

Home Nursing And Health Hints

THE NEW STYLE DINNER PAIL

By M. JESSIE LEITCH. Dinner Pail—Just as Usual. "New notions. Too many books. She'll get over fussing over her man after a while," said his wife knowingly—and packed pie and bread into his dinner-pail next day, just as usual.

That day Walter had brown bread sandwiches, with plenty of butter, and lettuce and salt, and an orange and some cookies in his dinner pail. There was cheese, too, and some dates. As he drank his milk and began to peel his orange, the man beside him said: "Don't let that wife of yours starve you, son. Eating those little bouques of lettuce may be all right for a rabbit, but a man needs meat."

"I get meat. A mighty good meal, if I do say so, at night when my day's work is over. The little woman knows more about food values than any one I ever knew. She says a light lunch of the right foodstuff is lots better for a man in the middle of the day. And I believe her. And I tell you there's a well-cooked meal waiting me at the end of the lane when I get home each night."

And perhaps the man who sneered at lettuce was a little sorry he had spoken.

About Doctors and Diets. That very night his small son became very ill, and Mary, being the nearest neighbor, ran over to see if she could help.

"The doctors' just been, and he said Tim had to go on a diet. I'm sure he gets lots to eat." And the mother spoke sniffingly, as if she had little patience with diets. Mary glanced at the child, noted his puffy flesh, white and unhealthy looking.

"But does he get the right kind of food?" she said. "I've brought up six—and they don't look starved!" snapped the mother. Mary turned away a trifle hurt.

"If I can do anything, let me know. I'll bring over some beef tea in the morning. I make mine with round steak, you know, and cook it in a double boiler without salt for eight hours. Start it in cold water, you know. That's the way the book says. And it is so good. Just like clear jelly, when it's acid. Sometimes Walter takes it to the mill that way for his strengthening."

And as Mary went back to her own cottage, she mused: "I shouldn't wonder if she makes beef tea like any other kind of soup—greasy and sort of thrown together. I do wish some of the other women would just try cooking scientifically, and they might have more patience with me and my new-fangled notions." And she laughed softly, as her husband, smoking in the little patch of garden, came to meet her.

SEED FAIR

FORTUNE BRIDGE SCHOOL

The Fortune Bridge School Fair took place on Sept. 15th, and was a decided success. The school taking part were: Fortune Bridge, Rollo Bay West, Eglinton and Fortune Head.

All the classes were well filled, especially the domestic science and poultry classes. Fortune Bridge succeeded in capturing the most prizes. Rollo Bay 2nd, Eglinton 3rd, and Fortune Head, 4th.

Following is the prize list:

- CLASS 1 Section 1, Oats 1. William J. White, Rollo Bay. 2. Milton Davidson, Fortune Bridge. 3. Elizabeth McCormack, Rollo Bay. 4. Wm. Conohan, Fortune Bridge.

- Section 2, Wheat 1. Charles Ross, Fortune Head. 2. Lawrence McDonald, Fortune Head. 3. Muriel Ross, Fortune Head. 4. Ernest Aitken, Fortune Bridge.

- Section 6, Beans 1. Charles Aitken, Fortune Bridge. 2. Milton Davidson, Fortune Bridge. 3. Fulton Underhay, Eglinton. 4. Ernest Underhay, Eglinton.

- CLASS 2 Section 2, Irish Cobbler Potatoes 1. Catherine MacRae, Rollo Bay. 2. Ernest Aitken, Fortune Bridge.

- Section 4, McIntyres 1. Samuel R. Johnston, Fortune Bridge. 2. Reggie Townshend, Fortune Bridge. 3. Orrin Dingwell, Eglinton. 4. Ernest Underhay, Eglinton.

- Section 5, Turnips 1. Willard Reid, Rollo Bay.

A Woman's Rheumatic Lameness

Relieved by Hood's Sarsaparilla

I have taken Hood's Sarsaparilla, and it has done me so much good in relieving my lameness I am very thankful to you for it. I can walk well now and go almost everywhere. Before taking your medicine I was confined to the house for a year and a half. It strengthened my limbs. I advise my friends that are lame from rheumatism to take it. My husband and son have also taken Hood's Sarsaparilla, and I have given all of us a good appetite. Mrs. Mary A. Wall, 21 Florence Street, Rockland, Me.

Big Change In This Family

MAN, WIFE AND DAUGHTER ALL REPORT REMARKABLE GAINS IN WEIGHT

"I gained 12 pounds, my wife gained 25 pounds and my daughter is gaining day by day taking Tanlac. It's the biggest surprise of our lives and all our friends and neighbors are talking about it. This medicine has made a wonderful change in every one of us. Before I got Tanlac, I could hardly drag one foot after the other. I had indigestion perfectly awful. In fact we were all regular dyspeptics. We all swar by Tanlac now at our home. It's the world's greatest family medicine."

The above statement was made by George L. Tessa, a well known and highly respected machinist living at 83 Downing St., Buffalo, N. Y.

Tanlac is sold in Charlottetown by Reddin Bros., and by leading druggists everywhere.

- 2. Peter MacCormack, Rollo Bay. 3. Mildred Coffin, Fortune Bridge. 4. Archibald Fisher, Eglinton.

- Section 7, Carrots 1. Ruth Clapp, Eglinton. 2. Willard Reid, Rollo Bay. 3. Fulton Underhay, Eglinton. 4. Harry MacKenzie, Eglinton.

- Section 7, Pumpkins 1. Ernest Wood, Eglinton. 2. Arthur Wood, Rollo Bay. 3. Orrin Dingwell, Eglinton. 4. Joseph Dingwell, Fortune Bridge.

- CLASS 3 Section 2, Tomatoes 1. Hugh MacKinnon, Rollo Bay. 2. Ernest Aitken, Fortune Bridge. 3. Joseph Dingwell, Fortune Bridge. 4. Francis Cobb, Fortune Bridge.

- Section 4, Cucumbers 1. Orrin Dingwell, Eglinton. 3. Ernest Reid, Rollo Bay. 4. Ernest Aitken, Fortune Bridge.

- CLASS 4 Section 1, Sweet Peas 1. William MacWilliam, Rollo Bay. 2. Clare Aitken, Fortune Bridge. 3. Alice MacKenzie, Eglinton.

- Section 4, Mixed Flowers 1. Mabel Underhay, Eglinton. 2. Olive Cobb, Fortune Bridge. 3. Clara Aitken, Fortune Bridge.

- Section 5 Potted Plant 1. Alice MacKenzie, Fortune Head. 2. Lawrence McDonald, Fortune Head. 3. Amy Townshend, Fortune Bridge. 4. Flora Ross, Fortune Bridge.

- CLASS 5 Section 1, Wealthy Apples 1. Amy Townshend, Fortune Bridge. 2. John Jackson, Fortune Bridge. 3. Sarah Coffin, Fortune Bridge. 4. Winnifred Ross, Fortune Head.

- CLASS 6 Section 1, Raspberries 1. Olive Johnston, Fortune Bridge. 2. Elizabeth McCormack, Rollo Bay. 3. Mary Etta MacRae, Rollo Bay.

- Section 2, Beets 1. Mary McDonald, Fortune Head. 2. Eunice MacKenzie, Rollo Bay.

- CLASS 7 Section 1, Loaf of Bread 1. Helen Aitken, Fortune Bridge. 2. Mary Etta MacRae, Rollo Bay. 3. Mary McDonald, Fortune Head. 4. Alice MacKenzie, Eglinton.

- Section 2, Biscuits 1. Evelyn J. Johnston, Fortune Bridge. 2. Alice MacKenzie, Eglinton. 3. Effie Conohan, Fortune Bridge. 4. Margaret Coffin, Fortune Bridge.

- Section 5, Fudge 1. Mary MacDonald, Fortune Head. 2. Donald Bryenton, Rollo Bay. 3. William MacKinnon, Rollo Bay. 4. Catherine MacRae, Rollo Bay.

- Section 6, Gingersnaps 1. Clementine Fisher, Eglinton. 2. Clara Aitken, Fortune Bridge. 3. Amy Townshend, Fortune Bridge. 4. Aithea Coffin, Fortune Bridge.

- CLASS 8 Section 1, Apron 1. Amy Townshend, Fortune Bridge. 2. Evelyn Johnston, Fortune Bridge. 3. Helena Aitken, Fortune Bridge. 4. Mary Etta MacRae, Rollo Bay.

- Section 4, Mended Socks 1. Mary MacDonald, Fortune Head. 2. John MacDonald, Fortune Head. 3. Flora Ross, Fortune Head. 4. Muriel Ross, Fortune Head.

- Section 5 Knitted Sweater 1. Mary MacDonald, Fortune Head. 2. Effie Conohan, Fortune Bridge. 3. Flora Ross, Fortune Head. 4. Mary MacDonald, Fortune Head.

JUST BETWEEN OURSELVES

It proved amusing to look over newspapers from various sections of the country and see what they had to say about ground-hog day. This year it seemed to be a holiday and shade were about equally distributed. Some places... sunshine, some never a gleam through the clouds from morning till night. Consequently, the variety of editorial comment was wide.

In one paper appeared a learned prognostication of late spring and delayed vegetation because of the sunshine that enabled the little mouse or less mythical animal to see his shadow. In another, there were blithesome prophecies of early spring blossoming flowers, because of the clouds of the day. Which was right?

What a hold small reputation have upon us! We hate to admit their power, and I brought to the point could not explain their hold.

- 2. Ray Coffin, Eglinton. 3. Irving Coffin, Eglinton. 4. Selma Jackson, Fortune Bridge.

- Section 2 A, Poultry White Leg-horns 1. Harry Aitken, Fortune Bridge. 2. Ernest Reid, Rollo Bay. 3. Alice Dingwell, Eglinton. 4. Florence Coffin, Eglinton.

- Section 2 B, Poultry Barred Rocks 1. Ray Burke, Fortune Bridge. 2. Eileen Dawson, Fortune Bridge. 3. Estelle Burke, Fortune Bridge.

- CLASS 11 Section 1, Weeds 1. Amy Townshend, Fortune Bridge. 2. Agnes Archibald, Fortune Bridge. 3. Helena Aitken, Fortune Bridge. 4. Aithea Coffin, Fortune Bridge.

- Section 5, Woods 1. Flora Ross and Muriel Ross, Fortune Head.

- CLASS 12 Section 1 A, Seat Work Book 1. Howard Dixon, Fortune Bridge. 2. Lettie Coffin, Fortune Bridge. 3. Joseph Dingwell, Fortune Bridge. 4. Harold Dixon, Fortune Bridge.

- Section 1, B, Composition Book 1. Hugh MacKinnon, Rollo Bay.

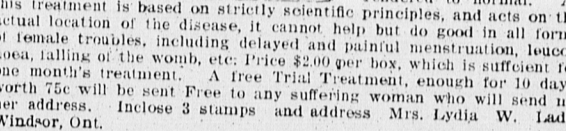
No Beaten Track on this Floor

Avoid the shabby appearance from constant tracking on your kitchen floor, by giving the linoleum a coat of LIQUID GRANITE. This wonderworking floor varnish gives a surface with the durability and beauty of polished marble. It is easily applied and will not discolor, mar or scratch.



A Sure Relief For Women's Disorders

Orange Lily is a certain relief for all disorders of women. It is applied locally and is absorbed into the suffering tissue. The dead waste matter in the congested region is expelled, giving immediate mental and physical relief; the blood vessels and nerves are toned and strengthened, and the circulation is rendered to normal. As this treatment is based on strictly scientific principles, and acts on the actual location of the disease, it cannot help but do good in all forms of female troubles, including delayed and painful menstruation, leucorrhoea, falling of the womb, etc. Price \$2.00 per box, which is sufficient for one month's treatment. A free Trial Treatment, enough for 10 days, worth 75c will be sent free to any suffering woman who will send me her address. Enclose 3 stamps and address Mrs. Lydia W. Ladd, Windsor, Ont.



- Section 3 A, Drawing 1. Amy Townshend, Fortune Bridge. 2. Ernest Underhay, Eglinton. 3. Laura MacRae, Rollo Bay and Orrin Dingwell, Eglinton. 4. Agnes Archibald and Clara Aitken, Fortune Bridge.

- Section 3 B, Drawing 1. Howard Dixon, Fortune Bridge. 2. Harold Dixon, Fortune Bridge. 3. Fulton Underhay, Eglinton. 4. Roy Townshend, Rollo Bay.

- Section 4, B, Writing 1. Mary Coffin, Fortune Bridge. 2. Frances Cobb, Fortune Bridge. 3. William MacKinnon, Rollo Bay.

- Section 4, C, Writing 1. Lauretta MacRae, Rollo Bay. 2. Roy Townshend, Rollo Bay. 3. Peter MacCormack, Rollo Bay.

- CLASS 13 Public Speaking 1. Agnes Archibald, Fortune Bridge. 2. Charles Ross, Fortune Head. A list of sports will appear later. Evelyn Johnston, Secretary, Mrs. Harry Francis, Assistant Secretary.

If Stomach is Bad Let Diapepsin End Gas, Indigestion

"Diapepsin" has proven itself the surest relief for indigestion, Gas, Flatulence, Heartburn, Sourness, Fermentation, or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief, and shortly the stomach is corrected so you can eat favorite foods without fear. Each case costs only few cents at drug store. Millions helped annually.

The Onyx Shoe

"A Credit to Our Canadian Pride"



No matter how exclusive or charming the style of your fall costume may be—for house or street wear—there is an Onyx shoe style which makes it complete, harmonizes with and gives it the finishing touch of elegance.

Onyx shoes are the last word in style, design, finish and comfort. They retain their beauty until worn out

Sold in the better stores throughout Canada.

Alley & Co. CHARLOTTE TOWN.

DR. CHASE Has Taught the People How to Keep Well

The Dr. Chase Plan of Health Confidence in Dr. Chase

TIME was when the family physician was the most prominent character in the community.

A man of intelligence and ability, he commanded confidence and respect, and sacrificed his time, strength and pleasure for those who needed his care and skill.

These were the conditions when, after graduating from the University of Michigan, at Ann Arbor, Dr. A. W. Chase settled down to practise his profession in that well-known college town.

Every Man His Own Physician

But the doctor soon got the idea that people should know how to look after their own common ills, and set about in a large way to supply them with the necessary information.

By means of his Receipt Book, the circulation of which has since run into millions, and his well-known Almanac and booklets of many kinds, Dr. Chase has spread throughout the civilized world the gospel of "Every Man His Own Physician."

This plan enabled the doctor to devote his attention to more serious cases, and he soon became known far and wide as a specialist in the treatment of diseases of the kidneys, the liver, the heart and other vital organs of the human system.

To reach patients at a distance, the doctor had his most successful prescriptions put up in handy form for mailing. In time the demand became so great that the doctor decided to give these great medicines to the public, and arranged for their sale through the drug trade throughout Canada and the United States.

In this way Dr. Chase's Kidney-Liver Pills, Nerve Food, Ointment, Linseed and Turpentine, Catarrh Powder, and other medicines found their way into general use, until now one or more of them is found in almost every home in the land.



Home Medicines

With these time-tried medicines at hand, you can feel that you are protected against the common ills of life by the most effective treatments which Dr. Chase was able to discover during a long life of diligent study and research.

Founded on His Integrity of Character and the Unusual Merits of His Medicines.

If there was ever a physician who commanded the confidence of his patients that physician was DR. CHASE.

No one could meet him and converse with him without realizing that he was a man of skill, who was in love with his profession and only anxious to relieve the suffering and disease of his fellowmen.

You cannot read the famous Dr. Chase's Receipt Book without appreciating the untiring zeal of its author in searching out the best receipts and prescriptions which were known to the medical profession.

When his attention was turned to selecting medicines to be placed on the market for public sale it was with whole-souled effort that he tested out the prescriptions which he considered most suitable for this purpose.

And so it is that the integrity of character which marked the efforts of DR. CHASE are indelibly stamped on every medicine which bears his portrait and signature, and people have learned to have the utmost confidence in them because of the splendid results which they have accomplished.

Free Samples

After long experience with Dr. Chase's Medicines, we have found that people who try them are soon convinced of their exceptional merits.

We have published thousands of letters to give you an idea of the benefits others have obtained by their use, but if you are still skeptical we shall be glad to send you our Free Combination Package.

FREE COMBINATION PACKAGE

EDMANSON, BATES & CO., LTD., Dr. Chase Bldg., Toronto; You will please send me free:— One sample box Dr. Chase's Kidney-Liver Pills. One sample box Dr. Chase's Ointment. One copy Dr. Chase's Recipes.

Name: Address: Name of this Paper: Prov:

