

We Got Our Exercise at the Woodpile



In the good old days when we were boys in the country there was no lack of exercise. But wood piles are scarce now and we suffer from indigestion and constipation.

In the great majority of homes Dr. Chase's Kidney-Liver Pills are constantly kept on hand as the best means of regulating the liver, kidneys and bowels and thereby counteracting the effect of too little exercise.

With these filtering organs active the poisons are swept from the body and the cause of pains, aches and serious disease is removed.

Use them when you have headache, backache, constipation, indigestion. Their action is direct. Relief comes quickly and you soon feel fine.

Dr. Chase's Kidney-Liver Pills

A box, all dealers, or The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Canada

STEWART SCHOOL

Principal's Department: Miss L. Little, Miss A. G. Barrett, Miss K. Walsh, Miss W. Clarke, Miss M. McAssey, Miss A. Alexander, Miss E. McEachern, Miss G. McAssey, Miss J. McDonald, Miss H. A. McEachern, Miss L. A. McEachern, Miss M. McDonald, Miss D. Doty.

Proper Food and Exercise by ARTHUR A. MCGOVERN

Former physical director, Cornell Medical College

Reckon your health when figuring assets

Advertisement for 'Resolutions for 1926' featuring an illustration of a man and text about health and exercise.

What gains have you made for 1925? How about 1926? I am not counting about my financial gains. I want to know how your general health and physical condition check up with a year ago?

Advertisement for 'Example of a Moderate Diet' listing breakfast, luncheon, and dinner items.

Advertisement for 'NEW YORK FISH ADS.' featuring 'SMELT AND EEL SHIPPERS ATTENTION' and 'Ship Your Production to CHESEBRO BROTHERS & ROBBINS INC.'

Central Guardian Further Particulars

ST JAMES' CHOIR REHEARSAL tonight at 7.30 sharp. Full attendance requested.

CHURCH OF SCOTLAND—Mr. E. C. Robertson will preach Sabbath, Feb. 7th at Lot 48 at 10.30 and Peoples church at 7.00 p. m.

DOING WELL.—Mr. Harry Bell, a native of Cape Traverse, P. E. I., is now superintendent for the Ogdun Union R. R. and Depot Company. For two years he was chief dispatcher for the Union Pacific Railway at Ogdun.

CAVENDISH SERVICES.—There will be service Sunday, February 7th in the United Church at Rustico at 11 a. m., and at Stanley at 3.00 p. m. The Y. P. Group will not meet this week due to the bad condition of the roads.

CHURCH OF SCOTLAND—Rev. Ewen MacDougall will preach Sabbath 7th at Cape Traverse at 10.30, and if the travelling is favourable, at DeSable at 6.30; also Monday 8th, at Argyle Shore at 7 p. m.

NOTICE TO CORRESPONDENTS—Contributors of letters to the Public Forum please note that all correspondence must have the name and address of the writer attached, not necessarily for publication, but as a guarantee of good faith.

CHURCH OF SCOTLAND—There will be a business meeting held in the Peoples' Church on Thursday evening at 8.00 o'clock p. m. All interested in the welfare of the church are cordially invited to attend.

FORMER ISLANDER.—The Oakland Maple Leaf says:—The writer recently had the pleasure of meeting Fred W. Redding, formerly of Charlottetown, P. E. I. He is employed in the secretary's office of the Napa State Hospital. He has held this position the past eight years. Before coming to Napa he was a hotel clerk in Sutter Hotel, Sacramento, for a number of years. It is about 25 years since he left Charlottetown. He has mastered two professions since he came to California. He makes an excellent hotel clerk, and the same as a private secretary in a large institution.

PERSONALS

Mr. George D. Pope, M. L. A., Summerside, is in the City. The many friends and relatives of Mr. Duncan McEachern of this City, formerly of New Argyle, will regret to learn of his serious illness.

The many friends of Mrs. Seymour Farquharson of Southport, will regret to learn of her illness in the P. E. I. Hospital and hope for her speedy recovery.

Her many friends will be pleased to learn that Mrs. J. Frank Fraser, who for some weeks past has been ill at the P. E. I. Hospital, is gradually regaining her wanted good health.

WOMAN SLEEPS WONDERFUL ALL NIGHT

"After taking Adlerika, the pain in my side (due to gas) is gone and I now eat and sleep wonderful." (signed) Mrs. O. McGinnis. ONE spoonful Adlerika removes GAS and often brings astonishing relief to the stomach. Brings out a surprising amount of old waste matter you never thought was in your system. Stops that full, bloated feeling and makes you happy and cheerful. Excellent for chronic constipation. Hughes Drug Co. Ltd.

Advertisement for 'ASK FOR Syrup OF White Pine AND Wild Cherry' by MacKinnon Drug Co. Includes text about quick relief and price.

A New Thrill in Music!

Hear this concert today on the remarkable new Orthophonic Victor at any "His Master's Voice" dealer

- 19783-A Soldiers' Chorus from "Faust" Victor Male Chorus
19787-A Cecilia Jack Smith (the Whispering Bassinet)
19840-A Who George Olsen and His Music
19796-A Dinah The Revelers
6508-A Waltz in E Flat Harold Bauer
19794-A Silent Night Shannon Quartet
19802-B June Brought the Roses Victor Salon Orchestra
1121-B Oh How I Miss You Tonight John McCormack
6505 Danse Macabre Stokowski and the Philadelphia Orchestra
35760-A The Lost Chord Organ of The Mormon Tabernacle

Advertisement for 'The new Orthophonic Victor' by Victor Talking Machine Company of Canada, Limited. Includes an illustration of a gramophone.

AT MOUNT ALLISON. The recent visit of the Imperial Debating Team to Mount Allison was one which will be long remembered by the students. The feeling is general that the actual debate itself was of small significance with these graduates of old country institutions. The success or lack of success of the tour in Canada will surely not depend on the proportion of debates won or lost by the team; it will rest, rather, on the degree to which the men are made to understand Canadian life, particularly Canadian student life, and the degree to which they can make us understand and appreciate the conditions of student life in the old land. It is precisely that sort of contact and understanding that was established at Mount Allison.

Advertisement for 'GENUINE BARBADOS Extra Fancy MOLASSES Pure Healthful Delicious' by BEMA. Includes an illustration of a barrel and text about vitamins and mineral salts.