

Good Suggestions for Dyspeptics.

A writer, evidently of a practical turn of mind, tells a contemporary how easily the wakeful dyspeptic can be made to slip off into the land of dreams. He says: "The dyspeptic, of course, eats a light supper, may resort to the use of a towel, wet with tepid water, and covered with a dry cloth, the whole then applied to the pit of the stomach. Before the sufferer knows it she will float into a slumber land, such is the sympathy between the organs of digestion and the brain. Owing to the position of the stomach, a light sleeper ought to sleep on the right side instead of the left, never on the back. If there is a tendency to cold feet, a thin woolen blanket may be the lower third of the bed. The limbs ought not to be greatly flexed, a position which prevents free circulation, and they should rest one upon another lightly. The night light, where used, ought to be a tiny taper, and not gas or kerosene, both of which deoxygenate the air. A darkened room is the best. Nature puts out her light, and draws the curtains of darkness for a purpose. With good habits, physical and mental, and a determination not to deal with anodynes, sleep may be won from its slayest lair to watch over the restless pillow.

CLOSES APRIL 15TH.—The 1, 2, 3, 4, 5.—The Grand prize competition of the Canadian Fireside Weekly, in which 300 valuable prizes are offered, will close on April 15th. In addition, from now until that date, a special daily prize will be given for the first correct list received each day. The competition is simply a combination of numbers, and requires no searching in dictionaries or books of any kind. Among the prizes are bicycles, tricycles, \$100 cash, furniture, silverware, watches, jewelry, summer tours—prizes for men, women, boys and girls, 300 in all. Send at once for sample copy, with full particulars and list of prizes, to 9 Adelaide street west, Toronto, Ont. Mention this paper. eod wy 3m

SALT! SALT!

5,000 BAGS LIVERPOOL SALT, full sized bags, to arrive about the 15th of May, and will be sold low whilst landing. PEAKE BROS. & CO. Ch'town, April 2, 1891—eod tf

Molasses and Sugar, NEW CROP.

Two Direct Cargoes due here first Opening of Navigation. BARBADOES DEMERARA MOLASSES, Choice at Quality, TRINIDAD. Hhds. BARBADOES SUGAR, At lowest current rates while landing. CARVELL BROS. mch20—eod

MORTGAGE SALE

Valuable Property in Charlottetown.

To be sold at Public Auction, in front of the Law Courts Building in Charlottetown, on SATURDAY, the Second day of May, A. D. 1891, at the hour of Twelve o'clock, noon.—

All that tract, piece and parcel of land, hereditaments and premises, situate, lying and being opposite Town Lots Four and Five, in the First Hundred of Town Lots in Charlottetown, bounded as follows, that is to say:—Bounded on the north by Water Street, with a front thereon of one hundred and five feet; on the west by Water Lot Number Nine, and on the east by Pownall Street, and extending by parallel lines southwardly at a right angle with Water Street for the distance of two hundred and thirty seven feet, together with all houses, buildings, rights, members and appurtenances thereunto belonging or in anywise appertaining.

The above sale is made pursuant to a power of sale contained in an indenture of mortgage bearing date the twenty-sixth day of September, A. D. 1883, and duly filed in the office of the Secretary of State of Canada, and default having been made in payment of principal and interest due upon said mortgage. For further particulars apply to M. & D. C. McLeod, solicitors, or to the undersigned. D. C. CHALMERS, Agent Bank Nova Scotia. Charlottetown, April 1, 1891. Law thur t14

HARTSHORN'S SELF-ACTING SHADE ROLLERS. Beware of Imitations. NOTICE AUTOGRAF OF THE LABEL OF THE GENUINE HARTSHORN. Insist upon having the HARTSHORN, SOLD BY ALL DEALERS, Factory, Toronto, Ont.

W. C. TURNER, Queen Street, Charlottetown.

TRYON CLOTH DEPOT.

CALL and see our new patterns in Cloth. Positively the best that have ever been turned out in Domestic Tweeds. WOOL taken in exchange for Cloth. CARDING done on short notice. W. C. TURNER, Agent Tryon Woolen Mills. jan6

Sheriff's Sale.

By virtue of a Writ of Statute Execution to me directed, issued out of Her Majesty's Supreme Court of Judicature, at the suit of Robert C. McLeod against Frank Ferguson, I have taken and seized as the property of the said Frank Ferguson, all the right, title and interest of the said Frank Ferguson in and to all that tract, piece and parcel of land, situate, lying and being on Lot or Township Number Forty-eight, in Queen's County, in Prince Edward Island, bounded and described as follows: Bounded on the south by the division line between Townships Numbers Forty-nine and Forty-eight; on the west by lands in possession of Daniel McRae and John Dawer; on the north by land in possession of John F. Baker; on the east by lands in possession of Henry McGregor and Duncan McCallum, and containing one hundred and twenty acres of land, a little more or less, in Queen's County; and I do hereby give Public Notice that I will, on WEDNESDAY, the FIFTEENTH day of NOVEMBER next, 1891, at Twelve o'clock, noon, at the Court House in Charlottetown, in the said County, set up and sell at Public Auction the said property, or as much thereof as will satisfy the Levy mentioned in the said Writ, being one hundred and thirteen dollars and eighty-nine cents, besides Sheriff's fees and incidental expenses. JAMES CURTIS, Sheriff. Sheriff's Office, Queen's County, March 13, 1891. ATTORNEY H. MACNEILL, Plaintiff's Attorney. mch21

A COOK BOOK FREE

By mail to any lady sending us her post office address. Wells, Richardson & Co., Montreal.

FOR SALE.

ONE Second-hand 24 feet Gig Boat, copper-fastened, with Rowlocks, Oars and Sails, all in good order. One Bait Mill, nearly new. 300 New Herring Half Barrels. For further particulars apply to CAPT. WM. McLAREN, ap10—wy 2m Georgetown.

TURNIPS.

A QUANTITY of good turnips for sale at Mount Edward. CHARLES PALMER. April 13th.

The D & L Emulsion OF Cod Liver Oil AND THE Hypophosphites of Lime and Soda.

No other Emulsion is so easy to take. It does not separate nor spoil. It is always sweet as cream. The most sensitive stomach can retain it.

CURES Scrofulous and Wasting Diseases. Chronic Cough. Loss of Appetite. Mental and Nervous Prostration. General Debility, &c. Beware of all imitations. Ask for "the D & L" Emulsion, and refuse all others. PRICE 50c. AND \$1 PER BOTTLE.

PRINCE EDWARD ISLAND RAILWAY.

1890-91. Winter Arrangement, 1890-91.

ON AND AFTER THURSDAY, DECEMBER 4th, 1890, Trains will run as follows:—

TRAINS FOR THE WEST.

Table with columns: STATIONS, No. 1, No. 3. Rows include Charlottetown, Royalty Junction, North Wiltshire, Hunter River, Bradsbane, Emerald Junction, Freetown, Kensington, Summerside, Miscouche, Wellington, Port Hill, O'Leary, Bloomfield, Alberton.

Table with columns: STATIONS, No. 4. Rows include Emerald Junction, Cape Traverse.

TRAINS FOR THE EAST.

Table with columns: STATIONS, No. 7, No. 11. Rows include Charlottetown, Royalty Junction, Bedford, Mount Stewart Junc., Georctown, Cardigan.

Trains are run by Eastern Standard Time. Trains Nos. 11 and 12 will be discontinued after December 31st, 1890. J. UNSWORTH, Superintendent. Railway Office, Charlottetown, Dec. 1st, 1890—61 all prs 61

What! Never!

Only Encore Dyes 5c.

Equal to any Package Dye in the Market.

Just the thing for Home Dyeing.

COLORS BRIGHT AND FAST.

Send for Sample Card to J. S. Robertson & Co., Manufacturers, Montreal. jan12—dy wky



THE B. LAURANCE Spectacles and Eye Glasses.

THE only Optical Goods in Canada which have been recommended by the Presidents and Vice Presidents of all the Medical and Surgical Societies in Canada and Great Britain. Far superior to any other for retaining perfect vision. Sole Agent for Charlottetown.

G. G. JURY, Watchmaker, Jeweler and Optician, North Side of Queen Square, Opposite Post Office. Ch'town, Sept. 4, 1890—2aw

A NEW HAND-BOOK OF FRUIT GROWING

In all its branches adapted to the wants of the Maritime Provinces, ready by the 13th inst. Mailed on receipt of price, 40 cents; three for \$1.00.

Choice Stock of Home-Grown Fruit and Ornamental Trees, Small Fruits, Roses, Shrubs, etc. NOVA SCOTIA NURSERY, Church St., Cornwallis, N. S. T. E. SMITH, Proprietor. ap8

RENNIE'S SELECT SEEDS

RENNIE'S ILLUSTRATED GUIDE, '91 NOW READY. MAILED FREE UPON APPLICATION. Rennie's Seeds can only be procured direct from WM. RENNIE, TORONTO, CAN. eod & wky—feb17

HAVE YOU GOT THE GRIP?

WHEN USE HAWKER'S TOLU AND CHERRY BALSAM. It acts like a charm. Also use Hawker's Pills with it. Price 50 cents.

HAVE YOU HAD THE GRIP?

Then use HAWKER'S NERVE AND STOMACH TONIC to build up and strengthen the system. It is the best invigorator. Price 50 cents. For sale by Druggists and General Dealers. eod & wky—feb17

JOHNSON'S ANODYNE LINIMENT Established 1810. -UNLIKE ANY OTHER.-

Positively Cures Diphtheria, Croup, Asthma, Bronchitis, Colds, Tonsillitis, Hoarseness, Coughs, Whooping Cough, Catarrh, Influenza, Cholera Morbus, Diarrhoea, Rheumatism, Neuralgia, Tooth-ache, Nervous Headache, Sciatica, Lame Back, Soreness in Body or Limbs, Stiff Joints and Strains. AS MUCH FOR INTERNAL AS FOR EXTERNAL USE. It is unparalleled for many different complaints it will cure. Its strong point lies in the fact that it acts quickly. Healing all Cuts, Burns and Bruises like Magic. Relieving all manner of Cramps and Chills. ORIGINATED BY AN OLD FAMILY PHYSICIAN. All who buy direct from us, and request it, shall receive a certificate that the money shall be refunded if not satisfied. Retail price by mail 25 cts; 6 bottles, \$2.00. Express and duty prepaid to any part of United States or Canada. Valuable pamphlet sent free. J. S. JOHNSON & CO., Boston, Mass. GENERATION AFTER GENERATION HAVE USED AND BLESSED IT.

HATS! HATS!

TWO CASES English Stiff Hats

Handsome Styles at Low Prices. We guarantee the correct Styles and the Lowest Price possible, from the \$1.00 Hat up. JOHN McLEOD & CO. Charlottetown, March 21, 1891.

CASTORIA

for Infants and Children. "Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." H. A. ARCHER, M. D., 111 So. Oxford St., Brooklyn, N. Y. Castoria cures Colic, Constipation, Sour Stomach, Diarrhoea, Eruption, Kills Worms, gives sleep, and promotes digestion. Without injurious medication. THE CENTRAL COMPANY, 77 Murray Street, N. Y.

The Liverpool and London and Globe INSURANCE CO.

Assets 31st December, 1889, \$40,833,725.70 Assets in Canada 31st December, 1889, 1,131,269.76 FIRE. LIGHTNING. ANNUITIES. LIFE.

A LIBERAL FORM OF POLICY, prepared specially for the Maritime Provinces, ensures a Full and Complete Protection. No Conditions calling for Sixty Days or any other Delay in Payment. Losses Honorably as well as Promptly Settled THE LOWEST CURRENT RATES. R. R. FITZGERALD, Agent, Charlottetown. W. M. JARVIS, General Agent, St. John, N. B. December 27, 1890.

How They Enjoy It



JOHNSTON'S FLUID BEEF

CONTAINS ALL THE ELEMENTS THAT ARE NEEDED TO FORM "Flesh," "Muscle" and "Bone." feb18—d&wky

SPRING MEDICINES.

WE HAVE NOW IN STOCK, among many others, the following reasonable Remedies:—Ayer's and Hood's Sarsaparilla, Warner's Safe Cure, Paine's Celery Compound, Campbell's Quinine Wine, Scott's, Putnam's and Miller's Emulsion, Fellow's Compound Syrup, Burdock Blood Bitters, Beef, Iron and Wine, Pierce's Discovery and Prescription, Fruit Salt, Maltine (plain and in combination with Cod Liver Oil), Beef, Iron and Wine, Cascara Sagrada, Hypophosphites, etc. A. S. JOHNSON, Ch'town, March 28, 1891. Corner Kent and Prince Streets.

CARD. DR. H. D. JOHNSON, Physician and Surgeon, CHARLOTTETOWN. OFFICE: Kent Street, next door to Elder's House.

THE GREAT ENGLISH REMEDY OF PURELY VEGETABLE INGREDIENTS AND WITHOUT MERCURY, USED BY THE ENGLISH PEOPLE FOR OVER 120 YEARS, IS

Cockle's Pills

These Pills consist of a careful and peculiar selection of the best and mildest vegetable aperients and the pure extract of Flowers of Chamomile. They will be found a most efficacious remedy for derangement of the digestive organs, and for obstructions and impediments of the liver and bowels which produce indigestion and the several varieties of bilious and liver complaints. Sold by all Chemists. WHOLESALE AGENTS: EVANS AND SONS, LIMITED, MONTREAL.

FOR SALE,

OR TO LET FOR A TERM OF YEARS, the extensive premises on Hillboro Street, known as BRIDGES' PORK STAND. Possession to be given on and after the 1st day of May next. For terms, etc., apply to Mr. Weldon, at Law Courts, the Agent of the owner. mch30—dy 2aw wy 4w pat guar wat

Important Notice to Purchasers of Real Estate.

THE McGILL PROPERTY, the handsomest in the city comprising 15 half acre and 5 one acre lots; also, 2 acres, with Dwelling House and Outbuildings, will be sold by Auction early in May, when due notice will be given. P. HEARSTO, Auctioneer. mch21—lm eod

GRATEFUL-COMFORTING EPPS'S COCOA BREAKFAST.

"By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cocoa, Mr. Epps has provided our breakfast tables with a delicately flavored beverage which may save us many heavy doctors' bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—Civil Service Gazette. Made simply with boiling water or milk. Sold only in packets, by Grocers, Dealers and JAMES EPPS & CO., Homoeopathic Chemists, London, England. dec19—1 yr dy & wky

IMPERIAL CREAM BAKING POWDER

PUREST, STRONGEST, BEST, CONTAINS NO Alum, Ammonia, Lime, Phosphates, OR ANY INJURIOUS SUBSTANCE. E. W. GILLET, TORONTO, ONT. CHICAGO, ILL. MANUFACTURER OF THE CELEBRATED ROYAL YEAST CAKE

NASAL BALM

SOOTHING, CLEANSING, NEVER FAILS. Instant Relief, Permanent Cure, Failure Impossible. Many so-called diseases are simply symptoms of Catarrh, such as headache, loss of sense of smell, foul breath, hawking and spitting, general feeling of debility, etc. If you are troubled with any of these or kindred symptoms, you have Catarrh, and should lose no time procuring a bottle of NASAL BALM. Be warned in time, neglected colds in head result in Catarrh, followed by consumption and death. Sold by all druggists, or sent, post paid, on receipt of price (50 cents and 51 by addressing FULFORD & CO., Brockville, Ont.

Kent Mills Flour.