



THE WHOLE WORLD ENJOYS THIS WONDERFUL SUMMER FOOD

CRISP, crunchy, delicious—Grape-Nuts is a summertime breakfast favorite of all the world.

Grape-Nuts is the most widely-sold breakfast food. Many different breakfast foods have appeared from time to time since Grape-Nuts was originated more than thirty years ago.

This tremendous, world-wide, year-in, year-out success of Grape-Nuts is due to the delightfully-appetizing flavor which it combines with outstanding nourishing value.

Grape-Nuts gives your body in very easily digested form dextrins, maltose and other carbohydrates for energy; iron for the blood; phosphorus for teeth and bone; protein for muscle and body-building; and the essential vitamin-B.

Serve your family this splendid food. It comes in wax-wrapped packages, ready to eat. Four teaspoonfuls is a serving—and costs less than one cent.



Grape-Nuts for Delicious Nourishment

Made in Canada

A Delightful Crispness for Teeth and Digestion

Grape-Nuts comes in crisp, golden kernels which you like to chew. This gives the needed healthful exercise to your teeth and gums and starts the process of digestion where it should properly start—in the mouth.

SEND FOR TWO TRIAL PACKAGES... CANADIAN POSTUM CO. LIMITED, 681-28 METROPOLITAN BLD., TORONTO 2, ONT. Please send me, free, two trial packages of Grape-Nuts, together with "A Book of Better Breakfasts."

LETTER OF SYMPATHY.

Mr. Lorne P. Higgins.—We, the members of Melville L. O. B. A., wish to convey to you our deepest sympathy in the very great loss you have sustained in the death of your dear wife and mother of your small family.

These things must be, but we must patiently submit to God's will, believing that He doeth all things well. May you be comforted by the One Who alone can comfort and who has promised His care over the motherless.

Signed on behalf of Melville Lodge, DeSable, Mrs. Ernest Holm, Mrs. Chester Shaw, Mrs. Fred Ince.

HOUSEHOLD SCRAP BOOK By ROBERTA LEE

Soap Solution To make a soap solution, add three quarts of boiling water to each large bar of soap, well shaved, and then let it simmer until the soap is dissolved.

Baby's Sunburned Skin When baby's skin becomes sunburned, put a teaspoonful of soda into a pint of water and apply. Cold cream is also helpful.

Mashed Potatoes When preparing mashed potatoes, if the potatoes are sliced in thin strips (the same as for French fries) instead of leaving them whole or merely cutting them in half, both time and fuel will be saved.

DAILY LESSONS IN ENGLISH By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "this is the smallest of any I have seen." Say "smallest of all," "hough "smaller than any" is correct.

OFTEN MISPRONOUNCED: aeronaut. Pronounce a-er-o-naut, a is in "day," e as in "her," o as in "no," u as in "haul," accent first syllable.

OFTEN MISPELLED: slight (small, slight, careful trick). SYNONYMS: limitless, unlimited, boundless, innumerable, interminable.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: INEFFABLY; unspcakably; inexpressibly. "The hills were ineffably dreary and unpicturesque."

The Land We Love By Frank Yeigh

EARL OF GOSFORD Q. Who was the Earl of Gosford? A. The Earl of Gosford was the thirtieth Governor General of Canada covering the period from 1835 till 1838. He was one of a commission of three appointed by the British Government to study the Canadian grievances of the time.

New Hotel And Station To Be Constructed

MONTREAL, Que., July 6.—Tenders have been called for by the Canadian National Railways for the construction of the new station and hotel at Halifax, Nova Scotia.

The population of the French Protectorate of Morocco has been estimated at 4,411,000, of whom only 95,000 are Europeans.

INSIDIOUS EYE STRAIN

We use this adjective advisedly. Sufferers from Eyestrain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy. Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED G. F. HUTCHESON OPTOMETRIST

D. WATSON'S ALE & STOUT

is highly recommended by medical practitioners for people run down in health—suffering from anæmia, nervousness, indigestion, loss of appetite, etc. Drinking it daily will build up your health. The package makes 3 gallons. If unavailable, write DeWitts Bros. Ltd., Charlottetown.

A SUITOR TOO MANY

ner, but his voice, quiet and steady, cut through the silence and held them spellbound. For he said, looking at her: "Lila, will you drink this toast with me, not as a toast, but as a pledge? Will you stand here, with your hand in mine, and swear before these good and true friends of ours that, when this war is over, you will marry me; that you will keep yourself for me, no matter what transpires, no matter what time intervenes, no matter what circumstances separate us?"

In the silence that followed, the officers and girls stared at one another. The flickering light made their astonished faces seem grotesque.

Prigthened and bewildered by Jack Farquhar's intensity, Lila stammered: "I—don't understand. We—tomorrow—"

He took both her hands and lifted them to his lips. "Tomorrow, my sweetheart, I shall be in the trenches. I couldn't bring myself to tell you before. I got my orders tonight."

The gay party took on a sudden solemnity; there was something almost awe-inspiring about it. Lila stood beside Jack, her hand in his and gave him the pledge for which he asked. It seemed as solemn as a marriage ceremony, vital, as probably will be a small pair of pliers which are adaptable to so many small repairs about the car.

Jack Farquhar had followed it, less than three days later. Only five years.

He had gone at midnight with his command. Lila, alone, had watched the rainy day of the day that was to have been her wedding-day. A week later the ambulance corps was on the move. No news from Jack Farquhar. Months dragging by.

Lila living with her promise. If he came alive nothing should keep her from him when this inferno of war was over. Then he was reported missing! After that, no news. Years pass. Memory fades. Events, people, pledges grow dim.

New interests, new people. The past is dead. So is Captain Farquhar. Then—Herbert! Love, real, demanding, eternal!

"No, Herbert, there has never been any one but you." The truth? "Yes!" cried her heart. "Yes, yes!"

VACATIONISTS!

You'll find many uses for Minard's "King of Pain" Liniment. Pack a bottle in your grip.



COAL For Service for Quality

The Coal we sell is carefully selected, and scrupulously freed from any kind of inferior matter, such as slate. Every ton we send out is of high quality.

W. D. GILLIS & CO. COAL PHONE 176

John Smith And His Car

John Smith is a character whom every motorist should welcome. He is not selfish, rather he is a motoring martyr, a chap willing and glad to have exploited, in an interesting way, his experience for the benefit of the other twenty.

MAKES IT APPEAR NEW

Radiator ornaments should not be dismissed as knick-knacks that just happen to be attached to the car. The motorist who thinks they are should take a look at some car lacking in the familiar emblem of that particular make.

There are certain types of air cleaners which employ an oil covered filtering unit that, unlike the centrifugal devices, requires periodic cleaning. If this dirt-absorbing element becomes clogged, the air entering the carburetor carries with it those impurities that the average motorist does not have to contend with if he is willing to take a little extra care.

Such a cleaner should be inspected every 5,000 miles or so and particularly should it be cleaned once during the Summer months when the dust is thickest even on the finest roads.

CLEANERS NEED CLEANING

NEAREST TO OMNIPOTENT Many motorists like to keep some small useful tool in a handy pocket rather than in the tool kit. The tool to be selected should be the one that is nearest to all-around usefulness, which means that it probably will be a small pair of pliers which are adaptable to so many small repairs about the car.

THESE DEFORMED SEATS

The degree of discomfort noticeable in some cars has been seen long service, particularly open models, is often due to the careless manner in which the support for the seat or seats has been handled.

Unless this unit is in its proper place, the seat springs are almost certain to become deformed with the result that the deep depression in the middle of the cushion becomes most uncomfortable. It is easy to be casual about this feature but it also is uncomfortable.

NEW VALVES MAY HELP

Leaving an order with the service station to replace any warped or burned exhaust valves is a thought that the car owner might well bear in mind the next time he contemplates taking the machine to the shop for a carbon and valve job.

A CHANGE NOT TO TAKE

Whether it is harder to tell when a balloon or high pressure tire has gone flat is a question that many motorists have not settled to their own satisfaction, but it is a certainty that many a balloon is being driven upon these days when it decidedly should not be.

QUALITY THE QUESTION

At the close of a most successful examination and performance by the scholars of Mermaid school at which time they made a creditable showing not only in their prompt answers but also the rare talent shown during the program, the teacher, Mr. Percy Ratray, was presented with a handsome gift, and Harvey McDonald read the following address:

Dear Teacher.—We, the children of Mermaid school, assembled here today for a two-fold purpose—namely, to display the knowledge

acquired by us during the past school year, and to say farewell to you, who for several months have been our capable and careful guide. Scarcely a year ago you came to us a stranger, yet in that short period of time, you have by your kind and genial disposition and excellent ability as a teacher, completely captivated our hearts as well as having earned for yourself the esteem and goodwill of the ratepayers of the district.

Your sterling worth as a teacher is clearly visible and our greatest regret is that you are leaving the profession. To say that we shall miss you is only expressing our feelings in a very mean way. We present to you a small token of our appreciation and wherever you go, we shall be glad to have you as a member of our community.

Presented by the Children of Mermaid School.

Advertisement for Rosebud Cut Plug Tobacco. Features a large illustration of a pipe and a pack of tobacco. Text: "Think this over! You get more tobacco for your money, and valuable presents in exchange for 'poker hands,' by smoking Rosebud. All ready cut for your pipe."

ONE "POKER HAND" IN EACH 10¢ PACKAGE

TWO "POKER HANDS" IN EACH 15¢ PACKAGE

A NOBLE OUTCAST AT KELLY'S CROSS

The hall at Kelly's Cross was packed to the doors on Thursday night last by a most appreciative audience to witness the staging of "A Noble Outcast," by the Kelly's Cross Dramatic Club.

FOREST HILL SCHOOL

The annual examination of Forest Hill school was held on June 29th, with a goodly number of parents and visitors present.

THE GABBS

By Barrie Payne

An Attractive "Power" Bond

Nova Scotia Light and Power Company, Limited, is an old established public utility company. It owns and operates, without competition, all the electric light, power, gas and street railway properties in Halifax, the capital of Nova Scotia, and operates through subsidiaries the commercial light and power business in the suburbs of Dartmouth and Bedford.

The securities of Canadian companies of this type have a high investment rating, due to their excellent record as regards safety and marketability. Their average yield, at present quotations, is less than 5%.

We offer the new 5% 30-Year First Mortgage Bonds of Nova Scotia Light and Power Company at 99½ and interest, to yield more than 5%. Such a security, offered at a discount, is an unusually attractive conservative investment.

We recommend these bonds, and upon request shall be pleased to supply copies of our circular describing the issue.

Royal Securities Corporation LIMITED

Riley Building, Charlottetown Montreal Toronto Halifax Saint John Quebec Winnipeg Vancouver New York Ottawa Hamilton Calgary Edmonton Regina, Victoria St. John's, Nfld. London, Eng.

Screen Doors advertisement. Text: "We have replenished our stock of Screen Doors so we are now in a position, to fill your screen door requirements, including fittings, such as handles, catches, springs, etc. This is Fly time and that means whiz time also. Whiz kills Flies, Moths, Mosquitoes, Roaches, Bed Bugs, Fleas, etc. We have Whiz in all sizes, also Sprayers. Bethune Hardware Co. Ltd. 123 QUEEN STREET PHONE 757 'THE HANDY HARDWARE STORE'"

Investment Service advertisement. Text: "A periodical review of all investment holdings is highly desirable and we are prepared to furnish authoritative advice based on specialized experience and the latest and most complete data. For the benefit of investors and for our own guidance we maintain a complete statistical department, where records of all important enterprises are available and through which information concerning comparatively unimportant Companies is also obtained. We provide, without charge, investment record books which enable clients to keep check on interest and maturity dates of their holdings, as well as providing space for other important information. We have always included in our service the cashing at part of all coupons and dividend cheques presented for payment at any of our offices. Eastern Securities Co. Ltd. INVESTMENT BANKERS 146 Richmond Street, Charlottetown. St. John's Montreal Halifax

Minard's Liniment advertisement. Text: "MINARD'S 'KING OF PAIN' LINIMENT. You'll find many uses for Minard's 'King of Pain' Liniment. Pack a bottle in your grip. The Coal we sell is carefully selected, and scrupulously freed from any kind of inferior matter, such as slate. Every ton we send out is of high quality. W. D. GILLIS & CO. COAL PHONE 176"

Coal advertisement. Text: "COAL For Service for Quality. The Coal we sell is carefully selected, and scrupulously freed from any kind of inferior matter, such as slate. Every ton we send out is of high quality. W. D. GILLIS & CO. COAL PHONE 176"

Gabbygrams advertisement. Text: "GABBYGRAMS YOU'RE BEGINNING TO SLIP AND GET OLD WHEN A BIG CELEBRATION MEANS 'JUST ANOTHER DURR TRAFFIC JAM' M.D. Jones Philadelphia. SEND EM IN, READERS!"

Cartoon advertisement. Text: "THE GABBS By Barrie Payne. A series of four-panel cartoons about smoking. Panel 1: 'DOCTORS BOTH TELL YOU TO QUIT SMOKING.' Panel 2: 'THEY MIGHT AS WELL TELL YOU TO FLY OVER THE MOON.' Panel 3: 'WHY? YOU'VE NEVER QUIT SMOKING—I'VE SEEN YOU TRY FORTY TIMES.' Panel 4: 'I'VE GOT TO TELL YOU I DON'T A CONNER.' Panel 5: 'ALL RIGHT—YOU'RE A GONER THEN YOU'VE NEVER GIVE UP TOBACCO!' Panel 6: 'YOU'RE BEGINNING TO SLIP AND GET OLD WHEN A BIG CELEBRATION MEANS 'JUST ANOTHER DURR TRAFFIC JAM' M.D. Jones Philadelphia. SEND EM IN, READERS!'"