

HELP YOURSELF TO HEALTH

H. K. Kellogg



Takes pep to send them sizzling 'cross the net!

OVER the net it zooms! Nicks the line—an ace! Takes pep to smash those scorching drives across! Punch and pep in racquet and wrist! Pep from head to toe!

PEP peps you up. Puts you on your toes! A ready-to-eat cereal. With a delicious flavor.

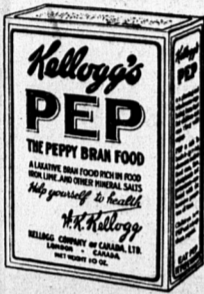
PEP is rich in nature's life-building elements. Brings health. Builds strength.

PEP contains bran—is mildly laxative. Helps to prevent constipation.

PEP'S fine for children—and they love its flavor! PEP promotes natural, regular habits. Puts roses in their cheeks. Fills them with ruddy health.

PEP brings the pep of hearty health! Serve it tomorrow. Your grocer has PEP!

the peppy bran food



Kellogg's PEP

JENKINS & SON

Dealers For

ALL-BRAN-PEP AND CORN FLAKES

Sour Stomach

"Phillips Milk of Magnesia" Better Than Soda

Instead of soda hereafter take a sour, acid, gassy stomach, and little "Phillips Milk of Magnesia" in water any time for indigestion relief will come instantly.

For fifty years genuine "Phillips Milk of Magnesia" has been prescribed by physicians because it overcomes the stomach as a saturated solution of bicarbonate of soda, leaving the stomach sweet and free from all gases. It neutralizes acid fermentations in the bowels and gently urges the souring waste from the system without purging. Besides, it is more pleasant to take than soda. Insist upon "Phillips". Any drugstore.

In Memoriam

Miss Sarah Nicholson In the early evening hours of Tuesday, March 9th Miss Sarah Nicholson a very highly esteemed resident of Hazel Grove passed peacefully away at the home of her sister Mrs. Edward McNevin at the age of 75 years.

The deceased had been in failing health for some time so that the coming of the end was not unexpected. At times she was much distressed under the suffering her supply of reserve energy grew gradually less until on the above mentioned date her gentle spirit winged its heavenly flight.

Miss Nicholson was one member of a family of one brother and four sisters. The brother was Mr. Alexander Nicholson, Hunter River and the sisters besides the deceased were Mrs. Philip Pothick, Concord, N.H. Mrs. Malouin McDonald, Bonshaw and Mrs. Edward McNevin, Hazel Grove. The only surviving member of the family now is Mrs. Edward McNevin.

For some years Miss Nicholson lived with her sister Mrs. Pothick, Concord, N.H. and later came to make her home with Mrs. McNevin. She was a lady of fine christian

character and very much admired by all who had the pleasure of knowing her. Although at times she was a great sufferer yet she very seldom murmured. She often longed to go to her long home but if to "wait until the shadows were a little longer drawn" was the Father's will she was ready to "meekly wait and murmur not". Death had no terrors for her. She quite frequently spoke of the joy she found in the Savior's presence and how that she longed to be forever with Him. Her passing was one of sweet peace.

The funeral which was a large one was held on the afternoon of Thursday, March 11th. The service was conducted by Rev. R. H. Stavert. The pallbearers were Messrs Frank Bagwell, Leslie Weeks, Garfield Stevenson, Nelson Gamester, Hammond Bertram and Roy Ferris.

Interment was in the Hartsville Cemetery.

Honor Roll. PLEASANT VALLEY SCHOOL The report for the month of March is as follows: Grade VIII (Sr.)—1. Bertha Stevenson. Grade VIII (Jr.)—1. Isla Weeks 2. Alex MacDowell 3. Ruby Smith. Grade VI—1. Alice Weeks 2. Phoebe MacSwain 3. Mae Smith. Grade V (Sr.)—1. Claude Smith 2. Ervin Buchanan 3. William Hlekox. Grade V (Jr.)—1. Evelyn MacLure 2. Elizabeth Mackay. Grade III—1. Donald MacKay 2. Marlon Stevenson 3. Melburn MacDowell. Grade II—1. Ada Stevenson 2. Miller Weeks 3. Gerald Smith. Grade I (Sr.)—1. Olive Buchanan 2. Louis Weeks 3. Olive Hlekox. Grade I (Jr.)—1. Jessie MacSwain 2. Charles Smith. Perfect Attendance: Alex MacDowell, Phoebe MacSwain, Ervin Buchanan, Donald MacKay, Melburn MacDowell, Marlon Stevenson, Olive Buchanan, Louis Weeks, Jessie MacSwain, Ada Stevenson, Elmer Buchanan, Lewis Haslam, teacher.

N. ST. ELEANOR'S SCHOOL. Honor Roll of N. St. Eleanor's school for March: Grade X—1. Frances Wright; Grade IX—1. Wylie Barrett; 2. George Compton; 3. Catherine Compton; 4. Margaret Compton. Grade V—1. Charlotte Muirhead and Gertrude Arsenault; 2. Benjamin Andrew; 3. Mary Rogers; Harlan Inman. Grade III, sr.—1. Helen Arsenault. Grade III, jr.—1. Wyman Yeo. Grade II—1. Mabel Andrew; 2. George Andrew; 3. Hope Compton; 4. Hubert Muirhead. Grade I—1. Alice Andrew; 2. Wanda Yeo; 3. Edmund Arsenault. Teacher, Gertrude Suntain.

Central Guardian

LADIES TAILORED Fugi silk and Broadcloth blouses Hip low neck Prowse Bros Ltd 8460

COME TO WHEATLEY HALL TONIGHT a good time is assured. 8467

LADIES RIBBED Silk hose, only a limited supply. Regular \$1.75 for \$1.00 Prowse Bros Ltd 8460

CAVENDISH SERVICES—There will be service in the United Church, North Rustico, on Sunday April 4th at 11 a. m. and in Stanley at 3 p. m. The young Peoples Group will meet at the home of Mr Milton McKenzie on Friday evening at 8 o'clock.

IF YOU DON'T KNOW HOW TO LAUGH, come to Wheatley Hall tonight. 8467

JUST ARRIVED—A very Special Bargain in Ladies Silk hose all newest shades \$1.50 Value for .75 Prowse Bros Ltd 8460-41-21

FUNERAL TODAY—The funeral of the late Mr. Benjamin Newson (Sr.) of Kingston, aged 85 years, will take place this Thursday afternoon at 2 o'clock. Interment New Wiltshire cemetery.

IMPORTANT LECTURE TONIGHT—Dr. J. Wendell McKenzie who is to lecture this evening at the Caledonian Club is comparatively new to the lecture platform in this province, but is a noted specialist in his profession. He will discuss "Some Recent Medical Discoveries" and this at a time when a new interest is being manifested in Red Cross work in this province should prove particularly attractive to laymen interested in public health.

PERSONALS

Mr. John A. McDougall and son, Gordon, Argyle Shore were visitors on the city yesterday.

Miss Vera Trainor, Tyrone is in the city attending the Teachers' Convention.

Miss Ethel Hynes, Mill View is in the city attending the Teachers' Convention.

Miss Marguerite Gordon and Miss Jessie Mustard, of Cardigan Head, are visiting Miss Annie Walker, city.

Mr. Albert McKenna, Newton, was a visitor to Charlottetown yesterday.

Miss Jessie D. Buchanan, Ocean View, is in the city, attending 'Ye Olde Time' Fiddler's Contest, and is the guest of Mrs. John MacLeod.

Mr. John P. Flood, teacher of Green Bay, was a passenger to the city Monday evening to attend the teachers convention.

Mr. Thomas Carragher of Green Bay returned to the city Monday to resume his duties in the Legislature.

The Misses Georgie Stewart, Kelvin; Winnifred McDonald, South Freetown; Irene Seaman, Darlington; Muriel Bowen, Cape Traverse are attending the Teachers' Convention being held in the city this week.

Acid Stomach Is Dangerous

Sufferers From Indigestion or Stomach Trouble CUT THIS OUT

"Stomach trouble dyspepsia, indigestion, sourness, gas, heartburn, food fermentation, etc. are caused nine times in ten by chronic acid stomach," says a well known authority.

Burning hydrochloric acid develops in the stomach at an alarming rate. The acid irritates and inflames the delicate stomach lining and often leads to gastritis accompanied by dangerous stomach ulcers. Don't dose an acid stomach with peppin or artificial digestants that only give temporary relief from pain by driving the sour, fermenting food out of the stomach into the intestines.

Instead, neutralize the acid with a little hot water and Bisaurated Magnesia and not only will the pain vanish but your meals will digest naturally. There is nothing better than Bisaurated Magnesia, to sweeten and settle an acid stomach. It soaks up the harmful excess acid much as a sponge or blotting paper might and your stomach acts and feels fine in just a few minutes. Bisaurated Magnesia can be obtained from any reliable druggist in either powder or tablet form. It is safe, reliable, easy and pleasant to use. It is not a laxative and is not at all expensive.

An Ounce of Performance is Worth a Ton of Complaint

You will have no cause to complain if you fortify your system against April's damp and changeable weather by taking Wampole's Emulsion of Cod Liver Oil.

We recommend it as the best spring tonic in two size bottles. Get a bottle to-day at Harold L. Worthy DRUGGIST

STOCK QUOTATIONS

HALIFAX, March 31.—Quotations furnished by Johnston and Ward, Members of the Montreal Stock Exchange:

Table with columns for stock names and prices. Includes items like At. Top. and Santa Fe Ry., Am. Can. Co., Am. Car and Fdy. Co., etc.

Table with columns for wheat prices. Includes Wheat—May, 161 1/4; July, 137 1/4; Sept. 132 1/4, etc.

Minard's Liniment relieves headache.

That Car of Yours

Heart-to-Heart Talks With Automobile Owners and Drivers on How to Get the Most Out of Their Cars at the Least Expense.

By WILLIAM ULLMAN

TRACTION VARIES BRAKES

So much progress has been made with four-wheel braking systems that it is possible to stop the car suddenly with the hands off the steering wheel and with the car keeping a perfectly straight course during the process. Being sealed against the elements, and operating on principles that insure perfect equalization, such braking systems continue to provide perfect safety, but only so long as traction is the same on all four wheels. If one tire happens to be rolling on a bit of wet pavement when the brakes are applied suddenly that wheel is apt to lock with the best braking system in the world. Chains on the rear wheels also cause variation in braking efficiency.

BETTER USE TWO MIRRORS

In addition to the rear-view mirror, many car owners now are using an additional mirror to give a side-view. The purpose of this is to show up the car that is just in the act of passing. It cannot be seen in the rear-view mirror. This feature is standard equipment on one new make of car.

CAR SHOPPING POINTER

Ease of steering is very closely related to the contour of the road. A crowned road will make the car seem to steer harder than a perfectly level one. In shopping for a new car it is important to test the steering under adverse conditions and to avoid being satisfied with a demonstration that may simply be evidence of easy steering under easy circumstances.

ON THE WINNING SIDE

Aside from being a source of satisfaction a clean, well-wared for car is also an excellent argument in its own favor when he has been involved in an accident. It is like being able to hand out your card showing that you are some high mogul locally. When witnesses and the police view the wreckage of two conflicting automobiles it is natural for them to assume that the mud-splashed, rusty, rattling one was in some way or other the cause of the

VETERINARY DOCTORS

use and recommend Minard's Liniment. Splendid for sprains, bruises, cuts, chafes, swellings.



J. Lester Douglas 39 QUEEN ST. CHARLOTTETOWN P. E. I.

Wholesale Produce. Potatoes a Specialty. Car lots only. Sharples Cream Separators for Sale. Extra parts on hand. Write or Phone 798 or 938.

trouble. The owner of the well-cared-for car always gets the benefit of the doubt.

WORN GEAR DIAGNOSIS

Difficulty in shifting into second gear from low may be indication of transmission wear, if the clutch is not dragging or if it does not spin freely enough to allow what is known as "double-clutching." The trouble usually is due to a worn hub of the second speed sliding gear. When it is pushed backward into contact with its mate on the countershaft of the transmission it tips slightly, thus refusing to mesh until the car is nearly at a standstill. It is an easy matter to determine this. Remove the cover of the transmission and inspect the gear.

HELP GREASE THROUGH

One way to help grease find its way through the spring bolts is to spread the forks of the spring shackles apart with a stout stick while pressure is being applied to the grease gun. This provides opportunity for the grease to find outlets. It will also obviate the annoyance of having grease work out of one particular point, which usually is on the side of the bolt nearest the grease gun. For a thorough greasing, it is necessary to force grease all the way through the bolt.

FREES "FROZEN" TERMINAL

If it is desired to remove one of the battery terminals and difficulty is being experienced in doing the job, place the screwdriver in between the jaws of the terminal and then wedge them apart. If the nuts have been loosened properly, the terminal will slip off the post with little difficulty.

LETTER OF SYMPATHY.

Mrs. Colin Campbell Dear Sister We your sister members of the W.M.S. extend to you our heart felt sympathy at this time when you have been called upon to go through "Deep Waters" and this time the call

BEECHAM'S PILLS - Safest and best family medicine - The Nation's Laxative

Rinso - The new kind of soap - makes a new kind of washday. Includes illustration of a woman washing clothes.

The Glorious Years 7 to 17. Illustration of a boy riding a bicycle.

SOME fathers seem to want to make boys men before their time. Don't you make that mistake. He'll be a boy only once in his life. Get him a C.C.M. Bicycle now, when he wants it most, now while the active, roving, boy spirit in his young body is craving for fun, exercise and adventure. Now, in the glory of his boyhood years!

Bicycling is a Wonderful Body Builder

A C.C.M. Bicycle will develop your boy physically. It encourages him to get out into the open air, out into the country. It encourages him to develop his muscles, and the vital organs which are in effect the "engine" of his body. It builds him a strong constitution.

You make no mistake in choosing a C.C.M. Bicycle. It will last him all through his boyhood. The C.C.M. is the wheel with the Triplex Hanger, the Hercules Brake—the little fellow with the giant grip—and the Gibson Pedals. Ask your boy about these exclusive features of the C.C.M. He'll tell you.

Take Bill or Jack to see the new models at the nearest C.C.M. dealer's. There is one with a curved top bar that will fit him while his legs are short and grow with him by adjusting the saddle and handle bars. The dealer will be glad to explain the easy payment plan.

C.C.M. Bicycles. RED BIRD—MASSEY—PERFECT CLEVELAND—COLUMBIA. And Joycycles for Children. C.C.M. Triplex Hanger Gives More Power.

You Can Get Your C. C. M. Wheel at HOLMAN'S Charlottetown and Summerside

Brace, McKay & Co. Ltd. Summerside, P. E. I. AGENTS FOR C. C. M. BICYCLES. Write us for Catalog and Prices.

Indigestion and Bilious Spells



Mrs. Kempton Crocker, Hantsport, Bishopville, Kings Co., N.S. writes: "My husband suffered from kidney and liver derangements and laid back for two years. Nothing seemed to help him. We read in Dr. Chase's Almanac of Dr. Chase's Kidney-Liver pills and he tried them. By the time he had taken two boxes he was quite well again."

PERHAPS it has never occurred to you that your troubles from indigestion are really caused by torpid liver action and consequent constipation of the bowels. Stomach tablets and lotions sometimes afford temporary relief but they do not get at the cause. Dr. Chase's Kidney-Liver Pills positively remove the cause of trouble by their direct and combined action on the liver, kidneys and bowels. A single box will convince you of their efficiency. Dr. Chase's Kidney-Liver Pills 35 cts. a box, all dealers or The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Canada

Minard's Liniment for frost-bites.