

STOPPED HER HEADACHES

Years Of Suffering Ended By "Fruit-a-lives"

112 ELIZEN ST., ST. JOHN, N. B.
"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine 'Fruit-a-lives', made from fruit juices. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-lives'."

After taking several boxes, I was completely relieved of these troubles and have been unusually well ever since". Miss ANNIE WARD.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Do You Know

That we operate the only Lens Grinding Plant on P. E. Island?

That we employ a skilled Surface Grinder, and are daily grinding from the rough glass—the most complicated kinds of lenses?

Those are facts, which mean a good deal to the Glass wearing public, doing away with the annoying delays caused by sending away for special lenses.

Send your glasses in by mail, you'll get them back promptly and in perfect condition.

Call in and look over our plant.

G. F. Hutcheson

Optometrist and Optician



STOP!

Now take your signal from the traffic policeman.

Go ahead smoke "ROYAL MINT."

A smooth satisfying smoke that travels right to the bottom of the bowl without sting or waste.

ROYAL MINT

Virginia Cut Plug Tobacco

1-12 lb. Packet - 15 cents.
A coupon in each packet.
Save 50 and get one of the famous Wellington pipes FREE.

The Best Cough Syrup is Home-made.

Here's an easy way to save \$2, and yet have the best cough remedy you ever tried.

You've probably heard of this well-known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.

Into a 16-oz. bottle, pour 2 1/2 ounces of Pinex (50 cents worth); then add plain granulated sugar syrup to fill up the bottle. Or, if desired, use clarified molasses, honey, or corn syrup instead of sugar syrup. Either way, it tastes good, never spoils, and gives you 16 ounces of better cough remedy than you could buy ready-made for \$2.50.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, hoarse or tight throat, lifts the phlegm, heals the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extract, and has been used for generations for throat and chest ailments. To avoid disappointment, ask your druggist for 2 1/2 ounces of Pinex with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

BUT HE WAS NOT A GUILTY ANARCHIST

VICTORIA, B. C., Oct. 6.—The night of the Royal ball here found the Empress Hotel looking like a cross between the Garden of Eden and a miniature Gibraltar. Rose lights, beautiful, fragile flowers had converted the great dance halls into a shaded fairyland. Three orchestras served out music fit for the gods. Dozens of pretty women looked heavenly as they floated across the gleaming floors on the arms of stalwart men.

There was a fly in the ointment, or rather an angel with a flaming sword, at the gates of the garden, or rather dozens of terrible angels with flaming tunics. For the Royal Northwest Mounted Police were on the job, armed to the teeth.

MILITARY IN EVIDENCE

Long before the shades of night had fallen, the portcullis was lowered and the drawbridge drawn. The military authorities had taken over the hotel. The doors were sealed and every exit closed. The hotel interior was almost as unattainable as the North Pole. Guests who had unsuspectingly wandered forth in quest of adventure earlier in the day, found that they could not enter without showing sentries their birth certificate, their teeth and their vaccination marks, and telling the color of their second cousin's eyes. The basement was as full of armed men as Brussels on the eve of Waterloo. Red coated mounties with revolvers at their belts, and soldiers in khaki, had turned the cellars into a subterranean fortress. One tumbled over them everywhere. After a guest had given the high sign of irreproachability of character, and the password of extreme sweetness of disposition and sidled jerkily past endless shooting irons, he probably reached his floor a nervous wreck, only to find two Mounted Police like avenging angels in the corridor out side his bedroom door. The Mounted Police were everywhere. They were even dotted inconspicuously here and there round the edge of the ball room.

English visitors were delighted with what they considered the novelty of the whole affair. "Shooting irons, eh? What! Wild and woolly west, don'tcherknow?" They thought these armed trappings were the custom of the country, but they were absolutely wrong.

THE SECRET OF IT.

A lady with long ears had overheard a telephone conversation and had told some of her military friends. The military authorities had got their wind up and called in the R. N. W. M. P. It was decided to decorate the ball room and its environs, even into the cellars, with the Red Coats, for it was whispered that there was to be a bomb thrower among the dancers, and that would never do with the Prince of Wales present.

In the meantime a young American, handsome and harmless, went about his business not knowing that his every step was dogged by a sleuth of the Secret Service. His grandfather had been governor of one of the States of the Union, and he had no knowledge of William, except that learnt at Harvard, but he had been foolish enough to call up a girl friend of his at Seattle and ask her to come over to the dance. These Americans like Royalty, and his friend had insisted on getting a position as near the Prince as possible. It was a part of this conversation which "long ears" had overheard, with subsequent results.

Needless to say, the ball passed like those in every other city, without a single untoward incident, despite the presence of so much ammunition. The last laugh is with the American.

THE APPLE HOME

(By the Rev. John H. Davis, M.D., in "Christian Work.")

Not very long ago when eating an apple I found a worm, and that made me feel sick. There was a horrid worm right inside, and it was impossible to find any trace of a place where he had entered. Not an opening could be found anywhere. Do you know how it got there? Until I took a bite and opened that apple that worm had never been out of his birthplace. That apple was the home of that horrid worm. You have seen apples like that and will see thousands more, and some apples will be full of worm-holes.

Now it is important to know about how the worms got inside since there was no place to be seen to show how they got there and since I had said the fruit was the home of the worm. Well, some months ago a little fly of some sort came along and left an egg in a beautiful blossom; the fruit set, as we say, and closed over the little egg, and as the apple grew the little worm hatched, and grew by feeding upon the apple until it became large, and I found it. Thousands of apples are spoiled by these eggs being laid in the blossoms, and worms are hatched right there in the core that is in the hearts of apples. You young people are like blossoms and more beautiful, but just as the apples have dangers so have you, and sin will seek to find a place right in your hearts, and if it does later on it will show itself. Do not allow envy or hatred or falsehood or any sin to have a place to grow within your soul. Go right to Christ, as he can cleanse your heart at once. Try to be kind, loving, forgiving, and true and holy in your hearts, because these virtues also grow and make you beautiful.

CUSTOMS OF ANCIENT INNS

Abroad where many quaint and curious hotels, taverns and inns of respectable antiquity abound, it is natural to find numerous odd customs. For instance, there is an inn in a town on the Rhine wherein whenever a patron is heard to swear he must place a coin equivalent to the bar on the counter.

Until recent years there was a most respectable inn in Warwickshire, the proprietor of which was accustomed to invite all his patrons to accompany him and his wife on Sunday morning to a church directly

NELSON DAY CAMPAIGN for \$500,000

October 21-22-23

"Canadians Must Sail The Seas"



WHY Canada MUST have Canadian Seamen

CANADA is face to face to-day with a great need—mercantile ships! More than a quarter of the world's shipping was destroyed in the War. We are handicapped in our foreign trade because there are no ships to buy or rent. Hence the Government's shipbuilding programme.

But there remains the more complex problem of manning our ships when built. Seamen cannot be turned out to order. They must be trained. If we are not to be at the mercy of foreign-born seamen, we must have our own Canadian boys ready for this service. This is absolutely imperative, and lies right at the very root of Canada's After-the-War development.

BEGIN WITH THE BOYS

The problem is purely a personal one—something you and I must assist in solving. Unless we make it possible to train Canadian boys for the sea, we cannot hope to man Canadian ships with Canadian seamen and so supply the missing link between the producing possibilities of the Dominion and the eager world markets.

To conduct the Boys' Naval Brigades and its other work, the Navy League of Canada requires \$500,000. Throw yourself wholeheartedly into this campaign to make it a thorough-going success, for the sake of our boys, for the sake of the whole Dominion—yes, and in your own personal interest. Help by giving liberally.

The NAVY LEAGUE of CANADA

H. M. VANBUSKIRK, Chairman
J. O. HYNDMAN, Vice-Chairman
61 Queen Street

BEYOND THE LAY AGE

He was probably the smallest "middy" in the navy, and one evening he was invited to attend a party in the saloon. He was such a little chap that the ladies had no idea that he was a midshipman at all, but took him for somebody's "dear little boy" in a royal navy all-wool serge. At last one of them, on whose lap he had been sitting and who had just kissed him, asked: "And how old are you, little dear?" "Twenty-two," he said in a voice like a fog horn. Then the lady swooned.

HUMOR OF THE COUNTRY

An Irish laborer, whose answers on his direct examination were rather discouraging, was asked by the cross-examining counsel, "Now, my good man, isn't all this that you have been telling to my friend here only a hypothesis?" Witness—"Well, if your honor says so, I suppose it was." Counsel—"Come, sir, do you know what a hypothesis is?" Witness—"Well, now, I think I do." Counsel—"Then tell me what it is." Witness—"Well, now, I think it's some part of the inside of a pig, but I'm not exactly shure what part it is."

THE APPEALING FACTOR

(The only son's engagement had just been announced.)
Sir—Absolutely no class!
Mr—Why, that girl lives in Farog!
Auntie—She's going to be fat.
Uncle—How-legged, that's what she is.
First Cousin—She ought to have more cash.
Second Cousin—Can't see her for dust—she's stuck up.
Son (thoughtfully)—Well, there's one good thing about her.
Chorus—What's that?
Son—She hasn't a relative on earth.
Pa—Grab her, my boy, grab her.—Yale Record.

SPOILED THE MIRACLE

Dr. Walter C. Smith, the popular Scotch post-preacher, on one occasion tried to explain to an old lady the meaning of the Scriptural expression, "Take up thy bed and walk," by saying that the bed was simply a mat or rug, easily taken up and carried away. "No, no," replied the lady. "I cannot believe that. The bed was a regular four-poster. There would be no miracle in walking away with a bit o' mat or rug on your back."

A little success is apt to make a small man dizzy.

THE CANNY SCO'

Scene:—A dance which had been promoted for a local charity in a Scottish city. Time:—In between the dances.
A local lad led his partner into a cozy corner for a moment's rest.
"Do you smoke?" he asked, his tones hinting that he knew she didn't.
"Yes, thanks," said the girl sweetly.
Regrettably he took out his cigarette case, and abstracted a cigarette. She broke in two—and offered her half, putting the other half in his mouth.
"Well, hae this," he said, "We havesna time for a whole one."

Use Basic Slag in the Fall

Save \$2.00 per ton by buying in the fall, besides getting better results. Slag has proven to be most adaptable for Island soil. Its use returns to the farmer 50 per cent increase in crops.

Our local Agent, Mr. R. A. MacLeod, will call on you arranging for shipment of car at your Station by notifying the undersigned.

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