

Doc. Bird Says

If it's a question of purity—you'll find the answer in every drug in our store.



"We've got our fingers crossed!" Only remedies that have "made good" get into this store.

British Almond Pink has more than made good for chapped hands and rouged skin. An excellent toilet preparation 25c. bottle. Have used it ourselves and recommend it most highly. Try it!

E. A. Foster Central Drugstore

Penslar Pine—Tar Cough Balm will cure the cough—25c. and 50c. bottle.



It is Never too Late

Send it around to me

F.S. Mitchell

The Practical Watch and Clock Repairer

288 Queen Street, Charlottetown

KAISER WOULD EVEN MELT UP WEDDING RING.

LONDON, Feb. 1.—The Daily Chronicle says: "The marked success which attended the 'Imperial Week' in Germany has induced leading journalists, including the Hamburger Nachrichten, to advocate an 'Imperial Metal Week,' in which the German nation will give one more proof of patriotism by sacrificing superfluous copper, silver and gold for the uses of the army and the state.

"With regard to gold, the Hamburger Nachrichten warmly supports the suggestion that wedding rings be exchanged by their wearers for rings made of iron. The idea is put forward that, as iron rings might not prove attractive to some ladies, diamonds and other precious stones might be taken from the gold rings and set in iron ones."

MANY SEEKERS FOR PLACER GOLD.

OTTAWA, Feb. 1.—Probably owing to the business depression and the difficulty of making money in other ways, there have been many applications of late for placer gold mining rights along the north Saskatchewan River in the Edmonton district.

As the sands are known to contain gold in sufficient quantity to make the operation fairly remunerative, the Government is issuing 10-foot licenses for one-dollar, but requires practically continuous operation to prevent cancellation of license.

An Easy Way to Increase Weight

GOOD ADVICE FOR THIN FOLKS

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomach, or stuffing it with greasy foods; rubbing on useless "flesh creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

Thanks to a remarkable new scientific discovery, it is not possible to combine into simple form the very elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This master-stroke of modern chemistry is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through its regenerative restorative powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body. You can readily picture the result when the amazing transformation has taken place and you notice how your cheeks fill out, hollows appear and you take on from 10 to 20 pounds of solid, healthy flesh. Sargol is absolutely harmless, inexpensive, efficient. Leading druggists of Charlottetown and vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every package.

CAUTION: While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach troubles it should not be taken by those who are afflicted with such conditions.

PERSONALS

Mr. S. C. Clark, Mt. Stewart, was registered at the Victoria yesterday.

Mrs. J. J. Trainor, Prince Street, crossed yesterday by the Stanley on a trip to Boston.

Miss Annie McFadyen has returned to the city after spending a month's holidays at her home in Coleman.

Mr. A. P. Prowse, M.L.A., Murray Harbour, was registered at the Victoria yesterday.

Mr. C. B. Chappell, architect, returned to Charlottetown by the Georgetown special yesterday from a trip to the mainland.

Mr. Ralph A. March, of St. John, well known on this island, where he has visited frequently in the capacity of a commercial traveller, has been appointed quartermaster of the 6th Mounted Rifles of St. John for overseas duty. Mr. March was formerly quartermaster of the 8th Princess Louise Hussars.

Re: Rexall Kidney Pills will cure your kidney ills, quickly and permanently. Try them, if they don't relieve you your money will be refunded. MacKinnon Drug Co., Cor. Great George and Kent Streets, Mt.

FREDERICTON MAN IS GIVEN COMMISSION IN BRITISH ARMY.

SALISBURY PLAINS, Jan. 30.—Charles G. D. Roberts, the famous author, gets a commission in the Royal Field Artillery. He came to England with the Legion of Frontiersmen. All members of the corps paid their passage, those who cannot obtain places with the Canadians have been doing mount duty at Southampton and Bristol, and many are planning to join the Territorials.

MONTH OLD CHICKS.

There is a Great Demand for Them by Poultrymen.

Last Summer I decided to try a new phase of the poultry business. It was the selling of chicks, not day old chicks, but one month old ones. I knew there was money to be made, and being made, selling day old chicks at 10 or 15 cents each.

However, I knew there were many people who would be glad to pay more to get pure bred chicks that were already past the danger period. Therefore, I determined to hatch some chicks, raise them to the age of one month and then sell them. With this in view I started a 140 egg incubator on the fifteenth of March, filling it with 140 eggs. At the end of three weeks, I took 110 nice, lively chicks from the incubator. I immediately filled the incubator again with eggs, and continued filling it every three weeks till the 15th of June.

In all I put 550 eggs into the incubator, and took 395 chicks out of it. I realized that I could not sell all my chicks locally to advantage, therefore I had a small advertisement inserted in a farm paper, offering pure bred one month old chicks at 35 cents each, and advertisement cost me \$5 for three insertions. I received enquiries every day through this ad.

I had some neat letterheads and envelopes printed, and answered all enquiries the same day they were received. I also had a photographer take a picture of a "bunch" of my chicks, and enclosed one in every letter I sent out. I think that helped me sell my chicks more than anything else. I found that there was a good demand for four week old chicks and at times more orders for them than I could fill.

The enquiries and orders for order kept on coming for weeks after I had sold all I had. I never imagined that there would be such a demand for them or I would have run several incubators instead of one.

There are several reasons for selling one month old chicks instead of day old ones. In the first place there is a greater demand for them, due to the fact that few poultrymen as yet sell chicks at this age. There are also many people who prefer to buy chicks at this age because the mortality among them is very small after they have passed this period.

I received 35 cents each for my chicks, while the total cost of raising them, including cost of eggs, feed, advertising, etc., was 16 cents each. However, mine were only utility stock. Farmers, or those having extra good stock would have no trouble getting 50c each or more for them.—Farm and Fireside.

RULES OF HEALTH FOR DYSPEPTICS

DIETING UNNECESSARY.

There are two ways by which people suffer from indigestion, dyspepsia, sour stomach, flatulence, etc., can overcome the trouble. First, as practically all cases of the above are directly or indirectly traceable to acidity and fermentation, they can eliminate from their diet all foods which ferment and sour, such as starch, sugar and foods containing them; thus prohibiting bread, potatoes, fruits and most meats. About the only safe foods are gluten breads, spinach and small quantities of white meat of chicken or turkey.

VICS AND CRYSTALS MEET AT ARENA TONIGHT

The Arena rink to-night will be the scene of one of the hottest hockey games of the season. The combatants are the Victorias, who for many years, previous to last year, held not only the Island Championship, but the Championship of the Maritime Provinces, and winning the Starr Trophy three years, earning it permanently, and the Crystals of Summerside, Champions last year of the P. E. Island Hockey League.

The Crystals will have about the same team as played in the last game in Summerside, of which suffice it to say that the combination has not met defeat this season, while the Vics will also have practically the same line-up. It is probable, however, that Percy Road, the "speed wizard," will line-up with the Vics to-night, and if he does he will surely prove a tower of strength to the team.

The Victorias defeated the Connaughts by the score of 5-3, and the Crystals defeated the wearers of yellow and black, with the Charlottetown team on a strange rink, by the score of 8-5, and judging from these scores the Vics and Crystals are very evenly matched.

Four games have already been played in the League, two of which have been taken by Summerside, one by the Abbies and one by the Vics, so if the Vics win to-night they will tie with the Crystals to head the League.

The ice was never better than at present, and everything points to a real good game. It would be wise for the judge of play to check any unnecessary roughness immediately and thus insure a good clean game, the kind that all lovers of true sport enjoy. In the last game in which the Summerside team took part there was altogether too much rough playing, which the judge of play was, in many cases, unable to see or mete out penalties for.

FOR CLEAN SPORT.

It is unfortunate that at too many of the hockey games an undesirable element finds access to the rink, to the discomfort and annoyance of all respectable people. This is the gang that paints the ice with tobacco juice and that annoys with uncalled for hissing when things don't suit them. The only cure for this, and all respectable people will expect it or refuse to patronise the games, is prompt ejectment of the offenders. The management would profit financially by good hard high-handed justice dealt out to this class of undesirables.

ST. PETER'S BAY HOCKEY

Good fast hockey was in order, in the St. Peter's rink, on the evening of January 22nd, when the teams of Souris West, and Morell respectively, went down to defeat before the St. Peter's Senior, and Intermediate Pioneers.

The Senior game was a good exhibition of fast clean hockey, considering the standing of the teams engaged. While the score of 7-3 was rather uneven, the play was kept by any means, and to the end of the rink, and the Souris boys kept the puck in the Pioneers territory about half the time.

Special mention is due to Lewis the Pioneer goal-tender, whose brilliant stops were responsible in a large measure for the low scores against the home team.

Phoebe also did excellent work, and was much commended for the manner in which he suppressed his well-known tendency to BUTT.

Rattary's swift shots were a strong feature.

Lloyd while not endeavoring to give any individual exhibitions was probably the best support the home-team had by his efforts to work up combination plays.

Davison played an excellent game at point, and though, in several severe mix-ups, with one of the Souris stalwarts, always managed to come off unscathed, and usually with the puck still in his possession.

Capt. Gillis was as solid as a rock in his position at cover-point and made several brilliant rushes the full length of the ice.

Pratt played as usual and was commended for omitting all roughhouse work, for which in previous seasons he has been rather notorious.

Capt. Billie of the Souris team was their star. His shots were a stiff test to the St. Peter's goal-keepers.

Fons an left wing and Kickham on right wing executed some brilliant combination plays.

Joe at point was very efficient, and was a hard man to get around.

O'Hara made some good runs up the ice which would probably have run up the score against St. Peter's had he had better support from his team-mates.

Fin. Mulallay, and Sam Forchere were comparatively new men but their work was remarkably efficient considering their lack of practice.

The lineup was as follows: St. Peter's: Fin. Mulallay Goal Art. Lewis Joe Warner Point Russel Davison G. O'Hara C. Point James Gillis (Capt) Billie McDonald (Capt) Rover C. Pratt Sam Forchere Centre Roy Rattary Jack Kickham R. Wing P. McDonald F. O'Hara D. W. L. Wing L. Anderson

INTERMEDIATE. In the second game the Home team worked the score up 8-3 in their favor. The play was also fast and though a trifle rough in the first half dropped a better tone in the last period.

NOTES. Martin McInnis though a light weight started for the home team. Ronnie Gillis' rushes were conspicuous, also destructive to the opponents, and the promenade. The two R. McInnis were a source of strength for the pioneers. Hugh McInnis was a stone wall in goal. Fons Lewis was a danger signal to the Morell boys, and his swift rushes usually took him the full length of the ice with the puck in his possession.

For the Morell team, Ralph Dingwell was a tower of strength. Except for the odd time that he sat on the ice.

Bruce McEwen played a good, clean, fair game, and played his position well.

Frank Jay, is very swift, and with some practice is one of the coming players.

Anderson was strong for his team. Cox, at points did some good but, doing nearly all the scoring for the team. It is difficult to determine whether his remarkable actions were the result of agility, or a sort of physiological elasticity, for when occasionally he slipped and landed on the ice in a sitting posture he immediately rose on his feet again, at though electrically charged.

Frank Dingwell played a good swift game, but suffered a severe check, when he collided with one of the opposing team, which necessitated his leaving the ice for ten minutes.

Billy Gullender, while he protested many of the goals that got past him into the net, always did so with a smiling face, and maintained that he was used to stopping after night on the ice.

The line-up was as follows. Morell: J. Cox Point W. Anderson B. Anderson C. Point W. Anderson F. Dingwell Rover Ronnie Gillis Bruce McEwen L. Wing R. P. McInnis Frank Jay R. Wing Martin McInnis Ralph Dingwell Centre Ronnie McInnis Bill Gullender Goal Hugh McInnis

WHERE FEEDING TESTS GO WRONG. Taking experiments upon the feeding of dairy cows, writes a correspondent of the "Farmer and Stockbreeder," (Eng.), all the reports that I have read seem to me to have omitted to note one important fact, that every cow has a distinct limit to the amount of milk it is possible for her to give, whatever the kind and amount of food she is receiving.

One generally sees in these experiments that a certain number of cows have been selected, divided into two groups, given the same ration of milk is placed upon milk, and they are then fed upon a certain basal ration common to all.

One group then receives one of the foods to be tested, and the other given the other food, the quantity of milk yielded during a certain period being noted, and the result is reported to me that unless it is known that every cow used in the experiment is naturally capable of giving more milk than the amount that can be produced from the albuminous and carbohydrate of the ration given, the test is not a given result will not be a fair one, and the smaller amount of digestible material is sufficient to enable any one or more of the cows to give their maximum yield, then the addition of more digestible material cannot possibly make that cow give more than she is naturally capable of, and the test is of no value.

On the other hand, if a cow capable of producing three gallons of milk is placed upon a ration that reduces her milk production to two gallons, then she will go up again and produce more milk when given an amount of digestible material, or will go down if given a ration supplying less. She cannot go up in her milk if the ration supplies sufficient food for her maximum yield. Every practical man knows that although a cow may be able to produce a certain amount of milk, she cannot go up in yield beyond a certain point, however well she is fed.

A very similar point occurs with regard to experiments on the fattening of cattle. There is probably no hard and fast line in the amount of live weight gain capable of being produced by an animal when fed with a large ration, but the law of diminishing returns exists itself, so that an animal capable of putting on, for example, 1-12th of live weight increase per day upon a given ration will not put on 3 lbs. if the ration is doubled. Now in very many of the experiments that I have seen reported upon, the ration supplying the smaller amount of digestible material is capable of producing very nearly the full amount of increase in live weight of the animal in question, so that the result given by the ration supplying the greater amount of digestible material is much less than it ought to have been by the law of diminishing returns; that is to say, the animal is incapable of using the extra digestible material profitably in the increase of increased live weight, so that the larger ration compares unfavorably with the smaller one.

I am quite sure that from the neglect of giving consideration to these two points many of the experiments carried on with regard to the feeding of animals, both in this country and abroad, have given false impressions as to the value of certain foods as tested one against the other in their capability of producing either milk or beef.

Kidney Disease in Every Symptom

WHY MRS. MARK FOUND QUICK RELIEF IN DODD'S KIDNEY PILLS.

New Brunswick Lady Who Suffered for Six Years Tells How She Found a Speedy Cure.

Miscou Harbor, Gloucester Co., N. B., Feb. 1st. (Special).—For some five or six years I was troubled with backaches, I tried many tonics, but kept growing steadily worse, until I decided to try Dodd's Kidney Pills. They gave me almost immediate relief.

This is the statement of Mrs. A. Mark, well known and highly respected here. Asked to give more particulars in regard to her case, Mrs. Mark said:—

"My trouble started with a cold, and gradually grew worse. I had stiffness in my joints and cramps in my muscle and suffered from neuralgia. I had heart flutterings and headaches, my sleep was broken and unrefreshing and I was always tired and nervous. I had dark circles under my eyes, I was irritable and often dizzy and had a bitter taste in my mouth in the mornings. I also had attacks of rheumatism.

"I just took three boxes of Dodd's Kidney Pills to fix me up."

Every symptom Mrs. Mark mentions spells kidney disease. That's why she found such quick relief in Dodd's Kidney Pills.

APPLE DELIGHTS

APPLE AND CABBAGE SALAD.

Shave cabbage fine and soak for one hour in celery water. Wash, then add one teaspoonful of celery salt to each quart of water. Drain and dry on a soft towel. Add an equal amount of apple cut into match-like pieces; mix with boil dressing.

BOILED SALAD DRESSING.

Scald one cup of milk in a double boiler. Blend three tablespoonsful of flour, one teaspoonful of mustard, two teaspoonful of salt, one teaspoonful of sugar and a dash of cayenne, add to the slightly-beaten yolks of two eggs. Pour the hot milk slowly over the egg mixture, stirring constantly. Return to the double boiler and cook until it thickens; add slowly one-half cup of vinegar and one tablespoonful of butter. Whip it, a little at a time, the well beaten whites of the eggs. Strain into glass jars and keep for several weeks if in a cool place.

APPLE AND CELERY SALAD.

Pare, core and cut into three-eighths of an inch cubes mellow apples; mix with half the amount of celery cut into one-fourth inch slices; add a little salt and put into a salad bowl. Mix with mayonnaise dressing and serve on lettuce leaves or garnish with celery tops.

APPLES AND CELERY SALAD.

Polish red or green apples of uniform size, cut a thick slice from the stem end of each and scoop out the pulp into small matchlike pieces and mix with an equal amount of celery cut into small pieces. Moisten with mayonnaise dressing and arrange on lettuce leaves.

APPLE AND CHEESE SALAD.

Mix some chopped pecans with twice their bulk of cream cheese, adding a little thick cream to blend the mixture. Season with pepper and salt and make into tiny balls. Pare mellow, tart apples, core and slice across the center into rings about one-half inch thick, then arrange rings on lettuce leaves and place several cheese balls in the center. Serve with cream salad dressing.

CIDAR APPLE SAUCE.

Reduce four quarts of new cider to two by boiling; add enough pared, cored and quartered apples to fill the kettle. Let cook slowly for four hours. This is very nice when served with roast pork.

CIDER APPLE SAUCE.

Wash apples thoroughly and soak for fifteen minutes in warm water, drain, cover with water and let boil slowly for four hours; mash, add cinnamon and sugar to taste. Add the sugar just before removing from the stove or the apples will be toughened and darkened.

FROZEN APPLE SAUCE.

Wipe, pare, core and cut ten apples into quarters. Cook with a few grains of salt, one half cup of sugar and two cups of water. Rub through a sieve, add two-thirds of a cup of cider and two tablespoonfuls of lemon juice. Freeze to a mush and serve in cups made of bright red apples.

SPICED APPLE SAUCE.

Wipe, quarter, pare and core eight sour apples. Put into a saucepan, sprinkle with sugar; add eight cloves and enough water to prevent apples from burning. Cook to a mush, stirring occasionally.

NEW ENGLAND APPLE SAUCE.

Pare, core and quarter twelve tart apples of medium size. Put in an earthen jar or deep casserole; add one and one-half cups of sugar and one cup of water. Cover and bake slowly in a moderate oven until a deep red, for two to three hours.

APPLE SAUCE, I.

Cut into eights and core, unpared, King or Baldwin apples; cook quickly in thin syrup. The skins give it a pretty pink color.

APPLE SAUCE, II.

Wipe, quarter, pare and core eight sour apples. Make a syrup by boiling seven minutes one cup of sugar and one cup of water with thin shavings from rind of a lemon. Remove rind and add enough apples to cover bottom of saucepan and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

APPLE SAUCE, III.

To every two cups of apple sauce add one tablespoonful of freshly-grated horseradish which has been soaked in mild vinegar and then squeezed dry. This should be served with roast pork.

APPLE SAUCE FOR ROAST PORK.

Wipe, pare, core and quarter eight apples. Cook with one cup of sweet cider one-half cup of maple syrup, two slices of lemon, one-fourth teaspoonful of salt, one tablespoonful of butter and a few grains of nutmeg. Cook until the apples are soft and rub through a sieve. Make apple sups by taking a thick slice from the stem-end of bright red apples; scoop all of the pulp out with a teaspoon. Fill the cups with the apple sauce, adjust the covers and serve with roast pork.

HOTEL ARRIVALS

VICTORIA.

A. P. Prowse, Murray Harbor; S. C. Clark, Mt. Stewart; Dr. Purdy, Boston; Bob. Newsom, St. John. N. B.; D. Rutherford, Halifax; S. G. Gillis, New York.

WONDERFUL BILIOUS REMEDY ACTUALLY PREVENTS ATTACKS

There are two great causes of biliousness—they are constipation and defective liver action.

When Dr. Hamilton's Pills are taken, they not only correct constipated bowels, but act upon the liver as well.

Quite unlike ordinary medicines which purge and give temporary relief, Dr. Hamilton's Pills remove the conditions which cause biliousness, with wide staring eyes, hungry and ill, with no food but dry bread, and milk an impossibility. Many mothers are too worn out with care and suffering and the memories of pathetic little graves with wooden crosses to seek for further aid for those who survive.

KEEP LIVER AND BOWELS REGULAR WITH CASCARETS

No More Headache, Bad Colds, Sour Stomach and Constipation

Get a 10-cent box now

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets and all other distresses; clean your inside organs and more health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascarets now and then. All druggists sell Cascarets. Don't forget the children—their little insides need a gentle cleansing, too.

NEW YORK, Feb. 1.—A London Daily Express despatch dated Nish Thursday to the New York Herald, says:—

Metropolitian Dimitri Supreme Head of the Serbian Church, described to me in the following words the terrible distress of the civilian population of Serbia:—

"Today one million Serbians, one-third of the population, are suffering every possible and more terrible. They are destitute of everything. Since the beginning of the war, when their lands were turned into battle fields, they have endured terrible privations and their sufferings have been still greater during the war because the first invasion of more Serbians still much longer, and more Serbians still being driven from their homes.

In six of the most fertile districts no less than fifty per cent of the children are dying from lack of nourishment and medicine, from cold and exposure. In the invaded villages everything has been pillaged, and more Serbians are being driven from their homes. They are compelled to flee, return to their homes they will in the majority of cases find nothing either in the shape of houses or food.

The Metropolitan's statement is no exaggeration. It is only bare indices that the situation is so full of horror and pathos as to be almost indescribable. Yet for one child dying in Nish scores are dying in the devastated regions which Austrian laid bare. I have seen the refugees. The children are pitiable sights, little spectres of emaciation, not comprehending the misery in which they find themselves, with wide staring eyes, hungry and ill, with no food but dry bread, and milk an impossibility. Many mothers are too worn out with care and suffering and the memories of pathetic little graves with wooden crosses to seek for further aid for those who survive.

It May Be Your Turn Next

"AMHERST, Jan. 31st, 1915

—This town was visited by a \$40,000 fire on Saturday night, which destroyed four business houses. The fire started at ten Saturday night and was not conquered till Sunday afternoon. One fireman and two others were slightly hurt by falling timbers and glass. The fire started in the Andros Block. The losses will likely exceed \$40,000."

"PARKHILL, ONT. Jan. 28th,

1915—Fire emanating from an overheated stove gutted the Lineay Block, a three storey brick structure and Parkhill's best business block, last night, entailing an estimated loss of \$50,000."

Notices such as the above are appearing daily in our newspapers. In every case the property is underinsured.

Make Your Business Pay Insurance

and save regrets after the fire. All buildings are worth very much more than they were five years ago on account of the very much increased cost of building material and labor.

Have You Increased Your Insurance Accordingly?

Eighty per cent of the value of the property is considered by the best business men of today as the proper amount of insurance to carry. Check up your insurance policies and compare their value with the value of your stock or buildings.

Do It Today

If you find you are underinsured we will be glad to remedy matters for you and will appreciate any business you have to give us. We represent some of the strongest companies in the world and insure buildings and stocks at lowest rates.

Call, write or telephone us.

W. K. Rogers Co. Ltd.

84 Great George Street, Charlottetown