

HEALTH RESTORED "FRUIT-A-TIVES" OVERCOME STOMACH AND LIVER TROUBLE



"For three years I suffered with biliousness, liver and stomach trouble and I had severe pains and a choking feeling at times. Since taking 'Fruit-a-tives' I have been completely relieved of these troubles. I can faithfully recommend 'Fruit-a-tives' to any one suffering from liver and stomach trouble, as I was."—Mrs. Albert Lafleur, Labelle, (Co. Labelle), Que.

Gleanings From Tryon And Vicinity

Mrs. John Dawson, North Tryon, motored to O'Leary on Tuesday, Sept. 14th on business. Master Clarence Crossman, Tryon, son of Mr. and Mrs. Fred Crossman went to Summerside on Wednesday for the purpose of having his tonsils and adenoids removed.

Messrs Windsor and Elmer Cameron, their mother, Mrs. Ryerson Reid and Mr. Scott McQuarrie left on Monday morning for Boston. The Camerons and Mrs. Reid have enjoyed a very pleasant holiday at their old home in Victoria.

Mr. Russel Howatt and Mr. Victor Howatt motored to Summerside on Monday, Sept. 13th on business.

Captain Johnson Lord arrived at Victoria on Monday morning from Charlottetown enroute from Gaspé with cedar posts and plank for Mr. Edward Boswell.

Mr. H. A. McPhee was very much alarmed to find on a previous morning that during the previous night a valuable female fox had escaped from his ranch. Everyone should be on the lookout in order to assist Mr. McPhee in rescuing his fox.

Mr. and Mrs. Lorne Lea, spent a very pleasant three weeks holiday at Victoria, at the home of Mr. and Mrs. Max LeGardey of North Tryon. Mrs. Lea's father, Mr. Jabez Lea, they left this week on a return trip to their home.

What might have been a very serious drowning accident occurred on Wednesday Sept. 8th, when two year old son of Mr. and Mrs. Max LeGardey of North Tryon was discovered almost submerged in water in a bog, owned by Mr. Neut Dawson where the little lad had wandered. When found he was thought dead, but revived after a time. Luckily he was discovered when he was or the accident might have ended fatally.

The centres of Augustine Cove, North Tryon and Tryon, held their annual school fair at Tryon on Wednesday Sept. 15th. The exhibits were very fair considering the backward state of the year. The exhibits in live stock were comparatively small, but there were two or three very good specimens. Quite a crowd gathered to see exhibits and watch the sports, which were very much enjoyed by young and old. Mr. J. A. Lyman, managed the sports in a capable and pleasing manner. These school fairs should be shown even more encouragement than formerly and give our rising generation a goal, clean competition in which to engage.

for Nervous Headache DR. CHASE'S NERVE FOOD

That Car Of Yours

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

Springs Traction Factor.

Any spring is supposed to reduce traction resistance. This may sound technical but it is really quite simple. If a spring is resilient and the car strikes a bump in the road the body of the machine is less likely to be thrown into the air than if the spring were not so elastic. If the whole car is lifted on every bump it is evident that the engine will have some extra work to do. This means power loss.

Makes Starting Easier

A better start usually can be had by cranking the engine over a few times with the starter before switching on the ignition. When the cylinders have a chance to load up with a stronger charge of gas, the firing of but one cylinder when the ignition is turned on usually will send the engine off with a snap. Care should be taken not to crank too long before switching on the ignition as the engine will present starting trouble if it becomes flooded with gasoline. Just a few turns of the shaft, and then snap on the ignition.

Cutting out the Noise

The care a car owner gives to the transmission has much to do with the kind of noises he will obtain from it. Ordinarily speaking, a transmission case that is kept filled with lubricant to the proper level is good insurance against one of the several forms of objectionable sound. But there are instances where gear humming can be cured by lowering the level of the lubricant, by raising it as much as possible, or by using a different grade of lubricant altogether.

Tip on Car Comfort.

When going over rough spots in the road it will ease the shock to the car if the hand control while gently applying the brakes. The idea is that under this arrangement the car pulls when going into the holes and when drawing out of them, yet without coasting into them with a jolt. By keeping the speed of the car constant the jolts are reduced to a minimum.

Variety That is Costly.

In buying a used car it should be borne in mind that the care the original owner gives a machine may be of little value to the next owner. One man may be very careful to keep the water pump lubricated and the gas line free of sediment, only to overlook such matters as keeping the universal joints properly greased and the spring leaves free of rust. When the new owner gets down to business these matters quickly come to light.

Pointers on Lubrication

Many car owners probably will be startled to know that the poor riding qualities of their machines are the result of lubricating the springs too generously. It will doubtless shock another set of motorists to learn that lack of lubrication of springs is wasting engine power.

Where Cleaning Helps

When greasing the differential, particular caution should be taken to see that the grease plug is clean when put back. If the greasing is done out on the driveway it is a simple matter for a pebble to lodge in the plug. Covered with grease it might pass unnoticed, until it formed a fine abrasive to wear out the ring and pinion prematurely.

received the results from Moncton.

Miss Mary Newsome, daughter of Mr. and Mrs. Warren Newsome of Craupaud, also Miss Vera Wood, daughter of Mr. and Mrs. George Wood, North Tryon left about two weeks ago for Wolfville, where they intend spending a term at Acadia College. Every good wish follows these two aspiring young ladies in their studies.

The moving pictures which are being held in Victoria on Wednesday of each week are very good. Much enthusiasm was felt over the picture "The Iron Horse". Everyone hopes the high standard of these pictures may continue, and Mr. Yeo will receive the support he deserves in bringing his machine to Victoria every week. D

Pleasant AND Effective Laxative REXALL ORDERLIES

MacKinnon Drug Co. provide a most simple remedy. PRICES 25c, 50 and \$1.00.

RED ROSE TEA "is good tea" TEA People who want the very best use Red Rose Orange Pekoe Tea.

Central Guardian

FOUR USED pianos as good as new on sale at Miller Bros. 11

SERVICES CANCELLED.—Owing to illness Mr. E. C. Robertson will be unable to keep his appointment at Lot 48 and Nine Mile Creek.

ONE EACH Heintzman, Newcombe, Mendelssohn, Hale & Co., used pianos on sale at Miller Bros. 11

YORK-MARSHFIELD SERVICES.—Rev. F. E. Boothroyd, minister, 11 a. m. Marshfield, 2 p. m. Pleasant Grove, 3:30 p. m. Brackley, 7:30 p. m. York. The W. M. S. of Brackley will hold its anniversary service at 3:30. Special speaker Mrs. W. A. Thompson of Charlotteville.

SEE MILLER BROS.' sale in this issue. 11

FEEDS! FEEDS!—Just arrived car bran shorts, white middlings, oillcake, cornmeal, cracked corn and flour.—P. J. Noy & Co., Hunter River. 9-18-21

TRINITY UNITED CHURCH.—Early prayer meeting at 10 a. m., morning sermon at 11, preacher Rev. Dr. Ramsay, subject, "The Sermon on the Mount." Sabbath School and Bible classes at 2:30 p. m., to which all students are cordially invited. Rev. W. M. Ryan, B. A., preacher at evening service, subject, "The Secret of a Strong Life." At 8:15 p. m. a programme of special music will be rendered, consisting of vocal solos by Mr. Robert B. Messervey; violin solos by Mr. Ben Wagner; organ solos by Prof. W. E. Fletcher and Anthems by the Choir. This will be Mr. Messervey's farewell appearance, prior to sailing for Oxford, England, and his solos chosen for his recital are all by request.

GRAND SACRED RECITAL at Trinity United Church, Sunday Sept. 19th at 8:15 p. m. Vocalist, Mr. Robert B. Messervey, Pianist, Mr. Ben Wagner, Organist, Trinity Church Choir, and Organ Solo by Prof. W. E. Fletcher. At this recital Mr. Messervey will make his farewell appearance before a Charlotteville audience, prior to sailing for England. An offering will be taken. 1950-17-21

\$4000.00 WORTH of pianos in sale Exhibition week at Miller Bros. 11

PERSONALS

Miss Irene Donnelly and Miss Marguerite McQuaid, St. Theresa's are leaving this morning for Boston.

Miss Mary McQuaid, teacher Brynes Road School, was a visitor to the city yesterday.

Misses Christine McPherson and Jessie McPherson of Kinross are leaving this morning for Boston.

FEEDING OUR FAMILY

By Barbara B. Brooks Home Economics Department, Kellogg Company of Canada, Ltd., London, Canada.

There is a most important question which the housewife has to answer—a question that has more to do with the welfare of mankind than any other since it involves the health of every man, woman, and child. Whenever civilization has extended, this question is being asked by millions of anxious inquirers using as many shades of inflections—WHAT DO WE EAT? This is not a question such as was asked by a man who was one of a crowd standing by a grade crossing looking at the pieces of an automobile that had just been hit by a train—"Has there been an accident?"—Or such a one as was asked of a man who had mistaken the open door of an elevator shaft for the door of his room, stepped in and fallen ten stories and lay bruised and bleeding on the floor of the elevator shaft. "Are you hurt?" "What do we eat?" is not a fool question. It is a most important question for the health of ourselves and our families depends on whether we answer this question haphazardly or scientifically. We are fortunate in this day and age to be able to answer this question scientifically.

The body is a machine—one that works all the time—a most wonderful machine in that it builds, repairs itself and furnishes its own fuel from raw material. This raw material is food. All food may be listed under three heads: building foods, fuel foods and regulating foods. Building foods are those which keep the body in repair and build new tissues for the growing child. Cheese, eggs, fish, legumes, meat, and milk are building foods. Fuel foods are those which provide the body with heat and energy. Cereals, fats, sugars, and starchy vegetables are fuel foods. Regulating foods are those which keep the body machinery in good running order. These are the foods which contain laxative material, minerals, and vitamins. This is the group most often neglected in meal planning. All bran, whole grain cereals, fruits, vegetables and milk are regulating foods.

MINARD'S "KING OF PAIN" LINIMENT

J. Lester Douglas 39 Queen Street Charlottetown, P. E. I. Cream Separators. THE SHARPLES SUCTION FEED. Skims clean at any speed. Terms to suit customers. Extra parts on hand. Write or phone 798 or 939

We Should Be Ashamed To Be Ill

Condensed from Hearst's International-Cosmopolitan (April '26) Gerald Stanley Lee

There are several ways people can take when a man is not well. One way is to laugh at him and get him to see that he is a ridiculous object. If 10,000 men in New York would agree tomorrow publicly to make fun of fat men in the streets, so that only people in taxis could afford to be fat in New York, everybody knows what would happen.

Another way is to rouse up his intolerance, start him up into being ashamed of himself. It sounds extreme but when one comes, as one does in Samuel Butler's Erewhon on a whole society regarding a man's being sick an act of aggression, it is astonishing how sensible it seems.

People can already be arrested for spitting and very soon people with colds will be sent home to breathe, or be put in jail for doing public breathing.

People already feel there ought to be a law enacted to have a man arrested in a street-car for spraying a cold at them.

Even a stomachache, though it is not showy, is quite as much an act of aggression on civilization as a cold. When a man takes the liberty of being a father, who is an addict of a stomachache, or chronic or confirmed colic—he is committing an act of aggression on a nation. He transmits a complex of habits to his children, and to others.

It is an insult to the next thousand years to be chronically not well. And society is getting to be as intolerant toward a man who compels his stomach to ache, as his stomach is.

The man who is loose about his own health, or other people's health finds he is intolerable to the man who is loose about his own money or about other people's money.

People are beginning to look on ill health in the way they already look upon a bad cough in an audience. People look around and say, "Why did you come?" and they step up to people coughing in a theater and say:

"This audience and the players are asking you to go home. These seats you have paid for will be reserved for you if you want them two weeks later."

When it is considered by everyone unnecessary and shiftless to be ill, it will be bad manners to ask about a man's health. The weak, kind person who meets a

fish question. It is a most important question for the health of ourselves and our families depends on whether we answer this question haphazardly or scientifically. We are fortunate in this day and age to be able to answer this question scientifically.

The body is a machine—one that works all the time—a most wonderful machine in that it builds, repairs itself and furnishes its own fuel from raw material. This raw material is food. All food may be listed under three heads: building foods, fuel foods and regulating foods. Building foods are those which keep the body in repair and build new tissues for the growing child. Cheese, eggs, fish, legumes, meat, and milk are building foods. Fuel foods are those which provide the body with heat and energy. Cereals, fats, sugars, and starchy vegetables are fuel foods. Regulating foods are those which keep the body machinery in good running order. These are the foods which contain laxative material, minerals, and vitamins. This is the group most often neglected in meal planning. All bran, whole grain cereals, fruits, vegetables and milk are regulating foods.

In planning meals at least one food should be selected from each group of every meal. This may seem to be difficult to do, but a simple breakfast of corn flakes with sliced peaches served with milk, fills this requirement. Milk is your building food, peaches the regulating food and corn flakes the fuel food. A still more simple meal could be served with all bran muffins, butter, and a glass of milk. Milk is your building food, butter contains vitamins and all bran muffins the fuel and regulating food.

Cereals are our most economical source of fuel. Uncooked whole grain cereals are cheapest but the convenience of being able to open a package of ready-cooked cereals, such as corn flakes, fill the bowls with this crisp appetizing food, often balances the added cost. Milk is our most economical source of building material. Milk has been called a protective food because the liberal use of milk protects against dietary deficiencies of many kinds. Milk contains protein, a building food, also an available supply of the minerals calcium and phosphorus. These are bone building materials. Children should have a quart of milk a day and adults a pint. It is not necessary to drink that amount. Cereals can be cooked in milk instead of water and served with either milk or cream.

really well, chronically robust man in the morning by saying "How's your health?" will get his head taken off for it.

The whole clinging idea even now among women—the idea of plying weakness and deferring to it—has changed. With the modern girl, a young man who offers to help her over a fence or around a puddle, takes a chance. She waves him aside. She wants to be treated politely—treated as if she knew how to handle herself as well as he does.

The present spectacle of civilization of thousands of contented men bent with work, pampering themselves in parlors, rolling around in limousines with their insides burning up, is not much longer going to be before our eyes. With our modern knowledge people are getting tired of un sentimental. Millions of us are seeing the things as it is and are acting on it. The fashions, styles and customs of society are turning the other way. A stampede for wholesomeness sweeps us along.

Now the most powerful of all lures in making health catching is the lure of money. Samuel Vauchain the President of the Baldwin Locomotive Works, whose time at the office is rated as being worth \$500 a day, has his office time contracted for with his doctor. He pays his doctor a salary of so much a year for keeping him well and gets a rebate every day he is sick.

Health is being treated in big business in America reverently, like money. Health is money. Anyone can see what is happening. When a natural and reasonable arrangement like Mr. Vauchain's becomes general among large employers it logically leads to the large employer's wanting some similar arrangement for his executives. He wants the men he has to work with as fit as he is.

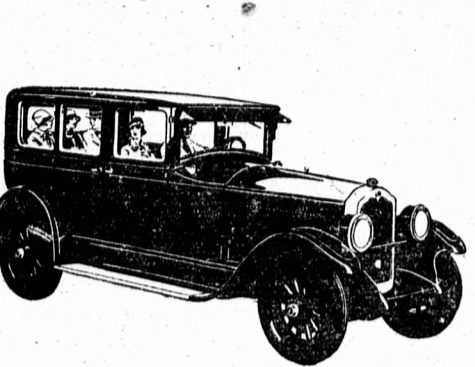
This arrangement for executives logically leads, as anyone can see to some similar arrangement for all labor about the place. It is just a matter of working out details, and working men all over the country—union men and non-union it is the personal habit a man has makes his value to the factory. The business concerns which first find a decent way to do something about firms will. Labor turnover very much longer is going to be caught by a sick, unguaranteed man—a man they will lose or as good as lose in a few years—when with the same time and the same money they can educate for the same job a man they could keep 40 or 50 years.

When Mr. Vauchain's health is regarding doctors as belonging to a really great and serious profession and letting their doctors, as Vauchain does, finish their job. However the technique may be worked out, every man who knows his own health is worth his weight in gold.

Each man should have his own private appetite for health which one knows and is ashamed, not to use. Each man of us can afford to be sure what he must do, and what he must not do, in order to avoid illness. Let each one of us be ashamed to be ill!

The Reader's Digest

for the first time/ absence of closed car rumble



You never have driven a car so quiet and free from the vibration that causes closed car rumble as the 1927 McLaughlin-Buick.

Electricity might be its motive power, so effortless is the power-flow and change of pace.

Interior noise is gone from McLaughlin-Buick closed car interiors. The new McLaughlin-Buick engine is vibrationless beyond all previous experience, at every speed!

We ask you to try this new car and discover for yourself how vitally McLaughlin-Buick again has improved motor car performance and comfort. This is the Greatest McLaughlin-Buick Ever Built.

The GREATEST McLAUGHLIN-BUICK EVER BUILT

UNIVERSAL MOTORS Charlottetown, P. E. I. DEALERS FOR QUEEN'S AND KING'S COUNTIES

PRINCE MOTORS DEALERS FOR PRINCE COUNTY



WHEN BETTER AUTOMOBILES ARE BUILT, McLAUGHLIN-BUICK WILL BUILD THEM

When Mr. Vauchain's health is regarding doctors as belonging to a really great and serious profession and letting their doctors, as Vauchain does, finish their job. However the technique may be worked out, every man who knows his own health is worth his weight in gold.

Special Sale OF

Pianos and Organs For Ten Days Only!

This Firm is being turned into a Joint Stock Company, and before making this change, we find we have a very heavy stock which we wish to convert into cash or notes of hand.

From Sept. 20th to 30th

We will offer our entire stock of Pianos and Organs at a price which no intending purchaser within the next twelve months can afford to miss!

During this sale every instrument will be marked in plain figures,—one price to all—and that the lowest. This immense stock of pianos and organs is only worth actual cost to the present owner, and we have decided to give our customers a chance to secure a REAL BARGAIN FOR 10 DAYS ONLY.

THE QUALITY OF OUR GOODS IS ESTABLISHED. THIS SALE WILL PAY YOU.

CALL OR WRITE AT ONCE AND GET FIRST CHOICE

MILLER BROS. 145 Great George Street Charlottetown ESTABLISHED 1868