

What Shall We Eat

To Keep Healthy and Strong!

A healthy appetite and common sense are excellent guides to follow in matters of diet, and a mixed diet, of grains, fruits



and meats is undoubtedly the best, in spite of the claims made by vegetarians and food cranks generally.

As compared with grains and vegetables, meat furnishes the most nutriment in a highly concentrated form and is digested and assimilated more quickly than vegetables or grains.

Dr. Julius Remoussou on this subject says: Nervous persons, people run down in health and of low vitality should eat plenty of meat. If the digestion is too feeble at first it may be easily strengthened by the regular use of Stuart's Dyspepsia Tablets after each meal. Two of these excellent tablets taken after dinner will digest several thousand grains of meat, eggs or other animal food in three or four hours, while the malt diastase also contained in Stuart's Tablets causes the perfect digestion of starchy foods, like potatoes, bread, etc., and no matter how weak the stomach may be, no trouble will be experienced if a regular practice is made of using Stuart's Dyspepsia Tablets because they supply the pepsin and diastase so necessary to perfect digestion and any form of indigestion and stomach trouble except cancer of the stomach will be overcome by their daily use.

That large class of people who will come under the head of nervous dyspepsics should eat plenty of meat and insure its complete digestion by the systematic use of a safe, harmless digestive medicine like Stuart's Dyspepsia Tablets, composed of the natural digestive principles, pepsin and diastase, which actually performs the work of digestion and give the abused stomach a chance to rest and furnish the body and brain with the necessary nutriment. Cheap cathartic medicines masquerading under the name of dyspepsia cures are useless for relief or cure of indigestion, because they have absolutely no effect upon the actual digestion of food.

Dyspepsia in all its forms is simply a failure of the stomach to digest food and the sensible way to solve the riddle and cure the indigestion is to make daily use at meal time of a safe preparation which is endorsed by the medical profession and known to contain active digesting principles, and this can truly be said of Stuart's Dyspepsia Tablets.

All druggists throughout the United States, Canada and Great Britain sell them at the uniform price of fifty cents for full treatment.

Mackinnon & Williams

Barristers, Solicitors, Notaries, etc.
D. A. MACKINNON, LL. B., K. C.
E. BAYFIELD WILLIAMS.
Office—Cameroon Block, Charlottetown
Money to loan on Real Estate

SYDNEY, C. B. ADVERTISEMENTS

ALLAN J. MacDONALD, L. L. B.
Barrister, &c.
SYDNEY, CAPE BRETON, N. S.
Branch Office, Glace Bay, C. B.
Collections promptly attended to.
Nov 19 d&w 3 mos.

Joseph McDonald, LL. B.
BARRISTER AND SOLICITOR.
COLLECTIONS PROMPTLY ATTENDED TO
NORTH SYDNEY, C. B.
Nov 20 3 mos d&w

ARCHIBALD & Co
Shippers of Old Sydney and Dominion
COALS
General Commission and Steamship Agents, Lloyd's Agents and Agents for New York, Boston and Philadelphia Underwriters.
NORTH SYDNEY, CAPE BRETON.
Nov 20 d&w 3 mos

MacRCHEN & McCABE
BARRISTERS, SOLICITORS,
NOTARIES PUBLIC, ETC.
OFFICES: MacDonald's Block, Charlottetown
Sydney, Cape Breton, N. S.
Special Attention to COLLECTION on REAL ESTATE.
MORTGAGES and LANDS. Houses Bought or sold for Clients, and Mortgages advanced or borrowed on clients' mortgages.
Nov 17 d&w 3 mos

Letter From a Liberal.

To the Editor of The Patriot:

SIR,—As one of the many Liberals who are supporters of Mr Haszard I protest against the course the Patriot is taking in regard to the candidates for West Queen's. Surely both gentlemen are entitled to fair play at the hands of a paper claiming to be the exponent of Liberal principles. It now appears, however, that it has become the pocket organ of Mr Farquharson.

The Liberals of East Queen's, where Mr Haszard has been fighting the battles for the party, as well as a large majority of the Liberals of West Queens, are bound to resent the attacks which are being made upon him in your columns. The letter in last night's issue signed "New London" was not written at New London; therefore carries deception on the face of it. If, however, the writer had known the facts, he would scarcely have given me this opportunity of explaining Mr. Haszard's honourable course in regard to the chicken fattening station, the oat contract and the Wood Islands breakwater. Mr Haszard was asked by Professor Robertson to assist in establishing the Fattening Station, which he gladly did in the interest of this Province, but at considerable inconvenience and loss of time and some money.

In regard to the oat contract. It surely was no crime to insist that this province was entitled to a share of the orders which were being then placed throughout Canada on behalf of the British Government for supplies for South Africa. If Mr Haszard was sharp enough to secure a small order for twelve thousand bushels of oats out of the hundreds of thousands of bushels that were sent to South Africa, is he to be censured for so doing?

Now, to the last and most serious charge of all, that he has an interest in the Wood Islands Breakwater.

CHARLOTTETOWN MARKETS.

(Corrected every Tuesday.)

Beef (quarter) per lb.	0 08 to 0 09
Beef (small) per lb.	0 08 to 0 09
Butter (fresh) per lb.	0 09 to 0 10
Chickens per pair.	0 40 to 0 45
Eggs.	0 15 to 0 17
Fowls per pair.	0 40 to 0 50
Flour per sack.	0 10 to 0 10
Oatmeal, new, per sack.	0 25 to 0 25
Hides per lb.	0 05 to 0 05
Hay per ton.	0 45 to 0 45
Straw.	0 00 to 0 20
Oats.	0 00 to 0 30
Beets, per bunch.	0 00 to 0 05
Cauliflower, new, per bushel.	0 07 to 0 07
Putaloes per bushel.	0 00 to 0 05
Mutton per carcass.	0 00 to 0 05
Onions per pound.	0 00 to 0 02
Carrots, per bunch.	0 00 to 0 05
Lettsuce per bunch.	0 00 to 0 05
Cattle dressed.	0 00 to 0 05
Cauliflower.	0 00 to 0 05
Cabbage.	0 05 to 0 10
Butter Beans.	0 05 to 0 05
Celery.	0 05 to 0 05
Cucumbers.	0 01 to 0 05
Squash.	0 05 to 0 05
Tomatoes lb.	0 05 to 0 05
Turnips, bus.	0 00 to 0 05
Plums.	0 00 to 0 10
Parasula.	0 00 to 0 05
Corn, doz.	0 80 to 0 12

SUMMERSIDE MARKETS.

Barley per bushel.	0 40 to 0 45
Beef (carcass) per lb.	0 05 to 0 05
Lamb per head.	2 00 to 2 25
Pork live per lb.	0 05 to 0 05
Buckwheat.	0 05 to 0 40
Butter, per lb.	0 05 to 0 10
Calfskins, each.	2 00 to 0 05
Eggs, per doz.	0 10 to 0 05
Hay, per ton.	0 30 to 0 40
Hay, pressed.	0 00 to 0 00
Hides per lb.	0 00 to 0 05
Island Flour, per 100 lbs.	1 50 to 1 50
Oatmeal, per 100 lbs.	0 60 to 0 05
Oats (black) per bushel.	0 00 to 0 05
Oats (white) per bushel.	0 00 to 0 05
Wheat per bushel.	0 57 to 0 60
Pork (carcass) per lb.	0 00 to 0 00
Potatoes, per bushel.	0 00 to 0 30
Turnips.	0 00 to 0 00
Beets (table).	0 35 to 0 45
Lamb skins each.	0 30 to 0 45
Sheep skins.	0 30 to 0 45
Wool (washed).	0 17 to 0 15

DO NOT EXPERIMENT but get Fuller's Blackberry Cordial. Remember it has stood the test of long experience, a thoroughly reliable remedy for all Summer Complaints for Children and Adults, 25 cents at all dealers.

NO PERSON

likes to wait very long to have repairs attended to. Often quantities of work are delayed and serious damage or loss is sustained by not having work attended to at the proper time. We not only do our work promptly but we do it properly. Our workmen are experienced and we guarantee satisfaction.
427 For Bell Building, Gas, Water, Heating, Sheet Iron and Tin Plate work we are unequalled.

ROBT. B. SMALL
Great George Street, Millers' Old Stand. 11 1/2 d & w

WANTED

To work on Flotten Water Works 100 Men or more.
Good Wages.
Apply to
T. A. McLEAN, Charlottetown

SEC. CARPENTERS, M.D.C.M.
L. R. C. P. London.
PHYSICIAN AND SURGEON
Office and Residences East St. George's
Next Wolfe's Bakery.
RESIDENCES: 15 and 12 1/2 St. George's St.
RECEPTIONS COMMUNICATIONS: 15 St. George's St.

BABY'S OWN TABLETS

The disorders of children seem to the rugged and hearty grown person to be simple and not particularly dangerous. This point of view on the part of parents has been the cause of the loss of thousands of baby lives. You will always find that the mothers who are successful in bringing up families of hearty, happy children with scarcely a day's sickness are always those who are careful to note the slightest evidence of illness and to check the difficulty at once. They do not belong to the class of mothers that stupefy their children with sleeping draughts and similar medicines containing opiates. They stick to the purely vegetable, healthful medicines which cure infantile disorders quickly and of these Baby's Own Tablets are the best of all.

FOR COLIC

simple fevers, croup, constipation, diarrhoea, irritation when teething, indigestion and sleeplessness these tablets are a quick, effective, never-failing cure. Dissolved in water the smallest baby will take them without the slightest objection. Do not trifle with medicines concerning which you know nothing when here is a time-tried remedy which is used constantly and with the best results in thousands of homes. Baby's Own Tablets can be found at drug stores or will be sent prepaid direct by us upon receipt of the price, 25 cents a box.

THE DR. WILLIAMS MEDICINE CO.
BROCKVILLE, ONT.

Good for all Babies; Try Them for Your Baby.

Contract. Mr Haszard to my knowledge has not one dollar's interest beyond seeing the work completed to the satisfaction of all concerned. It is true he has given some financial assistance to Mr A Compton, the man who secured the contract, otherwise he could not have gone on with the work. But it will not be considered a crime to assist deserving laboring men to obtain work. The tug T A Stewart is the craft owned by Mr Farquharson as claimed by him at the Hunter River meeting. Now the Government blue books reveal the following interesting facts:— For the year ending 30th June 1898 the owner of the aforementioned tug received \$3,715.00. For the following year, \$4,371.25, and for the year ending 30 June 1900 \$4,495.00, or an average of \$4,194.00 per year. I merely mention this to

point out that Mr Farquharson can afford to hold on to the Premiership a while longer better than any other Liberal holding a seat in the local Legislature at the present time. Now, Mr Editor, in conclusion, I beg to warn you against allowing in your columns mud-slinging letters from either side. I detest them, and I know Mr Haszard will not approve of them. But if the Provincial Building employees are determined to keep it up, than all I can say is that there are lots of interesting little matters which will require explanation. Yours, etc.,

40 PORTABLE SCHOOLHOUSES.
Boston has added this year 40 portable schoolhouses to its educational equipment, making a total of 66.
"HAVE YOU TRIED IT"?
Meerschaum Cut Plug Smoking Tobacco.
It's all right.
Sold Everywhere. 10c per package

THE RATE IN WHICH THE SUN MOVES.
The sun is travelling at 40 miles a second, about 40,000 times as fast as an express train.
BEST HARVEST FOR MANY YEARS.
This year's harvest in the south of Ireland is stated to be the best experienced for a quarter of a century.

TENDER CORNS.
Soft corns, corns of all kinds removed without pain or sore spots by Putnam's Painless Corn and Wart Extractor. Thousands testify that it is certain, painless and prompt. Beware of substitutes offered for the genuine "Painless Extractor." Safe, harmless. At all druggists or sent by mail upon receipt of twenty-five cents. N. C. Paine & Co., Kingston, Ont.

FULLER'S BLACKBERRY CORDIAL is a remedy for all Summer Complaints in Adults and Children—in use over twenty-five years and thoroughly reliable. At all dealers at 25 cents a bottle.

AN OFFICIAL DENIAL.
LONDON, October 1.—The war office announces that there is no foundation in the report that Lord Kitchener has resigned as commander-in-chief of the forces in South Africa.

SYDNEY'S SEWER SYSTEM.
SYDNEY, October 3.—Sydney town council to-night decided to divert about \$8,000 from the sinking fund for the purpose of extending the sewer system of that town.

I was cured of terrible lamboago by MINARD'S LINIMENT.

KUMFORT Headache Powders are safe, pleasant, and effective. They contain no opiates or any harmful drug. They create no habit from continued use.

REV. WM. BROWN. I was cured of a bad case of Earache by MINARD'S LINIMENT.

IMPORTING SPANISH ORE.
SYDNEY, October 3.—The steamer Troide, arrived to-day from Bilbao, Spain, with a cargo of 4,500 tons of iron ore for the Steel company.

I was cured of sensitive lungs by MINARD'S LINIMENT.

For the masses use the glasses. BEN TLEY'S Liniment is the family medicine best. Price 10 and 25 cents.

CAUGHT A BIG SEAL.
MONTREAL, October 3.—Eugene Landry caught a seal in Montreal harbor yesterday while out duck hunting which weighed one hundred and fifteen pounds.

DEATH OF WM. BARNHILL.
St. JOHN, October 3.—William Barnhill, one of St. John's leading lumbermen, died to-day, aged 74. He was a native of France, and came to St. John early in life.

When you ask for Headache Powders be sure you get KUMFORT. Never accept a substitute. It is better to be safe than sorry and you may be sure that KUMFORT are the best. All Druggists in 10 and 25c sizes.

To cure a headache in ten minutes use Kumfort Headache Powders

When you ask for Headache Powders be sure you get KUMFORT. Never accept a substitute. It is better to be safe than sorry and you may be sure that KUMFORT are the best. All Druggists in 10 and 25c sizes.

For the masses use the glasses. BEN TLEY'S Liniment is the family medicine best. Price 10 and 25 cents.

CANADIAN PACIFIC

FALL EXCURSION TO MONTREAL

GOING OCT. 10, 11, 12 RETURN TO OCT. 20, 21, 22, 23

ROUND TRIP \$13 3

For full particulars see prospectus or apply to Ticket Agent for particulars or write
A. J. KEANE, D. P. A., C. P. R., St. John, N. B.

PTE. REDDEN'S BODY FOUND.
FERDIBERTON, October 3.—The body of Private Redden, of the school of infantry, who was drowned some weeks ago, was found to-day in a raft of logs. By the consent of Kentville relations it will be buried here.

Bicyclists and all athletes depend on BENTLEY'S Liniment to keep their joints limber and muscles in trim.

A QUANTITY OF SLIGHTLY DAMAGED FLOUR.

for feeding. At the McCormick Agency.
Flour, fertilizer, farming implements,
R. E. Mutch.

Excursion Rates on Clothing.

Next week during excursion day, we've priced all our Clothing so low that no doubt most of it will take an excursion then, and don't forget we're giving extra bargains in our boy's department all the week.

Never had so much stock, never wanted to get clear of it so quickly, never priced it so low before.

And Furs.

They are all priced at excursion rates and every one that goes on an excursion will have a return ticket attached to it to come back if not satisfactory.

It's our way of selling Furs. Good way for you, don't you think.

On Race Day everybody who buys \$5 worth of goods gets a ticket to the races free besides saving \$1.00 to \$2.00 on the purchase.

Prowse Bros

The Wonderful Cheap Men