



The First Step is Pep

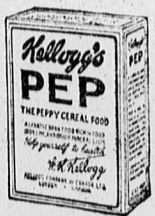
HERE he comes. Bright eyes. Eager feet. Watch the chubby little fellow take his first step. What pep! What promise of bigger, stronger steps to come!

Take the first step to pep. Eat Pep for breakfast. Pep brisks you up. Makes you peppy all day long. For Pep is just pure whole wheat—a delicious, crisp cereal food, full of vitamins and body-building elements.

Contains bran, too—just enough to be mildly laxative. Helps prevent constipation. Keeps you healthy and regular.

Children love Pep. So do the grownups. Pep peeps up the whole family. Serve it with cream or milk. Serve it any time. Try it with fruits or honey when your appetite needs refreshing. Comes ready to serve. Your grocer has Pep.

Kellogg's PEP



whole wheat including the bran



Design illustrated in Dominion Linoleum No. 4169, available in two different colorings.

Lasting Beauty for All Your Floors

Delightful colorings, artistic designs and the decorative effects you naturally expect, are yours with beautiful, inexpensive Dominion Linoleum.

Ornate motifs, gay floral patterns, strikingly original block and tile designs, in different colour schemes, afford a wonderful choice for every room.

Dominion Linoleum comes in widths up to twelve feet and is quick and easy to lay. Years and years of wear are built into every square inch of it. It is easy to clean and keep clean—a light mopping or brushing only, is required to keep it looking like new.

Place this modern, low-priced flooring in your home.

Other Beautiful Dominion Floors

Dominion Inlaid Linoleum (in widths up to 6 feet only) comes in a wide range of striking designs at very moderate prices. Lasts a lifetime because the colours go right through to the back. **Dominion Linoleum Rugs** are much in demand. Many new and attractive designs are available at your favourite store at surprisingly low prices.

At House Furnishing and Departmental Stores Everywhere

Dominion Linoleum

FOR ALL YOUR FLOORS



Made in Canada by the makers of the famous Dominion Battleship Linoleum

FARM HINTS

SELECTING VEGETABLES

The safest practical method to employ in deciding on varieties of vegetables is to consult the most successful gardener in the community. What have proved the best with him, will generally suit your own location, although it is always advisable and interesting to try one or two new kinds each year. Depend upon standard varieties which have stood the test of several seasons, however. Do not try to grow too many kinds in a small garden, and only grow those for which a taste has been developed. Order plenty of good seed—the seed cost is the cheapest factor in gardening—so that there will be plenty to replant if some accident such as a flood or a frost spoils the first. In the average garden, it will pay to plant a few rows of the hardier sorts very early, even if there is only a fifty-fifty chance of these coming through. The earliest and most quickly grown vegetables are the best, and because they are early they are reliable more than those which come later. To hasten growth, provide a supply of nitrate of soda, which should be applied at the rate of about one ounce to four square yards of soil every two weeks for the first month or two after the garden is put in.

STUDY THE CATALOGUE

While the modern seed catalogue is even more attractively and colorfully illustrated than those issued years ago, which constituted a stock joke for cartoonists and special writers, the book to-day is an up-to-the-minute and accurate fund of information for any gardener. Descriptions can be absolutely depended upon, and illustrations are from actual photographs. Amateurs should be well advised to supply themselves with a catalogue before attempting to commence operations. Many of their questions will be answered and varieties will be fully explained. In most of the catalogues to-day will be found very useful tables in the flower section which will give the height, time of flowering, and the adaptability of the plants to certain conditions. A selection of different types of the same vegetable is listed so that one can have a succession of peas, corn, and similar vegetables which will extend his season well beyond the average of a few years ago.

SOME HANDY ANNUALS

Even the busy person who cannot afford to spend very much time on the garden, can have a garden containing many brilliant annuals. Of course, these must be easy to produce—requiring little care and not much in the way of special location or soil. They must bloom freely, furnishing a good supply of flowers throughout most of the season. They must not be too particular in the way of steady watering because we are planning now a flower garden for the busy person. Studied from all of these points, the following list seems to come as close to the requirements as one could possibly expect: Snapdragons, Marigolds, Poppies, Larkspurs, Nasturtiums, Scabiosa, Zinnias and Salpiglossis. For a hot sunny and sandy spot Portulaca is unexcelled. This low spreading bright flower will thrive even when neglected. With these annuals and possibly Mignonette added for fragrance sake, because only Nasturtiums and Scabiosa in the above list have any noticeable perfume, the garden will last from mid-June until Autumn, and about the only requirement will be the keeping down of the weeds early in the season, and cutting off fading blooms later on. With the exception of the poppy, which does not last well in water, and the portulaca, which is rather too small to clip, all these flowers will furnish an abundance of bloom for the vases indoors. They can be planted in clumps or beds, depending on color and size.

Developed water power in the United States on January 1 was 12,296,000 horsepower, a gain of about five per cent in year according to a Geological Survey estimate.

It clears the Throat

PERTUSSIN has an unusual beneficial effect. Those whose throats are over sensitive will find this harmless cough remedy a source of quick relief and lasting benefit.

Safe to take as often as required because it is entirely free from harmful drugs.

At all druggists, bottles 60c and \$1.50



Safe for Every Cough

By Barrie Payne

Wild Fowl

(By Nathaniel Gay)

The destruction of Canadian wild fowl these late years, in the North of Canada, and south of us in the United States, if continued, Canada will soon have few birds to protect.

Our geese, brant and ducks are found in the far north, fishing vessels frequently find our geese hatching in Labrador, with some geese and brant hatching further north. The Indians Eskimo and others are found destroying their eggs, by hundreds of thousands, those for which a taste has been developed. Order plenty of good lay fresh ones, they are gathered and preserved for present and future use. We learn that many young geese and brant which do not lay the first year are shot in large numbers in the far North. Much the same is going on in the north along the Pacific coast.

We find a few of those birds returning to Central Canada in September, when they are very thin, and not worth shooting. Many Americans come to shoot in Canada until late in the fall, when the birds migrate to U. S. for the winter. Clear of the destruction of their eggs in the far north, which has been allowed to take place these late years, Canada kills but few, compared with the slaughter carried on by millions of gunners in the U. S. to the few thousand shot in Canada.

Canada has a territory of almost twice that of U. S. with a population of nine million only, while the U. S. with a little more than half our territory, has a population of one hundred and fifteen millions.

Canada with such a large territory, and with birds scattered all over it, leaves few places where large numbers congregate, such as such large numbers, and are shot in millions. Our Canadian gunners where horrified when they see the destruction going on down there. The number allowed each gunner to kill daily is as follows: 8 geese, 8 brant, and as high as 25 ducks in some parts. Few birds are allowed to pass even after their game bags are full. This is more than Canadian gunners would expect to get in a year, as we would not care for such destruction, with repeating and cherramas.

We find wild fowl decreasing, with not so many coming to Canada in late years.

Any Canadian interested in the preservation of our wild birds, who will open his eyes and is capable of some fore thought to the awful progress in the extermination of birds, and investigates the causes of game decrease, except by the millions of guns used, and does not try to stop this extermination and an enemy of migration and

In the bird treaty with the U. S. which our Canadian Government allowed to be put over on them, as "reciprocal relations" were intended to be equal for both countries. But take particular notice of what we find. It is stated that less than sixty per cent of the ducks return back into Canadian breeding areas in late years. If this is allowed to continue in the U. S. what may we expect will be the results? It will be the extermination. The best table birds we could have will meet the same fate as many lesser kinds met years ago extermination.

I was so amused at Mr. Jack Miner's sympathy for some Americans who assist him in carrying on the good work he is doing in the preservation of wild fowl. The Americans cannot pay too much for Canada is caring for the birds when they arrive here too thin for consumption, and are sent back to the U. S. in the best of condition for winter table use, which makes said treaty a good paying proposition.

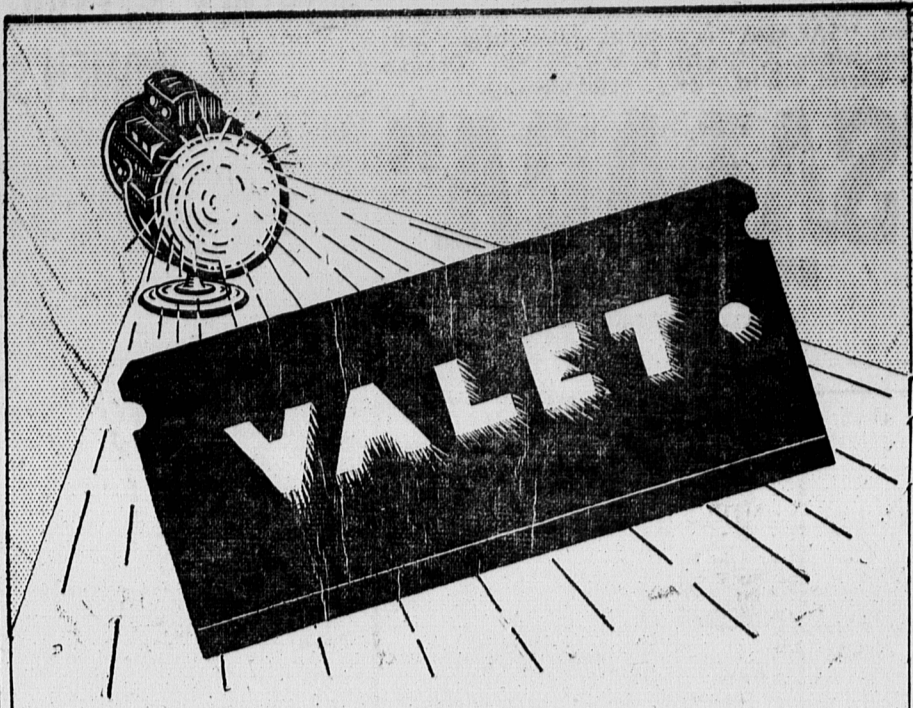
I spent several winters shooting in the state of Carolina one of the greatest bird states, with millions of birds to be seen. There was no limit to the number of birds shot, and from their gunning outfits, 70 and more would be shot by one man daily. Those were shipped daily from about 40 outfits to large cities, the warblers being scattered over a radius of 70 miles along one inland sound, in one year between one hundred and two hundred thousand birds were shipped and according to game laws, since they stopped the slaughter of birds as I saw and took a hand in it for sport. But this stopping the sale of birds has not stopped the enormous slaughter of different fowls.

If our members at Ottawa in whose care has been entrusted the protection of our wild fowl, would study up the dangers confronting the bird life of Northern Canada, and the United States and would take some measures to have this destruction stopped as much as possible, we would not be in such grave danger of having our finest birds exterminated.

Canada is losing great numbers of birds on the Nova Scotia and New England coasts from poisoning, which is comprised of gas and oils from oil burning liners and smaller ships, polluting the sea and shallow waters along the coast, where birds feed.

View the whole situation as clearly seen at present. Some move must be made by those placed in authority to see that this Northern and Southern destruction of wild fowl is lessened. Otherwise many of our finest wild game birds will disappear, as many lesser kinds have disappeared in past years.

Plans have been submitted to the French government for a vehicular tunnel within a roadway 20 feet wide under the River Seine to Link Havre and Honfleur.



FOR 22 years we have worked towards the time when men could face their shaving mirrors with a smile—and that time has arrived. The Valet AutoStrip Razor is, and always has been convenient, economical—easy to clean and speedy. Now we offer you a blade so finely tempered, so keenly edged—so responsive to stropping, that it slips with almost unbelievable ease and smoothness over a man's face—removing the toughest beard and leaving no irritation behind.

The VALET blade is made by the secret Valetite process, producing a finer blade that takes and keeps a keener, smoother edge. You cannot mistake them for the old style or imitation, as each of the new blades bears the AutoStrip craft-mark of quality, "VALET", cut through the blade itself. Just you try a "VALET" Shave tomorrow morning.



VALET AutoStrip Razor BLADES

Manufactured by the New Valetite Process.

AutoStrip Safety Razor Co., Limited, Toronto

Starting An Asparagus Bed

Asparagus beds are family institutions that are as permanent fixtures as a heating plant, once established. They will endure for years with a minimum of care. No vegetable is more desirable and it is never cheap in the market. It is a simple matter to have a supply for cutting at will during the season. Fall is an excellent time to start the bed.

Buy two or three-year-old roots, the former usually taking hold the quicker. Find a convenient spot out of the way of the rest of the garden for the bed, which won't accommodate much of anything else except rows of the earliest vegetables such as radishes, spinach and lettuce between the hills of asparagus. Plant the hills three feet apart each way. Dig a hole a foot deep and two feet wide—it is no light work to get asparagus started right, but worth the effort. Raise a mound six inches high in the center of the hole upon which the asparagus plant should be set with the roots spread out like the spokes of a wheel. When covered, the crown is six inches underneath the surface.

Give liberal fertilizing. It is difficult to overfertilize the asparagus bed. In two years the bed will be established. It should not be cut the following season. But after that it is a family institution.

For the convenience of limited quarters asparagus may be planted to form a hedge or border about the garden, the foliage being made into a solid wall of green from July on and a fine background for flowers. It can also be planted along a boundary fence. Often these long rows are the most convenient arrangement for the small place and the only way an asparagus planting can be conveniently placed.

Select a good variety. The rust-proof strains developed by the United States Department of Agriculture are excellent ones to try. Bonvallet's Giant is another standard and popular variety with good-sized tender stalks. The tenderness of asparagus is more a matter of fertile soil, moisture and good cultivation than of variety as any of the kinds will give good asparagus with good growing conditions. Salting the bed is an ancient formula and arose out of the fact that the asparagus, in its native haunts is a salt marsh plant. It likes a salt dressing, although it is not necessary.

Digging in a mulch of manure (put on in the fall), each spring will be much better than a dressing of soil. Light feeding with nitrate of soda is also excellent treatment.

Including a mirror and electric light's a complete make up outfit for travelling actors that packs compactly into a cabinet that can be carried with one hand has been invented by an Ohioan.

YARDLEY'S Old English LAVENDER SOAP

RUMBLING coaches of 1770—dust-stained weary travellers. How often, then and since, at the journey's end were they refreshed with Yardley's Old English Lavender Soap.

For, through the years, Yardley's has yielded a mellow lather of delightful creaminess—complexions have gathered from Yardley's a clinging fragrance of lovely lavender.

YARDLEY, 8, New Bond St., London, Eng.

Box of 3 large cakes \$1 at good drug and department stores.

The Luxury Soap of the World

Professional Cards

Dr. C. C. Archibald
Graduate to N. Y. Post Graduate Medical School and Hospital Practice limited to Eye, Ear Nose and Throat
Testing Eyes and supplying Glasses Office, Bayer Building Great George Street Office Hours—9 to 12.30. 1.30 to 5.00

Mark R. McGuigan B. A.
BARRISTER, SOLICITOR, ETC. Money to Loan. Cameron Block, Charlottetown, P. E. I.

EYES TESTED AND Glasses Fitted

Competent service with latest equipment.

E. W. TAYLOR J. S. TAYLOR
OPTOMETRISTS.
142 Richmond St.

McLeod & Bentley
J. A. BENTLEY W. E. BENTLEY, K. C. Barrister and Attorney-at-Law Office: 180 Richmond Street MONEY TO LOAN Charlottetown, P. E. I.

McDonald & McPhee B. A.
J. A. McDONALD, H. F. MCPHEE B. A. Barristers, Attorneys, Etc. Money to Loan. Reilly Building, Charlottetown

GABBS

UNCLE BERTRAM CALLED FOR MICA LAST WEDNESDAY.

OH COSH—DON'T TALK TO ME ABOUT YOUR UNCLE BERTRAM—THAT BIRD'S A DIM FLICKER IF I EVER SAW ONE!

THAT SOUNDS LIKE SOUR GRAPES TO ME—EVERYBODY ADMITS THAT BERTRAM IS A GREAT MAN EXCEPT YOU—AND THE LAST TIME HE TOURED ENGLAND HE WAS PRESENTED AT COURT!

HOW MUCH DID THEY FINE HIM?

GABBYGRAMS—ONE-PIECE BATHING SUITS ARE BANNED AT OUR BEACH. IF EVE WAS HERE SHE'D HAVE TO TRADE HER ONE-PIECE FIG LEAF FOR A FOUR-LEAF CLOVER, HUH?

Horace C. Young's Mamma's Beach

A Gabbygram is a joke, puzzle, riddle—anything. Send 'em to folks.

Plans have been submitted to the French government for a vehicular tunnel within a roadway 20 feet wide under the River Seine to Link Havre and Honfleur.