

Singer Tells of Sampling Schools of All States



Miss PATRICOLA

Dear 'one, my 'dear' 'one, 'Wofas can't tell how I love f you

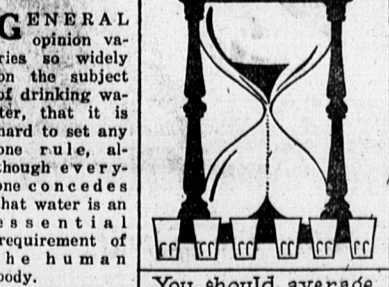
Patricola Got Her Education On Tour-Liked Method

New York City.—I'm no college graduate but I've been to school in every state in the Union," boasted Patricola, famous vaudeville star, who hit this city during Education Week recently, and was asked to talk to grade school children on the value of education.

"I wonder if any man or woman anywhere can beat that record," went on the actress. "It was mighty interesting, too. You see, I came from Italy with my father when I was five. I landed in New Orleans and my father conceived the idea of making me self supporting. I started singing as soon as we were settled.

"Was Profitable
"It was rather profitable and we went from town to town with me cast in the role of infant troubadour. I was eight when I sang on the Midway of the world's fair in St. Louis. A vaudeville manager heard me and gave me a

How much water do you drink?



You should average six glasses a day

GENERAL opinion varies so widely on the subject of drinking water, that it is hard to set any one rule, although everyone concedes that water is an essential requirement of the human body. At least six glasses of water should be taken during the day, at any time, but preferably between meals. If a glass or two of water, either warm or cool, can be tolerated upon arising and before taking any food, it will be particularly beneficial. This water assists in clearing away any possible residuum from the foregoing day and night, and promotes the flow of the gastric juices to perform their duty for the morning meal.

A water drinking habit before breakfast also is an ideal one for the person suffering from constipation, as it naturally helps the eliminating organs by increasing the fluid bulk. The body is one half liquid, therefore either food or drink must keep up this supply. It is not very good to drink during meals, as there is always the temptation to wash our food down without properly masticating it, and this in all probability will eventually lead to digestive troubles. People often remark that they cannot drink much water. For persons of this type who cannot take six glasses of water a day, fruits, such as oranges, grapefruit, apples, watermelon, grapes and peaches I recommend.

- BREAKFAST: Raw fruit in season—about six spoonfuls of bran flakes with cream. Two soft boiled eggs. Cocoa or a coffee substitute. Avoid sugar and bread as much as possible. LUNCHEON: Clear soup, or creamed vegetable soup. Vegetable or fruit salad. Cheese or nuts. Cocoa or milk. DINNER: Broiled lean meat such as steak or chops, chicken or fish. At least two vegetables. Salad. Fruit, cheese, nuts. Cocoa or milk. Drink two glasses of water between each meal, and two between dinner and retiring.

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Report of Women's Institutes, of Prince Edward Island

HUNTER RIVER The May meeting of this Institute was held at the home of Mrs. Murdoch Cutcliffe with five members and one visitor attending. After the usual opening, the minutes of the last meeting were read and adopted. The members decided to give \$50.00 to the Improvement Society for the purpose of laying a sidewalk. The money will be held by the Institute until the sidewalk is completed. The members decided also not to hold meetings during June, July, and August, but at the September meeting, each member is to answer Roll call with a Pickle receipt. Luncheon was served by the hostess and a pleasant hour enjoyed. At the April meeting of this Branch, the resignation of the Secretary, Miss Wedlock was accepted, and Mrs J. S. McLeod appointed in her place.

EAST BALTIC Eight members and two visitors attended the April meeting of this Branch which was held at the home of Mrs. George Robertson. The meeting opened in the usual manner, and it was decided that at the next meeting, roll call will be answered by each member giving a suggestion for making the meetings more attractive. Mrs. Elliot Bruce and Mrs. Arthur Keene were appointed delegates to the convention and all the old officers were re-elected with the exception of Miss Mae Murphy, whose place as Director was filled by Miss Edna Maassey. A paper, "Forget Other and they will forget you" was read by Mrs. Theodore Robertson. The meeting closed with the National Anthem, after which refreshments were served. The next meeting will be held in the School.

PORT HILL Mrs. Charlie Mar- yard entertained ten Institute members and four visitors at her home on April 21st, when the Annual meeting of this Branch was held. Roll call was answered by mentioning your favorite author. New officers were appointed for the ensuing year, and the members decided to place a fence around the school grounds. The next meeting will be held in the schoolhouse.

CAVENDISH Sixteen members and eleven visitors attended the April meeting of this Institute held at the home of Mrs. E. C. Webb. The President presided and the usual routine business was taken up. The Rustico school committee had been supplied the school, and it was also reported that Cavendish school had been scrubbed. These bills for same were submitted and ordered paid. New committees were appointed. It was decided to give the children instead of money. A paper on "Pameline Johnson" was read by Mrs. Webb and several of her poems were recited. Lunch was served and the young people played games, until the meeting adjourned, by all joining and singing Auld Lang Syne. The next meeting will be held at the home of Mrs. Leigh Warren, North Rustico.

CABLE HEAD EAST The Annual meeting of this Institute was held at the Hall with ten members and one visitor attending. After the usual routine business was discussed, also the erection of the sign board was considered, some discussion also took place on equipment necessary for the school, and the Secretary was instructed to get prices from the School Supply. The Restricted Area Plan was read and approved. The Secretary was authorized also to buy murex to have the walls of the Institute hall frescoed. The Financial Statement was read and approved. The following officers were elected: Hon. Pres. Mrs. Captain McDonald. Pres. Mrs. Robert Lewis. Vice, Mrs. H. L. D. Kinnon. Secy-Treas. Mrs. H. L. McLellan. Auditors, Mrs. Gus O' Hanley and Miss Whitty. Directors, Mrs. D. MacIsaac, Mrs. Gus O' Hanley and Miss Nora Welsh. Delegates, Mrs. McIsaac and Mrs. G. O' Hanley.

CENTRAL BEDEQUE The May meeting of this Institute was held at the home of Mrs. Wright Leard with fourteen members attending and answering roll call with Helpful Hints. After repeating the Creed, the minutes of the last meeting were read and adopted. The Misses Bradley, Donalds and Schurman were appointed to arrange a program for the next meeting. The school and sick committees were re-appointed. It was decided to have an entertainment at the home of Mrs. Wright Leard's later in the season. The next meeting will be held in the School.

MONTAGUE Thirty-eight members and twelve visitors met in the League Rooms on May 5th, where the regular monthly meeting of

this Institute was held. Due to the resignation of Mrs. G. P. Thompson, the Vice President presided. Miss Windsor, Secy-Treas, was present and gave a Demonstration on Table Setting and Service, which was very instructive and appreciated by all. A vote of thanks was tendered Miss Windsor. Mrs. T. G. Ives was elected President. New Sick and School committees were appointed. Plans were discussed for holding a Lawn Party on the grounds of Mrs. J. P. Beer. A letter of thanks from Mrs. L. H. Coffin was read, Home made Candy was passed and a vote of thanks was rendered the officers for their treat.

STANCHER The May meeting of this Branch was held at the home of Mrs. Ready White with five members and one visitor attending. After the usual opening, the regular routine business was taken up. All the officers were re-elected, and Miss K. White and Mrs. Graham were appointed delegates to Convention. The members decided to frame Patriotic pictures for the School. Master Edward White was appointed to attend to the raising and lowering of the Flag during the summer months. A committee was appointed to see that the school fence and the Flue were repaired.

HARRINGTON Five members and one visitor attended the April meeting of this Institute held at the home of Miss Doris Rodd. Roll call was answered with Helpful Hints, and the Financial Report was read and approved. Reports were also read from the President and the Sick committee. The election of officers was as follows: Pres. Mrs. A. D. Shaw, (re-elected) Vice, Mrs. L. H. Coles, (re-elected) Secy-Treas. Miss Doris Rodd (re-elected) Directors, Mrs. A. J. Wise, Mrs. A. J. Phillips and Mrs. G. H. Jones. Auditors, Mrs. A. Phillips and Mrs. C. S. Mathieson. Delegates Mrs. C. S. Mathieson and Mrs. A. D. Shaw. Some discussion took place regarding new work to be taken up by the Institute. One new member was welcomed. The next meeting will be held at the home of Mrs. C. Mathieson.

HAZEL GROVE The April meeting of this Branch was held at the home of Mrs. Everett McLeod with thirteen members and three visitors attending. After the usual routine business had been conducted, as this was the Annual meeting the following officers were elected: Pres. Mrs. Frank Bagnall. Vice, Miss Lottie Nicholson. Secy-Treas. Miss Mae Bagnall. Auditors, Miss Alma Weaks and Mrs. Pope Bagnall. Directors, Mrs. Ella Ferris, Mrs. Buchanan and Mrs. McEachern. Delegates, Mrs. Frank Bagnall and Mrs. Buchanan. During the evening that was pleasantly spent socially, Miss Margaret Bagnall gave an interesting account of her trip. The meeting closed by singing the National Anthem to meet next month at the home of Mrs. Webb and present and demonstrate on "Table Setting"

MIDDLETON The Annual meeting of this Institute was held at the home of Mrs. Sutherland Wright with twelve members and eight visitors present. After the usual routine business had been carried out, the reports of officers' work were given, all of which were adopted by the meeting. The following officers were elected. Pres. Mrs. James MacCardie. Vice, Mrs. S. Wright. Secy-Treas. Miss Mable MacCradie (re-elected) Directors, Mrs. E. Wright, Mrs. T. W. Bradshaw and Mrs. C. Wright. Auditors, Mrs. Frank Curtis and Mrs. Elliot Wright. Delegates Mrs. C. C. Craig and Mrs. Keir Allan. Committees were appointed to visit the Sick and the School, to prepare a programme for the next meeting and to write a letter of condolence. During the year maps and printing fountains, dictionary and hooks were supplied the School, and in January, the school was cleaned by five of the members. Committees were appointed regularly every month to help carry on the work of the Institute and to make the meetings more attractive, thus increasing the interest and attention of members and visitors.

"GLENMERE." — The Annual meeting of this Institute was held at the Schoolhouse, Grandville, on April 22nd with ten members present. The meeting opened in the usual manner with the first item of business being the President's address on the work done in the past year. The Financial Statement and auditors report was received, discussed and approved. The officers for the coming term are as follows: Pres. Mrs. Allen J. McCormick. Vice, Mrs. A. Long. Secy-Treas. Mrs. J. S. MacAuley. Directors, Mrs. J. A. MacDonald and Mrs. A. MacCormack. Auditors, Mrs. John Malone and Mrs. P. A. MacIsaac. Delegates, Mrs. P. Clinton and Mrs. S. J. MacAuley. The Entertainment committee reported \$65.20 realized at the social held on the 17th. The thanks of the Institute was extended to all

those who in any way helped to make the entertainment such a success. A vote of thanks was tendered the retiring officers and the President was presented with a Bouquet. Correspondence was read relating to the restricted Area Plan for P. E. I., and the meeting expressed itself as highly in favor of the Plan. The President, Mrs. Clinton read a paper "Forget others and they will forget you" which was greatly enjoyed. The next meeting will be held at the home of Mrs. Phillip McLaugh.

BORDEN. — The Annual meeting of this Institute was held at the home of Mrs. Robt. MacPherson on April 22nd with twelve members attending. The following officers were elected: Pres. Mrs. MacPherson, Vice, Mrs. John Murray, Secy-Treas, Miss Katherine Howatt. Directors, Mrs. William Leard, Mrs. Cecil Stewart, and Miss Verna Darrach. Auditors, Mrs. MacInnis, Mrs. N. Darrach. Delegates, Mrs. R. MacPherson and Mrs. John Murray. Substitutes, Mrs. Cecil Stewart and Mrs. N. D. Darrach. The next meeting will be held at the home of Miss Katherine Howatt.

SOUTH LAKE. — On April 28th, six members and one visitor met in the schoolhouse where the Annual meeting of this Institute was held. Roll call was answered with Birth month and birth stone. Mrs. M. G. Jones of the previous regular and Annual meeting were read and adopted. After the following new officers were re-elected: Pres. Mrs. Elmer Fraser, Vice, Mrs. Walter Fisher, Secy-Treas. Mrs. C. C. Dingwell. Directors, Mrs. J. J. MacDonald, Mrs. A. A. MacDonald and Miss Mary Gillis. Auditors, Mrs. J. J. MacDonald and Mrs. Reggie Rose. Delegates, Mrs. Reggie Rose and Mrs. C. C. Dingwell. The Restricted Area Plan was discussed and approved by the members and a paper on "Kitchen Wrinkles" was read by Miss Mary Gillis.

FAIRVIEW. — The Annual meeting of this Institute was held at the home of Mrs. Allison MacMillan early in April with an attendance of ten members. The meeting opened by singing the Ode, after which the minutes were read and adopted. The Financial report for the year was read and approved. The following officers were elected: Pres. Mrs. Allison MacMillan, Secy-Treas. Miss Marguerite Currie. Directors, Mrs. Wm. MacNeill and Mrs. M. MacIsaac. Auditors, Mrs. T. H. J. MacDonald and Mrs. J. Schurman. Delegates, Mrs. A. MacMillan and Mrs. S. Taylor. Some articles on hand were sold, and it was decided to order posts and fencing to go across the front of the school grounds. Mrs. MacMillan volunteered to look after this item. At the conclusion of the business meeting, lunch was served by the hostess.

TRAVELLER'S REST. — The Annual meeting of this Institute was held at the Hall with twenty members and four visitors in attendance. The meeting opened by singing the Ode and singing the Ode. Roll call was answered with jokes and verses. Reports were given by the President and Secretary-treasurer. The election of officers resulted as follows: President, Miss E. S. Marchbank, Vice, Mrs. H. P. MacNeill. Secy-Treas. Mrs. M. White. Directors: Mrs. H. R. Rymor, Mrs. R. C. Marchbank and Mrs. J. W. Hall. Auditors: Mrs. Harry Walker and Mrs. Geo. Ramsay. Delegate, Mrs. H. P. MacNeill. Work is being undertaken on certain improvements on the Hall and the Memorial Plot. Instrumental music was furnished by Mrs. Ureth and Mrs. Ramsay. The next meeting will be held at the home of Mrs. R. C. Marchbank.

CONWAY.—The April meeting of this Branch was held at the home of Miss Ruth Thompson with eleven members and five visitors present. The meeting opened by singing the Ode and the minutes of the previous meeting were read and adopted. A report of the year's work was given by the President and the Secretary-Treasurer, Mrs. Morrison was re-elected President and Mrs. Bernard Murphy was re-elected Secy-Treas. Mrs. James Morrison is the Vice-Pres. and the Directors are, Mrs. George Thompson (re-elected), Miss Ruth Thompson and Mrs. Aze Walfield. Auditors: Mrs. Otto Murphy and Miss Susan Morrison. Delegates: Mrs. James Morrison and Mrs. Wonsley Lewis. It was decided to buy a map of P. E. I. for the school. After luncheon was served by the genial hostess, a pleasant evening was enjoyed by all. A vote of thanks was tendered the hostess and the meeting closed with the National Anthem. The members will meet next month with Mrs. George Thompson.

MALPEQUE.—Branch held their March meeting in the Hall with thirteen members and one visitor present. The regular business meeting was held, and the members decided to have the Institute room thoroughly cleaned the wall tinted and the floor painted, also to have

Advertisement for Old Chum tobacco. Features a large illustration of a man smoking a pipe and a tin of Old Chum. Text includes "15¢ PER PKG." and "The Tobacco of Quality".

minutes of the last Annual and regular meeting were read and adopted. The election of officers for the coming year took place: President, Mrs. Schirmer. Vice Mrs. C. H. Poole. Secy-Treas. Mrs. D. Ross. The directors and auditors were all re-elected. Roll call was answered by the payment of fees. The members are still busy sewing for a Bazaar. One new member was welcomed. Short stories by some of the members was a pleasing feature of the meeting. The next meeting will be held at the home of Mrs. Geo. Poole.

Large advertisement for Bird's Asphalt Twin Shingles. Includes a detailed illustration of a house with shingles, the slogan "The twin shingle saves both Time and Money", and descriptive text about the product's benefits and availability.

Advertisement for Dr. Williams' Pink Pills. Text describes the benefits for rheumatism and lumbago, stating they are "Banished By Dr. Williams' Pink Pills".