

**Old Dutch**  
says:

Porcelain and enamel have a highly glazed surface and their beauty is dependent upon keeping the surface clean and free from scratches. Old Dutch is the perfect cleaning agent because it erases dirt and removes dangerous impurities, assuring not only spick and span appearance but Healthful Cleanliness as well.

Removes the dirt—  
not the surface  
Made in Canada

**Recent Progress In Sunlight Knowledge**

Use of Ultra-Violet Rays Promises Beneficial Results to Plant and Animal Life. Interesting Account of Recent Experiments With "Vit-aglass."

Recent progress in sunlight knowledge is the subject of an interesting article by Leonard V. Dadds in the October issue of the Quarterly Review. The writer points out that the popular conception of sunlight as nature's healer has thrilled the imagination and led to an indiscreet abuse of ultra-violet irradiation, which should be entrusted to a clinician who is specially trained to understand the correct application of the treatment. Propaganda and commercialised medicine have found a fruitful soil in light therapy while masseurs and medical electricians have suddenly assumed knowledge of healing in the use of powerful and powerless sources of ultra-violet rays. Consequently recent developments both in the therapeutic and technical uses of the rays have been received with considerable scepticism. The valuable researches entirely disregarded. Sun treatment is actually one of the oldest known forms of healing, but present work is the product of this century entirely. The recent development of apparatus to generate ultra-violet light artificially, and the application of this process to medical and industrial uses, mark a new era in scientific progress. In 1919 a Berlin professor successfully cured rickets with irradiation from the mercury vapour vacuum quartz lamp, and his results have since been confirmed by other workers. It was shown that direct exposure of animals to ultra-violet radiation protected them against rickets and that irradiated food-stuffs had the same anti-rachitic property. The anti-rachitic factor was traced to the fats and sterols, and later workers in America and England showed that vitamin D, which is necessary for bone building and the prevention of rickets in children, is formed by the action of ultra-violet rays on ergosterol.

**Maintains Health**

It has been demonstrated also that many forms of tuberculosis respond to irradiation, while some cases of rheumatism and other muscular complaints are benefited as well. The most remarkable therapeutic use, however, is general irradiations of the whole body given as a tonic to maintain health at the highest standard of efficiency. These irradiations are applied extensively at hospitals, sanatoria, and private homes, but of even greater interest is the provision of apparatus of such treatment in many factories and workshops. The most noteworthy is the installation of a sunlight clinic at Sherwood Colliery, Mansfield, to enable miners to enjoy the beneficial rays of sunshine, which because of the nature of their employment would otherwise be unobtainable.

Medicine has received enormous benefit from ultra-violet radiations. Diseases of the eye, ear, and throat are amongst those responding to treatment, while many metabolic and dermatological disorders can be cured with facility. Precisely how the rays produce their effect is not fully understood, but it is considered that the biologically active rays

promote a bactericidal substance within the irradiated tissue, which is carried to the blood stream and so increases the bactericidal properties of the blood. The invention of a glass which is capable of transmitting a very high proportion of the sun's ultra-violet rays is responsible for the more widespread application of these rays to healing. This Vitaglass, as it is called, with ultra-violet light from electric bulbs was used in experiments conducted by the Royal Zoological Society of London and "notably improved the general health and vitality of the apes and monkeys and the carnivora to which it had been applied." Several birds died from too much sunlight, and a very short dose was fatal to several reptiles, while a rickety young elephant was subjected to a much shorter dose than would be given to man, yet the animal was badly burned. This question of dosage, it is pointed out, is a matter requiring much more investigation, for there are great differences between each breed of animals and also every patient of each breed. Until such data are available it is not possible for ultra-violet lamps to be used generally on farms and in stables with any degree of safety, except under expert guidance.

**Plant Culture**

In plant culture some very valuable work has been carried out at Kew. Vitaglass was used, and it has been established that seeds germinated twenty-four hours before those grown under ordinary glass; and after three weeks the vitaglass plants were sturdier and of deeper green than the others. Similar experiments carried out on small seedlings, both flower and vegetable, gave interesting results. These tests are admittedly only tentative experiments, but they indicate what may be expected with plants of a more advanced type with a greater amount of foliage to absorb the sun's rays.

**Technical Researches**

In technical researches, the irradiation of foodstuffs has gone beyond the experimental stage and some of these products are already being marketed with success. Bread and milk so treated have an increased food value. Other uses have been found for irradiation, notably the detection of alterations to documents, and the deciphering of old manuscripts, the testing of textiles for mildew and bacterial damage, the examination of eggs for fertility, etc. In those industries employing chemicals largely, enormous benefit has been gained by expediting chemical processes and the sterilisation properties are also being used extensively. Instead of being only a method used medicinally or the treatment of disease or even a valuable therapeutic cure, ultra-violet light has now become a most potent factor in national life, and its ramifications are continually increasing with extraordinary rapidity.

**Bedeque And Vicinity**

Misses Mary Smith, teacher Middleton and Inez Connolly, accompanied by Messrs. Steve Murphy and Adrian Connolly motored to Kinkora on Wednesday evening to attend a farewell party given by Mr. L. A. McIver. A very enjoyable evening was spent by all present.

Mr. Roy Campbell, Chelton, was a visitor to Albany on Friday evening.

Mr. Hammond McKenstry, Chelton, was a visitor to Bedeque on Sunday.

Mr. and Mrs. Percival Allan, Albany, paid a business trip to Summerside on Saturday.

Messrs. Hudson Jeffrey and Harold Holland, Lower Bedeque, were guests of Mr. and Mrs. Heber Myers North Carleton, on Sunday last.

Mr. John Toombs, Bedeque, is busy engaged in hauling from Chelton Shore.

Mr. and Mrs. Harrison Boulter, accompanied by Mrs. Elliot Bell, motored to Summerside on Saturday evening.

Mr. and Mrs. Howe MacFarlane, Lower Bedeque, were the guests of Mrs. Charles Campbell on Sunday.

A very pleasant evening was spent at the home of Mrs. Earle Pearson, Chelton, on Tuesday evening when the members with their partners gathered in to partake of a sumptuous chicken supper given in honor of the anniversary of their institute. After supper were served games and music whirled away the evening, each one returning to their homes well pleased with the evening's fun.

Mr. Nathaniel Pearson, Chelton, left last week for U. S. A. where he is spending the winter months; we all shall be looking for him back when the bright sunny days return in the spring. We are sure Mr. Pearson could not leave for good, this little island of the Gulf, the land of his adoption, for many years yet to come, all we can wish him is a very pleasant visit while there with his many friends.

Mr. Frederick McQuarrie, Searle-town, was a visitor to Chelton on Sunday.

Miss May Enman, teacher, Chelton School, was a visitor to Fernwood on Saturday.

**Shipping News**

Schr. Winona, Capt. Fudge, cleared for Channel, Nfld., with a load of produce loaded by the J. J. Hughes Co. at Kings Wharf.—A

Schr. Chekicamp, Capt. P. Burke arrived from deep sea fishing. The Captain reports very good fishing back very windy weather.—A

The D. G. S. Conestoga, Capt. Asch, was in port during the breeze the other day.—A

Schr. Leonie, Capt. Knight, is carrying bags of potatoes from Panmure Island wharf for the steamer.—A

Lug Lisgar, Capt. Gamble, towed the Dredge D.P.W. No. 14 to Montague.—A

Schr. A. B. Francis, Capt. M. Harris, cleared for Buray Island Nfld. with a cargo of produce shipped by the J. J. Hughes Co. loaded at Kings wharf.—A

Schr. Lily Mary, Capt. Mills cleared for Channel, Nfld., with a load of produce loaded by C. H. Hicken at Sturgeon wharf.—A

S. S. Jacob Christensen, Capt. A. C. Konow, arrived from Campbellton, N. B. in ballast and is loading bag potatoes for the American market by Potato Growers Association at Railway wharf. She will take about 75,000 bushels.—A

Schr. Skylark, Capt. Forebrigger arrived from Grand River with a load of potatoes to be shipped in cars for Potato Growers Association. After discharging she will clear for Murray Harbor to load produce by Mr. Brooks for Nova Scotia ports.—A

Schr. Robert Ross, Capt. Thomas, sailed for Channel, Nfld., with a load of produce loaded by W. A. Poole and Co., at Lower Montague.—A

Schr. Jacob, Capt. Macdonald, arrived from Grand River with a load of bag potatoes to go into steamer loading at Railway wharf.—A

Schr. Rising Sun, Capt. R. Ransom, cleared for North Sydney with a load of produce loaded by the J. J. Hughes Co. at Kings wharf.—A

Schr. Petite, Capt. Verge, cleared for Sheet Harbor, N.S., with a load of produce loaded by C. H. Hicken at Sturgeon wharf.—A

Schr. Noble H., Capt. James Duncan, cleared for Sambors, N. S. with a load of potatoes loaded by Leo Fay at Newport wharf.—A

Schr. M. H. Morris, Capt. A. Gaskell, cleared for Liscomb, N. S. with a load of produce loaded by J. J. Soull at Sturgeon wharf.—A

**Rheumatism Crippled English Girl**

But Gin Pills soon brought relief

A stranger in a strange land, only nine months out from England and six of these crippled with Rheumatism. No wonder Miss Florence Hallett was despondent. Writing from Ottawa she sums up in a few sentences those dreary, painful months—three doctors, a foot specialist a month in hospital, then work again when she "should have been in bed."

Gin Pills earn Miss Hallett's warmest praise. "I found an improvement after the first box," she declares gratefully. "I shall always keep your pills by me. I think they are wonderful."

The great value of Gin Pills lies in their soothing and tonic effect upon the kidneys. The relief they give sufferers from Rheumatism, Sciatica, Lumbago, etc., is wonderful. But these acute conditions should never be allowed to develop. Take Gin Pills the first time symptoms of trouble show themselves—backache, dizziness, spots before the eyes, swollen joints, headaches, brick dust in the urine, a burning sensation attendant on scanty or frequent urination. 50c. a box at all druggists. National Drug & Chemical Co. of Canada Limited, Toronto, Canada. 177

**Women Of Middle Age**

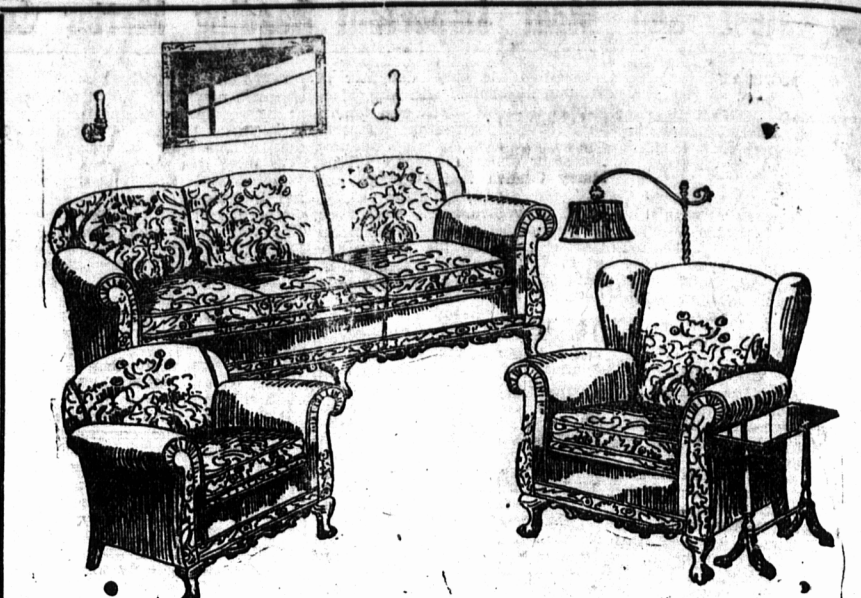
Need Rich, Red Blood to Maintain Good Health

After passing the age of forty every woman has reason to grow anxious about her health. This time of trial, with its attacks of faintness and fits of depression, its often violent headaches and back pains is rightly dreaded by women; but if reasonable steps are taken to safeguard the health, no serious ill-effects will arise. At this turning point in life Dr. Williams' Pink Pills have given a helping hand to thousands of suffering women who were fighting a hopeless battle against poor health and waning strength.

The very best help for any woman at middle age is the health help given by Dr. Williams' Pink Pills. These pills reinforce the blood supply, enriching and purifying it. In doing this they nourish the starved and overtaxed nerves and give new strength and vitality to the whole system. By this natural process Dr. Williams' Pink Pills completely dispel all pains and weakness, and a better, happier condition of health and spirits arises.

Every woman of middle age should take advantage now of the wonderful health-help of Dr. Williams' Pink Pills. They are sold by all medicine dealers or will be sent by mail at 50 cents a box, by The Dr. Williams Medicine Co., Brockville, Ont.

**Bringing Up Father**



**3-Piece Chesterfield Suite Walnut End Table \$139 and Bridge Lamp**

**\$10.00 Down—Balance on EASY TERMS!**

This beautiful three piece CHESTERFIELD SUITE is a popular value at our regular price of \$149.00. Now you can have it—and a beautiful Bridge Lamp (complete) and a solid Walnut End Table—all for \$139.00—and pay only \$10.00 down and the balance on terms to suit your convenience.

**The Chesterfield Suite—**

The Chesterfield Suite comprises Wing Chair and Chesterfield covered with a high grade of tapestry, fitted with reversible cushions and splendidly built throughout with countless springs, reinforced corners and beautifully finished woodwork. This set will give you years of happiness, comfort and satisfaction.

**the Bridge Lamp—the End Table**

The Bridge Lamp comprises silk shade and Walnut finish stand. You can have your choice of many pretty designs. This Lamp and Shade FREE with Chesterfield Suite.

This Special Chesterfield is Limited to 15 Sets—Reserve YOURS NOW!

**HOLMAN'S**

Summerside and Charlottetown

**Blue Murder**

Continued from page 2

Taverner rubbed his hands together. "Right you are," he returned. "I suppose we can take that as settled."

"Have you?" "Take what as settled?" "We fly to Italy tomorrow. I've telephoned the Air Ministry, and they see no reason why it should not be managed."

The volcano had lulled into quiescence. He just flopped back on the cushions with every trace of eruption gone out of him. In common with the majority of his statements, his recent declamation had been purely hot air. He had never been in an airplane in his life, had never intended to undergo the experience. His life, in fact, was one long succession of poses. When his daughter seemed in danger he had posed as an anxious parent.

"I—er—I suppose it is necessary," he faltered at length. "I mean—the Air Ministry and all that—it's an awful lot of bother—especially if nothing serious has happened."

Taverner smiled again. "My dear Dick," he retorted, "what on earth use is it to have a relative by marriage who can pull strings, if he doesn't pull 'em some-gone reasons to the contrary, our times. Your mention of a plane gave me an idea. I rather wanted to go to Italy myself. I'd like to see how my Dighton chap is getting on there. I'm allowed a personal servant, you know cigar."

"Then we fly to Rome tomorrow in any case?" "The other shook his head. "Not necessarily. Unless I have some-gone reasons to the contrary, our times. Your mention of a plane gave me an idea. I rather wanted to go to Italy myself. I'd like to see how my Dighton chap is getting on there. I'm allowed a personal servant, you know cigar."

"I clipped off the end of a fresh cigar."

(To Be Continued.)

**Headquarters for Silver Foxes**

For a number of years I have made SILVER FOX PELTS MY SPECIALTY

My connections with Paris, London and Leipzig assures you best results. My commission is 5%. All other Raw Furs bought outright. Ship early and get best results. P. J. DROLET, 205 St. Paul St., W., MONTREAL, Can.

**The Best Chew**

The man who chews tobacco always gets the best results from

**Hickey & Nicholson's Black Twist Chewing Tobacco**

Every fig is a good one. Buy the best and avoid disappointment.

**Hickey & Nicholson Tobacco Co., Ltd.**  
Manufacturers—Charlottetown

—By George McManus