OXO
gives strength to resist colds, chills and influenza
In Bottles In Cubes

Conservatives Pleased With First Break Into Quebec Liberalism

(Special to The Guardian.)

OTTAWA, Feb. 7.— Corridor comment in the parliament building would appear to indicate that everybody is satisfied with the results of the general election in Province of Quebec. Conservatives are naturally jubilant over what they regard as the first real break in solid Liberal block in the Province and at the comparative victory of Mr. Suave the Conservative leader.

INSTINCT, POSSIBLY.

Belle—"They say that mice have very poor eyesight." Beulah—"Well, how is it that when they want to frighten any one they always pick out a woman?"—Yonkers Statesman.

CLASSIFIED ADVERTISEMENTS

RATES.—10c per line per day. 9c per line per day for 3 days or over. 8c per line per day for 6 days or over. Count 5 words to a line. Groups of 5 figures, initial letters, count as one word. 10 per cent. discount for cash. Address forms part of ad. and must be paid for. Special Rates Furnished Rooms ad. 75c for seven words for one week. Situation Wanted, 50c for seven words per week.

Agents Wanted

WANTED LIVE AGENTS FOR Watkins 150 products. Direct to consumer. Write The J. R Watkins Co., 379 Craig St., West Montreal.

AGENTS WANTED — INKLES Fountain Pen — Follow the dollars; $50 to $100 per week; the money yours; something new, not an old worn out proposition; field untouched; experience unnecessary; takes every body by storm; money rolls in; show 50, sell 40— demonstrate in one minute; sells on demonstration; the new Inkless Fountain Pen, the twentieth century wonder; never leaks or spills; with this pen no more use for the ink bottle; sample pen 50c; this proposition is 18-karat money back if not as represented agent's profit 200 percent; exclusive territory. Send for agency today. Inkless Fountain Pen Co., 1522 8th, Des Moines, Ia. Dept. M. 11249 11 7th 7

For Sale

HARDWOOD— —IN STOVE lengths for sale $3.50 per load delivered. A. Alyward & Co., Phone 176. 8i

FOR SALE—1 COW DUE TO freshen in three weeks and 1 Ayrshire cow, 5 years old. Apply to Wm. (Mc)Rae, Victoria Park.

NEW SLEIGH FOR SALE, BOB delivery. High box, set of bobs pole and shafts. Wood sleighs —Proud & Moreside, 223 Great George St. 7-3i

FOR SALE—3 STACKS OF HAY a large quantity of straw in lofts and stacks within one mile of the city. Apply B. Carter & Son, Auctioneers.

Female Help Wanted

WANTED—MAID FOR GENERAL house work. Mrs. S. K. Todd, 6 Grafton St. 8-2i

Male Help Wanted

WANTED—A BOY TO DO ODD jobs at the Queen Hotel. 8-3i

WANTED JUNIOR BANK CLERK Good general education required Apply Guardian Office. 8 6i

WANTED—YOUNG MAN, MARRIED, desires position, 6 years experience banking and general office work, references. Apply "Z" care of Guardian Office. 11599-3-6i.

MALE HELP WANTED—MAKE money at home—$15.00 to $60.00 paid weekly for your spare time writing showcards for us. No canvassing. We instruct and supply you with work. West-Angus Showcard Service, 102 Colborne Bldg. Toronto. 12-22dtf

Miscellaneous

WANTED TO BUY— SECOND hand incubator in good condition, Buckeye Standard preferred. State price. Apply M. care Guardian. 8-2i

HIGHER EFFICIENCY MEANS increased income for the better service Shaw's Home Study courses in Exporting Salesmanship, Economics, Advertising, or Higher accounting will bring the best results. Write W. P. Shaw, President, 46 Bloor Street, West, Toronto 11556.1-th3mat

Found

FOUND—GOLD RIMMED SPECTACLES in Guardian Office on stairs leading to News Dept., owner may have same by applying at this office and paying for ad. 2-3i

TO LET

TO LET HEATED ROOM, BATH room floor, 171 Grafton St. 8-1i.

TO LET—TWO OFFICES NEXT to American Consulate, well lighted and heated. Apply at Two Macs. 04715-55-tf

SENTIMENTS OF THE HOUSE

It was a long play, the audience was beginning to realize.

It was nearly midnight, when the curtain was rang up on the fourth act, disclosing an actor sitting wearily at a table.

Somehow his appearance, instead of occasioning applause, created an undercurrent of sympathy.

All was still; he had not yet spoken.

At last a member of the audience ventured to express the sentiments of the house. "I hope we are not keeping you up, sir," he suggested, kindly.—Tit-Bits.

MORE PRESENTS FOR PRINCESS

Princess Mary is evidently one of those chosen people who are going to receive wedding presents for the rest of their natural lives. At any rate, wedding presents are still being presented to Viscountess Lascelles. Last week she received a presentation of house-hold linen from the loyal women of Ulster. This most beautiful hand-work was presented to the Princess by the Duchess of Abercorn. The linen has been specially loomed for her royal highness' acceptance. It is of priceless quality and design, and is the work of all the most important linen manufacturers in Belfast.

Last week's presentation to the Princess from Belfast was only an "instalment"- there is more to follow from Belfast.

FIRST ANNIVERSARY OF THE POPE'S ELECTION

ROME, Feb 7—Pope Pius received many telegrams of congratulation yesterday on the first anniversary of his election. Messages came from all over the world, a great number from America. Official celebration has been postponed till February 12, anniversary of his coronation, when a solemn ceremony will be held in the Sistine Chapel, where the Pope will be present at Pontifical Mass, to be celebrated by Cardinal Bonseano.

"My Heart Would Palpitate, I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont., writes:—

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate so and I would take such weak spells in the pit of my stomach that I sometimes thought I would never get better. I had almost given up hope when a friend advised the use of Dr. Chase's Nerve Food. I did not stop until I had taken twenty-five boxes. It has done wonders for me and I want to recommend it to everyone."

DR. CHASE'S NERVE FOOD

...nts a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto

The Central Guardian

SHOP from Holman's Catalog.

SEE THE PRINCE ST. School Girls in their body building exercises in the Heartz Memorial Hall next Thursd ay evening. 2i

VALENTINE DANCE, Community Club Rooms, Tuesday, Feb. 13th. Admission, including supper $1.00. Tickets at Fosters Drug store and at the door.

SETTLEMENT LOANS. — 354 approved loans amounting to $988,704.09 are the soldier settlement figures for Prince Edward Island completed up to the end of December last. Nova Scotia had 427 loans amounting to $1,490,122.14 and New Brunswick 630 amounting to $1,921,505.81. The total figures show 22,584 settlers with loans amounting to $93,235,902.

GETTING BETTER AND BETTER—Something of an unique record is on the way to being established on the Police Court blotter in the absence so far this year of any drunk charges. Whether this indicates increased sobriety or increased vigilance on the part of the drunks is a question in regard to which the guardians of the law are themselves in some doubt. It is at any rate an encouraging beginning for 1923. Day by day in every way we are getting better and better.

AN OUNCE OF PREVENTION. —Attention is again called to the dangerous condition of some of the sidewalks in the city which need only a little ashes or sand kept on them to make them safe. This where it is needed should be as much a duty as shovelling the sidewalk after a storm and if citizens would only look upon it this way it would prevent many accidents. Yesterday an elderly citizen passing along Richmond Street slipped and fell but was fortunately able to save himself from serious injury. Similar accidents happen daily throughout the city.

PERSONALS

Mr. Peter Stewart, Marshfield is in the city.

Mr. A. J. Irving, city has returned from a business trip to St. John.

Miss Mary McCarthy of the Provincial Bank, St. John, is visiting in the city, the guest of Mr. and Mrs. F. J. Casey.

Mr. William Jenkins, Seal River, has left on a six weeks trip to the Coast on a visit to his brother and other friends, including Mr. Geo. A. B. McDonald, formerly of this city.

BIRTHS

GILLIS—At Grand View on January 30, 1922, to Mr. and Mrs. D. A. Gillis, a daughter.

MUTCH—At P. E. I. Hospital, on Jan. 30 to Mr. and Mrs. G. Hope Mutch, Keppoch, a son, James Keith.

LEE—In Charlottetown on Feb. 6 to Mr. and Mrs. Matthew Lee, a daughter.

MARRIAGES

CRASWELL—ROBERTS.— At the Baptist Parsonage on Feb. 6th, at 5 p.m. by Rev. Ross Eaton, Wesley Wellington Craswell, of Rustico and Lena Freda Roberts of Highfield.

MacNEILL—NEWSON — At the Parsonage, North River, P.E.I., Jan. 3rd by the Rev. J.S. Mellett, Doris Arletta Newson, eldest daughter of Mr and Mrs. Burgess Newson, Kingston, P.E.I. to Daniel Leslie MacNeill of Clyde River P.E.I.

DEATHS

ACORN—In this city on Feb. 7th Mrs. Wm. H. Acorn. Funeral notice later.

SAVIDENT—In this city on the 7th, inst., Joseph Vernon Savident, age 1 year, son of Mr. and Mrs. Vincent Savident.

LAMONT.—At Churchill on Feb. ruary 6th, 1923, Anne McGilvary, widow of the late Neil Lamont, aged 75 years. Funeral notice later.

President Approves Debt Funding Terms

(Special to The Guardian.)

WASHINGTON, Feb. 7.— Presenting the agreement for the repayment of the British debt to Congress today, President Harding in a brief message characterized the settlement as the first claim of the war clauded skies in a debt burdened world. The settlement he further declared in speaking before a joint session is "in effect a plea against war and war expenditures and rigid adherence to that production and retrenchment which enhances stability precisely as it discharges obligations." The president asked Congress to approve the settlement speedily. He coupled with this a warning against spending the money to be paid by Great Britain for a soldier bonus or any other project, pointing out that the debt that is to be paid is already pledged to the repayment of investors in American Liberty Bonds. He also included a brief but emphatic appeal for the ship subsidy bill declaring that it as important to stop losses to the government as to collect obligations owed it. He frankly demanded a vote in the senate on the measure.

BOWLING

Friend

On the L.O.C. Alleys on Monday night the Bowling Match between the Invincibles and All-Comers was rolled and resulted in a victory for the latter by 286 pins. E. Hogan rolling the highest individual score of 198. The following is the scores.

Invincibles.

H. Larter	195	129	123
E. Hogan	119	198	182
J. McInnis	157	122	135
F. Joseph	103	138	111
P. Ready	103	63	94
Total			2084

All-Comers.

E. Laverty	151	160	166
E. Doucette	150	145	178
J. Chandler	131	164	161
J. Webster	162	177	171
F. Doucette	141	191	119
Total			2473

Last night on the League Alleys the Eskimos and Stars rolled three games, the Stars winning out with a good majority of 176 pins. Andy Martin rolled the highest individual score with 207 pins..

Eskimos

L. Wynne	134	121	110
P. Coyle	140	143	120
L. Smart	138	148	181
S. McManus	160	159	129
P. O'Connell	140	125	155
Total			2157

Stars

A. Martin	151	207	180
B. Poole	163	178	183
F. Mahar	145	157	173
F. Duffy	135	111	123
G. Douglas	151	110	150
Total			2333

HOCKEY PRACTICE.

There will be hockey practice at 6.45 tonight for the following:— Kiley, Dewar, P. McDonald, Craig, Scantlebury, Anderson, Ross, Cronin, Cox, Doucette, Bradley, McInnis, Webster, and Diamond. At request of Mr. Frank Brown.

MARKING M. P.'s IN

To most of the officials and others employed in and about the British House of Commons the assembling of a new Parliament means a lot of extra worry and anxiety.

Especially is this so as regards the "markers in."

These are men employed by the party Whips to "mark in," on a printing card, the names of the various M. P.'s as they enter the Members' Lobby.

Each party has its card and its staff of "markers in," and the one on duty for the time being—they take it in turns—is expected to be able, at a moment's notice, to give his Whip the exact number of members in the House, grouped according to their party labels of Unionist, Liberal, Labor, and so on.

Armed with this information, the Whips are able to forecast exactly how the voting will go in case of a division, and take steps accordingly.

At the end of a session the work of the "markers in" is comparatively light, for by then they know by sight every single M. P. and his constituency; but it is of course, quite different in the beginning.

Then it is that these men are confounded with the appalling task of memorizing the faces of some two or three hundred new members and mentally affixing to each his particular party label.

It takes them about six weeks to become word perfect. At the end of that time they have got complete control of the situation, and can take things easy until the next general election.

WYANLOTTES DO WELL.

The white Wyandottes, probably spurred on by the success that last year attended the efforts of the Barred Rocks in displacing White Leghorns in the Experimental Farms laying contests, are making a bold bid for the premier honors in the present series. A pen of White Dottes is leading all the contests with a mark of 218 eggs in the British Columbia contest, and another pen is second with 213, a production average for the first month of 77 per cent. Curiously enough, two Pacific Coast pens of White Leghorns are leading in the Canadian at Ottawa. The Wyandottes are also first and second in Saskatchewan. Among the farmers of the prairie province the White Wyandottes are probably the most popular breed. In New Brunswick they are in second place with the splendid mark of 195 eggs, a 57 per cent. yield.

GREEN MANURING AIDS SOIL.

Green manuring means turning under suitable crops to enrich the soil. Such crops may be turned under green or when ripe.

Green manuring adds organic matter and, directly or indirectly nitrogen to the soil.

Leguminous crops are most desirable for green manuring, since they add to the soil nitrogen gathered from the air in addition to the organic matter which they carry.

Besides the nitrogen in the legumes turned under, an addiational supply of nitrogen is fixed in the soil by the action of bacteria, using the carbon in the organic matter as a source of energy.

Turning under an entire crop is advised only when the soil is poor and for the purpose of starting a rotation.

Turning under catch crops or water-growing green crops is an economical and successful method of supplying nitrogen.

LOSES HIS ELECTION AND MAY LOSE AN EYE

SYDNEY, Feb 7—A. C. McCormack Mayor of Sydney Mines for the past eight years, but who was defeated by Turnbull Nicholson in yesterday's elections, may lose the sight of one eye as the result of being struck by a man with whom he was discussing the elections on Monday.

WEST SCORES ANOTHER VICTORY FROM EAST

At the Charlottetown Curling Rink yesterday afternoon and evening the second game between the East and West was played and resulted in a victory for the West by a score of 78 to 41.

The game were keenly contested, the West having a good edge on their opponents in every game but one.

Several times the East looked as if they would come out on the long end of the score but a nice piece of work by the skip in directing the shot and his sweepers, manouvered the stone in the opponent's territory and brought victory out of defeat.

The East although playing a losing game made the West enders play all the way and are still confident that they will yet turn the tables.

The following is the scores:

EAST VS WEST

EAST		WEST	
Team No. 1		**Team No. 9**	
P. Simmons		F. A. Stewart	
E. E. Clawson		G. Gaudet	
J. Paton		C. G. Duffy	
R. E. Spillett		C. H. Black	
Skip	5	Skip	7
Team No. 2		**Team No. 7**	
H. T. Phillips		J. P. McDonald.	
H. W. Weeks		W. Taylor	
R. E. Spillett		C. M. Williams	
Prof. Watkis		M. P. Titus	
Skip	7	Skip	13
Team No. 3		**Team No. 2**	
A. McCabe		J. McLeod	
J. Cameron		E. E. McNutt	
W. H. Townsend		Dr. Archibald	
C. Leigh		G. D. Fitzgerald	
Skip	3	Skip	8
Team No. 4		**Team No. 4**	
M. Calder		R. W. McEwen	
H. R. McNaughton		B. Huggan	
J. Whear		C. C. Toombs	
G. D. Wright		H. A. Ebers	
Skip	5	Skip	6
Team No. 5		**Team No. 1**	
W. Bruce		A. A. Pomeroy	
E. Coffin		G. P. Nicholson	
W. H. Prowse		Dr. Houston	
Dr. Goodwill		J. A. S. Bayer	
Skip	4	Skip	10
Team No. 6		**Team No. 3**	
J. Riggs		W. G. Spencer	
J. A. Bentley		V. McQuaid	
J. A. Robertson		W. O. Mulligan	
R. McLaine		J. H. Malcom	
Skip	1	Skip	15
Team No. 7		**Team No. 5**	
H. Currie		A. Affleck	
A. McLeod		L. McDonald	
G. W. McLeod		R. B. Towriss	
C. W. Miles		A. Scott	
Skip	5	Skip	9
Team No. 8		**Team No. 6**	
W. A. McLaren		A. C. Sinclair	
W. R. Cruickshanks		J. A. Webster	
A. R. B. Duck		G. D. Fitzgerald	
S. C. Moore		Ted Reddin	
Skip	4	Skip	6
Team No. 9		**Team No. 8**	
R. G. Taylor		J. Lewis	
G. E. Full		Chas Earle	
J. A. Fraser		Alex Scott	
L. B. McMillan		A. Stewart	
Skip	7	Skip	4
Total	41	Total	78

CHRISTMAS IN PALESTINE

A well-known missionary tells of Christmas in the Holy Land, and he is qualified to speak, for he has passed more than a score of Christmas days there.

"Only three of these two and twenty anniversaries were fine, as regard the weather," he said. "On the other nineteen it either rained or snowed. This also is true: Palestine is the land of flowers, but at Christmas almost the only blossom to be found is a small iris, except in some sheltered nook, where an early crocus has broken into flower.

"Were it not our gardens," continues the canon, "the altars of Christendom would be bare of flowers on the birthday of Christ in the land where He was born.

"We decorate our churches in Jeruselem with featherly sprays of pepper tree, which has bright red berries, and with branches of fir, also with palm branches, which are plentiful in the country, although not growing in Jerusalem."

WOMEN PRESENT PASTOR WITH TROUSERS

The Women's Home and Foreign Missionary Society of the African Methodist Episcopal church in Torrington called on the Rev. G. P. Coffey, retiring pastor, and gave him a purse with which to buy a new pair of trousers.

The Rev. Mr. Coffey's other pair had suffered in the service of the Lord and elsewhere, and the women's home and foreign missionary society throught the retiring clergyman ought to have a new pair in which to retire.

The retiring Mr. Coffey was overcome with emotion.

ANTS AS GARDENERS

It is unusual to find a book dedicated to birds, butterflies, ants, and tree-frogs. Mr. William Beebe, the author of "The Edge of the Jungle," however, has imagined himself into the lives of these creatures to such an extent that he is justified in dedicating his book to them as to his friends and hosts. Writing of the ants as gardeners, Mr. Beebe tells us that when the fungus garden is in full growth the nest laborers of the Minims begin, and, until the knobbed dobies are actually ripe, they never cease to weed and prune, thus killing off the multitude of other fungi and foreign organisms; and by pruning they keep their particular fungus growing, and prevent it from fructifying. The fungus of the Attas is a particular species with the resonant Dunsanyesque name of Rozites gongylophora. It is quite unknown outside the nests of these ants and is as artificial as a banana.

Do one thing at a time and the big things—Lincoln.

AFRICA'S PYGMY ANTELOPES.

The pygmy antelope of the Gold Coast of Africa is the smallest of cud chewing animals. It stands about ten inches high at the withers that is, about as high as a fox terrier. The male has minute horns that run straight back in the line of the forehead. The pygmy antelope was described in 1705 by the Dutch traveler Bosman, who, in his "Description of Guinea," says that it is called the "king of the harts" by the natives. By English writers it is often called the "royal antelope."

PEKING.

Peking is really three cities in one. There is an inner or Manchu city, and an outer or Chinese city. The inner comprises the imperial city which in turn, contains the "Forbidden City" inside the walls of which again is the imperial palace. Peking itself is one of the oldest cities in the world, being known to exist in the twelfth century before Christ, but though it is of immense size, being twenty-five miles in circumference much of the space within the walls is unoccupied.

SILVER FOX PELTS FEATURES OF SALE

MONTREAL, Feb 7—Silver fox pelts from Prince Edward Island and Quebec formed the feature of the fur auctions sale here yesterday and a total of $125,000 realized The best lot brought $325 and the poorest $45 per skin. Prices were 20 per cent lower than September sale, nine hudnred skins were disposed of.

TORONTO IS STRONG FOR CHURCH UNION

TORONTO, Feb 7—The Presbytery of Toronto yesterday afternoon by a vote of 91 to 29 placed itself on record as being in favor of proceeding immediately toward the consummation of the Union Presbyterian Church with the Methodist and Congregational Churches of Canada.

FERTILIZERS

The Potato Growers' Association has investigated the markets and has secured a quantity of fertilizer chemicals, including Acid Phosphate, Nitrate of Soda, Sulphate of Ammonia and Muriate of Potash, also mixed fertilizers and Basic Slag which will be shipped in club orders of carload lots (20 tons or over) to any station. Organize your institute, for the farmers of your district and secure the benefits of a co-operative purchase.

Prices and full information supplied on application to Secretary, Potato Growers' Association, Char-

HOCKEY

The city may have greater advantage over the country especially in a winter like this; but the city boys who come to St. Peters on the evening of Friday February 2nd to play hockey with the country lads must have mislaid their advantages for it was evident from start to finish that they were unable to display any, for when the bell sounded at the end of the last period the country boys had rolled up a full "baker's dozen" of goals against an amazed looking zero mark for Charlottetown.

Although the tally was all on one side it does not say that the Charlottetown boys were easy, for it was all through the game an exhibition of very good amature hockey. The city boys were game and fought to the last minute, but they could not break through the hardy country lads defence.

On the country boys side it would be imprudent to make any discrimination for they all worked like "Trojans" and either in individual or combination were playing for a goal and not to the galleries. For Charlottetown Bradley starred making several splendid runs and quite often kept Anderson in St. Peters net on the jump.

The City boys took their defeat gallantly and we expect to see them return again determined to change the score.

The following is the line up

Charlottetown		St. Peters
	Goal	
Colley		Anderson
	Defence	
L. Vatcher		Quigley
G. Wood		Gillis
	Forward	
P. McInnis		Rattray
L. Bradley		Lewis
E. McLellan		McDonald
	Spare	
		F. Jay

Development of Hydro Electric Power

(Special to The Guardian.)

WASHINGTON, Feb. 7—An application filed by the American super-power corporation of Buffalo with the Federal Water Power Commission today reveals that the concern contemplates a hydro-electric development of great magnitude, including the transmission of power from the St. Lawrence river to New York city and the surrounding metropolitan district. The project is said to be the most ambitious ever planned for the eastern part of the United States.

Requests were filed for two preliminary permits, allowing development of 1,600,004 horse power in the towns of Waddington N. Y., and Morrisburg, Ont., on the St. Lawrence. Of this total horse power 920,000 is intended for United States and 680,000 for Canada.

Serious Fire In Calgary, Alta.

(Special to The Guardian.)

CALGARY, Feb 7— Fire broke out late last night in the most crowded part of the wholesale district of Calgary, on Ninth Avenue near First Street West. At present the Great West Saddlery Company's building is doomed and on either side are wholesale paper warehouses. The whole fire force is on the scene, but a large section is threatened, among other places the Morning Albertan.

Republican Uprising In County Cavan

(Special to The Guardian.)

BELFAST, Feb 7— A big Republican uprising occurred at Ballyconnell, County Cavan, today.

The town was invaded and partly destroyed. Houses were blown up and banks and barracks bombed The manager of one commercial house was shot dead and his partner wounded. A teacher also was killed, trains were wrecked and general havoc created.

VALUABLE FARM FOR SALE

We are authorized by William Chowan West Royalty, to offer for private sale his valuable farm consisting of 54 acres choice land with good dwelling house and buildings, well watered, large orchard, best of fruit, only 3 1-2 miles from Charlottetown, and if not sold by March 14 will be sold at auction with stock, crop and implements. Apply William Chowan, on farm, or

Benj Carter & Son, Auctioneers.

Century Salt
OVERSHADOWS ALL OTHERS FOR PURITY AND FLAVOR
DOMINION SALT Co. Ltd. SARNIA ONT

Notre Dame High Tea

Come on the 7th and 8th to the Convent Hall for "Tea" etc.

Bring your friends with you the two evenings.

Make a note of the High Tea at Notre Dame—Do not forget it.

Help to repair the roof of the building, the slating of which is fast disappearing. According to experts scaffolding alone will cause an outlay approximately one thousand dollars The work will be done by city contractors.

Influence others to contribute to the good work for the comfort of the Sisters and pupils who occupy this venerable institution.

More than the usual number of bargains and attractions at all the customary booths.

Children's hour from 3.30 to 5.30. Those who take "Tea" or who are accompanied by their parents excepted.

CONTINUOUS PERFORMANCES

The home of the gorilla is never more than four days old. After this time the family moves to another tree and the mother builds the new home.

Flush The Kidneys Before Breakfast

Drink Lots of Water, Also Take a Little Salts if Back Hurts

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Eating too mucch rich food creates acids, which excite the kidneys. They become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood. Then we get sick. Rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys, or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, begin drinking a quart of water each day, also get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast, and in a few days your kidneys may act fine.

This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to flush and stimulate the kidneys; also to help neutralize the acids in the system, so they no longer cause irritation, thus often relieving bladder weakness.

Jad Salts is inexpensive; makes a delightful effervescent lithia-water drink which everyone should take now and then to help keep the kidneys clean and active and the blood pure, thereby often avoiding serious kidney complications. By all means have your physician examine your kidneys at least twice a year.

—for DAINTY WOMEN

The most delightful talcum powder—the nearest chemically pure—the most free from grit and coarseness—the most exquisitely perfumed—the talcum that in every way pleases the most dainty and exacting woman, is

Jonteel Talcum

To the woman—or man—who is particular we especially recommend Jonteel Talcum.

MCKINNON DRUG CO.

THE REXALL KODAK STORE

PHONE 219