

Women's Institutes of P. E. Island

Sea View. Nineteen members attended the October meeting of this Institute held at the home of Mrs. James Duggan.

Central Royalty. The October meeting of this Branch was held at the home of Mrs. C. H. Woods with seven members and one visitor present.

Poplar Grove. The October meeting of this Institute was held at the home of Mrs. Melvin Inglis with members and nine visitors present.

Cardigan. Eight members and two visitors attended the October meeting of this Institute held at the home of Mrs. J. A. MacDonald.

East Siford. Nine members met at the home of Mrs. Frank Sharp on October 21st where the regular meeting of this Institute was held.

the month. The Secretary was asked to send for creeds and information about Flag Charts.

Avonia. Thirteen members and three visitors met at the home of Mrs. Chester Woolner where the October meeting of this Branch was held.

Stirling. The October meeting of this Institute was held at the home of Mrs. William Fendegast, Hope River with an attendance of eight members and four visitors.

Sherbrooke. Thirteen members attended the October meeting of this Branch held at the home of Mrs. A. J. Linkletter.

Lakeview. Institute held their October meeting at the home of Mrs. Hudson Morrow with eight members and thirteen visitors present.

Brudenell. The October meeting of this Institute was held at the home of Mrs. J. J. Ryan.

the home of Mrs. Henry MacLaren with an attendance of five members and one visitor.

Linkletter. Eleven members and two visitors attended the October meeting held at the home of Mrs. Brenton Clark.

Traveler's Rest. Branch met on October 13th with thirteen members and three visitors present.

Peake's Station. The first regular meeting of this Institute was held at the home of Mrs. D. A. MacDonald with eleven members and four visitors present.

York. Institute met on October 28th at the home of Mrs. Dr. MacDonald, with thirteen members present.

Priest Pond. Institute held their October meeting at the home of Mrs. Plus J. Campbell with ten members and two visitors present.

For advertising purposes a device has been invented with which roller skaters can write inscriptions with whitewash flowing from a concealed tank to an outlet near one skate.

SCIENTIFIC FACTS

NEWEST NOTES OF SCIENCE

A roller brush has been invented for cleaning hair combs. The scum, India's southern most port, is to be given a deep water harbor.

A novel oil can resembles a pistol, pressing a trigger causing oil to flow.

According to a recent government census Uruguay has more than 14,400,000 sheep.

Screw clips and waterproof glue make up a new outfit to enable men to half sole their own shoes.

Wigs made of spun glass in Germany are claimed to defy detection better than those made of hair.

Spiked brakes that can be attached to almost any sled have been invented for coasters' protection.

Compressed air machinery has been invented by a Frenchman to line tin cans for food with aluminum.

A Chicago woman has invented a calculating machine to help a housewife figure out household budgets.

Denmark is planning to establish its first linotype factory, equipped with the most modern machinery.

Combinations of steam and oil provide the power for locomotives designed in both England and France.

Building blocks have been patented that are large enough for children to construct their own playhouses.

Japan leads all oriental nations in aviation for commercial and sporting uses as well as military purposes.

A Minnesota man is the inventor of a wire clamp to hold a fish by the head and tail while it is being scaled.

High power electric furnaces have been established in Brazil for the manufacture of steel by a Swedish process.

A new machine cuts boards into pieces for skewers, lead pencils and many other uses at a speed of 50,000 an hour.

After the first of the year Costa Rica will strictly enforce the use of the metric system of weights and measures.

The spikes can be removed from new ice creepers strapped to shoes quickly to prevent them injuring carpets or floors.

Extreme fuel economy is claimed for a Belgian inventor's steam boiler in which an oil flame is submerged in the water.

For letters with ink a new pen has a ball shaped point that does not spatter no matter in what direction it is moved.

Traction belts for the wheels and sled runners have been invented in England to enable automobiles to be run over snow.

Tests have shown that milk absorbs more from containers, being affected the most by iron and the least by nickel alloys.

Experts in Europe are experimenting in the manufacture of textiles from the lace-like inner bark of a West Indian tree.

For handling heavy boxes an inventor has patented a hand held hook with spurs on the inside of the curve to take hold of wood.

Of English invention is a spanner wrench that fits hexagonal nuts of several sizes, tightening its grip as pressure is applied.

A stropping roller is so mounted on a new safety razor that the blade can be sharpened by rolling the razor over any smooth surface.

The bark of a tree growing prolifically in New Guinea has been found to yield ten per cent more quinine than any other known plant.

Clamps have been invented for attachment to garden hose that enable it to be handled for hanging or storage without the use of a reel.

The Peruvian government plans to enforce inspection of all radio installations and the collection of a tax for each receiving set in use.

The frame of a new baby carriage can be folded so that the carriage with its occupant can be placed on the seat of an enclosed automobile.

An ash tray for smokers has been designed by a New York physician to be clamped to the end of a peano keyboard without impairing the varnish.

A London hospital has established one of the world's largest electrostatic machines to treat patients for rheumatism and minor spinal diseases.

Two sheets of writing paper and stamped envelopes are delivered by a new vending machine for public places when a coin is dropped into a slot.

The organization of a superpower project by the consolidation of present hydroelectric companies is being considered by the Japanese government.

For various kinds of light work clamps that operate like pliers have been invented, the jaws being held together with a spring between the handles.

A weighted lever causes a new air dispensing device for automobile tires to shut off the air automatically when the pressure for which it is set has been reached.

According to a Finnish scientist's experiments brass utensils affect fruit juices cooked in them less than those made of copper, aluminum and iron in that order.

FOR THE WOMAN READER BY FLORENCE RIDDICK BOYS. Includes an illustration of a woman reading and the text 'COPYRIGHTED'.

THE NEED OF JOLLITY.

Are you having any fun, or is life for you just one thing after another? "All work and no play" you know that it will do.

But the steady grind will tell on your work in time. You can't keep up to the standard if you do not punctuate your program very frequently with play.

Don't take your time and efforts too seriously. The old world will walk along somehow when you are taking a long rest with your hands serenely folded across your breast.

NEXT TO GODLINESS.

There are a number of little cleanly stunts which housewives frequently forget. Here are some points worth remembering:

Wash top of milk bottle before pouring out the contents. Use bread which was wrapped at the bakers.

Wash and sun the bread box twice a week. Use goods you are certain that the goods have kept covered and carefully handled.

Wash thoroughly all fruits and vegetables. Use salt, sugar and all other foods in covered receptacles.

Swat the flies and keep food from ants and mice. Do not allow a cat or dog in your kitchen.

Keep dishes and cooking utensils covered from dust and pests. Always wash hands before preparing food.

Wear clean and easily laundered clothing in the kitchen. Wash the dish towel and dish cloth. Launder frequently.

CARE OF FERNS.

Ferns in a pot are like birds in a cage in that they cannot forage for themselves but are entirely at the mercy of the housewife.

Water them often and water sparingly—just enough to keep the soil moist at all times. Such liberal waterings as keeps the soil soaked is as bad for it as to become very dry.

The time of year is a consideration in watering ferns. They need more water in the spring and summer as they do in the fall and winter.

The degree of heat and the dryness of the rooms make a difference, too. They require more water in a hot dry used to hold papers on a filing cabinet drawer, being equipped with clips to retain it on a draw edge.

The world's longest aqueduct, having a main stem 140 miles in length and branches totalling more than 1000 miles, is building in Italy to supply water to 2,500,000 persons.

For advertising purposes a device has been invented with which roller skaters can write inscriptions with whitewash flowing from a concealed tank to an outlet near one skate.

Powerful enough to be visible 24 miles, a lighthouse is being erected near the site of one of the earliest beacons in history to mark the northern entrance to the St. Lawrence.

Guided by hand, a new single cylinder motor driven cultivator has been developed that is small enough to be used under low growths where an ordinary plow could not be operated.

In a radio telephone system developed in Germany for use on railway trains the waves are carried through the car roofs to telegraph wires beside the tracks which transmit them.

Carried under the running board out of sight when not in use, a compact lavatory for automobiles includes receptacles for water and liquid soap and faucets to release their contents.

A goggles mask that covers the head and upper part of the body has been invented in England to protect persons subjected to the strong glare of lights used in making motion pictures.

Because of the high death rate in the United States from falls on slippery floors and sidewalks the Bureau of Standards has developed apparatus to test the slipperiness of building materials.

In 30 years, with the building of railroads, the population of North-east Manchuria has increased from 2,000,000 to more than 12,000,000 and Harbin has become the largest European city in Asia.

A new building material claimed to be sound and moisture proof and an efficient insulator against heat and cold is a form of aerated gypsum that expands and forms air cells when mixed with water.

Old Dutch Cleanser. In all the World there is no cleanser like Old Dutch Cleanser. Includes an illustration of a woman cleaning and the text 'MADE IN CANADA'.

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

Showing "pluck" is not always wise

FROM time to time the newspapers comment on the death of prominent athletes. Lung weakness seizes upon seemingly stalwart types of strong men. Heart affliction kills many. These are startling facts and form a significant comment on some modern methods of drilling the machinery of the human body.

If men are to gain fame at the expense of their lives, it is obvious that people will soon discredit training methods of all kinds. Lung and heart trouble develop in later years in a great majority of athletes who have engaged in vigorous competitive athletics.

College training has become by modern methods a strain system that is frequently not only indiscreet, but dangerous because of the useless violence and theories upon which it is founded.

Most of the health courses in gymnasiums today are sold by instructors who have developed tremendous physiques, built up by daily practice of vigorous exercises. They have devoted a greater part of their life entirely to developing muscles without knowledge of the inner body.

The peculiar thing about each of these "professors" is that exercise with them is more a hobby than a scientific practice. Or the many hundreds of systems of exercise I have observed, very rarely is there found a series where a pupil is taught to exercise on his back. The average person taking exercise to cure intestinal conditions is under the illusion that the best method is to stand with the hands over the head and to bend forward touching the floor with the fingertips.

Eat Wisely to Rid Indigestion. BREAKFAST: An ounce of bran cereal and cream. Very little sugar. Bran muffins or toast made of whole wheat or Graham bread. Coffee substitute preferred. LUNCHEON: A vegetable luncheon or a vegetable salad made from any of the following: Lettuce, string beans, cauliflower, cucumbers, tomatoes, turnips, cabbage, watercress, spinach, carrots, celery, Brussels sprouts. Fresh cheese, dark bread, buttermilk. DINNER: Any vegetable soup, tomato, pea, lentil, corn, celery; one broiled lamb chop, a piece of chicken or a piece of lean beef with at least two vegetables. Dark bread, unsweetened cocoa, stewed fruit for dessert.

Mr. McGovern will answer your questions. A. A. McGovern.



"Whatever ails you, Jennie? You look so tired out"

"Oh, I'm nearly dead. I never felt so fagged out in all my life." "Are you sick?" "Not exactly sick, perhaps, but I have not felt right for weeks. I can never get rested." "Your health must be run-down." "Yes, I suppose it is. Mother has been warning me that I am living too fast these days. Burning the candle at both ends, as she says." "Perhaps it's your nerves." "Yes, I suppose it is. You know I am working every day at the office and I have been on the gad nearly every night until I can't stand it any longer." "Why don't you use Dr. Chase's Nerve Food? That did me all sorts of good, and nearly all the girls use it when they are in need of something to tone up the system." "Mother has been at me to use the Nerve Food, but I never liked to take medicine." "You won't mind using the Nerve Food, for it is so mild and gentle in action that it will not cause you any inconvenience, and you certainly will feel so much better after using it for a few days." "How long will I have to take it?" "Oh, you may have to keep up the treatment for two or three months if you want to get your nervous system thoroughly built up. It slowly and certainly improves the quality of the blood so that the nerves and the system generally are nourished back to health and vigor." "I will get half a dozen boxes to-morrow and go at it in earnest, for I don't want to have a nervous breakdown and spend weeks or months in bed. I am so glad you reminded me about this treatment." Dr. Chase's Nerve Food, 60c a box, all dealers or The Dr. A. W. Chase Medicine Co., Limited, Toronto, Canada. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

The Sweetest Little Singer and Cheeriest Little Pet in the World—Your Canary Bird. Includes an illustration of a canary bird and the text 'Brock's Bird Seed and Brock's Bird Treat'.