

MIDDLE LIFE

A Time When Women Are Susceptible to Many Dread Diseases—Intelligent Women Prepare for It. Two Relate Their Experiences.

The "change of life" is the most critical period of a woman's existence, and the anxiety felt by women as it draws near is not without reason.

Every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition, or she is predisposed to apoplexy, or congestion of any organ, the tendency is at this period likely to become acute—and with a host of nervous irritations, a life a burden. At this time, also, cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, tremors in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.



Mrs. E. Powless

Lydia E. Pinkham's Vegetable Compound was prepared to meet the needs of woman's system at this trying period of her life. It invigorates and strengthens the female organism and builds up the weakened nervous system.

For special advice regarding this important period women are invited to write to Mrs. Pinkham, at Lynn, Mass., and it will be furnished absolutely free of charge.

The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, her assistant before her decease, and for twenty-five years since her advice has been freely given to sick women.

Read what Lydia E. Pinkham's Compound did for Mrs. Powless and Mrs. Mann:

"I took it for five months and then off and on until the critical period had passed, and it restored me to perfect health. My advice to suffering women is to try your Vegetable Compound, and they will not be disappointed."—Mrs. E. Powless, Deseronto, Ont.

Another Woman's Case.

Dear Mrs. Pinkham:—

"As I owe my splendid health to Lydia E. Pinkham's Vegetable Compound, I am very pleased to write and tell you my experience with it. I am the mother of three children grown to womanhood, and have safely passed the change of life, and feel as young and as strong as I did twenty years ago, and I know that this is all due to your woman's friend, Lydia E. Pinkham's Vegetable Compound. I used it before my children were born, and it greatly assisted nature and saved me much pain during the change of life. I took it off and on, for four years, and had but little trouble and sickness that most women have to endure."—Mrs. James K. Mann, 800 Bathurst St., Toronto, Canada.

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Powless and Mrs. Mann, it will do for other women at this time of life.

It has conquered pain, restored health, and prolonged life in cases that utterly baffled physicians.

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

UNIQUE PERFORMANCE OF AN ISLANDER

Erects a House of Which He is the Designer and Builder—Does the Work in 100 Days—An Eight Room Cottage—Completed it Himself.

New Bedford, Mass., Feb. 28.—Following the nursery fable concerning the house that Jack built, Matthew Pope Wood, who lives on Popes Island, is building a house at the southwest corner of Merrimac and Summer streets.

Unlike the fabled Jack, however, he is erecting a modern eight-room cottage with steps and all other modern conveniences, and perhaps in the springtime Mr. Wood thinks a bean stalk may be planted in the garden.

When the house he is building is completed, it will be a record in local building circles, carpenters say, because it will have the unique distinction of being the only cottage erected entirely by the work of one man.

DOING ALL THE WORK.

Although he is not a Jack of all trades, Mr. Wood is acting in the capacity of his own mason, carpenter, contractor, builder, plasterer, paper hanger, and all the other departments that are necessary to the building of a house, and he is working all alone.

Although the house is still far from completed, the work that has been done has aroused the curiosity of the neighbors in that section, and each day the wonder of how he manages to accomplish the work without assistance grows.

A chance remark made during a lull during the noon hours some months ago was the cause of the house being built. Mr. Wood had purchased the land on the southwest corner of Merrimac and Summer streets some years ago, and as the price on the real estate began to rise, he thought of building.

While discussing house building, he said to fellow workers that sometimes when he had plenty of time to spare he would build a house without the aid of other workmen.

Not only did he say he would do the work alone, but that he would complete the task within 100 days after the foundation was laid. He has already raised the work so fast that he bids fair to break his record, and finish the house in a Jules Verne style of 80 days.

It was two years ago last November that he consulted a contractor about the time and cost of digging a cellar. The contractor said four days, and named a price that was four times too much in the opinion of Mr. Wood.

DUG CELLAR IN RECORD TIME.

Hiring a horse and scraper, the energetic carpenter had the cellar dug in exactly one day and a half, and at a cost that was one-fourth the price asked.

After laying the foundation stones and frame, Mr. Wood gave up the work to accept the supervision of a schoolhouse being built on the old waterworks' lot. It was not until two weeks ago that he could resume work on the house, and in the meantime passively wondered when the house would be finished.

In those 11 days, however, Mr. Wood has worked with such energy that yesterday the roof was ready to be hoisted in, and the entire framework with the floors and rooms partitioned off were done.

The hardest work came in the placing of the window sashes, and the rafters on the roof. The latter were put into position and joined without help, and those who saw them in place could scarcely credit the fact that one man did the job alone.

IS AN ATHLETE.

After the house has been shingled and clapboarded, it will be plastered and given three coats of paint. Mr. Wood figures that it will be ready for occupancy by June.

Mr. Wood is of athletic build with muscles that would put the ordinary strong man in an envious disposition. He is slightly over medium height, and his development has come from his work.

"Some time ago he figured in a chase

BUILDING THE HOUSE IS FASCINATING.

"I like the work," said Mr. Wood, "and it has become sort of a fascination for me to watch the building grow up little by little and realize that I have done it all. I did not intend to do all the work when I started in, but as I have got along so far without help and the hardest part of the work is over, I am determined to finish every bit except the plastering without help. I'm going to name it 'the house that Jack built.'"

"It will be a neat-looking cottage when I get through, and with its location will make an ideal home. If I did not have such a comfortable home on Popes Island I would want to live in it myself. It would be nice to live in a house, and know that every bit of work on the building was done to suit yourself and by yourself."

"I suppose I got the rafters and joists into position through main strength. I can't explain how I did it, but I have always had strength, and that helps some when one is working alone."

The above article refers to M. Pope Wood of New Bedford, Mass., who is a brother of Bamford Wood of Alexandria, and a son of the late Wm. Wood. He has a brother and sister living in Charlottetown. He is fifty six years old and has been in New Bedford for a number of years.

SKIN ECZEMA IN WORST FORM

Black Splotches All Over Face—Produced Severe Itching—Year's Treatment by Physicians Did No Good and Became Despondent—Affected Parts Now Clear as Ever—Alabama Lady's

CURE BY THE CUTICURA REMEDIES

"About four years ago I was afflicted with black splotches all over my face and a few covering my body, which produced a severe itching irritation, and which caused me a great deal of annoyance and suffering, to such an extent that I was forced to call in two of the leading physicians of my town. After a thorough examination of the dreaded complaint they announced it to be skin eczema in its worst form. They treated me for the same for the length of one year, but the treatment did me no good.

"Finally I became despondent and decided to discontinue their services. Shortly afterwards, my husband in reading a copy of a weekly New York paper saw an advertisement of the Cuticura Remedies. He purchased the entire outfit, and after using the contents of the first bottle of Cuticura Resolvent in connection with the Cuticura Soap and Ointment, the breaking out entirely stopped. I continued the use of the Cuticura Remedies for six months, and after that every splotch was entirely gone and the affected parts were left as clear as ever. I have not felt a symptom of the eczema since, which was three years ago.

"The Cuticura Remedies not only cured me of that dreadful disease, eczema, but other complicated troubles as well; and I have been the means of others being cured of the same disease by the Cuticura Remedies, and I don't hesitate in saying that the Resolvent is the best blood medicine that the world has ever known." Lizzie E. Sledge, 540 Jones Ave., Selma, Ala.

Sold throughout the world. Cuticura Soap, Ointment and Resolvent, also in form of Chocolate Coated Pills, "Clearing Pills," and "Blood Purifier." Prepared by W. L. Chas. Co., Sole Proprietors, Boston, Mass., U. S. A. "How to Cure Eczema," "The Cuticura, Skin Book," and "How to Cure Disturbing Humors."

"PROGRESS" Full Dress Suits

For Balls, Receptions, Evening Weddings, etc.



Made of soft, rich worsted—lined throughout with silk—hand shaped and hand tailored. Broad, concave shoulders—collars that snugly hug the neck—tapering at the waist—the "PROGRESS" Dress Suits are grace itself.

With the "PROGRESS" system of sizes—a man can be fitted with "PROGRESS" Clothes just as well as, and often better than, when made to each individual measure.

PROWSE BROS.

Great Clearance Sale

We are going out of business, going west. We offer our whole stock at big discounts.

All patent medicines 20 p. c. discount.

Stock Foods 20 p. c. discount.

Rubber goods at cost.

Sponges at cost. Big discounts on Toilet articles.

New stock of pipes at big discounts.

Toilet soaps at cost, Diamond Dyes 7c, Lowney's Chocolates 20 p. c. discount.

Spectacles and glasses big discounts. Everything at big discounts. Sale genuine.

H. A. ELLIS, DRUGGIST.

SALT, SALT, SALT.

In store and to arrive by steamer, 9000 bags best Liverpool Salt. 13 bags to the ton. Will be sold at very lowest price ex warehouse, and whilst landing from steamer latter part of April.

PEAKE BROS. & CO. Charlottetown.

THE UNIVERSAL BREAD MAKER

Mixes and Kneads Bread thoroughly IN 3 MINUTES. Hands do not touch the dough. Does away with Hand Kneading and Makes Better Bread. Simple, Easy, Sanitary.

SOLD BY **FENNEL & CHANDLER**

The Three Minute Bread Maker is a kitchen necessity no housekeeper should be without. Every one warranted.

Easy to Let A Cold Run On

UNTIL IT DEVELOPS INTO PNEUMONIA OR CONSUMPTION—EASY TO CURE A COLD IF YOU USE Dr. Chase's SYRUP OF Linseed and Turpentine

It is easy to let a cold run on. You may say with others that you always let a cold take care of itself. There is a danger of following this plan once too often. At this season of the year the lungs seem to be unusually susceptible to disease, and before you suspect it pneumonia or consumption has seated itself in your system. It is possible you have tried the cough mixtures which druggists offer to their customers. These may do well enough for slight colds or tickling in the throat, but they are powerless in the presence of serious disease.

Dr. Chase's Syrup of Linseed and Turpentine is far more than a cough remedy. It cures the cold as well as loosening and easing the cough. It takes the pains out of the bones, and reaches the very seat of disease when there is pain and tightness in the chest. It would not be too much to say that Dr. Chase's Syrup of Linseed and Turpentine has saved thousands of people from pneumonia and consumption. There is not a village or hamlet in Canada where this famous family treatment is not recognized as a most unusually effective cure for croup, bronchitis, asthma, coughs and colds.

Mrs. R. D. Turner, Broadview, N. W. T., writes:—"We have seven children and have used Dr. Chase's Syrup of Linseed and Turpentine for every one of them and with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs."

Don't take anything said to be "just as good." There is no throat and lung medicine just as good as Dr. Chase's Syrup of Linseed and Turpentine. Remember this when buying and insist on having Dr. Chase's; 25 cents a bottle. All dealers or Edmondson, Bates & Co., Toronto.

PURE FOOD INSURES GOOD HEALTH

MAGIC BAKING POWDER

INSURES PURE FOOD.

E. W. GILLET COMPANY LIMITED TORONTO, ONT.

Reduction Sale OF Boots and Shoes

We have on hand a lot of broken lines of Men's, Women's, Boy's, Misses' and Children's Boots and Shoes and Slippers which we will clear out at cost to make room for spring stock.

Also a job lot of Women's Laced and Button Boots in sizes 3, 3 1/2 and 4 at half price for cash only.

J. H. Bell.

A Friendly Tip

If you have not ordered your spring suit, let's get together. We want your trade, not only your next order, but future orders as well. Our goods will stand the test.

You want our goods, perhaps you don't know it, but we believe it and are confident we can convince you. Our new spring patterns are "good for sore eyes" and worthy of your consideration. The prices are not in it when compared with the quality.

McDONALD & PERRY, The Nobby Tailors, Great George Street.

FOR SALE

All or part of a valuable farm containing 84 acres, 3 1/2 miles from Charlottetown, also a five horse power boiler and engine and a ten horse power engine, double action. Washing machines made and repaired cheap. For particulars apply to John Prowse, Royalty, City or BENJ. CARTER & CO., 3-29th twfsm Auctioneers.

THE BURNING OF THE SONNET.

I know a charming maiden, who once wrote a spring-time sonnet, And spent as much as two whole days of time and thought upon it. She wrote with ink of crimson, and on both sides of the paper, Then rolled it up and sealed with light blue waxen taper. And every day she waited, in exchange for her sweet sonnet. The coming of the check with which to buy a new spring bonnet. The man within his sanctum, when he saw the maiden's verses, Used dreadful language (I've been told), in fact, resembling curses. And then, with indignation and his angry passion glowing, He flung the spring-time sonnet where the embers bright were glowing. In vain the maiden waited—in her heart an anxious yearning, For no one ever touched her of the crimson sonnet's burning.

VALENTINE MARCH.

A Hint to Travelers.

While in Suffolk, Va., Henry Croll, Jr., proprietor of the Beaverton, Mich., Hardware Co. was taken very sick with bowel trouble. A traveling salesman from Saginaw, Mich., advised him to get a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, which he did. "It soon cured me, and I take pleasure in recommending it," he says. No one should leave home on a journey without a bottle of this remedy. It is almost sure to be needed and is not obtainable while on steamship or cars. Sold by all Druggists.

FATAL COBWEBS.

LONDON, March 28.—The application of cobwebs to stop bleeding from a wound on his finger, received while feeding a calf, caused the death from lockjaw of William Philpott, sixty-five years old, of Minister, Shropshire. A verdict of accidental death was returned at the inquest March 6.

Always Keeps Chamberlain's Cough Remedy in His House.

"We would not be without Chamberlain's Cough Remedy. It is kept on hand continually in our home," says W. W. Kearney, editor of the Independent, Lowry City, Mo. That is just what every family should do. When kept at hand ready for instant use, a cold may be checked at the outset and cured in much less time than after it has become settled in the system. This remedy is also without a peer for croup in children, and will prevent the attack when given as soon as the child becomes hoarse, or even after the croupy cough appears, which can only be done when the remedy is kept at hand. For sale by all druggists.

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You don't have to consider the entire press of the country or of the city when you advertise. Concentrate upon the readers of one paper and make up your mind to make customers of them by advertising in the columns of this one newspaper.—JOS. A. RICHARDS AGENCY, NEW YORK.

If you want to practically cover Charlottetown, Queen's County and Prince Edward Island with BUT ONE newspaper you will make no mistake by using the Daily and Tri-Weekly editions of **The Charlottetown Guardian,** FOR NEARLY EVERY BODY READS IT.