



### Taking A Hill on High

It takes lots of power and a good start to climb a hill without shifting gears. Get a good start for the hills of the day's work by eating a breakfast of Shredded Wheat and milk. There is a quick "get-away" in this delicious, whole wheat food. No need for shifting gears in the middle of the hill—just go right on up with increased energy and power. And Shredded Wheat is in such a delicious, easily digestible form.

# SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

### For The Cook

JELLY ROLL

Three eggs (beaten separately), 1 cup sugar, 2 tablespoons sweet milk, 1 teaspoon baking powder, 1 cup flour, vanilla flavoring.

Beat the yolks with the sugar and sweet milk. Beat the whites to a stiff froth, then thoroughly with the yolks and sugar. Mix flour and baking powder and add to other ingredients. Flavor with vanilla or lemon and bake immediately in moderately hot oven.

Note for jelly rolls: While hot remove from pan and lay on cloth to wring out of cold water. Sprinkle a

little icing sugar or powdered sugar on cloth, and while cake is still warm spread with jelly or other filling and roll quickly, putting your hands under the cloth. This helps to keep cake from cracking.

### FASTERS DRAW CROWDS

Men who put on fasting endurance exhibitions have been drawing crowds in England. They are especially popular at seaside resorts. At Blackpool recently three men were living on a diet of lemonade and cigarettes. They were housed in glass cabins. When Sacco, well known for his fasting feats, passed the sixtieth day of his fast, the throngs of curious were so large that it was difficult to handle them.

## Central Guardian The Prince Edward Island Hospital

A FEW NEW LADIES hats arrived this morning. Prowse Bros. Ltd. 3727-5-13-31

SCOTCHFOOT Memorial Association will hold their annual celebration at Scotchfort on Wednesday, July 23. 3736-5-13-31

SEE OUR RICHMOND ST. WINDOW of babies' needs. Prowse Bros. 3721-5-13-31

THIS IS BABY WEEK—Everything a baby would wear. Booties, sweaters, bonnets, underwear, hats, etc. Prowse Bros. Ltd. 3727-5-13-31

GARDEN CITY BUTTER selling this week at 36c per lb. Pure Milk Co., Ltd. 3751-5-14-31

HORSES FOR SALE—Just arrived today, a other car load of choice Ontario horses now on sale at Wellington McNeill's Stables, Buntain and Bell's wharf. 3760-5-14-31

ANGLICAN SERVICES.—In the Parish of New London on the 18th inst will be as follows: Kensington 10.30 a. m. Sunday School 2 p. m. Holy Communion will be administered at French River at 2.30 p. m.

FROST & WOOD MARITIME LTD., will hold a Public Demonstration of the Allis-Chalmers "United" New Farm Tractor, on the farm of Emman Bros., Malpeque Road, near St. Dunstan's University, about one mile from Charlottetown, on Saturday, May 17th, at 1.30 P. M. A cordial invitation is extended to all farmers to attend this demonstration. See Ad. in this issue about this sensational New Farm Tractor. 5-15-31

### MAN'S AUTO HITS TRUCK

While motoring at Glen Morgan, Southern Ind. a. on a dark misty night recently, A. H. Jackman met three full-grown tigers in the centre of the road. He at first thought they were jackals, but when he stepped on the accelerator, hoping the animals would scatter, the car caught one of them full force on the hind quarters, knocking it down and running over it. There were loud roars and yelps from the injured, but Jackman, although his car was damaged, did not stop to give first aid.

### Character Close-Ups

THE GIRL WITH LIPS PUSHED FORWARD HAS SIMPLE TASTES THAT ARE EASILY SATISFIED



In all the WORLD NO OTHER



Oh the joy—the happy, happy hours—the future to plan and to live—for each other. Surely Beauty is Dan Cupid's first lieutenant.

And it's so easy to be beautiful—just devote 15 minutes a day to the new Pompeian method and almost immediately you note the difference. POMPEIAN BEAUTY AIDS COST LESS

No finer cosmetics can be made, yet Pompeian prices are far below those asked for comparable qualities.

FREE: Pompeian 1930 Art Panel. Write today. Enclose 10 cents for generous trial sizes of Pompeian Beauty Aids and booklet, "You Type of Beauty." Address: Pompeian Company, Limited, Toronto, Canada.



POMPEIAN

## THE CHARLOTTETOWN GUARDIAN

### The Prince Edward Island Hospital

The work accomplished by a hospital cannot be adequately represented by a column of statistics, no matter how elaborate or exhaustive such figures may be. Statistics have undoubtedly a value in setting forth certain aspects of the work, but behind the figures, there have to be taken into account services which are rendered to the community at large which no mere figures can indicate, indefinable services which, for want of a better term, may be called moral services. The fact of there being a hospital in the midst of a community furnishes that community with safeguards and reliable sources of help in times of need which no statistics can tabulate. Hospitals are now acknowledged to be absolute necessities in all centres of population, not alone from the point of view of proper medical and surgical treatment for the individual, but also from the point of view of the general health of the community and particularly for defence against the onset of epidemic and contagious disease. A community without a hospital is a community open to the enemy. It means a great deal to the public to have the assurance that there exists in its midst an institution in which the poor as well as the rich can have, in times of sickness, the comforts of a home with the best medical skill and attentive nursing backed up by the most modern conveniences and appliances for the comfort and cure of the sick. We here in Prince Edward Island are in such a happy position. During the forty-six years of its existence the Prince Edward Island Hospital has given its benefits not only to those who were in a position to pay for them but has ungrudgingly and efficiently included in its beneficent work a large number of men, women and children, for whose treatment not a cent was charged. In the first annual report it is recorded that about one half of the patients treated received gratuitous treatment and subsequent reports reveal that non-paying patients continued to form a considerable proportion of those who received the benefits of the Hospital. This point is stressed, because the public do not always appear to realize its full significance. And statistics cannot tell the whole story of work of this nature. Another boon conferred upon the community by the hospital, which cannot be covered by statistics, is the supply of trained nurses turned out annually by the Nurses' School, not only for service in the hospital itself but also for service in the homes of the people. These nurses are trained under direct instruction of the hospital doctors, and issue forth to carry with them, wherever they go, those principles of personal and domestic hygiene which are today deemed necessary in the treatment of sickness and disease. It would be impossible to measure the amount of sanitary influence which is thus broadcast throughout the community. This is one of the ways in which the influence of the hospital enters intimately into the life of the people. In the case of our local Hospital this very important branch of community service has been supplied by over one hundred and twenty nurses, who have graduated after an exacting course of instruction during the existence of the Nurses' Training School a really valuable health asset to the Province. No statistics can possibly convey the widespread benefits of such a movement.

Still another sphere in which the advantages of a hospital disclose themselves is in the department for outpatients. The public little realize how many sick folk who could not otherwise obtain medical care and attention are treated, as it were, at the hospital door. In the case of our own Prince Edward Island Hospital this out-door department has all along been an extensive and busy one; and many grateful testimonies have been forthcoming from those who received the best which our Hospital had to give them in their emergencies. There are many considerations which have to be taken into account in determining the efficiency of a hospital. But in the public judgment the test which is applied before all others is, How does the hospital succeed with its cases? And, after all, this is quite a fair test. The writer of this article has had the opportunity of carefully examining the annual reports of the Prince Edward Island Hospital from the year of its inception to the present year, and one of the notable things about those reports is the record of the large proportion of cures in respect of the number of patients treated. This would not be so remarkable if such records were only occasional or even frequent, but it must be considered remarkable when the carefully compiled medical and surgical reports state the fact almost invariably year after year, and this must be taken as unquestionable evidence not only of the skill of the practitioners, but also of the scrupulous care and capable attention given by the nursing staff. Of course these reports do not attempt to claim that conditions in the Prince Edward Island Hospital are superior to those obtained in hospitals elsewhere, but they are an assurance to the people of this Province that our local Hospital maintains the very highest standards in all its work, and that it is determined that such standards shall continue to be maintained. It is interesting to note here that Dr. McEachern of the Vancouver General Hospital, and Vice-President of the American Hospital Association, made a thorough inspection of our Hospital seven years ago, and reported as follows: "This hospital will be placed on the Standard List without difficulty. It complies in every way with the requirements of the American Hospital Association. It is giving excellent service, nursing and board. The rooms are cheerful and clean and the linen spotless. All the comforts possible are being given at a charge of about one-half the charge in other Provinces, and at about fifty per cent less than the rate of an ordinary second class hotel." And this is no faint praise, coming from such a source, but is something of which every citizen of our Province should be proud.

There is no matter of greater importance than the health of the people, and no agency is so closely allied with this matter as is the hospital. The hospital concerns the people, and every item relating to the hospitals is an item which claims the people's interest and sympathy. The citizens of Prince Edward Island, in country and town alike, owe it to themselves personally as well as to the public welfare to accord their interested thought and ready support to our local Hospital, an institution which has so well served in the past and is still so well serving the community in whose interests it has been established. We owe a debt to the Board of Trustees of the Hospital men who unselfishly and enthusiastically spare the time out of their own businesses; and the very least the public can do is to stand at the back of these men as they plan to carry on the good work from year to year in the face of difficulties little known to the man in the street, and as they try to keep the development of the institution abreast of the advances which are constantly being made by medical and surgical science.

### TAKES FRIEND AND HIS FATHERS BET

TORONTO, May 14.—Just a quiet conversation, turning on the possibility of circling the globe in a nine horse power car, a difference of opinion, a bet, and now J. B. Dixon and C. E. Shippam, two young Englishmen, are on their way around the world in the said nine horse power auto. Shippam's father is the one who has wagered it cannot be done.

They were recently in Toronto. They left Liverpool on April 25, and hope to be back on April 24, 1931. They are a little annoyed at the Quebec authorities, who insisted on the purchase of a full year's license for their car and themselves. "G. B." plates, which let the tourist pass through most of the British Empire, were of no effect against the Quebec police. "They just laughed at us," said Dixon, "and collected \$27."

The young men were full of praises for the C. N. R. which has offered them every assistance on their trip. The car they are using is a standard model Riley "nira," with strong wheels and oversize tires. Up to now they have slept in the car, but are finding that, methed a bit cramped, and will buy a tent here.

After leaving Toronto, Dixon and Shippam, will cross the border, and emerge again in the far west, crossing from San Francisco to Vancouver. While in the States they will visit business friends of Mr. Shippam, Sr. "That's tact," explained the son.

Among the countries they will pass through are Honolulu, Fiji, New Zealand, Australia, Java, Malay States, Ceylon, India, Iraq, Persia, Syria and most of the European countries before they sail from France a year from now.

### MT. STEWART NOTES

Mr. Elias MacKay spent the week end at the home of his parents, Mr. and Mrs. M. MacKay, Mount Stewart.

Mr. Louis Cameron, has returned to his home at Head of Hillsborough, after spending the winter months in the U. S. A.

Misses Cora and Jennie Douglas spent the week end at the home of their parents, Mr. and Mrs. Nathan Douglas, Mount Stewart.

Mr. and Mrs. Lemuel Jay and daughter Edith of Paupingbrook were visitors to Covehead on Sunday.

## FOR YOU AND YOURS



### A lone

Hard for her to realise she, the sheltered wife with a husband to look to and depend on now, alone faced with debts and the stark necessity of carrying on untrained unfitted in a world of competition if Tom had only taken out insurance! Planned insurance takes care of the future. Are you satisfied that you have left your loved ones provided for?

Our representative will be glad to explain the many advantages of Mutual Life Insurance. A postcard brings him to your door.

## THE MUTUAL LIFE ASSURANCE COMPANY OF CANADA

WATERLOO, ONTARIO

Established 1869

H. A. EBERS, Provincial Manager, 135 Kent Street, Charlottetown, P. E. I.

Services were held in the Presbyterian Church, Mount Stewart on Sunday at eleven a. m. Rev. Mr. Genge, Pastor.

Miss Edith Cameron, Stanhope spent the week end at the home of her parents Mr. and Mrs. Calvin Cameron, Head of Hillsborough.

Miss Irene Warren, Covehead spent the week end at the home of her parents, Mr. and Mrs. George Warren, Cherry Hill.

Services were held in Mount Stewart United Church on Sunday at 11 a. m. Rev. M. K. Charman, Pastor.

Mr. Henry Douglas, Charlottetown, spent the week end at Head of Hillsborough.

Miss Flossie Gamble, and Mrs. E. Palfrey, Mount Stewart, were visitors to the city on Saturday.

Mr. Douglas Coffin, spent the week end at his home in Cherry Hill.

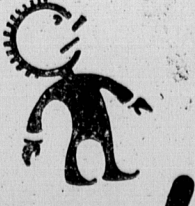
Mr. and Mrs. Dan Garnum spent the week end in Mount Stewart.

—X. Y. Z.

### GENEVA PROSPEROUS

Among the strongest supporters of the League of Nations are the merchants and other citizens of Geneva and vicinity to whom the League has brought riches beyond their wildest dreams. It is said that rights to do business there have become veritable gold mines. Poor people do not visit

the Swiss city. In addition to the well-paid clerical and administrative staffs of the executive offices, thousands of well-to-do foreigners visit there every year. Summer and winter are equally prosperous.



### Man!

Look up at this skyscraper, the size of the good twist you swap a few cents for when you ask for

## HICKEY NICHOLSON BLACK TWIST CHEWING