



Improve Your Breakfast

Tomorrow morning with your favorite cereal or fruit—try Carnation Milk—a full-cream milk evaporated to double richness. Served diluted or not as preferred, you will find it adds a delicious flavor. Carnation is just pure, fresh milk, evaporated to double richness, kept safe by sterilization. Order from your grocer several tall (16 oz.) cans or by the case of 48 cans.

Carnation Milk

"From Contented Cows"

The Label is Red and White

Carnation Milk Products Company, Limited, Aylmer, Ontario.



Easily Prepared Dishes at Low Cost

Mary Blake's Carnation Recipe Book, which the coupon below will bring you, gives the housewife a vast store of cooking knowledge, with special emphasis on Quality Varieties and Economy. Beautifully illustrated—32 packed pages of valuable suggestions. See it today. Meanwhile, try these recipes:

MUFFINS
1 1/2 cups flour, 4 teaspoons baking powder, 1 tablespoon sugar, 1/2 teaspoon salt, 1 egg, 3/4 cup water, 1/2 cup Carnation Milk, 1/2 tablespoons fat. Mix and stir dry ingredients. Add milk and fat to well beaten egg and add to first mixture. Bake in greased muffin tins fifteen to twenty minutes. This makes ten muffins.

FRENCH TOAST
2 eggs, 1/2 teaspoon salt, 1/2 cup Carnation Milk, 1/2 cup water, 8 slices stale bread. Beat eggs slightly, add salt, water and Carnation Milk. Dip slices of bread in this mixture, brown in frying pan with plenty of hot grease in it. Turn and brown on other side. Serve with jelly or syrup. This serves four people.

This coupon entitles you to one copy of Mary Blake's Cook Book which contains over 100 fully tested recipes. Cut out this coupon and mail to Carnation Milk Products Company, Ltd., Aylmer, Ont.
Name.....
Street.....
City and Prov.....

THE WESTERN GUARDIAN

—SHOP from Holman's Catalog.—
—FOR LATE WESTERN NEWS Page 3 is available.
—HIGHEST market prices in cash, for wool at Sinclair's. 2076-7-6M21.

—NEWEST MODELS in Light Tan Pumps for ladies, showing at Sinclair's. 2076-7-6M21.

—HATCHWAY Buttonless Underwear for men. Right for summer wear at Sinclair's. 2076-7-6M21.

—MILL CLOSED.—Leard's flour mill, Central Bedouque will be closed to grinding wheat only from July 3rd to July 11th, also every Saturday till October first. 1950 6 30 0

—BEGINNING WEDNESDAY, July 8th, Sinclair's Store and Warehouses will close each Wednesday, at noon for the summer half holiday. 2076-1-6M21.

—MEN WISHING TO JOIN B. Company 105th Battalion, apply for uniforms at Campbell's store, North Wiltshire on Wednesday, July 8th at 1 p.m.

—NEW ANNIAN DRAMATIC CLUB presented their serious comedy "Brother Josiah" to a crowded house at Miscouche last Thursday night. The Club has been invited to repeat the performance at Lot 16 in the near future, which speaks volumes for its popularity.—K.

—GUARDIAN WESTERN OFFICE.—The Guardian's Western representative has an office on Water Street, Summerside, next to Laurence Gallant's Tailor Shop (and directly opposite the Gallant Crockett block)—his phone number is 233. He will be pleased to receive news, subscriptions or advertising.

—CATCH FOX WITH NET.—A valuable fox escaped lately from the ranch of Mr. Layton Rogers, Kensington. He was pursued by a posse who succeeded in cornering him in a neighbour's baryard. He continued to circle the barn till Mr. Rogers gathered him home in a large scoop net which he keeps especially for catching itinerant foxes.—K.

—PLAY ENJOYED.—The French River Dramatic Club presented their three act Comedy Drama "Safety First" in the Strand Theatre Kensington, on Monday evening. The audience was large and followed the denouement of the plot with interest, and bestowed applause to parts that appealed to them, of exceptional merit. Cast of Characters—Jack Arnold, Cecil Harding; J. Montgomery, D. McKenzie; Mr. McNutt, R. Pidgeon; F. McLeod, Elmer Flannel; Ray Meek, Albert G. Loring; Mable Montgomery, Mary Meisac; Mary Ann, Miss Condy; Virginia Bridges, Charlotte Bernard; Zelka, Mille Pidgeon; The intricacies of the plot were cleverly unfolded and each surprise made the audience anticipatory of successive ones. Counter attraction of the evening, stretched by a diverting influence from theatrics which seem to explain why such amusements are not cleverly rendered by Mr. Ray Meek and Mr. Fred McLeod.

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—MONTAGUE SHIPPING Club will undertake an accommodation of about July 13th. If sufficient numbers offer, it interested notify secretary at once. 2075-7-4-21

—EASTERN AGENT.—Mr. J. W. Murdoch is now Guardian agent in Montague and will be pleased to receive news items, advertising, job printing, new and renewal subscriptions.

—BRILLIANT STUDENTS.—Congratulations are being tendered Messrs. John A. Sullivan and J. Francis McMillan on their splendid showing in the recent B. A. examinations of Laval University, Quebec, both having passed with "cum laude." During the past three years these two young men have been attached to the teaching staff of St. Dunstan's University, Montreal as Associate Professor of English and History, and Mr. McMillan as Associate Professor of Mathematics and the Elementary Sciences. Mr. Sullivan has the distinction of being twice the leader of his class and of occupying several prominent positions in college activities, while Mr. McMillan has been a close second and has the honor of being Editor-in-Chief of Red and White and President of the Senior Debating Society at St. Dunstan's during the past year. Considering these arduous duties in addition to their studies in the prescribed Arts Course we have every reason to congratulate these young men and wish them continued success.

—RETURNED FROM PACIFIC COAST.—Mrs. J. B. Profit (wife of Mayor Profit of Kensington) who left for Vancouver some time ago recently after spending the winter on the Pacific Coast. Mrs. Profit went direct to Cranbrook, B. C., where she visited her brother-in-law, Mr. James W. Warron. Among the prominent Islanders she visited in Cranbrook were Mr. and Mrs. Alder Bonness at whose home a reception was held in her honor. She also visited another sister Mrs. Grieve at Cloverdale, B. C. She stayed some time in the great cities Vancouver and Seattle and also visited friends in Blaine, Wash. On return journey she visited friends at Lacombe, Alberta, stayed some time at Edmonton, Alb; Scott, Sask. Rockhaven and Wilkie and other towns in Sask. At Scott, Sask., she visited at the home of Dr. John Jardine formerly of Kensington. Mrs. Profit experienced the great scenic thrills incident to a ride over the famous Kettle Valley Railway in the lake region of B. C. noted for its rugged scenery and high trestles. Mrs. Profit speaks in the highest terms of her treatment en route by the Canadian National Railway transportation officials, being met at every big depot by a special messenger. Altogether Mrs. Profit enjoyed a tour which is a special privilege of a life time.—K.

—SUMMER DRESS FABRICS. A beautiful showing, closely priced at Sinclair's. 2076-7-6M21.

—ELECT OFFICERS.—At the regular weekly meeting of Shamrock Division, No. 130, held in their room in the Temperance Hall on Monday night, June 29th, the following officers were elected: Worthy Patriarch, Bro. D. Piccatti; Worthy Associate—Sister MacWalter; Recording Scribe, Bro. A. C. Ramsay; Assistant Scribe, Sister Tillie Byron; Financial Scribe, Bro. Isaac Walker; Treasurer, Bro. Thos. Somers; Chaplain, Bro. Hubert A. Hynes; Conductor, Bro. Hubert Agnew; Assistant Conductor, Sister Martha Somers; Inside Sentinel, Bro. Mahon Byron; Outside Sentinel, Bro. George Hiltz; Past Worthy Patriarch, Bro. T. L. Ramsey; Delegates to Grand Division to meet at Mount Stewart, John Howard and Daniel Piccatti. At the open meeting recently held, following was the programme: Vocal Solo, John Howard; Accompanist, Solo, John Howard; Master, Mrs. B. Moase; Vocal Solo, Master (Geo. Hiltz); Declaration, Ruth Hiltz; Violin Solo, Lloyd Howard; Visited by officers of the Grand Division who highly praised the splendid work that Shamrock Division is performing to emphasize the cause of temperance. At the open meeting held on the 20th inst., the sum of \$19.25 was realized which is placed in the funds to be used for the best interests of temperance. Too much praise cannot be bestowed upon any social or religious organization that consistently advocates and defends the cause of temperance and thus advances the material, intellectual and moral interests of any community.

—PERSONALS
—Miss Hilda Malone of Free-town returned from Boston last week.—K.
—Mr. P. L. Morris, Station Agent at Murray River visited Kensington on Sunday.—K.
—Mr. Austin Callaghan, sister Florence and Miss Agatha O'Brien of St. Louis attended the races at Summerside, July 1st.—K.
—Mr. Frank O'Brien of Philadelphia, Pa., is visiting his sister, Mrs. Robt. Fitzgerald, Waterford. He motored from "Philly" in his large wine colored car.—K.
—Mr. Robert O'Brien, recently returned from Calif., but now of St. Louis, P. E. L. visited the Dominion Day races.—K.

—The Misses Mille and Carmen Harrington, teachers of Charlotte town visited Kensington on Saturday.—K.
—Misses Florence and Ella Dunphy of Kensington had a pleasant motor trip with friends to Hope River on Sunday.

—Dr. Claude Simpson of the St. John General Hospital starts his visiting his home in Hope River where his mother, Mrs. J. H. Simpson has been indisposed for some time.—K.

—Mr. and Mrs. John Burns, accompanied by Miss Lottie Dunphy all of Kensington left on a motor trip to O'Leary and other western parts.

Here's a real shortcake

Here's a shortcake more delicious, more nourishing and more easily digested than the ordinary shortcake that is made of soggy white flour dough. Dip the strawberries over

Shredded Wheat

then serve with sugar and cream.

A treat for the warm, sultry days—cool and refreshing. Contains all the iron you need, all the vitamins you need, all the bran you need. A wholesome, nourishing dish for breakfast, for lunch, for dinner.



Most food for least money

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Riffians Severely Defeated By French

PEZ, July 6.—The French severely defeated Abd El Krim's tribesmen in two engagements yesterday. The Riffians attacked near Alm Mateuf and Kiffane. They lost heavily at first and were routed in the second place.

Prince Edward Island In Virginia, U. S. A.

A recent issue of The News, published in Onancock, Virginia, gives an interesting report of an agricultural tour through part of that state, during the recent visit there of Mr. J. W. Boutler, Secretary of the Prince Edward Island Potato Growers' Association. Some 200 farmers in automobiles made a whole day's drive through the county, stopping along the road to inspect fields of various products and to hear short addresses from agricultural authorities accompanying the party. At noon a halt was made and refreshments partaken of which had been provided by the ladies of one of the country churches. In the evening the party attended a public meeting at which addresses were given by leading agriculturists. At this meeting Mr. Boutler, one of the party, was introduced. The News makes the following reference to his remarks: "Following Prof. Price Mr. J. W. Boutler, a visitor from the neighboring Dominion of Canada was introduced to the gathering. Mr. Boutler, who is secretary of agriculture, and whose home is on Prince Edward Island, is thoroughly acquainted with many of the difficulties which the potato growers of the Shore have contended in the past. As Secretary of the Potato Growers Association of his home province he could speak authoritatively on many points. "He explained what inspiration and guidance his people had acquired from the work and reputation of the Eastern Shore of Virginia Exchange. He told what profit and stabilizing of the commercial life of the province had been given by standardizing their potatoes and eggs until both products now were nationally known. He spoke briefly concerning the

U. S. President's Wife Had Narrow Escape

SWAMPSCOTT, Mass., July 6.—Mrs. Coolidge, wife of the President, narrowly escaped being run down by a squad of fast moving Massachusetts motor police as they entered the private roadway leading to White Court this morning. Mrs. Coolidge had just been photographed by George W. Hill, Jr., a New York Times photographer, and police approaching at a high speed and called to Mrs. Coolidge and the secret service man, James Haley, to leap aside. This they did and escaped serious injury and probably death. The first police car, which was thirty feet before it was brought to a standstill. Mrs. Coolidge was very nervous after she had landed on the grass four feet off the roadway. She still carried a bunch of flowers which she had gathered in her morning walk. She thanked Mr. Hill and did not criticize the officer in charge of the motor police. An investigation was made by Acting Chief of Police Callahan. He says that the motor police were wrong in not coming to a halt when ordered to do so by the police at the gate. "Other valuable product of Prince Edward Island, the black fox, for the Virginia sun was adding a warm welcome to many black heads and the man from Charlottetown felt it was no time to discuss warm furs. "He extended a hearty invitation to all Eastern Shoremen to visit his people." It is gratifying to note that while Mr. Boutler's business was exclusively in the interests of the potato business, he found time and opportunity to let it be known that we grow more than potatoes, and particularly silver foxes in Prince Edward Island. His visit to Virginia and other states of the union, added considerably to the valuable publicity our province is receiving.

Eastern Guardian

—GRAND TEA PARTY at St. Georges on Tuesday, July 21st. 2077-7-3M31.
—MURRAY RIVER.—Dr. Johnstone, Dentist, at Montague will be in Murray River, Tuesday, July 7th. 2013-7-4M21.
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McClary's SUNSHINE FURNACE

Will burn any kind of fuel—cold air from below for hard coal or coke—McClary's Air Blast Ring sprays warm air over soft coal to ignite gases which usually go off in soot. WHY NOT HAVE HEAT AND FUEL INSURANCE

BARN OPENING

Milligan and Morrison's, Northam

WEDNESDAY JULY 15th

When the finest and best equipped barn in the Maritime Provinces will be officially opened.

10.00 A.M.—Holstein-Fresian Breeders Association of P.E. Island will hold their Field Day and Annual Picnic. Demonstration and judging of Holstein Cattle including World's Champion Cow and her son. Exhibition of P.E. Island's most modern fox farm and some of the World's Champion Foxes.

1.00 P.M.—Official Opening of Barn. Speeches by prominent Agricultural Experts, Fox Breeders and other speakers.

2.30 P.M.—Big Athletic Program (Open to P. E. Island.) Held under sanction of the Y. M. C. A. Athletic League of Canada.

EVENTS

SENIOR
PRIZES—ALL ROUND CUP, CUP AND SILVER MEDAL TO WINNERS IN EACH EVENT (Except Relay RACE and Tug-O-War)—100 YARDS DASH, 220 YARDS DASH, 440 YARDS DASH, ONE MILE RELAY, (4 men to a team. Prizes Silver and Bronze Medals); SHOT PUT, RUNNING HIGH JUMP, RUNNING BROAD JUMP, HOP, STEP AND JUMP, TUG-O-WAR, (9 men to a team. Prizes Silver Medals to winning team.)

INTERMEDIATE—15-17 YEARS
PRIZES—ALL ROUND CUP, SILVER AND BRONZE MEDALS TO WINNERS IN EACH EVENT.—100 YARDS DASH, 220 YARDS DASH, RUNNING HIGH JUMP, HOP, STEP AND JUMP.

JUNIOR—12-14 YEARS
PRIZES—ALL ROUND MEDALS, SILVER AND BRONZE MEDALS TO WINNERS IN EACH EVENT.—100 YARDS DASH, RUNNING BROAD JUMP AND RUNNING HIGH JUMP.

BOYS UNDER 12 YEARS
100 YARDS DASH, RUNNING BROAD JUMP.

Entries should be sent to H. H. SIMPSON, Y. M. C. A., Summerside, by July 13th. ALL COMPETITORS SHOULD REPORT AT ATHLETIC STAND AT GATE ON ARRIVAL.

6.00 P. M.—Baseball—O'Leary Vs. Lennox Island.

8.00 P. M.—Dancing—In the Biggest Barn in the Maritimes. Floor Space for 200 Couples. Gaiety Orchestra and St. Paul's Band, Summerside, will furnish music.

Band in Attendance—Afternoon and Evening. Exhibition of Scottish Dances Accompanied by Bag Pipes. Step Dancing Contest (Open to P. E. Island) Refreshments and Meals Served Throughout Day and Evening.

ADMISSION AT GATE—ADULTS 50 CENTS. CHILDREN 25 CENTS (CARS PARKED FREE)

IF BAD WEATHER PREVENTS EVENTS WILL BE HELD NEXT DAY

PROCEEDS DIVIDED EQUALLY BETWEEN PROTESTANT AND CATHOLIC ORPHANAGES.