

Open for Business Thursday Morning

When Balance of Merchandise From

THE FIRE SALE

Will be Cleared Out Consisting of the Following Goods:

MEN'S AND YOUNG MEN'S CLOTHING
BOY'S CLOTHING
DRESS SHIRTS AND WORKING SHIRTS
BALANCE OF MEN'S STRAW AND FELT HATS
ALL OUR STAPLES AND LINENS
MEN'S AND BOYS' CAPS

BALANCE OF DRESS GOODS AND LADIES' AND CHILDREN'S HOSIERY
MEN'S AND BOYS' UNDERWEAR, TWO PIECE AND COMBINATIONS
GENT'S FURNISHINGS OF ALL KINDS
BALANCE OF ALL RIBBONS

Store Opens at 9.00 a. m. Thursday Morning

Be on Hand Early and Share in the Great Bargains

PROWSE BROS LIMITED

AS USUAL FOR REAL VALUES

No Goods on
Approbation
No Goods Exchanged

No Goods on
Approbation
No Goods Exchanged

Western Guardian

—FOR LATE WESTERN NEWS—
Page 3 is available.

—ROBIN HOOD FLOUR is milled only from selected wheat and sold by leading island dealers who guarantee its quality.

—SPLENDID FARM at East Bideford for sale. See adv. in this issue. 835.

—HOPE RIVER DRAMATIC CLUB present "Home Ties" in Borden Hall on Thursday, July 22nd. Admission 40c and 25c. 813-7-20-31

—SHINGLES, Matchwood, Lime and Cement now selling at finest possible prices.—J. W. Fyfe, Emerald. 774-7-19-61

—Dr and Mrs Saint, Kensington will be at Home on Friday afternoon and evening 23rd. 802-7-20-21

—RECEIVED APPOINTMENT.—Mr. C. M. Arsenault, Abram's Village, has been appointed registrar of rabbits for the Canadian Fur Traders Association for P. E. Island.

—BEDEQUE UNITED CIRCUIT. July 25th. Re-opening of Cape Traverse Church in the evening at 7.30. Rev. G. N. Somers, B. A., will preach at 11 a. m. Bedouque 3 p. m. Searletown, 7.30 p. m. Cape Traverse.

—FERRY SERVICE.—The ferry to Lennox Island has been greatly improved by the addition of a motor boat which under the direction of Mr. Joseph Labobe and his brother Jacob is always on hand for the conveniences of natives and others.—N.



Sir Harry Brittain, who advocates a general reduction in the cost of mail between the various parts of the Empire as a means of increasing commercial communication and the distribution of British papers and magazines.

PERSONALS

—Miss Ruby Dennis who spent the past winter in Boston, is visiting her mother Mrs. John Callaghan, Port Hill.—N.

—The Rev. Urban Gillis, Grand River, is the guest of the Rev. G. J. McLellan, Tignish last week.—N.

—Miss Hattie I. McIntyre, Grand River, is the guest of Miss Annie Brown, Port Hill.—N.

—Mr. John Pond, editor of the Pioneer, left Tuesday morning to spend a couple of weeks vacation on the farm of A. J. Robertson, Montague, North, on Saturday, July 24th at 2.30.—H. Nelson & Sons. 825

—*HAY SALE.—We will sell by auction 35 acres standing hay on the farm of A. J. Robertson, Montague, North, on Saturday, July 24th at 2.30.—H. Nelson & Sons. 246-7-3-sw-81

—*FOR SALE.—Homestead farm 100 acres beautifully situated north side Montague River, two miles from town of Montague. Good buildings. Land high state cultivation.—A. J. Robertson, Montague. 246-7-3-sw-81

—*FORTUNE COVE SCHOOL EXAMINATIONS.—The semi-annual examinations of Fortune Cove School took place on Tuesday, June 29th. Many of the rate payers were present. The pupils were examined in different subjects by their teacher Miss M. J. Smith, assisted by Mrs. Russell Leard and by their prompt and accurate answers, did great credit to their teacher. Mr. Lester Wallace, one of the Trustees spoke on the success of the school and gave Miss Smith great praise. Many of the rate payers expressed regret that she resigned. The children and visitors were treated to refreshments. Teacher awarded prizes for good attendance to Doris Coughlan, Vera Brown and Waldo Murray. Exercises came to a close by singing the National Anthem.

"Proper Food and Exercise," by ARTHUR A. MCGOVERN
Former physical director, Cornell Medical College

Practical ways to recover your pep



ARE you driving your human machine with kerosene instead of gasoline? You could take the finest car made out of a factory, and if you put poor fuel in it, the chances are it would not run. There are many human machines that are organically perfect, but owing to poisoned blood they lack the power that nature intended they should have. Faulty elimination, poor posture, lack of exercise, poor circulation, insufficient sunshine and fresh air are some of the causes for this loss of pep. People so suffering give many excuses for this general sluggishness. They feel that they are not getting the proper food, or that they don't get enough sleep. They smoke too much, work too hard, or something of the sort. Of course, these conditions have a tendency to exaggerate their general run-down condition, but the way to build good healthy blood is to tune up the body by regular systematic exercise and proper living, selecting foods that are nourishing and laxative and not having any heat fuel, such as sugar and starch, which are responsible in a great many cases for these functional irregularities.

thrive on. A physical worker can eat without injury a meal that would bring a less active person down with an attack of indigestion. Sedentary workers on the other hand should eat sparingly. The latter people require just about one-third the amount of heat food necessary to the man who does manual labor.

The following set of health rules conscientiously persisted in will help nature build up good healthy blood so that the human machine will be operating on good fuel and hitting on all eight.

- Rule 1. Upon arising start exercising.
- Rule 2. After the exercise a warm, then cool bath.
- Rule 3. After the bath, two glasses of water—blood temperature.
- Rule 4. A well-balanced breakfast, having some bulk and coarse cereal such as oatmeal, bran or Grape-Nuts.
- Rule 5. After breakfast your evacuation. This is very important. The exercise will greatly aid in improving intestinal sluggishness.
- Rule 6. Spend at least one hour in the open air daily.
- Rule 7. Sleep in well ventilated room.
- Rule 8. Eight hours sleep, ten hours work and six hours for relaxation and recreation are essential.
- Rule 9. Get at least six glasses of water daily, preferably between meals. Drink more if you can. Nature is the best provider.

A great many people live on practically the same diet the year around, regardless of the changes in temperature. A person's occupation has much to do with the amount of food he can

Mild Reduction Diet

Drink two glasses of water before breakfast.

BREAKFAST: Raw fruit in season; about six spoonfuls of bran with cream; two soft boiled eggs; coffee substitute. Avoid sugar and bread as much as possible. Two glasses of water between breakfast and luncheon.

LUNCHEON: Clear soup or creamed vegetable soup; vegetable or fruit salad; cheese or nuts; cocoa or milk. Two glasses of water between lunch and dinner.

DINNER: Broiled lean meat such as steak or chops, chicken or fish; at least two vegetables; salad; fruit, cheese or nuts; cocoa or milk. Two glasses of water between dinner and retiring hour.

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Hunter River And Vicinity

Mr. E. E. A. Wright, Jeweller, was a recent visitor to the city.

Miss Mary McSwain, Boston, Mass., is visiting her brother, Mr. James McSwain, Pleasant Valley.

Mr. and Mrs. Jas. E. Andrew motored to Charlottetown on Thursday returning the same evening.

Mrs. Milton Rackham and daughter have returned from Pleasant Valley where they visited the former's sister Mrs. John McDonald.

Mr. Ross McCarthy, Mt. Stewart is relieving Mr. Ivan Bowman of the Royal Bank staff who is enjoying a two weeks holiday.

Mrs. J. Rackham was a passenger to Souris the latter part of the week and will spend some time visiting friends there.

Mr. and Mrs. John Campbell, Boston, Mass., motored to the Island recently on a short holiday visit with friends here and at Kensington. Miss Mary Campbell is also here and is remaining over for some weeks.

Among those attending the Liberal Convention in Charlottetown on Thursday were Messrs Donald Andrews, John MacLeod, Willard McGregor, A. B. Culliffe and Lemuel Craswell.

On behalf of the W. M. S. of the United Church, the Committee in charge of the Home Cooking Sale which was held on Saturday Evening, is indebted to Messrs Culliffe and Culliffe for the use of convenient store space for the occasion.

Among business men in town during the week were Messrs Sterling McLean of McLean Bros. Wholesale Grocers Charlottetown and E. Laugill rep. the De LaVal Co. Montreal.

Mr. and Mrs. Fred Carew, and daughter New Bedford, Mass., are at present on a motor trip to the Island visiting their many friends here and at Bradabane and in other parts of the province.

Master Ben Champion, Kensington is spending a holiday here with Mr. and Mrs. Lemuel Silliphant.

Among the many friends attending the funeral of the late Mrs. Mary McSwain which took place from the home of her son Mr. James McSwain, Pleasant Valley on Saturday were Rev. J. W. and Mrs. McKenzie, Mr. and Mrs. J. L. Lockhart, Mr. J. L. McKenzie and Mr. Daniel McKay all of Charlottetown.

Mr. and Mrs. Roy Carter, have returned from their honeymoon trip to the Eastern States and were guests over the week-end of Mrs. Carter's parents, Mr. and Mrs. Howard Weeks, Fredericton. They will make their home in Charlottetown.

Mr. John MacLeod, Accountant with Messrs P. J. Noy and Co., motored to Tignish on Saturday and spent the week-end with friends there.

Mr. and Mrs. Bowness, Summerside left on Saturday morning for the State of Ohio where they intend to make their home. The latter's sister, Mrs. George Stetson, Brookfield accompanied them to Borden returning the same evening. En route, Mr. and Mrs. Bowness will make a short visit with Mr. and Mrs. Percy McTae, Greenwood Mass.

Rev. A. N. Gillis, Malpeque was here on Monday returning from Valleyfield where he assisted Rev. J. A. McLellan at Services the latter part of the week at Communion Service on Sunday.

Mrs. McNaughton has returned to her home in Halifax after spending two weeks pleasantly with Mr. and Mrs. Campbell at their home here.

Their hosts of friends throughout the country side join in extending their warmest congratulations to Mr. and Mrs. William Moffat Mayfield who, this week are celebrating their fiftieth wedding anniversary.

Mrs. William McDougall returned to her home last week by motor from a few days visit with friends at Cardigan and Brudenell. She was accompanied to Charlottetown by Miss Marguerite Gordon and Miss Jessie Mustard, B. A. who will spend some days with friends in the City.

Lieutenant John R. Nicholson is to be congratulated on the presentation made to him by General Thacker during Camp of the P. E. I. Militia at Charlottetown recently, of a long service medal. Lieut. Nicholson has served for twenty one years, including four years overseas which count as eight in the record. Major D. A. McDonald, Proprietor of the Russ formerly of Wheatley River also received a similar medal. General Thacker referred to both officers as probably the youngest in Canada to receive this decoration.

Recent visitors to town included Dr. A. J. Murchison, Clyde River; Mr. Lane McPhail, Desable; Miss K. Cox, Charlottetown; Mr. John Whitlock, Ch'town; Mr. and Mrs. Geo. S. MacLeod, Fredericton; Mr. E. V. MacLeod, Albany; Miss Margaret McDonald Bradabane; Miss Ruby McDougall, Charlottetown. Mr. George McLean, North Wiltshire.

The Cornwall Dramatic Club presented their play "Grandfather's Adventures" in the Orange Hall here on Friday Evening before a fair sized audience. The play was a splendid one, ably carried through by capable performers and was a real treat for those in attendance. Between acts, Mr. Harold Clyde Stedman, Sackville, delighted the audience with several splendidly rendered solos.

The Community is grateful to the players for half the door proceeds, in aid of a new rink. After the performance, the visitors were the guests of the Womens

BLACKHEADS

Blackheads go quickly by a simple method that just dissolves them. Get two ounces of peroxide powder from your druggist, rub this with a hot, wet cloth briskly over the blackheads—and you will wonder where they have gone.

Sore Foot Lumps, Corns, Callouses

Wonderful Hot Foot Bath Treatment is Giving Quick Results

Just a few drops of Putnam's Painless Corn Extractor spread over the stinging corn or callous, and followed later by a hot foot bath, brings off your corns without discomfort. You will find your foot or toes as smooth and sound as a baby's. It does not cost much, and the time required is very short, because relief comes promptly. Be sure you get Putnam's Painless Corn Extractor.

Institute at The Globe Hotel where refreshments were served and social hour enjoyed.

SCALES PUT BUSINESS INTO FARMING.

With hundreds of thousands of farmers and farm club boys and girls monthly weighing their contest pigs, calves, lambs and other products, the farm scale of various types and sizes is proving itself one of the greatest business teachers that has ever come into the farmer's hands, says the Research Department of the National Association of Farm Equipment Manufacturers. Yet a few years ago, the farmer having to wait until he knew what progress they had made other than he could judge by the eye and the hand. Early maturity is now recognized as one of the soundest business farming principles and the farm without at least one or two sizes of scales, capable of weighing a single pig or a car of cattle, is becoming rare. Until the weighing of milk on the spring balance, however, beginning back about the time of the discovery of the Babcock fat test for milk, little weighing of products was done on the farm, and farmers went largely "by guess."

OH, MY BACK

Get someone to massage thoroughly with



CONSERVATIVE CONVENTION

A Convention of the delegates from West Prince and East Prince Conservative Associations will be held in the Market Hall, Summerside, at 1 o'clock p. m., on Thursday, July 22nd. Each poll in the county will be represented by five delegates. A meeting of the executive of West Prince and the executive of East Prince will be held at 10.30 a. m. on the same day in the Market Hall, Summerside.

JOHN A. HACKETT
President of West Prince
J. ALBERT BRENNAN,
Secretary of West Prince
D. B. MacDONALD,
President of East Prince
L. M. McNEIL,
Secretary of East Prince

Liberal-Conservative Convention

The annual meeting of the Liberal-Conservatives of King's County, for the purpose of transacting the regular business of the organization, and at the same time place a Convention to nominate a candidate to contest the County at the forthcoming general election will be held on Wednesday, July 22nd at 10.30 a. m. in the Town Hall at Georgetown. All officially recognized polls are entitled to five delegates each. Chairmen will see that their polls are fully represented, and that delegates are properly accredited.

JAMES P. CLOW,
President.
FRED R. MELLISH,
Secretary.

All Conservatives, Including Ladies, Invited to Convention Thursday