

When Run Down

In physical condition it is usually because the action of the organs of digestion has become irregular or defective. Then there is need for a safe and speedy medicine to relieve the ills which occasionally depress even the brightest and strongest. The one remedy you may take and feel safe with is

BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)

The first dose gives speedy relief in sick-headache, biliousness, constipation, lack of appetite, heartburn, dyspepsia, and lasting improvement follows the timely use of this favorite and reliable home remedy. You will become healthier and stronger, and more cheerful if you let Beecham's Pills

Pick You Up

Directions with every box point the way to health and are especially valuable to women. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

Scotia's Earnings

For the year ending December 31st, the Nova Scotia Steel & Coal Company earned in round figures \$1,256,000. After providing for the interest on the first mortgage 5 p.c. bonds outstanding and the sinking fund in connection with the same issue there remained a balance of considerably over \$900,000. As there is outstanding \$3,000,000 of debenture stock bearing 6 p.c. interest, this is equal to more than 5 times the amount necessary to pay the interest on the debenture stock.

We offer for sale in lots to suit purchasers a block of Nova Scotia Steel & Coal Company 6 p.c. Debenture stock at 98 and interest.

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It is our good fortune now to be able to recommend a 6 per cent. Industrial Bond, safeguarded by exceptionally large surplus assets and earnings. We refer to the First Mortgage Bonds of Brandram-Henderson, Limited.

This company's net profits for 1913 were \$188,261.24—while the Bond interest only called for \$27,216.76 of these record earnings. The Balance Sheet shows quite large reserves. For instance, bond redemption reserve amounting to \$38,000.00; reserve for Preferred Dividend this year of \$6,125.00; reserve for depreciation of \$7,600.00—all of which with \$58,898.14 at credit of profit and loss account makes a very substantial total reserve for a company with such comparatively small capitalization.

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CANADIAN PACIFIC

SILK ROBES FOR MEN

How Lady Opera Singer Would Brighten a Dreary World

Fraulein Frieda Hempel, one of the most prominent singers in Germany, has started a campaign for the beautifying of the male sex. She wants all men to garb themselves handsomely, each according to his aesthetic whim and personal character; and she wants them in particular to wear historically consecrated costumes, brilliant colors and gems, and to curl their hair or wear it long. Silk and satin in rich colors, she says, would cost no more than the present ridiculous dress; and feathered hats are no dearer than stove-pipes, upon which Fraulein Hempel casts ridicule. She has drawn up a programme showing how men in the different professions should dress.

Doctors should be clean-shaven, and wear short-sleeved jackets; their clothes should be colored an agreeable rose; and their linen trousers should be laced crossways. Judges should wear red robes with square, silver patches. Their collars should be white and embroidered with gold frogs. They should wear masks of red velvet and carry sticks shaped like swords. Policemen should wear blue coats, white buckskin trousers, and red boots. Their horses should be prettily and splendidly saddled and bridled. If foot policemen they should wear sombreros, and in other respects be garbed like Roman lectors.

Fraulein Hempel says that she got these ideas from the fact that she is never attracted by men except when she sees them richly garbed on the stage.

On the shore at Brightstone, Isle of Wight, a fisherman found an 18-inch British Whitehead torpedo. It was handed over to the coastguards. The finder gets \$25 reward from the Admiralty.

The Quickest, Simplest Cough Cure

Easily and Cheaply Made at Home. Saves You \$2.

This recipe makes 15 ounces of cough syrup—enough to last a family a long time. You couldn't buy as much or as good cough syrup for \$2.50.

Simple as it is, it gives almost instant relief and usually stops the most obstinate cough in 24 hours. This is partly due to the fact that it is slightly laxative, stimulates the appetite and has an excellent tonic effect. It is pleasant to take—children like it. An excellent remedy, too, for whooping cough, croup, sore lungs, asthma, throat troubles, etc.

Mix two cups of granulated sugar with one cup of warm water and stir for two minutes. Put 2 1/2 ounces of Pinex (fifty cents worth) in a 15-ounce bottle and add the Sugar Syrup. It seeps perfectly. Take a teaspoonful every one, two or three hours.

Pinex is one of the oldest and best-known remedial agents for the throat membranes. Pinex is the most valuable concentrated compound of Norway white pine extract, and is rich in gualcol and all the other natural healing elements. Other preparations will not work in this formula.

The prompt results from this recipe have endeared it to thousands of housewives in the United States and Canada, which explains why the plan has been imitated often, but never successfully.

A guaranty of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. If not, send to The Pinex Co., Toronto, Ont.

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WHEN BUYING MEAT

Some Points to Remember About the Healthy Article

When buying meat it is important to remember that the meat inspector is likely to have a rather lower standard than that set by the fastidious housewife. Also that animals may have been out of condition or actually diseased. In such cases the meat has a dark, dry appearance and is flabby; the fat has a reddish and oily look, and frequently a disagreeable foetid odor.

Red meat should look bright, have a clear, cherry-red hue, be firm yet elastic, moist but not wet, and have a fresh not disagreeable odor. In well-fed cattle the muscles are slightly interspersed with fat, so that the meat has a marbled appearance. The fat, which may vary in color, from an almost pure white to a nice yellow, should be firm and dry, be slightly greasy to the touch, and have a fresh nutty flavor. In well-fed, healthy cattle the kidneys, heart, etc., are covered with firm fat. In young cattle the fat is light in color; it darkens with age, and is also of a richer red in stall-fed cattle.

In white meat the flesh is firm and close knit, fresh looking but not wet. It is pale in color, not marbled (though certain cuts of pork may be streaked with fat), and the fat firm and white or light yellow.

Pigs are liable to pass on many serious disease germs, notably the germs of consumption. For these reasons pork should always be very thoroughly cooked.

Beautiful Hands

An excellent lotion for whitening and softening the hands is made of equal parts of pure olive oil and glycerine, beaten together and perfumed with oil of violets. Where glycerine is objected to, a paste made of 2 oz. of sweet almonds may be used instead of the lotion. Place the ingredients in a jar in a saucepan of boiling water, and let them melt together. Stir until well mixed and when cold put the paste and apply it as often as necessary to the hands or smear it inside the sleeping gloves.



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PIES BIG AS HOUSES

Monsters That Have Been Prepared For Special Occasions

An enormous meat-pie, weighing two hundred pounds, provided the chief dish for a banquet at Gorleston. It was made in three sections, and the outer crust was three inches thick. It created a big sensation locally, yet it would have made but a poor show by the side of some of the monster pies for which Denby Dale, near Halifax, has been long famous.

These are baked only upon very special occasions, the very biggest of them being prepared in 1887, in honor of Queen Victoria's Jubilee. It weighed, when cooked, no less than 1 ton 5 hundredweight, and the ingredients comprised 850 pounds beef, 160 pounds each of mutton and veal, 140 pounds lamb, 250 pounds lean pork, and enough fowls, geese, pigeons, rabbits, hares, etc., to stock a poultryer's shop. To make the crust 60 stone of flour were used, mixed with 100 pounds lard and 50 pounds of butter.

Another similar monster was prepared in 1846 to celebrate the repeal of the corn laws. Yet another was baked in 1785, in commemoration of King George III's recovery from illness; while a fourth was prepared and eaten in 1815, in honor of Wellington's victory over Napoleon on the field of Waterloo.

Solicitor's Clerk Drowned

"Found drowned" was the verdict at the inquest at Kingston-on-Thames on Wilfred M. Quinton, managing clerk whose body was found in the Thames. The jury expressed sympathy on account of his services to charity as an entertainer.

SUFFERED EVERYTHING

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Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and never found any medicine to compare with it. I had ulcers and falling of womb and doctors did me no good. I suffered dreadfully for years until I began taking your medicine. I also recommend it for nervousness and indigestion." — Mrs. HENRY CLARK, Glanford Station, Ont.

Chesterville, Ont.—"I heard your medicines highly praised, and a year ago I began taking them for falling of womb and ovarian trouble.

"My left side pained me all the time and just before my periods which were irregular and painful it would be worse. To sit down caused me pain and suffering and I would be so nervous sometimes that I could not bear to see any one or hear any one speak. Little specks would float before my eyes and I was always constipated.

"I cannot say too much for Lydia E. Pinkham's Vegetable Compound and Liver Pills, for there are no medicines like them. I have taken them and I recommend them to all women. You may publish this testimonial." — Mrs. STEPHEN J. MARTIN, Chesterville, Ontario, Canada.

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It is not necessary to introduce "The Guardian" to the reading public of this province as it enjoys a larger circulation by thousands, than any of its competitors.

The Canadian countryman is a WEEKLY farm magazine, published in Toronto, Ont, printed on excellent coated paper, size of pages 11x14, a copy to hand contains 32 pages.

The Canadian Countryman is full of farm ideas, splendidly illustrated with farm views, farm machinery in operation, fields of vegetables, prize winning horses, cattle, hogs, sheep, views of the Art Association exhibit at Toronto, etc.

On another page further particulars are given about The Canadian Countryman.

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Mr. E. RYERSON REID has been appointed agent and his office for the present will be in the CHAS. DALTON SILVER BLACK FOX CO'S. office, PROWSE BLOCK, Charlottetown, P. E. I. 3798.1-10Mt