



Blame mental fatigue on over-eating! Kellogg's WAXTITE CORN FLAKES are the ideal summer diet!

Over-heavy foods cause more illness during the summer weather than any other thing you do! Simplify your diet. Men, women and children will work and play and sleep better if they'll switch-in on Kellogg's "WAXTITE" Corn Flakes and plenty of cold milk and the delicious fresh fruits now in season!

Kellogg's "WAXTITE" are wonderfully refreshing—and nourishing—and always mighty crisp and delicious for any meal. Let the little folks eat as much of Kellogg's "WAXTITE" as they want, for Kellogg's "WAXTITE" Corn Flakes digest quickly and easily and rest the stomach.



Kellogg's WAXTITE CORN FLAKES. Also makers of KELLOGG'S KRUMBLES and KELLOGG'S BRAN, cooked and krambled.

Clearing Auction

SALE OF FARM, STOCK AND IMPLEMENTS

1 1/2 MILE FROM CHARLOTTETOWN, ON THE MALPEQUE ROAD. We are authorized by Mr. Philip Saunders, to sell on Monday, August 7, commencing at 1 o'clock p.m., his valuable farm consisting of 59 1/2 acres of choice land.

BENJ CARTER & SON, Auctioneers,

Standing Fields Crops Competition, 1922

Cash Prizes for Fields of Oats, Wheat, Barley, and Certified Seed Potatoes.

There will be competitions in the three counties, where there are five or more entries each for wheat, barley, oats and potatoes grown from certified seed.

The number of prizes, in each county, will be proportionate with the number of entries. Prizes will be paid according to the score. For wheat and barley forty cents, oats and potatoes fifty cents a point will be paid for each point of the score above eighty.

Rules and Regulations

- 1.—A field of oats shall consist of at least five acres, of wheat and barley three acres, of certified seed potatoes two acres.
2.—An entry fee of \$1.00 shall be charged, for the first, and fifty cents for each additional entry of grain, and \$1.00 for each entry of potatoes.
3.—The entry fee shall accompany the application.
4.—Entries shall be made to the Department of Agriculture, Charlottetown, not later than Aug. 15th, 1922.
5.—Competitors should notify the Department of Agriculture at least one week previous to date on which harvesting will begin.
6.—The judging will be done by representatives of the Department of Agriculture.
7.—Competitors are requested to note the following requirements for standing fields of oats only. The field must be seeded with (a) registered Banner Oats; (b) Seed from field, which had been sown with registered seed and inspected and approved while growing; (c) Seed from fields that have been two or more years in the competition, and have scored not less than 24 1-2 out of 25 points for purity and approved by the Department of Agriculture.
2 4 8 10 12.

The Wall Flower

CONFESSION Chapter 108

They lay for a few moments staring up through the boughs of the tree, before either of them spoke.

It was such a glorious day to lie still like this—and simply talk or be quiet as one wished. The woods spread above and behind them the hill dropped away steeply a little distance beyond them, so they could see, through the trees, the tops of other trees down below, gray rocks with greenish moss and lichen in patches over them, a brown carpet of needles, gorgeous colors where a clump of oak trees grew, and grass still green in the sunny fields beyond.

Pat's eyes, mingled with their shadow, and gave warmth to the autumn air. At one side, a path led deeper and deeper into the trees, at the other, the pine log house met them—its fluttering curtains an odd contrast in so much rough natural scenery.

Gloria, for once, was perfectly relaxed and quiet. Pan thought how young she looked as she lay there, her extraordinary long black lashes against her dead white skin, her large mouth soft her cheeks filled out, most of those faint wrinkles vanished. Gloria looked up suddenly and smiled at the expression of motherly concern in her small friend's eyes.

"What are you thinking of, lambkin?" she asked, using with Pan one of her pet names for Frankie.

"Or you—and myself. Wondering what I should ever have done if you hadn't literally picked me up and taken me away from North City," she answered. "It was death—for me—to go on there. Yet I would have gone on. What would you have done, had you been in my place, as I was a year ago?"

"Gotten out—gone away. Made my own life independently, or starved. Had mental freedom, even if it meant bodily starvation. Yes, but you have courage. Your sort—gets out, as you say. But mine—too timid even to talk to friends, too timid to think differently from other people, too much afraid of everything and everyone to say a word—what of that sort?"

"That sort," echoed Gloria. "It's really two sorts. There's the girl who sits in a corner, who doesn't know what to say or what to do with her hands, or how to make friends, because she's just too stupid. That sort that even with opportunity they couldn't have gotten much from life.

"But your sort—the sensitive plants of the world, the girls with serious ideas, but too timid to express them, with real ability, but without the courage to try things—try to solve the problem. Eventually I think they find their way into a congenial life. Take you as an example."

Nervous People

That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Hughes Drug Co., Ltd., guarantees it.

Farm for Sale at Long River

The undersigned offers for sale his farm of 100 acres of good land, 55 acres of which is in high state of cultivation. The balance covered with an excellent growth of hard and soft wood. With good buildings. Sold with or without crop. For further particulars apply to:

JOHN A. CAMPBELL, Long River.

FARM FOR SALE

I offer for sale my farm of 50 acres situated at McNeill's Crossing one mile from Elmsdale and three from Alberton, with crop, stock and implements. Sale to suit purchaser. This land is in excellent state of cultivation, good dwelling house and barns, good pump in buildings also on farm. Conveniently placed half mile from good grist mill—this farm is near two of the best markets in the county, is dry and has a lovely bush encircling the buildings. An ideal place for any settler.

(Signed) ANDREW ARTHUR.

AUCTION SALE

To be sold by Public Auction on Thursday the 17th day of August instant A. D. 1922, at eleven o'clock, in the forenoon, on the premises; that valuable property at Brighton, in the Common of Charlottetown, including the double tenement dwelling house there on, lately occupied by the late William S. Louson. This property has a frontage on Brighton Avenue, of 224 feet 9 inches, on Amherst Street of 110 feet and on Villa Street of 84 feet 3 inches. Terms and conditions made known at sale.

Immediately after the above sale all the household furniture now in the said dwelling house of the late William S. Louson, will also be sold by Auction. For full particulars enquire of Mrs. W. S. Louson on the premises or of C.R. Smallwood, Solicitor, Cameron Block, Charlottetown, P. E. I., Aug. 2-5-1.

A. WILLIAMSON, Auctioneers

ROYAL YEAST CAKES RICH IN VITAMINES

MADE IN CANADA The importance of Vitamines in food is being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health."

E. W. GILLET COMPANY LIMITED WINNIPEG TORONTO CANADA MONTREAL

a type—had you married a man much below you, as you know now Morton was, you would not have sunk to his level. You would have been unhappy, but kept your ideals. Eventually you could have broken away from a narrow life. You would have taken your husband along, as a handicap. Fortunately, you were saved that by your not-well-meaning cousin, Gladys."

"Yes—but with Morton out of the question—if it hadn't been for you I would have stayed on and grown into a tremendous lonely old maid and been 'queer' by the time I was 40. I've seen those 'queer' people so often. You saved me—so if I stand for a type you're don't always rescue people—circumstances, I mean," she added to make her point clear.

"If I hadn't come, some other opportunity would have come—once to every man, if you know the proverb says. Or, if not, you would have been driven away by desperation, probably done off with your father to South America. It would have been a different fate, not so pleasant as this, perhaps, but happier than 'staying home at home as you were.'"

"You mean," said Pan, "that all of us—we people who are so afraid of life and of ourselves, are helped out? So we needn't be so afraid?"

"Yes," said Gloria, decidedly. "The good that's in people comes out. You say you were afraid—of heaven knows you were too, when I first saw you—but I saw the good there and the opportunity I was touched by your sweetness, I felt your charm—so I sent for you. If it hadn't been that, it would have been another person, another time. You needed only a slight chance. You've changed wonderfully."

"I?" Pan sat straight through the trees to the sunny fields beyond, her brown eyes seeing the past with understanding and the future with glad hope. "I'm a different person, I'm not afraid, I feel, as I told George, I've a secure place in the world—at first with you, but only as long as you needed me. Now you don't need me now. But now and always with him, because he needs me and always will. That's the highest form of love, for me—to be needed and to be able to give. And I have all that—and all love will for George will always love me. I'm not afraid because I'm so happy."

Down the road a motor horn set up a cheerful honking, and Pan knew George was on his way back. And Gloria thought of the boat's siren that would sound in a few days, when Santley, too, would be on his way back.

FINIS

Furniture for Sale

We are instructed to sell by Public Auction on TUESDAY, AUG. 8TH, at 12 O'clock Noon Estate George Coombs, 44 Water Street.

The following Press (Mahogany) chest, Chest of Drawers, Mahogany hand carved Wardrobe, Bureau and Glass Table and Chairs, (double) Spring chairs, a pair of tables, 3 window Poles (Mahogany), 2 lounge flower ornament in glass, 7 Venetian Window Blinds, Old fashioned Glass (American) Table, Piano, 2 Piano Stools, (McFarlane) Safe, Oil Stove, Four sets Window Shutters, hand made Hall Table, Jars, Crocks and Bottles, 2 Canteens (large and small), Old Books, Law Books, Military Spring 2 Carpet Squares, 1 large Brussels' Square, Canopy of Wood (3 posts and curtains), 2 Kitchen chairs, 3 ply Clothes Horse, Silk Hat and Leather Box Chopping Blocks and Tray, Soup Tureen and Platter, Large Meat Platter, 2 Vegetable Dishes, Decanter, Set of Stair Rods, Grindstone, Flower Stand, Trolley for Wharf, Large Chair Swing Picture Frames.

B. CARTER & CO., Auctioneers

STOCK QUOTATIONS

Table with columns for stock names and prices. Includes Halifax N.S. Ave. 2, Montreal Exchange, Bell Telephone, Abitibi, Shawinigan, Laurentide Pulp, Canadian General Electric, Canadian Steamship Com., Asbestos Com., Dominion Bridge, Montreal Power, Winnipeg Electric, National Breweries, Atlantic Sugar, Atchison, Am. Car and Foundry, Am. Locomotive, Am. Smelting and Refining, Anaconda Clipper, Canadian Pacific Railway, New York Central, Cuba Cane Sugar, Crucible Steel, International Paper, Kelly Springfield, Mex. Petroleum, International Mer. Marine, Press Steel Car, Reading, Southern Pacific, Studebaker, Union Pacific, Utao Copper, U. S. Steel.

Table with columns for Montreal Exchange and Banks. Includes 1934 Victory, 1933 Victory, 1932 Victory, 1931 Victory, Bank Royal, Bank Montreal, Bank Nova Scotia.

Table with columns for Wheat, Corn, Oats, and other commodities. Includes Wheat, Sept. 105 1/4; Dec. 107; May 111 1/4; Corn, Sept. 61 1/2; Dec. 57 1/2; May 61 1/2; Oats, Dec. 35 1/2; Sept. 33 1/2; May 39 1/2; C.J. 19 1/2.

For Sale or to Rent

McInnis House, Souris, suitable for hotel. Apply C. P. McCarthy, Tignish, P. E. I. 538-3-15

House For Sale

At corner of Prince and Sydney Streets, known as Victory Hotel, contains thirteen rooms with splendid corner shop, having large refrigerator, also ware-house and barn. House has bath room and sewerage. Suitable for residence or hotel. If not sold by private sale before August 15th, will be sold by public auction on that date.

Apply to McDONALD & McPHEE, Solicitors, Riley Building.

Big Clearing Auction

Big clearing auction sale at Mount Ryan on Wednesday Aug. 16th, at one o'clock sharp of my beautiful farm, stock crop and full line of farm implements, 120 acres of choice land, 96 clear, extra good crop of hay, wheat, oats, potatoes and turnips, well watered by two streams and pump at door, extra good buildings, only seven miles from Charlottetown, close to the church, school and cheese factory, also on the same day my stock of four good horses six choice milch cows, 6 young heifers, 100 hens and full line of farm implements, all new and in good condition. All household furniture. Terms at sale of stock etc. 14 months on all sums over five dollars 6 per cent off for cash. Open for inspection any time come and see the growing crop. Sale positive no reserve. Leslie MacDonald Mount Ryan.

J. A. MACDONALD AUCTIONEER

CANADIAN PACIFIC FARM Laborers Excursions

August 4 and 18. FARES FROM ST. JOHN and other C.P.R. Points in New Brunswick. \$20.00 Going \$25.00 Returning To WINNIPEG From C.N.R. Points in New Brunswick, Nova Scotia and from P. E. Island, add Local Second Class Fare to Rates from St. John.

N. R. Desbrisay District Passenger Agent.

Harvest Excursions

AUGUST 14TH AND 18TH FROM MONCTON—40,000 HARVESTERS NEEDED TO GARNER BUMPER CROP

Canada's bumper crop of golden grain stands ready for harvesting, and the cry has gone forth for workers to garner in the wealth of our western wheat fields.

Forty thousand helpers are wanted—an army of sinewy men to reap and bind that which the fruitful land has so generously brought forth.

Men of the East are called to help the West, and special arrangements are made for their transportation. Special excursions will be run by the Canadian National Railways on August 4th and 18th, the special through excursions leaving Moncton on that date at 4:00 p. m. The fare to Winnipeg from Charlottetown will be \$24.85 plus one half cent per mile to points beyond.

Special arrangements have been made to give the harvesters a comfortable journey. The finest type of convertible berth consist cars are to be used, and special arrangements made for the best of meals and lunches on restaurant cars at very reasonable rates. The Canadian National will furnish the fastest and most comfortable journey to the wheat fields, and those who travelled the "National Way" last year will remember the splendid service given.

For all particulars regarding rate, service, etc., apply to nearest Ticket Agent, Passenger Department, Charlottetown, P. E. I. A special train will leave Charlottetown August 4th, at 9:20 a. m., to connect with special leaving Moncton at 4:00 p. m.

FARM LABORERS' EXCURSION VIA CANADIAN PACIFIC

Canadian Pacific Railway will again run Farm Laborers' Excursions to Western Canada this year on August 4th and 18th. The fare for going journey will be \$20.00 from St. John and any other points in the province on the line of the Canadian Pacific. From points east of St. John and in Prince Edward Island, the fares will be made up of the lowest one way second class fare to St. John plus \$20.00 war tax additional. For the return journey fare will be \$25.00 from Winnipeg to St. John and other points in New Brunswick or the line of the Canadian Pacific. To points east of St. John and in Prince Edward Island, lowest one way second class fare additional.

If any person purchasing farm laborers ticket will be furnished with verification certificate, which when filled in at Winnipeg by farmer, to show that the holder of coupon has been hired to work in the harvest fields, will entitle the person to purchase ticket from Winnipeg to any points in Manitoba, Saskatchewan or Alberta, but not west of Edmonton, Calgary or Macleod, at rate of 12 cent per mile, but not less than \$5.00.

The Canadian Pacific will operate the required number of special trains from St. John, the first to leave at 3:30 p. m. eastern, or 4:30 p. m. Atlantic, or 5:30 p. m. St. John, the daylight time, other trains to follow at intervals, in the late afternoon and evening of August 4th.

Special accommodations on the trains will be provided for ladies or family parties travelling together. There will also be travelling provided for passengers procuring food on the journey.

Any further information required can be obtained on application to any Canadian Pacific Agent and excursion tickets are on sale at all our offices. Mr. H. M. Davison is Canadian Pacific Agent.

Famed for Fragrance

Just as a famous rose is named for its subtle fragrance so is

"SALADA" TEA

known for its exquisite aroma and delicious flavour. Each leaf is the essence of fragrant purity and yields the choicest of flavours.

LEE WORTHY WINS THE MATRONSTAKE. In seventh place in the second heat, White Dove the winner to an easy victory in the final heat. Peter Pluto won the Toledo Blade 212 trot with a purse of \$2,430 in the 2:07 Pace. Edna Early won in straight heats. The 2:15 pace was forced into an extra heat when Robert M. Neita Patch and Laura Forbes divided first place for position in the first three heats, won by Laura Forbes.

EASTERN STEAMSHIP LINES, INC.

INTERNATIONAL LINF S. S. GOVERNOR DINGLEY will leave St. John every Wednesday at 8 a. m. and every Saturday at 6 p. m. (Atlantic Time) for Boston. Wednesday trips are via Eastport and Lubec, due Boston about 10 a. m. Thursday. Saturday trips are to Boston direct, due Sundays about 2 p. m. RETURN—Leave Boston Mondays and Fridays at 10 a. m. (Dav. Light Saving Time) for Eastport, Lubec and St. John. FARE \$10.00 STATEROOMS \$3.00 At Boston connection is made via the Metropolitan Line express freight and passenger steamers for New York and points South and West. For staterooms, rates and additional information, apply to A. C. CURRIE, Agent, St. John, N. S.

CANADIAN PACIFIC Harvest Excursion

Leaves Charlottetown Friday, August 4 Inquire for rates and full information at The C. P. R. Office 78 Great George St., H. M. DAVISON, City Ticket Agent.

40,000 Harvesters Wanted for Western Canada Canadian National Railways

SPECIAL EXCURSIONS From MONCTON, Aug. 4 and 18. Fare to WINNIPEG FROM CHARLOTTETOWN \$24.85 Special train from Charlottetown 9:20 a.m. August 4th. Plus one-half cent per mile to points beyond. SPECIAL TRAINS with finest equipment of Convertible Berth Colonist Cars, Restaurant Cars, with arrangements for meals and lunches at reasonable prices. For particulars of service Apply to W. K. ROGERS, City Ticket Agent or W. T. HUGGAN, District Passenger Agent.

Canadian National "The National Way" Across Canada

THE SCENIC ROUTE including Canadian Rockies, Jasper and Mount Robson Parks, and the Pacific Coast via the Triangular Tour, the finest rail and ocean trip on the continent. REDUCED TOURIST FARES On sale to Sept. 15th, 1922 Valid for return to Oct. 31st, 1922. Choice of routes and stopover privilege.

From Charlottetown Trains leaving at 6:45 a. m. and 1:15 p. m. connect at Sackville with the "OCEAN LIMIT" and "MARITIME EXPRESS." CONNECTIONS AT MONTREAL with famous "CONTINENTAL LIMITED" leaving Bonaventure Station daily at 9:00 p. m.

EXCELLENT ROAD BED SUPERIOR EQUIPMENT including Tourist and Standard Sleeping Cars, Coaches, Compartment-Observation-Library and Dining Cars. For Fares, Reservations, Etc., Apply to W. K. ROGERS, City Ticket Agent or W. T. HUGGAN, District Passenger Agent.

