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ISLAND Furriers



Vacation On P, E, I.

To you who love the City life with pavement smooth and hot. Where all the fancy gadgets keep you ever on the trot: I'd like to tell you of a place where cooler breezes blow And people never rush about, but take it rather slow.

Now you just turn the gas to cook and that is very good. But here we smell the burning of a fire that's made of wood. I just lie on the sofa in the kitchen by the stove And listen to the crackling as my thoughts begin to rove.

I seem to hear you rushing for your coffee, jam and toast And then up to the corner for the street car as you coast. Along the noisy thoroughfare where traffic seems to jam And auto horns blare forth their noise and brakes begin to slam.

Some drive along beside you in their shiny limozines With faces tense and much alert to keep within their beams. But others weave and twist and try to hog the whole highway Until a crash of fenders starts the usual delay.

You glance up at the timepiece as again the traffic starts. And hope to make the office or the factory or the maris. When the hustle and the bustle of the days work to begin. And you debit what goes out and you credit what comes in.

Now where I sit there's not a shop within a mile or more. But only fields of clover that run clear down to the shore. The sheep are in the pasture, the geese are in the bay. Where lobster boats are sailing by with traps to catch their prey.

There's plenty trout down in the brook a few rods from the house. I often take a pole along when going for the cows. A can of worms, a couple hooks, and twenty feet of line. Is all I need to pull them out when they are biting fine.

It only takes a moment after I have made a cast To land a speckled beauty upon the lushest grass. And then I cut an alder for to string it by the gill. There's nothing like trout fishing down by Murphy's lumber mill.

I love to amble along the roads where autos seldom run. Where fields of oats and taters are ripening in the sun. And folks stop in to visit and are never in a hurry. Like you up in the city where you always seem to worry.

When evening comes and chores are done we ramble to the beach. With shovel and a basket for the clams we all can reach. It doesn't cost a penny and there's plenty for us all. Who want to dig them in the sand from early spring till fall.

So folks come back each year to see this land of many blends. And visit with the farmers and the fishermen and friends. They come from California, Ohio and Quebec. The Island is a treat for us, we never will forget.

—William H. Spencer
106 Wurst Court, Elyria, Ohio.

BERE ALSTON, Devonshire, England — (CP) — Strawberry growers in the Tamar Valley, dividing Devon and Cornwall, are having the finest season in 10 years.

"Tokyo Rose" Goes on Trial



Escorted by U.S. Deputy Marshal Herbert Cole, Mrs. Togari D'Aquino, Los Angeles-born Japanese who won notoriety as the "Tokyo Rose" of the Japanese propaganda machine during the war, is shown as she arrived at San Francisco court for the opening of her trial on charges of treason. Defence is expected to take the stand that Mrs. D'Aquino is not an U. S. citizen because of her marriage to a Portuguese subject and that the charge of treason does not apply.

That Body of Yours

(Continued from page 2)

manufactured in the muscles by the exercise, but it may be a matter of days before all the waste products causing pain and stiffness are removed. A time-saver lies in the application of heat from hot cloths or a hot tub bath which will dilate the blood vessels, and carry away the wastes in a matter of hours.

Where an individual has been taking regular exercise or doing regular physical work and then does a great amount of physical work or exercise, instead of resting a few days, he should do "light" exercise the next day and use hot applications or take a tub bath as the exercise and the hot bath open up the blood vessels and keep them open. Instead of resting two or three days after hard exercise the individual should therefore do light work the following day.

It is known by research physiologists that exercise is the most powerful and simplest method of dilating or opening up the blood vessels and thus getting rid of fatigue products which cause pain, cramps and stiffness in the muscles. And, if after the exercise a hot tub bath or even shower bath is taken fatigue products are removed more rapidly.

While exercise and heat opens up the blood vessels and gets rid of wastes much sooner than if rest is taken there is one more step that gets rid of wastes and keeps joints and muscles more limber or relaxed and that is massage.

CONSTIPATION

It has been estimated that there are more persons with constipa-

Africa Flight

By Val Gielgud
CHAPTER XV
CRISIS

So Southern tended to lag more and more as the march went on, hardly noticed by Carol; and only considered by Larrimore in so far that it was slowly borne in upon his mind, and most unwillingly, that this lagging must be checked, lest it bring disaster upon them all.

It was forty-eight hours later that the crisis came to a head. Larrimore felt a trifle more cheerful, for he had discovered that at least his reckoning of the route had been correct. At moonrise they had found themselves dragging wearily up a long slope of sand to an oasis, marked by five palm-trees that stood out in silhouette against the greenish silver sky as though they had been slashed out of cardboard. That oasis meant the end of the first stage of the journey to El Fayoum. So far so good.

But Southern was by now the best part of half a mile behind. Larrimore could see him plodding slowly in, staggering a little as he came, and stopping at intervals, apparently to ease his straps. And Carol was cruelly weary. The moment she reached the shadowing palms, she flopped down in the shade of one of them, and collapsed like a sleep that was almost a faint. Larrimore wrapped her in a blanket, and stood beside her, chewing at one of his knuckles. They had reached the oasis. But he had seen — what he had not seen — that the well was dry; that there was now no water but what they carried in their bottles to carry them to El Fayoum.

ALBANY VILLAGE SCHOOL

Report for the month of June. Principal's Dept.

- Grade IX—1. Douglas MacLeod; 2. Leona Noonan; 3. Vera Noonan.
- Grade VIII—1. Ruth Noonan; 2. Phyllis Dawson; 3. Phillip Noonan.
- Grade VII—1. William Trainor and Ronald Cameron (equal); 2. Mary and Louise Dawson (equal); 3. Paul Noonan.
- Grade VI—1. Noreen Dawson; 2. Kenneth McMurrer.

Pupils making over 90%: William Trainor, Ronald Cameron, Douglas MacLeod, Leona Noonan, Vera Noonan.

Pupils successful in passing Grade VIII Board exams, in order of merit: Ruth Noonan, Corona Murray, Phyllis Dawson, Phillip Noonan, Reggie Noonan.

Pupils meriting H. B. MacLean Senior Certificates for Writing: Phyllis Dawson, Ruth Noonan, Edith Dawson, Douglas MacLeod, William Trainor.

Teacher: Beatrice O'Brien.

Primary Department:

- 1. Nora Murray, Pauline Green (equal); 2. Anne Noonan; 3. Leo MacLeod.
- Grade IV—1. John Muttart; 2. Phyllis Warren; 3. Dalbert Dawson.
- Grade III—1. Arde Murray; 2. John Noonan; 3. Freddie Dawson.
- Grade II Sr.—1. Freya Walsh.
- Grade II Jr.—1. Donnie MacCormac; 2. Elizabeth Trainor.

Highest average, 92.8%: Nora Murray, Pauline Green.

Teacher: Marie Murray.

Ellen's Diary

(Continued from Page 2)

are well sheltered against probable rain.

And so last evening assembled in the sitting room, in the dimness made by the massed storm-clouds and the gathering twilight, those of us who are older remembered past years. These recollections came to them as a result of turning back the pages of memory, serve usually to dull the edge of the current one, by turning thoughts away from the rumbles and flashings of the present.

We find that our clearest recollections of disturbing electrical storms are not those of our childhood, but the ones that came upon us suddenly in a schoolroom—those that had crept up unnoticed in the interest of our work, and we knew little of the approach until all at once we caught a reflection of awe and fear in a small or older child's eyes. Then with dismay that was akin to fear in our heart it would come to mind: "Now what if something were to happen to one of these, given temporarily to our care?" as the quiet prevailing out of doors entered to envelop the room. We recall now that the more mischievous turned quickly to the studies, and the pencils of the more industrious made sharp sounds in the silence as they continued to work at some task and made us sit before like a cloud-burst the rain pelted the windows and a respectful idleness followed.

While James was bound "that sky looks a lot like it did the evening" a tragedy had come with such a storm to a neighboring community, Jock related a yarn from his childhood, when his sister and youngsters—a winsome one, in a way to remember, and written indelibly on his mind. It was of a storm which had come on "on a summer afternoon, when your grand-parents had left Rob and me with young cousins to the care of their grand-mother at their home while all the parents were attending a funeral. What a frightening storm that was! She" and turning to me "what a kind old lady she was always—called us in from our task and made us sit in a circle on the floor of the sitting room and put the baby in the centre. And we sat there, not because she bade us, but that we were too frightened of the storm to have any desire to move. It was terrible—the thunder rolled in loud crashes and the lightning filled the room at times. And the rain, poured against the windows. Why this is no storm at all," he assured Jamie, adding with a chuckle, "I wonder if the others remember that storm as vividly as I?"

But today, clear lovely skies, and an invigorating coolness to encourage folks to work.

Until tomorrow . . . Diary . . . Good-night. . .

HUNSLLET, England — (CP) — Under-water swimmers collided head-on in the local baths. One suffered concussion.

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