

Regain Lost Energy

Persistent cough, bronchitis and various other troubles often reduce strength, cause loss of weight and bring about a general impoverishment of the system. The one remedy to use in such cases is

Jamieson's Emulsion

Cod Liver Oil With Hypophosphites

This is a 50 per cent emulsion Pure Cod Liver oil with hypophosphites of lime and soda. It is agreeable to take and easily digested. Two sizes 50 and 1.00

J. G. Jamieson

Druggist

MARCH

	High	Water	Low	Water
1 Th.	4.53	15.67	10.11	23.01
2 F.	5.58	16.51	11.07	23.15
3 Sa.	7.04	17.56	9.06	12.15
4 S.	8.08	19.07	1.14	13.28
5 M.	9.05	20.11	2.19	14.32
6 Tu.	9.48	21.09	3.12	15.27
7 W.	10.26	22.03	3.58	16.16
8 Th.	11.00	22.83	4.40	16.59
9 F.	11.31	23.38	5.18	17.36
10 Sa.	11.59	23.81	5.53	18.11
11 S.	9.19	12.25	6.26	18.45
12 M.	0.59	12.49	6.58	19.19
13 Tu.	1.39	13.12	7.29	19.54
14 W.	2.20	13.34	7.59	20.31
15 Th.	3.06	13.59	8.31	21.12
16 F.	4.03	14.41	9.10	22.01
17 Sa.	5.12	15.42	10.04	22.95
18 S.	6.25	17.16	11.20	23.01
19 M.	7.29	18.41	9.26	12.54
20 Tu.	8.26	19.57	1.42	14.08
21 W.	9.16	21.12	2.48	15.10
22 Th.	9.59	22.10	3.44	16.06
23 F.	10.40	23.07	4.35	16.57
24 Sa.	11.20	23.99	5.24	17.45
25 S.	0.02	11.59	6.10	18.30
26 M.	0.54	12.37	6.53	19.14
27 Tu.	1.45	13.13	7.35	19.58
28 W.	2.35	13.48	8.16	20.43
29 Th.	3.26	14.25	8.58	21.29
30 F.	4.20	15.11	9.42	22.19
31 Sa.	5.20	16.08	10.34	23.20

DIARY OF EVENTS

City Magistrate's Court 9 a. m.
 Prince Edward Theatre 3.15, 7 and 8.45 p. m.
 Legislature 11 a. m.
 Diocesan Society.

BIRTHS

TOWLE—At Bonshaw on March 17th 1917 to Mr. and Mrs. Walter Towle, a daughter. Congratulations.

MARRIAGES

HAWKINS-MACDON—At the Parsonage, Murray Harbor, March 7th by Rev. Henry A. Brown, Hampton Hawkins and Pansy E. Machon, both of Murray Harbor.

DEATHS

CANNING—At Hope River on the 27th February, Mr. Isaac Canning an old and respected resident, aged 81 years. He leaves a wife and one daughter, Mrs. Melsaie to mourn. R. L. P.

MUTLOW—At the P. E. I. Hospital March 20, 1917, Alfred R. Mutlow of Millville, aged 49. Funeral Thursday from his late home Millville. Service beginning at 1.30 p. m. Interment at Birch Hill. (Pat. and Exam.)

DO NOT WANT DAYLIGHT SAVING

(Special to The Guardian.)

WINNIPEG, March 20—Notice was given at the City Council last night that at the next meeting a by-law would be introduced to repeal the daylight saving measure which, unless unopposed comes automatically into effect April 22. Letters were read from the Trades and Labor Council and the Street Railwaymen's Union asking for repeal.

HORSEMEN

Seymour Dillon 214 (half mile track record) trial 212—Sired by Sidney Dillon, sire of Lou Dillon 1.58 1/2, Fleeta Dillon 206 1/4 (world's Champion) two years old—full sister to Seymour Dillon—Dams by Wilcox Boy 224 1/2, Belmont, Norman and Pilot Jr.—Some breeding—where can you beat it?

—He's a great trotter, a RACE horse, a sound horse, and as kind and docile as a kitten. Fee \$15 for season, usual return privileges. (When you see his 1917 foals—you'll be sure to breed your best mare to him.—Come and see him.)

THORNE BROS.
 11 Park St.
 Near Exhibition Grounds.
 M.F.

FARM FOR SALE etc

The undersigned offers for sale his farm consisting of 30 acres in good condition, good house with cement cellar, barns, and orchard, one newly calved cow, calf at her side, one to calve soon, two driving mares, one in foal, hens, ducks, seed potatoes (green mountains) and other vegetables, household furniture, oilcloth, beds, dishes, one good kitchen range, and dining room stove, one new cream separator (De Laval No. 10.)

Sale to take place Saturday 24th at 12 o'clock noon.

If weather proves unfavorable sale will be held following day.

WALTER HASZARD.
 Murray Harbor.
 4927-3-21M21.

FOR SALE

93 acre farm three hundred yards from Grand View Station with running water. Buildings insured for \$900.00. See McLean & McKinnon, Barristers, Charlottetown.

MURDOCK MARTIN.
 Bear Lake Alberta.
 4923-3-21M21.

CANADIAN GOVERNMENT RAILWAYS

CHANGE IN TIME.

Commencing Tuesday, March 20th, 1917, and until further notice the following will be the service on Elmira Branch:—

Mixed train will leave Elmira on Monday, Tuesday and Wednesday at 5.50 a. m., for Souris; returning will leave Souris at 7.40 p. m. for Elmira.

Mixed train on Monday, Wednesday and Friday will leave Souris at 7.10 a. m., for Charlottetown, instead of 6.00 a. m., as heretofore.

DISTRICT PASSENGER AGENT'S OFFICE.
 Charlottetown, P. E. I., March 17th, 1917.
 4895-3-20M41.

CANADIAN GOVERNMENT RAILWAYS

Halifax and Montreal Maritime Express

Daily

Dep. Halifax 2.00 p. m.
 Arr. Montreal 7.30 p. m. following day.

Dep. Montreal 9.25 a. m.
 Arr. Halifax 7.40 p. m. following day.
 4829-3-16M11.



Mail Contract

STALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday the 4th May, 1917, for the conveyance of His Majesty's Mails, on a proposed contract for four years six times per week over Rural Mail Route No. 1 from Hunter's River, P. E. Island from the Postmasters General's pleasure.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Hunter's River, St. Ann's and at the office of the Post Office Inspector.

JOHN F. WHEAR,
 Post Office Inspector,
 Charlottetown 19th March, 1917.

Synopsis of Canadian Northwest Land Regulations

PHE sole head of a family or any joint over eighteen years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the District. Entry by proxy is not permitted on certain conditions.

—Six months residence upon and cultivation of the land in each of three years.

A homesteader may homestead five miles of his homestead on a farm of at least 80 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity.

In certain districts a homesteader in good standing may pre-empt a quarter-section along side his homestead. Price \$5.00 per acre.

Duties. Six months residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emption patent may be obtained as soon as homestead patent, on certain conditions.

A settler who has exhausted his homestead right may take a purchased homestead in certain districts. Price \$5.00 per acre. Duties—Must reside six months in each of three years cultivate 50 acres and erect a house, worth \$500.

The area of cultivation is subject to reduction in case of rough, scrubby or stony land. Live stock may be substituted for cultivation under certain conditions.

W. W. CORY M.G.
 Deputy of the Minister of the Interior
 N. R.—Unauthorized publication of this advertisement will be prosecuted.
 4812-10-11M6mos.

Notice To Fox Ranchers

Please Take Notice that owing to the unusual demands upon our space lately, we will be unable to receive any more Fox-Feed into Cold Storage until further advice.

The Island Cold Storage Co. Ltd.
 4822-3-15M6L.

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

AUCTION at KENSINGTON

I will sell by public auction at the Rectory, Kensington, on

SATURDAY, MARCH 24th.
 at 2 p. m.

THE FOLLOWING:—

1 Horse, 9 years old; Buggy, Harness, Jaunting Sleigh, Pung Sleigh, Wheelbarrow, Carpets, and sundry other articles of Household Furniture.

TERMS CASH:
 Should the above date prove stormy sale will be held on the following Monday.

A. W. WATSON,
 Kensington.

HERBERT MOASE,
 Auctioneer.
 4926-3-21M21p.

Notice Telephone Meeting

The annual general meeting of the shareholders of the Telephone Company of Prince Edward Island, will be held in the Head Office of the Company, Queen Street, Charlottetown, on Wednesday, the 28th day of March, 1917, at the hour of eight o'clock p. m., for the reception of the annual reports, the election of directors, and the transaction of such other business as may properly come before the meeting.

WALTER S. GRANT,
 Secretary.
 4843-3-16M101.

FOR SALE

The subscriber will sell by public auction in front of the premises on

THURSDAY, 29th MARCH inst.
 At the hour of 12 o'clock noon at dwelling house and premises at 94 King Street, Charlottetown and known as the

BLAKE HOUSE

The house contains 11 rooms, besides bath room and pantry, is heated with hot water and has all modern conveniences. Most all rooms have hardwood floors. House open for inspection afternoons between 3 and 4 o'clock p. m.

For further particulars apply to the undersigned

MRS. FRED H. TRAINOR,
 146 Pownall St.
 4843-3-16M6L.

Large Auction Sale

BY **BENJ. CARTER & CO.**
 We are instructed by **WALLACE WHEATLEY**, East Royalty, to sell by Auction

ON WEDNESDAY MARCH 21st, 1917
 AT 1 O'CLOCK, (SHARP)

The following Stock and Crop, as follows:—

33 HEAD OF DAIRY CATTLE
 (Guernsey, Ayrshire and Jersey Grades).

1 mare, 8 yrs. old (General Purpose); 1 mare, 11 yrs. old (General Purpose); 1 colt, 2 yrs. old (Clydesdale); 1 colt, 1 yr. old (Clydesdale); 8 milk cows, with calves by side; 10 milk cows to freshen soon; 8 heifers, from 1 to 2 yrs. old; 4 fat heifers; 3 calves.

14 sheep, 1 ram, 2 brood sows, 100 bus. of choice potatoes, 200 bus of turnips.

2 milk wagons, 2 milk sleighs, 400 milk bottles.

TERMS:—9 months' credit on approved joint notes, 6 per cent off for cash. All sums of \$5.00, and under, cash. Fat cattle sold for cash.

BENJ. CARTER & CO.,
 Auctioneers.
 4820-3-15M6p.

Notice To Fox Ranchers

Please Take Notice that owing to the unusual demands upon our space lately, we will be unable to receive any more Fox-Feed into Cold Storage until further advice.

The Island Cold Storage Co. Ltd.
 4822-3-15M6L.

PROV'L SEED FAIR AT SUMMERSIDE

The Provincial Seed Fair opened yesterday in Summerside. There was a fairly large attendance for the first day and judging was completed.

In the Canadian Seed Growers' Association class there was a large exhibit.

In Class B, open to exhibitors from Standing Grain Competition who were not eligible for Class A, there was also an excellent showing.

In Class C, (general class) the grain exhibit was a large one, the number of entries was very small.

In the handicrafts section there is a very large showing, including exhibits from the Montreal Handicrafts' Guild, in addition to large entries from different parts of the province.

The following is the prize list: (Class A, open only to members and applicants of Canadian Seed Growers' Association.)

WHEAT.
 White Fife.—1, W. H. McGregor, Lot 16.
 White Russian.—1, J. E. Murphy, Angus Cove; 2, Thomas S. Waugh, Wilmot; 3, Summerside Seed Centre; 4, Alexander McFarlane, Fernwood.

OATS.
 Banner.—(Open only to members C. S. G. A.) 1, Richard Creed, Albion; 2, W. H. McGregor; 3, Summerside Seed Centre.
 White Fife Wheat.—1, A. A. McBeth, York; 2, Dennis O'Brien, Elmisdale; 3, Roy F. McLean, Lot 16; 4, Theodore Ross, Bedouque.
 Wheat, A. O. V.—1, Celestine Perry, DeBlois; 2, Albert Schurman, Bedouque.
 Banner Oats.—1, Roy E. McLean, Lot 16; 2, Wm. Clark, Summerside; 3, E. J. Vessey, York; 4, Horace Wright; 5, Daniel Lyle; 6th, George McFarlane; 7, Albert Schurman; 8, Roy F. McLean; 9, Cornelius McLellan; 10, J. E. Murphy; 11, Juson Simpson, Belmont; 12, Alex. McFarlane; 13, Thomas Waugh.
 Banner Oats.—(Open to applicants 1915.)—1, Peter Brodie, York, Barley.—1, J. E. Murphy; 2, Peter Brodie.
 CLASS B.—Open to exhibitors in Fields of Standing Grain competition who were not eligible for Class A:
 White Russian Wheat.—1, Cornelius McLellan, Arlington; 2, Horace Wright, Bedouque.
 Old Island Black Oats.—1, Celestine Perry.
 Six-Row Barley.—1, Cornelius McLellan.
 Two-Row Barley.—1, E. J. Vessey, York.
 CLASS C.—Open only to grain that has not been inspected in the field, and not eligible for either Class A, or B.
 White Fife Wheat.—1, E. J. Vessey; 2, Horace Wright; 3, John McSwain, Murray Harbour; 4, W. H. Hayer, High Bank.
 White Chaff Wheat.—1, E. W. Wood, Hazelbrook.
 White Russian Wheat.—1, Daniel Buell, Murray Harbor; 2, E. J. Vessey; 3, A. A. McBeth, York; 4, Henry Senechal, High Brook; 5, W. S. Compton, St. Eleonors.
 Wheat Any Other Variety.—1, E. J. Vessey.
 White Banner or Danish Oats.—1, Calvin Wood, Southport; 2, W. H. P. Cook, York; 3, John McSwain; 4, George W. Wood; 5, Alfonses McLellan, Arlington.
 Oats, A. O. V.—1, William Kane, Somerville, Kings County; 2, E. J. Vessey; 3, H. G. Machon; 4, George W. Wood; 5, Calvin Wood; 6, James B. McMillan.
 Old Island Black Oats.—1, E. J. Vessey; 2, Daniel Buell; 3, Peter Brodie; 4, William Cairns; 5, W. S. Hugh; 6, Cornelius McLellan.
 Two-Row Barley.—1, W. H. P. Cook; 2, W. S. Hugh; 3, Daniel Buell; 4, Calvin Wood; 5, Henry Compton; 6, Albert Simpson.
 Ensilots.—1, Arsene Gallant; 2, Benj. Compton; 3, Mrs. Allan McLellan.
 Potatoes, McIntyre.—1, E. J. Vessey; 2, Peter Brodie; 3, John A. Dawson; 4, Celestine Perry; 5, Pope Cook; 6, Thomas Staver.
 Dakota Red Potatoes.—1, E. J. Vessey; 2, Peter Brodie; 3, Pope Cook; 4, Celestine Perry; 5, Thomas Staver; 6, Alex. McFarlane.
 Rose Type.—1, Peter Brodie; 2, E. J. Vessey; 3, Arsene Gallant; 4, Thomas Staver.
 Green Mountain.—1, E. J. Vessey; 2, Peter Brodie; 3, John A. Dawson; 4, Celestine Perry; 5, Thomas Staver.

CHILD GETS SICK CROSS, FEVERISH IF CONSTIPATED

"California Syrup of Figs" can't harm tender stomach or bowels.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which becomes clogged up with waste. Liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs" (then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

Farmer Wanted

Wanted a good all round experienced man to take charge of Farm at Chatham, New Brunswick.

Man with a family preferred as employment can be given to several smart boys as well.

Address P. O. Box 64, Chatham, N. B.
 4891-3-20M121.

Fifty Young Ladies Wanted

To learn Cap Making. Experienced girls are now earning as high as \$22.00 per week. This is not like ordinary factory work. Our departments are more like dressmaking rooms, kept thoroughly clean. Lots of fresh air and sunshine. Do not open in the evenings until half past seven, closing on Saturday at five o'clock, in summer months, twelve o'clock.

Here's a chance for young ladies to earn a good salary and learn how to make caps in one of the largest cap factories in America. For further particulars write to

EASTERN HAT & CAP MFG. CO., LIMITED, TRURO, N. S.
 4894-3-20M6L.

TWO BABIES BURNED TO DEATH

(Special to The Guardian.)

SASKATOON, March 20—Two babies lost their lives in a fire which destroyed the farm house of C. Dahl, northeast of Wainwright, last Saturday. The father was severely burned while trying to rescue the children.

City Physicians Explain Why They Prescribe Nuxated Iron To Make Beautiful, Healthy Women And Strong, Vigorous Men

NOW BEING USED BY OVER THREE MILLION PEOPLE ANNUALLY.

Quickly transforms the flabby flesh, toneless tissues, and pallid cheeks of weak, anemic men and women into a perfect glow of health and beauty—Often increases the strength of delicate, nervous, run-down folks 200 per cent in two weeks' time.

New York, N. Y.—It is conservatively estimated that over three million people annually in this country alone are taking Nuxated Iron. Such astonishing results have been reported from its use both by doctors and laymen, that a number of physicians in various parts of the country have been asked to explain why they prescribe it so cordially, and why it apparently produces so much better results than were obtained from the old forms of inorganic iron.

Extracts from some of the letters received are given below:

Dr. King, a New York physician and author, says: "There can be no vigorous iron men without iron. Pale, nervous anaemia. Anaemia means iron deficiency. The skin of anemic men and women is pale. The flesh is flabby. The muscles lack tone; the brain fags and the memory fails and often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks."

In the most common foods of America, the starches, sugars, table syrups, caulies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cookery, by throwing down the waste-pipe the water in which our vegetables are cooked is responsible for another grave iron loss.

Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron just as you would use salt when your food has not enough salt.

Dr. Sauer, a Boston physician who has studied widely in both this country and in prominent European Medical Institutions says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. If dyspepsia liver and other troubles

people would only throw away habit-forming drugs and nauseous concoctions, and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved who now die every year from pneumonia, grippe, consumption, kidney, liver and other troubles, etc. I feel that the cause which started their disease was nothing more nor less than a weakened condition brought on by a lack of iron in the blood.

Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man. In fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 20 he was in bad health; at 46 care-worn and nearly all in; now at 50, after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth.

Iron is absolutely necessary to enable your blood to change food into living tissue. Without it no matter how much or what you eat, your food merely passes through you without doing you any good, you don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while doubling their strength and endurance and entirely rid themselves of all symptoms of dyspepsia liver and other troubles

in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of iron, iron chloride, or iron sulphate. The iron simply to save a few cents, is iron dominated by Mother Nature for the red coloring matter in the blood of her children, is also! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray; while many another has gone down in glorious defeat simply for the lack of iron."

NOTE—Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine or secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products it is easily assimilated, does not injure the testis, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in nuxated iron, that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman aged 60 who lacks iron, and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic troubles. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by all good druggists.

Geo. E. Hughes, The Peoples Drug Co., Central Drug Store, H. J. Mahon Montague

For Sale Aquiri 2.274

One of the Greatest Sires ever Imported to Prince Edward Island. No trades,

For Terms Apply to

DR. J. M. NICHOLSON,
 202 Kent St.,
 Charlottetown, P.E.I.
 489441.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

Chas. H. Fletcher

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all the other Troubles and Diarrhoea. It sweetens the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTRAL COMPANY, NEW YORK CITY.

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people would only throw away habit-forming drugs and nauseous concoctions, and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved who now die every year from pneumonia, grippe, consumption, kidney, liver and other troubles, etc. I feel that the cause which started their disease was nothing more nor less than a weakened condition brought on by a lack of iron in the blood.

Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man. In fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 20 he was in bad health; at 46 care-worn and nearly all in; now at 50, after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth.

Iron is absolutely necessary to enable your blood to change food into living tissue. Without it no matter how much or what you eat, your food merely passes through you without doing you any good, you don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while doubling their strength and endurance and entirely rid themselves of all symptoms of dyspepsia liver and other troubles

in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of iron, iron chloride, or iron sulphate. The iron simply to save a few cents, is iron dominated by Mother Nature for the red coloring matter in the blood of her children, is also! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray; while many another has gone down in glorious defeat simply for the lack of iron."

NOTE—Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine or secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products it is easily assimilated, does not injure the testis, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in nuxated iron, that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman aged 60 who lacks iron, and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic troubles. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by all good druggists.

Geo. E. Hughes, The Peoples Drug Co., Central Drug Store, H. J. Mahon Montague

"The Government Needs Your Money and Offers to Pay You Well for its Use."