

The Best Health-Insurance Is a Clean Colon

THERE ARE TWO WAYS of insuring yourself against disease. One is to pay big premiums to an insurance company which will pay you so much a week when you get sick. And if you get sick, most of this money will have to go to the doctor who tries to make you well again.

THE BEST WAY is to keep the disease-resisting forces of the body so well organized and equipped as to guarantee health. Then you can enjoy life right along, and make it pay you premiums instead of paying premiums on a policy.

This can be done only by keeping the colon clean and free from clogging. For the most eminent medical authorities tell us that about 90% of the sickness we have is directly or indirectly due to constipation.

Nujol is the best health insurance "policy" in existence, because it keeps the colon clear and clean without draining or weakening any of the other organs. It is the only foe of constipation which has no unpleasant or dangerous "come-back".

Nujol is not a drug. Every particle of it that goes into the body comes out of the body. But on its journey it softens any mass that may be impacted in the colon and lubricates the way so as to make it easy for nature to move the obstruction and properly get rid of it.

Nujol never interferes with digestion or any functions of any organ. It is not absorbed by those millions of little "mouths" in the intestine which suck in nourishment from the food passed along by the stomach. Its sole job is to keep things moving in an orderly, comfortable way. And it does this without any pain—does it equally well for babies, children, adults and aged folk.

Try Nujol. Get a bottle from your druggist today.

For valuable health books—"Thirty Feet of Danger," free, write Nujol Laboratories, Standard Oil Co. (New Jersey) 50 Broadway, New York.

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All druggists insist on Nujol. You may suffer from substitutes.

Nujol

For Constipation
Sickness Prevention



STOCK QUOTATIONS

HALIFAX, October 16.—(Quotations furnished by F. B. McCurdy & Co., the Montreal Stock Exchange.)

Atch	91%	91%
At	131%	131%
At	110%	111%
C. P. R.	150%	151%
Mex Pet	249%	251%
M. P. R.	121%	121%
A. R.	74%	73%
C.	69%	69%
Cent.	73%	73%

Cruc. 236 1/2 238
P. R. S. 98 1/2 99
S. P. 108 1/2 107 1/2
U. T.
Reading 82 82 1/2
Stu 125 1/2 131
U. P. 124 1/2 124
X. 108 1/2 108 1/2

"That man has never been known to tell a lie."
"Then no woman has ever said to him, 'Don't you think I'm getting thinner?'"

Minard's Liniment cures garget in cows

THE CENTRAL GUARDIAN

IT PAYS to buy in this province.
AUCTION SALE, Oct. 21st, is the date of John D. Smith's Auction Sale of stock, crop, implements and furniture. 1602-10-16-M31

GOING SOUTH.—Rev. J. S. and Mrs. McKay, Hampton, intend leaving in a short time to spend the winter in Florida, for the benefit of Mrs. McKay's health. Mr. McKay will take up church work.—V.

AUCTION SALE Remember the auction sale of stock, crop, implements and furniture at John D. Smith's, Clinton on Oct. 21st. 1602-10-16-M31

POLICE COURT.—Cases against several automobile owners charged with minor infractions of the motor vehicle law, were before the Court yesterday and were dismissed. The last of the appeal cases were heard before His Honor and decisions given.

TRAFALGAR DAY.—Prince Street School will be open for visitors on Tuesday, October 21st, Trafalgar Day. The scholars will assemble in the Hall at 2 o'clock where the patriotic program will be carried out. All are cordially invited.

PROPERTY CHANGES HANDS.—The Rodd property on Great George Street, occupied by Messrs G. H. Tomper and James Offer has been sold to Mr. Harry James of this city, who has given a lease of it for ten years to Mr. A. Forsythe of Miller Bros.

LADY FLEW OVER TRURO.—Capt. L. E. D. Stevens of the De Vere Aviation School, Truro, made a short flight over that town on Thanksgiving Day. Mrs. Stevens accompanied her husband in this flight and greatly enjoyed the half hour flight over Truro and vicinity according to the Truro News.

GOING TO FLORIDA.—The New Glasgow Times says: Rev. J. S. and Mrs. McKay, of Hampton, P. E. I., arrived in town last night from Fredericton, N. B., where Mr. McKay attended the Maritime Synod of the Presbyterian Church. Mr. McKay will spend a day or two in town, attending to business matters and in a couple of weeks he and Mrs. McKay will proceed to Florida where they will reside for the next six months. Mr. McKay will have charge of a congregation during his stay in Florida.

ROTARIAN BOYS' NIGHT.—The Rotarian Club put on a boys' night last evening, when the ladies of the Philathea Class under Mrs. Clark served supper in the Y. M. C. A. The Rotarians and their boy friends to the number of about 100 were supplied with headgear suitable to such an important occasion and attired in these and bearing a distinguishing card with their names prominently set forth, filed into the dining room and took their places. After-grace had been offered by Rev. Mr. Raymond, a sumptuous repast was enjoyed. Afterwards a delightful programme of songs and stunts was gone through and short addresses given by Rotarian J. A. Clark, who presided and R. C. Sidenius, who jointly were responsible for the programme. Everyone enjoyed the programme and at the close hearty votes of thanks were accorded the Philathea Class and the committee.

EARNSCLIFFE.—Mr. Richard Young, Grafton St., returned to the city Tuesday evening on the Tussle from a very pleasant trip to Earncliffe. Come again soon Richard; always glad to see you.—Mr. Roy Beers and friends, were visitors in New Perth this week, the guests of Mr. Katie Stewart and Mr. John Lewis.—Mr. Weldon Tweedy, Vernon River, was a visitor here this week, the guest of Mr. Frank Mutch and family.—Misses Ruth and Della Cavanagh, have returned home from visiting in Cherry Valley, where they were the guests of Miss Christie McPherson.—Some girls out yet! It's time to get it in boys, so please get out and hustle. And those farmers who are done their harvest are engaged this week digging their potatoes, which are a fair crop.—The green apples jam season is over, and with it has gone that haunted worried look seen on the faces of those who dared to use that dope because their lives were insured.—Q.

PILES Do not suffer another day with itching, bleeding or protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. Write a box to dealers or Edmondson, Bates & Co. Limited, Toronto. Sample box free if you mention this paper and enclose 3¢ stamp to pay postage.

NEILSON'S CHOCOLATES
50c a pound bulk
This offer is for Saturday night only.
Come in and take a pound home.
VICTOR COYLE
Druggist—Revere Hotel Block
Phone 618

ENGAGEMENT ANNOUNCED.—Mrs. S. M. Clark, Charlottetown, announces the engagement of her daughter Della to Ernest H. Burke, Southport. The marriage will take place at an early date. 1609.

NEW GLASGOW AND BRADABANE.—Services in the churches of Christ on next Lord's Day, Oct. 19th, as follows:—New Glasgow, 11 a. m.; Bradabane, 7 p. m. Subject "The true perspective."

ISLAND BOY IN CHARGE.—Mr. J. E. Clarkin has been installed as manager of the Merchants Bank of Canada at Eskbank, Sask. The Merchants is the pioneer bank at that place. Mr. Clarkin is a son of the late Prof. J. T. Clarkin and Mrs. Clarkin of Charlottetown.

THE FORWARD MOVEMENT.—At a meeting on Wednesday evening of the several committees appointed by the First Methodist Church of this city to arrange for the coming great Forward Movement of the churches, it was resolved to hold a large congregational meeting next Thursday evening in the Hearze Memorial Hall. In connection with this meeting a banquet will be held. Rev. Mr. Strot-hard of Sackville, so favorably known as an eloquent speaker will be the orator. The echoes of the last banquet are still fresh in the memories of those who heard him.

WESTERN COVEHEAD NOTES.—Mr. Vleco Proud has returned from Western Canada where he spent the summer months.—Mr. Percy Carr spent the week end in Covehead the guest of Mr. John McKinnon.—Mr. Conrad E. May, of St. Dunstan's University spent Thanksgiving at his home in West Covehead.—Mr. John McCormick is about to leave his summer residence at "Sandy Hook," Brackley Beach where he spent the summer months.—The people of Covehead and the vicinity are pleased with their new mail courier Mr. Theo Abbott, who uses a car for this purpose.—Mr. George Beairat has finished painting his new house which is a credit to Covehead.—The farmers in this vicinity are busy digging their potatoes. They report a bumper crop this year.—Fishermen are busy getting their nets ready for the smelt season which opens on the fifteenth.—Some of the fishermen report that they have been pursued by a strange craft and are in much doubt as to who or what the stranger is. Some believe it to be the much famous "Flying Dutchman" this is the first time within the memory of the oldest inhabitant that this apparition has visited our coastal waters.

Mother! Watch Child's Tongue!
"California Syrup of Figs"
For a Child's Liver and Bowels
Mother! Say "California," then you will get genuine "California Syrup of Figs." Full directions for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Children love this delicious laxative.



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Mother! Say "California," then you will get genuine "California Syrup of Figs." Full directions for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Children love this delicious laxative.

I'M THE MAN WHO KNOWS WHAT'S GOOD FOR YOU!
YOUR M.D.'S HEALTH OFFICER

THE AEOLIAN-VOCALION
THIS new phonograph brings you a new joy in music. Play it and you will understand.
Vocalion prices—\$68 up.
REDDIN BROS. THE DRUG STORE DELUXE
BROWN BLOCK RICHMOND ST. PHONE 86

PERSONALS

Mr. S. J. Moore, Truro, is in the city.
Mr. F. M. Redding, St. John, is in the city.
Mr. A. Currie, merchant, Peake's Station, was in the city yesterday.

Mr. J. D. McNutt, Moncton, is among visitors to Charlottetown.
Mr. C. C. Thompson, Montague, was in the city yesterday.

Miss Margaret McDonald, Cardigan, returned Wednesday night from a visit to Moncton.
Mr. T. A. Trenholm, of the C. N. R., Amherst, is in the city on business.

Rev. A. W. MacLean and party, of St. John, arrived in the city on Wednesday night.
Mr. J. M. Bradley and Miss Jennie Bradley, Millville, motored to the city yesterday.

Mr. and Mrs. E. Willis, Kingston, were visitors to Victoria on Monday.—V.

It is pleasing to learn that Mr. Ernest Beer, freight checker on the P. E. I. Ry., who has been very seriously ill, is considerably improved.
Mr. J. J. Trainor, General Chairman of Telegraphers of the C.N.R., was a passenger by yesterday morning's express en route to Montreal.

Misses Ruth Boutler and May Curtis are spending a few days in Summerside the guests of Mr. and Mrs. C. Braden Jella.—V.

Mr. and Mrs. Jas. Paton, Miss Barrett, Mrs. J. W. Windsor, and Miss Evelyn and Master Vincent Windsor were guests of Mr. and Mrs. E. Boswell during the week end.—V.

The many friends of Mr. Fred Foley who left Charlottetown before the outbreak of the war, and served overseas since, are glad to see him home again. He enlisted in a Western regiment.

The many friends of Louis H. Sherren, son of Mr. and Mrs. W. D. Sherren, Crapaud, will be delighted to see him home again after his pleasant visit to the United States, where he met many old acquaintances.

Mrs. Russel Mahler, Boston, Mass., who has been spending the summer with her sister, Mrs. James Dolron, Wheatley River, left last week for home. She was accompanied by her sister, Miss Selma.

To those who are really particular about the Coffee they drink, there is one brand that always pleases particularly well because it is particularly good—**CHASE & SANBORN'S "SEAL BRAND" COFFEE.**
In 1/2, 1 and 2 pound tins. Whole—Ground—Pulverized—also fine ground for Percolators. Never sold in bulk.
CHASE & SANBORN, MONTREAL.

AT THE PRINCE EDWARD
Matinee 3.15. Night 7 and 8.45.

What Would You Do If



You became rich in one Night?
Could you live as an imposter to keep it up?
SEE HAROLD LOCKWOOD

—IN—
"Pals First"

A LOCKWOOD CLASSIC.
Replete with forceful dramatic moments, from the arrival of the Pals at Winnicrest Hall, their amazement at gaining welcome when Danny is believed by an old darkey servant to be master of the house, their fight on the unscrupulous Dr. Chilton, their eventual dissolution of association through Dominie's desire to protect the girl and their final reunion when Danny proves his right to the girl's love are scenes of both tender charm and dramatic impressiveness.

"The Volcano's Prey" COMING
12th Startling Chapter of **MARY PICKFORD**
IN
"The Man of Might" "Daddy Long Legs"

AT THE STRAND



TONIGHT 7 AND 8.45 TONIGHT
"They don't look like the picture"
VIVIAN MARTIN
"You Never Saw Such a Girl"
A Paramount Picture
DO THEY FIT ME?
Those Trousers don't fit her over well, do they?
But what does she care, or you, as long as the picture makes you laugh? and it sure will.
All Girls—old and young—who have ever tried on their brother's clothes should come and see
VIVIAN MARTIN
IN—**"You Never Saw Such a Girl"**
OTHER PICTURES

"The Tobacco with a heart"
MACDONALD'S

MARVEN'S WHITE LILY BISCUITS
Are popular because they are pleasing to the palate
They are the standard by which other biscuits are judged
SOLD IN BULK—IN PACKAGES—IN TIN PAILS.
J. A. MARVEN, LTD.
BISCUIT MANUFACTURERS
MONCTON HALIFAX ST. JOHN

"Bound Czechoslovakia"
What do you know about Czechoslovakia? Could you say where its boundary lines begin and end? Probably you've heard of such a State—but would you not like to know where and what it is—how it came into being.
You will find this and other information of vital importance in regard to the new National Boundaries in
REYNOLDS' AFTER-WAR ATLAS and Gazetteer of the World
Some Leading Features are:
120,000 word History of the War, with 40 Maps and Diagrams.
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