

CEREAL RELIEVED HIS CONSTIPATION

Kellogg's ALL-BRAN Brought New Health

Every one who has suffered from constipation should read Mr. P. M. Fisher's letter:

"For many years I suffered from constipation and used, for relief, all kinds of laxatives. After a few days' treatment, I would only find my condition the same as before and at times worse.

"Some time ago I started to use Kellogg's ALL-BRAN regularly, once a day as directed. Since doing this, I have found that I do not need any other medicine to procure the desired result, and it keeps me in a very healthful condition."

Constipation is caused by lack of two things in the diet: "Bulk" to exercise the intestines; Vitamin B to tone the intestinal tract. ALL-BRAN supplies both—and also iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Inside the body, it forms a soft mass, which gently clears out the wastes.

How much safer this is than risk-taking pills and drugs—so often harmful. Just eat two tablespoonfuls daily—in serious cases, with every meal. If your intestinal trouble is not relieved in this way, see your doctor.

Equally tasty as a cereal, or used in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

NOTICE!

We, the undersigned merchants of Charlottetown hereby agree to close our respective places of business each evening except Saturdays at six o'clock P. M., from June 27th to September 16th, and will be closed all day Dominion Day, Friday, July 1st.

J. A. MacDonald, & Co. Ltd. R. J. MacDonald, & Co. Ltd. 8925-6-24-21

TENDERS

Tenders will be received by the undersigned until noon 27th, for the completion of a wing to the Summerside High School, Summerside, P. E. I. A certified cheque for 5% of the amount must be enclosed with bid. Plans and specifications can be seen at the office of the Secretary of the School Board, Summerside, and the office of J. M. Hunter, architect, Charlottetown. Lowest or any tender not necessarily accepted.

FOX FEED PRICES Cash Prices

Table with 2 columns: Item and Price. Includes Beef Cheeks, Beef Hearts, Beef Tripe, Beef Trimmings, Horse Meat, Pork Liver, Weasand Meat.

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The Plains Of Abraham



By James Oliver Curwood Illustrations by Edwin Mageau Copyright by Doubleday, Deane, and Co., Inc.

Between this group and the smoldering pile that had been the manor, a lone figure lay on the ground. Jeems went to it slowly. The sprawled-out form was Tonteur. Unlike the others, the baron was fully dressed. He undoubtedly had been armed when he rushed forth from the house, but nothing was left in his hands but the clods of earth which he had seized in a final agony. A cry broke from Jeems. He had loved Tonteur. The seigneur had been the one connecting link between his older years and the dreams of his childhood, and it was because of him that he had never quite seemed to lose Tontette. He crossed the dead man's hands upon his breast and loosened the earth from his fingers. He could feel Tontette at his side, and for a brief interval the sickness in his head and body overcame him so that he could not hear Tontette at all. But he could hear Tontette sobbing.

Against this clouding of his senses he felt himself struggling as if swimming in an empty space. He picked up his hatchet and his bow and rose to his feet. He had not lost sound of the mill wheel even when Tontette's sobbing had seemed to be at his side. It was crying at him now, but before he turned toward it his eyes rested on Tonteur's wooden peg. It was half cut off, a mark of grim humor on the part of a butcher. The mill wheel was forcing his attention to that fact. "Lock-look-lock"—It said, and then repeated the old song, calling him an English beast.

He faced it in a flash of resentment, not because of the wheel alone but on account of what lay at his feet and what he knew he would find nearer to the walls of the manor. His mind was hurling anathema at the wheel. He wanted to tell it that it lied. In this hush of death he wanted to cry out that he was not the murderer's breed who had sent the killers. Proof was over there, in the valley which at last was well named. His Uncle Hepsibah. Not one of them were dead by his hand. He had been left alive—by chance. That was proof. The wheel was wrong. It lied.

He looked at Tonteur again, strengthening himself to go a little farther and find Tontette. He knew how it would be. Tontette's young body, even more pitiful than his mother's. He forced himself to turn toward the smoldering walls. Tontette—dead! His father might die, and Tonteur, and all the rest of the world—but these two, his mother and Tontette, inseparable in his soul forever, the vital sparks which had kept his own heart beating—how could they die while he lived? He advanced, pausing over one of the slaves, a woman almost unclothed inky black except the top of her head, which was red where her scalp was gone. In the crook of her arm was her scalpsless infant. White, black, women, babies—the loveliness of girlhood—it made no difference.

Jeems scanned the earth beyond her, and where the smoke lay in a white shroud he saw a small, slim figure which he knew was Tontette. Another young body might have lain in the same way, its slenderness crumpled in the same manner, a naked arm revealed dimly under its winding sheet of smoke. But he knew this was Tontette. The dizzying haze wavered before his eyes again, and he put out his hand to hold it back. Tontette. Only a few steps from him. Dead, like his mother.

Odd went ahead of him halfway to the still form and stopped. He sensed something Jeems could not see or feel through the smoke mist which undulated before their eyes. Warning of impending danger confronted the dog, and he tried to pass it to his master. In that moment, a shot came from the mill, and a flash of pain darted through Jeems' arm. He was flung backward and caught himself to hear echoes of the explosion beating against the forested hills and the wheel at the top of the mill screaming at him.

He answered the shot by dropping his bow and dashing toward the mill. Death might easily have met him at the threshold, but nothing moved in the vaultlike chamber he

Tryon and Vicinity

Mr. Alden Thomas of the Bank of Nova Scotia, Kensington, spent the week-end at his home in Tryon.

Mrs. Donald Bell of Tryon is spending a few days in Hampton, P. E. I., the guest of the Hon. and Mrs. J. H. Myers.

Mr. and Mrs. Morley M. Bell, accompanied by Mr. and Mrs. Harrison Bell of Summerside, motored to Tryon on Sunday.

The Women's Institute met at the home of Mrs. John A. Lyman, Tryon, on Monday evening, June 20th, ten members being present. After a very pleasant and enjoyable evening, dainty refreshments were served by the hostess. The Craupad Institute are entertaining the Tryon ladies in the very near future.

The friends and neighbors of Mr. and Mrs. Chesley Howatt of Tryon Branch Roads regret very much that it has become necessary for their twelve-year-old son, Falconer, to become a patient in the Provincial Sanatorium for some time at least. Master Falconer will be missed by his playmates at school, where he was a general favorite, and it is hoped by all that his recovery to good health may be speedy and complete.

Mr. Augustus Waddell and party of North Tryon, recently motored to Saranac Lake, N. Y. On their return trip they were accompanied by Mr. Waddell's two daughters, Jennie and Marion. Marion has been in Saranac Lake for the past two years due to poor health, so her many friends are delighted to know she has now completely recovered. Jennie, who had spent the past winter there is delighted to be home and everyone is also delighted to see her.

Mr. and Mrs. Lewis Mabey of New Glasgow, P. E. I., were Sunday visitors to Tryon the guests of Mr. and Mrs. Albert Mabey, D.

New Glasgow

The June meeting of the New Glasgow Women's Institute was held at the home of Mrs. (Dr.) A. B. Stevenson on Monday evening, June 6th, with a good attendance and a number of visitors present.

The meeting opened with the Vice-President in the chair, by singing the Ode and repeating the Creed in unison, after which the Secretary gave the report of the previous meeting, which was approved. Roll call was answered with the name of a "Bird." The different committees were heard from and new ones appointed. Sick Committee: Misses Ella Semple and Ruth Dickieson; Regeneration Committee, Mrs. Renald Houston, Mrs. Mervyn Bulman and Miss Ella Semple. The July meeting will be held at the home of Mrs. Rendle Houston, where roll call will be answered with "Something Patriotic." The programme committee, Mrs. Herbert Stevenson, Miss Ruth Dickieson and Miss Ella Semple, Miss Ruth Dickieson and Mrs. Harland Hill were appointed delegates to attend the annual meeting of the Protestant Orphanage. The following programme was then carried out: Chorus, "Carry Me Back to Old Virginia"; Reading, Mrs. Harland Hill; Solo, Miss Ruth McCourey; Reading, Mrs. M. McLeod; Solo, Miss Bernice LePage; Solo, Richard Dickieson; Mixed Quartette, Mrs. Harland Hill, Mrs. George Dickieson, Mr. Richard Dickieson and Dr. A. B. Stevenson. The National Anthem brought the meeting to a close after which a dainty luncheon was passed by Miss Elsie Leard, Mrs. Brenton Dickieson and Mrs. Richard Stevenson.

The East Royalty Dramatic Players presented their play "The Lone Ace," in New Glasgow Hall, Wednesday evening, June 15th, to a large audience. The play, which was under the direction of Mr. Austin Trainor, of Charlottetown, was well staged, the different players taking their respective parts in good style. The specialties were also greatly appreciated. Following is the cast: Parker Jones, (The retired Fertilizer King) Ivan Darrach; Katherine, (His wife), Emily Platts; Gladys, (eldest daughter), Hester Inman; Kit, (youngest daughter), Gertrude Holmes; Morsey, (their son), Louis Wheatley; Mrs. Marfield, (a guest in the Jones Home), Emma McNevin; Blair Challman, (the garage man); Morley McWilliams, Mac (the Ace); Wallace Andrew; Fulton, (the Butler); Dixon Holmes, Dora Cowan; (the Gardener's daughter), Mrs. Walter Heartz.

Mrs. William Smith, Summerside, who has been spending a few days with her sister, Mrs. Brenton Dickieson, is now visiting in Charlottetown.—N.

Rocky Point

Seeding and planting in this section are mostly completed, not as large an acreage of potatoes as in former years.

The many friends of Mrs. James Taylor, Cumberland, are glad to see her around again, after her recent operation in the P. E. Island Hospital.

Mr. and Mrs. Wellington Murphy, Miss Litzler and Mr. Timothy Ratchford, South Shore, motored to Pleasant Grove on Sunday to attend the funeral of the late Miss Sarah Mahar.

The whooping cough has been prevalent for some time, one patient, Master Ernest Georveatt, developed pleurisy and is receiving medical treatment, his condition is improving.

The sympathy of the community go out to the suddenly bereaved family of the late Mr. Theophilus Stewart, who was such a familiar figure here for years, while manager of the Rocky Point boat.

Friends were sorry to learn of the sudden illness of Mrs. Thomas Burdett, which necessitated her immediate removal to the Prince Edward Island Hospital, where a successful operation was performed. Her condition is quite satisfactory at present.

Ringwood Women's Institute were entertained by Mrs. Nelson Currie for their May meeting. The President presiding. Meeting opened by singing Institute Ode and repeating the Institute Creed. The Secretary being absent, Miss Austina Mutch filled the vacancy. Eight members and eight visitors were in attendance. Minutes of previous meeting read and adopted. Letter of appreciation from Mrs. John McDougall was read for flowers sent during her sad bereavement. Secretary was appointed to send Mrs. McDougall a letter of sympathy. Questionnaires were then dealt with. Discussion arose regarding hall, it was decided to interview hall committee. Material was distributed amongst members to be made into useful articles. A dainty repast was served by hostess, which was heartily enjoyed. Next meeting in the schoolroom.—R.

MR. DANIEL MacKAY BEARISTO

On Wednesday morning, June 8th the people of Malpeque and surrounding districts were saddened to hear of the passing of a highly respected citizen, Mr. Daniel MacKay Bearisto, the son of the late John Bearisto and Johanna MacKay. During his illness he had the tenderest care and the best of medical attendance. Mr. Bearisto was born in Malpeque sixty-three years ago and spent his whole life there. He was a quiet and unassuming man and very much liked and respected by all who knew him. In order that his three sons and one sister, whose homes are in Western Canada and U. S. A. might pay their last respects to their loved one, the funeral was not held until Friday afternoon, June 17th at the home of the deceased. The service which was held at four o'clock in the afternoon was very largely attended. Rev. M. A. McMillan, minister of Princetown United Church had charge and was assisted by Rev. Fred Williamson, minister of the Keir Memorial Church. Mr. Williamson read several Scripture passages and offered prayer. The hymns, "Peace, Perfect Peace" and "Nearer My God to Thee" were sung, followed by a beautiful address by Mr. McMillan. His text was taken from first Peter, first chapter, third verse. Mr. Charles Woodside sang very feelingly the solo, "Looking This Way." The hymn being a favorite one of the deceased, the hymn, "Abide With Me" was sung, and the service was brought to a close by the benediction, given by Mr. Williamson. Mr. Bearisto leaves to mourn his passing, his widow nee Elsie Champion of Malpeque; seven sons: Harry, Oakville, Man.; John, Regina, Sask.; George, Winnipeg, Man.; Claude, Boston, Mass.; Walter and Leigh, Charlottetown; and Frank on the homestead; one daughter, Mrs. Earle MacKay, Sea View; two sisters, Mrs. Ivan S. Foster, New Rockford, N. D.; Mrs. John G. Clarke, Darnley. Six of his sons; Harry, John, George, Walter, Claude and Frank acted as pallbearers and carried their father to his last resting place. Interment was in Malpeque Cemetery. The sympathy of the community is extended to the family in their sad bereavement.

Health Services Of Canadian Medical Association

WHAT IS THIRST?

In a way, water may be regarded as a food, and in a similar sense, thirst may be likened to hunger. About 70 per cent of the body weight is water so it is obvious that water is an important substance. Water has several uses in the body. It keeps the tissues soft, pliable and elastic. We know that if tissues are dried they become hard, stiff and brittle. The digested food material is dissolved into fluid as it is carried to the tissues of the body. Water is required also to assist in elimination. Perspiration which serves to regulate body temperature is in the form of water. Almost every function of the body requires water. Without it, digestion would cease, circulation would come to an end, elimination would be checked and the control of the body temperature would be lost.

When there is a lack of water in the body, we become thirsty. We have, however, so often failed to respond to the demand or postponed doing so that the sensation of thirst has in most people become blunted and we are aware only of a marked thirst or what is really an urgent demand. It is for this reason that we cannot rely entirely upon thirst as a guide to our needs.

Thirst is simply a form of irritation which we experience when the throat becomes dry. It is a demand for fluid to which we should respond. There is no set definite amount of water which each of us should consume day by day. It depends very largely upon how much water we are getting rid of and that in turn depends upon the activity of the person and the temperature.

It is obvious that after a strenuous game or hard physical work on a hot day that a considerable amount of fluid has been lost in perspiration which will result in an increased demand of water. It may be said that many people would likely enjoy better health if they used more water. It would assist in improving their body functions particularly the elimination of wastes.

Water is water, but all water may not be safe. Contaminated water is responsible for the spread of such diseases as typhoid fever. This is a point to be kept in mind when away from the place where you know that the water is safe. It is a good practice to use water freely providing you are sure that it is pure. Pure water is readily available in most places. Develop the habit of drinking water freely. It is quite all right to drink moderately with your meals and it is desirable to drink between meals.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

G. W. SCHURMAN ESTATE

George W. Schurman, lawyer in the firm of Hughes, Schurman and Dwight, and brother of former Ambassador Jacob Gough Schurman, left an estate of \$718,941 gross and \$616,507 net when he died January 7th, 1931, the transfer tax appraisal showed.

Mrs. Helen Munro Schurman, widow of Katonah, N. Y., receives the residuary estate of \$613,507. A niece, Frances S. Steeves of Montreal, receives property in Prince Edward Island worth \$4,500, but not included in the estate for taxation, and the only other legacy was one of \$3,000 to Stanley Sawicky, an employee.

Mr. Schurman's share in the law firm, of which Charles Evans Hughes is senior member, was valued at \$200,000, the value of fees due him, besides a \$12,040 valuation on his library and other property at the office. Real estate in New York and Katonah was appraised at \$172,500 and a collection of etchings at \$2,000.—New York Times.

FOR SALE

36 acres of choice farm land at North Bedouque, a few yards from Church and School grounds. Apply to Mrs. Fenwick Lefurgey, North Bedouque, or to the undersigned, HAROLD M. LEFURGEY, East Royalty



Price 50c a box Sold at all drug and general stores, or mailed direct on receipt of price by The T. Millburn Co., Ltd., Toronto, Ont.

MOUNT MELLICK W. I.

The regular monthly meeting of the Mt. Mellick W. I. was held at the home of the President, Mrs. M. MacRae, with ten members and one visitor present. Meeting opened by singing Ode, followed by Creed in unison. After this roll call was answered by a stanza from a Canadian poem. Minutes of last meeting were read, approved and signed. Mrs. M. MacRae showed those present a picture of the Prince of Wales which was purchased for school. Secretary reported that six dollars had been collected by school children for Red Cross Society. A sum of four dollars was voted for prizes to be given at school closing. One new member, Miss Lila Mutch, was heartily welcomed. Miss Sarah MacDonnell invited next meeting, which, after business period, will take the form of a clam bake on the shore, and roll call will be answered by paying ten cents. A dainty luncheon was served by the hostess and meeting closed by singing the National Anthem.

FALMER ROAD CONCERT ENJOYED

On Friday evening June 17th the theatre group of Prince County were delightedly entertained at Falmer Road by a strong cast of musical artists recruited from the ranks of the best of the province can produce teaming well with representatives from New York and Pittsburgh.

This entertainment which has already been described by a well known critic as a "feast of song" to which we might add and a "rare bit" of rhetoric, was a treat to anyone interested in the classics, the comics and the ridiculous. The step dancing by one skilled in the profession brought forth hearty applause. Congratulations are due each and every individual who took part on his or her excellent contribution to our entertainment. Congratulations are also due our pastor the Rev. Father Walsh who is responsible for the creation of the idea of this form of impromptu. We therefore wish to congratulate him on his very successful maturity. The large audience who were attentive and orderly throughout the program were lavish with their praise when at the close of the proceedings they were given an opportunity to express themselves verbally. Mr. Peter Callaghan who very capably acted as chairman presented a hearty vote of thanks to the cast which was responded to by various members of its recruits. After the singing of the National Anthem the entire personnel and their escorts were very

hospitably entertained by the Pastor at his residence where a delicious banquet was prepared. The following is the program: Old time music Mr. John Cameron, vocal solo A Dream and Memories. Rev. Theo Gallant, piano solo. Mr. Raymond O'Hearn, vocal solo, There is a Land Mila. Mrs. A. S. Weil, vocal solo, KIL larney and Annie Laurie. Miss Patricia Callaghan and Mrs. Linus MacDonald, Sketch. Mr. Linus MacDonald, reading. Mr. Ed. Hornby, vocal solo. Mrs. Colin Conroy, vocal solo. Until, When Song is Sweet. Mr. Borden Fraser, solo, Asleep in the Deep, Floral Dance. Mr. Arthur Perry, violin solo. Mother. Mr. Jos Lannan, vocal solo. Springtime. Popular Music, orchestra. Mrs. A. S. Weil, vocal solo, Little Baptist, Musical reading. Mr. Raymond O'Hearn, Mother Macree. Mr. Desmond Gaudet, Step Dancing. Assembly, God Save the King. Accompanist, Rev. Theo Gallant, Mrs. M. Murphy, Mrs. A. S. Weil. Chairman, Mr. Peter Callaghan.—T.

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