

King Cole
ORANGE PEKOE
THE "EXTRA" IN CHOICE TEA

Health Literature
Supplied by the P. E. I. Red Cross Society

MALNUTRITION IN ADULTS

A person who is too thin is said to be malnourished and the condition is called "malnutrition." Malnutrition is not confined to children. The underweight adult shares the troubles of the malnourished child but the treatment of malnutrition in adults is as effective as it is in children.

The essentials for health are much the same as for children, namely:—

To remove physical, mental and social causes of ill health.

To take proper food at regular intervals.

To prevent over-fatigue.

To secure fresh air by day and by night.

To establish sufficient control to insure food and health habits:

CARE OF THE TEETH

When Dental Service in the schools was first established, all over this continent, the uniformity of the percentage of children with defective teeth in all of the schools was very interesting. In fact, the first surveys that were made resulted in the finding of from 85 to 95 per cent of the children with one or more cavities. However, this percentage, since dental services have been established in the various public schools has been materially reduced, but what is concerning us now is the cause of this early decay in the teeth and as far as possible its prevention.

The most careful cleaning and brushing of the teeth even after every meal will only help to control the decay, and in a limited degree prevent it. While there are tons of tooth powder and tooth paste and brushes of mouth washes used every year, yet teeth continue to decay and will continue until we have an intelligent appreciation of the role that soiled food and the properly balanced diet play in tooth decay.

In the first place we cannot have properly developed teeth unless our diet contains the elements essential for their structure, in as much as exercise is the ground of all development, and we cannot exercise our jaws and teeth on sloppy foods. Consequently, we must materially change both the consistency and the composition of the food of our children if we are going to improve this lamentable condition.

If we had been thinking a little more intelligently, we would have appreciated the fact that the vitamins and calcium-salts essential for the prevention and cure of rickets are also essential for the proper development of the teeth, and we would have known before this that a properly balanced diet plays a much more important role than the tooth powder in the prevention of dental decay.

However, to get the best results, we must begin our dieting with the exception mother, in as much as the teeth are fully formed in the jaw before birth, and it has been amply demonstrated that fat soluble A, and the water soluble B, vitamins are essential for the proper formation of the bony structure, and especially the enamel of the teeth, and should be present in the mother's diet from conception to the end of lactation.

In pyorrhea we have an inflamed condition of the gums similar to that in scurvy, and in fact many of these cases improve rapidly on a rich anti-scurvitic diet, although local treatment is usually necessary. However, with a properly balanced diet, containing the various food factors even the amount of pyorrhea would be reduced to a minimum. In fact a dentist can soon tell, after beginning operations on a child's teeth whether or not the diet is at fault, by the condition or texture of the enamel which is practically soft in the case of faulty diet.

Therefore if we are going to have properly developed jaws and properly constructed teeth the diet should be sufficiently soiled to afford sufficient opportunity for the development of the jaw through mastication and must provide a properly balanced diet to secure the proper development of the teeth.

Of the various articles of diet the one single article which is indispensable is milk. For the infant, mother's milk, if this is not available, then cow's milk must be substituted, and not only in infancy, but continued on through girlhood and boyhood.

In addition to the value of teeth the "ideal" diet for the mastication of food, which in itself ought to be sufficient reason for our seeing to it that they are properly cared for there is the danger of a septic infection, even in the child with diseased teeth; of recent years this has been found to be of considerable frequent occurrence. There is also considerable loss of rest, loss of sleep amongst our children as a result of decayed teeth. Many cases of lowered vitality, listlessness observed in young children have been traced to septic absorption from the teeth.

It is important to bear in mind that many of these diseases as a result of months of absorption only present themselves late in life, when the resistance of the body to these chronic infections becomes lowered, and the individual becomes a victim, through the survival of the invading hosts.

So that, the importance of the care of the teeth and regular examination of the teeth and mouth cannot by any means be limited to school children, but should be continued through life. Money expended in having the teeth examined at least every twelve months, and better, every six months, will give ample returns.

Unfortunately, the cost of dental care of the teeth has, in many cases, become prohibitive to the small wage earner, and therefore, provision has been made in the various hospitals in addition to the work that is being done in the schools, where free dental service is given or where service is given at actual cost of material used. Therefore, there is not much excuse for persons neglecting their teeth at the present time, and if they do, they are doomed to pay the penalty.

"And, mind this—no woman ever made a fool of me!" Who did then, dear?"

EATING WITH BRITISH ROYALTIES
BY "A LADY OF THE COURT"
(Edited by Elizabeth Craig)

(Copyright by Montreal Star news Bureau)

These recipes are taken from the old household "Scrap Book" started by Queen Victoria in 1831. To this book various members of the Royal Family have contributed directions for the preparation of their favorite dishes. Contrary to general belief, the meals of the British Royal Family are not elaborate. The recipes can be utilized by any Canadian housewife.

A SUPPER DISH 210 YEARS OLD

Half-boil cockles, as many as you will, open them with care, using the point of a knife. Take the white flesh of fowl, as much bacon and beef marrow, and cut these meats small, and then beat very fine on a marble slab in a mortar with a pestle. Season them with pepper, salt, and grated nutmeg, and mix with yolks of eggs and fill the cockles with the mixture, and stew in a little excellent meat juice or gravy for ½ hour along with some freshly gathered mushrooms and half as many pickled mushrooms. Beat up the yolks of one or two eggs, add to the gravy, stirring it constantly till thickened.

Season with salt then dish on a hot platter.

Note.—This was a favorite dish of the Duchess of Kent's.

SOUFFLE OF CHICKEN.
(As cooked for Princess Louise)
(Duchess of Argyll.)

Strip from the bones the whole meat of a chicken and pass it twice through a mincer, then pound in a mortar. Now rub through a sieve in order to separate all gristle and fibres. Add 2 or 3 beaten eggs, and 3 tablespoons fresh thick cream and mix well together. Season all with pepper and salt, and pour gently into a buttered mould and steam for 20 minutes.

PISH PASH:
A large boiling fowl;
½ teaspoonful of rice;
Pepper and salt;
A blade of mace.

Put half the fowl into spring water, about a quart, till the meat is in rag, then strain off the water, and to the liquor add the half fowl, cut up into joints, the rice, mace, pepper and salt. Stew gently till fowl is very tender and nearly all the gravy is absorbed, then remove the blade of mace and serve.

CHEKYS IN SAUCE.

To diet chekys in sauce take a whole chekyn—if for commons chopped, if for a lord use the whole chekyn—and boil in sweet broth of beef (good stock) with a quantity of wine, and when the chekyn is cooked enough take out of ye pot and bottle the yolkes of 4 eggs hard-boiled in a mortar with salt, and nutmeg, and along with good wine. Drain through a fine hair sieve and put thereto poudre of cloves, sugar, canelles, and a little veniger, and salt to taste, colour it with saffron. Then couche the chekyn on a dish and put the cyrup in dyshes and serve it with the chekyn.

Note.—Taken from the old cookery book belonging to the Princess, dated 1580.

ROYAL VENISON

Scrape off coating of flour, and wrap in an envelope of cotoyn (casing) of suet dough. Cover all with oiled paper, tied on with string, and place joint between a regular fire—very fierce. When cooked put off envelope and season with salt, sprinkle with a few particles of flour, and a large quantity of melted fresh butter, and brown as quickly as possible. Large joints of venison must be served highly flavoured.

VENISON STEW

Cut venison into small pieces, brown in hot butter in an earthen stewpan, then add ½ oz. each of mace, cloves, cinnamon, Jamaica and black pepper, and a whole nutmeg all finely ground, 1 pint of claret and simmer till tender when serve with snippets of toast.

NOTE.—Only the leg and part of the saddle of venison is served at Royal tables. Venison should be kept a long time before cooking. Before "Hanging" it should be well dredged with flour to keep flies away.

KING EDWARD'S STEAK AND KIDNEY PUDDING

Cut 3 lbs. of very lean beef into small pieces one-third of an inch thick. Season with salt, pepper and nutmeg, some bay leaves, one laurel leaf, a little finely chopped onion and parsley, and a small pinch of thyme and sage. A hint of garlic is permitted. Take a pudding of suet dough made in the Royal Suet Pudding Recipe, and garnish the bottom and sides of the basin with the slices of beef, in the middle put 1 lb. of beef, mutton, or veal kidney, cut up and seasoned like the beef. Add just sufficient water to cover meat. Close up basin with a layer of the same suet dough, punching it together with the lining all round the basin to make it adhere closely, after brushing the edges with water. This done cover the basin with a butter and flour-dredged napkin, tied round beneath the lip of the basin with a string. Cook for five hours in boiling water, then remove napkin, pin a fresh round and serve as it stands on a plate.

ROYAL SUET PUDDINGS
(Found in connection with King Edward's Steak and Kidney Pudding)

Fresh suet chopped up very finely.

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Physical Defects

Defects of the nose and throat may lead to a host of other troubles such as bronchitis, rheumatism and heart disease. Neglected teeth may do the same thing and in addition prevent thorough chewing of food which is necessary to good digestion.

Flat feet may have a far-reaching effect. They cause pain in the legs, knees and joints; also back ache. The victims become unable to stand on their feet for any length of time, and are obliged to give up exercise and many activities essential to good health. Ill health and weakness lead to the fatigue posture, which gives the appearance of old age. This leads to the sinking down and displacement of the internal organs—and the ill which accompany it.

Eye strain causes improper posture, and is the cause of many wearing headaches. Pallor—loss of color—is one of the signs of ill health. Beauty and illness seldom go together, and the glow of health is rightly accounted one of the most significant signs of "good looks."

Food Habits.

The work of our bodies is affected by our health habits. Our activities and our relationship to others are controlled by the habits we have formed. Even a watch does better when it is regularly wound. Our lives are much more satisfactory to our minds when they are founded on fundamental habits have been formed against a background of a wholesome, same, well controlled home life.

Bad food habits wreck many lives. Children who are indulged and catered to at home find hardships awaiting them when they grow up and are obliged to deal with the impersonal management of hotels, boarding houses, restaurants and lunch counters. As a part of our lives that takes attention at least three times a day, and that can reduce our efficiency almost to nothing, food habits deserve more than the casual consideration we now give them.

Past eating is not confined to childhood. Many adults need to have someone take them in hand and help conquer the habit of rushing through a meal, washing down with liquid, and food that does not indigest a breakfast pace.

Health Habits

It is the same way with the health habits of people. Some "door minded," and shut themselves away from refreshing air. Overheated houses and offices bring them to a state of mind that shuts down the windows and places rugs under doors for fear that a little air may be felt." Exhaustion, nervousness, and headache with this loss go the delights of the bath and rubbing down after active exertion. When baths are taken merely for the purpose of keeping clean, one has cut himself off from the best forms of one of the pleasures of life.

There is a general surrender to habits of ease and indulgence, until it is believed that middle life is a series of pitfalls, from which health can be restored only by the aid of drugs and doctors. It is easy to degenerate into the sedentary life and gradually make surrender to other agencies as time goes by. The woman of sixty, who can touch her toes, and still has the measurements of eighteen, and the man who has not varied a pound in weight since he began to train in college over thirty years ago seem unnatural exceptions rather than the ordinary course of life.

Over-Fatigue

Over-fatigue as a habit is very common. Many people never know what it is to be free from it. Many seem to seem to take a foolish pride in keeping "keyed up" as long as possible. Women will boast that they never have time to lie down during the day.

Scientific management is showing the increased production possible under proper conditions of alternating activity and rest. We are apt to try to crowd too much into a particular period. Breakfast is rushed, and often too scant. The forenoon is a time of crowded activity without relief. We come to the noon meal under strain, and either eat more than we can possibly digest, or take too little, because we feel faint and tired. The afternoon is another breathless race, relieved by spells of heaviness which we resent, and so suffer the more. Dinner is almost sure to be a time of overheating and the evening has its own conflicting interests.

When the bed is reached one does not feel sleepy, and the drop light is so handy that it presents an invitation to form the pernicious habit of "reading himself to sleep." The night is a troubled one, and the next day opens with still less balance on the health, strength and endurance account.

"Canadian Red Cross Magazine"

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ROYAL SUET PUDDINGS
(Found in connection with King Edward's Steak and Kidney Pudding)

Fresh suet chopped up very finely.

Allow 1 lb. of chopped suet, and ½ oz. salt to 1 lb. sifted flour. Moisten with sufficient water to make a thick paste. Cut the paste into portions weighing about 1 oz. each and roll into balls. Put these into a sauce pan containing boiling beef liquor, and allow to cook for 1½ hours. Drain the dumplings and arrange round the meat. The same paste should be used for covering meat puddings.

PASTRIES, PASTIES, PYES

Some Notes and Remarks on the making of Pastry which were given to me by the Baroness, and by others.

Pastry is best when made upon a marble slab or table.

Cleanliness is essential.

The flour should be of the finest quality.

The butter should be very fresh and slightly salted.

Lard can be used with the butter in quantity, according to taste.

PUFF PASTRY.

Weigh out equal quantity of butter and flour, just as much as you require. Mix a little of the butter into the flour with the fingers, then add as much water, using as little as possible, as will make a stiff but light paste. Roll paste out on a floured board and slice the remainder of the butter all over it. Fold in three and roll out, then touch it no more than can be avoided.

SHORTCAUST

Rub 2 ozs. butter lightly into 1 lb. of flour, and mix to a paste, using as little water as possible. Roll it thin on a floured board and use as required. Bake in a moderate oven.

There are many points to remember in making pastry. In the richest crust the quantity of butter should never exceed the quantity of flour. For ordinary pastry half the weight is sufficient. Some people prefer that the butter be mingled with a small quantity of fine lard—arguing that the latter adds to the lightness of the pastry. Pastry should be baked in a "quick" oven and should be slightly browned. Pies should have an air hole in the centre of the pastry. Eggs may be added to enrich the pastry, but liquids of other sorts must be avoided or used most sparingly.

AN EXCELLENT BEEF STEAK PIE

Take the under cut of a tender sirloin of beef, and cut into suitable pieces for a beef steak pie. Season with pepper and salt, dip in flour, put a layer of prepared steak in the bottom of a pie-dish with their liquor on top, and keep on with the layers till the dish is full. Then add some freshly-made gravy, and one or two slices of fresh butter, and cover dish with puff paste, lining the inside edge of the rim and the rim as well. Bake quickly until crust has risen, then slowly in all for about 2½ hours for a decent-sized pie.

PIGEON PIE

(In Queen Victoria's Hand-writing)

Cut off the pinions and necks of pigeons, season both inside and out with pepper and salt, then put a piece of fresh butter in the belly of each bird. Place a tender runner steak at the bottom of the dish, lay the pigeons upon it, place the necks, pinions, gizzards, livers, etc., in the centre. Cover the whole with rich shortcrust and bake.

PIE A LA DON PEDRO

3 or 4 lbs. finely mashed potatoes. Loins of mutton.
4 slices of raw ham.
A sprig of parsley.
4 onions.
Butter.
Pepper and salt.

Divide mutton into cutlets. Cut ham into small squares and fry

very lightly in a stewpan, remove lard, brown beef and sliced onion in lard fat without burning, then remove also. Now add cutlets and cook, turning frequently till brown, adding a part of butter if there is not enough ham fat to sear them. Return onion to pan, add a sprig of parsley, and a very little salt, and pepper. Add just enough water to keep meat from burning and simmer slowly till tender when large potatoes ready boiled in salted water and finely mashed. Add fat and finely mashed. Add a little milk, heated till creamy, put meal with ham, onions, and gravy in a piedish, cover with the mashed potato, dab with bits of butter and bake till crisp and golden on top.

DUKE OF SUSSEX'S PIE.
(In Queen Victoria's Hand-writing)
BIG DUCK PIE.

Bone a fowl, and a very large duck, wash them and season with salt, pepper, allspice, and mace. Boil a fowl in 1 ½ oz. butter, first melted. Shake in 3 tablespoons of flour, add a dozen freshly opened oysters, and their liquor, a little vinegar and mushroom sauce, a little chopped onions, a piece of bay and laurel leaf to taste.

Turn into a piedish and leave till cold when cover with rough puff pastry, make a hole in the centre, brush lightly over the top with beaten egg, but do not allow egg to touch the cut edge of the pastry.

POTTED BIRDS

Birds, mace, allspice, whole pepper, butter.

Clean the pigeons or any other small birds, and season them inside and out with salt, ground allspice, and ground peppers. Rub every part well with seasoning. Then lay breasts downwards, in a pan, and pack the birds as closely as you can. Spread thickly with butter, cover with a wet paste, cut into joints for serving and pack closely into potting pots which somewhat resemble casseroles. Try to allow no space between the joints. Cover deeply with melted butter. The butter that has been used for covering potted birds can be used for basting or for paste for meat pies.

SMALL BIRD PIES

(A dish of Larks, Sparrows and Blackbirds.)

Make some mutton broth from lean mutton, allow to get quite cool then skim off all fat. Now par-boil prepared small birds in slightly salted water, then put them in a pipkin, cover with mutton broth, add a blade of mace, and whole pepper, marigold leaves, barberries, rosewater, and mary-bones or sweet butter. Place lid on pipkin, cover birds till tender, then lay them on sippets of toasted bread, on top a slice of grilled bacon, beside an oyster. The oyster could have the bacon wrapped round it and the two grilled together as for Angels on Horseback. Allow one slice of bacon and one oyster to each bird.

Soppe: a slice of hot buttered toast with the crusts removed.

CHEVRETTES OF REEF.

To make chevrettes of beef take good beef and cut it down into small portions, and add thereto powder of ginger, cloves, and all other spicy powders, dried grapes, verjus, saffron and salt and the

meshed too closely in a woman's charms—or arms—as being "Like the dwarf in the pie."

There is another story—of an Animated Pye incident which runs like this—it is supposed to have taken place at an entertainment given by Henry VII. "Avast dish, broad and deep, filled with good custarde was carried by strong men and set upon ye table, and when the courtiers were busily engaged in gulping down the food the King's Jester jumped into the custarde and swam therein, bespattering the lords and ladies to their high delight and entertainment." It is more likely that this was the incident Shakespeare referred to in "All's well that ends well," in the following passage—"You have made shift to run into—boots, spurs, and all, like him that leaped into the custard."

ANIMATED PYES

(Notes made out of an Ancient Book by myself.)
(Victoria, 1835.)

No Coronation or great Royal Feast was complete in the old days without an "Animated Pye."

As the name suggests this pie contained living things such as thrushes, blackbirds, hares who escaped help-seller when the imprisoning pastry was cut.

But the "Animated Pye," which history relates was served at the Coronation banquet of King Henry VII, contained even a more exciting filling. When the moment arrived for what was given out as "A goodly Custarde Pye" to be served, a tremendous dish, broad and deep, was carried in by four strong men, rickie clad in red and gold, who placed it upon the king's table. His Majesty cut the first slice when, lo and behold! out flew fifteen pigeons, followed by an ugly hunchback! "Whereupon the lords and ladies laughed mightily."

This custard pie incident is introduced in the play "All's well that ends well," and the story provided a favorite joke for Queen Elizabeth and her courtiers who often described a man who was en-

PAYN PUFF
(A favorite of Queen Mary I. of England.)

Take male marrow. Take therefrom the fat, add thereto powder of yngor, sugar, the yolkes of six egges, minced dates, raisens of Corance, then stew all slowly in a pottle. Make goodly cofyns of pastrie and when the mass is cooked place in pastrie and serve.

Note.—Male Marrow—Marrow bones.

Raisens of Corance—currants (raisins of Corinth.)

Cofyns of Pastrie—pastry cases. I should advise mixing the fat, dates, curants, sugar and ginger to taste first in a double boiler. Stir slowly for a few minutes then draw pan to the side, add egg yolks, stir till thick and fill into little pastry cases. This sounds like the forerunner of mince pies.

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