

Cuticura

Keeps Your Skin Fresh And Clear

The Soap cleanses and purifies the pores, the Ointment soothes and heals any irritation, redness or roughness.

Treatment:
On retiring: smear the affected surface with the Ointment on end of finger. Wash off in five minutes with Cuticura Soap and hot water. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations.

Soap 25c, Ointment 25 and 50c, Talcum 25c. Sold throughout the Dominion. Canadian Depot: London, 344 St. Paul St., W. Montreal: Cuticura Soap shaves without razor.


Many People Wonder

Why it is that glasses are worn more commonly in the present generation than in the past. Some say that the race is deteriorating, some that is for style, but the real reason is that our modern civilization requires the eye to do more work than was even the case before.

Consequently, the eyes, if in the least defective, may give you a lot of trouble though in reality they are no worse than those of your grandfather who did not wear glasses till he was an old man.

If you feel the least symptom of eyestrain, remember that it is nature's warning to you and consult us at once.

G. F. Hutcheson
Optometrist



100% PURE

Purity beyond a question Suits your taster and digestion.

STEWART'S Cream Bread

Your Staff O' Life

Professional Cards

MacDonald & McPhee
B. A.
L. A. McDonald H. F. McPhee
Barristers, Attorney, Etc.
Money to Loan
Riley Building, Charlottetown

J. D. STEWART, K. C.
Barrister and Solicitor, 84 Great George Street
Solicitors for the Union Bank of Canada

Dr. C. C. Archibald
Graduate on N. Y. Post Graduate Medical School and Hospital
Practice limited to Eye, Ear, Nose and Throat
Office Baver Building, Great George Street, Opposite Guardian Office
Telephone 850-J.
Office Hours—9 to 12 a. m. 1 to 4 p. m.

S. S. HESSIAN
Barrister, Solicitor, Notary Public Etc.
MONEY TO LOAN
Montague P. E. Island

W. Miles Garrison
A. B. M. D.
Pulmonary Tuberculosis Specialist
120 Brighton Road, Charlottetown
Gas Treatment in Selected Cases

Mark R. McGuigan
B. A.
BARRISTER, SOLICITOR, ETC.
Money to Loan
Cameron Block
Charlottetown, P. E. Island

Palmer & Palmer
H. J. PALMER, K. C.
Barrister, Etc.
Money to Loan
Bank of Nova Scotia Building
Charlottetown, P. E. I.



Mabel Russell, actress, is shown arriving at Westminster to take her seat in the House of Commons for the first time. She is the third woman member of the present parliament.

BOILING AND SIMMERING

Although boiling is one of the simplest methods of cooking meat, it is one which often means with failure. Instead of a tender joint or all of juice, a piece of meat both tough and tasteless will be served. Boiling is better suited to large joints than to small ones; in fact, nothing under three or four pounds should be attempted. Lean rather than fat meat is suitable for boiling.

The boiling point of water, under ordinary atmospheric pressure—sea level—is 212 degrees Fahrenheit; this point changes according to the altitude. When bubbles form on the bottom of the saucepan, come to the surface and rupture quietly, the water is simmering. At this point the water should register 180 degrees Fahrenheit, and it is at this temperature that we make soups and cook meats. It is only when the thermometer reaches 212 degrees, and the water is in rapid motion, that it can be called boiling water.

However rapidly the water in a vessel boils, vegetables or other foods do not cook more quickly. We find also that absolute boiling or bubbling of the water is not necessary in order to cook some foods. Vegetables containing woody fibre to be softened require the boiling point, while eggs and meats of different composition will cook more perfectly at a lower temperature. To extract flavors and juices of meats to the fullest degree, divide the substance finely, to expose as much surface as possible to the action of the water. Soak first in cold water, then heat the whole slowly and hold below the boiling point until the end is gained.

When water is used only for the purpose of conveying heat, let it be boiling hot when the food is put into it. Even then some of the solids in the food will be dissolved in the water and so lost unless the water is used afterward. In some cases, as in strong-flavored vegetables, this may be a desirable loss. Rapid boiling in water tends to dis-

WOMAN SICK TWO YEARS

Caused by Troubles Women Often Have—Relieved by Lydia E. Pinkham's Vegetable Compound

Medina, New York.—"I had a great deal of trouble such as women often have, and this affected my nerves. For over two years I suffered this way, then I read in the Buffalo Times about Lydia E. Pinkham's Vegetable Compound and have taken it with very good results. I am very much better and feel justified in praising the Vegetable Compound to my friends and neighbors who suffer from anything of the kind."—Mrs. Wm. H. ADKINS, 311 Erin Road, Medina, N. Y.

Feels Like Girl Sixteen
Rochester, N. Y.—"After my twin girls were born I was all run-down. My neighbors thought I was going to die. I saw your advertisement in the paper and bought Lydia E. Pinkham's Vegetable Compound. The first bottle helped me and I kept on taking it. I only weighed ninety pounds when I began taking it, and I have gained in weight and feel like a girl of sixteen. I never can say enough for Lydia E. Pinkham's Vegetable Compound."—Mrs. NELLIE DORRY, 16 Skuse Park, Rochester, N. Y.

WATCH OUT

There is a rather cruel deception being practiced on women who desire Palmolive Soap. Common soaps are shaped and colored like it. Some are given names which sound like Palmolive. But they offer you nothing of what you seek, which is benefit to your complexion.

Palmolive has won millions of users by its remarkable aid to beauty. The demand has spread almost the world over—wherever beauty lovers exist. Its unique results have made Palmolive the world's leading toilet soap.

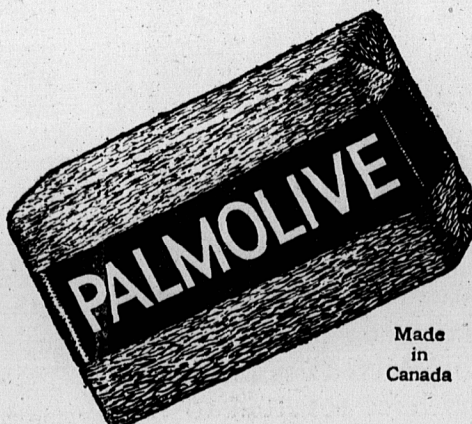
What you prize in Palmolive is the skin effects which ordinary soaps never brought you. Then don't be cheated of them. Don't let somebody make you think that a like-looking soap is Palmolive.

Another value you get in Palmolive is a 25-cent quality for 10 cents. That is due to enormous volume.

A beauty soap—a scientific toilet soap for 10 cents is unique. You are cheated of that extra value when you get an imitation. Nothing in all ages has compared with a blend of palm and olive oil for skin beauty.

Never in a soap has that blend been perfected as it is in Palmolive Soap. That is why it won supreme place with beauty-loving people.

Be sure you get it. Look carefully at the name and the wrapper. Otherwise an ordinary soap may be substituted, and you will think that Palmolive has deteriorated.



PALMOLIVE

Made in Canada

THE PALMOLIVE COMPANY OF CANADA, Limited
WINNIPEG, MAN. TORONTO, ONT. MONTREAL, QUE.

Note carefully the name and wrapper

Palm and Olive Oils—nothing else—give nature's green color to Palmolive Soap

WHY NOT INSURE YOUR CHILD NOW

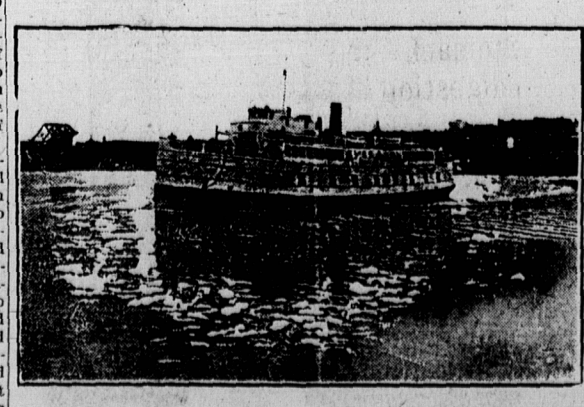
The life of Jackie Coogan, the film star is being insured for \$100,000. He is the world's smallest heavy wage earner and the youngest millionaire to acquire a fortune by his own personal efforts. Jackie's juvenility is one of his greatest assets as a film star. Jackie Coogan has created an opportunity for himself which will be his no matter how fickle popular fame and fortune prove.

Life Insurance for Children

Life insurance for children is an opportunity to make a safe future, and this an increasing number of parents are realizing. The advantages for policies for children are manifold, and the low cost at which the policy can be acquired is attractive. The father can pay for the son's insurance until earning is commenced by the boy, who then shoulders the light financial burden. It will teach him thrift. It will give him an estate at an age when money is most needed. It will provide for his wife in the event of death. He will be a Canadian citizen of means and character and a benefit to the Dominion.

AGENTS WANTED

MEN AND WOMEN to travel and appoint local representatives. Yearly guarantee \$1092 (weekly average \$21.00), and expenses, commission besides. Write for particulars to Winston Co., Dept. W. F., Toronto.



which recently inaugurated a ferry motor transport service between Bellingham, Wash., and Victoria, B. C., is the first motor driven vessel of its kind to be used on the Pacific and the first of its kind to be added to the Canadian Pacific Fleet. Driven by twin diesel engines which give it a speed of 14 knots, the vessel has a capacity for fifty automobiles and two hundred and fifty passengers. The room, observation rooms and passenger quarters is that of a miniature liner.



THE NEW CANADIAN PACIFIC "MOTOR PRINCESS."

decks, the after portion of the lower being pictured above. A smoke room, restaurant dance floor ladies' room, observation rooms and passenger quarters is that of a miniature liner.