

Infant Care

No mother in this enlightened age would give her baby something she did not know was perfectly harmless and reliable, especially when a few drops of plain Castoria will right a baby's stomach and end almost any little ill throughout the system. Fretfulness and fever, too; it seems no time until everything is serene.

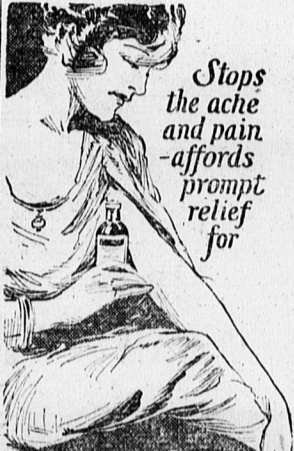
That's the beauty of Castoria; its gentle influence seems just what is needed. It does all that castor oil might accomplish, and without shock to the system. Without the evil taste. Castoria is delicious! Your own tongue will tell you why "Children Cry for It." Being purely vegetable, you can give it as often as there's the least sign of colic; constipation; diarrhoea. Or whenever there's need to aid sound, natural sleep.

Only one word of warning: the above is true of genuine Castoria; Fletcher's is the original. Other preparations may or may not be as

pure, as free from a single doubtful drug. Physicians tell parents to get Fletcher's Castoria, and no child of this writer's is going to test any other kind. I'll save a dime some other way.

*SPECIAL NOTE: With every bottle of genuine Fletcher's Castoria is wrapped a book on "Care and Feeding of Babies" worth its weight in gold to every mother or prospective mother.

Children Cry for



Stops the ache and pain—affords prompt relief for

swollen veins

Absorbine Jr.
THE ANTISEPTIC LIVINGMENT

At all Druggists 1/25

DUTCH BULBS

We have just received direct from LISSE, HOLLAND, a large shipment of CHOICE FLOWERING BULBS of first size and quality in HYACINTH, TULIPS, NARCISUS, CRUCUS, IRIS, FRENCH DAFFODILS, etc., etc. DOUBLE and SINGLE BULBS, separate and ASSORTED COLORS. Bulbs on sale at our BOOK STORE.

Send post card with address for a copy of our bulb list. We pay postage charges on all orders.

ORDER NOW and get best selection.

CARTER & CO. LIMITED.

BULBS SEEDS FLOWERS

J. LESTER DOUGLAS

WHOLESALE PRODUCE

Exporter of Prince Edward Island

Certified Seed and Table Stock Potatoes

39 QUEEN STREET CHARLOTTETOWN, P. E. I.

INSIDIOUS EYE STRAIN

We use this adjective advisedly.

Sufferers from Eyestrain may have perfect vision and therefore do not suspect the presence of any eye 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 Eyestrain 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

A FINE RECORD

Out of 323 pieces ordered and measured by the P. E. Island Representative for Doctors, Merchants, Hotel Clerks, Bank Clerks, The Clergy, Leading Foxmen, Railroad Men, Mail Handlers, Captains and other Officials there were but sixteen alterations called for and made O. K. apart from several hundreds of garments measured for City, Towns and Country customers. Let me have your next order.

S. F. TARBUSH

Professional Cards

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Barrister, Solicitor, Notary, etc.
Bank of Nova Scotia Building
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MONEY TO LOAN

Dr. C. C. Archibald
Graduate of N. Y. Post Graduate Medical School and Hospital
Practice limited to Eye, Ear, Nose and Throat
Testing Eyes and supplying Glasses
Office, Bayer Building
Great George Street
Office Hours—9 to 12.30, 1.30 to 5.00

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Money to Loan.
Reilly Building, Charlottetown

FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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AUTUMN

Mary Riddick Madison.

Out among the swaying trees, In the gusty autumn breeze, I could wander all the day On my glad, ecstatic way— Feeling that I walk with wings While my buoyant spirit sings. While I breathe the fragrant air, Falling leaves blown everywhere! On the nipping autumn air Cheers the spirit, drives out care!

A STYLE SHOW

Women's Clubs have many and varied ways of earning money. The most common of these is selling things, from candy to pancake flour, baking, aprons, and flowers. Run- nage sales, card parties, musicals, lectures are always popular. The home talent play or vaudeville never fails to draw a crowd—but why not try the simple and natural (for women) style show or fashion review?

Attack the style proposition in two ways: historically and as to type. That is, show the style of various periods, beginning a century ago. There is little need of going further back, for styles have a habit of going in circles and, unlike history, constantly repeat themselves. Begin with the wide skirts and work down to the beaupole silhouette of today; and on those flaring skirts and wider sleeves we are just reviving.

The second phase of your program might be the different types of dress: business dress, the ideal housedress, the modern apron, afternoon dress, sport dress, evening dress, riding dress, travelling dress and the bridal costume. The amusement touch may be introduced by the burlesques of inappropriate dress—such as the hat set at a wrong angle, gaudy colors, or exaggerated styles.

If a home economics expert will accompany the show with a lecture on the history of dress, wisdom in selection, economy in buying, appropriateness for occasions, or a discussion of fabrics, a very valuable educational turn may be given to your style show. Can you think of a woman—or even a man—who would not delight to purchase a ticket for a really well worked out show of this kind?

TO STORE VEGETABLES

Beets, salsify, parsnips, carrots, rutabagas and turnips can be stored in out-door pits, but they are difficult to get at in freezing weather. They can be stored in boxes in the cellar and kept fresh by being covered with moist sand. Cabbages will keep better if each head is wrapped closely in a newspaper and they are placed on a shelf in the cellar. Squashes and pumpkins should be kept where there is good ventilation in a dry, cool place.

SAFETY FIRST

It is not enough for the modern mother to teach her children to say "Thank you" and to brush their teeth and to eat carrots and spinach. She must teach them certain fundamental principles of safety—to look both ways when they cross a street, to walk on the left side of the road so that they will face the on-coming traffic, and not to play with matches. More children now die of accidents in one year than men died in any year of the world war.

USE FOR SOUP MEAT.

The meat from soup is rarely any good, since the juices have been extracted in making the soup. It may, however, be given a tastiness all its own by the following method: Cut the lean meat only rather fine, as for hash. Flour it and try it crisp in butter or lard, broiling it to give the gravy a good flavor. Then pour in milk to make a good gravy. This is delicious with mashed potatoes. Try it on your family and listen to their praise of it.

THE CHILD'S SLEEP

Nine hours of sleep a night is not too much for the average child. The college boy or girl should have eight. If one is nervous, working terribly hard or run down physically, he needs ten hours each night to recuperate. But the length of the nightly sleep depends much upon

PLANT SHRUBS NOW

Anytime before the ground freezes is the time to plant shrubs. There is nothing which than a wise beautify your yard more than a shrubbery over it. It actually adds to the value of your property, in dollars and cents, for it makes it attractive to the buyer, and this with such a small outlay of cash. But the best value of shrubbery is that it adds the home touch to the house and yard.

How to get that mysterious charm is a problem to the novice, but there is no secret about it. All it requires is that you give some study to selection—and the nurseryman will help you with that—and that you get a shovel and spend about a couple of hours in setting the shrubs out. It is wise to buy a little fertilizer to encourage their growth.

There are three main types of shrubs: those for hedge, for masses and for single specimens. For a low hedge, the privet, which trims well; or the Japan Barberry, with its pretty foliage and its scarlet berries, are the best. For a high hedge or to screen off some unsightly view, the lilac of syringa are valuable; or the more rare Rose of Sharon (Althea) which blooms in August and September with a profusion of rose-like blossoms.

For mass effects, one may select a wide variety from the catalogues, but take care to set tall shrubs in the background and to choose those which branch low and droop gracefully for the foreground.

For single specimens, the nurserymen will make many suggestions. The tree Hydrangea, Red Dogwood and Purple Fringe sumach are choice varieties.

SHOE STYLES

Both black and tan are popular in shoes this season. Reptile skins seem to have crept further into our favor than ever. Lizard, alligator and boa snake, in both black and tan, are going strong. Lines are more simple and heels more moderate. Patent leather and suede are also good choices for the season's footwear.

Hats, shoes, gloves, bag—to be smart—should match or harmonize. To choose a conservative color and shades as black and white, or the shades of brown and tan, makes this more easily possible.

VALUE YOUR EYES

Much poor health is due to eyestrain. Poor vision may make a child retarded in school, give one the failure habit or make him unsuccessful in his work. Even curvature of the spine may be caused by sitting in a crooked position in order to see. The lungs may become weak by constant stooping to read or write; and headaches are frequently caused by poor eyesight.

The best lighting system is that which is nearest to daylight. The indirect method of lighting is good because it distributes the light evenly about the room. Insufficient light causes eyestrain; and too bright a light is just as bad. When we stare at the sun, we see spots and are blinded by the glare. Somewhat similar is the effect of too bright lights. Electric lights

on the habits of life, food, exercise and environment. It is not good to spend more hours in sleep than are needed to maintain good health.

BABY'S BEDDING

One inventive mother has a novel way of keeping the baby from kicking off the bedclothes at night. She sews a lady's hose-supporter around one of the rods of the bed on each side. When she tucks the baby into bed, she fastens the bedding with the supporter, just as it is meant to fasten to a stocking. This method is less likely to tear the bedding than pinning and the elastic allows the child more freedom of movement.

CARE OF NICKEL.

If nickel plated surfaces become rusted, use the following remedy: Apply vaseline and after several days wipe with a cloth dipped in dry the metal quickly; then rinse it with water, and polish thoroughly.

MEAT PIES

Cut up left-overs of meat; add a left-over dish of cooked carrots or peas or a stalk of celery and a few potatoes cut in quarters. Dish this mixture into individual tins covered with unsweetened muffin batter. This makes delicious meat pies.

COLD PROSPECTS.

Wise old Ben Franklin said: "Silks and satins put out the kitchen fire." With the popularity of these materials today, it looks like a cold winter in most households.

SERIOUS THOUGHT

"Boothblacks are having twice as many children as college professors."

MRS. SOLOMON SAYS:

Home is one place where it is not true that "Two's a company; three's a crowd." A child sweetens the home. Pity the child who is regarded as an intruder.

SMILES

"You get the national air of this country in all its restaurants."
"What is it?"
"Garlic."
"He fell over fifty feet."
"And he wasn't hurt?"
"No, he was only getting off a street car."

Fry's Cocoa

"A-a-ah! the old Fry fragrance."

FRY'S is known all over the world for its delicacy of flavour. It has a rich "chocolaty" aroma—never associated with cocoas of ordinary quality—which stimulates the appetite and helps you to enjoy the nourishing qualities of this famous beverage.

Fry's Cocoa is made from a blend of the highest quality cocoa beans that the market affords, by processes perfected in nearly 200 years of experience. Its Purity is assured.

Get a tin from your grocer today. 223

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The Oldest Cocoa and Chocolate House in the World

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for Economical Transportation

The Most Amazing Quality

is winning the most Amazing Success

NEVER has any car in Canada established such a phenomenal record of public acceptance as Chevrolet has attained during the past eight months.

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Coach	750	Commercial	
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