

Chronic Fatigue—a danger signal

It usually means that you need—

THE VITAL

CHRONIC fatigue should not be neglected. Chronic fatigue takes the joy out of living. Then, there is always the danger that your system will gradually become weaker and some serious illness develop. The simple way to overcome chronic fatigue is to create in the body larger stores of calcium, phosphorus and iron—the "Vital 3". These three elements are needed for the creation of new energy, vigor and strength. They enrich the blood, tone up the nerves, stimulate appetite and help digest food. You can increase your supplies of the "Vital 3" by taking Fellows' Syrup regularly three times a day. In addition, Fellows' Syrup will bring you potassium, sodium and other mineral substances which, combined with the "Vital 3", keep the blood more alkaline and help to prevent that "tired feeling".



While Fellows' Syrup has been prescribed by physicians for 60 years, and its worth is recognized in 52 countries, modern research has found that adequate supplies of calcium, phosphorus and iron are far more needed by the human system than the originator of the Fellows' formula knew when he first put this now world-famous tonic and restorative on the market.

Don't drag around day after day, week after week, with chronic fatigue. Take Fellows' Syrup. Revitalize yourself with the "Vital 3" and get more joy out of living. 2 sizes. At all drug stores.

FELLOWS' SYRUP
World Famous
COMPOUND OF HYPOPHOSPHITES

1—CALCIUM

Vital to life and health. Constant and adequate supplies of calcium are absolutely necessary to promote normal action of muscles and nerves, to build and to preserve strong rigid bones and sound teeth. Too low a supply of calcium causes over-sensitive nerves, irritable muscles, decayed teeth and softened bones. Ordinary diets are more likely to be deficient in calcium than in any other mineral element.

2—PHOSPHORUS

An important constituent of all cells of the body, of the bones and glandular tissues, and first among all substances as a nerve food. Necessary for regulating and maintaining the neutrality of the blood and for sustaining its normal temperature. Also needed for turning starchy foods (bread, potatoes, sugar) into energy. Fresh supplies are needed daily.

3—IRON

The entire store of iron in the human system is only about one-tenth of an ounce, and constant renewal of this indispensable element is necessary to maintain energy, strength and even life itself. If enough iron is not supplied every day to the body cells and red blood corpuscles, the blood stream will draw upon the small reserve stores in the liver, spleen and bone marrow, thus weakening the entire body structure. Anemia and thin blood simply mean insufficient iron in the system.

WESTINGHOUSE OFFICIAL DIES

(Canadian Press)
NEW YORK, Nov. 19—Officials of the Westinghouse Companies throughout Canada and the United States today had lost one of their outstanding executives with the death Saturday at Cochen, N. Y., of

of Henry H. Westinghouse, Chairman of the board of the Westinghouse Air Brake Company. He died at the age of 80 after a long illness resulting from a fall last December.

In the international fight for groundnuts (peanuts) are classified and graded.

"WHY do some lamps burn out so fast?"



THE REASON is that cheap nameless bulbs are not quality built nor rigidly tested like EDISON MAZDA LAMPS. To avoid costly burnouts look for the name on lamps you buy.

Choose
EDISON MAZDA LAMPS

MADE IN CANADA

CANADIAN GENERAL ELECTRIC CO., LIMITED

BORDEN FOX SHOW

NOVEMBER, 24th, 1933

5 CLASSES

- | | |
|--|---|
| Dark Silver—
Adult Male
Adult Female
Pup Male
Pup Female | Dark Medium Silver—
Adult Male
Adult Female
Pup Male
Pup Female |
| Light Medium Silver—
Adult Male
Adult Female
Pup Male
Pup Female | Medium Silver—
Adult Male
Adult Female
Pup Male
Pup Female |
| Pale Silver—
Adult Male
Adult Female
Pup Male
Pup Female | |

Show open to registered and unregistered foxes of the fourth district of Prince only. Entries will be received up to and including Nov. 22nd. Entry fee of 50c will be charged for each fox, all foxes to be in the rink at 9.30 a.m. Entries to be mailed to Douglas Bell, Cape Traverse, or R. S. MacKenzie, Borden. Admission to Show 25c.

SUMMERSIDE and Prince County

—This column is reserved for news of local interest but advertising of a new nature may be inserted at 2 cents a word strictly payable in advance.

—CEMENT and labor are reasonable. Invest in a cement driveway and buy cement at Brace's. 2855.

—SAVE the surface with Jap-A-Lac pure porch and floor paint, sold at Brace's. 2855.

—THICK BUTT SLATE surfaced fireproof shingles, modern colors, in stock at Brace's. 2855.

—DON'T FORGET the Auction Sale of Robert Stavert, Wilmot Valley on November 22nd. 2854.

—FINED \$10 AND COSTS—A party from Wilmot Valley came before Mr. G. M. Matthews at Summerside on Saturday for an infraction of the Prohibition Act, and was fined \$10 and costs. S.

—THE ANNUAL BAZAAR AND TEA of St. Mary's Academy will be held in St. Paul's Hall, Summerside, Wednesday and Thursday, November 22nd and 23rd. Supper will be served from 4.30 to 7 P. M. Handicrafts will be on display. Bingo, fishing pool and other attractions. Don't forget the date. 2820.

—CARS COLLIDE—On Monday morning two cars collided at the corner of Water and Spring Streets. Some damage was done to the fenders of both cars but no serious damage was reported. On Saturday a big truck ran into a lady as she was leaving the curb on Water Street near the Royal Bank, causing her to back suddenly, running into a parked car. Some damage was done to the two cars, but not the truck. S.

—C. W. L. AT MISCOUCHE—The regular monthly meeting of the Miscouche branch of the C. W. L. was held on Sunday afternoon in the Convent class room. There was a large attendance. Mrs. Ephraim Gaudet presided. A number of new members joined the society that afternoon. It was decided to hold the monthly meetings the first Sunday in the month during the winter. The whist parties and dances held during the week under the auspices of the C. W. L. for charitable purposes continue to be very successful. S.

—MISCELLANEOUS SHOWER—Miss Evelyn Pillman was tendered a miscellaneous shower at her home on Friday evening by a number of her friends. The rooms were very prettily arranged with streamers, autumn flowers and potted plants. Seated with the bride-to-be was Miss Edith McDonald. A lovely array of gifts were opened for the bride by Miss Helen Walker and Miss George Montgomery. Miss Ernestine Marchbank read the verses which were very humorous and caused a good deal of laughter; while Miss Stella Hefel and Miss Ethel Stavert assisted in arranging the gifts. Miss Pillman replied very graciously to the good wishes of her friends and thanked them for their lovely gifts. After a dainty lunch a general sing song was enjoyed, with Mrs. J. C. McQuarrie at the piano, followed by a dance. S.

—PASSING OF MRS. CHARLES ARSENAULT—There passed away on Sunday in the Prince County Hospital at the age of 84 years, after a lingering illness, Mrs. Charles Arsenault. The deceased lady was a native of Summerside, the youngest daughter of the late Mr. and Mrs. Jolies Peters, and lived most of her life in Summerside, where she was very highly esteemed. Mrs. Arsenault had a very kind disposition and during her lifetime did many kind and charitable deeds. She was a member of the Holy Family and a devout member of St. Paul's Church. Mrs. Arsenault was twice married, her first husband was the late Wilbur Gaudet of Summerside, whose son Chester is left to mourn. Her second husband, Charles Arsenault and one son, Ralph, are left to mourn, besides the following brothers and sisters: James Peters, of Boston; Benjamin Peters of Halifax; Miss Minnie Peters of Boston; Mrs. Gallant and Mrs. Arsenault of Alban, Maine, to whom much sympathy is extended. The funeral is taking place this morning at 9 o'clock to St. Paul's Church and cemetery. S.

—FRIENDS are pleased to see Mrs. (Dr.) Alexander McNeill of Summerside out again after being confined to the house with a sprained ankle, which happened when she fell going down the steps of her home. S.

—MR. FRED SLOTT of Morell has returned to her home after spending a week with friends in the vicinity of Emerald.

—FRIENDS of Mr. Walter Smith of West Newton regret to learn that he is confined to his home with pneumonia.

—MR. F. E. MURPHY, merchant, is preparing to move his business to the shop formerly occupied by A. C. Hughes where he will have more space for his increasing business.

—MR. LINUS McDONALD of Spring-



Imperial Tobacco Company of Canada, Limited

PRICE REDUCTION!

—and Poker Hands, too!

All packages now contain more tobacco; and there is a reduction of 5c on each 1/2 lb. tin

It pays to "Roll Your Own" with

TURRET FINE CUT CIGARETTE TOBACCO

SAVE THE POKER HANDS

Freezing Apple Maggots

Experiments have been conducted, says the Cold Storage News Letter of the Dominion Dairy and Cold Storage Branch, at the New York State Agricultural Experiment Station at Geneva on the viability of eggs and larvae of the apple maggot. It was found in these experiments that eggs and larvae of the apple maggot are unable to survive continued exposure to temperatures customarily maintained in fruit cold storage houses, namely 31 to 33 deg. F. Complete mortality is effected in about 35 days. Emergency of larvae from apples starts about July 15th to 20th and may continue until December. In nature, larvae of the apple maggot may endure a mean temperature a few degrees above freezing and may survive in fruit when sub-freezing air temperatures of short duration occur. The natural mortality of larvae varies with the variety of apple. In general, the later the date of maturity of the fruit, the higher the mortality.

AGE OF DAIRY COWS FOR U. K.

With reference to the United Kingdom as a market for dairy cows, the Canadian Animal Products Trade Commissioner states that the preference in age is for second calf cows of reasonably good size. A trade at lower values, and probably limited, may be done in older animals, but seven or eight calf cows, and older, should not be shipped except to fill orders definitely stating such ages. The choice for aged milkers is determined by the buyer's ability to pay and not by his preference. The future trade in dairy cows can be cemented by a policy that will ensure the selection and shipment of animals equal to those shipped during the introductory period. It may even be expanded to include cows with registered official record of performance.

The oil palm is the most important crop of Nigeria and grows wild throughout the south.

Women are replacing men at government telegraphers in England.

ers and sisters: James Peters, of Boston; Benjamin Peters of Halifax; Miss Minnie Peters of Boston; Mrs. Gallant and Mrs. Arsenault of Alban, Maine, to whom much sympathy is extended. The funeral is taking place this morning at 9 o'clock to St. Paul's Church and cemetery. S.

PERSONALS

—Mr. and Mrs. Colin Milligan of Moncton are visiting in Summerside for a few days. S.

—Mrs. Alexander Murray of Richmond has entered the Prince County Hospital for treatment. S.

—Mr. Edward McGrath of Tignish is a patient in the Prince County Hospital. S.

—Mr. Wm. H. Palmer of Summerside is undergoing treatment in the Prince County Hospital. S.

—Mr. Elmer Cotton, son of Mr. John Cotton of Kelvin, underwent a serious operation on Monday in the Prince County Hospital and is doing nicely. S.

—Mrs. Haslam of Bradshaw underwent a serious operation in the Prince County Hospital on Saturday and is doing as well as can be expected. S.

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EMERALD

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field received the sad news a short time ago that his brother Daniel McDonald of Winnipeg had died in that city after a short illness. Mr. McDonald has lived in Winnipeg for the past twenty-five years where he conducted a barbering business and was well known and highly respected by a great many Islanders and provincials. His many friends here regret his sudden demise as he was a man of splendid character.

Mr. M. A. McEntee, who was seriously injured a few weeks ago and taken to the Prince County Hospital for treatment, is slowly recovering and may be able to return home in the course of a few weeks.

Owing to the frosty and inclement weather of the past week very few potatoes have been shipped from this station but a large quantity is stored in the large warehouse here.

Canadian Cattle Opportunity

Reviewing the situation of an opportune time for steer feeding and finishing, pamphlet 143, issued by the Dominion Department of Agriculture, states: "We have in Canada large quantities of coarse grains, i. e., barley, oats, feed wheat, etc., as well as abundance of good quality roughages for which there is a very poor market. We have the ever recurring spectacle of large numbers of unfinished cattle going on our markets, causing immediate direct loss to the producer and ultimately depressing the whole cattle industry, yet such cattle could be finished satisfactorily on these feeds for which there is at present such a poor primary market and a profit to the feeder. Properly finished Canadian cattle of right type and breeding will top the markets both at home and overseas at a considerable premium to the producer and will improve the whole cattle trade of the country. Fewer cattle, particularly of the heavy, unfinished kinds, and more of the deep, sooty, well finished kind, is what the market and consumer are demanding today, and there is profit for the producer in meeting that demand."

Man'a, P. I., is moving to suppress hoodlums.

Very Annoying Rash on Face and Back. Healed by Cuticura.

"A rash broke out on my face and back and itched and burned something fierce. My clothing aggravated the breaking out on my back and made it smart. It was very annoying, especially when I went to bed, and prevented me from sleeping. I purchased some Cuticura Soap and Ointment and after bathing the affected parts with warm water and Cuticura Soap I applied the Ointment. I got relief so continued the treatment night and morning for two weeks, when I was completely healed." (Signed) Miss Lena Andras, Horsham, Sask.

Cuticura Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: Lyman Agencies, Limited, 286 St. Paul Street, W., Montreal.

EASTERN GUARDIAN

—This column is reserved for news of local interest but advertising of a new nature may be inserted at 2 cents a word strictly payable in advance.

—OLD TIME FIDDLERS CONTEST at Montague on Thursday. 2853.

—SUBSCRIPTIONS to The Charlottetown Guardian may be handed to their Rept. Archie Hume, or left at E. J. Mabon's Drug Store, Montague. 108.

—THE PRINCE EDWARD ISLAND Fur Pool Limited is receiving pelts throughout the entire season in Charlottetown at the office of J. A. Webster and Company, 156 Richmond St., as well as at the head office Summerside. Watch for ad next week. 2806.

HORSE SHEETING USED IN WORLD OF FASHION

NEW YORK, Nov. 20.—Horse sheeting, formerly used only for racehorse blankets, has risen from its low estate to a sportswear fabric. It's being used for women's shorts by Adler & Adler. With the shorts is worn a cravat-style swaggar coat, also of horse sheeting. The practical thing about these coats is that water spots from wet bathing suits don't penetrate them.

Horse sheeting is a durable cotton twill, and comes in many plaids. It almost never wears out, but it is too sturdy to drape well, and so will not be used for beach dresses.

Another new fabric shown by this house for resort wear is the cotton. They say it is the only cotton they've found that is really non-crushable. It is truly a men's fabric. The tie materials previously known to the fashion world were the silks—and, incidentally, they're still very good.

Ever so many tie silk travel suits and evening frocks are seen in the palm beach collections.

Still another new fabric is orange seersucker. It has a crisp, sheer look, and the familiar seersucker crinkle. Heavier seersucker are still good, but are seen in new stripes and plaids.

Palm beach clothes are extremely practical this year—quite a contrast to the spectacular fashions of business "boom" days.

The dress silhouette is natural, the skirts 11 or 13 inches from the floor. Many are simple two-piece dresses of silk shirting, with overblouses.

Canada has achieved rapid progress in recent years in exports of patent leather.

Bringing Up Father

