

SLEEPLESS?



It is NOT medicine you need.

MANY know the bitterness of sleepless nights because they drink beverages which contain tannin and caffeine. These drug-stimulants seem to deaden fatigue. They actually spur tired nerves to sleeplessness. Many of you sleepless ones need nothing from the medicine chest. You should banish beverages containing tannin and caffeine.

Tannin and caffeine are harmful. With you these agents may work fast or slow. But sooner or later their poisonous effects are certain, sure!

Drink Postum. This delicious hot drink cannot irritate the nerves because Postum contains no trace of any harmful drugs. Instantly made in the cup at a cost of about half-a-cent. Or there's Postum Cereal made by boiling or percolating twenty minutes. At all grocers, restaurants, your club or on the train. Read Carrie Blanchard's splendid free offer. Mail the coupon today.



Carrie Blanchard's Offer
"I want you to try Postum for thirty days. I want to start you out on your test by giving you your first week's supply (sufficient for 21 cups)."
"It seems to me that it would be a wise plan for mothers, particularly, to think of this test in connection with the health of their families."
"Will you send me your name and address? Tell me which kind you prefer—Instant Postum, made instantly in the cup, or Postum Cereal (the kind you boil). I'll see that you get the first week's supply right away."

Form with fields for Name, Address, City, and checkboxes for Instant Postum and Postum Cereal.

Postum

You know how many children do not like the taste of milk. You know how they like to have the same drink as the "grown-ups." You know, too, how good it is for them to have a hot drink. Make Instant Postum for them, using hot milk (not boiled) instead of boiling water. They'll like the taste immediately! And they'll get the added nourishment of milk in a hot drink that is economical and so easy to make.

THE MAURETANIA'S RECORD
When it is remembered that the good ship Mauretania has been plying the high seas for a matter of twenty years and that several other large liners have since been built for the avowed purpose of lowering the successive records for the Trans-Atlantic passage which she has created, the giant Cunarder's feat in clipping three additional minutes from the Cherbourg to New York record becomes all the more remarkable and all the more meritorious.
The distance from New York to

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COUPON

Coupon form with fields for Name and Address, and a box for 'Cents for University Dictionary'.

Many to Split Yanks' Share of Big Series Cash

NEW YORK, Oct. 3.—The Yanks today decided what they will do with the money they will receive for the first four games. All the regulars, including the incapacitated Wiley Moore, Freddie Holman and Tom Zachary, who joined the rest in mid-season, were voted a full share, as were two coaches, Arthur Fletcher and Charlie O'Leary. "Dog" Woods, the trainer, and Max Roth, travelling secretary, will get three-quarter shares.
Stanley Coveleskie, a pitcher, forced into retirement by a tailing arm, Al Sheely, a pitcher who went away and came back; Rosy Bill Ryan, a pitcher who came in from the minors late in the season, and Harry Matthews, the bull pen catcher, will get half shares.
Marty Campbell, a pitcher who went to St. Paul after starting with the champions, and Bill Dickey, a young catcher, who was recalled from Little Rock, will be cut in for \$750 each.
The groundskeeper and clubhouse men were voted \$1,000 apiece with \$300 to Eddie Bennett, the mascot.

Zeppelin Flies Over England

LONDON, Oct. 3.—Pushing her nose north and west through the early hours of darkness, the monster dirigible Great Zeppelin slipped over English territory tonight, a great, grey shadow in the sky.
Making his most important trial flight before the projected trans-Atlantic trip to New York, Dr. Hugo Eckener's giant aircraft passed high over Lowestoft on the Suffolk coast at 9.05 p. m. She had been in the air since 7 a. m. when she left Friedrichshafen, Germany.
Sighting of the dirigible on her friendly mission recalled vivid war scenes to Britishers who had watched in agony a dozen years ago when German Zeppelins raced towards London, loaded with bombs and intent on a fury of destruction.
The Graf Zeppelin, however, is much larger than the war airships and instead of fighting them she carried a crew of peaceful aviators, a group of German officials and "if a dozen newspapermen."
The dirigible had taken a northern route over Holland, according to advices here, and had flown over Doorn where the entire family of the former German Kaiser waved and cheered her.

Cherbourg-New York run, one longer by 369 miles than the Queens-town-New York route, she travelled at an average speed of 26.63 knots.
Mauretania continues to uphold her position as the world's "fastest steamer in spite of an age at which some other ships are being considered worthy of the scrap heap.
Both the Leviathan and the Olympic, formidable challengers for her honours, have steamed at a speed of more than 27 knots an hour, but no ocean liner has yet appeared to better the Mauretania's record of 26.66 knots for the average for the Atlantic crossing, and it will be probably some time before her record for the Cherbourg to New York passage falls, unless she herself turns the trick.
There must have been pretty good stuff built into the Mauretania in the British shipyard in which she was constructed to enable her, almost twenty years after the time of her launching, to continue to possess command of the Atlantic.

FARM EMPLOYMENT FOR WINTER MONTHS
WINNIPEG, Oct. 5.—A committee has been formed here whose duty it will be to see that all British harvesters who choose to remain in Manitoba are placed at farm work during the winter.
The committee was chosen following a meeting of representatives of the Provincial Government, the department of immigration, and the railway and the federal land settlement branch, under the chairmanship of Thomas Gellie, division commissioner of immigration and colonization.
The general opinion was expressed that all men wanting work could be placed at from \$5 to \$20 a month the rate depending upon the chores to be done on the farm and the amount of stock to be cared for.

Insidious Eye Strain

We use this adjective advisedly. Sufferers from Eye Strain may have perfect vision and therefore do not suspect the presence of any eye defect.
The motive power of the entire human organism is Nerve Energy.
Normal eyes, it is computed utilize about 25% of this Nerve Energy, but when Eye Strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.
HAVE YOUR EYES EXAMINED
G.F. Hatcheson OPTOMETRIST

GEORGETOWN EXHIBITION PRIZE LIST

- Specimen filet crochet: 1 Mrs. Allen Fraser; 2 Mrs. George Thompson Luncheon set; 1 Mrs. E. Skinner; 2 Elsie Lavers; 3 Viola Kemp. Pair towels, handwoven: 1 Mrs. Allan Fraser; 2 Mrs. George Thompson; 3 Martha Hemphill. Shopping bag, hand made: 1 Mrs. Ashley Allen; 2 Helen Moore; 3 Helen Allen. Hank of home made yarn: 1 Catherine McLeod; 2 Mrs. W. Fisher; 3 Mrs. Ellen McKinnon. Apples, Wolf River: 1 Inez Stewart, L. Montague; 2 A. Corrigan; 3 Charles Parker. Northern Spys: 1 Mrs. W. Fisher; 2 A. Corrigan; 3 Charles Parker. Golden Russet: 1 Mont Annear; 2 A. Corrigan; 3 Helen Atker. King—1 R. Morrison; 2 William McAulay; 3 Charles Parker. Baxter—1 D. J. Stewart; 2 David Wright. Ontario—1 D. J. Stewart; 2 David Wright; 3 Mrs. C. McMillan. Red Astrachan—1 W. McAulay; 2 R. Morrison; 3 Mont Annear. Duchess of Oldenburg—1 James McPhee; 2 Gerald Macdonald; 3 Charles Fraser. Gravenstein—1 George Dewar; 2 J. A. Dewar; 3 A. Corrigan; 4 W. McAulay. Wealthy—1 A. Corrigan; 2 Mont Annear; 3 R. Morrison. Alexander Emperor—1 A. Corrigan; 2 David Wright; 3 Charles Parker. Ribson Pippin—1 A. Corrigan; 2 D. J. Stewart. Yellow Transparent—1 Inez Stewart; 2 Mrs. C. Johnson; 3 Mrs. V. R. Ross. Mann—1 Mrs. V. R. Moore; 2 Mont Annear; 3 Robert Dewar. Collection of winter keeping apples: 1 D. J. Stewart; 2 A. Corrigan; 3 Charles Parker. Collection fall apples: 1 A. Corrigan; 2 Charles Parker; 3 D. J. Stewart. Box of apples packed for export: 1 A. Corrigan; 2 Charles Parker. Siberian Crab: 1 J. D. Knight. Transcendent Crab: 1 A. Corrigan; 2 Mont Annear. Hyslop Crab: 1 Mrs. Archie Bruce; 2 Mont Annear; 3 W. F. Rourke. Plums—Yellow Magnum Brown: 1 Sam Hemphill; 2 W. W. McLaren; 3 D. J. Stewart. Moor's Arctic: 1 Mrs. A. Corbald; 2 Marjorie Hyndman; 3 D. J. Stewart. Lombard: 1 S. Hemphill; 2 A. Corrigan; 3 Mrs. W. W. Jenkins. Bradshaw: 1 David Wright; 2 Sam Hemphill; 3 W. Martell. Dawsons: 1 Mrs. V. R. Ross; 2 Mrs. M. Martell; 3 Sam Hemphill. Other varieties plums: 1 D. J. Stewart; 2 Marjorie Hyndman. Pears—Clapp's Favorite: 1 D. J. Stewart. Bartlett: 1 David Wright. ROOTS AND VEGETABLES. Potatoes, Cobblers: 1 Mont Annear; 2 Jerome McLean; 3 George Annear. Dakota Reds: 1 J. D. Knight. Green Mountain: 1 Jerome McLean; 2 Mont Annear; 3 J. D. Knight. McIntyre: 1 J. Boudreault; 2 J. A. McCormack. Early Rose: 1 George Annear; 2 J. D. Knight; 3 Mrs. Ira Ross. New varieties—1 J. D. Knight. Swede Turnips (table use): 1 D. Wright; 2 J. A. McCormack; 3 J. D. Knight. Swede Turnips (for stock): 1 Ed. Bouchard. White turnip for stock: 1 George Annear. Ren Mangel, Wurtzell: 1 V. O. Schirmir; 2 George Annear. Yellow or Red Globe Mangels: 1 Mont Annear; 2 George Annear; 3 David Wright. Half Sugar Mangel: 1 Dan Stewart; 2 George Annear. Carrots for stock: 1 David Wright. Half long carrots (table): 1 D. Wright; 2 Hugh Macdonald; 3 Ed. Bulpitt. Parsnips (table): 1 Hugh Macdonald; 2 D. Wright; 3 E. Bulpitt. Turnip Beets (table): 1 J. Boudreault; 2 Watson Henry; 3 D. M. McLean. Red Onions—1 D. P. McKinnon. Dozen Onions—Ed. Bulpitt; 2 Mrs. V. O. Schirmir; 3 W. C. Johnston. Tomatoes (green): 1 Mont Annear; 2 D. J. Stewart; 3 Hugh Macdonald. Celery (white): 1 Geo. Annear; 2 D. J. Stewart. Celery (red): 1 D. J. Stewart. Escallops: 1 Mrs. Cyrus Moore; 2 Mrs. C. Johnson. Potato Onion: 1 Mrs. Cyrus Moore; 2 George Annear. Table Corn: 1 E. Bulpitt; 2 Mrs. Charles Johnston; 3 George Annear. Fodder Corn: 1 Mont Annear; 2 George Annear; 3 D. M. McLean. Cauliflowers: 1 Mrs. D. P. McKinnon; 2 D. J. Stewart; 3 David Wright. Cabbage—Winstad: 1 D. P. McKinnon; 2 Hugh Macdonald; 3 D. Wright. Cabbage—Drumhead: 1 D. P. McKinnon; 2 J. A. McCormack.

UNCLE RAY'S CORNER

THE STORY OF COLUMBUS
1. "LET US SAIL WEST!"
This month is the one in which we celebrate the discovery of the West Indies by Columbus. So I think it is a good time to tell the story of that famous sailor.
The king held a council of the learned men of his kingdom, and they discussed all sides of the question. Some were in favor of the plan, but others declared that even if the earth was round, the westward voyage would be too long for profit.
The king decided to refuse the request of Columbus, but he made a plan to test the idea. Secretly he sent three ships to the west, but they returned with the report that land could not be found. The king did not wish to pay Columbus in case India should be found.
Meanwhile Columbus went to Spain to try his fortune there.
No one knows where Columbus was born. It may have been Italy; it may have been Spain. At any rate, he spent part of his boyhood in Genoa, and at an early age he went to sea.
Unlike most sailors, Columbus was a student and wide reader. In those days, a book by Marco Polo was popular. It told of Marco's visit to India, China and Japan, of the gold, silver and jewels he had seen.
Flowering Plant—1 Lester McSwain; 2 Mary McFarlane; 3 May Herring; 4 Laura Roberts. Special Prizes for Plant—1. Mary McFarlane; 2. Florence Hayter; 3. Eitel Johnson. Exercise Book (a)—1. Dover school; 2. Hopefield school; 3. Murray River school; 4. Gladstone school. (b)—1. Hopefield; 2. Peter's Road; 3. Dover; 4. Murray River. (c)—1. Hopefield; 2. Murray River; 3. Gladstone; 4. High Bank; 5. Dover. Drawing (Junior)—1. Dover; 2. High Bank; 3. Gladstone; 4. Murray River. (Senior)—1. Murray River; 2. High Bank; 3. Glen William; 4. Gladstone. Water Colors—1. Nellie Dunne; 2. Claire Brehaut. Map Drawing (Junior)—1. High Bank; 2. Glen William; 3. Murray River. (Senior)—1. High Bank; 2. Murray River; 3. Dover; 4. Gladstone. Penmanship (a)—1. Peter's Rd.; 2. Murray River; 3. High Bank; 4. High Bank; 2. Hopefield; 3. Gladstone; 4. Murray River. (c)—1. Hopefield; 2. Glen William; 3. Gladstone; 4. Murray River. (d)—1. Hopefield; 2. Murray River; 3. Glen William; 4. High Bank. (e)—1. High Bank; 2. Glen William; 3. Murray River. Noxious Weeds—1. Murray River; 2. Gladstone. Tree Leaves—1. Hopefield; 2. Gladstone; 3. Dover; 4. Murray River. Wood—1. High Bank; 2. Abney; 3. Murray River; 4. Gladstone. Weed Seeds—1. Murray River; 2. Dover; 3. Hopefield; 4. Gladstone. Nail Box—1. Ralph Roberts; 2. Ruben McCarvel; 3. Guy Stewart; 4. Carl Stewart. Bird House—1. Roy Cook; 2. Nathan Acorn; 3. L. N. McLennan. Wagon Jack—1. Chester Buell. Chinchilla Rabbits. (a)—1. Reta Ferguson; 2. Roy Cook; 3. Alfred McLean; 4. Angus Johnson. Chinchilla Rabbits (b)—1. Roy Reynolds; 2. Lester McLeod. Chickens, Plymouth Rocks—1. Leonard Herring; 2. George Reynolds; 3. Frank Goshee. White Leghorns—1. Milton Livingston; 2. Angus Johnson. Calves—1. Murra Hayter; 2. May Saunders; 3. Norman McLean; 4. William Horton. Special Prizes—1. Clarence Munn; 2. Russel McPherson; 3. Edward

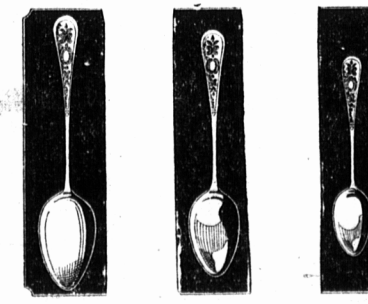
FIFTH PROTEIN FOUND IN WHITE OF AN EGG

CHICAGO, Oct. 5.—While the general public has known for a long time that it is the yolk of an egg that is cowardly—it hits and then runs—science has just found out that the white of an egg is not so cowardly. The fifth separate and distinct protein making up the white of eggs has been determined by Dr. Arthur G. Cole, of the College of Medicine of the University of Illinois located here. It was announced to-day. Doctor Cole had previously determined the four others. These five proteins constitute the total proteins content of egg white, one of the foods particularly rich in proteins.
"The countless proteins found in nature are so uniform in composition that it is impossible to use the ordinary chemical methods for their identification," Doctor Cole explained. "For this purpose we made use of the extremely delicate biological, or immunological, reactions which are so sensitive that it is possible to detect a specific protein in solutions containing as little as one part in ten million of that particular protein."
"The white of the hen's egg contains about ten per cent protein, the remainder being mostly water. We have been able to show that this egg white is composed of five proteins known as ovomucin, ovalbumin, ovalbumin and ovomucoid."

HOLY FOLK

Today I have grown taller form walking with the trees, The seven sister poplars, who go softly in a line; And I think my heart is whiter from its parley with a star That tumbled out at midnight and hung above the pine. The call note of the red-bird from the cedars in the dusk Woke with happy note within me to an answer, free and fine; And a sudden angel beckoned from a column of wood smoke Lord, who art thou I that they should stoop, these holy folk of Thine? —Karl Wilson Baker.

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