

ORANGE JUICE AND HEALTH For Stomach and Skin.

Few of us realize what an important part the skin plays in keeping us well or making us ill... The millions of tiny glands, or pores, are intended to rid the system of waste matter...

The Perils of Getting Fat



IN CHICAGO, the other day, August Doel, weighing considerably more than 200 pounds, was seriously injured on a street-car platform—because of his size.

WHAT is doing it nobody can positively tell; but that something is doing it all physicians agree. Men, especially, of the United States are sitting on avoirdupois with the same abandon with which they are taking off their suspenders...

The election officers all belong to the party we don't belong to; chests swelled like the heads of successful candidates on the glorious day afterward...

The peaceful life for theirs, if they did have to die at the early age of 70 instead of 111. Of course, the danger of carrying too much flesh, from the standpoint of the physician, is well known.

Warburton & Shaw BARRISTERS ATTORNEYS NOTARY PUBLIC Etc. Office in Cameron Block Charlotte-town P. E. Island

Eastern Steamship Company International Division Hon. William T. Cobb and Calvin Austin Receivers Two Trip Service.

RAINBOW FLOUR

Milled by the careful Tillson process from the best Manitoba wheat, it is rich in nutriment.

Milled by the Tillsons at Tillsonburg.

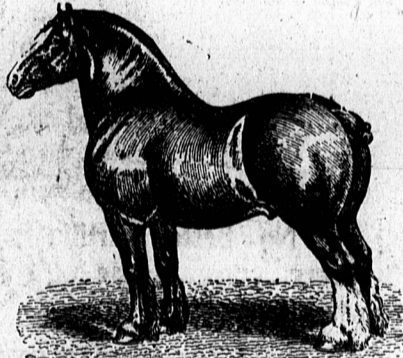
An Extraordinary Dinner. Sir Frank Lascelles had some exciting experiences in the course of his diplomatic career. He was with Sir Edward Malet in Paris in 1870 during the siege and the commune and told the story of an extraordinary dinner...

BEEFOLA Brain Beverage. Besides strengthening the muscles, enriching the blood and steadying the nerves, BEEFOLA is a real brain-builder, clearing away the waste tissues that clog the brain cells...

Time Table Rocky Point S. & H. Hillsborough will run for the month of May as follows: Daily except Sundays

LONERGAN'S Quick Lunch Lunches served daily at the above place from 10c up. 15c lunches a specialty. Following is a list of 15c lunches: Beans and Pie, Ham and Beans, Corned Beef and Beans, Chicken Pie, Fried Eggs, Fried Sausages, Bread and Butter—Potatoes, and Tea, Coffee, served with any of the above dishes for 15c.

LORD DALMENY Imported From Scotland in 1905 catch No 12219 Canadian No 726



Lord Dalmeny is the most fashionable bred Clydesdale stallion ever imported to the Island and as an individual cannot be beaten. He was only shown three times—won first at Haldimand Second at Simcoe, and first at Tillsonburg. His colts took first and second at the same exhibitions in their class, though only three months old.

Fire Insurance For rates in the P. E. Island Mutual Fire Insurance Companies on Farm Buildings, Churches, Halls, Houses, etc. apply to C. D. BELL, Pleasant Street, Charlottetown

Orphan Jack Will make the season of 1908 as follows: Leaving his owner's stables Monday, May 4, going to or near Mr. Murray's lot 55, at noon; thence to James A. Bradley's, Kelly's Cross, over night, Tuesday, May 5, to Duncan Matheson's, South Melville, at noon; thence to Alex. McDonald's, Bonshaw, overnight, Wednesday, May 6, to John D. McKinnon's, Canoe Cove, at noon; thence to A. McNally's, Nine Mile Creek, overnight, Thursday, May 7, to Wm. Mitchell, Rocky Point, at noon; thence to Duncan Buchanan's, New Dominion, overnight, Friday, May 8, to Michael McManus's, New Haven, at noon; thence home till the following Monday, leaving his owner's stables Monday, May 11, to McMillan's Hotel, Hunter River, at noon; thence to Albert Parkman's, New Glasgow, overnight, Tuesday, May 12, to William Elton Robertson's, Mayfield, at noon; thence to Archibald Warren's, North Rustico, overnight, Wednesday, May 13, to Albert Gaultier's, South Rustico, at noon; thence to Lewis McCallum's, Brockley Point, overnight, Thursday, May 14, to Nathan McMillan's, West Covehead, at noon; thence to Herbert Vessey's, York, overnight, Friday, May 15, at G. A. Essary's stables, Charlottetown; thence home till Monday morning. The above route will be continued fortnightly health and weather permitting. Orphan Jack has proved himself a successful stock getter as he has some of the best year olds and foals in the country. Orphan Jack is a 3 year old, weighs over 2000 lbs. Sired by Chown Rights, dam Old Burtree, grand dam Brown Stone. For breeding, weight and general conformation he has no equal in the Island bred horse. You only have to see him to be convinced. Breeders are cordially invited to inspect this stallion. Maps at owner's risk. JOHN WATTS, Hampshire, Owner and in Charge

Feed for Horses and Cows Now is the time to get that Horse or Cow fat. Remember you do not get the fat prices for a thin, mean looking animal but for a fat good looking one; just bear this in mind. We keep in stock feed Equal to any in the city and as cheap. Hay, Straw, Oats, Bran, Cornmeal, etc. D. L. HOOPER. Phone No. 50

Admiral Dewey 24 3-4 sire of Commodore Ledyard 34,709 He enjoys the rare distinction of having the fastest combined speed inheritance of any stallion yet foaled. He inherits the blood of the king and queen of the trotting turf...

W.F.H. Carvell, B.A. Barrister, Solicitor, Notary Public etc. OFFICE: O'Holloran Building, Corner-Gt. George Street, Bank of Nova Scotia

A. Leckie, M.R.C.V.S. Government Veterinary Inspector ALTON HOTEL TEL. 381 CHTOWN

LOOK! 12 full sized packages fresh tested seeds milled, postpaid, to your address for 25c. Write to-day. Order by numbers and remember we sell all kinds of field and garden seeds. Our quality is the best and our prices are right.

R. E. MITCH & CO., P. O. Box 657, Grafton Street, Charlottetown.

Low Price Pictures, Frames and Fancy Goods The balance of all Pictures, Frames and Fancy Goods at Auction all good stock. Hundreds of articles. Come in and inspect. If they are not worth 25 per cent more just say so. Some elegant Birthday and Wedding Presents. Come in and see at

High Grade Art Parlors QUEEN STREET, CHARLOTTETOWN, Agency for Parker's Dye Works W.C. TURNER & CO The Sunnyside Dry Goods Store and Cloth Depot

English and Canadian Tweeds and Worsteds Hewson Tweeds Moncton Tweeds Oxford Tweeds Gents' Furnishings and Staple Dry Goods and thousands of other articles such as braces, ties, shirts, collars, cuffs, socks, caps, trunks, suit cases etc. Our line of spring prints, ginghams, etc. is complete and of the

Grocery The whole lot is yours \$1.00 Bars Soap (any sc. bar) 1/2 lb. Tea 1/2 lb. Gal Astral Oil 1/2 Bottle Heaton's Pickle 1/2 lb. Best C. Tartar 1/2 lb. Baking Soda 1/2 lb. Starcl 1/2 Box Laundry Blue John Coe Queen Street

Dominion Atlantic and Steamer Lines to Boston The popular East Line Leave Yarmouth for Boston Wednesday, on arrival of Express-12 Halifax. Returning leave Long Wharf Tuesday and Friday. Passengers are connected at Yarmouth for P. M. DIVISION. The land Division leave Windsor on day for Truro at 7.40 a.m. and 7.00 p.m. connecting Truro with trains to and from Halifax for Yarmouth. The Royal and U.S. Mail Steamer

CANADIAN PACIFIC HOMESBEEKERS' EXCURSION April 15 @ 29 Second Class Round Trip Tickets Issued From May 13 @ 17 Charlottetown to Winnipeg 40.65 June 10 @ 24 Brandon 42.20 Regina 44.40 July 8 @ 22 Moosejaw 44.65 MacLeod 48.65 August 5 @ 16 Calgary 49.15 Edmonton 5.15 Sept. 2, 16 30 Regular Limit 2 Months From Date of Issue. Equally LOW RATES To Other Points R. MATTHEWS, Charlottetown, P. E. I. B. H. next day at P. A. CR. St. John

Listen When you require anything in groceries you may know we have the best stock procurable MEAT Ours can always be depended upon for being tender, juicy and fine flavored. Try it on and you will want it always. R. B. Squarebrig ditartw

G.L. MURPHY