same reason vegetables rich in protein should be eaten only in small amounts by the middle aged. These include, among the commoner articles of diet, peas and beans. The baked beans, so popular with many, is as experience testifies, a frequent cause of digestive troubles in the elderly.

Which does not mean that protein foods should entirely be avoided. Young and old alike need protiens in some degree. But they do not need them to the extent most people seem to think. Protein overeating is a widespread error, always harmful and never more harmful than when middle life has been reached.

Reducing the allowance of foods rich in protein, the middle aged, if tending at all to obesity, should also reduce their daily allowance of fat-forming foods. Fisher and Fish warningly note:

"Extreme overweight, especially at middle life, produces as high a death rate as heart disease. Cut down the fat-forming foods, such as bread, butter, cereals, sugar, fats, and substitute more green vegetables and fruits."

For that matter, eating green vegetables and fruits is of special advantage to the middle aged in helping to ward off that dire foe to health, constipation.

The older a person gets the greater is the likehood of constipation developing. Fruits and bulky green vegetables—notably lettuce, tomatoes, turnips, carrots, parsnips, celery, and watercress—have the effect of stimulating bowel action. Also, because of their low fuel value, they may be eaten in fairly large quantities without danger of over-nutrition. Of course, though, they should not be eaten so freely as to load the stomach unduly.

Wheat bran, in cereals and bread, is another excellent preventive of constipation. So is gar-agar, an Oriental seaweed product. Undigested and unabsorbed, it enters the intestinal tract to sweep it thoroughly.

THAT COLD IS DANGEROUS

Don't wait Till you are Sorry.

When you feel out of sorts, shivery, headachy, don't wait till you are laid up in bed before you take action to remedy these things. Chilly, achy feelings are Nature's warnings. Get something to clear out your system, cool the blood, exterminate the germs.

There is nothing so quick and reliable as Dominion C. B. Q.—which stands for Cascara Bromide Quinine Tablets. Dominion C. B. Q. cures a cold in a few hours—takes the headache away—makes you feel fit.

Get a box of Dominion C. B. Q. to-day. Keep it on hand. You never know when you might need it. At all druggists, in the Red Box. Made by that well-known and thoroughly reliable firm The National Drug & Chemical Co. of Canada, Limited.

DOMINION C.B.Q. TABLETS
Stops HEADACHES, COLDS, LA GRIPPE in a few hours.
(In the red box) 25 cents.

A WONDERFUL GOER

"Like a lift, sir" said the countryman, civilly, as he overtook a footworn traveller on the dusty road. As they jogged along they chatted about all sorts of things. Presently the old chap pulled out a watch of the turnip variety. "Can 'ee tell me the toime, sir?" he asked. "Certainly. It is exactly three o'clock," replied the other, as he watched the driver adjusting his watch. Then he stopped him. "I said three o'clock, not twelve," he added. "Oh, that be all right, sir!" said the carter, as he slipped his timepiece into his pocket. "Her'll soon make that oop. Her be a winnerful goer!"

THE SPIRIT OF THE TIME

"That was a great sermon you preached this morning," said the old churchwarden, "and it was well timed to."

"Yes," rejoined the parson, with a deep sigh. 'I noticed that.' "

"Noticed what?" asked the puzzled warden.

"The timing. Several of the congregation looked at their watches frequently," answered the good man, with anther deep sigh.

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1st. Deposits are made yearly. This is what you are *saving*, and at the end of 20 years the Canada Life *guarantees* the return of every dollar paid in.

2nd. Your life is insured from the day you make the first deposit,—for $5,000, or whatever amount you decide.

3rd. Dividends are paid at stated intervals in addition to the return of all deposits at the end of 20 years.

4th. These dividends may be used to reduce the amount of your yearly deposits, or be allowed to accumulate at interest for 20 years.

5th. The cash value of Policy and Dividends represents a valuable asset, useful in business, and your "estate" is protected by the insurance.

6th. At the end of Twenty Years you can draw out all you have paid in, along with the accrued dividends—

---or---

you can draw a Special Cash Guarantee, together with the Accumulated Dividends, making a substantial sum, and leave the $5,000 Policy fully paid for and continuing to earn Dividends as long as you live—

---or---

this Special Cash Guarantee may be applied to increase the amount of your policy to more than $7500.

An Immediate Estate

The great advantage over any other form of investment is that a small percentage paid yearly creates *immediately* an estate of $5,000, or more.

These active, progressive years of life in which you are earning the most money are the years in which premiums can be more easily met.

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