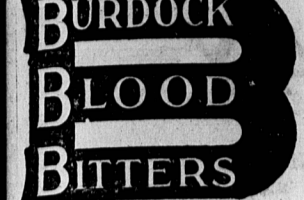


Was Helpless FOR FOUR YEARS With Rheumatism

Mr. Fred Keetch, 31 Crawford Ave., Windsor, Ont., writes:—“I was troubled with rheumatism for seven years, and for four years I was so helpless I had to be helped out of bed, and could not sit straight in a chair, and I derived such good results from



I wish to voice my praise on behalf of your wonderful medicine, and to also say it is helping others whom I have advised to take it.” Put up only by The T. Milburn Co., Limited, Toronto, Ont.

EYES TESTED AND GLASSES FITTED
E. W. TAYLOR
J. S. TAYLOR
Optometrists
112 Richmond Street

EFFICIENT OPTICAL SERVICE
EYES EXAMINED, GLASSES SUPPLIED AND FITTED. CAREFUL ATTENTION GIVEN TO REPAIR WORK.

J. W. JOHNSTON
Registered Optometrist
157 Kent Street Phone 752-L
Charlottetown

HARD COAL BASEBURNER AND FURNACE SIZES

Very Best Quality
Order your supply of Hard Coal from us, and you will have real satisfaction and comfort this winter.
The quality is excellent. Phone 111 and we will deliver your coal promptly. Try us for real service.

C. Lyons & Co
COAL — COKE — WOOD

Norwegian America Line

HALIFAX to NORWAY
By the Fast Popular
S. S. Stavangerfjord
Sailing 10 A. M. NOV. 25
Direct to BERGEN and OSLO
Passengers booked through* to Norwegian, Swedish & Danish points.
Freight and passenger rates on application.
T. A. S. DEWOLFE & SON
Halifax, N. S.

WORLD'S GREATEST TRAVEL SYSTEM 3 WEST INDIES CRUISES

—soft, twanging guitars—the spell of palm fronds whispering over warm sands—Spanish cafes. All so different—so entrancing in mid-winter—when your background is the new, 20,000 gross ton *Duchess of Bedford*, with her expert Canadian Pacific Cruise Staff.
Holiday Cruise dates—16 days—four ports. \$200 up. From New York Dec. 23.
25 days from New York—Jan. 10 and Feb. 11—14 ports of call—low as \$300.
See ship plans and schedule now. Phone your local agent or write.
41 St. Charles Street, New York City
41 St. Charles Street, Saint John, N. B.

Canadian Pacific Steamships
“Always Carry Canadian Pacific Express Trunk Lines’ Cheques—Good the World Over”

Insurance Against Indication Of Progress

(British United Press)
LONDON, Dec. 7.—New proposals for encouraging members of the public to take steps to safeguard themselves against cancer have been advanced by Dr. Malcolm Donaldson.

Declaring that the public had “buried their heads in the sand long enough” in matters concerning this disease, Dr. Donaldson urged that the people must indeed be induced to submit to medical examinations to find out if cancer can be excluded in time. To this end he suggested that a special insurance policy against cancer should be instituted and that there should be a reduction of the premium in cases where a certificate was produced that the insured person had submitted to an examination within the previous six months, showing that there were no signs of the disease.

Dr. Donaldson who was lecturing before the Royal Institute of Public Health, is consulting gynecologist of the Mount Vernon Hospital at Northwood. This hospital, well known in connection with tuberculosis, has recently determined to concentrate its energies upon cancer.

Successful treatment of cancer, Dr. Donaldson emphasised, depended upon an early diagnosis. “This, he went on, “can only be achieved first, by the establishment of a national cancer service, with diagnosis; centres, to which general practitioners can send patients for expert examination and diagnosis; and secondly, by the enlightenment of the public regarding the whole facts of the disease, and especially upon the early symptoms.

“The public have buried their heads in the sand long enough in matters concerning this disease and they must now face the facts. It is useless to tell people that one in ten will die of cancer. People are quite prepared to take the risk.

“There is, however, one thing that will appeal to people, and that is their pocket. Few of us are really very frightened of dying; most of us dislike the idea of pain during the process of dying, but all of us fear being put out of action and seeing our relatives suffering because the breadwinner is laid low, and additional expense being incurred for treatment. Can this expense and worry be avoided and can any scheme for this object be made to help in the education of the public.
“I believe it could be if a special insurance policy could be taken out for cancer, and if the premium on such a policy were reduced on the production of a certificate that the individual had been examined within the last six months and shown to be free of any signs of malignant disease.”

Dr. Donaldson urged that members of the public must be enlightened as to what cancer really is and encouraged to discuss it openly and freely. They must be told something of the symptoms and urged to go frequently for examination with the object of finding out if malignant disease can be excluded in their own individual case.

Finally, they must be made to realise that the word “research” does not mean blind experimentation, but the most careful observations carefully recorded and followed up.

MANY USES FOR OLD MOTORS
BOSTON, Dec. 7.—Someone has taken the trouble to find out what becomes of all the old automobile engines and the result is interesting. It appears they are particularly adapted to agricultural needs, for many of them are located on farms, at sawing wood, pressing cider, mixing concrete, cutting fodder, pumping water and threshing and grinding grain many of the discarded engines were found chugging merrily.

Insidious Eye Strain

We use this adjective advisedly. Sufferers from Eye Strain may have perfect vision and therefore do not suspect the presence of any evil defect. The motive power of the entire human organism is Nerve Energy. Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye Strain is present, a much larger proportion is required. Hence defective eyes through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED
G. F. HUTCHESON
OPTOMETRIST

MONCTON, N. B., Dec. 7.—An indication of the progress of industrial conditions in the Maritime Provinces, there is an increase of 16-213 car-loads of revenue freight handled up to the end of November this year over the corresponding period last year, according to information furnished by W. U. Appleton, General Manager of the Atlantic Region of the Canadian National Railways. It is estimated that the total loadings for the year will amount to 268,000 cars, which is an increase of approximately 63,000 cars as compared with 1928.

The winter port season at Halifax has opened with a fairly large volume of export and import traffic being handled through the port. Mr. Appleton stated.

ALBANY AND VICINITY

Mr. and Mrs. Wm. G. Trainor and little daughters Helen and Doris left last Wednesday morning on a motor trip to Halifax, N. S. While there they are the guests of Mr. and Mrs. Leonard Trainor.

A very successful chicken supper and bazaar was held in Albany North School House on Tuesday evening, Dec. 3rd., under the auspices of the Pleasant Circle Women's Institute. A large crowd attended and a snug sum was realized.

Mrs. Andrew Noonan and little daughter Lorraine left recently for Halifax, N. S., where they will visit relatives and friends.

Mrs. Frank MacKay is spending a few days in Cape Traverse, the guest of her parents Mr. and Mrs. Leslie Campbell.

Mrs. Edward Sharkey, Tryon, is spending a few days in Albany, the guest of Mrs. Delaney.

Misses Jean and Margaret Affleck were recent visitors to Cape Traverse.

The December meeting of the Jubilee Institute met at the home of Mrs. Sterling MacKay on Wednesday evening Dec. 4th., with twelve members and three visitors present. The meeting opened by repeating Creed and singing Ode and Carol. Roll call was answered with Christmas Suggestions. Minutes of last meeting were read and approved. Report of different committees were heard and new ones appointed. It was decided to give the school children a treat at Christmas. A reading was given by Mrs. S. M. MacKay. A Christmas Message and a song by the members, The Maple Leaf Forever. One new member was welcomed. Next meeting will be held at the home of Mrs. James Johnson, roll call to be answered by a New Year's Resolution. Lunch was then served. The hostess made a birthday cake which caused much merriment, it being the second anniversary of the Institute. A vote of thanks was extended to the hostess and a social hour was then spent which brought a very enjoyable evening to a close.

Mrs. Wm. Noonan, Bedeque, is spending some time in Albany, the guest of Mr. Andrew Noonan.

We are all glad to see Mr. Stanley Delaney out around again; after being confined to his home for some time through illness.

Mr. Bernard Connolly, Central Bedeque, was a visitor to Albany North last week.

The young friends of Master Benedict Carmichael are sorry to hear of his present illness, and all wish him a speedy recovery.

Miss Jean Casley, teacher at Searlethorn school is confined to her home through illness. Her many friends wish her a speedy recovery.

We are all glad to see Mr. Horace Mabey back in Albany again.

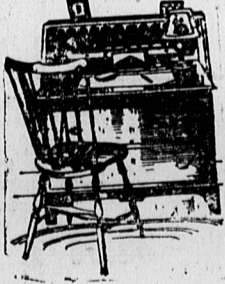
BRINGING UP FATHER



Gifts for Home Lovers

HERE is the place to turn for folks whose hobby is Home. You know a lot of such people—young couples just starting out together, older couples with a growing family needing new things every minute, bachelor girls with snug little apartments, young daughters with their very first room—all to themselves, half-grown sons trying to make a den out of a neglected bedroom.

Yes, there are a lot of folks who would like these home gifts. Check over your list and see who should receive a little tapestry covered foot-stool, who should have an end table for lamp and books, who should have a small bright rug, a



smoking stand, a lamp, an easy chair, or a wing chair or a pull-up chair. See if someone would not like to help you present a desk to the home, a secretary, a Governor Winthrop or a spinet. Get the family to conspire with you in giving themselves a new sofa, a suite of furniture for the bedroom or dining room, a lovely rug. Consider the joy of bestowing a card table set on the household, or a telephone stand and chair—and if you seek more ideas, come see our lovely array. And a gift from the family to all the family always turns out to be the best kind of a gift and very inexpensive.

Furniture the Practical Christmas Gift and Ever After

R. T. HOLMAN Limited

The Home of Beautiful Things

Charlottetown Summerside

The Gift Store

A large number of people from Albany village attended the chicken supper in Albany North on Tuesday evening.

Mr. Max Cope was a recent visitor to Summerside.—A.

SHANGHAI, China, Dec. 7.—The Chinese Commissioner of Defense declared martial law tonight in the Chinese portions of Shanghai. The Shanghai-Nan-

king Railway placed special armed guards along the line as far as Wusih, seventy-five miles from Shanghai. Special guards also were stationed along the Shang-

hai-Hang Chow Railway. Despair is often born of fear, laziness or indifference.

—By George McManus

