

OPEN THE WINDOWS

Fresh Air the Best Tonic for That Tired Feeling

Cool, fresh air stimulates the brain. A warm room, above normal temperature, in which several persons have breathed the air over and over deadens the intelligence and mental activity just as it tires the physical body.

A class of children who have been growing duller and duller in mental comprehension in several successive classes can be stirred and awakened in five minutes if the teacher knows the cause of their mind weariness.

Fresh air from the open windows and brisk exercise in this new life-giving ozone will make new children of them.

Men and women who are closely housed in an ill-ventilated workshop, factory or store lose mental "snap-ness" as the day wears on because the air supply is not sufficient. A woman who spends the greater part of her time housed up in a warm building or room gets the same brain-tired, listless look.

A student who is obliged to use his brain at night and feels the first signs of drowsiness creeping over him, invariably turns to the window for his salvation. He opens it wide, lets his room get cool and well-filled with fresh air, fills up his lungs and then goes to work again. His brain is awake again. The cool, fresh air has revived it.

If your brain feels tired and doesn't work as well as usual, size up the air supply; see if the windows are open.

Bleaching White Goods

Handkerchiefs and white clothes that have become yellow may be whitened in the following simple manner: After they have been washed in the usual way, lay them to soak overnight in clear water, into which cream of tartar has been put. A teaspoonful to a quart of water is the right proportion. When ironed they will be as white as snow.

Soot on Carpet

To clean soot from the carpet cover thickly with salt and you will be able to sweep it off without leaving smears or stain.

To Keep Suet

Suet will keep for weeks if covered with flour. After using a piece stick the part left over in the flour bin.

LUNCHES

When in need of a dainty lunch or a substantial meal, call at

Stewart's Cafe

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in gold, gold filled, silver or gun metal, make a very useful and valued Xmas gift.

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PRINCE EDWARD ISLAND AS A SUMMER RESORT

THE LAND OF PURE DELIGHT FOR TOURISTS AND HEALTH SEEKERS

SOME OF P. E. I. ATTRACTIONS

Prince Edward Island is the best spot on earth in which to spend a vacation. It is more, it is the ideal land we've all heard and sung about in the halcyon days of childhood and youth, "The Land of Pure Delight." Some of its outstanding features are:

A LAND OF BEAUTY.

Three hundred and seventy-eight years ago Jacques Cartier wrote: "All this land is low and the most beautiful. . . . This is a land of the best temperature which it is possible to see." Thousands of tourist visitors attest that it is more beautiful today, and the most attractive summer resort in the entire Dominion of Canada.

A DELIGHTFUL SUMMER CLIMATE.

Gentle breezes laden with the breath of the sea blow from the south and the west all through the long summer days, dying with the red and gold amber and green of a gorgeous sunset. The nights are always cool and bright, insuring refreshing rest and sleep. There are no fogs.

A LAND OF HEALTH.

In no country does so large a proportion of the people live to a green old age. Only about one per cent of the population dies each year. The report of the Registrar of Vital Statistics for the year 1911, in which year the mortality was larger than usual, shows that of a total of 1,114 deaths there were

Table with 2 columns: Age Group, Number of Deaths. 566 over 60 years of age; 411 over 70 years of age; 214 over 80 years of age; 42 over 90 years of age.

The infant mortality of other countries is almost unknown here. There is no other land under the sun where 40 per cent of the population live to pass the seventy year span of life!

A LAND OF ABUNDANCE.

In no other country is there greater abundance of the best food and of clear, sparkling water in town and rural districts alike.

- Lamb of the finest flavor; Eggs, milk, butter and cheese; The most luscious oysters in the world; Lobsters in great abundance; Sea and brook trout, mackerel, cod, etc.; Wild geese, brant, plover, duck and partridge in their season; Strawberries, raspberries, blueberries, cranberries;

Apples and plums of rare excellence; cherries and small fruit are plentifully produced.

AGREEABLE SOCIAL CONDITIONS.

The Island is socially a land of the golden mean. Few are very rich and almost none are poor. The great majority enjoy comfort and prosperity. Sobriety and order everywhere prevail. In no part of the American Continent is there proportionately so little serious crime. There are no tramps and beggars are unknown. Churches and schools are abundant.

POSTAL AND OTHER FACILITIES.

There are 468 post offices—one to every 4 1/2 square miles. Throughout a large part of the Province there is free delivery of the mails daily at the farmers' road gates. The Prince Edward Island Railway intersects the Island in every direction, bringing four-fifths of its area within five miles of the rails. Telephone lines all over the Island connect 175 towns, villages and settlements.

SOME SPECIAL ATTRACTIONS FOR TOURISTS

ON THE NORTH SHORE.

The rampart of sand dunes, fifty miles long, thrown up by the waves. The long shallow lagoons inside the dunes, the haunts of fish and waterfowl. Scores of miles of broad, clean, hard sand beaches, the delight of bathers.

IN GENERAL.

Surf bathing and sheltered sea bathing; Shooting wild geese, duck, brant partridge and plover in their season. Fishing brook and sea trout, mackerel and other sea fish. Clam baking, picnicking, oyster digging. Boat sailing and rowing. Hundreds of motor boats.

IN CHARLOTTETOWN.

Victoria Park, 60 acres within ten minutes' walk of the Post Office. Beautiful walks and drives, tennis courts, cricket and baseball. The Belvidere Golf Links. Amateur Athletic Grounds. An excellent Free Public Library. The Legislative Building, seat of a Legislative Assembly older than the United States Congress. The Micmac Encampment at Rocky Point. The old French Fort at the Harbor's mouth. Seventy miles of land-locked waters for boating, bathing, oyster fishing and clam digging.

THE FOX RANCHES.

Tourist visitors and investors will find great interest in seeing the scores of fox ranches that are thickly dotted over the western and central portions of the Island. There are upwards of 150 of these ranches. There are hundreds of these black and silver beauties, each with a present selling price of \$6,000 upwards. A single black fox represents the value of a good farm, with all its buildings, fences and live stock. The total value of all the black foxes on the Island is believed to be over \$12,000,000. The Island is the recognized headquarters of this important industry. Eighty-five per cent of all the valuable foxes in captivity throughout the world are within P. E. Island.

BANK OF MONTREAL

(ESTABLISHED 1817)

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REST..... 16,000,000.00
UNDIVIDED PROFITS..... 1,046,217.80

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