


ENO'S FRUIT SALT

The day will end for you as fresh as it begins—if you take Eno's each morning



"A PURTY GOOD WORLD"

Did you ever sit out on an evening on the back steps of the milk house? (I am talking of your husband now.) Or perch yourself like some lord of all creation upon the fence and watch the autumn sun go down? And did you just sit there, long after the sun had gone down, big and blood red, sinking back of Opperman's farm and the Widow Peasley's orchard, way over on the ridge road. And did you wonder and wonder, about the whys and the wherefores and the whichness of the why, until it got dark and even then you sat there, thinking, and maybe listening once in a while to the young chickens who were roosting in the trees and old Dad Bailey's dog that always commenced to bark—a deep, mournful yowl—as soon as it was dark and kept it up half the night?

But after a time you would begin to feel cool and kind of damp, and you humped your shoulders a couple of times and wished you had your coat instead of sitting out there in your shirtsleeves. And in a little while you get really chilly, and you walk slowly through the dew-damp grass to the house. You feel sort of calm and rested and at peace with the world.

Now what you were thinking about didn't amount to much, maybe. Your thoughts just swung here and there and everywhere like barn swallows over a new mown field. But you had

this pleasant little visit with yourself and you find that you are all right, and most of the people in it are average at least.

And somehow you feel as James Whitcomb Riley must have felt when he wrote that poem that began: "It's a purty good world, this is, old man—"

It's a purty good world, this is! All things jest At their best— It's a purty good world, old man—

And it is, and its getting better. We like it, and we all want to stay and know each other better, and enjoy ourselves more. That's the way I feel about it, and that's the way I feel toward you—Hiram Moe Greene, in Women's World for October.

TARLY DELIVERY.

An experienced burglar had just begun to serve his term in prison, and had been assigned work in the mat-making section. Near him was an old convict who studied him intently and seemed to be awaiting an opportunity to say something. It came while the warder was some distance away.

"How long are you in for?" he whispered.

"Five years," replied the newcomer.

The veteran looked around nervously and thrust a letter in the burglar's hand. "I'm in for life," he said. "Post this when you get out!"

VINOL REMOVES THE CAUSE OF CHRONIC COUGHS

A Constitutional Remedy That We Guarantee

Lagrange, N. C.—"For years I suffered with a chronic cough, so I could not sleep nights and continued to lose flesh. My druggist asked me to try Vinol. It cured my cough, I can sleep nights and have gained twelve pounds. Vinol is the best tonic and tissue builder I have ever taken."—W. D. Ren, Lagrange, N. C.

We guarantee Vinol for chronic coughs, colds and bronchitis. Not a patent medicine. Formula on every bottle. Your money back if it fails.

E. A. Foster, druggist, Charlottetown. Vinol is sold in Montague by H. J. Mahon, also at the best druggists in all Prince Edward Island towns.

BEAUTY OF THE FEET

Beauty of the feet can never be attained if Missy has corns of bunions. There are two varieties of corns—hard and soft. The soft corns come between the toes. If you have a soft corn you may protect it by placing a bit of cotton sprinkled with alum, between the toes. Unless you insert the absorbent cotton to prevent the toes from rubbing together a second corn will appear on the opposite surface of the adjoining toe. Sulphate of copper applied to a soft corn is an effective remedy. The corn should be relieved from all pressure. For this purpose the use of a disk of white kid or chamois with a hole in the centre.

Ingrowing toe nails cause an immense amount of foot misery. Improper footwear and improper methods of cutting the nails are the reasons for this ailment. If you cut your nails too short or wear a shoe that is too short or too narrow, you will force the skin of the toe over the nail, the flesh of the toe is pushed still further over, until a point is reached where inflammation is set up. Cut the nails squarely across. Do not trim them so close as to destroy the spongy substance beneath the nail. This substance is a special guard to prevent them from growing into the quick. If there is a tendency for the flesh to grow over the nail, push the flesh back from the nail and fasten it in this position with a strip of oxide of zinc plaster. Under the nail edge insert a gauze packing.

Bunions are the result of great pressure and friction of the joint. If not attended to, this inflammation may even lead to destruction of the bone. First the joint must be relieved of all pressure. A shoe large enough for comfort must replace the tight one that started the trouble. Shoes large enough and stockings long enough will help.—Gwen Sears.

COLDS SPOIL BEAUTY

Colds make beauty not only impossible, but about three quarters of them might be avoided if every woman made up her mind that colds were foolish things to have and therefore not worth waisting time over. Colds will undo weeks of beautifying and if you wish to look and feel your best, you must stop catching colds and make it difficult for colds to catch you. Disease does not, as a rule, lodge in a well cleansed system. The clean blood system is the first step towards good looks. If you eat regularly and sleep regularly and keep your excretory organs working you will keep the

A Pound of Whole Wheat contains 1700 calories, says the chemist—but it doesn't contain any calories for you unless you can digest it. It is what you digest, not what you eat, that supplies nourishment for the day's work. It is a time to cut out expensive foods that generally contain little nutriment. Shredded Wheat Biscuit is 100 per cent. whole wheat—nothing wasted, nothing thrown away. It is real man-power food. Two or three of these little loaves of baked whole wheat with milk and fresh fruits make a nourishing, strengthening meal at a cost of only a few cents. Made in Canada.

poison out of your system. The glass of that water and lemon as a morning drink will lessen the tendency to colds.

Deep breathing in front of an open window every day is one of the best aids to fight off colds as well as to give you a clear complexion. A ruddy skin, well rounded throat and deep chest. If your lungs are doing all the work they should, your blood is purer and your inoculation is better.

Keep clean, outside and in. Take your baths regularly, drink lemons and water, and eat food that is simple and nutritious. You will improve your looks while your neighbors are sniffling and sneezing and coughing. And when you have to be where such ones are don't think about sharing their misfortunes, for colds are misfortunes. Think of something pleasant. When you get the chance fortify yourself with some pure air and a drink of pure water. And remember that a fit of temper will bring on a cold just as well as it will make wrinkles.

"I JOINED TO FIGHT."

A story is told of a Scotsman seeking an interview with his colonel.

"Well my boy, what can I do for you?" were the colonel's words as soon as Sandy came to attention.

"I want awa' home," said Sandy.

"Why?" asked the colonel.

"I didn't join for thae drills; I

joined tae fecht." was the emphatic answer.

Sandy is not the only one who has grown restive under the drills. A man puts on the khaki, but he is a soldier only by courtesy. Months of drilling and of discipline are needed before he is fit for the front. And even there he can only gradually be initiated into the fight.

The discipline at times is curious, and on the surface might seem far removed from the soldier's task; yet there are reasons for it, well founded.

A youth not long ago joined the Flying Corps. The next thing I heard of him was that he was driving wagons through London streets to get his nerve in order.

Everywhere in life does youth need to learn this lesson, that to be any good in the fight, the drills must be endured.—Rev E. A. Stork.

THE UMBRELLA AN ILLUSION? Well, How About the Millinery and Straw Hats It Saves.

The psychology of the umbrella is worth studying. It does not really, of course, protect the individual from the rain. It does little more than shelter his head. The rain strikes his legs and his body just the same. But it saves the rain from striking one's face, which is disagreeable. It gives a certain illusion of shelter and thus shelters the psychology more than it does the body.

We now have waterproofed clothing which is a much more effective protection than the umbrella, but people go on buying and using umbrellas just the same. Their bodies do not really need them, but their minds have become accustomed to them. Meanwhile letter carriers and policemen go without them and do not seem to get any wetter than other people do.

It is probable that a colored umbrella protects a woman's psychology in a rainstorm better than a black umbrella would. Having chosen the color in accordance with fashion and her own taste in tints, she has, as it were, a canopy of consciousness over her, affording her a fine protection. On the other hand, a black umbrella is a better protection for a man's psychology than a colored one would be. A red umbrella over the average man, now, would seem to him to gather all the raindrops from the Hoosac range to Mount Desert and precipitate them upon his egregious head.

REVIEW FOR YOUNGER PUPILS. (From Tarbell's "Guide.")

1. Who was it, that said, "Here am I, send me"?
2. Why is Azar called "the Faithless King"?
3. What king made a great boast, which was not fulfilled?
4. What beautiful invitation does one of our lessons from Isaiah contain?
5. What boy became king when only eight years old, and what sort of a king was he?
6. What book caused a great excitement, and to what did its reading lead?
7. What king captured Jerusalem and what did he do with a great many of her people?
8. What boys ranked head and shoulders above all their fellows after a three years course, and why?
9. Why were three young men thrown into a fiery furnace?
10. When and where did Daniel pray?

REVIEW QUESTIONS FOR OLDER PUPILS.

1. Who is the most attractive character of our lesson and why?
2. Who was Hiliath, and for what is he famed?
3. In what ways did Daniel show his loyalty to principle?
4. When and by whom was Jerusalem taken, and what became of the people?
5. Draw a map of Western Asia, showing Assyria and Palestine, and trace the route of the captives from Jerusalem to Babylon.
6. What caused the fall of the kingdom of Jordan?
7. Tell about Isaiah's call to service.
8. Tell what you know about Hezekiah.
9. Give an account of the finding of the Book of Law.
10. What is wrong with this quotation from a sermon: "Dare to be a Daniel: when everybody else bows down to the image, he would not—he remembered God and God remembered him for good."

Few Doctors Killed

Because of an exaggerated statement in some American newspapers regarding the casualties in the medical corps of the British army, Col. T. H. Goodwin, of the British army Hoosac range to Mount Desert and medical service, who has been on this continent since the visit of the British commission, cabled to the



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over disease every time you use Lifebuoy Soap. For its mild healing and cleansing oils are charged with cleansing properties that make it simply invaluable.

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British War Office for the facts. In answer it was stated that out of 12,000 doctors in the whole British army, from the beginning of the war to June 23, 96 had been killed, 707 had been wounded, and 62 had died of disease. The newspaper story, of which this was a refutation, stated that 257 had been killed within an hour in one battle, and that in another engagement 400 had been killed.



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20c each, 3 for 50c.

PLEDGE DAY, MONDAY 29th

Prince Edward Island Stands for Canada. Will You Sign a Card and Do Your Bit! Even Although You Cannot Save More, Sign and Encourage Others.

The People of France Will Starve Unless We Economize on Food Stuffs Such as Bacon, Beef and Wheat

Remember the Famous Battles and the Awful Sacrifices in Blood and Treasure. Surely You Will Sacrifice Something Too.

The Women of Canada Are Asked to Dedicate Themselves and Their Families to War Service. Signing the War Service Pledge Means the Undying Promise of Canada's Mothers to Her Sons.

Use Substitutes in the Home and Save the Foods That Can be Exported Most Easily

Save Our Heroes, Sign and Live Up to Your Service Pledge Will YOU Let Famine Fight Against Us and Win Out?