

REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

(Continued from page 9)

GLENMURE The June meeting was held at the home of Mrs. Stephen J. MacAulay with ten members and three visitors present. The meeting opened with the reading of the Institute Creed followed by the reading and adoption of minutes of last meeting. A discussion took place on work in connection with the school. Bills were read amounting to \$9.96 for repairs on school since last meeting. Four window blinds, pattern of blinds were ordered for the school and a committee appointed to attend to same. Two new members were welcomed to the Institute. The next meeting will be held at the home of Mrs. Frank MacAulay.

BIRCH HILL The June meeting with nine members and two visitors present met at the home of Mrs. John Maynard, Sr. The meeting opened with singing of the Institute Ode with President presiding. Minutes of last meeting read and adopted. A report of the convention was read by a delegate and a vote of thanks extended to her. Two new chairs were purchased for the school. It was decided to have the interior of school cleaned and whitened during vacation. After the business affairs were concluded meeting closed with National Anthem, after which a dainty lunch was served and a social hour was spent. The next meeting will be held at the home of Miss Jean Montgomery.

PLEASANT VALLEY On June 8th fourteen members met at the home of Mrs. William Buchanan. The meeting opened by singing the "Ode" with the President in the chair. The minutes of the last meeting were read and adopted. Reports of committee and school committee were reported, and correspondence from the Supervisor. Three locks and two panes of glass are required for school window. A bill of 22 cts. was paid. A new committee was appointed. Roll Call in accordance with next meeting "My Earliest Recollections". The Institute members planned to treat the children and visitors with Ice Cream at school closing. The meeting closed with a social hour. Place of next meeting will be held at the home of Mrs. John McDonald.

E. BALTIC On June 17th eight members and one visitor met at the home of Mrs. A. J. Keene. The meeting opened with a Grafonola selection. Roll call was answered and minutes read and adopted. Next month the Roll Call will be answered "How the school and the home may help each other". Report from Convention was given by Annabelle Ryan. It was decided to have an Ice Cream Social on July 26th in school and also a new sign board to be bought for the school and to purchase an Ice Cream freezer. One member was welcomed. The members will meet at the home of Mrs. Robert MacGregor for next meeting. The meeting closed with a Grafonola Selection.

PORT HILL The regular June meeting with thirteen members and six visitors met at the home of Miss Daisy Adams. The meeting opened with the "Ode" followed by reading the Creed. The minutes of the last meeting were read and approved. The various committees reported favourable and new ones appointed. A bill presented for school bills was paid. An invitation was extended the Institute to visit the Experimental Farm, the date to be decided upon later. It was decided to purchase a sign board for the school from the Tourists Association. At the close of the meeting lunch was served and a social hour much enjoyed by all.

ST. CATHERINES Eleven members and seven visitors met at the home of Mrs. Ted Stretch on June 16th where the regular meeting of this Institute was held. Roll call was answered with receipt for Canning. The sick committee reported sending fruit to the sick, and it was also reported that a new desk had been placed in the school. The delegates gave very interesting reports of the Convention. The members decided to paper and paint the School during the holidays and also vote \$50.00 to buy material to prepare for a Bazaar. The next meeting will be held at the home of Miss Mary Morrow when roll call will be answered with "Recitations".

SOUTH LAKE The June meeting met at the home of Mrs. C. C. Dingwall with seven members and two visitors present. The meeting opened with instrumental music by Mrs. Scully. Minutes of the reading and adoption of minutes. Roll Call was answered by "First Article you put in your Hope Chest". An enjoyable program of reading and recitations was given, together with a demonstration on Making of Cotton Gloves". School-house was reported to have been cleaned by some of the members and a Pic and Ice Cream Social and Dance was held, and the sum of \$36.00 was cleared. It was decided to send \$100.00 of the proceeds of the social to the Cape Breton Miners and new map of the world to be purchased for the school. Three new members were welcome. An address and gift of \$5.00 was presented to Miss Gillis at school closing exam. Ice cream and cake were served at the close of the meeting. The next meeting will be held next month at the School house.

BIRCH HILL The June meeting with nine members and two visitors present met at the home of Mrs. John Maynard, Sr. The meeting opened with singing the "Ode" with the President presiding. Minutes of last meeting read and adopted. A report of the convention was read by a delegate and a vote of thanks extended to her. Two new chairs were purchased for the school. It was decided to have interior of school cleaned and whitened during vacation. After the business affairs were concluded meeting closed with National Anthem, after which a dainty lunch was served

Joseph Ladner read a paper on Milk and Eggs. After business was over meeting closed by singing "Ode". The meeting was decided to go to the school the following evening to cut the grass and weed. It was moved by Mrs. J. Hamay and seconded by Mrs. W. McIntosh that paint be bought to paint trimmings of school and outside buildings. One new member was welcomed. Roll call is to be answered with "Different Ways of Using Potatoes" at the next meeting at the home of Mrs. Gordon Ramsay.

MOUNT BUCHANAN The June meeting of this Institute was held at the home of Mrs. J. D. Murchison with eight members and one visitor present. After singing the Ode Roll Call was answered with good jokes. The minutes were read and approved and also some correspondence, in reference to the Handicraft Exchange and the Government Grant. A letter was read also from a little girl in Stellarton pleading for clothing. On motion of Mrs. J. D. Murchison, seconded by Mrs. Nicholson, it was decided to send a care of eggs to the Miner's Relief, and Mrs. MacIver was appointed to inform Point Plim people of this decision. Members decided to treat the school children to cake and ice cream at the school closing. The arrangement of same was left in the hands of Mrs. C. D. MacLeod. School committee was appointed and the meeting was short but interesting talks on Gardening.

RED POINT The June meeting of this Institute was held at the home of Mrs. F. J. Robertson with thirteen members and nine visitors present. The meeting was presided over by Mrs. J. R. McWilliams to be extended to Mr. N. A. Gillis for setting up the new Drinking fountain in the school. The members arranged to meet in the school on Friday, the 20th, and treat the children to Ice Cream and Cake at the close of the Examination. It was decided to purchase a "Sign-Board" for the school and a committee was appointed to see about having a Flag Pole made for the school. Several enjoyable musical selections were given while the hostess served delicious refreshments. The meeting adjourned to meet next month at the home of Mrs. Ella Craig.

NEW ANNAN Ten members met at the home of Mrs. Alice Mance on June 17th where the regular monthly meeting of this Institute was held. The meeting opened in the usual manner and the Secretary gave a report of the proceeds from the entertainment held in Sherbrook Hall. It was decided to repeat this play in Central Bedouque Hall, and in Mischoche. Papers were read on "Beware of the Fire" and "Next month the Roll Call will be answered 'How the school and the home may help each other'". Report from Convention was given by Annabelle Ryan. It was decided to have an Ice Cream Social on July 26th in school and also a new sign board to be bought for the school and to purchase an Ice Cream freezer. One member was welcomed. The members will meet at the home of Mrs. Robert MacGregor for next meeting. The meeting closed with a Grafonola Selection.

MURRAY RIVER The Ray of Hope Institute held their June meeting at the home of Mrs. J. A. Lowe with seventeen members and three visitors present. The meeting opened in the usual manner and ten members paid their fees for the coming year. It was decided to put new ceilings in the school-rooms as soon as the school closed. The committee collected for school work reported having secured approximately \$25.00. On June 19th a special meeting of officers and directors of this Institute was held at the home of Mrs. L. Beheant. The purpose of the meeting was to give to the Secretary-treasurer the authority to put money in the Bank in the name of the Institute instead of in the name of the Secretary, and also to give her authority to draw money and sign cheques for the Institute.

HAZEL GROVE The June meeting of this Institute was held at the home of Mrs. Duncan Nicholson with eleven members and three visitors present. Reading by Mrs. Garfield Stevenson entitled "That Troublesome Boy". Roll Call was answered by "My Earliest Recollections". The next meeting will be held in the schoolhouse where it will be answered with a question box. The different committees reported favorably.

LINKLETTER On June 4th fifteen members and six visitors met at the home of Mrs. John Brooks. The meeting opened with the Institute Ode, and the minutes of the last meeting were read and adopted. The secretary reported the receipt of \$213, this being the Government Grant for this year. Membership fees were paid by one member. It was decided to provide for the school an Examination day. Our next meeting will be in the form of a picnic when the men of the district will improve our cemetery, after which the Institute will serve lunch to all. The next meeting will be held in the home of Mrs. Hooper.

YORK Seventeen members and one visitor attended the York meeting of this Institute held at the home of Mrs. Herbert Vessey. Roll call was answered by each member giving a description of herself. The minutes of the previous meeting were read and adopted. A report of the Annual School meeting was given and led to a discussion as to whether or not the Institute should share in the expense of painting the school. The matter was left undecided until the Trustees had been interviewed. An enjoyable reading was given on Crossword puzzles. The delegates from Convention gave an especially interesting report, part of which was left over until the next meeting. One new member was welcomed. The school trustees expressed their gratitude towards the Institute for their generosity in paying for the music lessons for the school children.

PRIEST POND On June 17th eight members and five visitors met at the home of Mrs. Michael Matheson at the Institute. The singing of the Ode opened the meeting, followed by the reading of minutes of previous meeting. Part of the report of the Convention was given by one delegate as the second delegate was unable to attend. Full report will be given at the next meeting.

MIDDLETON The regular July meeting met at the home of Mrs. John McCordie with ten members and six visitors present. It was a short business meeting and a social hour spent. Delegates expenses were paid amounting to \$2.00. A new Secretary was elected Miss McCordie who leaves shortly for the Canadian West. It was decided to hold an Ice-Cream Social for the purpose of raising funds. The District Picnic of last

meeting was cancelled and an Ice Cream Social preferred. The members will meet for the next meeting at the home of Mrs. Elliott Wright.

St. Columbia. The July meeting of this Institute was held at the home of Mrs. A. F. Campbell with nine members and four visitors present. The meeting opened with singing of Ode, followed by reading the minutes of last meeting. Report of Convention was given. No business was discussed. Lunch was served and meeting closed singing of National Anthem. The next meeting will be held at the home of Miss Jennie Campbell.

Lower Fretlow. On July 15th the members of this Institute met in a study place on school grounds with eleven members and four visitors present. The meeting opened with the Institute Ode followed by Roll Call which was answered with "My Favorite Quotation." A letter from Mr. Clark inviting us to the farm was read and it was decided to leave it till next meeting. As the school and sick committees were absent no report was given. The secretary reported that \$26.65 was the total proceeds of Institute Ice Cream Festival to school secretary to help with painting of school outside held recently, which amount is to be purchased a sign board for the school and to give \$5.00 towards school fair. Our next meeting is to be held the Saturday after regular meeting, when roll call will be answered by "What I would do with \$1,000." The next regular meeting will be held in the schoolhouse.

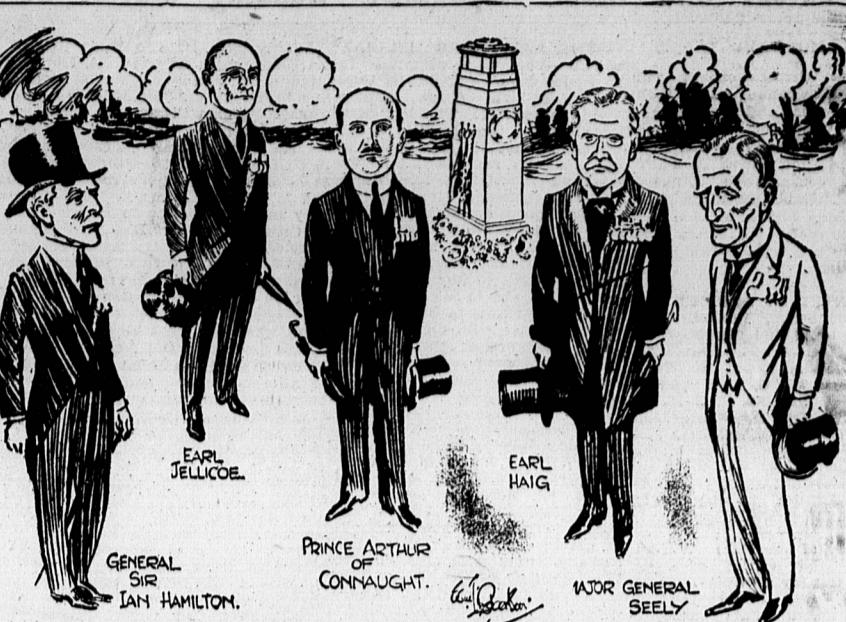
Howe Bay. On July 1st, the regular meeting was held at the home of Mrs. Wesley W. Keefe with twelve members and one visitor present. The meeting opened by singing the Ode followed by roll call, which was answered by "golfing, gardening or poultry hints." Reports from school committee and also from delegates who attended the Convention was given. It was discussed to hold a District Convention, and the Institute members approved of same. Arrangements were also made to hold an Ice Cream Festival. It was decided to order new sign boards for both our schools. The next meeting will be held on August 5th at the home of Miss Alice Morrow.

Conroy. The July meeting of this Institute was held at the home of Mrs. James Morrison, Sandhills, with eight members and twenty visitors present, in the form of a picnic. The meeting opened by singing the Ode, after which the minutes were read and adopted and Roll Call was answered. School committee reported a purchase and placed at the school. Some discussions took place on fencing the school grounds, but no decision was reached. An invitation was extended the Institute to visit the Experimental Farm, the date to be decided upon later. Lunch was served, after which the young folks enjoyed a pleasant sail in motor boats. A vote of thanks was extended to the hostess and a very enjoyable evening was brought to a close by singing the National Anthem. The next meeting will be held at the home of Mrs. Ase. Walfield.

Kingsboro. On July 7th eight members and four visitors met at the home of Mrs. Robert Bruce. The meeting opened with the Creed, followed by the reading of the minutes. Secretary reported work done in graveyard \$24.00, and door sold \$1.75. Correspondence was talked over the three Institutes meeting together to hear Miss Mathieson's report of F. Inst. \$150 was voted to be paid for school sign. \$24.00 worth of work on cleaning and leveling of graveyard; also school sign board made. Both of these were voted to be done last year but were left until spring. Meeting closed with Roll Call by "What would you do with \$1,000." The next meeting will be held at the home of Miss Elsie Fraser.

Priest Pond. The members of this Institute met at the home of Mrs. Chas. Campbell on July 14th where they held their regular meeting with ten members and eight visitors present. The singing of the Ode opened the meeting, followed by the reading of minutes of previous meeting. The convention was further discussed and a committee was authorized to purchase an ice cream freezer in preparation for an Ice Cream Festival and Dance to be held in the school. She was also authorized to order a sign board for the school. Discussion was held on the erecting of a flag pole on the school grounds. It was decided to have one erected, and to obtain a flag if the old one is not in good order. The Supervisor's visit was also discussed. Two new books have been bought for the library. It was moved and seconded that a letter of thanks be written Mr. Clark of the Experimental Station for his kindness in inviting the Institute members to visit the farm and hold a picnic. The singing of the National Anthem closed the meeting after which a nice lunch was served. The next meeting will be held

meeting was cancelled and an Ice Cream Social preferred. The members will meet for the next meeting at the home of Mrs. Elliott Wright.



UNITY OF VETERANS' ORGANIZATIONS DISCUSSED

Four veterans' organizations in Canada have signified their concurrence in a plan looking to the establishment of a united organization, as the result of conferences held in Ottawa since the arrival of Lord Haig.

Earl Haig, the Commander-in-Chief of the British Army in the world war, is chief of the British Legion in the United Kingdom. In the old land the Legion is of enormous importance and prestige. It has done very wonderful work in alleviating the lot of men maimed and broken in the war and in providing help for men who have fallen victims to the economic conditions which have existed since the end of the conflict.

One of the Legion's policies is to assist in securing the future peace of the world by arbitration rather than by force of arms.

"Here we have a question in which the Legion can exercise an enormous power for doing good," declared Field Marshal Haig. "If we set to work to convince our allies that the only way to secure the peace of the world is by agreement, by co-operation, and by good-will. What a proud boast it would be for the British Legion to say that it took a leading part in putting an end for all time to war between civilized nations."

The sketches herewith show some of the officials of the British Legion in the United Kingdom who took part in the recent memorial service at the Cenotaph at Whitehall, London. In the centre is Prince Arthur of Connaught, who is mentioned as the next Governor-General of Canada, Earl Haig on the right, Earl Jellicoe on the left, and at the ends, General Ian Hamilton and Major-General Seely.

either at the school or Mrs. D. J. Campbell, at the former if the Institutes co-operate.

Elmira. On July 10th the members of this Institute met at the home of Mrs. Stephen Mellick with eight members and six visitors present. Roll Call was answered followed by the reading and adoption of minutes of last regular meeting. Discussion of holding a picnic was brought up and a paper read. The meeting closed with the singing of the National Anthem. The next meeting will be held at the home of Mrs. William Harris.

Victoria. The July meeting of this Institute met at the Hall in Victoria with eight members and two visitors present. Mrs. McFarlane entitled "Making the meetings interesting" was read and the members were thankful for the many helpful suggestions contained therein. A piano was purchased and installed. Roll call will be answered at next meeting by "Status." Nine new members were welcomed to this Institute. The next regular meeting will be held in the Hall also.

Central Bedouque. Fourteen members and one visitor attended the June meeting of this Institute, which was held at the School. After reading the Creed, the minutes of the last meeting were read and adopted. Roll call was answered with "Helpful Hints." The coming entertainment which is to be held at the home of Mrs. Wright, was then discussed and two committees—program and lunch—were appointed. The members decided to leave the scrubbing of the school until the summer vacation. The planting of trees and vines was then discussed and Miss Calbeck and Mrs. Bagnall were appointed as a committee to see about having the work done. The next meeting will be held in the school.

FREELAND, LOT 11 - Twelve members and eighteen visitors attended the June meeting of this Institute held at the home of Mrs. Henry McKay. After singing the Ode the minutes were read and adopted and roll call was answered with "Jokes." A paper entitled "The Caring of Perennials" was given by Mrs. W. J. McKay and greatly enjoyed by all. The members decided to buy a can of paint for the flag pole. Lunch was served and a collection amounting to \$3.00 was taken. After singing the National Anthem, the members adjourned to meet next month at the home of Mrs. Elizabeth Palmer.

MIDDLETON. Institute met at the home of Mrs. T. W. Bradshaw on June 2nd, with seventeen members and ten visitors present. After the usual business opening, it was reported that books had been bought for the school. As these did not prove satisfactory, it was decided to exchange them for a better kind. Miss Mable MacCardie and Mrs. James MacCardie were appointed to give a report of the Institute work at the Annual School meeting. It was decided to hold a district picnic at the Hall on July 7th and a committee was appointed to make arrangements. A letter was read from Miss Mathieson and a discussion on the Minors Relief followed. It was decided also, that each member write a post card to Mr. and Mrs. A. T. Wright who are both ill. The programme consisted of instrumental music by Mrs. Curtis, readings by Miss Mildred Wright and Miss Mable MacCardie and games. Two new members were welcomed to the Institute.

POPULAR GROVE - The June meeting of this Institute was held at the home of Mrs. Dan Milligan with eleven members and forty visitors present. After singing the Ode, roll call was answered with "Hints in Gardening." The usual business was discussed and carried out, and it was decided to hold an Ice Cream Social in the School on Thursday, June 11th. The



"What did you and Freddy quarrel over?" "Oh, just a 'potty' affair."



NO, INDEED. Answer Squelco: I'll bet the summer boarders won't think so!



"Say Jim that's the snappiest looking baby at this party." "Sh-h-h! Not so loud Jack, she's the chaperone."



"Whales are very intelligent animals." "Why not? They spend their lives in schools."



"He made a splendid start with his flying-machine." "Fine—hope he can keep it up."

MORE AMERICAN TOURISTS. Number This Year Will Exceed the 165,000 Who Came Last Year.

Modern Pavements Make Feet Tired. The miles and miles of hard surface roadways and side-walks are very wonderful, but, being hard, non-resilient, and excellent conductors of heat and cold, they torture our poor feet unmercifully.

PIMPLES WERE VERY PAINFUL. On Forehead, Cheeks and Chin. Cuticura Heals. "My face began breaking out with pimples, first my forehead, then cheeks and chin, and it was an awful looking sight. The pimples were hard and red and after a time came to a head and scaled over. They were very painful at times and the trouble lasted about three months. I tried different remedies without any benefit. I began using Cuticura Soap and Ointment and I was completely healed after using three cakes of Cuticura Soap and one box of Cuticura Ointment." (Signed) Mrs. Algot Landgren, McCord, Wis., Aug. 12, 1924. Use Cuticura for all toilet purposes.

"Proper Food and Exercise," by ARTHUR A. MCGOVERN Former physical director, Cornell Medical College. Toning up stomach muscles adds weight. PATRONS who have attended my gymnasium because of underweight have, in the great majority of cases, been suffering from mal-assimilation. They all seem to have good appetites and consume more food than their fat brothers and sisters. However, they are only putting an increased burden on their digestive systems, which have very little power of assimilation. In so doing they are apt to do themselves much more harm than good. In most cases the digestive system is not functioning properly because the muscles lack tone. What these individuals require most is rest and well regulated exercise, systematized to increase strength and improve their powers of digestion. The diet of the thin person is of great importance and should consist largely of regulating, fattening and repairing foods, including all kinds of creamed soups, vegetables, bread, bananas, etc. With this diet, of course, daily exercise is essential. This should be taken either in long outdoor walks or by exercising in the bedroom before breakfast every morning upon arising. From twelve to twenty minutes should be spent in going through movements of a passive nature. Care must be taken to avoid strain and fatigue. Just enough stimulation should be received to tone up the circulation, thereby increasing assimilation. Some part of each day should be set aside for rest and relaxation. At least eight hours sleep every night in a well ventilated room is essential, using as little bed covering as possible. Diet for Gaining Weight. Upon arising ten minutes exercise, after which take a warm bath followed by a cold spray or shower. Rub the body briskly with a Turkish towel until a good reaction is obtained, after which drink two glasses of water. BREAKFAST: Any kind of stewed fruit, some warm cereal; place two tablespoons of butter in the cereal, mix with milk and cream, with a little sugar. Cocoa, chocolate or coffee substitute. Toast heavily buttered. An hour after breakfast take a glass of orange juice, and an hour after lunch take a glass of water. LUNCH: A cream or thickened soup. Vegetables, dark bread and a glass of milk. Between lunch and dinner take two glasses of water and one glass of milk. DINNER: Meat, chicken or fish. One green vegetable. A baked potato with plenty of butter. Fruit or pudding. Between dinner and bedtime two glasses of water. Mr. McGovern will answer your questions. © A. A. McGovern