

THE CENTRAL GUARDIAN

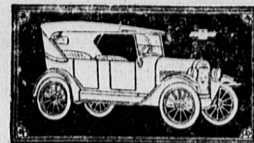
Postmaster General Asks Co-operation Of The Public

With the object of speeding up the sorting and delivery of letters and other mail addressed to Toronto, the Post Office Department has divided Toronto into ten postal districts or zones.

Montague Notes

The steamer Moon, Capt. McDonald, arrived in the port of Montague a few days ago with a cargo of coal consigned to one of our local dealers, and owing to the building activity going on in the town at the present time, the truckmen were so busily engaged otherwise that they couldn't conveniently attend to the handling of the coal.

THAT CAR OF YOURS BY HARRY E. PORTER



This is a series of articles pertaining to maintenance and repair of your Automobile. We will be glad to answer through this column, questions regarding your car or its mechanism.

AVOIDING ACCIDENTS LIGHTS ON ALL VEHICLES AS A PREVENTATIVE MEASURE.

It would cost one dollar to install a first class oil lamp on the left end of a vehicle other than an automobile, and seventy-five cents to install an oil lamp with a red lens on the rear of a vehicle. These lamps to be lighted at sunset at all seasons of the year.

Every auto driver knows that he is driving at night with every nerve tense and strained, "watching out for teams." I suppose, not on team driver recognizes the fact that it is unfair to expect to be protected by an auto, because the latter is compelled to carry good lights, and the former is not compelled to do so.

I have noticed a few teams in Charlottetown with lights installed, and the owners are to be commended upon their action. Let these men talk to their neighbors and get them to do the same thing. It would be a matter of expense if they would drive with a feeling of safety that they have never before experienced.

Ques.—I have a car, and when I put the switch on to bright, one dimmer and one bright light works and exactly the same when I switch on to dim. What is the trouble?

C. C. Charlottetown.

Ans.—One of the headlamp sockets is plugged in the wrong way around. Remove the lamp plug and turn a half revolution, putting the two pins on the plug into the opposite slots. The pins must be worn to enable you to put the plugs in wrongly.

NOT THE ONLY ONE.

"I see you, have furnished rooms," said the man who had rung the bell. "Ya," rejoined the foreign woman, pointing to the window card, "dere's da sign."

"Well if you have one that's suitable I'd like to rent it for a while." "We no renta da rooms, My family take up all da house."

NO DISCUSSION.

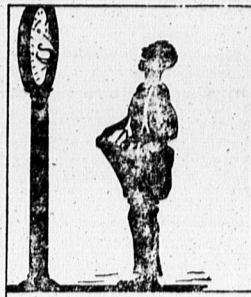
Ottawa, Aug. 11 (Special).—Hon. Geo. Graham, Minister of Railways was not prepared to discuss today rumors in regard to the railway situation. "However," he said, "I have long urged the two railway systems to get in closer cooperation with the object of effecting economies but it takes time to arrange these things. The roads are now in the midst of their busiest season."

Minard's Liniment for Sore Feet.



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

There is no easy road to reduction



THE tempting ways to reduce are always the lazy ways. Being overweight generally means being rather slow moving and easy going enough to want to accomplish the aim with a minimum amount of work and effort. One cannot expect to reduce by keeping strict rules of diet one week and breaking them the next.

LESS FOOD, MORE PLAY REDUCES WAIST LINE. The person who wants to reduce must keep in mind certain facts regarding food. Protein builds worn out tissues and does not produce fat. Examples of protein are lean meat and eggs. Carbohydrates (sugar, starch, etc.) and fat must either be used up in muscular exercise or allowed to go on the body as fat.

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An Excellent Diet for Reducing. MORNING MEAL: Grapefruit or one peach without sugar or a sour apple. Fine wheat bread, one soft boiled egg. Coffee substitute. NOON TIME: A cup of tea (no cream, sugar or milk). A very thin small sandwich of white bread and meat may be taken, but no crackers. EVENING MEAL: Clear soup, Roasted or broiled beef. Plain rice pudding or junket. Drink at least six glasses of water between meals.

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

Greek Troops On March To Bulgaria

PARIS, Aug. 10.—Greek troops are on their way to the Greek-Bulgarian frontier, or have already arrived there, being despatched by the Greek Government following upon the recent assassination of M. Nicolades, a Greek citizen, at Pampis, in Bulgaria, and allegations by Greeks of terrorist acts by Bulgarians against Greeks along the borderline.

World has reached here from Athens that the Government has pointed out the possibility of seizing Bulgarian frontier towns in retaliation for the killing of M. Nicolades unless suitable reparation is made.

While one report from the Greek capital is that the Bulgarian reception of the demand for reparation has not been favorable, a despatch from Sofia, the Bulgarian capital, says that in reply to the Greek communication Foreign Minister Kalfopolski has expressed extreme regret over the assassination and promised that all measures would be taken to punish the offenders.

Officials of the Greek and Bulgarian legations in Paris have decried talk of serious tension between the two countries, emphasizing that such frontier disturbances as those which occurred lately were not unknown among the Balkan countries. They were aware of no other cause for trouble between Greece and Bulgaria, and made it plain that they should be astonished if a conflict developed from the Nicolades affair.

M. Dendramis, Greek delegate to the League of Nations, and Greek minister to Switzerland, is represented in a despatch from Geneva as saying that if the reply to the note sent from Athens to Sofia is not considered satisfactory by Greece, an appeal would be taken to the League of Nations.

—By George McManus

DR. REID'S OFFICE will be closed until August 24.

2937-8-11-61

DR. F. C. DOUGAN'S Dental Office will be closed from the 5th of August until the 15th. 2847-8-14-1881.

NOT UNPARLIAMENTARY.

The young gentleman referred to in an item in the Western Guardian yesterday, coming from Portage to Charlottetown and as having his baggage mixed at Summerside, repudiates the use of unparliamentary language in connection therewith.

S. S. "CEUTA"—The sailing of this steamer from Montreal has been delayed until August 12th. Arriving at Charlottetown August 15th and sailing for Newfoundland, the same day. CARVELL BROS., Agents. 2914-8-10-21

TWO BEAUTIFUL WILLIYS-KNIGHT Sedans, six cylinder type, have been delivered to Sir Charles Dalton and Mr. James Raynor, equipped with the wonderful silent Knight engine, that is claimed to need no repairs and to improve with use.

One thing is most important. Please remember that the full street and number address must always be given otherwise delayed delivery or perhaps non-delivery will result. Help to expediate the delivery of your letters in Toronto by always placing the postal district number on the address.

CLERMONT NOTES.

Miss Vaunda Robison Charlottetown has returned home after visiting her cousin Miss Lois Mill. Miss Mill spent the week end in Kelvin the guest of her cousin Miss Fannie Glover. Miss Patronilla McCarville has returned to her home in Clermont after visiting her sister Mrs. Eugene McCabe Carleton. Miss Irene Campbell Clermont has accepted the position as stenographer in Mr. MacNeil's store Tynes Valley. The Misses Lillian and Mamie Mill Clermont are spending the week with their aunt Mrs. Arthur K. Jenkins Pownal. Miss Kathleen Driscoll Clermont is visiting friends in Grand River. Mrs. Leymouth Macully has returned to her home in St. John N. B. after spending the two months with her parents Mr. and Mrs. Palmerson Mill Clermont.

Minard's Liniment for Sore Feet.

CARD OF THANKS

Mr. David Jay and family, wish to thank their many friends and neighbors for their kindness shown during their recent sad bereavement. 2944.

PRAIRIE PROVINCES.

EDMONTON DISTRICT — Conditions continue favourable western middle and southern eastern sections. Northeastern section still suffering from lack of moisture. Damaging hail storm south and east Camrose Monday. CALGARY DISTRICT — Central and western section favourable. Expect good average crop. LETHBRIDGE DISTRICT — Harvesting started east and south. Good average crop expected central and western sections and fair in southern portion. Irrigation crops favourable. NORTHERN SASKATCHEWAN — Conditions continue very promising in northern portion on light lands in other districts have suffered from heat and drought and yield will not be heavy, but expected that returns in northern half of province will be slightly above average. SOUTHERN SASKATCHEWAN — Crops uneven. Wheat on summer fallow in satisfactory condition but stubble wheat and other late crops thin and short. Rust reported some districts but as yet has caused little damage. Prospects are for early harvest and fair yield generally. MANITOBA DISTRICT — Hot dry weather and has been detrimental especially to late crops. Rust generally but not though to have made much progress. Farmers harvesting rye and barley. Wheat cutting commenced.

PROVINCE OF QUEBEC.

Hay is abundant but the harvesting has been much retarded by rain. Oats and barley promise to be a fair crop though the former is slightly rainbeaten. Corn is below average and backward. Root crops are in good condition and should be a satisfactory crop. A good potato crop is expected. Small fruits are plentiful and a large crop of blueberries is expected. Other fruits fair. Warm dry weather is needed.

PROVINCE OF ONTARIO.

Fall wheat harvesting is practically completed and threshing is general with yield above the average. Spring grains are ripening fast. Cutting is general in the southwestern counties and gives promise of a good average crop. Corn and root crops are growing rapidly but the corn borer is causing serious damage in the southwestern counties. Peach crop looks well. Plums, pears and cherries are abundant. Late apples are promising.

MARITIME PROVINCE.

In New Brunswick hay is somewhat retarded by wet weather but crop good. Potatoes doing well, an average yield expected. (Nova Scotia — Recent warm dry weather beneficial and a large crop of hay is being harvested. Apples show improvement but quality will only average fair. Price Edward is low — All crops looking well.

PROVINCE OF BRITISH COLUMBIA.

Good hay crop has been harvested. Grains good average. Cutting general. Tomatoes good crop. Roots, potatoes and other vegetables 90%. Hops good crop. Okanagan early apples ripening fully ten days ahead of normal. Yield estimated 55%. Rain needed all parts.

Late summer evening coiffures are gaining both comfort and attractiveness from the new hair ornaments. These are made in felt net patterns, have a head or fine paste. The meshes are so large that even a big idea can penetrate to the brain beneath.

Crop Report

Below will be found a brief synopsis of telegraphic reports received at the Head Office of the Bank of Montreal from its Branches. The Branch Managers have complete and intimate knowledge of each local situation and are in close touch with Crop conditions in all sections of the districts mentioned.

Now Is the Time

when best opportunities present for taking good pictures. USE A KODAK TODAY. Look over our line and you'll find one to please you. Kodaks \$6.70 up. Brown, 1cs \$2.10 up. Eastman Films All Sizes Step in and stock up.

MacKinnon Drug Co. THE REXALL POSBON 219 KODAK STORE 332

BRINGING UP FATHER



Puts Flavour into Home Cooking. Don't think of Mustard merely as a spicy relish to enjoy with cold meat. Mustard is a seasoning to be used as widely as you use salt and pepper. Mustard brings out the natural hidden flavours of cooked dishes and, adding its own flavour, gives them a new zest and relish. Colman's Mustard aids digestion.

For Fire Insurance consult H. M. SIMPSON 155 Richmond Street Phone 662

SMILES. THE MOST APPROPRIATE NOT AVAILABLE. "With these very short skirts I want to wear the most appropriate shoes." "Yes; but a woman can't wear hip boots."

PERSONALS. Rev. J. A. Godfrey, wife and family are summering at Suffolk.

Mr. Ellison Turner, of New York City, is spending his vacation at his home here.

The Misses Marion and Jean Macdonald are visiting at the home of Mrs. Hugh McMillan, St. Peters Bay.

Mr. Harry Coulthard, Boston, Mass., who has recently installed an X-Ray for Dr. T. E. E. Robins, of this City, returned to Boston yesterday morning.

Miss Ida MacKenzie of Campbellton, N.B., is visiting the Island for the first time, the guest of Miss Janie Patterson, Richmond St.

Mr. Wilfred Godfrey, Rhodes Scholar and member legal firm of Silver & Godfrey, Halifax, is visiting his old home at Marshfield.

Miss Eva Smith of the Civil Service Commission at Ottawa, left on return Saturday, having spent a pleasant holiday at her home here.

Mr. James B. Weir, of Montreal, was a visitor to the city yesterday. He is at present spending a vacation with his father, Mr. Frank H. Weir, also of Montreal, who is summering with his family at Gregory's Hotel.

Mr. Gordon Small, of the firm of Messrs. Reddell, Stead, Graham & Hutcheson, C.A., Montreal, is at present spending a vacation at Gregory's Hotel, Brackley Beach. This is Mr. Small's first visit to the Province, and he thinks there is no better place for a vacation.

Miss Margaret Barnall is spending a few days in the city saying farewell to friends here before leaving for her home in Auckland, N. Z. She leaves for Summerside Wednesday morning. While in Charlottetown Miss Barnall is the guest of her cousin, Miss Agnes Williams.

Dalhousie University HALIFAX, N. S. Arts, Science, Commerce, Music, Engineering, Pharmacy, Law, Medicine, Dentistry. VALUABLE ENTRANCE SCHOLARSHIPS: Nine of value 200.00 to \$45.00, awarded on results of matriculation examinations, Sept. 22-25, 1925. SQUALLY VALUABLE SCHOLARSHIPS: Awarded at end of each year of course. UNIVERSITY HALL: Residence for men, temporarily occupied by King's College. SHRREFF HALL: Beautiful new residence for women. REGISTRATION DAYS: September 21-26 for all Arts and Science students and first year students in Medicine and Dentistry, September 8-9th for all other students. FOR FULL INFORMATION: Apply in person or by letter to the Registrar.

HIS OWN WORDS. Mr. Pester: I'm going upstairs to kill that trombone player. His Wife: You let him alone. Only last night I heard you say you liked a man who could blow his own horn.

SHADY AND COOL. "These politicians keep remarkably cool." "So many shady ones among them they're bound to keep cool."