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Internal cleanliness protects against disease

IN CONSTIPATION, say intestinal specialists, lies the primary cause of more than three-quarters of all illness, including the gravest diseases of life.

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favour Lubrication

Medical science has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus, Nujol brings internal cleanliness.

Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. Like pure water, it is harmless.

Take Nujol regularly and adopt this habit of internal cleanliness. For sale by all druggists.



Insist on **Nujol** For Internal Cleanliness

FARM FOR SALE

AT NORTH TRYON

Consisting of 120 acres. Dwelling and out buildings. Convenient to Churches, Stores, Mills and School. Also Creamery. All buildings electrically lighted.

For particulars apply to WILBUR TRAINOR, Elgin, Alb. Co., N. B.

Farm For Sale

AT NORTH RIVER

Containing 75 acres in high state of cultivation, 7 miles from Charlottetown. This is a choice dairy farm, new dwelling house and out buildings in good repair. Convenient to schools and churches. Apply to JOHN A. JEWELL, On Premises

877-3-11 wfm 61.

FOR SALE

Valuable double tenement house and premises Nos. 200-202 Sydney Street, Charlottetown. Has all modern improvements. Both sides occupied. Can be inspected at any time. If not sooner sold privately, this property will be sold at Public Auction on Wednesday the 25th day of March instant at 12 o'clock noon. For further particulars apply to James E. Farrow, Upper Queen Street or to PALMER & PALMER.

759-3-41f.

AUCTION SALE

NEAR MILTON STATION

I am instructed by Walter E. Curtis, to sell on his premises at public auction without reserve, on Thursday, 19th day of March, the following:

8 lots of standing timber (longer and heavy growth), 400 logs (in piles), 3000 logs, 3000 ft. boards, 500 ft. plank and scantling. Several sticks for sills, 4M shingles and several sleigh runners. One light wagon, one set light harness, 1 box sleigh, 8 tons choice hay, 3 lots straw, 20 bus. D. Red potatoes, 20 bus. blues (all good seed), 50 bus. turnips, small amount pure barley, 300 bus. oats, 8 head of cattle (4 to freshen soon), 3 fat pigs and 2 sows.

Easy terms at sale. If day unfavorable, on Saturday, March 21st. ALEX. MCRAE, Auctioneer

The Ch'town Driving Park and Provincial Exhibition Association

ANNUAL MEETING

The Annual General Meeting of the above Association will be held in the office of the undersigned in the Cameron Block, Charlottetown, on Tuesday the 31st day of March, A. D. 1925 at 2.30 o'clock in the afternoon.

Transfer books are closed tight after the above meeting. Dated this 14th day of March, A. D. 1925. By order C. R. SMALLWOOD Secy.-Treas.

Daily 4f.

Farm For Sale

Eighty acres clear. Balance in timber and wood. Large house, good cellar and out buildings. Situated one mile from Albany Station. Near to stores, school, mills and churches. For further particulars apply to AUSTIN L. NOONAN, Albany, R. R. 2, P. E. I.

803-3-12M7f.

MORTGAGE SALE

There will be sold by public auction on Monday the 30th March instant (1925) at 12 o'clock noon at the Court House in Charlottetown all that parcel of land situate in and being on Lot or Township Number Forty-three in Kings County as aforesaid in the said Island bounded and described as follows: COMMENCING at a point on the shore of the Gulf of St. Lawrence at the Northwest angle of a tract of land in the possession of James McDonald; running thence South along the said James McDonald's Western boundary line for the distance of a mile and a quarter to the rear line of the shore farm; thence Westwardly along said rear line ten chains or to the Eastern boundary of a tract of land in the possession of Widow John McCormack; thence Northwardly along the said Eastern boundary line to the said shore and thence Eastwardly along the said shore to the place of commencement containing one hundred acres of land a little more or less. ALSO ALL that other tract piece or parcel of land situate lying and being on said Lot or Township number forty-three aforesaid bounded as follows:

Bounded on the North by one hundred acres of land in possession of the said Mark Cheverie and being the land above described; on the West by one hundred and six acres of land conveyed by the Commissioner of Public Lands to Patrick McCormack on the East by one hundred and twenty-two acres of land conveyed to James R. McDonald; and on the South by part of the said one hundred and six acres of land conveyed to Patrick McCormack and by forty-nine acres of land now or formerly in possession of Peter McCormack, containing by estimation forty acres of land a little more or less, agreeably to a plan showing location thereof on the margin of a Deed from the Government to the said Mark Cheverie dated the 3rd day of July A.D. 1916.

The above sale is made under a Power of Sale contained in a certain mortgage dated the 16th December, 1919 and made between Mark Cheverie of Monticello, Lot 43 in Kings County in Prince Edward Island, Farmer, of the first part and the undersigned of the second part and because of default having been made in payment of the principal and interest secured thereby.

For particulars apply to Palmer & Palmer, Solicitors, Charlottetown. Dated this 6th March, 1925. MARY A. PALMER Mortgagee

825-3-7-wb-71.

NOTICE

Applications will be received by the undersigned for the position of City Marshal of Charlottetown up to March 31st, 1925.

Applicants to give age and qualifications. G. P. NICHOLSON, City Clerk.

The Night of the Wedding

By C. N. and A.M. WILLIAMSON Authors of "The Lightning Conductor" and other fascinating romances of mystery and love Copyright, 1924, by Public Ledger Company

WHO'S WHO IN THE STORY

EVELYN HASTE, beautiful and rich girl, who sits down at the piano on her wedding night—and mysteriously disappears.

KENNEDY HASTE, her husband who suspects complicity on the part of his old war comrade.

SIR RAWDON WELLS, an amateur scientist, who has insisted on lending the couple Hidden Hall Court, his gloomy and mystery-ridden estate, for their honeymoon and who is found after the disappearance in a secret chamber.

PANDORA, a gipsy-like girl, adopted sister of Kennedy and secretly in love with Wells.

MISS GILLET, an ex-war nurse who fell in love with Haste in a hospital, and who is an intense person.

DAGON, youthful Scotland Yard detective, who has done "spy work" in the war. He is of vivid Latin temperament, though Canadian in training.

"It is," Rawdon broke in, "Ken's with her. She'll soon be able to tell her own story, and I shall need no more saying by the bravest, best girl on earth. Do you never think of yours? Pan?"

"I think more of the people I care for—you and Ken."

"Pan, dearest, I want you to think of me in a class by myself, without Ken," Rawdon said. "Because I've thought of no one but you since you disappeared. I've found out that you're the only girl in my world. I want to be the only man in yours—no, not that! It's too selfish. But I want to be the first. Is there a chance?"

"Why, you know you always have been first!" Pan answered. "I couldn't help it. Do you really mean that you care, too?"

"He took her in his arms, and held her tight, as if he would never let her go. "I've lived for this!" he said. "I dreamed of you tonight—dreamed that you called for help—from down in the cellar."

"So I did. I signaled, switching on and off the light. I hoped—prayed—some one could see."

"Your brother saw," Rawdon said. "Ken! Where is he?"

"He's found Eve. But I didn't mean Ken when I spoke of your brother. Are you strong enough to climb a ladder? If you are, you're there. I owe you that, Ken owes Eve to him. And after that, I won't grudge it if he comes second in your life!"

"They left Fanny prone and still on the stone floor, seeping to the floor, the woman since she had fallen in love. After a long time she stirred at her feet, and heavily climbed the ladder. No one lay in wait to catch her. No one cared what she did or where she went. She wanted to die, yet life was strong in her veins. Persian Garden and the deep pool she turned away, sick and shivering. She did not return to the house. She did not wish to see her mother or learn what had hap-

Kidneys Need Lots Of Water At Times

Most folks forget that the kidneys like the bowels, sometimes get sluggish and clogged and need a flushing occasionally, else we have back ache and dull misery in the kidney regions, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

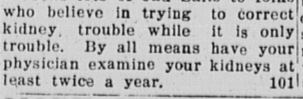
You simply must keep your kidneys active and clean and at the moment you feel an ache or pain in the kidney region begin drinking lots of water. Also get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is intended to flush clogged kidneys and help stimulate them to activity. It also helps neutralize the acids in the urine so they no longer irritate, thus helping to relieve bladder disorders.

Jad Salts is inexpensive; makes a delightful effervescent lithia water drink which everybody should take now and then to help keep their kidneys clean.

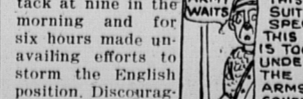
A well-known local druggist says he sells lots of Jad Salts to folks who believe in trying to correct kidney trouble while it is only a trouble. By all means have your physician examine your kidneys at least twice a year.

MORE HUMOURS OF HISTORY

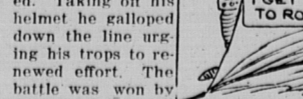
October 14th, 1666. The Normans advanced to the attack at nine in the morning and for six hours made unavailing efforts to storm the English position. Discouraged, the Normans were, wavering and a report was current that William had been killed. Taking off his helmet he galloped down the line urging his troops to renewed effort. The battle was won by the English, rushed from their entrenchments, and the Norman cavalry cut them to pieces.



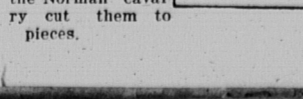
THE ARMY WILL HAVE TO WAIT UNTIL I GET MY UNIFORM. THIS ONE DOESN'T SUIT I ORDERED THIS BATTLE IS TOO TIGHT UNDER THE ARMS. I'VE GOTTEN THE ARMOURER TO SHAVE ME ALIVE WHEN I GET BACK TO ROUEN.



THE DAY GOES ILL WITH US. OWING TO A REPORT THAT YOU HAVE GONE WEST, THE ARMY HAS GOT COLD FEET. IF YOU RIDE DOWN THE LINE JUST OF COURSE CHEER THEM UP.



THAT'S OLD BILL ALL RIGHT. I TELL YOU I DON'T CARE WHETHER IT'S BILL OR WHETHER IT ISN'T, I'M FED UP.



GETTING THEM IN THE OPEN WITH THAT SHAM RETREAT, WON THE DAY.

Little Snow-White

By C. N. and A.M. WILLIAMSON Authors of "The Lightning Conductor" and other fascinating romances of mystery and love Copyright, 1924, by Public Ledger Company

She knew that she would never again see the man she loved, or the girl she hated and had nearly killed.

It was through promising him his freedom that Magon was induced to confess, Mrs. Gillett spoke also; and through those two the whole long story was pieced together, detail by detail.

As Dagon had prophesied, it began long ago.

Mrs. Gillett, as a youngish woman had been confidential maid to Lady Wells. Rawdon's Italian mother, Sam Gillett, the husband, was a Canadian a seafaring man—sometimes with a ship of his own, sometimes idle. He had deserted his wife, leaving her with one child, a girl, whom she "hoarded out" when she first came to live with Lady Wells. But now and then, when he was "down on his luck," the man would return, get money from the woman and disappear again for months.

Francesca Wells and Sara Gillett adored the boy, Rawdon. Both would have made any sacrifice for him. And the day came when they did sacrifice their very souls in black dishonor.

A beautiful young woman called at Hidden Hall Court one day. She brought with her a little boy and a baby girl; also some papers. The trio had arrived from Italy, but their name was English. The woman said that she was "Lady Wells," and when Francesca asked how that could be she showed the papers. These had been lately found, she explained; otherwise she would not have waited till her English husband was dead to bring the children home to their father's house from Italy her native land. He had been the brother of Rawdon's father, supposed illegitimate, unacknowledged by the family, a wanderer and a wastrel. But inside the lining of an old trunk which had been the mother's, papers were found proving the marriage. The little boy of four years of age was the rightful owner of Hidden Hall Court, not Rawdon. Her husband was a man of honor, and those papers would have settled matters for her. She determined that her boy should not lose his inheritance. Yet she spoke kindly to her compatriot. She invited her to stay at the Court and talk things over. She said a solicitor should be sent for from London that morning. This, however, was not done. The woman from Italy had been ill on the journey; heart trouble. She was put into a "haunted room," and told the story of the bride who had disappeared. In the night a white presence hovered about the bed, and an ice-cold hand was laid on the girl's mother's breast while the children slept. Her heart chilled under the fearful touch and ceased to beat. So the papers were burned in the morning, and there was no need for the solicitor to come.

"It was not murder," pleaded Mrs. Gillett. "What I did I did for my lady, who had been good to me—helped me to provide for Fanny, and always gave me money for my husband, to get him away. I was dressed in white. I walked through the room. I bent over her breast, been holding my hand on a block of ice in the ice box. It must have been very cold when I laid it on her breast. That was all I did. And next evening I took the baby to London."

Continued Tomorrow.

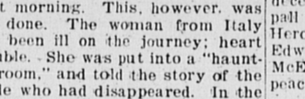
IN MEMORIAM

ALFRED GALLANT

On Saturday, March 14th, Johnston's River lost one of its prominent citizens in the death of Mr. Alfred Gallant, which occurred at his home there at the age of 81 years.

Mr. Gallant had been a known blacksmith and had been in failing health for a year. He was attended during his illness by his pastor, Rev. A. J. McDonald, who administered the last rites of his Church of which he was a large devoted member. Besides a large circle of friends, he leaves to mourn the loss of a loving father and two sons, Frank, also at home and Patrick J. of this city. His funeral, which was largely attended, in fact the largest held in the community

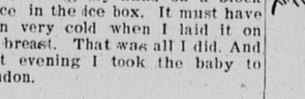
for some time, was held Monday, March 16th at 2 p. m. at Fort Angus Cemetery, where his remains were laid beside his wife who predeceased him fourteen years. The pall bearers were: Messrs. Peter Hrazel, Frank Trainor, Jos. Trainor, Edwin Brazel, Jos. Brazel and Alex. McEachern. May his soul rest in peace.



This Lassie Has Her Colds "Rubbed Away"

The mother of this attractive little girl, Mrs. E. E. Emmons, of 215 Seventh Ave., N. E. Portage La Prairie, Man., is one of the many Canadian mothers who are enthusiastic about the vaporizing salve, Vicks VapoRub, for treating children's colds. Mrs. Emmons writes: "My little girl had croup at night pretty badly and Vicks did her a lot of good. I have also used it with very satisfactory results for head and chest colds."

Vicks is just "rubbed on" for sore throat, tonsillitis, bronchitis, croup or deep chest colds. When so applied, Vicks has a double direct action: internally medicated vapors are inhaled while, at the same time, Colds go overnight, croup is usually externally, it is absorbed through, and stimulates the skin.



WGY Program

THURSDAY, MARCH 19 WGY (Schenectady, N. Y.) General Electric Company 780 Kilocycles (379.5 Meters)

Eastern Standard Time 11:55 a. m.—Time signals. 12:30 p. m.—Stock market report. 12:40 p. m.—Produce market report.

12:45 p. m.—Weather report. 2:00 p. m.—Music. Talk "How to Select Groceries" Miss Ruth Scott, New York State College of Home Economics, Cornell University. 2:30 p. m.—Organ recital by Stephen E. Boisclair from Proctor's Harmonium Bleeker Hall, Albany, N. Y.

6:00 p. m.—Produce and stock market quotations; news bulletins. 6:30 p. m.—Dinner music by Hotel Ten Eyck Orchestra, Albany, N. Y. 7:30 p. m.—Review of New Books, William F. Jacob, Librarian, General Electric Company. 7:45 p. m.—Half-hour musical program by WGY Orchestra.

"Moroccan".....Leo "Andante".....Goltermann "American Fantasia".....Bidgood "On the Volga".....Krein "Gavotte".....Perrier 8:15 p. m.—Comedy, "Arath's Aunt" by Sidney Toler, presented by the WGY Players. Selection, "Lassie".....McLean WGY Orchestra

Cast of Characters Zaida Finch.....Helen Campbell Jim Doullie.....Courtland Hopkins Deacon Wiggin.....Charles Baumes Howard Kent.....Earl Harvey Phemie Tidd.....Lola Sommers Agatha Kent.....Rosaline Greene Burton Forbes.....Frank Oliver Ridgely Warren..... 8:40 p. m.—Edward E. St. Louis Mrs. Knox.....Ethel Secord Julia Studley.....Marjorie Tyler Act I—An afternoon in June, at the Kent home in New Jersey.

ALL FURNISHED

"Oh, Mr. Jones," said Miss Dash "I saw an advertisement saying that you could furnish your home with soap premiums. Every time you buy a piece of soap you get a furniture certificate. I am going to be married, and do you think I could get all my house furniture that way?"

"Why, yes, Miss Dash," replied Mr. Jones. "I had a friend who got all the furniture for a six-room house that way. The company only had to send him furniture for one room; the other five rooms were full of soap."—Judge.

Paring a corn is both risky and inefficient. It is much better to use Holloway's Corn Remover and eradicate them entirely.

Helpful Advice to Overworked Women



DAY in and day out, week in and week out the tired, over-worked housewife and mother toils on, sweeping, dusting, cooking, cleaning and mending. Is it any wonder that after a time a weakness, such as Mrs. Chapman had, develops and the wife and mother pays a toll in physical weakness and pain for her efforts of love, the natural result of overwork?

Women who find themselves afflicted with weakness, pain, headaches, backache, nervousness, irritability and melancholia will be interested in Mrs. Chapman's letter, and should realize that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is especially adapted to overcome such conditions.

Mrs. Chapman's Letter Reads as Follows: New Albany, Ind.—"I took Lydia E. Pinkham's Vegetable Compound for a weakness which many women have from over work, and from which I suffered for quite a while. I wasn't fit to do my work and my sister advised me to take this medicine. After the first few days the pains were not so severe as they had been and after taking a few bottles I am not bothered any more. I am doing my housework every day and highly recommend the Vegetable Compound to any woman suffering from female trouble. Only yesterday a friend called me on the phone and knowing what a trial for me, she wanted to know what to ask for at the drug store, as she meant to give it a try."—Mrs. C. E. CHAPMAN, 1920 Elm Street, New Albany, Indiana.

Another Case of Nervous Breakdown

Maisonneuve, Montreal.—"I was always feeling tired and heavy, with a weakness of the back and pains in my right side, and I had a nervous breakdown. A friend was taking Lydia E. Pinkham's Vegetable Compound and she gave me half a bottle to try. It did me so much good that I have been taking it ever since whenever I feel the need. I often go a month or so without taking it, but when I feel the least headache, or any other bad feeling, I just make for that bottle. I recommend it for all female trouble, and very few of my friends are without it in their homes."—Mrs. J. CARTWRIGHT, 301 Third Avenue, Maisonneuve, Montreal, Quebec.

Thousands of Women owe their Health to Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

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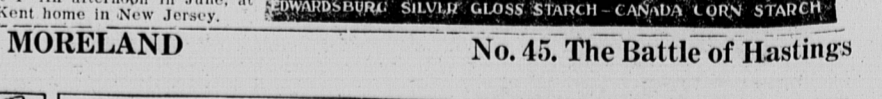
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Delicious in flavor and backed by real food value.

Ask your Grocer for it THE CANADA STARCH CO. LIMITED, MONTREAL

Edwardsburg Silvers Gloss Starch - Canada Corn Starch

No. 45, The Battle of Hastings



GETTING THEM IN THE OPEN WITH THAT SHAM RETREAT, WON THE DAY.