

# Keep Cool!

Eat lightly of meat, eggs and other "high-proteid foods".

Eat lightly of starchy foods, such as potatoes, carrots, turnips and beets.

These are the heat-makers and fat-makers—you don't need them in summer. Eat

## SHREDDED WHEAT

with fresh fruits and green vegetables—the kind that grow above ground.

All the muscle-making, brain-building material in the whole wheat grain prepared in a digestible form.

Serve it for breakfast with milk or cream.

Serve it for lunch with sliced bananas.

Serve it as dessert for supper with sliced peaches or other fresh fruits.

Ready-Cooked — Ready-to-Serve

MADE IN CANADA

**Cowan's Maple Buds**

Little Miss MAIDEN CANADA

Try them— You'll want more!

THURSDAY.

**CANDIDATE NAMED.**—Due to an error the name of Mr. John Ryan was inadvertently inserted in The Guardian as one of the Liberal candidates for Eastern Kings, instead of Mr. Alexander Robinson, Red Point.

**RUSHING THE WORK.**—Work on the annex to the Summerside High School is rapidly progressing. The Contractor Mr. P. G. Clark is using every effort to complete the work in the specified time allowed by the Board.—H.

**HARVEST EXCURSION.**—Among those who left Souris Tuesday morning for the Canadian West were Messrs Miles Cheverie, John D. McDonald, Howard Paquet, E. D. and Thomas Feehan, Joseph Foley, Sylvester McDonald, Sylvester Morrison.

**CAMPING.**—A number of people from Summerside are at present enjoying their holidays camping along the Dunk River. Among whom are Mr. and Mrs. F. Perry, Mr. and Mrs. Phillips Jean, and Mr. Wilfrid Duncan who recently arrived home from Chicago on a visit to his friends.—H.

**RUSTICO FIELD GUN FOR ISLAND PLATON.**—The people of Rustico and surrounding district who are subscribing \$1,200 for a machine gun, are about to forward the amount to the Acting Minister of Militia with the request that the gun be presented to Lieut. Rogers' platoon of the 55th Regiment which is composed wholly of men from Prince Edward Island.

**WOMEN'S INSTITUTES.**—The regular meeting of the Women's Institute at New Annap was held in the schoolhouse on August 13th, with a good attendance. Four new members joined. A new secretary was appointed in the place of Miss Ethel Duffy, in the person of Miss Ella Cullen. Since this institute was organized the schoolhouse has been renovated throughout which is being appreciated by the children and parents of the district.

**SPLENDID GROWTH.**—A notice of an unusual stalk of timothy grown by a farmer in the western section of the Island appeared in the columns of the Patriot of recent date. But the Guardian is today in receipt of a stalk grown on the beautiful and fertile farm of Mr. Watson Huntly of Millvie measuring six feet six inches in length. This successful farmer who is a graduate of Guelph Agricultural College is a firm believer in chemical fertilizers, and will in the not distant future rank among the most prominent farmers in the southern part of the Island.

**PRIZE AWARDED.**—Mr. A. A. Alley of this city has been notified that he is one of the prize winners in the Rice Leaders of The World Association Letter Contest recently closed and has also received his cash award for same. It is quite an honor to receive an award from this Association in New York and is a testimonial of distinctive ability in devising suitable business ideas for concerns which in the building and conducting of every business have adhered to the principals of Honor, Durability, Strength and Service.

**HORSE NOTE.**—Considerable interest has been manifested lately by "zealot" horsemen in the workouts of "zealot" Michael McKenna's gamey pacer. On Saturday evening at Riverside, "zealot" clipped off quarters in 33 and in one fast mile finished the last quarter in 31. This is exceptionally good pacing, taking into consideration the condition of the track, and the poorly banked turns. It might be worth mentioning that Mike did not urge "zealot" and that such a feat was made under laborious difficulties. September races will surely find Zealot coming home in 11 1 fashion.

**SEEKS TO RECOVER FEE.**—Mr. Richard S. Lea, engineer of this city, says the Montreal Herald who is a native of Tryon, P. E. I., has entered an action against the corporation to recover the sum of \$2,746.85 for his services in connection with the making of a report of the civic garbage question during the Lavallee administration. Mr. Lea's report, which is understood to have been made at the request of ex-Controller Lachapelle, went very fully into the question of garbage disposal and other matters in connection therewith. Payment of Mr. Lea's account has so far been refused by the city, it being claimed that there are no documents to show that Mr. Lea was officially engaged to make the garbage report. The matter has been discussed several times by the present Board of Control, but without the bill being accepted.

**TIED NERVES**

Headaches, sleeplessness and tired, draggy feelings soon disappear when you restore vigor to the exhausted nerves by using Dr. Chase's Nerve Food.

Send for sample box, all dealers or Edmondson, Bates & Co. Limited, Toronto.

**Dr. Chase's Nerve Food**

**LADY SYBIL.**—The S. S. Lady Sybil docked at Souris Tuesday evening at 6.30 en route to the Magdalen Islands, she had about 20 passengers and a large consignment of freight.

**VISITORS WEST.**—The Vancouver News-Advertiser says. Among the guests at the Hotel Leinster are Mr. John M. Hughes, of Charlottetown, P. E. I., and Mr. E. O'Hanrahan, of Sydney, N. S. These gentlemen were Maritime Province delegates to the Knights of Columbus convention at Seattle.

**OFFERS HIS SERVICES.**—"Gypsy" Simon Smith, who preached a series of evangelistic sermons last year in this province, has offered his services to the Empire as a worker in ammunition factories or as a stretcher bearer, if the need should arise, from wounds in Germany last September.

**WEDDING BELLS.**—At the Baptist Parsonage last evening, Hugh McKinnon Walker, North River, and Elvira Ann Walker, South River, were married. Rev. Z. L. Fash was the officiating minister. A number of the immediate relatives were present. The bride was prettily dressed in a travelling suit of blue. The happy couple left for North River, where they will reside. The "Guardian" offers hearty congratulations.

**CANDIDATE FOR ARCHBISHOP.**—It is rumored here in authoritative sources says an Ottawa exchange, that Rev. Father Burke, editor of the Catholic Register, and formerly of Alberton, P. E. I., who was recently reported to have been appointed a chaplain to the Canadian forces, will go to Rome in connection with the vacancy now existing in the archdiocese of St. Boniface, through the death of the late Archbishop Langevin. Le Temps, of Ottawa, declares that Father Burke aspires to the appointment and states that the desire of a large body of English-speaking Catholics in St. Boniface diocese for an English speaking successor to Archbishop Langevin has made his candidature a probable one. It has been generally understood, moreover, that an Oblate would be appointed to the position. Father Burke is not an Oblate.

**SUDDEN DEATH.**—The New Glasgow News of Monday says: "A man by the name of Andrew McDonald dropped dead this morning at Westville. Mr. McDonald has been in the capacity of a laborer, and although a married man his family, it is believed, live somewhere in Prince Edward Island, where he came from to Westville. The deceased who is a man, perhaps of seventy years of age, had never complained to any of his friends of being in poor health, and this morning arose and went about his accustomed duties as usual. He harnessed the team he was driving and was going down street, sitting on the front of the cart, when he was suddenly overtaken by heart failure and dropped inert to the ground. This was about 7.30 o'clock, and those who were in full view of his assistance, but did not think that he was dead, but that he had accidentally fallen off the cart. On arriving at his side they found that he was unconscious and further examination proved that he was quite dead. The body was removed to McQuarrie's undertaking parlors, and an effort is being made today by the authorities to locate his family or other relatives, whom they feel certain are resident somewhere in Prince Edward Island. Mr. McDonald, the deceased, had made many friends since coming to Westville, who deeply regret to hear of his sudden demise.

**FRIDAY. TRANSFERRED.**—Friends of C. Royden Boyer, who has been a member of the staff of the Canadian Bank of Commerce here, says St. John exchange, will be pleased to learn of his promotion. He has been transferred to the branch at Alberton, P. E. Island, to a higher position with the bank.

**RAZORS FOR THE TROOPS.**—A Montreal capitalist speaking of razors for the troops such as Canon Simson is now gathering from this Province, says that Kitchener wants one million razors. Already 1,500 razors were raised in one week coming from as far as Westville, N. S., in the east and Grand Forks, B. C., in the West, while one of the most curious, a wonderful old razor made by hand out of a steel file and fitted with a handle of maple came from a trapper's cabin in the far north. There are many kinds. There is one very old one with a bone handle, and a thin, narrow blade, made in the time of Queen Ann, and which has shaven many a ruffled and bewigged dandy of olden days. There is one with a genuine tortoise-shell handle, with which came a card finely inscribed in an old-fashioned script:—"Used by a soldier in the Crimea." That ought to bring luck to its future wielder. There is another one, a Chinese razor, bearing Chinese lettering stamped on the blade. All razors are welcome. The old man of Sheffield will put them right and the comfort they will be to the boys in France can not be estimated.

**RETURNED.**—Mr. Benoit Dolron, Mayfield, who had been in Saskatchewan and Alberta, where he was engaged in teaching for the past two or three years, arrived home last Wednesday night.—T.

**OFF FOR THE WEST.**—Among those leaving the Island last Tuesday morning for the West were Messrs Raymond Gallant, W. Craswell, Felix Gallant and Eusebe Locaux, all of Rustico.—T.

**ATTENDING CONVENTION.**—Most of the Acadian teachers of Rustico and Hopé River parishes are attending the Acadian Teachers' Convention which is being held at Mont Carmel on Thursday and Friday of this week.—T.

**REMAINS BROUGHT HOME.**—The Andrew McDonald, whose sudden death in Westville, N. S., was reported in yesterday's paper belonged to Primrose, two miles from Bridge-town, Dundas. He left the Island about the first of May. His remains were brought to the Island for interment, burial taking place Wednesday. He leaves a widow, five sons and one daughter to mourn their loss.

**MAGAZINES FOR SOLDIERS.**—A magazine is being fitted up as a recreation tent out at the local Battery camp. Col. Peake has had substantial tables and benches provided, and writing materials will be supplied for the contentment and amusement of the soldiers, as well as magazines and games to help them enjoy their spare time. Anyone wishing to donate recent magazines, especially illustrated ones, and checker or crokinole boards, may leave them with the Secretary of the Y.M.C.A., who is co-operating with the officers in this matter.

**COMMERCIAL TRAVELLERS' AMBULANCES.**—The St. John Telegraph says that three motor ambulances will be purchased, one for each of the three provinces as a result of the collections made by the commercial travellers. Altogether in the three provinces, New Brunswick, Nova Scotia and P. E. Island, \$4,500 was taken, of which \$2,300 was in New Brunswick. This amount was sent to Halifax on Monday and the motor wagons to be bought will be from the front through the Red Cross Society. As has been before stated, the three provinces were acting jointly in the purchase but the collections were taken separately.

**INTERESTING LECTURE.**—On Monday evening Mr. Louis A. Holman gave his very interesting and instructive lecture "Making Movies in the Far East" in the Crapaud Hall under the auspices of the Victoria Branch of the Red Cross Society. Rev. G. M. Young fulfilled the duties of Chairman and the lecture was illustrated by Steriopian Views which gave the audience an insight into life in the far countries. At the conclusion complimentary remarks were made by the Chairman and a vote of thanks was given to the lecturer by Mr. E. H. Wright. A neat sum was realized in aid of the Red Cross work.

**A GALLANT RESCUE.**—Between four and five o'clock on Tuesday afternoon, some small boys were playing on the Steam Navigation Wharf opposite Messrs Bruce, Stewart & Co., when one of them named Arthur Gormley was accidentally pushed over the wharf. John McNair of Bruce Stewart & Co., who with a helper was engaged in the vicinity heard the commotion and immediately proceeded to investigate. When he looked over the wharf all that was visible above water was a hat, and the boys hands. Mr. McNair immediately jumped into the water and rescued the boy as he was going down for the third time. This is the fourth life that Mr. McNair has been fortunate enough to save, although quite young himself. Another gentleman who saw the accident, but was too far away to swim to the drowning boy endeavored to reach him by jumping from one boat to another, but fortunately Mr. McNair was nearer and made the plucky rescue.

**VISITORS TO BONSHOW.**—Among the recent guests at the "Beaton Hotel" were the following:—Miss Edith Fitzgerald, Miss Agnes Fitzgerald, Miss Gipsy Norton, Mr. Walter Ings, Mr. Clarence Tidmarsh, Mr. W. H. Tidmarsh, Mr. J. A. McLaren, Miss McLaren, Miss Ina McMullan, Miss Nan Nicholson, Mr. Arch. Irwin, all of Charlottetown; Mr. and Mrs. R. L. Jamieson, Halifax; Mr. J. A. Stelley, Mr. R. E. White, Mr. J. A. Trainor, Mr. and Mrs. J. G. Jamieson, Miss Norma Jamieson, Miss Helen Jamieson, Master Harry Jamieson, Mrs. H. W. Vinicombe, Miss R. P. Vinicombe, May-Jor Weeks, J. Stenifort, P. McNevin, Miss Ethel Hardy, Miss Maude Strickland, all of Charlottetown; Miss Dorothy Fisher, Montreal; Miss Edith Smith, Charlottetown; Mr. Robert B. Messervey, Charlottetown; Mr. Jas. Fustes, Glace Bay; Mr. L. E. Hughes, Mr. E. Gills, Mr. E. Cannon, Charlottetown; Mr. and Mrs. H. W. Mall, Lett, Cornwall; Miss Dora McDonald, Miss Mary McDonald, Miss L. McDonald.

### HEADACHE?

Thousands of persons who have never known a day's sickness in any other form are subject to frequent attacks of Headache that almost drive them mad.

Whatever the nature may be and the cause, the immediate condition that produces the pain is a congestion or filling up of the blood vessels of the brain with blood, thus causing a pressure on the brain cells and nerve filaments.

In treating all forms of Headache the first thing to do is to relieve the congestion of the blood vessels of the brain. Abbey's Effervescent Salt in laxative doses does this promptly. Sold everywhere at 25c. and 60c.

Full blooded people who are subject to frequent attacks of Headache can be entirely relieved by taking laxative doses of the Salt every morning. Headaches from Indigestion and Biliouness are also entirely banished by continuing the use of the Salt until the normal action of the liver and stomach is restored.

Sold by George B. Hughes.

The real joy of having good bread is realized by those who use

# PURITY FLOUR

More Bread and Better Bread



aid, Mrs. F. Long, Master Philip McDonald, Mr. L. McDonald, Mr. F. Long, Mrs. F. Nelson, Mrs. G. W. Gardiner, Mr. J. F. Steele, Mr. F. J. Coleman, Rev. Geo. C. Taylor, Mrs. F. J. Coleman, Charlottetown; Mr. and Mrs. F. W. Coleman and child, Petrolia, Ont.; Master Thomas Coleman, Mr. A. C. McCannell, Charlottetown; Mr. Thos. E. Cox, Quebec; Miss Madge Forsythe, Mr. J. E. Bell, Mrs. J. E. Bell, Charlottetown; Miss Nellie Bell, Montreal; Mr. W. B. Purdy, Charlottetown; Dr. Leo Frank, Boston; Mr. J. E. Newsum, Boston; Mr. J. McDonald, St. John; Mr. L. G. Wheat, Montreal; Mrs. Clifford Frites, Miss Bud Dalling, Miss Myrtle McKendrick, Mr. Claud Holman, Mr. Harold McKendrick, Mrs. W. B. Purdy, Mr. and Mrs. F. R. Newsome, Miss Josephine Cook, Miss Margaret Newsome, Miss Dorothy Holman, Mr. and Mrs. Ben Holman, Mr. John J. Barber, Mr. Henry Newsome, Miss Mildred Holman, Miss Lillian Taper, Miss Pearl Mitchell, Mr. Jack Hughes, Mr. Reagh

Horne, Mr. Jack Sterns, Mr. Very Boyver, Mr. Geo. VanBuskirk, Mr. Gordon Sutherland, Mr. Ben Vanilderstine, Miss Mary Essory, Mr. J. F. Martin, Miss Maude McCannell, Mrs. A. McCannell, Mr. Alex McCannell, Miss Muriel Trainor, Charlottetown; Mr. John Trainor, New Hartford, Conn.; Mr. J. Zanke, New Hartford, Conn.

**WEDDING BELLS.**—A quiet wedding was solemnized in Lethbridge, Alberta on August 14th when Miss Sarah Evangeline Matheson became the bride of Mr. Ernest Herbert Falkland Warren. The bride and groom were unattended while Rev. Mr. Pickett, B. A., officiated. The bride, who is the daughter of Mr. and Mrs. A. D. Matheson of Dundas, P. E. Island, was formerly one of the popular Island teachers and the best wishes of a great many friends accompany Mr. and Mrs. Warren to their new Western home in Picture Butte, Alberta, where the happy couple will reside.

**Moir's Chocolates**

have established a new and higher standard of purity and deliciousness in candy-making. They are prepared from the best cocoa beans the market affords, personally selected by us, and ground in our own factory by skilled confectioners.

The chocolate coating is of the finest quality and the centres are dainty and varied, forming a combination which results in the most delicious chocolates you ever tasted. Try them.

**MOIR'S LIMITED, HALIFAX, CANADA**

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The steel-lining is the secret of "Speed Shells" success. An exclusive feature of

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"NITRO CLUB" SHELLS

It strengthens the head. Permits high compression. Prevents side-expansion. Puts ALL the power into a straight, hard drive. Practically a gun within a gun. Try a box. Prove for yourself that "Speed Shells" get more birds.

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(Contractors to the British Imperial and Colonial Governments)  
London, Eng. WINDSOR, ONT. New York, U.S.A.

**The German General Bernhardt,**

Writing in 1911, said—

"In the next European land war we shall probably face our foes with Austria at our side and thus be in a position to win against any opposing forces."

It seems now that the General mistook his wishes for certainties.

We in our private life entertain the hope of competence in old age and of leaving our families in comfort. Luckily, if we like, we can change these wishes into certainties by means of Life Insurance policies in the Mutual of Canada.

Life Insurance, as practised by The Mutual, is not a system founded upon brilliant guesses, but is based upon the bed-rock of indubitable facts. And so our policies provide absolute protection—not hopes nor wishes, but guarantees.

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\*Germany and the Next War, Chap. VIII.

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the incomparable cleanser. LUX is the pure essence of fine soap, in flakes. It dissolves readily in hot water—makes a cream-like lather which cannot injure fine fabrics or dainty hands. Just try LUX.

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