

Your "Get-Away Power" in Summer is a matter of fuel-food for the human engine. Food that is hard to digest and low in nutritive value does not supply energy for the day's work. It uses up needed power by overtaxing the digestive organs. Shredded Wheat Biscuit is all food. It is 100 per cent. whole wheat and is prepared in a digestible form. Changing from meat and potatoes to Shredded Wheat brings a mental buoyancy and physical alertness that makes one eager for the day's task. Eat it for any meal with sliced bananas, berries, or other fruits.

Made in Canada.

The Central Guardian

IT PAYS to buy in this province.

IMPORTANT MEETING.—War Workers' Club, Friday, 7.30 p. m. Full attendance is requested. 1881.7.26M21.

AUTOS will be available to convey passengers to the East. Royalty Garage on Wednesday Eve at the Garage of Grant & Kennedy, Queen Street. 1857.7.25M3Pp

THE ARANMORE.—The S. S. Aranmore, leaving port at 7 o'clock yesterday morning took out twenty five passengers, including the following: Mr. J. E. Profit, and children, of Kensington, spent Sunday with friends at Hampton. K

RETURNED SOLDIERS.—Among two thousand passengers who landed from a steamer in Halifax on Saturday from England were the following: P. Owen, of Charlottetown; Private P. F. Campbell, 195th, Tignish; Pte. A. G. King, 165th, Mount Herbert; Pte. S. W. McBeth, 55th, Charlottetown; Pte. K. McKinnon, 165th, Charlottetown; Pte. N. J. MacRae, 165th, Charlottetown; also Private A. Fraser, of the 165th, who gives his address as Halifax.

TO MEET IN SACKVILLE.—The second New Brunswick and P. E. I. co-operative school for Sunday school workers will be held in Mt. Allison Ladies' College and Mount Allison University, Sackville, from August 5th to 15th. The school will be under the auspices of the Board of Sunday Schools and Young People's Societies, Methodist Church in Canada; Board of Sabbath Schools and Young People's Societies, Presbyterian Church in Canada; Board of Sunday Schools and Young People's Societies, Baptist Church; Convention of Reformed Baptist Church; Congregational Church; the Disciples of Christ; and the New Brunswick and P. E. I. Sunday School Association. These bodies have officially a Co-operative Training School for Sunday School workers. The first co-operative school was held last year from August 17 to 24, and was so successful that it was decided to hold the school again this year. The school will combine instruction, Education, and Recreation in due proportions.

PEAKE'S STATION NOTES.—Mr. and Mrs. Jeanette Best, left for a few days' visit to Fredericton. Miss Betty Birt, Charlottetown, has arrived home and intends spending the summer here. Miss Katherine MacPherson, Hatter's Bay, spent a few days in Peake's Station, the guest of Mr. and Mrs. George J. Birt. Miss Margaret McLaughlan, left by afternoon train for Charlottetown after spending a week at her home. Mrs. Frank Worsell is spending a very pleasant vacation at her home, Mt. Leard Jay, Charlottetown, on Sunday at Pisquid the guest of Mr. Fred Leard. The Misses Alice and Margaret Birt have returned home after spending a few days in St. John's, N. B. Mr. and Mrs. John D. Jay were visitors to St. Teresa's Sunday. Two young ladies spent a very enjoyable day fishing, and reported the catch good. Misses Betty Birt and Katherine MacPherson spent Tuesday in Charlottetown. Mr. and Mrs. MacLennan, and two children of Little Sand, spent the weekend in Peake's Station. The guests of her sister, Mrs. George J. Birt. Two of the popular young ladies of Peake's Station, enjoyed a pleasant auto trip to Georgetown. Mr. Dan McConnell, of Lawrence, Mass., is spending a pleasant vacation with friends.

WEDDING BELLS.—A quiet, but pretty wedding took place at the residence of Mr. and Mrs. Roderick McKinnon, DeSable, on the evening of Wednesday, July 18th, when Catherine McPhail DeSable, a sister of Mrs. McKinnon, was united in marriage to Mr. Joseph Lee, Hampton. Rev. James M. Dougal officiating. The bride, who was given away by her brother-in-law, was unattended, and wore a becoming dress of blue silk trimmed with white lace, insertion and pearls. Only a few of the intimate friends and relatives of the contracting parties witnessed the ceremony, including Messrs. Duncan McKinnon and James McKay, Mr. and Mrs. John J. McPhail, Mr. and Mrs. James McPhail, Miss Selma McPhail and Mr. and Mrs. H. J. Ince. The wedding presents included cheques from Mr. Roderick McKinnon, Mr. and Mrs. James McPhail, Mr. and Mrs. John J. McPhail, spread from Prowse Bros., table linen from Ivan and Bertha McKinnon, nephews, and a niece of the bride; also useful and appropriate gifts from Mr. and Mrs. H. J. Ince, Messrs. Duncan McKinnon and James McKay. A sumptuous wedding supper was served to the guests following the ceremony, after which the happy couple left for their future home in Hampton, followed by the best of good wishes from their many friends, for a prosperous and happy journey through life, in which the Guardian heartily joins.

THE MAIL TRAIN.—The mail special from Summerside, arrived in the city last night at 11.10.

EAT ICE CREAM AT SPRINGFIELD on the lawn of Mrs. H. B. Haslam on Tuesday evening, July 31st. It will be conducted by the Women's Institute in aid of Red Cross.

INDIAN FETE DAY.—Next Sunday, July 29th, St. Anne's Sunday School Lennox Island puts on its full regalia and celebrates. As usual large numbers from all over the country are expected to attend the services. It will be necessary for autoists to go early, as the roads are closed from 9 a. m. to 1 p. m. They will go from Summerside by way of Northam and Port Hill.

ENGAGEMENT.—His Grace Archbishop Worrell, Halifax, N. S., announces the engagement of his youngest daughter, Miss Charlotte Worrell, to Mr. N. R. DesBrisay, District Passenger Agent of the C.P.R., St. John, N. B., son of Mr. and Mrs. A. N. DesBrisay, of Bathurst, N. B. The marriage is to take place in September. Mr. DesBrisay is well known in this province.

'MONTAGUE' CIRCUIT.—The reopening services of the Methodist Church, Sturgeon, which were largely attended, took place on Sunday, July 22nd. The afternoon service was conducted by the pastor, Rev. Walter J. Donville, and in the evening he was assisted by Rev. Mr. Suther, of Murray Harbour North, who preached an eloquent sermon from Luke 1. 78: "Whereby, the day-spring from on High hath visited us." The church which has undergone a thorough renovation and which has been newly papered and painted has the appearance of a new beauty. The people are to be congratulated on the excellent improvements made.

PRINCE EDWARD THEATRE.—A treat in comedy and thrills very exactly describes the headliner at the Prince Edward last evening, entitled "The Kiss." It is a delightful five part feature in which Daniel Frohman presents Owen Moore and Marguerite Courtot, two of the best screen actors of the day. This picture has been very favorably commented upon. The Pathe English Gazette says: "The best war news and no one should miss the decidedly fine feature, Margaret Gibson and Neal Burns in 'The Milky Way,' a refined, clever Christie comedy of two fun galore. The programme is repeated today and is well worth seeing."

ISLANDER MANAGER.—A recent Washington despatch says arrangements have been completed for the organization of the branch of the San Francisco Federal Reserve Bank at Charlottetown. The branch will be controlled by five directors, three of whom were designated by the reserve bank of San Francisco, and two by the Federal Reserve Board. Those named by the bank include Charles A. McLean, manager of the Spokane Clearing House. Mr. McLean, who will be manager of the branch, and chairman of the Board, is a son of the late William McLean, and a brother of Mr. A. A. McLean, M.P. The position is a very responsible and lucrative one.

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Dear teacher—As you are leaving our school we cannot see you go without thanking you for your kindness in the two years you have spent with us. We will long remember the patience you had when training us for the different socials held in aid of those painted walls we will always think of Miss Brown.

As the months pass by Christmas will come round again, and we will all wonder where our teacher will be trimming up a Christmas tree like the one that gave us so much pleasure last Christmas. Now, we all wish you good luck wherever you may be and ask you to accept this small gift not so much for its value, but as a token of remembrance from the scholars of Enmore School. Signed in behalf of the scholars.

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During the two years you conducted our school strict attention to duty, high scholarly attainment, and a ready faculty of being able to impart knowledge to others in bringing the educational status of our school to a high standing of efficiency. You also took a great interest in any movement that had for its object the physical or intellectual development of others and being endowed with a wide range of knowledge, eloquence of expression and at all times a lady by deportment you interested in those matters could not fail of success. While regretting your departure from us we hope that your career in the future may be marked by even greater success than in the past, and as a feeble expression of the esteem in which you are held by us we beg of you to accept the accompanying purse.

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Prince Edward

The Usual 3 Shows, 3 p. m., 7 and 8.45 Sharp

Last Call to See

Owen Moore AND Marguerite Courtot

"The Kiss"

The Aeroplane and the Kiss vie with each other as the centre of attraction with the Aviation scenes to thrill the theft and conspiracy to hold the interest and the Kiss escaped to provide amusement. **"THE KISS"** is a distinctly unusual production. **Bashful young men can take a tip from Owen Moore in "THE KISS"**. Young Maidens whose swain have proven backward in their wooing will find an inspiration for them in "THE KISS"

British Gazette

TOPICAL BUDGET containing what you read and hear about

"The Milky Way"

REFINED CHRISTIE COMEDY

Friday and Saturday Eight Chapter of **The Mystery of the Double Cross**

Friday - Saturday **Charlie Chaplin's Rival in "Stop Luke Listen"**

OPPORTUNITY KNOCKS BUT ONCE

Second Hand Pianos

Second Hand Organs

Six Slightly Used High Grade Pianos

Those desiring this class of instrument should GET IN TOUCH with us at once as our supply is limited to six only—three of which we could sell without any trouble as new instruments—but we have graded them SLIGHTLY USED. Remember we have ONLY SIX IN STOCK and while they last we offer them to YOU at prices unheard of, from \$150.00 up.

We also have three beautiful Church Organs, slightly used, containing six, eight and ten sets of reeds respectively. This is an opportunity of a life time, it will pay you to investigate.

Mail Coupon Today If You Can Not Come to Charlottetown. Fill in Name and Address Plainly and Mail to

Miller Brothers

Kent St. Charlottetown

Please mention the Guardian when answering this ad.

Messrs. Miller Bros., Charlottetown, P. E. Island.

Kindly send by return post your sale price list as same entrusted in subject marked X.

Pianos	Mr.
Organs
Sheet Music	P. O.
Violins
Sewing Machines	County
Phonographs	R. R.

For the Picnic

Grape Juice
Lemon Powder
Lime Juice
Thermos Bottles
Pocket Flasks
Swimming Wings
Fishing Tackle
—and everything else you need.

The Two Macs

149 Gt. Geo. St.

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Miss Agnes Blaquiere, Mayfield, has received the following letter from a soldier boy in France:

France, May 21st, 1917.

My dear Miss Blaquiere:—Just a few lines to thank you for the pair of socks I received through this Battery with your name in them. I had not been out in France very long when they were issued, and they were very handy on account of the wet weather we were having at the time.

It is just seven months today since I left Petawawa, and one year Thursday since I enlisted. I expected to be in France a long time before I did get here, but I guess I must have been born lucky because our outfit only had a few weeks of the rear had weather.

We arrived in France on the 1st of April and it took us six days to get to the Battery, and I think it either rained or snowed every day out of the six and for a couple of weeks after we arrived at the lines. Since then the weather has been fine out of a few days. It is raining today, and is muddy. A fellow can carry nearly a whole farm around on his feet.

I was ready to leave England about the middle of January, but the gunnery instructor came along the morning we were to be dismissed from our gun classes and picked out all the big men and put us on the 60 lb. guns for training. We were in Shorncliffe until the end of January, and then went to Winchester, Hampshire, to mobilize and complete our training. It took us exactly two months and we left England the end of March.

If you care to answer this, my address is 243802, Bdr. A. E. Ridewood, 2nd Canadian Heavy Battery, B.E.F., I am from Smiths Falls, Eastern Ontario, about forty miles from Ottawa. It is a town of about 5,000 people, and a large railroad centre. That is what I followed up while in Canada and I can't get back to it any too soon. France and England may be fine places to read about, but there is no place like home. This is all I have time to write, so I will close. Again thanking you for the socks, I remain, yours sincerely,

Alfred Ridewood.

The following letter has been received by Miss Edna Proulx, from Gr. Ira Stewart, of the 13th Howitzer Battery.

France, July 1st.

Dear Miss Proulx:—Just a few lines to let you know what I received your socks, and I was very much pleased to get them, indeed, especially from Charlottetown, anyway, for that is where I am from, and I work with your father at Bruce Stewart & Company.

I saw your father about two weeks ago. He was quite well and looks fine. I do not know how your brother is for I have not seen him since we came out here.

We have quite a number of Charlottetown boys in this battery.

Well, I guess, I will have to close for this time.

I remain, gratefully yours,

IRA.

My address is No. 40253, Gr. Ira Stewart, 30th Howitzer Battery, 9th Brigade, C. F. A., France.

CANADIAN SOLDIER'S LETTER

Says Dr. Cassell's Tablets have kept him fit through two wars

Sapper A. Hartley, of the A. Company, Canadian Engineers, whose home address is 906, Trafalgar street, London, Ontario, is one of many who have written in praise of Dr. Cassell's Tablets. He says: "As a constant user of Dr. Cassell's Tablets, I would like to add my testimony to their value. I used them when I was in the South African War, and finding the benefit of them there, have taken them since whenever I felt run down. I always recommend them for I know that they do all that is claimed for them. In my opinion they are the best tonic anyone can take for loss of appetite, poorness of the blood, or general weakness of the system."

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