

# HOLMAN'S SHOPPING NEWS

## FOR TWO DAYS ONLY!

## \$35 For Your Old Ice Chest!

### At The Lowest Price Ever Offered!

Yes! We'll Pay This Big Price ON

FRIDAY and SATURDAY

at our SPECIAL SELLING OF

## Slightly Used FRIGIDAIRE'S

Only Four Frigidaires—All in perfect shape—are great bargains—will sell fast—so to get \$35.00 for your old Ice Chest, you must come in early.

### Just Two Examples of These Savings

FRIGIDAIRE MODEL M16	MAJESTIC
SOLD AT ..... \$282.00	4 Cubic Foot Size SOLD AT ..... \$169.50
Reduced ..... \$58.00	Reduced ..... \$35.00
Your Old Ice Chest ..... 35.00	Your Old Ice Chest ..... 35.00
Total Allowance ..... 93.00	Total Allowance ..... 70.00
YOU PAY ONLY ..... \$189.00	YOU PAY ONLY ..... \$ 99.50
\$9.00 Down—Balance Monthly.	\$9.50 Down—Balance Monthly.

HERE'S YOUR OPPORTUNITY

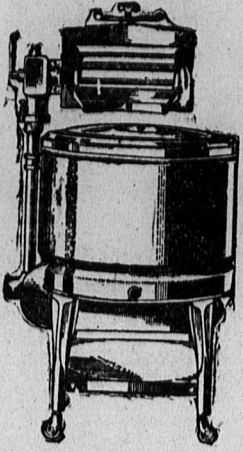
To get Lifetime Frigidaire.—Modern refrigeration, the saving of food waste, Economy, Convenience, and right at the end of the ice season when sanitation in family food is doubly important.

### Don't Miss First Choice!

The Holman Home Plan Makes

## Holman's Charlottetown

It Easy To Own!



### THE HOLMAN "Electric Queen" Washer

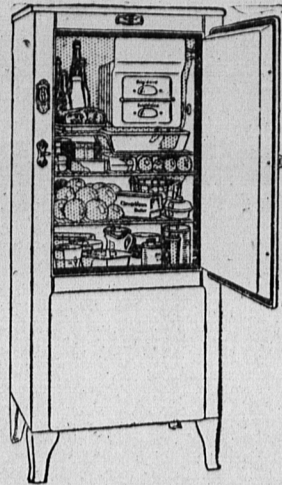
It's Easy To Buy — \$57.50

\$5.50 and \$5.20

Down Monthly NO INTEREST For 10 Months

You'll like the satisfactory performance of this sturdily built machine, which compares with other much higher priced washers. See it, and decide NOW. This exceptional offer lasts only from

## 9 A. M. FRIDAY To 9 P. M. SATURDAY



### W. C. T. U. Notes

#### AUTUMN SONG

Sing me a song of the Autumn clear,  
With the mellow days and the ruddy eyes;  
Sing me a song of the ending year,  
With the piled up sheaves.  
Sing me a song of the apple bowers,  
Of the great grapes the vine-field yields,  
Of the ripe peaches bright as flowers,  
And the rich hop-fields.  
Sing me a song of the fallen mast,  
Of the sharp odor the pomace sheds,  
Of the purple beets left last in the garden beds.  
Sing me a song of the tolling bees,  
Of the long flight and the honey won,  
Of the white hives under the apple-trees,  
In the hazy sun.  
Sing me a song of the thyme and the sage,  
Of sweet marjoram in the garden grey,  
Where goes my love Armitage  
Pulling the summer savory.  
Sing me a song of the red deep,  
The long glow the sun leaves,  
Of the swallows taking a last sleep  
In the barn eaves.

#### PROHIBITION AND HEALTH

Effect of Alcohol on the Human Body. P. S. Bourdeau-Sisco, M.D.)  
The more we obey the laws of personal hygiene, which make for health, the less we shall tend to crave alcohol.

If we learn to respect laws as manifested in the physical body, we shall be more likely to respect all laws, including the Eighteenth Amendment.

One of the great benefits of prohibition is the better health of our nation. The following considerations will amply prove this statement.

#### Alcohol and Liver Cirrhosis

From 1912 to 1928 deaths from liver cirrhosis in the United States dropped nearly one-half. Cirrhosis of the liver is considered a good gauge of the use of alcohol. When prohibition entered much liver cirrhosis departed—an indication that prohibition in its early days really prohibited. In order to accomplish the same result now we do not need prohibition, but more enforcement.

#### Alcohol and Tuberculosis

Since the Eighteenth Amendment became effective the tuberculosis death rate has fallen faster than in any other previous period in history. It is admitted that the prohibition movement both directly and indirectly has been an important factor operative for health and longevity in this dread disease. But a Federal law granting liberty to manufacture and traffic in alcoholic beverages inevitably carries with it a license to send to untimely graves

thousands of its innocent citizens during a short space of years. When the people know they will act. It is the function of this department to educate the people to these facts, so they may act intelligently.

#### Alcohol and Child Saving

Since the prohibition law was passed, partly because of the new law, the lives of some 200,000 children and youth under twenty-one years of age have been saved. But some men in high places in some states would bring back the olden days—for what purpose? In order to raise taxes. Shall the United States of America, for paltry dollars, immolate unfortunate thousands of its children and youth on the altar of alcoholism? The preservation of the present law has a distinct bearing on the health, life and welfare of the people.

#### Alcohol and Alcoholic Death Rate

In 1920 the records show that the death rate from alcoholism per 100,000 of the population was less than one-fourth that of 1917; and that the alcoholic death rate among policy holders of the Metropolitan Life Insurance Company had dropped to about one-eighth of that in 1917. These figures reflect the benefits of prohibition as prohibition ought to be. No other period of history in the world records such a drop in the death rate, even among selected groups. Could we have had a better degree of enforcement during all these years how enviable now would be our health record and our death rate. What the nation now needs is not nullification, but more prohibition.

#### Alcohol and Alcoholic Insanity

A few years ago reports showed that nine of the states of the union contained 90 per cent. of all cases of alcoholic insanity in the land. These states were the states that had practically nullified prohibition within their borders. Whatsoever a man, or a state, or a nation shall sow, that shall it also reap. It is the seed of alcoholism it shall reap alcoholic insanity.

#### Alcohol and Athletics

Is there a relationship between alcohol and athletics? If alcohol is good for a nation, it is good for the individual. Why not furnish all athletics with alcoholic beverages? Because it has been found that alcohol impairs physical efficiency. Athletics is wiser than certain commercial interests, and some political parties—athletics has excommunicated alcohol.

#### Alcohol and Strength of Will

There is a certain element in all society which is inadequate and maladjusted to its environment. Such persons are unhappy. They tend to turn to stimulants and narcotics to induce a state of euphoria, and these substances in turn further deteriorate the will, and render the individual yet more emotionally unstable. Just here al-

### JACK MINER

(Continued from page 12)

and for cruel, blood-thirsty, murderous depredations he has got the house-cat chased right out of the slaughter-house, for he will kill and eat a great variety of adult birds and animals. I have never known a house-cat to destroy, such as turkeys, wild geese, peacocks, all kinds of hawks and all other owls, and animals such as skunks, muskrats, groundhogs, minks, weasels and hares. Now, although I have no personal knowledge of this, yet a gentleman farmer who lived near the woods told me (and I believe him, or I would not repeat it) that his bunch of house-cats which were about half grown, were in the habit of climbing upon the roof of the house and sitting near the chimney to keep warm during the winter months; these hurred owls came and took away every one of the cats. However, I have no positive proof of this last statement. But this I do know: There is nothing roosts high enough or sleeps low enough to be out of reach of this heartless cannibal. One regrettable fact to me is that I have never seen where another bird or animal ever killed a great horned owl, although they have lived in the township with me all my life.

Alcoholism finds many of its ready recruits. Now any complete health program must include preventive mental and emotional hygiene. For those who cannot be salvaged in this manner, the prohibition of alcohol is legitimate, for they are a menace to their fellowmen and a millstone about the neck of society. They cannot protect themselves; they must be protected. They profit by prohibition; they perish by repeal.

#### Traces of Alcohol Found in the Body No Excuse for Imbibing More Alcohol

A recent medical journal states that minute quantities of alcohol are normally found in the human body, and some people argue that, therefore, it must be good and needed by the system. But on the other hand, so are minute quantities of other poisonous and waste substances found normally in the body, but nature hastens to excrete them. Any additional amounts of alcohol injected are also a poison and must also be excreted, for they cannot be used. The youth of the land especially need to think clearly on these questions. The health department is co-operating in seeking to direct this thinking.

#### Conclusion

It is not difficult to see that prohibition has a very definite relation to the health of the people. It is the immediate burden of this department to broadcast these facts to the public.

It is not difficult to see that the way to make a law respected is not to relax it, or nullify it or repeal it; but to enforce it. The ultimate goal of the department is better enforcement.—The Union Signal.

A particular friends of mine was dissecting a shrike. This shrike is a bird about the size and color of a blue jay, known to a great many people as the butcher bird. I said to those standing by, "He is a bad one; always shoot him on sight." My friend stopped for a moment and said, "Beg your pardon, Jack, but you are wrong; this is not the big northern shrike you have reference to." "No, no, my dear fellow," I replied; "I mean the very one you are skinning, and again I say, shoot him on sight." My friend smiled and replied in a kind cheerful manner, "Jack, I am surprised at you." Now, dear reader, here were two natural born naturalists right opposite each other, one advocating the protection, the other the destruction, of the same bird. I had watched this shrike in Ohio when I was a kid. I had often found his nest and knew what he fed his young upon. I have caught dozens of them, right in the act, in Canada, and they are always searching for birds, chiefly the small fly-catchers. Well, we dissected this fellow, and found two little birds' legs, and they were not mates. Last fall I saw a shrike follow a snow bird fully five hundred feet high, but the snow bird won out.

I said to another man, "The crow and bronze grackle take the robin's eggs." "Why," he said, "I don't understand that; there is a robin's nest within a rod of my door, and the woods are full of crows." Why, bless your life, that is just the reason why the robinized our forces with the food built there, it simply came to himbirds' enemies.

Now Point Pelee marsh is about fifteen miles from where I am sitting. Point Pelee is the most southerly part of mainland in Canada, and the hawks cross there by the thousands every fall; yet I never knew of a hunter going purposely to shoot them. But if there were twenty-five ducks in a pond down there and twenty-five men knew it tonight, there would likely be fifty guns there tomorrow morning. Yes, I honestly believe there are as many hawks and owls in America today as there were thirty years ago.

Last fall, when the hawks were migrating, in October, they started roosting in our woods, and in less than a week there were thousands upon thousands coming there. So I took a flash-light and the .22 rifle and went down and I am sure as high as twenty-five would fly out of one little tree every time I shot. It was a bright moonlight night, and they soon took the hint, and I only killed fifteen or twenty. But to hear their wings as they hovered around, over the woods, would cause one to wonder where they came from and where they were going. However, once was enough; the rest took the hint for the next night not one was seen going there. So don't let us blame the Great Provider; it is man's mistake, that is all; we have gone wrong.

year-old boy of the present day has seen in all his life. Time and time again during my life have I seen a wounded bird lag behind as the flock flew to cover; and often have I seen a hawk dart at them, and he never failed to get the wounded one. And some wounded quail have been stolen from me by hawks before I got to where they lit, and if it were not for the snow I wouldn't have known what had happened as I did not always see the hawk.

Once in my life I had a flock of about thirty young wild ducks. There were two little runts that appeared to want to die, but I rebelled and kept patching them up. Finally one took with a sore eye disease, and in a few days the other little scab had it, and both died, but not until they had introduced these sore eyes to the rest of the ducks and all my nice, healthy ducks started drooping. When I eventually got this disease checked I had only seven ducks left. Now, according to my own experience, if a hawk had come along he would have picked up the weak ones and prevented this disease. So after all my life's study I am fully convinced that these cannibal birds were put here to destroy the weak and sickly and prevent contagious disease, letting the strong and healthy survive. But man has interfered. He has paid all his attention to the destruction of the food birds and has almost annihilated them and let what we now call their enemies go; or, in other words, we human beings have commiserated our forces with the food built there, it simply came to himbirds' enemies.

Now Point Pelee marsh is about fifteen miles from where I am sitting. Point Pelee is the most southerly part of mainland in Canada, and the hawks cross there by the thousands every fall; yet I never knew of a hunter going purposely to shoot them. But if there were twenty-five ducks in a pond down there and twenty-five men knew it tonight, there would likely be fifty guns there tomorrow morning. Yes, I honestly believe there are as many hawks and owls in America today as there were thirty years ago.

Last fall, when the hawks were migrating, in October, they started roosting in our woods, and in less than a week there were thousands upon thousands coming there. So I took a flash-light and the .22 rifle and went down and I am sure as high as twenty-five would fly out of one little tree every time I shot. It was a bright moonlight night, and they soon took the hint, and I only killed fifteen or twenty. But to hear their wings as they hovered around, over the woods, would cause one to wonder where they came from and where they were going. However, once was enough; the rest took the hint for the next night not one was seen going there. So don't let us blame the Great Provider; it is man's mistake, that is all; we have gone wrong.

"Oh, but say, Jack Miner, do you pretend to say that there were once birds enough in America that the

### P. E. I. Protestant Orphanage Review

The September meeting of the Trustee Board of the Protestant Orphanage—well attended and the time was mainly occupied with the consideration of the several committee reports of their activity over the summer months.

Considerable repair had been found necessary to the brickwork and some remodeling done in the interior; four cars of coal had been purchased and the hauling was being let by tender.

The report of the Home was very complete and included the activity of the Gyros and L. P. U. in behalf of the children. The Board is ever grateful to such organizations for these and past favors. In presenting the finance report, Mrs. H. S. Henderson, head of the committee, tabled a cheque for \$200.00 from the City Auxiliary, the result of their flower sale during Exhibition week. The members individually expressed their appreciation of the outstanding work of this untiring band of ladies.

Resuming, it was shown that while funds were in sight for immediate needs, the extra expense for winter needs including coal would require special financing till the annual fall drive opening early in November.

In the Endowment Fund the receipt of \$100.00 from the estate of the late William Ross Rigott, Savage Harbor, was announced. During 1932 this fund had received several helpful increases but so far in 1933 very little had been added. It is hoped a thoughtful public will not overlook this excellent plan of continuing assistance.

The children in our care have never been in better health due in part to the exceptional number of clear sunny days when they could romp in the open air, wholesome

old and the delicate, crippled, maimed and diseased would supply all these hawks and owls with food?" Yes, that is just exactly what I want to say, yet I have no proof of it. I only know that the hawks will take a cripple every time and let the strong and healthy go. "Well," you say, "how about a flock of little ducks? He could take any one of them." Not so easily. Wild ducks at six hours old will dive like a lot of frogs, but a delicate one cannot; he will possibly just put his head under, and his body will stick out like a bloated toad. Yes, I believe that less than one hundred years ago there were more of the above class of birds for the hawks, each year, in America, than there are altogether now. So, after having a lifetime of experience raising birds, instead of doctoring the sickly ones and petting the droopies and sore-eyes, I just take the hawk's plan and destroy them.

While I would not like to see these cannibal birds become extinct, yet I would be pleased to see them decreased the same as our other birds have become during the last forty years.

food and professional supervision all combine to give a happy healthful family.

Few homes are open to adopt children these days so it has become a difficulty to keep a reasonable average; expenses have been cut as far as efficiency will permit and economy is being practised at every corner.

The children of course are our study and care; we have proved that a generous public is behind the Institution and so long as the home is wisely conducted and their confidence retained the funds to carry on will be provided; information is free and readily supplied.

In such a work there are numerous problems and we must remember that it is lives we are dealing with; if a child seeks to enter, on our acceptance or refusal so much depends; it must ever be a turning point in their lives and the more thoughtful we are, the more responsibility we must feel. The committee whose duty it is to consider the pass on such cases should have the sincere sympathy of all.

Infants or innocents and children seek our shelter for various reasons; our social order is changing; divorce, separation and desertion are becoming too common. If the first is not feasible either of the others may be tried and so the Orphanage is involved in deciding the future of the children. It is a problem whether a child is more orphaned by death or desertion and the only rule we can follow is to give the most careful consideration to the welfare of the child itself.

We strive to train and care for unfortunate children so that they

may become useful citizens and we believe right thinking people will do their part in assisting; the road behind has had many pitfalls but faith and courage have brought us through, what may lie ahead we know not but we face the future with a courage born of past victories.

This work is just in its infancy; many, many children are in need of better training and care if they are to become upright and law-abiding and so to get thinking people to thinking deeper these few lines sketching our present work and effort are penned.

You are invited to get in touch with the active workers so that the innocent and unfortunate children may be given that chance to live useful lives which is being denied them and who can resist the plea of the helpless? Be a worker and of good courage.

#### FREAK SPRING OCCURS IN MARYLAND AS TREES BEAR BLOSSOMS AGAIN

CAMBRIDGE, Md., Sept. 29—With pear trees in blossom while ripe fruit still hangs from the limbs and with lilac bushes in bloom for the second time this year, a freak Spring has come to this section of Eastern Shore Maryland.

The excessive summer rains which flooded the sections in August and early September and the balmy days which followed are responsible for the year's "second Spring," said horticulturists.

Glory Oil best Liniment sold



### They Are So Different!

XXX

## BEANS BAKED for TODAY

STEWART'S BEANS are the only beans (except the ones you make yourself) which are baked for immediate use.

They are real home baked beans: beans just as you would bake them. You don't have to pay for sealing them or handling them over a period of months.

You get beans which have lost nothing of their fine flavour.

20 cents per quart

## STEWART'S Bakery

PHONE 211.

KENT STREET.

## RUGS

Cleaned, Sized, Repaired, Altered, or Made Over into New. We Pay the Freight. MARITIME RUG WORKS, Saint John, N. B.