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THE condition of your tongue will truthfully tell you whether your body is properly eliminating its poisonous waste matter.

If your tongue is white and coated you are retaining within your body poisons which are the cause of most human ills.

The new fine granule Abbey's Salt makes a delicious, sparkling health beverage which gently stimulates bowel action and ensures Daily Elimination of body waste matter.

Every good druggist sells the new Abbey's. Look for its smart new package of blue, grey and white.



Original Coarse Granule Abbey's Salt on sale.

New Fine Granule Abbey's Better in every way.

ABBEY'S The Morning Health Salt

Mine Collapses Engulfing Track And Buildings

SUDBURY, Ont., Oct. 5.—The Mond Nickel Company's mine at Worthington, about thirty miles west of Sudbury collapsed today and resulted in wrecking hundreds of yards of track of the Canadian Pacific Railway's Soo Line and engulfing the Railway Station.

The station agent escaped just before his office disappeared into the earth. Nobody was hurt, for the night shift had gone off duty and the day men had not gone deep into the mine when they heard rumblings and escaped to the surface.

The collapse of the mine steadily progressed since the first weakening and mine officials believe an entire underworking has given away. The Canadian Pacific shops, workhouse and even the big engine roundhouse are settling in the huge depression.

The railway's telegraph wires were cut down. The report received in Sudbury said, "its just like an earthquake." The ground is rumbling and shaking buildings are sinking and everyone is keeping well away from the whole thing. The mine is 1,200 feet deep and one of the company's oldest workings. It is thought the collapse started at the 500 foot level and worked downwards.

The good fellow sooner or later becomes the good-for-nothing fellow.

Lilies that are Easy to Grow

Lilies, stateliest of the bulbous plants for the home garden, include some of the most difficult objects to grow, but also some of the easiest. It is only to the expert that the rare, difficult kinds appeal, but the easily grown types should be in every garden as their chief cultural requirement is getting them into the ground. Heading the list is the old tiger lily, its improved variety, *L. tigrinum splendens*, being especially fine. The tiger lily has been neglected because it is common, but it lends itself to fine garden effects.

Planted to bloom with the steel-blue globe thistles, it is very effective. A large group is a striking bit of color in August.

Lilies bloom over a period extending from late May when the coral lily of Siberia, *Lilium tenuifolium*, a little gem in coral red, starts the lily display until the wonderful gold-banded lilies of early September, *Lilium auratum*. There are June, July, and August blooming lilies.

Next in popularity to the tiger is the Madonna lily, *Lilium candidum*, the white garden lily that usually blooms in June with the perennial larkspurs. The native *Lilium subbum* blooms in late July. The lance-leaved lilies, usually your tall light goes out and you as *Lilium speciosum*, come a little before the gold-banded lilies, in white and white spotted, and suffused with rose and crimson. They are all garden standbys.

Lilium umbellatum, the candlebra lily, is red and orange, comes in June and is almost as gorgeous as the oriental poppies.

All these lilies are best planted in the fall. The lilies from Japan, *Lilium auratum* and the *speciosum* sorts, usually arrive too late, getting here in November, but if a place for them is deeply mulched to keep out frost, it can be removed and planted in the spring with good success. Lilies require deep planting, and should be given no fertilizer unless a little bone meal.

The Easter lilies should now be potted up and set away to make roots for blooming indoors. Similar to the Easter lilies for garden use is the regal lily and a hardy white trumpet lily with a rosy exterior. It is really hardy.

APPEAL TO POWERS BY CHINESE BANKER

NEW YORK, Oct. 6.—Assistance just a trifle. If that had not been possible, I and Japan, in forming a new government would have run in low most of the time, or would have stopped and then started in second when three countries to train 50,000 Chinese soldiers in order to expedite the collection of taxes and import duties, was urged today by Swee Cheng-Chee, director of the Hongkong Bank of Singapore.

Comb Sage Tea In Faded or Gray Hair

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this old-time recipe, improved by the addition of other ingredients, all ready to use for only 75 cents. This simple mixture can be depended upon to restore natural color and bring about the hair.

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too, you simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beautiful.

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John Smith And His Car

By FREDERICK C. RUSSELL. John Smith is a character whom every motorist should welcome. He is not selfish, rather he is a motoring martyr, a chap willing and glad to have exploited, in an interesting way, his experiences for the benefit of the other twenty

Common Sense Rules

So few things go wrong with the new automobile of today as compared with machines of the earlier days that most motorists soon become a little rusty in trouble shooting. When they run into difficulties their wits often are not equal to the task of supplying the remedy. Discussing these matters with John Smith the other day I told him that one reason why so many persons allow themselves to be stranded is because they don't know how many things they can't dispense with. Something breaks or goes wrong and the driver decides that it is so essential that he must consider himself helpless.

"You don't have to quit even if your tail light goes out and you can't see the brake pedal just a little bit and you have the red light in the rear for safety. Or, there always is the parking light to use in case of dire emergency of this kind."

Several years ago when driving a car with a cone clutch, I had the experience of having the clutch throwout mechanism break. That meant I could not disengage the transmission from the engine. It looked like a ride at the end of a tow rope, but after thinking it over it occurred to me that I could get along without the clutch working right.

I told Smith about this, too, explaining how I stopped the car by switching off the engine and applying the brakes, and started by switching on the ignition and stepping on the starter while in low gear. I found it possible to shift from low to second and through to high because the throwout mechanism permitted of slipping the clutch just a trifle.

If that had not been possible, I would have run in low most of the time, or would have stopped and then started in second when three countries to train 50,000 Chinese soldiers in order to expedite the collection of taxes and import duties, was urged today by Swee Cheng-Chee, director of the Hongkong Bank of Singapore.

"You don't always have to quit just because something goes wrong," I added. "All you have to remember is that many times you can do without the ailing member." Of course, you must make compensations and it is here that your expert knowledge of how to handle a car is valuable. I know some experienced drivers who can get along without a fan belt on a hot day, other drivers, trying the same thing, would come to grief with overheated radiators, burned bearings and warped valves.

"Suppose a valve spring breaks? Well, you don't need the particular valve because in any engine you can get along without all the cylinders. But you can't just wave the trouble aside and go along as though nothing happened.

"Let us say you've broken the spring of an intake valve. This means that when the valve opens it has nothing to pull it shut again except a certain amount of internal pressure. Since the engine demands quick valve action, you can see that there will be an escape of gas back into the intake manifold from that sluggish valve so that the carburetion of the engine will be disturbed. If you could keep that valve shut all the time you would just have a dead cylinder in no way interfering with the rest of the engine. So you adjust the tappet of this valve for maximum clearance. That keeps it from opening.

"You can do the same with an exhaust valve, but it is not so important because escape of gas through the exhaust or slow action of the valve will not upset conditions as in the case of the intake. If the valve affected happens to be an intake, it would be best to disconnect the spark plug wire to the particular cylinder in order to prevent backfiring. If the trouble is an exhaust valve, let the plug fire. This will prevent an accumulation of gas in the exhaust and obviate 'after-firing,' which is an explosion in the exhaust."

The idea is never to give up the ship. Cars nowadays run so perfectly that many motorists forget that even if handicapped they will continue to operate after a fashion—at any rate enough to prevent being stranded.

"Wish they would run without all this cleaning up," Smith observed, perspiring in an effort to put more of a gleaming finish on his car.

"They will," I returned. "Dust off the car before you drive out into the rain, avoid fast driving and the puddles, and let it stand in the rain fifteen minutes before you garage it for the night. You'll be surprised how clean it will be in the morning."

We should do by our cleaning as we do by our courage—always have it ready to defend ourselves, never to offend others.—Grenville.

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Hunter River And Vicinity

Mr. and Mrs. Walter Thompson and Mrs. Lucas, wife of Conductor Lucas, all of Halifax, were the guests last week, for a few days of Mr. and Mrs. William Silliphant.

Miss Ruby McDougall, Charlottetown spent the week end at her home here.

Mr. and Mrs. S.M. Daniel had as their guests for the past week the former's father, Rev. Mr. Daniel and Dr. Drew of Halifax.

Mr. Geo. S. MacLeod, Fredericton spent Sunday with his brother E.S. MacLeod and Mrs. MacLeod of Milton.

Mr. and Mrs. Roy Carter, Charlottetown, spent Sunday at the latter's former home in Fredericton.

Mr. and Mrs. A.B. Culliffe were visitors at Mrs. Culliffe's former home in Springfield on Sunday.

Rev. J.R. and Mrs. MacLeod, Point de Bute, N.B., and the Misses Annie and Jessie Laird of Alberton were the guests recently of Mr. and Mrs. Howard Weeks, Fredericton.

Mr. and Mrs. William Buchanan, Mr. Hillard Gordon, and Miss Miriam Profit, Kensington were visitors in Charlottetown. On return route to Charlottetown, they were accompanied by Mr. E. J. Buchanan, of Charlottetown.

In the sudden passing on Tuesday afternoon of Mr. Walter E. Whitlock, the community has lost one of its oldest residents. He was for many years, Secretary of the School Board and for several terms acted on the Board of Trustees. He leaves to mourn, a widow, five sons and three daughters, also four brothers living in Charlottetown, all of whom sincere sympathy is extended.

Mrs. P.J. Noy and Master Vernon Noy, who have been visiting friend in Saskatchewan for the past six weeks, returned to their home on Saturday evening. Miss Janie Spence also returned the last of the week from a visit to the West.

DESTRUCTIVE BORING BEETLES

Those who find pleasure in old furniture must always be on the look-out for small boring beetles, which burrow in anything wooden. They are very destructive; thus the repair of the damage they did to the oak beams in the roof of Westminster Hall is said to have cost the National Exchequer about 100,000 pounds. There are two common kinds—the Furniture Beetle and the larger Death Watch.

well known for its amorous knocking on the hard wood as a signal combat furniture beetles and other household pests.

Thomson says the Common Furniture Beetle, that makes furniture worm-eaten, lays its eggs in crevices in the wood, and these develop into little white grubs, less than a quarter of an inch long, that once begin to tunnel. They thrive on the dry-dust diet, apparently added by partner yeast-plants in their food canal, and in a year or more they turn into beetles that can fly. A great deal can be done to hire an attorney and force officials to put him in jail again. He was found guilty several days ago on a charge of trespass and refused to pay a fine, preferring to remain in jail for seventeen days and "lay it out," but authorities thought other wise and took the \$16.50 of \$87 in Flannery's pockets, gave him the remainder and ejected him from jail.

When men grow virtuous in their old age they are merely making a sacrifice to God of the Devil'savings.—Swift.

PRICE OF FREEDOM

KOKOMO, Ind., Oct. 6.—What is a quarter of a tunnel. They thrive on the dry-dust diet, apparently added by partner yeast-plants in their food canal, and in a year or more they turn into beetles that can fly. A great deal can be done to hire an attorney and force officials to put him in jail again. He was found guilty several days ago on a charge of trespass and refused to pay a fine, preferring to remain in jail for seventeen days and "lay it out," but authorities thought other wise and took the \$16.50 of \$87 in Flannery's pockets, gave him the remainder and ejected him from jail.

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AT LITTLE EXPENSE

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