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#### MODEL SCHOOL

Honor Roll of Model School for Month of May.  
Grade VI.—1, Edison Cameron; 2, Ivan Harper; 3, Jack Hawkins.  
Grade V.—1, Thelma Dingwell; 2, Margaret Young; 3, Stewart Peppin.

Grade IV.—1, Lloyd Ross; 2, Mary McDonald; 3, Sara Shama.  
Grade III.—1, John Davis; 2, Rowland McAulay; 3, Brenton Hooper.  
Grade II.—1, Miriam Hughes; 2, Grace Hawkins; 3, Alfred Blanchard.  
Grade I.—1, Ian Ferguson; 2, George MacRae; 3, Harold MacKay.



## Scout News and Notices

### GOOD-CAMPING REMINDERS FOR 1930

(From the Scout Leader) The Business End  
You will use good business methods of course, and delegate as much responsibility as possible to your P. L.'s and Rovers. If you have a suitable Rover, nominate him as Camp Q. M., or call your supplies tent the Trading Post, and the Rover in charge the "Factor." And leave entirely to your Factor the purchasing of local supplies, the issuing of rations and the keeping of the camp accounts—under your supervision.  
Make sure that vouchers are secured for every expenditure, so that you may at the termination of the camp present your Troop Committee with a complete financial statement.

#### Food

Plan and keep to a simple menu. Your boys will return the better for it; and incidentally the cooking problems will be lessened. Include in each day's fare:—A whole-grain cereal, preferably cooked (and well cooked); potatoes and one other vegetable; a raw apple or fresh fruit or rhubarb. The vegetable should include tomatoes (canned, if fresh unobtainable), for their valuable vitamins. (For List of Supplies and Suggested Menus see pp. 367-370, The Handbook.)

**Milk**—Make 100% sure that the camp milk supply comes from healthy cows kept in clean surroundings. Milk from unclean sources can carry typhoid. In case of uncertainty use canned powdered milk. This is a very satisfactory substitute, and may also be used in preparing a number of attractive drinks and dishes. (A book of Camp Cooking and the use of powdered milk will be sent free by the Canadian Milk Products, Ltd., 347 Adelaide Street W., Toronto.)

**Water**—Where there is any doubt regarding the available water supply chlorination is recommended. In a teaspoonful of water dissolve a level teaspoonful of chloride of lime. Dilute with three cupfuls of water. Add a teaspoonful of this to each two-gallon pail of drinking water and stir thoroughly.

#### Patrol Camping

Unless the majority of your boys are new both to camping and Scouting plan for a Patrol System Camp. That is, each Patrol in its own nook of the camp grounds, at some distance from and out of sight of other Patrols, but in view of the centrally-located Scoutmaster's tent; each

Patrol drawing its rations, doing its own cooking, under supervision, and dining on its own site.

This system was used by the Canadian contingent at the Jamboree, notwithstanding the frequent rain.

#### Health

**First Aid**—Designate your best "Ambulance Man" as Camp M. O., and name a small staff of assistants, one of whom shall always be within call, to treat promptly all cuts and scratches, however small, and other needs. Carefully check up on the contents of your first aid kit. (See pp 370-374, The Handbook.)

**Sleep**—Tent-raiding or other sleep-disturbing horseplay is "not done" in Scout camps. Make sure that every boy gets a good night's sleep every night from the first. This is of the prime importance if all are to enjoy the maximum benefits of the outing.

**Sunburn**—Insist that your boys take their sun tanning gradually, even on arms and legs. Make it a rule that as soon as the skin begins to burn, they are to cover up, and not uncover until the burning sensation has passed. This will save both boys and yourself discomfort, and possibly more serious trouble.

**Keeping Dry**—While the dew is on the grass, and during rainy weather, have everyone go barefoot or wear sandals. This will avert colds from wet shoes and stockings. In case of wet clothing (particularly cotton), keep the boys moving until a change to dry things can be made.

#### Sanitation

It is possible to find camp sites that are scarcely approachable after the campers have left. These are never Scout Camps. Good sanitation is one of the features of good camping upon which we Scouts pride ourselves, as to health, safety and good taste, as well as the condition in which we leave our camp sites. In this respect, indeed, we lead camping in Canada. Let us continue to lead—and if possible, to further improve.

New Scoutmasters therefore should study the following hints closely:—

**Grease Pits**—Dirty water is never thrown over the ground or "into the bushes" at a Scout camp, but is poured into a grease pit,—12 to 18 inches square and 2 or 3 feet deep, depending upon the absorbent nature of the soil. As a night protection the pit is guarded by corner sticks and cross-pieces. A rough grating of woven twigs covers the hole, this grating in turn covered by grass,—to strain the solids. The grass strainer is burned in the fireplace two or three times a day and fresh grass supplied.

It may be most convenient to dig a great pit beside the kitchen, and another a short distance away beside or beneath the washstand.

**The Refuse Pit**—This pit takes all refuse not burnable, including all tin cans—burned out and flattened. A patrol camp it should be about 2 ft. square and 2 to 3 ft. deep. It is protected by corner posts and cross-pieces.

**Latrines**—One of the most important details. The Scoutmaster should select the site—one to each patrol; if possible within 40 or 50 feet of the patrol tent, for night convenience; amid screening trees or bushes, or where an effective screen can be constructed. The simple narrow straddle trench, 8 inches in width and 3 ft. deep is recommended, with the dug out soil neatly banked 18 inches back on one side. Instructions are given for keeping the sides clean, and lightly covering with fresh soil whenever the trench is used. If flies appear, ashes from the fireplace should be added.

The enclosure should be made large enough to permit of digging such new trenches as may be needed. For protection from the weather paper may be placed in a large jam tin hung from a convenient branch.

**Returning the Sod**—Sod dug up for the fireplace or sanitary pits is placed carefully to one side, and returned when the pit is filled.

#### Safe Bathing

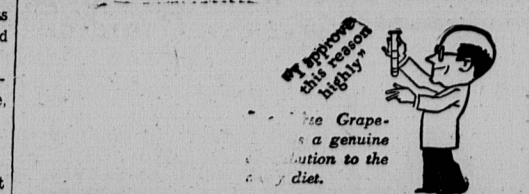
Rigidly enforce the rule of no swimming except during fixed swimming hours. Have a picket of not less than two good swimmers on duty, in bathing suits, ashore or in a boat. Emphasize that their eyes must never be off the boys in the water.

Too much time should not be devoted to swimming and water sports. No boys should be allowed to remain in the water for more than five minutes for a morning dip, nor more than 20 to 30 minutes during swimming periods.

It should be remembered that the "compulsory morning dip" is not considered good practise. While for some boys it may be beneficial, for others the results may be harmful.

#### Teaching Swimming

Every non-swimming Scout should leave camp a swimmer. One of the most effective means yet found for encouraging boys has been the divid-



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"THERE'S A REASON"



Grape-Nuts requires brisk chewing, helps strengthen teeth and gums.



Grape-Nuts, served with milk or cream, makes the small breakfast a safe one. And it stands by you.

**I**N SUMMER—when we want to be nourished with the least possible effort and the greatest possible pleasure... there's an extra-strong reason for Grape-Nuts. So delicious—these crisp morsels of nut-like sweetness, delicately tinged with pure malt sugar. So crunchy-good. Enjoy Grape-Nuts, as millions do every day.

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ing of the camp into "Swimmers" and "Sinkers," each of the latter group being compelled to wear on his shirt a yellow patch to which a lead fish-line sinker is attached by a safety pin. This is worn until he has passed a stipulated and reasonable swimming test. The removing of the Sinker's Badge may be made the occasion of a more or less elaborate ceremony at the council fire.

For swimming-instruction methods, including the "Confidence Method" for the water-timid, see "The King's Scout Swimmer and Rescuer," 20c. The Stores Department.

#### Canoeing and Boating

Regulations regarding the use of boats and canoes will to a considerable extent be made with reference to the nature of the waters concerned. These definite rules should be enforced:

1. No boats or canoes may be used without specific permission.
2. No non-swimmers may go out in a canoe.
3. No non-swimmers may go out in a boat except in the company of boys who can swim.
4. Boys breaking any of the above rules may immediately be sent home.

#### Morning Inspection

Daily morning inspection of tents and patrol sites provides one of the camp's most interesting and profitable competitive games. The inspection usually is held an hour after the call to breakfast. It should be made as rapidly as possible consistent with thoroughness.

Awarding of points will be facilitated by the use of a card with the names of the patrols in the first column, and additional columns captioned by the various inspection headings, and the maximum points awarded.—points being deducted for shortcomings, and the balance credited.

For instance, under "TENT-10," on a morning when everything should be out in the sun and the tent floor clean and drying out, a half point might be deducted for a suitcase left inside; and an extra half point if the suitcase was not on sticks, to raise it slightly from the ground.

Two points might be deducted for crumbs—"untidy and calculated to attract insects." Clothing hanging on the tent pole would lose another half point. Blankets not properly spread on bushes, tree limbs or the grass, to secure the full benefit of sun and air, would lose other points. (Weather

er permitting, blankets should be left out until around 4 p. m. then—full of life and heat—folded and placed inside tents.)

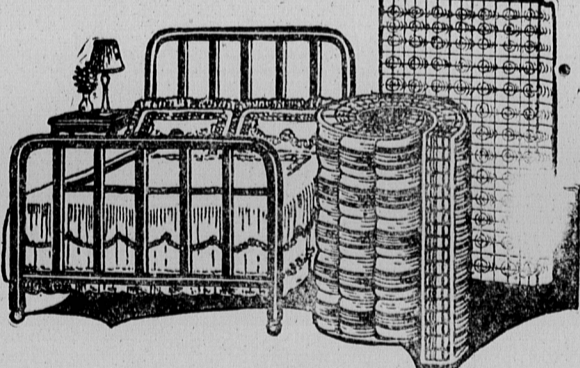
#### Inspection Headings

Personal.—General tidiness; hands; teeth, etc.

#### Tent.—As outlined above.

Kitchen.—Organization and general tidiness of fire place; supply of

Continued from Page 10



## Values In Bed Outfits!

### Walnut Finish Steel Bed Outfit \$17<sup>25</sup>

Walnut Finish Continuous Post Steel Bed, made exceptionally sturdy and strong, with five filling rods at each end; two inch continuous posts, fitted with easy rolling casters and all finished in exceptionally heavy wear-resisting walnut enamel. Height of head 48 inches; height of foot 34 inches; length 6 feet; widths 39, 48 and 54 inches. Freight paid to Any Station ..... \$6.25

Bed Outf. comprising above Walnut Finish Bed, Strong Link Spring and all jute Felt Mattress. Freight Paid ..... \$17.25

### Rich Walnut Finished Bed Outfit \$22<sup>50</sup>

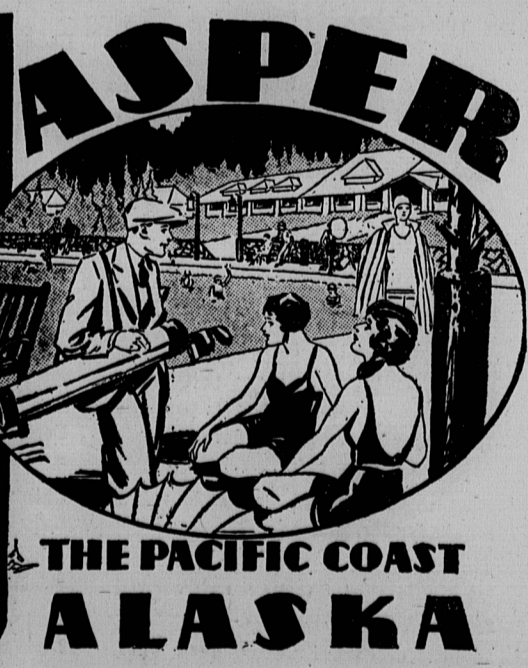
Walnut Finished Steel Bed, made of continuous posts of 2-inch steel tubing and finished at both head and foot with perforated steel panel and medallion and four filling rods as shown, easy sliding casters make moving this bed child's play. Height of head 48 inches, height of foot 34 inches and in three widths—3 foot 3 inches; 4 foot and 4 foot 6 inches. Freight Paid ..... \$8.50

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