

The Secret of Coolness
Is in Light, Easily Digested Foods

SHREDDED WHEAT



With all the bran
of the whole wheat

With whole milk, does not heat the blood or tax the digestion. It is not only cooling but satisfying—saves kitchen drudgery and expense. Ready-cooked, ready to eat.

TWO BASES

Continued from page 4

assumption that the first duty of the Government of Canada in the formulation of any economic policy, is to legislate for the people of this Dominion.

But there is abundant scope for extending trade preferences to the other parts of the Empire in the enormous range of commodities which are not grown, or cannot be advantageously produced in our own country. To this end, Mr. Bennett advocates the convening of an economic Imperial Council to determine how intra-Empire trade may be developed, without conflict of industrial and commercial interests as between the Dominions, or between the Dominions and the Mother Country. Thus the difference between the Conservative and the Liberal-Progressive ideas of intra-Empire trade are as definite as they are essential. The one is based on adequate protection to Canadian industry. The other is either antagonistic to protection, or regards it with entire indifference. Intelligent Canadians will have no difficulty in choosing between the two.

FOLLOWING DIRECTIONS

"Mike, Mike" called Mike Delaney's

wife, Bridget, when he came home one evening, "run over to Mack's and see what's the matter with Pat. He's been running up and down the yard since breakfast these two days and the weather's bad for shirt-sleeves. I'm thinking he's either lost his mind or training for a policeman."

"Whist, woman!" said Mike. "Let him be. He's got a wife of his own to worry him."

The next evening she met Mike at the door, so Mike thought he had better look into the matter and he went to see Pat.

"Man, man!" he said, "Can't your wife jaw at you enough without all the neighbors taking a whack? What are you making a spectacle of your feelin's in the back yard for? Are you crazy?"

"Sure," replied Pat, "I'm only followin' directions. It's a bit sick I've been and the doctor left me some medicine. He told me to take it two days running and then skip a day."

Fishermen

Irritation of mosquito bites. Also good for cuts and bruises.

Take Minard's along to relieve



Central Guardian

START TO GET four exhibits ready for the big provincial exhibition, Charlottetown, August 19-23. Send for prize list. J. W. Boulter, secretary.

TO GUARDIAN SUBSCRIBER PICNICERS—When you are preparing to go a picnicking it may pay you to take advantage of The Guardian special offer of plates, spoons and forks. Read advertisement in this issue.

NOTICE TO LOCAL ADVERTISERS—In order to insure insertion of advertisements, local advertisers are advised to have their copy in the Guardian Office not later than 10.30 A. M. the day previous to publication. When the advertisements are half-page or more, copy must be in the Office twenty-four hours in advance. 5114-5-31-t.

THE PROVINCIAL EXHIBITION at Charlottetown, August 19-23, will be the biggest and best ever put on here. More prizes for livestock. All freights paid on livestock. Biggest medals ever. Three performing troupes from New York, and four days horse racing. Write to your friends abroad and plan to entertain them that week. Send for prize list. J. W. Boulter, Secretary, Charlottetown, P. E. Island. diy-t

WOMEN'S INSTITUTE—The regular monthly meeting of East Point Women's Institute was held at the home of Mrs. R. D. Cameron on June 6th. Meeting opened by the singing of the Institute Ode followed by the reading and adoption of minutes of previous meeting. Ten members and three visitors were present. Roll call was answered with "Gardening Hints." A pie-social was held on May 17th and the sum of \$40.90 was realized. A comforter was lotteried and Mrs. Walter Fisher, South Lake, was the holder of the lucky ticket. School committee reported and it was decided to purchase a globe and individual drinking cups for the school. Money was voted for prizes for children at school closing. The meeting closed with the singing of the National Anthem after which lunch was served. Next meeting is invited to the home of Mrs. Ellen McLean.

CORNWALL-YORK POINT INSTITUTES—The July meeting of the Cornwall-York Point Institute was held at the home of Mrs. Seymour Scott, Cornwall. Twelve members answered the roll call and one new member was welcomed to our midst. After reports of committees, etc., Mrs. Mack Vickerson Cornwall, and Mrs. Duncan Robinson, York Point were appointed as delegates to convention in Charlottetown the July 10th and 11th. Mrs. Wm. White invited the members to hold their meeting at her home, Monday evening, Aug. 5th. It was decided to answer roll call for August with miscellaneous answers. After a delicious lunch meeting closed with national anthem. Mrs. Hazen Howard, Sec'y.

WEDDING BELLS—A very pretty wedding was duly solemnized at Notre Dame Convent, Rustico on Wednesday, June 26, the participants being Mr. Alban Peters, and Miss Georgie Arsenault. Mr. Peters, who is a very popular young man, is the local Manager of the Provincial Bank here, besides being associated in business with his father, Mr. Joseph Peters, merchant. Miss Arsenault was everything that could be expected of a charming young bride and was beautifully gowned in white crepe de chene, and wore a bridal veil with wreath of orange blossoms. The bride was attended by her cousin Miss Millie A. Gallant, while Arthur Peters, cousin of the groom, was groomsmen. Rev. J. C. Peters, brother of the groom, who performed the ceremony was assisted by Rev. Monsignor Chlason, P. P. During the nuptial Mass, appropriate hymns were sung, the solo part being taken by little Bernadette Paquet, niece of the groom. Lohengrin's and Mendelssohn's wedding marches were played by Miss Freda Peters, Rustico, and Mrs. William J. Paquet, Souris, respectively, both sisters of the groom. After the ceremony the happy couple motored to the home of the bride's uncle, Mr. Andrew Gallant, Oyster Bed Bridge where a sumptuous breakfast was served to the immediate relatives and friends of both parties. Amid showers of rice the newly weds left on a motor honeymoon trip through Nova Scotia and New Brunswick. Previous to her marriage, Miss Arsenault was the recipient of a shower at her brother's home in Chelsea, Mass., where she had been visiting during the past winter, as also a shower at Mr. and Mrs. Abram Peters, Oyster Bed Bridge. The gifts at each of these showers were many and valuable testifying to the popularity of the young bride. The groom's gift to the bride was a beautiful wrist watch, a bracelet to the bridesmaid, and a set of cuff links to the

groomsmen. The groom was presented with a substantial cheque by his father, besides receiving many beautiful gifts from his numerous friends. (Nova Scotia papers and Moncton N. B. papers please copy).

Friends will be pleased to hear that Miss Eileen Jackman, Village Green, who is undergoing treatment in the City Hospital is doing nicely.

Rollo Bay and Vicinity

Miss Margaret Peters, Rollo Bay East, is visiting in Montague, the guest of the Misses Grant.

The death took place at his home, Chlico, California, on June 24th, of John Cooney, formerly of Rollo Bay, leaving to mourn two sons and four daughters, also two brothers and a sister in California. To the bereaved we extend sympathy.

Sister Plus Augustine, Washington; Sister Mary Florence and Sister Christianna of Portland, Oregon, were visitors to Rollo Bay and Souris recently.

Mr. H. B. Clay, Charlottetown, recently motored to Rollo Bay.

The closing exercises of the Rollo Bay West School took place Friday afternoon, June 28th, with a fair attendance of ratepayers and members of the Women's Institute. The scholars were examined by their teacher, Miss Donahoe, assisted by Mr. Emmet Donahoe, Bear River South School, and showed by their prompt response that they had been thoroughly taught during the year. School certificates were awarded Flora Paton and Francis White. Then came a treat of home-made candy, which was very much enjoyed. An address was read by Mrs. John McRae and Mrs. Edwin Reid presented the teacher with an umbrella on behalf of the Women's Institute of which she had been acting secretary for the past year. Miss Donahoe fittingly replied to the address. Remarks were made by Mr. Angus McKenzie, newly appointed trustee. The meeting was brought to a close by singing God Save the King.

Miss Mary Peters, pupil nurse at the City Hospital, is spending a three weeks vacation at her home in Rollo Bay West.

The ice cream festival and dance, held in the hall, Fortune Bridge, on Friday night, June 28th, was a decided success. Music was furnished by Mr. Jack Lapeire, Bay Fortune; Adolphus Burke, Bear River South; John Webster, Cardigan; Miss Webster, Cardigan, accompanist.

Mr. Leo Fay, Newport, recently visited Rollo Bay and Souris.

Mr. and Mrs. Frank Cairns and family, of Souris West, motored to St. Theresa's on Sunday.

Miss Cora Grant, Montague, is visiting in Rollo Bay, the guest of Miss Margaret Peters.

Miss Evelyn Mullaly, Gowan Brae, returned from Boston recently, where she had spent the winter.

The many friends of Miss Eunice McKenzie, Rollo Bay West, are pleased to see her out again after her recent illness.

Miss Elizabeth McCormac, Rollo Bay West, motored to Red House on Sunday.

Mr. Emmet Donahoe, Souris West, left Monday for Aldershot. We wish him a pleasant trip.

Mr. Chester MacDowd, Clear Springs, motored to Rollo Bay this week.

The death occurred at Cambridge, Mass., June 25th, of Edwin Wood, son of Mr. and Mrs. George Wood, Rollo Bay West, at the early age of 26 years, leaving to mourn his wife, nee Miss Bryeffton, Union Road, his parents, also three brothers, Howard, Bay Fortune; Frank and Arthur at home, and one sister, Elizabeth. His remains were forwarded home accompanied by his wife and Miss Wood, cousin of the deceased. Funeral took place from the residence of his parents on Sunday afternoon. The pall bearers were: Arthur Dixon, Fortune; Mr. Hunter, Dundas; Hugh McKinnon, Dan McRae, Peter McCormac, Rollo Bay; John J. MacDonald, Red House. To

Albany And Vicinity

The Albany Jubilee Women's Institute held their annual picnic at Chelton Shore Tuesday, June 26, under ideal weather conditions. A large attendance of both old and young were present. Thanks are extended to all those who made the event such a success, and the owners of cars for conveyance to and from the grounds.

Mrs. Geigan MacLean, Charlotte-

town, was a welcome visitor to Searletown on Wednesday.

Mrs. A. K. MacGregor was a visitor to Summerside on Friday.

Mr. and Mrs. W. G. Trainor, and little daughters were visitors to Summerside on Friday.

Mrs. Robert Carmichael was a visitor to Summerside on Thursday.

Misses Mae and Rose Trenholm were visitors to Albany on Friday.

Misses Jean and Margaret Affleck were visitors to Summerside on Monday evening.

Miss Alice Morrell was a visitor to Borden Sunday.

Mr. Roy Noonan was a visitor to Borden Sunday.

The young people of Lot 16 presented their three act comedy drama, The Old New Hampshire Home, in Searletown Hall on Wednesday evening.

Mr. Duncan Carmichael made a business trip to Kinkora Friday.

Mr. Les Morrell, Shamrock, was a visitor to Albany and Borden on Sunday.

Mr. Edward Arnett, Summerside, spent last week-end in Albany, the guest of Mr. Ernest Arnett.

Mr. and Mrs. Percy Allen attended the play in Searletown Wednesday evening.

Mr. and Mrs. A. E. Holland and family were visitors to Borden Wednesday evening.

Mr. and Mrs. Harry Francis and son, Ralph, were visitors to Searletown Wednesday evening.

Misses Margaret Affleck and Ada Walsh attended the Trvon Baptist school Wednesday.

The semi annual examination of Albany Village School was held on Friday afternoon, June 28th. A large number of ratepayers and visitors were present. The pupils were examined in their various subjects by their teacher, assisted by Mrs. W. P. Cameron, Mrs. Thomas E. Noonan and Mrs. Sterling MacKay, and showed by their ready and prompt answers that they had been carefully trained by their teacher Miss Murtart. The teacher was presented with a gift, Miss Wilda Bell read the address, while Alice Buchanan presented the teacher with a five dollar gold piece. Several prizes were awarded to the pupils by the teacher. The visitors and pupils were treated to chocolates. The singing of God Save the King brought the afternoon to a close.

Messrs. Lewis Wright, George Runcie and Eddie Runcie were visitors to Albany Thursday evening.

Miss Edith Crossman has returned home after spending a few days pleasantly in Albany.

Mr. and Mrs. Elliott Bell and Miss Wilda and Master Seaman Bell, were visitors to Rose Valley Sunday.

Messrs Leo Warren, Charles Noonan, Stanley Delaney and Harold Hefel attended the play in Searletown Hall on Wednesday evening. (H.)

Messrs. Lewis Wright, George Runcie and Eddie Runcie were visitors to Albany Thursday evening.

Miss Edith Crossman has returned home after spending a few days pleasantly in Albany.

Mr. and Mrs. Elliott Bell and Miss Wilda and Master Seaman Bell, were visitors to Rose Valley Sunday.

Messrs Leo Warren, Charles Noonan, Stanley Delaney and Harold Hefel attended the play in Searletown Hall on Wednesday evening. (H.)

BAYSIDE ITEMS

Miss Irene McLellan, R. N., who graduated in May from St. Joseph's Training School of Nurses, Pittsburgh, Pa., is spending the summer with her parents Mr. and Mrs. Joseph D. McLellan, Cross Rivers. Miss McLellan plans on returning to Pittsburgh in September to resume private nursing.

The Misses Wanda and Helen McIntyre of Boston, Mass., arrived at their old home Cross Rivers on Tuesday where they will visit their parents Mr. and Mrs. Joseph R. McIntyre.

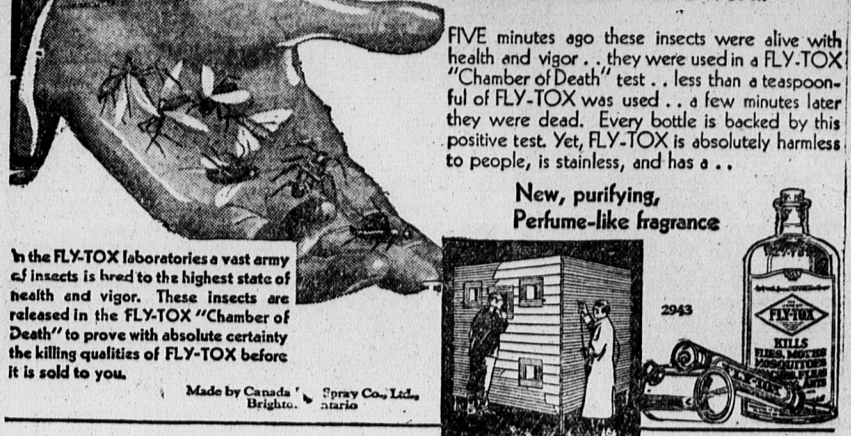
The semi-annual examination of Bayside School was held on Thursday, June 27th. The attendance of rate payers was, as usual in this district, very poor, the male element being conspicuously absent. The pupils acquitted themselves most creditably and in addition to their lessons rendered a very pleasant musical programme.

At the conclusion of the exercises Miss Eileen Larkin read the following address and Miss Lucy McLellan presented the teacher with a beautiful leather handbag.

Bayside, P. E. I.
Dear Teacher:
The door to vacation-land stands ajar and we eagerly await the summons to enter therein. But before that summons sounds we pause a moment to thank you for the excellent work you have done on our behalf

FLY-TOX

THE SCIENTIFIC INSECTICIDE DEVELOPED AT MELLON INSTITUTE OF INDUSTRIAL RESEARCH BY REX RESEARCH FELLOWSHIP



In the FLY-TOX laboratories a vast army of insects is bred to the highest state of health and vigor. These insects are released in the FLY-TOX "Chamber of Death" to prove with absolute certainty the killing qualities of FLY-TOX before it is sold to you.

FIVE minutes ago these insects were alive with health and vigor... they were used in a FLY-TOX "Chamber of Death" test... less than a teaspoonful of FLY-TOX was used... a few minutes later they were dead. Every bottle is backed by this positive test. Yet, FLY-TOX is absolutely harmless to people, is stainless, and has a...

New, purifying, Perfume-like fragrance

Made by Canada Brightco, Ltd., Toronto

during the past school year.

The dreary drudgery of school days has been lightened and brightened by your sunny disposition and our tasks have been rendered easy by your skillful teaching.

We hope that the past year has been a pleasant one for you and that its memories may linger long with you. In order that you may have something tangible to recall those happy days we ask you to accept this small gift, bearing as it does the love and good wishes of your pupils of Bayside School, June 1929.

Miss Harper thanked the pupils in a pleasing manner for their thoughtfulness and expressed the hope that their holidays would be filled with unalloyed pleasure. The National Anthem brought the examination to a close.

Mr. Edwin Gillis, who this year completed his second year in medicine at Tufts Medical School, Boston, has returned to his home in Bayside where he will spend the holidays with his parents Mr. and Mrs. Frank Gillis.

Mr. Lorne Murphy, Boston, formerly of Tignish spent a few days last week with friends in Bayside.

Mr. and Mrs. Linus C. McDonald, Cross Rivers spent Sunday in Charlottetown where they visited Mrs. McDonald's sister, Mother St. Marie

Raymond, Notre Dame Academy.

The Misses Carrie Kelly and Hazel Smith and Messrs. Emmet Moiver and John McCabe, Kinkora, spent Sunday in Bayside the guests of Mr. and Mrs. J. A. Brown.

Miss Hazel Harper, teacher, Bayside returned to her home in Tignish on Monday and will return to Bayside at the beginning of the school term.

It was announced in St. Patrick's Church, Grand River on Sunday last by the pastor the Rev. John A. McDonald, that Bishop Kelly of Oklahoma and Bishop Boyle of Pittsburgh, Pa., would be present at the St. Anne's Celebration Lennox Island which will be held this year on Sunday, August Fourth.—N.

AUBURN SCHOOL CLOSING

The Closing Exercises of Auburn School were held on Thursday afternoon in the presence of the trustees and a large number of the ratepayers and the friends of the pupils. The programme, though short, was varied and interesting. The examination of the different classes was conducted by the teacher, Miss Mabel A. Cusack, assisted by Mr. Austin McDonald, teacher at Dromore, Mr. J. O. Trainor, and Miss Irene Brazil, teacher at Fort Augustus.

An especially pleasing feature was the presentation of Certificates of Proficiency to two of this year's pupils Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

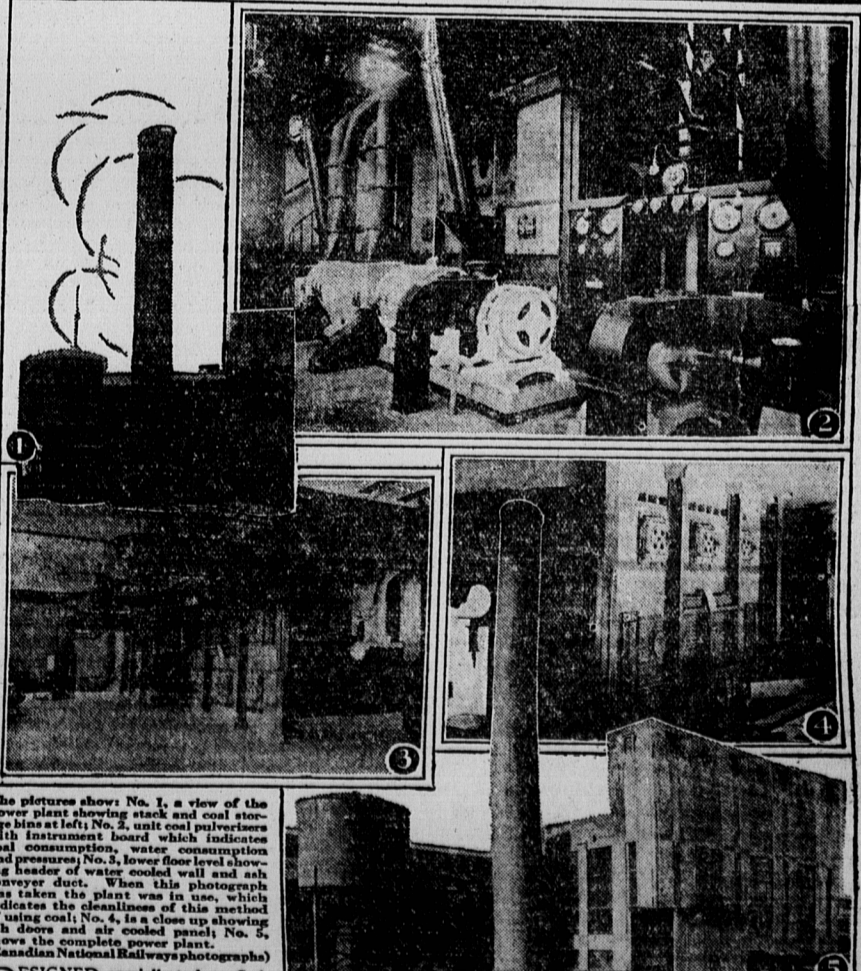
Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

Misses Ella Garland, and Mary McCarron. It may be mentioned that, for several years, pupils from this school have been successful in winning similar Certificates of merit. Special prizes for Department offered by the teacher at the beginning of the term were awarded to Alban Boylan and Mary Callaghan. In presenting these the teacher said that, as there had been so many deserving pupils, the awarding of the prizes was extremely difficult.

Spotless Power Plant Burns Maritime Coal



The pictures show: No. 1, a view of the power plant showing stack and coal storage bins at left; No. 2, unit coal pulverizers with instrument board which indicates coal consumption, water consumption and pressures; No. 3, lower floor level showing leader of water cooled wall and ash conveyor duct. When this photograph was taken the plant was in use, which indicates the cleanliness of this method of using coal; No. 4, is a close up showing ash decelerator and air cooled panels; No. 5, shows the complete power plant. (Canadian National Railways photographs)

DESIGNED specially to burn Sydney slack, the new power house of the Canadian National Railways at Montreal is the last work in plants of this character in the Dominion. The power house forms one of the units of the new shops being built at Point St. Charles. The locomotive shop has already been built and will be soon in operation and car shops are to follow. Some of the original shops which are being replaced date back to the late '50's. The Power Plant is constructed of red brick with reinforced concrete foundations. The floors in the entire plant are constructed above ground level, the firing floor and engine room floor being 14 feet above ground level. The coal is taken in through a coal hopper, cars being placed on this coal hopper outside the Power House, and dropped down through the coal crusher;

this is only used when using lump coal. As a general rule Sydney slack coal is used, the coal then passed by a reciprocating feeder through a magnetic separator and is elevated to the coal bunker which is 55 ft. above ground level, and has a capacity of 500 tons of coal, which is fed by gravity from the coal hopper, passing through weighing scales which dump 200 lbs. at each operation. The coal passes from the scales by gravity down into the pulverizers, passing through the pulverizers into the boilers. Each boiler is equipped with two motor driven pulverizing machines and two burners to each pulverizer. This makes it possible for the plant to be operated from 60% of rating to 300% of rating. The ash is taken out from the bottom of the furnace which is located on the

ground level, and automatically fed into steel cars located on the track outside the building and retained for its purpose. One of the interesting features of this development is that the ash resembles burned sand and is very easily handled, the small amount of ash taken from the furnace being remarkable. The Power House is equipped with 160 ft. red brick stack, 12 feet in diameter at top. The entire plant is modern in every way and is believed to be one of the most efficient power plants developed in this country. A test which was made showed that it is possible to get 80% efficiency. This plant should effect very great economy over the old plant which had been operating for many years and is now closed down.

LOBSTER SEASON
OPENS AGAIN AUGUST 16th

We serve and retail each shell fish in season.
Clams and Quahaugs steamed and fried to be had now at our counter.

AYLWARDS
202 RICHMOND STREET
Close to League of Cross and Y. M. C. A.
PHONE 384-J.

Tenders For Hotel Property At Summerside

Sealed tenders will be received by the undersigned at the office of Saunders & Campbell, Barristers of Summerside, or of the undersigned at Charlottetown up to noon of Thursday the 11th day of July, A. D., 1929, for the purchase of the hotel property known as the Clifton House, at Summerside.

The Clifton House is an established hotel of many years standing. In addition to lobby, reading and writing room, dining room and twenty-five bedrooms, the hotel contains two stores and sample rooms on the ground floor.

Tenders may be either for the land and building alone, or for the land, building and hotel furniture and equipment as a going concern. A deposit of 10% must accompany each tender. Mark envelopes "Tenders for Clifton House." Highest or any other tender not necessarily accepted.

Dated this Twenty-eighth day of June, A. D., 1929.

The Eastern Trust Company
EXECUTOR ESTATE G. F. MAWLEY.

What Are Your Sources of Information?

Too often investors base their investment decision on too meagre information. They very often overlook the fact that it is possible to obtain thoroughly reliable information from sound investment bankers.

The Eastern Securities Company maintains a most complete statistical department which is always at the disposal of investors, and inquiries will receive our most careful attention.

Eastern Securities Company
LIMITED
CHARLOTTETOWN HALIFAX MONTREAL
ST. JOHN MONCTON FREDERICTON