KILL THOSE ANNOYING SPIDERS

..spray FLY-TOX into corners, crevices and webs.. spiders curl up and die. Nothing equals this pure, clean, fragrant spray for household use. It is stainless. Fragrant.. harmless to people.. guaranteed.

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Classified Advertisements

One insertion	10c per line of 5 words
Three insertions	9c per line of 5 words
Four insertions	8c per line of 5 words
Eight insertions	7c per line of 5 words

Agents Wanted

A BIG $5 PRIVATE CHRISTMAS Greeting Card sample book free; men and women already making five dollars up daily, in spare time; experience or capital unnecessary. Garretson Co., Brantford, Ont. A. W. 6-24i

$250 MADE

IN SPARE TIME IN CITY OR Town, taking orders. Delivery later. Personal Greeting Cards. Something new and snappy. "Imperial Art" 51 Wellington West, Toronto. A. W. Aug. 29-tf.

For Sale

FRESHENED COW, GOOD grade. M. F. Vessey, York. 7572-9-5-2i.

FOR RENT—HOUSE AT BRIGHTon with modern conveniences. Apply to W. H. Hood, Cornwall. 7511-9-5-3i.

FOR SALE—50 ACRES OF WOOD land at Glen Valley, formerly owned by the late Donald MacPherson. Price reasonable for quick sale. Apply to Malcolm Gillis, Hunter River. 7327-8-23-th.-4i

FOR SALE—BLACK GELDING nine years old, weight about 1000 pounds, race record 2.14¼, sound. Reasonably priced for cash, or will consider exchange for pure bred foxes. Willard Ganong, Springfield, R. R. No. 1, King's County, N. B. 7562-9-5-2i.

Articles For Sale

ANTIQUES AND OTHER FURNITure for sale. Apply Guardian Office. 7608-9-6-3i

FOR SALE—ONE 3 H.P. INTERNAtional Engine almost new. one 1½ H. P. International Engine, almost new, one 1½ H. P. Mogul Engine in perfect condition, two 3 H. P. Fairbanks Morse Engine, good condition. Apply W.A. Pooley, North Tryon. 7560-9-5-3i.

FOR SALE—SECOND HAND P. W. C. books including a Chemistry, Greek, Physics, Cicero, and a few others. Apply 224 Fitzroy Street. 7558-9-5-3i.

Male Help Wanted

WANTED—MAN OR BOY FOR farm work. Apply, A. D. Brehaut, Pownal. 7874-9-5-4i

BIG EARNING, STEADY EMployment for Barbers. Become expert in 8 weeks. Write Moler Barber College, Department "F" Halifax. 3-1-22-ttstf

MAN WANTED TO WORK ON farm. Apply "S" Guardian. 7336-8-25-tf.

AN UNUSUAL OPPORTUNITY $35—$50 CAN BE EARNED weekly in spare time selling well known line Personal Christmas Cards. Scores of Stenographers, Accountants, Clerks etc., exceeded this last season. Beautiful new samples free. Master Kraft Co., Limited, Toronto. Representatives wanted small towns also. M. H. W. Sept. 4-6-8-11-13-15-18-20-22-25-27.

Teachers Wanted

TEACHER WANTED.—WANTED for Hebron School District, No. 163. A second or third class teacher. Supplement $75.00. Apply to Angus. A. Clements. Coleman. R. R. I. 7593-9-6-2i

To Let

TO LET.—FURNISHED RESIdence with modern conveniences. Apply on premises, 17 King Square city. 7580-9-5-3i.

LARGE ROOMS TO LET. APPLY Guardian Office. 7608-9-6-3i

GARAGE TO RENT. APPLY 187 Prince St. 7602-9-6-2i

FOR SALE

Residence, Modern Conveniences
Apply 9 King Square
7607-tf.

Nursing

PRACTICAL NURSE WANTS work, looking after aged couple, invalids or maternity cases. Apply W., Box 116, Guardian Office. 8-31-3i.

Miscellaneous

JNO. ALFRED MACDONALD Land Surveyor, Hermanville, P. E. I. 8-7-1 mo.

MEMORIAM AND MOURNING cards at shortest notice, Guardian Job Printery.

SHIPPING TAGS, EXPEDITIOUSly supplied. Guardian Job Printery. tf.

WANTED TO RENT, HOUSE OR apartment furnished or unfurnished. Apply Guardian. 7576-9-5-4i

ESCAPED SILVER FOX PUP. Finder notify A. McLean, Clyde River. Reward. 7551-4-9-3i

I HAVE YOUR WANTS IN AMerican Rubber belting and Traces, guaranteed, at half price. Clinton D. Morrison, Fredericton, P. E. I 7496-9-1-6i

BILLHEADS AND STATEMENTS neatly printed. Guardian Job Printery. tf.

CORRESPONDENCE CARDS AND envelopes with address printed, just the thing for acknowledgement, intimations, etc., Guardian Job Printery. tf.

Boarders Wanted

GIRL STUDENTS ACCOMMODATed at 36 School St. 7601-9-6-3i

WANTED—STUDENT BOARDERS, comfortable rooms. Apply 26 Longworth Ave. 7548-4-9-3i

STUDENTS ACCOMODATED. APply 18 Spring Park Road. 7584-9-5-2i

ROOM AND BOARD AT THE City Hotel. 7476-8-31-6i.

ROOMERS WANTED. TWO nicely furnished heated bedrooms to let. For further particulars write M. in care Guardian Office. 7578-9-5-3i

TWO GIRL STUDENTS COMfortably accomodated opposite P. W. C. Apply Guardian Office. 7577-9-5-2i

BOARDERS ACCOMODATED. Apply Guardian Office. 7579-9-5-3i

Waterfront Directory

Bruce Stewart's Wharf

D. P. W. Dredge No. 15 Capt. MacLeod in port.

Tug Lisgar, Capt. Gamble in port.

S. S. Hochelaga on Pictou route.

Revenue cutter Cortestocca sailed. Capt. Coffin in command.

Lyons Wharf

Schr. Vandala, Capt. Malcolm in port.

Pickard's Wharf

Schr. Hazel W., Capt. Munn in port.

Schr. Nellie J. King, Capt. Murray sailed.

Railway Wharf

The coal barges Albert F. MacWilliams and Bitobee in port.

Tug Coalopolis in port.

Paolis' Wharf

Schr. Fred and Norman. Capt. Cahoon in port.

Schr. Millie B., sailed.

AUCTION SALE

Of Miss Beers' household furniture, 46 Prince Street, Thursday, Sept. 6th, at 1.30.

J. A. MacDONALD. Auctioneer.

7604

Eat after your own fashion, dress as others do.

When the ship has sunk every one knows how she might have been saved.

'Tis a mark of great perfection to bear with imperfection of others.

Central Guardian

FRESH LOBSTERS at Alyward's today. Lower Queen St. 7603

FINED—Several persons appeared before Chief Magistrate Shaw on Tuesday charged with infraction of the Migratory Bird Act. They confessed and were fined small sums.

POLICE COURT—One drunk was fined $5.00 or ten days in jail at the Police Court yesterday morning. A defendant in a prohibition case was fined $200 or three months. A similar case was adjourned.

CHURCH OF SCOTLAND.—Rev. Ewen MacDougall B. D. will preach Sabbath 9th at Bangor at 10.30; Kinross at 3 and Birch Hill at 7. Also Tuesday 11th at Point Prim at 7.30.

IF YOU NEED a new roof or dwelling or barn ask us to show you some of the many roofs done with Brantford shingles. Fennell& Chandler. 7600-9-6-61

HAMPTON—United Church services for Sunday, Sept. 9th, are as follows:—DeSable, 11 a. m.; Bonshaw, 3 p. m.; Hampton, 7.30 p. m. The Rev. David Coburn, M. A. B. D of Bradalbane will preach at all services. Rev. James P. Kaye, Minister.

ANNIVERSARY SERVICES—In the Keir Memorial Presbyterian Church at Malpeque, next Sunday, Rev. W. Bruce Muir of St. James Church, Charlottetown, will conduct anniversary services at 11 a.m. and 7.30 p. m. to which the public the cordially invited.

UNITED CHURCH OF CANADA, Kensington Sept 9th, Rev. J. R. Saint, D. D. Minister. 9.45 a. m. Sunday School; 11 a. m. "The Faith of the Son of God"; 7.30 p. m. "Courage; 3 p. m. First United Church, Summerfield. A cordial welcome to all.

SWIMMING EXHIBITION.—The Misses Jennie Vaughan and Elinor Henry gave an exhibition of fancy diving and swimming yesterday afternoon off Buntain and Bell's wharf which was enjoyed by a large number of spectators who were greatly pleased. Both these young girls are excellent swimmers and deserve much praise.

MARITIMERS PHOTOGRAPHED—The St. John Telegraph of Sep. 5th features a group picture of the Maritime Provinces delegates and some of their hosts in Toronto. The cut is from a photograph taken in front of the Royal Canadian Yacht Club on the occasion of the Board of Trade luncheon on Friday, Aug. 31.

RED CROSS HOME NURSING CLASS.—The final lesson of the Red Cross Home Nursing Class given to the ladies of the Mt. Albion Women's Institute was held on Friday evening, August 31st at the home of Miss Thelma Ballem. After two hours of review, both practical and oral, in which the pupils showed great ability and appreciation of the instruction given in the twelve lessons of the course, dainty refreshments were served by the class. The following members attended 75% of the lessons and received acknowledgement cards from the Society: Miss Julia Carver. Mrs. Benjamin Horton, Mrs. Henry Jenkins, Mrs. Charles Mitchell, Mrs. Hedley Jenkins, Miss Marion Stewart, and Miss Thelma Ballem.

PAINFUL ACCIDENT.—The many friends and relatives will be pained to hear of little William Weeks Cruwys, son of Mr. and Mrs. Chester Cruwys 31-A Eliot St., Medford, Mass., who was hit by an auto receiving a fractured skull, besides other cuts and bruises. He has been taken from hospital to his home where he is doing as well as can expected. Mr. and Mrs. Cruwys are well known in Charlottetown. He being Express messenger on C. P. R., for many years. An exchange referring to the accident says:—"Alex L. McDonald, 54 Paulina st., Somerville operating a Ford touring car south of Main St., at Frederick ave., about 8.15 last night (Aug. 20th) struck William Cruywys, aged 6 of 31A Eliot Street Medford, Mass.; The child is reported as having started to run across the street just as the auto came along. He was taken by MacDonald to the Lawrence Memorial hospital in his auto. He is held for observation at the hospital and x-rays will be taken today. The boy had cuts and bruises about the head chest, back, body, and legs.

BIRTHS

HOLROYD—At Waterton Park, Alberta, on September 4th, 1928 to Mr. and Mrs. John C. Holroyd, a son.

DEATHS

MACAULAY—At Lewis, Lot 60, on Sept. 2nd, 1928, Mary Jane MacAulay aged 24 years.

MACKAY—At Grahams Road Aug. 5th. John A. MacKay, aged 87. Funeral Friday at 2, p. m.

TANTON.—At her residence, St. Avards, Sept. 5th. Mary Ann Rochester, Brown, beloved wife of Conductor Geo. S. Tanton, in her 68th year. Funeral Notice Later.

IRVING—On Sept. 4th, at 43 Michigan Ave., Somerville, Mass., Margaret Jane Irving, widow of the late Wm. Irving. Funeral from McLean Undertaking Parlors, to Birch Hill cemetery, Saturday, Sept. 8th, service starting at 2 o'clock.

N.D.MacLean
UNDERTAKER
EMBALMER
Phone 149
King Square

Wolfville Convention Optimistic in Tone

Important Results of Ba ptist Conference Sketched by Rev. Ross Eat on.

Returning from the Maritime Baptist Conference held recently at Wolfville Rev. Ross C. Eaton reports a very successful series of meetings. The tone of the convention was distinctly optimistic. "We are facing serious problems in our denomination and outside," Mr Eaton said, "yet there seems to be in our people, as represented at the conference, an added determination to meet these difficulties and to advance all along the line. We are passing through a period of expansion in all phases of our work."

A Charlottetown delegate, Mr. J. A. Clark, was elected president for the ensuing year.

The first two days of the conference were devoted to devotional exercises. On the morning of the third day the International problem of war and peace was discussed by the Ministers Institute which is part of the convocation. Of particular interest was the Wednesday afternoon discussion dealing with the problem of the non church-going people. On Wednesday evening a fine concert was given by the Maritime Baptist Male Quartette. The remaining days from Thursday till Sunday night were taken up with regular business of the convention.

The conference this year was of special interest in as much as it marked the 100th anniversary of the Acadia educational institutions. It marked also the 150th anniversary of the Wolfville Baptist Church.

There was a special convocation of the board of governors and faculty of Acadia University, at which degrees were granted to a few distinguished visitors.

The final meeting of the convention on Sunday evening was devoted to foreign mission enterprise. The height of enthusiasm and interest was reached on this occosion, and stirring addresses were given by ministers on furlough and those going out for the first time. A practical expression of the keen interest in this phase of the work was shown at the gathering Sunday night in the raising of $1,100, sufficient to purchase an automobile to assist Rev. Mr. Glendenning in touring his field in India.

Among the Island delegates attending the conference were: Rev. Mr. Eaton and Mrs. Eaton, Mr. J. A. Clark and Mrs. Clark, Charlottetown; Dr. J. J. Sidey, Bedeque; Mrs. J. D. Jenkins, Charlottetown; Mr. William McLeod, and the Misses Edith, Sadie and Minnie McLeod, Dundas.

BRANTFORD ASPHALT SHINGLES: Complete stock always on hand. Fennell & Chandler. 7600-9-6-61

GRAND SACRED Concert in Malpeque United Church tonight by Trinity Church Choir, directed by Prof. Fletcher. Tickets 35 cents. 7606

JUST RECEIVED: Two car-loads Brantford Roofings and shingles. Fennell&Chandler. 7600-9-6-61

SHINGLES: We have now very large stock of Brantford Asphalt Shingles. Fennell&Chandler. 7600-9-6-61

BAPTIST CHURCH services, North River Field, Sunday, Sept. 9. Long Creek, 11 a. m.; S. S. 10 a. m Clyde River, 3 p. m.; Kingston, 7.30 p. m. W. R. MacWalker, Minister.

RETURNED HOME FROM P. E. I.—Miss Gertie McMahon, Eileen McInnis, Elmira LeBlanc and Emma McInnis returned to this city over the week end, from a two weeks visit spent in Charlottetown, P. E. I., where they were the guests of Mr. and Mrs. J. MacAleer. Moncton Times.

LIQUOR DESTROYED.—Quite a commotion took place yesterday afternoon on Water Street in front of the Queen Hotel, when Customs officials dumped forty gallons of rum which they had taken from the nearby warehouse, down the sewer. Many thirsty ones stood by with longing eyes as the precious fluid gurgled down into the depths, helpless to avert the catastrope. The cdour was very pronounced and could be distinguished within quite a radius of the incident.

PHOTOGRAPHS
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REGESAN
FRUIT SALINE
Containing the natural principles of the GRAPE and LEMON is a splendid medicine for Constipation, Biliousness, Indigestion, etc. It acts as a gentle laxative and stimulates the liver. In all feverish conditions it exerts excellent cooling results and is most
PLEASANT
AND
REFRESHING
PRICE $1.00 BOTTLE.
Sold Only By
THE PROMPT DRUGGISTS
MacKinnon Drug Co.
Phone 219 THE REXALL KODAK STORE P.O. Box 552

PERSONALS

Mr. J. A. Gillis, city, was in Halifax on Monday.

Messrs Earl and Arthur Reardon, sons of Councellor and Mrs. M. W. Reardon, left yesterday morning for St. Joseph's University, Memramcook.

Miss Dot Wright, City, has returned home after spending a pleasant week-end with her friend, Miss Kathryn Murchison, of York Point.

Miss Lilian Mae MacPhail, daughter of Mr and Mrs. James MacPhail. Meadow Bank, is leaving Monday morning for Everett, Mass.,

Mr. James Crinoys, left for his home in Medford, Mass., after spending a month on P. E. I. He still loves the old sod, who blames him?

ENGAGEMENT ANNOUNCED.—Mrs. A. J. MacLeod, Kinross, announces the engagement of her daughter, Christine to Ernest MacLeod, Orwell Cove. Marriage to take place the latter part of September.

INJURED—At noon yesterday while little Russel MacKinnon, six-year old son of Mr. and Mrs. Russel MacKinnon was crossing Upper Queen Street, he was struck by a car and received two nasty wounds on the head. The driver rushed him to the Prince Edward Island Hospital where last night his condition was reported as not serious.

SMASHUP.—A car bearing a Massachuetts number plate. About 5 p. m. yesterday sidewiped a buggy at Trinity Church Corner. The driver of the buggy, said to be a man named Craig from the Country, was thrown out on the asphalt and stunned, bleeding badly. The driver of the car got out and bandaged the injured man's head and since nothing further has been heard of the accident it is presumed he was not seriously hurt.

RECEIVES BAD BURN—On last Monday evening Patrick Marah, the fourteen year old son of Mr. Pius Mahar was badly burned about the face and head by gasoline. It seems the young lad was playing around three empty gasoline drums and taking the plug or cap off one lit a match over the opening, which ignited the fumes causing an explosion with the above stated result. He was reported yesterday as "dong all right."

Queen Hotel
Since taking over this Hotel we have spent many thousands of dollars in repairs and improvements. It is now the finest Hotel of its class in the Maritime Provinces. It appeals to those who want a comfortable Hotel and splendid table and excellent service at a moderate price.
Rates from $3.00 to $4.50 per day.
Charlottetown Hotel Co., Ltd.
Proprietors
MISS L. McQUAID, Manager

QUEEN HOTEL

Mrs. McCabbin, Toronto; Miss Jean Clibbie, Toronto; Miss Jean Morris, S'Side.; Miss Inez Bell, S'Side.; H. L. Haughn, S'Side.; R. W. Hanson, St. Alban's, Me.; Eugene J. Murphy, N. Y. C.; C. R. Hibbert, N. Y. C.; Mr. and Mrs. Fred L. Rix, N. Y. C.; Mr. and Mrs. Jonas Jorden, N. Y. C.; Miss Betty Thomas, N. Y. C.; Tommy Sanden, N. Y. C.; Mr. and Mrs. W. C. Newcomb, Moncton; E. W. Hicking, Halifax; Mr. and Mrs. A. A. McLean, City; Mrs. Arthur McEachern, City; Mrs. M. McNeill, City; M. W. Nelson, City; Geo. McAulay, Cardigan; J. J. Hughes, Souris; John C. Fallon, Pittsburg; L. A. Wilson, Lynchburg, Va.; A. Smithie, Montreal.

EATON GROCETERIA
HOURS 8.30 A. M. TO 6 P. M.

Goods selected from the Eaton Catalogue may be ordered by Telephone through our Mail Order Office and delivery made C. O. D. C. O. D. orders will be delivered to any address in the City — Orders of $5.00 and over charges paid and orders under $5.00 a delivery charge of 10 cents will be made.

QUAKER CORN FLAKES 2 Packages for 19c	MUFFETS 2 Packages for 25c
AYLMER CHICKEN SOUP 2 Tins for 27c	CHICKEN HADDIES Per Tin 20c
GREEN PEAS 5 Lbs. for 44c	DOUBLE CREAM CUSTARD Per Tin 27c
BROOKFIELD CHEESE Per Package 23c	NORWEGIAN SARDINES 2 Tins for 25c
EATON SPICES In Tins 9c Each	CRISCO 1 Lb. Tin 27c
LAUNDRY STARCH 3 Lbs. for 27c	ALMOND ICING 1 Lb. Tin 42c
St. Lawrence CORN STARCH 2 Packages for 23c	MINARDS LINIMENT Per Bottle 22c
Cuticura SHAVING STICK 25c Each	Tooth Powder — Tooth Paste Per Package 25c

EATON GROCETERIA
OPERATED BY T. EATON CO.

The Misses Dorothy and Pauline Crinoys returned home safely to Medford, Mass., after spending a pleasant summer with their aunt, Mrs. Everett Haslam, Springfield.

Mrs. A. N. Simpson, who has been visiting her Mother, Mrs. R. E. Bagnall, of New Glasgow, for the past six weeks returned to her home in Earlham, Iowa, on Tuesday morning, Aug. 28th.

Rev. H. S. Raynor, Nova Scotia, was a visitor to Mt. Herbert, recently, the guest of his brother, Mr. E. W. Raynor. He was accompanied by his mother Mrs. Joseph Raynor, Enmore.

Mr. and Mrs. George Hume, Muskegon, Michigan, arrived in the city Frday night and are the guests of their daughter, Mrs. G. R. Keefe and Mr. Keefe, Brighton. It is nine years since Mr. and Mrs. Hume were home and their many friends will be delighted to renew acquaintance with them.

Dr. S. A. Dibbins, of Lowell, Mass., accompanied by his mother Mrs. A. W. Dibbins, Everett, Mass., arrived by motor Monday morning to spend their vacation with the latters brother Mr. James MacPhail and Mrs. MacPhail, and family of Meadow Bank.

Messrs Milton and Horace Coles, left Monday morning for U. S. A. after spending the summer months with their parents, Mr and Mrs. Henry Coles, of North Milton. They were accompanied on their journey as far as Moncton, N. B. by their parents, Mr and Mrs. H. Coles, and brother Brenton, and sister Mrs. Percy Hooper, and Miss Marion Stewart, all of Milton.

Bootleggers Routes Safe

SPRINGFIELD, Mass., Aug. 30—In a Springfield liquor dive has been found an elaborate map, showing a net work of routes which may be taken to reach the Canadian border. The map is nailed to the ceiling, for the benefit of all those "in the racket." Notations indicate what sort of patrol is maintained over the various roads. Bright red lines indicate the roads which are considered safest. The map is not the work of an amateur, and although the maker's name does not appear, it obviously was produced in a well equipped printing shop. The map also indicates to dealers where his bootlegger obtains his liquor and what quality might be expected from such a source.

PRESENTATION AND ADDRESS

The ladies of the Gaspereaux Women's Institute met at the home of Mrs. Sidney Llewellyn on the eve of her departure for Charlottetown where she intends to reside in the future, and presented her with a bed-spread and the following address:

Dear Mrs. Llewellyn: We the members of the Gaspereaux Women's Institute, of which you have been an honored member wish to express our regret at your departure from our midst. Since the organization of our Institute you have been of the greatest assistance giving your home and time to help forward our work. Please accept this small token of our appreciation. Be assured the sincere good wishes of us all go with you.

(Signed) Mrs. Benj. Hayter.

On behalf of the Womens Institute.

MT. HUCHANAN. Roll call was answered by the 13 members by paying a fine of ten cents per person. Mrs. M. W Murchison gave a reading entitled "Towser shall be tied to-night. A new hard wood floor has been laid in the school. The bills that were presented were requested to be paid. Twelve members subscribed for same. The next meeting is to be held at the home of Mrs. M. W Murchison.

LITTLE POND. Thirteen members and four visitors met at the home of Mrs A. D. MacDonald. Roll call was answered by miscellanecus things. The land for the school play ground has been paid. The new desks that were recently purchased from Gallant Bros. are to be varnished. An ice-cream festival has been proposed to increase the funds.

ST. GEORGE'S. Roll call was answered by the fourteen members who met at the home of Mrs. John F. Morrison with "Recitations". $88.00 was raised from a social held in the schoolhouse. A social hour of whist was greately enjoyed. Each member is to give a three minute speech at the next meeting which is to be held at the home of Mrs. Neil J. McCormick.

Victoria Hotel
One of the largest and best equipped Hotels in Eastern Canada. Contains 120 rooms. 44 of which have private baths. Completely renovated in the past two years. Few Hotels throughout Canada and the United States have its splendid table. Courteous service to all Guests. Telephones in rooms.
Rates $4.00 to $5.50 per day.
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VICTORIA HOTEL

John Hutchison, Toronto; Miss E. Hacallaney, Montreal; Miss S. Hacallaney, Montreal; J. A. Ingraham, Wolfville, N. S.; Mr. and Mrs. J. A. Leonard, Winchester, Mass.; A. W. McCall, New Glasgow; H. E. Murray, Amherst; Mrs. Estelle S. Sugure, St. John; Leonard Sugere, St. John; Watson Speyer, Montreal; G. F. S. Townsend, Halifax; W. A. Tallmere, Ottawa; L. J. Veniot, Moncton; Mr. and Mrs. J. O. Adams, Westbury, L. I., New York; Mr and Mrs. F. B. Armstrong, Moncton Mr. C. A. Archibald, L. Bantot, Montreal; J. B. Connolly, Moncton; R. Fowler, St. John; R. W. Hart, Sydney.

"Proper Food and Exercise" By ARTHUR A. McGOVERN Former Physical Director, Cornell Medical College.

Cure for "Nerves" Food, Work, Play

PROBABLY no other question is asked of me more frequently than, "What can I do for my nerves?"

Whatever the cause, the cure for nerves is within the reach of everyone.

In most cases of so-called "nerves," no expensive operation, no high-priced specialist is a necessary part of the treatment. Plenty of rest, fresh air and sunlight, the proper food and correct exercise are most important. Rest is essential. Don't rush. Get out-of-doors for at least an hour each day.

"Nerves" depend on our general physical condition, and by following

LOSING YOUR TEMPER IS ONE CAUSE FOR "NERVES"

a few simple rules of health, systematically and regularly, "flying off the handle" may be eliminated from the day's activity.

Laxative Diet

Before breakfast drink two glasses of water.

BREAKFAST: A stewed fruit, apricots, peaches, figs, apples or pears that have been cooked with senna leaves; large dish of cereal, to which add two tablespoonsful of bran; dark bread toasted, copiously buttered; coffee substitute. LUNCH: A vegetable lunch consisting of any of the following vegetables: lettuce, celery, spinach, onions, Brussel sprouts, tomatoes, gelatin salad; dark bread, whole wheat or bran muffins; tapioca pudding; glass of buttermilk. DINNER: Soup; broiled lean meat, chicken or fish, two vegetables; a baked potato may be taken with plenty of butter; one slice of dark bread or one muffin; cooked or raw fruit or gelatin; a hot drink.

© A. A. McGovern.

Address all letters to Mr. McGovern, No. 41 East 42nd St., New York City.

No. 122

SPRINGFIELD.-At the Aug. meeting the members met in the schoolhouse. The Secetary gave a report of an Ice Cream Social that had been held recently. Bills were read and requested to be paid. The next meeting is to be held in the schoolhouse.