Laugh at Sunburn

A few hours' exposure to the summer sun plays havoc with tender skins—for besides the pain, there's the unsightly peeling—off that follows.

But you can laugh at sunburn if you have a bottle of Penslar Almond and Cucumber Cream handy. This soothing, cooling lotion stops the smarting and stinging in a few moments.

Better yet—apply it to the exposed skin before going out and there is very little danger of getting sunburned.

You really ought to try this. It will convince you that this word "Penslar" stands for the highest quality in Toilet Preparations and Remedies.

E. A. Foster
Central Drugstore,
Sunnyside

CAPE BRETON.

The scenic grandeur of the Island of Cape Breton, and the race charm of its summer climate, tend to make the casual visitor forgetful of the fact that this far Eastern portion of Canada has a history which dates from the time the harly Norsemen plunged the waves for pure love of adventure and lust of conquest. Fully a year before Columbus discovered America, John Cabot is said to have visited the island. The name Cape Breton may have been bestowed upon it by the Breton fishermen of France, who soon afterwards began to frequent its waters, or it may even have been that the Basque fishermen gave it this name fully one hundred years before. Louisburg, nearly two hundred years ago, was a powerful fortress bristling with the pride and panoply of war, and representing the might of France in her dream of a great North American Empire. Before this there was a French fortress at St. Peters, while in the now quiet waters of St. Ann's Bay there was strife and bloodshed. With the final fall of Louisburg, in 1785, warfare ceased, and from that date may be traced the peaceful settlement of Cape Breton which has led up to his present development. After the disastrous failure of "Bonnie Prince Charlie," many families of Scottish Highlanders settled on the island, and their descendants are to be found everywhere today still clinging fondly to Scottish ideals and to the Gaelic Its shores are washed by the billows of the Atlantic, and by the Gulf of St. Lawrence. The shining waters of the Bras d'Or Lakes divide it in a twain, and provide a spacious waterway through the interior, while there are numerous rivers, streams and fresh water lakes. To this variety Cape Breton owes much of its charm; nothing is monotonous, nothing tame, and on every hand the scene is calculated to fill the mind with emotions of the keenest pleasure. No pen can adequatedly describe the scenery around the Bras d'Or. Its waters cover a surface area of 450 square miles, and in places the width is 18 miles, while at others less than one mile separates the land. The depth is surprising, in some places 700 feet. Sheltered from the ocean, of which it forms a part, its wateds expand into bays and romantic havens, flanked by forest-clad hills and lofty cliffs. The shores of the island are rugged and mountainous. The coast scenery to the northeast is sublime in its grandeur, while to the south the Atlantic surges around numerous islands and pours its waters into many bays. Cape Breton is a country of heights and depths, with mountains, hills, valleys, rivers and lakes. Nature has made it the ideal land for the summer pleasure seeker.

Your summer holiday! This year the Maritime Provinces. 1287.

BUTTERSCOTCH PIE

Line a soup plate with a good short crust and bake it in a good oven. Bring a pint of milk to the boil. Stir in half an ounce of butter, two tablespoonfuls of flour, the yolks of two eggs, and sugar to sweeten to taste. Stir over a gentle heat until the mixture thickens. Pour into the prepared crust. Whip the whites of the eggs as stiffly as possible. Place on the top, and bake to a golden brown in a good oven.

A married man's idea of heaven is a place where his wife's folks won't bother him.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher

TECHNICAL AND INDUSTRIAL TRAINING

Address by Prof. J. A. Clark

At the conference on the work of the Social Survey Committee, Prof. J. A. Clark delivered the following address on sectional and industrial training:

The purpose of the survey being held here at this time is to take stock in our community. In the words of the railway crossing, it says: "Stop! Look! Listen." When we undertake any work that requires haste the quickest method of procedure is to "stop, look, listen," then act with the snap that a drill sergeant requires when he orders "Slope Arms." However, it is individual efficiency I am going to speak of tonight, when the individuals of our nation are each doing thoroughly the work they are best fitted for. The organization of those units will be a simple problem. Men who have studied how the average individual does his thinking, his planning, his work, find those who work in any community with 100 per cent. efficiency can almost be counted on the fingers of one hand; and that the average efficiency in our every day work is only 35 per cent. of what it might be. We talk about help being scarce! Here is a way of increasing each persons work so that they are equal to more than two. Canada today has great opportunities before her. She needs trained men and trained women more than she ever did.

At a time when efficient men were so greatly needed here, the call came from the Mother Country that the Empire needed them, and Canada has lost hundreds of the most capable and skilful workmen since the war has broken out. Up to the present Canada has been largely indebted to England and Scotland for the technically trained men for our industries.

Individual efficiency is based on a thorough knowledge of one's work; for in proportion as you know the laws and nature of a subject, you will be able to work at it easily, surely, rapidly, successfully, instead of wasting your money or your energies in mistaken schemes or irregular efforts.

Knowledge about how to do things is what is called vocational or industrial training. When that knowledge is difficult to obtain and about subjects that the average man thinks of as being associated more or less with mystery it is called technical education or training. We should not consider education as an academic thing; it is a business proposition. To me education necessarily involves hand work and also training of the senses as well as of the mind. As Dean Bailey describes the Country School of the future, thus:—

'There certainly will come a day
As men become simple and wise,
When schools will put their books away
Till they train the hands and the eyes;
Then the school from its heart will say
...
In love of the winds and the skies:

I teach
The earth and soil
To them that toil,
The hill and fen
To common men
That live just here;

The plants that grow,
The winds that blow,
The streams that run,
In rain and sun
Throughout the year;

The shop and mart,
The craft and art,
The men today,
The part they play
In humble sphere;

And then I lead
Thro' wood and mead
By bench and rod
Out unto God,
With love and cheer
I teach.

Before we start to build a bridge or lay drainage tile we make a thorough preliminary survey. In 1910 the Royal Commission on Industrial Training and technical education held an investigation here. On page 1752 of their report they say:

"There is no organized Industrial Education on the Island! no Manual Training except in Charlottetown and Summerside and at Hillsborough Consolidated School; no Domestic Science except in the Prince of Wales College and the school at Hillsborough. There are no evening schools in the towns and no short winter courses in the schools for grown up farm lads, except at Hillsborough Consolidated School for three months in the winter, which was very successful as far as it went."

The survey that has been recently conducted shows a great advance in Agricultural Education and Domestic Science training in the last five years. It is only necessary to mention the successful short courses in Agriculture and Domestic Science that have been held.

I notice in the report referred to that the various witnesses stated that they believed there would be many take advantage of courses in industrial training if the opportunity was given. We know now that those who referred to Agriculture and Domestic Science were right. Those who spoke of other industrial training were quite as correct in their opinions. A few private classes were conducted by Mr. Andrew McNair and Keith Rogers in connection with the Y. M. C. A. There was also an Automobile School. Many attended these classes and got much information that they wanted.

Many people still think of manual training and sewing classes in our schools as "fads and firills." They forget that these subjects are much older than the three R's. The first courses of study, before history was recorded was eminently simple and practical, being determined entirely by the conditions of life.

No doubt the boy learned to fish and to hunt, to make spears or fish hooks; the girl learned to sew fig leaves or skins and perhaps to dig in a garden. After fire was discovered the girl learned how to cook and to prepare food. The only subject taught at that time was manual training; all other subjects that have since been added are frills and fads.

The wonderful response by the boys and girls of the community when the opportunity to secure vocational training, even in Short Courses, was presented, shows that the demand for industrial education in Prince Edward Island is much larger than people thought a few years ago. Everybody does want to be personally efficient.

We find that the old apprenticeship has passed. It did much good in its time, but boys can get a job today without becoming apprentices and we find some of the necessary trades, such as blacksmithing, in the country, almost depleted of workmen. What is being done for the 100,000 boys and girls, the ages of 14 and 16 years who every year enter some trade in Canada?

Ontario leads the Provinces in this work. In 1911 their Industrial Education Act was passed and much training has already bee given. They went ahead in the city of Toronto and built a $2,000,000 technical school. Principal A. C. McKay mentions that last year there was a total attendance in all classes, of 3,822 students, 2,300 being adults.

In Nova Scotia, in the Techincal School at Halifax, notwithstanding the war conditions, the enrollment increased from 820 to 860 students. There are no less than 27 classes offered along the many lines of industrial work in this excellent institution.

Alberta, Saskatchewan and British Columbia have made a good start towards Industrial Education.

It is realized by those who have given the subject of Industrial and Technical Education careful thought that it is a National Proposition in which the Provincial and Federal Government from taking action on the report has delayed the Dominion Government for taking action on the report of the Royal Commission on Industrial Training and Technical Education. Their recommendations, briefly stated, urge "the annual appropriation by the Dominion Parliament for each year for a period of ten years, for the various aspects of Industrial Training and technical education of the sum of $3,350,000, this

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PUBLIC HEALTH OF CHARLOTTETOWN

Dr. H. D. Johnson on Vital Statistics

At the Social Survey Conference in Zion Church Schoolroom on Thursday night Dr H. D. Johnson addressed the meeting on public health and sanitation. His remarks were of a most forcible character and made a deep impression on the audience. Dr Johnson said:

Do you know that about 15 per cent. of all the deaths in this province, each year, occur before the child has reached the end of the third year? So, for every 1000 deaths, 150 would be young children. Of these 150, about 50 per cent. die of preventable diseases, such as infantile diarrhoea, whooping cough, diphtheria, scarlet fever and tuberculosis.. This means that every year we lose, or rather we permit to be lost, the lives of about 50 children, who should be allowed to grow to maturity and old age.

Do you know that consumption is killing, each year, about 15 per cent. of all those who die in this Province? This means that 150 people out of every 1000 who died here, died of consumption, which is practically a preventable disease. Is not this a crying shame? We allow this thing to be! Are we not criminally negligent??

To be accurate, the vital statistics for the year 1914 shows the following figures:—There were in Prince Edward Island 1511 birth and 1012 deaths. The total number of deaths, 3 years and under, was 141. The total deaths from what we may call preventable diseases were 150.

Do you know that at least one-third of these cases should not have been, with ordinary care; and that we are the careless people, and possibly criminally so, who allow our children to die; or, to make this, if possible, stronger, who cause these children to die?

One of the strongest arguments in favour of a thorough and perfectly complete collection of vital statistics, is that they show us our fault, and so give us the opportunity to have them remedied. These children have died from preventable diseases. How did they get them? Through our ignorance or carelessness along sanitary lines.

What, or where, are the causes? They will be found in—

(1) Decaying animal or vegetable matter.
(2) Flies being allowed access to homes.
(3) Unsanitary water-closets.
(4) Exposed garbage heaps.
(5) Exposed manure heaps; and other filth lying unprotected.

In one short sentence. **These diseases are caused by DIRT.**

How would you banish dirt? An excellent maxim to follow would be to burn all you can, and bury what you cant.

1 By burning up all decaying matter, garbage and refuse, either in a public incinerator, or in your own furnace or kitchen stove.

2 By having a systematic collection by paid scavengers; and by keeping all refuse under cover in garbage cans until collected.

3 By having all boxes for manure limited in size to one cartload, and by having such boxes covered at all times and having the contents sprinkled with borax or some other fertilising disinfectant.

Lacking as we do an incinerator, it is a simple thing to burn swill or garbage in your stove.

Take a tine can and punch a lot of holes in the bottom. Stand this in another dish to allow the watery content to be drained into it. Then place your wet garbage in the pail and the water will soon find its way into the lower vessel. Then turn your drained material into a large paper bag or newspaper wrapper, fold it up and place it on a red fire, when the whole mass will soon be entirely burned. In the meantime the watery content should be thrown into the sink and the cans rinsed thoroughly and made ready for next time of being used. Do this each day, or after each meal, as required.

Do you know that the fly is one of

(Continued on page eight)

Blood Thin and Weak Too Nervous to Sleep

HERE IS ANOTHER CASE IN WHI CH DR. CHASE'S NERVE FOOD PROVED ITS GREAT RECONSTRUCTIVE INFLUENCE.

Thin blood and exhausted nerves usually go together. A considerable portion of the blood is constantly consumed in keeping up the vitality of the nervous system. Once the blood is deficient, either in quantity or quality, the nerves suffer and bodily pains result. Headache, neuralgic or sciatic pains are the indications tion in some cases, while in others weakness, nervousness, irritability and sleeplessness are the most marked symptoms.

Mrs. R. F. Catlin, Elm Springs, Sask., writes: "For years I was troubled with nervousness, and could not sleep nights. Also had lack of color as a result of the blood being thin and weak. My husband saw Dr. Chase's Nerve Food advertised, and got some for me, and wanted me to try it. I did so, and it has proven a wonderful help to me. By enriching the blood, it has restored color to my face and has built up the nervous system so that I rest and sleep well. It is a pleasure to recommend so excellent a medicine."

Dr. Chase's Nerve Food goes direct to the formation of pure, rich blood and for this reason is the most certain means of increasing the quality as well as the quantity of blood in the human system. The feeble, wasted nerves are restored, and through the nervous system new vigor and energy is imparted to every organ and member of the body.

You will be surprised at the way this food cure puts new strength and vitality into the weakened body. And the best of it is that the benefits are both thorough and lasting. In this the Nerve Food differs from mere stimulating medicines which give rise to false hope and when discontinued leave you as weak as before. Put this great restorative treatment to the test and prove its merits in your own cases. 50 cents a box, 6 for $2.50. All dealers or Edmanson, Bates & Co., Limited Toronto.

Canada Tudhope — McLaughlin Dominion

Names That Stand For Carriage Quality and Features That Have Made Them Famous

Style — Strength — Comfort — Durability

If you select your Carriage from one of these four far-famed Canadian makes, you will be sure of getting full value for every cent you pay—you will get a vehicle that shows the highest point of perfection in careful, thorough and artistic workmanship, finest obtainable materials, latest designs and superior finish.

Our present exhibit is without doubt the largest and best ever seen in this province, it shows all the latest style dashers and seats and some of the very newest and most pleasing ideas in painting. The line of wire wheel runabouts on display, is alone well worth your while coming to see Step in today, a courteous salesman will show you the different styles, quote you prices and give you any information you may desire.

Agents We have reliable agents in all parts of the province who will show you samples and quote prices.

Heney Harness—THE BEST
We are showing many different varieties of harness for trucking, driving and track, single and double styles; nickel, solid nickel, brass, oroide and genuine rubber mountings.

Use Our Unmixed Fertilizers
You don't run any risk, you don't take any chances, or you are not experimenting when you use our unmixed fertilizers they are a perfect assurance of a bigger and better crop.
—SUPERHOSPHATE
—NITRATE OF SODA
can be supplied by us in most any quantity you could desire—get our prices and free literature.

Terms We have very low prices for cash but can offer easy terms to suit our customers.

Driving Supplies
We have a big line of superior grade umbrella tops, heavy seal and wool wraps, cotton dusters, horse dusters, and whips at most moderate prices.

Kent Street Charlottetown — **A. Horne & Co.** — Water Stree Summerside

100 Sample Raincoats at 20 p. c. off

One of the best manufacturers of Rain Coats offered us 100 Sample Coats at a saving of 20 per cent. and as a result we shall offer this entire lot of high grade guaranteed rain coats at the lowest prices ever offered on goods of equal quality. The lot contains every imaginable rain proof fabric in all the most wanted styles and a complete assortment of sizes and styles.

20 p. c. OFF MEN'S RAIN COATS
2 years guarantee with every Coat over $10.00

200 prs. Boy's Bloomer Pants

Sizes 5 to 16 years, Worth up to $1.50
Made from Mill Ends

This value is the result of the factory's co-operation with us. These Boys' Bloomer Pants are made of ends and remnants of cloth; good material, popular patterns, in assorted designs; medium and dark tweeds. These Pants are really worth very much more than our special price. All sizes, 5 to 17 years. special at....78c.

Special Values in Men's Tweed Suits

A WONDER AT THE BRICE

Considering the price this single breasted suit for men will prove to be one of the biggest values ever offered. Made of good quality tweeds in about a dozen different patterns. The trimmings and tailoring are all that anyone could reasonably expect; sizes 34 to 44. Worth up to $10.00; special while they last **6.75**

100 Plain and Norfolk Suits for Boys

Sizes 6 to 16 years, Worth $4.00 to $7.00 for $3.49

This lot came in today fresh and new from the factory. We bought the lot at a price and now offer you your choice for $3.49.

What mother would not prefer to have smart, stylish well fitting clothes for the boys if they cost no more. They are mostly Tweeds in Greys and Browns, handsomely made by specialists that make nothing but boys' clothes and it takes a specialist to make them correctly.

We have the size your boy wears—bring him in this week and let us show you this fine lot of boys' suits worth $4.50 to $7.00 each; your choice of any suit at **3.49**

A Snappy Style Tweed Suit

These suits regularly sell at $10 to $12; about 100 to choose from; made in all the season's latest fabrics, Tweeds and Worsted, three button single breasted style. The fitting qualities of these suits are unsurpassable and we particularly recommend them because we know that the style workmanship and finish cannot be excelled at the price. Sizes 36 to 48; special at **8.00**

The Biggest Bargain Ever Offered

This is not an offering of shopworn garments but of new fresh goods in perfect condition. One of the best manufacturers of men's clothing offered us this fine lot of men's clothing at an exceptionally low price and as a result we shall offer this entire lot at a price never before heard of—$9.90 for $12, $15 and $18 suits. About two hundred to choose from; sizes 36 to 48. Special price while they last **90**

PATON'S | **PATON'S** | **PATON'S**