

NO MORE SICKENING PILLS FOR HIM

63-year-old man gains relief from constipation with ALL-BRAN



Follow Mr. Hoffner's remarkable story of the wonderful work of ALL-BRAN.

"I was constipated from boyhood until I began eating ALL-BRAN. I am past 63 years old. Feel like 30. No more pills for me. I do this with my own free will."

Cause of more than forty diseases! Thief of health and happiness! Pimples, headaches, sallow skin, falling hair are but a few of the tell-tale signs. Don't let constipation sap your health! Kellogg's ALL-BRAN will relieve

it. Two tablespoonfuls daily—in chronic cases, with every meal. Guaranteed. Doctors recommend ALL-BRAN because it is 100% bran.

Delicious with milk or cream, and add fruits or honey. Use in cooking. Sold by all grocers. Served everywhere. Ready to eat. Made by Kellogg in London, Ontario.



That Body of Yours

By James W. Barton, M.D.

INCREASING WEIGHT BY INSULIN

A very interesting experiment is reported from Berlin regarding Dr. Banting's insulin.

As you know insulin has taken away all the terror of diabetes which previously meant death within a certain period of time. In fact many diabetics have learned to diet so carefully that they are now able to do so without insulin entirely.

These Berlin research men, keeping in mind the building up power of insulin (which is a secretion from the pancreas), have been using it on very young babies who were deficient in weight.

There were eighteen babies in the experiment, and their weight varied from about two to four pounds.

Some of these youngsters were injected with insulin within a day or two after they were born, whilst others although three or four weeks old, were beginning to lose weight.

First a little insulin was injected, the baby was then fed, and then injected with a sugar solution.

What was the idea? That the regular food, that is milk, and then the sugar solution, would be so acted upon by the insulin, that the blood could carry more sugar within itself, and help to manufacture more tissue or flesh for the child's body.

And the results proved the wisdom of it, for in all except one of the children treated, the insulin exerted a distinctly beneficial effect on the weight.

"It checked the loss of weight after birth, and changed a falling into a rapidly rising weight curve." Now this means much because a youngster, that size, hasn't a great hold on life, and this little extra building up at this time may mean life itself.

However the point for all of us here is that it is possible to reinforce some of the juices or secretions of the various organs in the body, and thus tide ourselves over a period when our own glands are not doing their work, due to infection, overwork, or other causes. This branch of medical research is at yet only in its infancy, and we may expect great results in the near future.

For PSORIASIS

Take Our Herbal Remedies Book on Skin Diseases. New Treatise on Chronic Diseases by Herbal Remedies. Pamphlets on Loss of Manhood and diseases of men. Booklet on Female Iils and advice free by mail. 30 years' experience. (Without criticising or disparaging your doctors write us before losing hope.) Treatments by mail our speciality.

English Herbal Dispensary Limited 1350 Davis, Vancouver, B. C. Canada's Oldest Herbal Institute

The Public Forum

This column is open for the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

MR. L. P. TANTON AND THE CARDINAL

Sir,—“Oh what a tangled net we weave When first we practice to deceive.”

Driven in a corner Mr. L. P. Tanton has no excuse to offer except to say that I was only able to add one paragraph from the Cardinals Pastoral Letter. That paragraph, however, is very pertinent as it explains and makes plain what preceded. Why was it left out of the poster? Evidently with the intention to deceive.

Let me drive it firmly home by quoting it again. “Therefore, we have the desire to protest and by virtue of our pastoral authority, we have prohibited and prohibit under pain of a grave disobedience, the fabrication, the sale and the clandestine importation of intoxicating liquors such as are already forbidden by the civil law.”

What Civil Law? The Custom and Excise Act and the liquor laws of the Province of Quebec.

Having proven the point I first started to prove i.e. that the poster is a gross misrepresentation, I will take no further notice of “The Alliance Committee per L. P. Tanton.”

I am, Sir, etc.,

CENSOR

A FORWARD MOVEMENT.

Sir,—Please allow me space in your valuable columns to congratulate the City Council on their forward movement on securing up-to-date street cleaning machinery.

The writer has felt for some years, particularly since the new and improved streets have been laid, that some more modern equipment is necessary in order to keep our city clean and sanitary. It is therefore, a great pleasure to me to find on reading your paper this morning that the Council had purchased the necessary equipment.

Again during the winter months this city is greatly handicapped. There is snow blockading our principal streets. Modern cities that cater for business must be prepared to keep their thoroughfares clean and the only modern method for doing this is modern snow fighting machinery. We have seen during the past winter the success of the Ford street cleaning apparatus used in snow fighting, and we can look forward to having clean streets during the present summer and fall, and cleared streets during the winters.

I will be grateful Sir, and thank you if you will permit this to be published and allow me to pay my tribute to the forward men in the City Council who are ever desirous of making Charlottetown an attractive place to live in and a business centre of the world.

I am, Sir, etc.

PROGRESS

GOD'S WAYS ARE NOT MAN'S WAYS.

Sir,—Much has been written or the subject of Prohibition. And men are divided on the subject just as men are in regard to religion. And each one takes the Scriptures to prove he is right. Now, there is a right way and a wrong way of handling the Scriptures, and men are often handling it to their own destruction. It is written that God made all things and without him was not anything made that was made. Have we got any account of anything material that the Devil ever made? When God made all things he pronounced them very good. He placed in the midst of the garden, the tree of knowledge of good and evil. We also see that our Lord and Saviour laid in Sion a stumbling stone and rock of offence. Have we got any account of those being removed? Was the tree removed because man ate of the fruit of it? Or was the stone removed because man stumbled at it? Now I would ask, what authority has man

(Continued on page 6)

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED: Don't say “can we go with you?” Say “may we.”

OFTEN MISPRONOUNCED usage; the s pronounced as z is preferred.

OFTEN MISPELLED: agonize, one g. ze. SYNONYMS: relieve, soothe, as usage, alleviate, allay, palliate abate mitigate.

WORD STUDY: “Use a word three times and it is yours.” Let us increase our vocabulary by mastering one word each day. Today's word: RAVAGE; destruction by violence or decay; ruin. “The ravages of time have left their mark.”

RELIEVES CONSTIPATION QUICKLY

Carter's Little Liver Pills move the bowels free from pain and unpleasant after-effects. They relieve the system of constipation poisons which cause that dull and aching feeling. Remember they are a doctor's prescription and can be given to every member of the family. 25c red pkg. CARTER'S LITTLE LIVER PILLS

WHY IS S-W-P BETTER?

BECAUSE quality is the first and foremost ingredient in every can of S-W-P.

Quality is the first idea in the mind of every Sherwin-Williams man.

The Sherwin-Williams business was built on quality and Sherwin-Williams quality is standard for the whole world.

S-W-P is better because the quality of the color pigments is better, the lead and zinc are better, the oil is better.

S-W-P is ground finer, mixed more thoroughly, spreads smoother, brushes easily and covers most.

S-W-P is made to a formula which has been tested by time and exposure to the severest weather conditions. Behind this formula stand the best paint brains of the world.

The reasons for the superiority of S-W-P go back to the policy of the founder of the Company more than 60 years ago and spread out to the mines and the fields, the mills and factories whose products form the raw materials for the largest paint and varnish manufacturers in the world

This Guide Will Help

The Sherwin-Williams Household Guide Manual charts all the common requirements for paints, stains, varnishes and enamels, and shows at a glance what to ask for.

- S-W-P for outside work.
- S-W INSIDE FLOOR PAINT for the kitchen or any other floor indoors.
- FAMILY PAINT for interior woodwork and walls when a full oil gloss is wanted.
- OLD DUTCH ENAMEL for fine work inside or out.
- MAR-NOT VARNISH for floors.
- SCAR-NOT VARNISH for furniture and woodwork.
- REXPAN VARNISH for front doors, boats, etc.
- S-W PORCH FLOOR PAINT. A full gloss; oil paint for porch floors and verandahs.

And many more. “There is a Sherwin-Williams product for every purpose.”

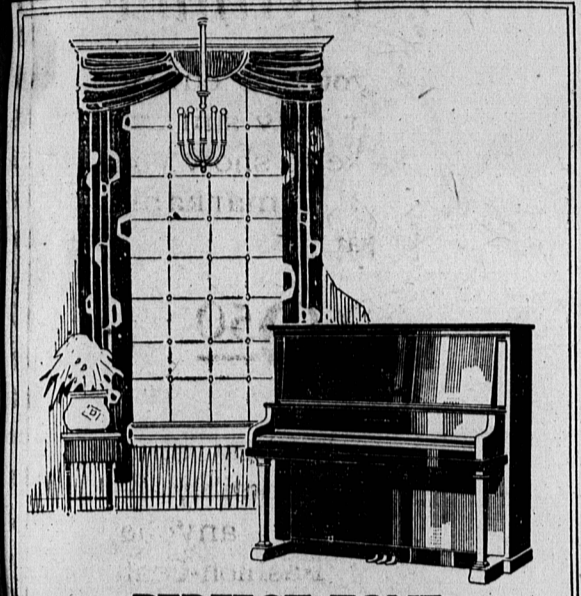
“There is no Substitute for Quality”

If you would like the Household Guide Manual, write Sherwin-Williams, 897 Centre Street, Montreal for a free copy.

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PERFECT TONE in a PERFECT CASE

HOME with Music is a happy home. Bring Music into your home in the form of a famous Heintzman & Co. Piano.

This fine instrument has a musical individuality all its own. With its wonderful richness of tone and superb beauty, it not only breathes harmony, but imparts distinction.

Backed by the genius of master craftsmen who have been building and perfecting fine pianos since 1850, the Heintzman & Co. Piano is “one of the world's finest instruments.” Preferred by discriminating authorities in musical circles throughout Canada and endorsed by artists of world renown.

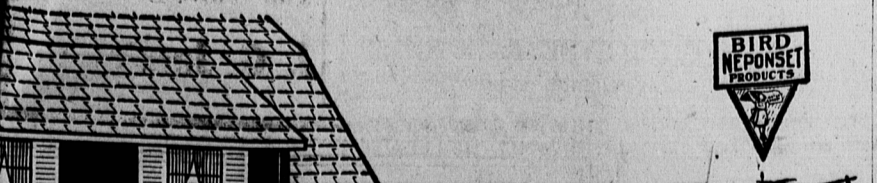
Ye Olde Firme
Heintzman & Co.
MILLER BROS
145 Gt. George St.

You can depend on

Quaker Flour

Always the Same Always the Best
Always gives the same good results, because always of the same rigid quality. Money back if Quaker Flour gives you trouble.

MacLEAN & CO., Distributors. CHARLOTTETOWN



No upkeep cost! BIRD'S ASPHALT Twin Shingles

Give a Roof for a Life-time

Years and years of service without a cent for repairs or re-painting. The first cost is the final cost with roofs of Bird's Asphalt Twin Shingles. These durable, self-spacing shingles cover twice the surface of ordinary shingles. They save time and cost in the laying. On re-roofing work they can be applied directly over the old weather-worn roof. And the finished job will provide the building with fire-resisting roof protection. Choice of permanent colors to select from—Red, Green or Blue-Black, and a beautiful color combination—“Art-Blende.”

BIRD'S Roofs
Last a Life-time

Household Scrapbook

By ROBERTA LEE

For the Hands

An excellent remedy for softening and whitening the hands is to moisten a little Indian meal with lemon juice or with vinegar, and then rub the hands thoroughly. Now wash the hands with hot water and before the hands are thoroughly dry, bathe them with a glycerine lotion.

Book Mark
An ordinary rubber band makes an ideal book mark. Just snap it over the pages that have been read, lengthwise of the book.

Preparing Tough Steak
When the next tough piece of steak is encountered, mix a small quantity of vinegar and olive oil thoroughly, rub it on both sides of the steak and allow it to stand for about two hours before cooking.

Daily Selections FOR Guardian Readers

April 13, 1927
THE SAINTS' ASSURANCE: O'ear the Lord, ye his saints: for here is no want to them that fear him. The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing. Psalm 34: 9, 10.

Household Scrapbook

For my world had all gone wrong, I was weak and foolish and wanted to cry
When I heard a robin's song.

He stood 'way up on a tall pine tree,
And he faced the sunset's glow,
So he sang a song that was full of glee,
And he wanted the world to know.

My heart, as I listened, grew more light,
And beat with a gladdened thrill,
And the world turned rosy in my sight,
In my dreams, he is singing still.

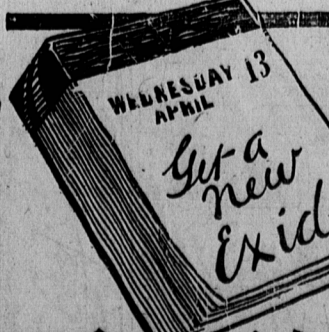
—Inez Blair

MOTOR SHOW

A display and descriptive demonstration of Oldsmobile and Chrysler Motor Cars will be held on Wednesday and Thursday evenings, April 13th and 14th, at Notting Bros. Show Rooms, 22a Great George Street. Representatives of the firm and factory will be present to meet all interested in these cars.

A cut Chassis of “The Chrysler” will be on display. This model shows the complete mechanism of the car in motion, the movement of each working part being distinctly visible to the observer. The motor of this demonstrator is operated by electricity, each moving part working slowly enough to permit you to be able to see exactly what takes place when your car is operating on the road.

A Chrysler expert will give descriptive talks and answer your questions regarding the different models.



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Start Tomorrow With

Exide The Dependable Battery