

PAINFUL PERIODS
CANADIAN WOMEN FIND RELIEF

The Case of Ellen Walby Is One of Thousands of Cases Made by Lydia E. Pinkham's Vegetable Compound.

How many women realize that menstruation is the balance wheel of a woman's life, and while no woman is entirely free from periodical suffering, it is not the plan of nature that women should suffer so severely?



Ellen Walby

Thousands of Canadian women, however, have found relief from all monthly suffering by taking Lydia E. Pinkham's Vegetable Compound, as it is the most thorough female regulator known to medical science. It cures the condition which causes so much discomfort and robs menstruation of its terrors. Ellen Walby, of Wellington Hotel, Ottawa, Ont., writes: "Your Vegetable Compound was recommended to me to take for the intense suffering which I endured every month and with which I had been a sufferer for many years getting no relief from the many prescriptions which were prescribed, until, finally becoming discouraged with doctors and their medicines I determined to try Lydia E. Pinkham's Vegetable Compound, and I am glad that I did, for within a short time I began to mend and in an incredible short space of time the flow was regular, natural and without pain. This seems too good to be true and I am indeed a grateful and happy woman." Women who are troubled with painful or irregular menstruation, should take prompt action to ward off serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing.

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PURE POWDERED
EYE
Ready for Use in Any Quantity.
For making SOAP, softening water, removing old paint, and for many other purposes. A can equals 20 pounds of Soda.
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SPRUCINE
THE REMEDY OF THE DAY
A definite preparation of Spruce Gum, Wild Cherry, Hoarhound and Tar.
Scientifically combined in the form of agreeable and palatable Syrup.
One of the most reliable preparations yet introduced to the public for the immediate Relief and Cure of Coughs, Colds, Bronchitis, Hoarseness, Whooping Cough, Croup, Asthma, and all diseases of the Throat and Lungs.
Taken with Cod Liver Oil in the first stages of Consumption, it will be found invaluable.
For sale everywhere. Price 25 cts, or by mail on receipt of price.
Sole proprietors, THE WINGATE CHEMICAL CO. Limited, Montreal, Canada.

BEAVER FLOUR
Never Fails.
Beaver Flour never disappoints the cook. The baking always turns out right—because Beaver Flour is always the same, whether you buy a small sack or a barrel.
Beaver Flour is a blend of Manitoba Spring Wheat and Ontario Fall Wheat. It contains all the nutriment of the wheat kernel. Makes bread and biscuits—cake and pastry—that are as healthful and strengthening, as they are white, delicious and inviting.
At Your Grocer's.

The Return of Sherlock Holmes

By A. CONAN DOYLE.

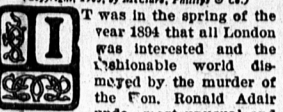
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The Adventure of the Empty House

No. 1 of the Series

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It was in the spring of the year 1894 that all London was interested and the fashionable world dismayed by the murder of the Hon. Ronald Adair, under most unusual and inexplicable circumstances. The public was already learned those particulars of the crime which came out in the police investigation, but a good deal was suppressed upon that occasion, since the case for the prosecution was so overwhelmingly strong that it was not necessary to bring forward all the facts. Myself, at the end of nearly ten years, am I allowed to supply those missing links which make up the whole of that remarkable chain. The crime was of interest in itself, but that interest was something to me compared to the inconceivable secret, which afforded me the greatest shock and surprise of any event in my adventurous life. Even now, after his long interval, I find myself thinking as I think of it and feeling once more that sudden flood of joy, amazement and incredulity which utterly submerged my mind. Let me say to that public, which has shown some interest in those "cases" which I have occasionally given them, the thoughts and actions of a very remarkable man, that they are not to blame me if I have not shared my knowledge with them, for I should have considered it my first duty to have done so had

not been barred by a positive prohibition from his own lips, which was only withdrawn upon the 3d of last month. It can be imagined that my close intimacy with Sherlock Holmes had interested me deeply in crime and that after his disappearance I never failed to read with care the various problems which came before the public. And I've attempted more than once for my own private satisfaction to employ his methods in their solution, though with indifferent success. There was none, however, which appealed to me like his tragedy of Ronald Adair. As I read the evidence at the inquest, which led up to a verdict of willful murder against some person or persons unknown, I realized more clearly than I had ever done the loss which the community had sustained by the death of Sherlock Holmes.

There were points about this strange business which would I was sure, have specially appealed to him, and the efforts of the police would have been supplemented or more probably anticipated by the trained observation and the alert mind of the first criminal agent in Europe. All day as I drove upon my round I turned over the case in my mind and found no explanation which appeared to me to be adequate. At the risk of telling a twice told tale I will recapitulate the facts as they were known to the public at the conclusion of the inquest.

The Hon. Ronald Adair was the second son of the Earl of Maynooth, at that time governor of one of the Australian colonies. Adair's mother had returned from Australia to undergo the operation for cancer, and she, her son Ronald and her daughter Hilda were living together at 427 Park Lane. The youth moved in the best society—had, so far as was known, no enemies and no particular vices. He had been engaged to Miss Edith Woodley of Carstairs, but the engagement had been broken off by mutual consent some months before, and there was no sign that it had left any very profound feeling behind it. For the rest the man's life moved in a narrow and conventional circle, for his habits were quiet and his nature unemotional. Yet it was upon this easy going young aristocrat that death came in most strange and unexpected form between the hours of 10 and 10:30 on the night of March 30, 1894.

Ronald Adair was found of cards, playing continually, but never for such stakes as would hurt him. He was a member of the Baldwin, the Cavendish and the Bagatelle card clubs. It was shown that after dinner on the day of his death he had played a rubber of whist at the latter club. He had also played there in the afternoon. The evidence of those who had played with him—Mr. Murray, Sir John Hardy and Colonel Moran—showed that the game was whist and that there was a fairly equal fall of the cards. A fair might have lost £5, but not more. His fortune was a considerable one, and such a loss could not in any way affect him. He had played nearly every day at one club or other, but he was a cautious player and usually rose a winner. It came out in evidence that in partnership with Colonel Moran he had actually won as much as £420 in a sitting some weeks before from Godfrey Miller and Lord Balmoral. So much for his recent history as it came out at the inquest.

On the evening of the crime he re-

Showers reduced in price at Weeks & Co's—Now is your opportunity to secure one and prepare for stormy fall weather. We've only 12 left—all spring styles at remarkably reduced prices. Come today. Weeks & Co. 9-14 31 ft w ll.

I was interested. The house was separated from the street by a low wall and railing, the whole not more than five feet high. It was perfectly easy, therefore, for any one to get into the garden, but the window was entirely inaccessible since there was no water-pipe or anything which could help the most active man to climb it. More puzzled than ever, I retraced my steps to Kensington. I had not been in my study five minutes when the maid entered to say that a person desired to see me. To my astonishment it was none other than my strange old book collector, his sharp, wisened face peering out from a frame of white hair, and his precious volumes, a dozen of them at least, wedged under his right arm. "You're surprised to see me, sir," said he in a strange, croaking voice. "I acknowledged that I was."

"Well, I've a conscience, sir, and when I chanced to see you go into this house as I came hobbling after you, I thought to myself 'I'll just step in and see that kind gentleman and tell him that if I was a bit gruff in my manner there was not any harm meant and that I am much obliged to him for picking-up my books.'"

"You make too much of a trifle," said I. "May I ask how you knew who I was?" "Yes, sir. If it isn't too great a liberty I am a neighbor of yours, for you'll find my little bookshop at the corner of Church Street, and very happy to see you, I am sure. Maybe you collect yourself, sir, here's 'British Birds' and 'Catalinas' and 'The Holy War'—a bargain, every one of them. With five volumes you could just fill that gap on that second shelf. It looks untidy, does it not, sir?"

I moved my head to look at the cabinet behind me. When I turned again Sherlock Holmes was standing smiling at me across my study table. I rose to my feet, started at him for some seconds, and then it appeared that I must have faltered for the first and the last time in my life. Certainly a gray mist swirled before my eyes, and when it cleared I found my collar ends undone and the tingling after-taste of brandy upon my lips. Holmes was bending over my chair, his flask in his hand.

"My dear Watson," said the well remembered voice, "I owe you a thousand apologies. I had no idea that you would be so affected."

I gripped him by the arms. "Holmes!" I cried. "Is it really you? Can it indeed be that you are alive? Is it possible that you succeeded in climbing out of that window?" "Wait a moment," said he. "Are you sure that you are really fit to discuss things? I have given you a serious shock by my unnecessarily dramatic reappearance."

TO BE CONTINUED.

WHY 'N' RUN-DOWN, "DRAGGY," USED-UP
You Lack the Vigor, Courage and Staying Power that "Ferrozone" Can Supply.

Night comes and it's hard to sleep. Morning dawns and the anxious, tired feeling is still there. Don't neglect this gradual decline; it can't cure itself. But by forming rich, pure blood, Ferrozone will quickly supply the nutriment and building material your system craves.

Excursion Bulletin
S. S. CITY OF LONDON.
To Orwell Wednesday at 3 p. m.
Round trip 25c.
To West River ports Thursday at 3 p. m.
Round trip 20c.
To East River ports Friday at 3 p. m.
Round trip 30c.

Any person contemplating taking a course in business college would do well to write to W. I. Clark, P. O. Box 161, Summerside, for information. 815 Tu Fri 1 Sept 1

Hases \$3 Hats, famous for their style, durability, fadeless black and comfortable fitting qualities.—Weeks & Co.—Sole Agents. 9-14 31 ft

Another carload of the genuine Hercules springs for beds, at Headquarters. Jas. Paton & Co. 164 and twt.

Invictus shoes for men—Alley & Co. Charlottetown Agents. 22dw ft.

Austrian Collars and Cuffs
THE FINEST KNOWN
TO THE TRADE
We are in receipt of a case of these high-class goods in all the popular shapes and sizes. Austrian collars have COAT BUTTON HOLES and are no doubt the finest finish known. We have control of this line for Charlottetown. Prices no higher than for inferior makes.
D. A. BRUCE,
Up-to-Date Haberdasher,
Victoria Row.

Maritime Provinces Amateur Athletic Association.
THE 18th ANNUAL CHAMPIONSHIP GAMES OF THIS ASSOCIATION
Will be held on the grounds of the WANDERERS A. A. CLUB at Halifax, N. S. on the afternoon of **SATURDAY, SEPTEMBER 9th, 1905**
Following is the list of events, open to bona fide amateur residents of the Maritime Provinces:

1. 100 yds dash.
2. Putting 16 lb. shot.
3. 220 yds run.
4. Pole vault.
5. Throwing 16 lb hammer.
6. 880 yds dash.
7. Running high jump.
8. 1 mile bicycle.
9. 440 yds. run.
10. Running broad jump.
11. 1 mile run.
12. 120 yds. hurdle race.

Events will be contested in above order. Intending competitors will govern themselves accordingly. Entries will close with the Hon. Secretary at Halifax N. S. Monday Sept. 4th at midnight and should be made by secretaries of clubs on official entry blanks. In the case of individuals not so entered, satisfactory evidence must be furnished of their amateur standing. Blanks may be obtained from any affiliated club or from the Hon. Secretary at Halifax. Fee in each event 50c to accompany entry. Any further information will be furnished on application to the Secretary. THE ANNUAL MEETING of the Association will be held at the Halifax Hotel, Halifax N. S. on the evening of Saturday, Sept. 9th 1905 at 8 o'clock p. m. All affiliated clubs are requested to send duly accredited delegates to this meeting. J. C. LITHGOW, Hon. Secretary. Halifax, N. S. August 28th, 1905. 9-1, 2, 3, 4 tw ll.

FREDERICTON EXHIBITION!
Agricultural and Industrial Fair and Live Stock Show.
OPEN TO THE MARITIME PROVINCES.
Fredericton, N. B.
Sept. 21, 22, 23, 25, 26, 27, 1905.
NEW BRUNSWICK'S BIG FAIR.
6 DAYS BRIM FULL OF EDUCATION AND AMUSEMENT. 6 DAYS
EXCLUSIVE ENGAGEMENT AT LARGE EXPENSE OF
Danger-Defying
Desperate Dare-Devil
DIABOLO In his Wonderful Act! LOOPING THE LOOP.
LEONDO The Chasm-Vaulting Cyclist in his Tremendously Phenomenal feat of riding down a 90 foot incline on an ordinary safety bicycle and hurling himself and resumed, and wheeling calmly to the ground. Both Acts ABSOLUTELY FREE on the enclosed grounds twice each day.
3 DAYS—TROTTERING AND PACING—3 DAYS
Low Rates and Excursions on All Lines. For Prize Lists, Entry Blanks and all information address
JOHN A. CAMPBELL, M.P.P., President. W. S. HOOPER, Secretary
8-29 tu fr w t w 11 Sep 25

Chow Chow! Chow Chow!
Green Tomatoes for Chow Chow.
Large red and white onions for slicing with chow. Small white pickling onions. Small cucumbers for pickling. Red peppers to mix with chow to flavor, mixed spices. Remember the season for tomatoes, pickling onions and cucumbers is short—do not procrastinate. Now about sweet sugar corn—the season is short for them too, and most everybody has a liking for corn. We want to remind you that it doesn't pay to deny yourselves in this line—corn is a very healthy diet. We have a full line of Cabbage, Cauliflower, Cucumbers, Beets, Carrots, Turnips, Celery, Potatoes, Butter Beans, Sweet Potatoes, Green Peas, Squash, Lettuce, Parsley, Savory, &c.
J. J. GAY & SON,
EVERY DAY MARKET.

The Cut of the Clothes
is the main point in a suit. Of course the particular pattern of the cloth adds something to the look—but the cut—well, we shine there.
To be Identified
As a well dressed man you must have clothes that are up to the minute for style. We make them.
CRAIG & KIGGINS,
Clothing,
Queen Street.
6-15 dw 1 yr.

Excelsior Life Insurance Company,
Head Office, Toronto,
Some Salient Features from Report of 1904.
Insurance in force \$7,646,798.33
Increase, 24 per cent, \$1,474,192.85
New Insurance issued. \$2,238,157.00
Increase, 26 per cent, \$609,958.75
Cash Income, Premiums, Interest, etc. \$281,546.51
Increase, 76 per cent, \$87,566.89
Total Expense, Payments to Policy-holders, etc. \$166,931.19
Interest Revenue alone more than pays Death Claims.
Death Claims during year \$38,517.00
Rate per 1,000 means Insurance in force \$56 per cent.
Average annual Death Rate 14 years, 2 1/2 moes—3.54 per 1000
The lowest rate on record for any Company of same age.
Reserve (being in excess of Govt. standard) \$744,074.49
Increase, 23 per cent, \$139,729.12
Total Assets for Policy-holders security, bal., \$1,253,216.05
\$1.67 for every dollar of liability, including Reserve.
Net Surplus on Policy-holders Account \$184,141.56
Reserve for seven years on Hum. table, Interest at 3 1/2 per cent.
Interest earned on mean Net Assets 6 3/4 per cent.
AGENTS WANTED.
CHAS. J. MITCHELL,
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Charlottetown, P. E. I.
1-1 dw 2

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Nova Scotia's Great Fair
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Make a visit to the Fair Your Holiday of the Year, and
COME TO HALIFAX.
\$20,000 Premiums \$20,000
Great Educational Features.
Grand Display in all the Departments.
\$4,800 FOR SIX DAYS RACING \$4,800
Liberal Premiums in the Departments of Provincial Industry.
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Woman's Department,
Minerals of Nova Scotia,
Provincial Live Stock.
Magnificent Grand Stand Show.
Entries close August 21, and September 4, and Exhibition opens September 13.
For entry Forms and any information write to
M. McE. HALL,
Manager and Secretary Nova Scotia Provincial Exhibition, Halifax.
8-23 dw Sept. 20

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A complete line of Souvenirs will be found at our store in belt pins, brooches, stick pins, hat pins, links, match boxes and spoons with the "Charlottetown" and "P. E. I. Coat of Arms" design.
G. H. TAYLOR,
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