

ISLAND TOXICATION SELF-POISONING

Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" - The Wonderful Fruit Medicine - will Protect You!

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels. Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the kidneys and skin are overworked, in their efforts to rid the blood of this poisoning. Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce headaches and sleeplessness. It may irritate the kidneys and bring on pain in the back, rheumatism, gout, and rheumatic pains. It is the chief cause of eczema - and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter. "Fruit-a-tives" will always cure auto-intoxication or self-poisoning - as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.



How I Cured My Catarrh

TOLD IN A SIMPLE WAY

No Apparatus, Inhalers, Salves, Lotions, Harsh Drugs, Smoke or Electricity.

Heals Day And Night

It is a new way. It is something absolutely different. No lotions, sprays or sticky smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or massage. No powder. No plasters; no keeping in the house. Nothing of that kind at all. Something



new and different - something delightful and healthful - something instantly successful. You do not have to wait, and linger, and pay out a lot of money. You can stop it over night - and I will gladly tell you how - FREE. I am not a doctor and this is not a so-called doctor's prescription - but I am cured and my friends are cured and you can be cured. Your suffering will stop at once like magic. I AM FREE - YOU CAN BE FREE

My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hacking, coughing, spitting made me obnoxious to all and my foul breath and disgusting habits made my friends avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT

Send no money. Just your name and address on a postal card. Say, "Dear Sam Katz: Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I understand, and I will write to you the complete information. FREE. Do not delay. Send postal card to me a letter today. Don't wait for this wonderful treatment to do for you what it has done for me. KATZ, Room A.L. 1155, St. Toronto, Ont.

FRIDAY.

TEACHERS' CONVENTION - The Annual Convention of the Teachers' Association of P. E. Island will be held in Prince of Wales College Assembly Hall, today and to-morrow, opening this morning at 9.30.

CHURCH OF SCOTLAND - Rev. Ewen MacDougall will preach (D.V.), Wednesday 16th at Dundas at 7.30; also Thursday 17th at Bangor at 7.30.

BROOKFIELD - Preaching service in Brookfield congregation, first Sabbath, Aug. 13th as follows: - Ebenezer school House, 1.30 p. m. Brookfield, 3 p. m. Hunter River, 7 p. m. Subject, "Church Union."

NEWLY PAINTED - The building occupied by Ellis' Pharmacy, Ltd. Montague is being repainted by Messrs D. Campbell & Son, who are adding attractiveness to the appearance of the popular drug store.

TRINITY CHURCH, GEORGETOWN - There will be services in Trinity Church, Georgetown, next Sunday, the 13th inst., the 8th Sunday after Trinity as follows: - Holy Communion 8 a. m. and 11 a. m. Evening Service 7 p. m. Rev. D. J. Macdonald will officiate.

NORTH RIVER - After cleaning and renovation, the North River Church will be re-opened on Sunday 13th. Sunday School and Bible Class at 11. Preaching Service at 7 p. m. Special singing by the choir. Services at Long Creek at 11; Clyde River 3.

AUTO CASE - The case of Geo. Brown vs. W. K. Rogers for infringement of the Automobile Act was resumed yesterday before his honor, Stipendiary Magistrate Mr. J. A. Messervy. Nothing new was adduced in evidence and the case was further postponed until August 17th.

ACCIDENT - The friends of Mr. Reginald Johnson, Clerk in The Macs drug-store will be sorry to learn that he met with an injury to his knee, as a consequence of which he will be confined to his home for two or three weeks.

their interests which no doubt they are as much as any farmers in the world, will be glad to have the motor vehicles. The uses of the machines are so manifold that no valid arguments can at this advanced stage of the world's progress, be successfully brought against them.

Asked what he thought of the Island roads Mr. Judson said they were fair, but there are some which need the spit-log drag more. In Pennsylvania where he lived for four years Mr. Judson said this simple contrivance is used to a great extent and wherever brought into service good hard roads are to be found. Mr. Judson when asked about the sentiment in regard to the war in the part of the United States where he lived said that there was a large foreign population but that 75 per cent of the people favored the Allies. He expressed himself as a strong believer in universal military training and Governmental control of teaching in schools. A better developed individual both mentally and physically he believed would be the result.

Mr. Judson said that the city of Newark this summer celebrated the 26th anniversary of its founding. A magnificent feature was the parade of 13,000 public school children and 4,000 from the parochial schools. The school system of the State of New Jersey according to Mr. Judson is an admirable one in every respect.

Mr. John W. Judson, Chief accountant of the Water Department of Newark, N. J., is visiting his native province. Mr. Judson is a native of Alexandria and after graduating from Prince of Wales College was engaged for a time in the teaching profession in this province. Twenty-eight years ago he left for the United States and engaged in the leather business in Newark, which is a city of 500,000 population. Mr. Judson's rise to his present position was achieved through sheer merit. In an examination in which were a large number of contestants the Prince Edward Island man headed the list and was awarded the position which is a life job at a magnificent salary. Mr. Judson made a total of 92 points the next highest ones ranging around 80 and 85.

Mr. Judson has made several visits to his native province since going to Newark, his last one being five years ago. He is accompanied on his present visit home by his brother, Dr. William A. Judson, who is a practicing physician in Newark, and is also meeting with a large measure of success. Both brothers came home to visit their aged father, Mr. Jacob Judson, who is in very poor health.

Mr. Judson said he was glad to hear that the railway tracks in Prince Edward Island are to be widened and that the car ferry at the Capes will soon be inaugurated. He was very glad to notice that there is a strong growing sentiment in favor of opening up the Island to motor traffic. All these things represent progress, said Mr. Judson. In a short time the farmers, if they are alive to

Local Druggists Repair What Famous Surgeons Cannot Touch

Shattered nerves are beyond the reach of the Surgeon's knife. What will repair them? Dozens of people right here in your home town will bear testimony to this fact that Zoetic - the health tonic - has set them on their feet again. This famous combination of glycer-phosphates - the actual element of the human body - Cod Liver Oil and delicious tonic wine supply the very elements that worn-out nerves require. In a quiet way the action of Zoetic is truly marvellous. Without a trace of narcotic it induces sound sleep. And following that, better and better digestion. And following that a final and complete rebuilding of the nervous system drained of vitality. Two weeks' faithful use of it will convince you. Because you have been so misled, expecting much and receiving little we offer outright to refund the purchase price of Zoetic if at the end of two weeks you cannot report real progress toward better health. Start trying it today. Sold by E. A. Foster, Distributing Agent for P. E. Island.

REJOINING HIS REGIMENT

Sergeant Arthur MacLeod, third son of Mr. A. John MacLeod of St. Catharines, who has been home on a furlough for the past week, left yesterday to re-join his regiment, the 121st Western Irish, which is proceeding shortly overseas. Sergeant MacLeod enlisted in Vancouver, where he has been residing with this wife and child for the past seven years. There are six of the MacLeod family in the war, two girls, Winnie and Claire, as nurses, and four boys, Jack, Arthur, Keith and Kenneth. This is a remarkable record, and something that any Island family or any Canadian family might justly be very proud of. Sergeant MacLeod has not been home since he left the island for the West. At that time he was prominent as a baseball and hockey player in the Abegweit Club.

THE NEW CHAPEL HALL

At Carleton Point is nearing completion and when put out of hand during the present week, will be as neat and attractive a building as can be seen anywhere in the province. The dimensions are 28 x 40 feet, with front gallery capable of seating sixty. The auditorium will comfortably accommodate two hundred. The walls are finished in hard plaster, and the arch is beaver board with artistic rib mouldings finished in natural colors. The capable contractor is Mr. Wm. Roberts, of Middleton, while the plastering was done by Mr. Corey of Summerside, and the artistic touches by Mr. Fred Farrant, of the same town. On Sunday morning, the 13th inst. at ten o'clock, the church will be open for service with High Mass and an appropriate sermon by one of the best pulpit orators in the diocese. To afford an opportunity to the congregations of Kinkora and Seven Mile Bay to attend the service, Mass will be said in the parishes on Sunday at 7.30 o'clock. On Wednesday the 16th, a grand picnic in aid of the building fund will be held on the grounds - the busy scene of present operations in constant motion of men, of tools and terminals. All who wish to take in a good thing and be well entertained must not lose sight of this outing. 1420.

The following is a letter received by Mrs. Robert McNaught, Coleman from her son, Sgt. Claude McNaught, formerly of the 55th Battalion: Somewhere in France, July 23, 1916.

Dearest Mother: - I suppose by now you are getting anxious as to my whereabouts and my health. Well I must say I am feeling fine and I am never sick a day. Well since I last wrote, I had a four weeks course in Shorncliffe and I passed it. And then the regimental band and I had hard luck, we were put in with the 40th and we sure had it hard for a time, but finally I got a draft going to France and I am now proud to say I am in the oldest, first and best Battalion that ever fought in an infantry - the "Princess Patricia" Light Infantry. There was only a few of us picked for it. Joe is still in England. I was the only one from the Island in the draft so I feel pretty proud. We have been through a very hard and a very warm all the time and we drill hard here, we have to do every parade in heavy marching order, that is with all you own on your back. We were through that the other day and it was some experience, they had a long room about thirty feet long and they filled this with deadly gas, ten times as strong as what the Germans use and we had to walk through it but of course we had our gas masks on and we didn't mind it but I tell you if our masks hadn't been just perfect, we certainly would have been killed. Well Mother, don't worry about me as I am always able to look after myself. I have had lots of experience and know what I am going into so don't worry at all. I will be back on old "Spud Island" when the war is over and will keep you all interested in telling you stories of my experiences. We are getting few well here and everybody seems happy. Well Mother I must bring this letter to a close, remember me to all my friends. Tell them I will not have any time to write and not to expect any letters from me for a while. I will write home and that is all. Good bye. From your loving son, CLAUDE.

OTTAWA, Aug. 5 - The placing of more Canadian divisions in the field, which Sir Sam Hughes, forecasted at Shorncliffe, the other day, is incidental to the decision taken last New Year's to raise half a million men for service from Canada. It is not expected, however, to be an immediate development, but as regards one division will probably occur this fall after the troops now undergoing training, shall have become more advanced in their work.

The syllabus of drill this summer is so made up and directed by officers so recently from the front as to ensure the methods being the latest in the line of trench warfare. This is intended to make brief the stay in England.

From the troops being sent over weekly to the English depots, another division will be made up this autumn. There will thus be constituted five complete divisions at the front, with the probability of the sixth division going early in 1917.

When this plan is carried out Canada will have a quarter of a million men on the firing line. The rest of the enrollment will be needed for reserves and reinforcements.

The Charles Dalton Sanatorium is proving one of the greatest attractions for tourists and holiday-makers generally. Every day there is a stream of visitors to the institution and on Sunday last over a hundred people drove to it either for the purpose of seeing friends who are patients or inspecting the premises. The Medical Superintendent, Dr. Garrison, and Mrs. Garrison are delighted to show visitors over the institution and make only one reservation - that no visitors intrude themselves between 12 noon and 3 p. m. which is the customary resting hours for the patients, and it will be readily understood patients could not be expected to rest with a continuous stream of visitors passing through and around the building.

The Charles Dalton Sanatorium is looking its best just now. In order to fully appreciate the beauty of its

The SMILE of SATISFACTION

A good chew is a comfort -- make it a greater comfort still by chewing King George's Navy Plug.

Made from pure, rich tobacco, every ounce of which is carefully selected, then blended according to our process, giving it enough elasticity to keep it together instead of granulating in the mouth as most plug tobaccos do.

King George's

NAVY PLUG

Has a delicious, non-irritating sweet taste -- and it is universally recognized that sweetened tobacco is much more healthful than the old fashion "strong", unsweetened plug.

It leaves a long, lingering flavor and guards the teeth from the ravages of "acid mouth", the cause of nearly all tooth decay.

"Made in Canada by Expert Canadian Workmen" 10c A Plug Everywhere ROCK CITY TOBACCO CO., LIMITED



was practically bed ridden when he arrived at the institution. He is now taking daily exercise and when seen the other day words failed him to express his gratitude to the generous donor who had made his restoration possible.

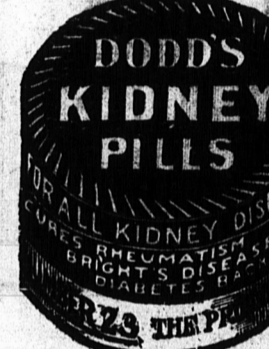
There are several soldiers who have been doing their bit overseas and who have had hospital experiences in France, England and Canada. They are unanimous in their opinion that of all these institutions by far the best is the one they are now in. They enjoy and appreciate their good fortune is self-evident. How happy faces they have got! How they smile as they tell you they are "getting on not half bad." Their appetites are tremendous, and it could hardly be otherwise with the open air life they live and the tempting food provided them.

Patients are served with their meals in a large dining room, at tables exquisitely arranged - and attractively set forth with spotless linen napery, shining cutlery and choice bouquets. Those unable to join the dining room

patients are served in their open air beds, and while enjoying their repast can feast their eyes on one of the most magnificent views on the Island - on clear days the distant coast of Nova Scotia is plainly visible from the patients verandas.

The Matron, Miss Conroy, is indefatigable in her attention to her duties and is greatly beloved by all in the institution. The Superintendent and Mrs. Garrison do not seem to be able to do enough for the comfort and happiness of the patients, and everyone about the institution is thus as happy and contented as circumstances will permit. There are drawbacks and inconveniences of course. There is as yet no telephone service, but arrangements have been completed for the installation of this necessary service within the next few days. Then the lack of proper connection with the railway and the city is a great hardship and additional expense. An automobile service between the institution and the city would prove of immense service and would be ap-

preciated by everyone. While the good weather lasts it is hoped as many people as possible will take the opportunity of visiting the Charles Dalton Sanatorium and seeing for themselves what this magnificent gift represents to the province.



Kellogg's TOASTED CORN FLAKES
10c
TRUST the children to know what is good to eat. Kellogg's is a warm favorite with them because they like the delicious crispness of the delicately toasted flakes. Mother knows that Kellogg's Toasted Corn Flakes are good by the way the youngsters thrive on them. They contain much of the nourishment that little bodies need, and their extreme digestibility makes them kind to little "tummies."
The only product made in Canada by The Battle Creek Toasted Corn Flake Co., Limited London, Ont.