

SATURDAY ONLY!

- Cocoa, 2 lbs. 19c
Bacon, per lb. 17c
Sugar, 10 lbs. 70c
Corn, 3 cans 25c
Peas, 3 cans 29c
Tomatoes, 3 cans ... 29c
Kay's Baking Powder 22c
Milk, 3 cans, any kind 29c
Tomato Soup, any kind, 3 for 25c
Ripe Tomatoes, lb. . 12c
Cabbage, per head . . 8c
Blueberries, 3 lbs. . . 25c
Surprise Soap 10 for 43c
Pearl or P.&G. 10 for 33c
Palmolive Soap, 3 for 19c
Cream of Tartar, lb. 27c
Spice, any kind packaged 8c
Lard, 2 lbs. 23c
Shortening, 2 lbs. ... 23c
Matches (large) 3 boxes 25c
Corn Flakes, 3 for . . 25c

Albert Kays

East Corner Richmond and Fownall - Phone 1383 -

Vice Regal Party Touring The West

WINNIPEG, Aug. 4.—(C.P.)—The Canada's Governor-General took an automobile tour through south-eastern Manitoba, Countess Bessborough was the guest at lunch yesterday of Mrs. E. C. Harter, daughter of Hon. J. D. McGregor, Lieutenant-Governor.

MRS. JESSIE McMAHON Mrs. Jessie McMahon, (nee Farquharson, passed away at East Lynn, Mass., on June 6, 1933, and was laid to rest in the Mt. Hope Cemetery, Boston. Mrs. Mahon was 77 years old, and was born at Mermaid and was the daughter of the late William Farquharson, and sister of the late James Farquharson of Mermaid.

BANANA ROLLS WOULD LEND A NOVEL TOUCH With the enlarged appreciation of the genuine food value of the banana, there has come an increasing interest in appealing ways for serving this nutritious fruit.

They may be served with or without cream, or with a cooked lemon sauce. Make your richest pie pastry, using lemon juice for most of the water; or make this pastry:

- 2 cups flour
1-2 teaspoon salt
1 teaspoon baking powder
3-4 cup shortening
1 egg yolk
A little lemon juice

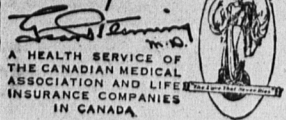
Sift the flour, salt and baking powder together, then cream the shortening in a bowl, and with a rotary mixer or two spatulas, work the flour mixture into the shortening. Add the beaten egg yolk to this, and a little lemon juice, enough to moisten sufficiently to make a dough for rolling. Have all ingredients cold. Roll at once on a floured board, the thickness for pie crust, and shape quickly in pieces large enough to roll a banana in each.

Have ready very ripe bananas, peeled and sliced in half lengthwise. Place a half on the pastry slash across the banana several times with a knife, sprinkle with lemon juice liberally, sprinkle with sugar or brown sugar and dot with small dabs of butter. Moisten the edge of the pastry with lemon juice, sugar and dabs of butter. Fold pastry over banana and crimp edges together. Lay on a baking sheet or shallow pan, rubbed with shortening and bake in a hot oven (450 degrees) for fifteen to twenty minutes. If the pastry browns too early lower the oven heat a little.

Do Not Neglect Your Eyes

An examination might be of great benefit to you. E. W. TAYLOR J. S. TAYLOR OPTOMETRISTS South Side Queen Square

HEALTH



OVERWEIGHT

The person who is overweight may appear to be happier and more contented than his friend who has a "lean and hungry look", but in reality, the extra weight which he carries is endangering his happiness that comes through good health.

In general, it may be said that definite overweight in adult life is a handicap. It is well known that certain diseases occur with greater frequency among those who are overweight. Marked overweight reduces the expectancy of life.

Overweight usually begins at the age when we cut down on our physical activities, while continuing to eat as much food as we did before. The average individual is less active in adult life than when he was younger, with the result that he uses less food to keep up his physical energy. As less of the food eaten is burned up to provide muscular energy, it is stored as fat and overweight begins.

Most cases of overweight are simply the result of eating more food than is required by the body. So it is that most cases of overweight can be prevented or corrected if the food intake is reduced.

Individuals differ in the amount of food they use up. This difference has to do not only with each person's physical activity, but with the person himself. Each then must be guided by his own experience as regards the amount of food he requires, evidenced by his personal sense of well-being and his actual weight.

There are tables which give us average weights according to sex, age and height. These tables serve as guides, but it is well to remember that they are average and that normal with a weight that is above an individual may be perfectly or below the average.

Prevention is better than cure. In so far as overweight is concerned, prevention is also much more comfortable. The young adult would be well advised to observe the first signs of an enlarging waist-line, and cut down on his food as a preventive measure. If he does so, he may look forward to better health, and more years of health, and at the same time, he will definitely decrease the risk of contracting certain diseases.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

GRAPE GINGER ALE

If there is a little left over grape sherbet in the refrigerator, try this combination for an especially refreshing drink: use tall feed-tea glasses. Fill the glass one-third full of grape juice; add one or two ice cubes, and fill up with dry ginger ale. Then put a spoonful of grape sherbet on top. Delicious.

Tomato-Clam Juice Cocktail

Buy the best grade canned clams, and drain off the juice. (Use the clams in a sea-food pie or casserole). Season the clam juice with paprika, salt, pepper and celery salt, using one-fourth teaspoon of each to one cup clam juice. To two quart tomato juice (bought or from home cooked and squeezed tomatoes) and one and one-half teaspoons salt; one tablespoon horseradish, one teaspoon sugar, one teaspoon Worcestershire sauce, and the cup of seasoned clam juice. Mix thoroughly and chill. Serve in tall glasses with shaved ice.

Spiced Fruit Punch

Make a syrup by cooking one cup sugar; one cup water; one-half tablespoon of whole cloves, one and one-half three-inch cinnamon sticks together until the sugar is entirely melted and the syrup boils ten minutes. Place the spices in a new cheesecloth bag, and remove bag when the ten minutes are up. Let cool, then add the juice of six oranges, six lemons, one cup of grape-fruit juice and one cup pineapple juice, chill thoroughly. Serve with cracked ice in tall glasses with a green mint cherry and a slice of orange. If too sweet add a little carbonated water or ginger ale to each glass—sure to be an improvement any way.

PACIFIC PROBLEMS ON AGENDA

SOLOIST—Miss Alice Coffin will be the soloist at the evening service in Central Christian Church. CAVENDISH BAPTIST CHURCH—Service Sunday the 6th 7.30 P. M. Wm. G. Quigley, Minister.

HORSEMEN WILL please remember entries for Exhibition races close on Saturday, August 5th. J. W. Boulter, Secy. 128

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OUR BIG HOSIERY SALE ends positively on Saturday night, August 5th. Secure some of the many bargains now. Prowse Bros., Ltd. 135

CAVENDISH PASTORAL CHARGE—Church services for August 6th. 11 a. m. North Rustico, 7.30 p. m. Stanley Bridge, Sermon, "Friends". Visitors cordially welcomed. Rev. W. A. Paterson, M. A.

HUNTER RIVER Charge, United Church of Canada: The services next Sunday will be conducted by Rev. George Christie, M.A. of York, North Wiltshire at 11 a.m. Hampshire at 3 p.m. Hunter River at 7.30 p.m.

ST. JAMES CHURCH—The preacher at the morning service in the Kirk tomorrow will be the minister, the Rev. Dr. Moorhead Legate. The special soloist will be Miss Lena McLeure of Toronto. Tourists and visitors are cordially invited to attend the service. There is no evening service during the present month.

BRADALBANE PASTORAL CHARGE—United Church of Canada. Rev. Arthur R. Wallis, B. A., Pastor. Preparatory Service of Communion Season on Friday, August 4th at 8 p. m. at Bradalbane. Sunday, August 6th—11 a. m. Communion Service at Bradalbane. 3 p. m. Service of Worship at Granville. 7.30 p. m. Service of Worship at Pleasant Valley.

LEAVES ON MOTOR TRIP—Mrs. H. Wilson, Riverside Cottage, Southport, left Friday morning by motor for the United States. Mrs. Wilson will visit her son, Lawrence in Malden, Mass., and her two daughters, Mrs. Lovell, and Miss Maude in Maine, besides a host of friends. She expects to return to the Island about the first of October.

HEARD FROM—Capt. Joseph Ryan, formerly harbor master at this port has received a letter from Capt. John Walsh who is now retired and living at his home in Liverpool. Many will remember the genial captain who came out here as mate on the sailing vessel "Prince Edward" with Capt. Robert Fraser. Capt. Walsh who is now in his 90th year sailed for many years from this port while in the employ of Walsh & Owens. After giving up sailing he was for many years dock keeper at Liverpool and is now retired.

THE BAPTIST CHURCH—The morning service, which will be broadcast by Station C. H. C. K. will be addressed by the Rev. A. K. Herman of Moncton. Mr. Herman's subject will be "An Impossible Puzzle". Mr. James Calder (The Boss) will sing Vandewater's "The Publican." Sunday School immediately follows the morning service being in session from 12 to 12.30 o'clock. The Rev. A. K. Herman will speak at the evening service taking as his theme "A Perfect Finish." Following the evening service in Charlottetown, Mr. Herman will hold a service at Marshfield Baptist Church at 8.30.

LEAVE FOR BERWICK, N.S.—Rev. J. S. Bonnell, Minister of Westminster United Church, Winnipeg, left on Thursday morning for Berwick, N.S. where he will give a series of twenty addresses. He is to be the guest preacher at the annual United Church camp meeting in Berwick. The guest speaker last year was Dr. Cloyis Chappell of Florida who was preceded by Dr. Campbell Morgan, Dr. Wm. Poole of Christ Church, London, Eng. Dr. Hughes of the Westborne Baptist Church, London, and other religious leaders. Special music at this year's services will be given by the Tremont Temple Male Quartet from Boston and the Windsor Orchestra. The meeting will continue from Aug. 4th to Aug. 14th.

SALT BATHS ARE A SPLENDID NERVE TONIC Bathing does a great deal more than to keep you clean. In the summertime, particularly, frequent bathing adds to your comfort and general feeling of well-being.

Take a warm bath each night to remove the grime and dust of the day. Use plenty of soapsuds and a long-handled brush. Finish off with a cool shower if the warm bath has made you uncomfortable. If you don't have a shower, then your next best bet is to fill the tub a second time with clear, cool water.

A morning shower or a dip into a tub of cool water will go far toward starting the day right for you. If you can stand it, of course a real cold shower is most invigorating. However most of us prefer a morning shower that is only temperate cool.

Salt baths are an aid in preventing excessive body perspiration. Besides they make you feel fresher. Take handfuls of slightly dampened salt and rub your whole body with it. Then step into the tub or under the shower and rinse it all off.

Both salts have a cooling effect when used in your bath and will do much to refresh nerves that are frayed from summer heat. Get the kinds with simple flower odors. Pine bath salts are a favorite in summer. They make you think of pine forests and cool, moist earth. You can't take too many baths in the summertime. They are an infinitely important part of your beauty routine.

Canada - Whole Wheat Consumer Canada, for years past, one of the world's leading wheat producers, is now, per capita, rapidly becoming one of the world's leading whole wheat consumers. Evidence of this is provided by estimates made by the Canadian Shredded Wheat Company, Ltd., which show that nearly 2,000,000 Canadian families are today including whole wheat items in their daily diets.

Several factors are responsible for this new trend in Canadian eating habits. The first of these, and probably the most important, has been the educational efforts of many medical men and dieticians stressing the wonderful food value of whole wheat when served with milk or cream and fruit. Whole wheat has been noted in that it contains carbohydrates for energy, mineral salts for bone and tissues, vitamins B and E for energy, and bran for regulation.

Another factor has been that the modern miss with her desire for a slimmer figure, appreciates that whole wheat is a quality instead of quantity food and that she may obtain from it a maximum amount of nourishment with a minimum fat-building element. A third factor has been the ease with which whole wheat foods can be tabled for meals. Shredded Wheat Biscuits for instance, one popular form of whole wheat foods, are ready prepared for the table and can be served hot or cold easily and attractively.

Finally, there have been the educational efforts of the prepared food manufacturers themselves. Foremost among them being the Canadian Shredded Wheat Company, Ltd., who annually spend many thousands of dollars to acquaint the Canadian public with tasty, but non-fattening diets.

They may be wise enough to pass no laws, using only public opinion to enforce their ideals. Already this irresistible force has started several noticeable changes.

Bobbed hair, which has had a precarious existence in other countries the last few years, in Germany is out. Right out. A request from a customer in a beauty parlor to cut off her hair brings a shocked protest from the assistants, with the manager running to add his voice in chorus. There is a general sigh of relief and satisfaction when they find it is only a foreigner—for no woman in Berlin would be so unpatriotic as to get her hair cut when the Leader likes long hair. Business is brisk in artificial hair, matching and bleaching to a Nordic blonde. Even the children are no longer bobbed, for comfort, convenience or any other reason, and happy is the 16-year-old fraulein who has not learned to smoke, has no need to make up, and who has two long plaits of fair hair down each side of her face.

In the schools, which turn out the healthiest children in Europe, girls are taught that the golden tan of the sun is more beautiful than powder and rouge. In the press their older sisters and mothers are told that make-up does not please German men, and that it is ruinous to the skin. Overenthusiastic Brown Shirts have even stopped women in the streets to reproach them for their excessive use of rouge. Consequently it was amusing to watch some young people arrive at a dance the other evening. They came into the house tanned and clean looking, without a trace of powder or rouge. Half an hour later they appeared in the ballroom with their full beauty brought back by cosmetics. Before they were taken home they rubbed it all off.

Smoking, especially in public, is decidedly under the ban. German men and older women have for years viewed it with alarm. Now that it conflicts with the new aims, many thousands of women smoke only in their boudoirs, never in motors, parks or restaurants. This meets with general approval, particularly outside of Berlin. The propaganda against smoking has been largely on health grounds; that girls who smoke will not make strong mothers. The women don't believe half the propaganda, but they are all loyal followers of Herr Hitler and do want to please him. It's the old story that a woman does better work for an individual boss than for a company.

Frau Dr. Magda Gaebbel, wife of the famous Minister and Hitler aide, gave a statement to the press on Monday last: "German women will make themselves beautiful, and keep their beauty, by every means at their command. If they are pale they will certainly use make-up. The stolid Gretchen is gone. The German woman of the future will be chic, well groomed, beautiful, and intelligent." While there may be a desire to have women return to Kinder, Kirche und Kuche, as it was in the days of the Kaiser, the women themselves will see to it that they do it gracefully and keep the new charm that they have learned in the years following the war.

For in the streets and homes of Berlin there is no lack of charm in German women. There is no sign that they are only a few years removed from Frau Gaebbel's "stolid Gretchen." In the Unter den Linden, Leipzigerstrasse, Tauentzienstrasse and the Kurstendamm, which are the shopping and outdoor cafe centres of the city, thousands of exceedingly smart women parade day and night. Erect, slender, blondes and brunettes, chic in their linen suits, cotton or silk summer frocks. They exhale an air of activity, strength and good health. Though half of them wear Marlene Dietrich hats, none, needless to say, has followed the world-queen of the films with trousers, coat and vest. The fashionable women are closer in appearance to New York than Paris, and do not overdress as many English women do.

There are many evidences in all sections of the scarcity of money, naturally more so in the poorer districts, but even here the women exhibit a style of their own. Their dresses may be several seasons old but they are spotlessly clean, pressed and altered with belts, buttons and whatnots to bring them as close to the mode as possible. There is nothing like the visible evidence of poverty here that there is in London, New York or Toronto, in spite of the terribly hard conditions under which they have lived for so many years.



MY BOY, TAKE A TIP FROM ME - CHANGE TO ROSEBUD AND WATCH HER SMILE!

"No arguing it's the Best"

Rosebud's fragrance is irresistible—the ladies, too; approve a man's choice of Rosebud. There's real contentment and satisfaction in every pipeful, because Rosebud is blended to suit the exacting Maritime taste. Try Rosebud yourself—to-day!



ROSEBUD CUT-SMOKING TOBACCO Large package 10c Extra large 15c

IF YOU PREFER PLUG TOBACCO SMOKE ROSEBUD 20c BIG PLUG

THE MARITIME SMOKE

Bobbed Hair Cosmetics Frowned On In Germany

BERLIN, Aug. 2.—The diplomacy of the new Government may be bad, but on every side it shows a nice understanding of psychology. Especially the workings of the minds of their own people. Some Faustian in the Department of the Interior, with a vast knowledge of German women, has been working them up with a gigantic crop of rumors until they are almost ready for any change. And ready to welcome it, for, as in other contemplated departures from precedent, they have based their campaign on a few simple fundamentals which most people concede to be right, such as "love of country," a "healthy race" and "strong boys and girls to build a better Germany."

The State agrees to do its share by providing work, unemployment insurance and old-age pensions—with particular advantages for orphans and homeless children. No actual laws or rules have yet been made, but there have been plenty of speeches and suggestions. Two examples:

Adolf Hitler: "Only by rebuilding the German home can we once more make Germany a great power in the world! Without the help of our women we will fail!"

Dr. Frick: "The family must once more be the foundation of the State. Women must be brought back to family life and the duty of housewives!"

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They have that particular pride of appearance, so involved with the ceremonial life of all classes of Germans, based on cleanliness. But these poorer women have taken to the party's suggestion with great enthusiasm. They have never been able to afford cosmetics or cigarettes, anyway.

Today's rumor is that women who have not three children will be denied full citizenship in the future German state. It amuses the officers of the party as much as any one else, but is discussed with great seriousness by office staffs and by young women.

SURPRISE!



Friend Hubby arrives home at six p.m. with a carload of friends . . . No, he wasn't withered with a glance . . . He had been thoughtful enough to step in at Stewart's.

Stewart's BEANS Per Quart 20c STEWART'S Bakery KENT STREET PHONE 211

Illustration Station Field Days

- Rose Valley—(Farm of Malcolm MacKenzie) Wednesday, August 9, at 2 P. M.
New London—(Farm of Wm. E. Johnstone) Thursday, August 10, at 2 P. M.
Rustico—(Farm of John L. Clark) Friday, August 11, at 2 P. M.
De Sable—(Farm of Hector McKay) Monday, August 14, at 2 P. M.
Palmer Road—(Farm of Sylvan Peters) Tuesday, August 15, at 2 P. M.
West Devon—(Farm of Cephas Grigg) Wednesday, August 16, at 2 P. M.
Glenwood—(Farm of Alfred Gorrell) Thursday, August 17, at 2 P. M.
Richmond—(Farm of Thomas Noonan) Friday, August 18, at 2 P. M.
Montague—(Farm of Fred G. MacIntyre) Saturday, August 19, at 2 P. M.
Red Point—(Farm of Nelson R. Stewart) Monday, August 21, at 2 P. M.



IMPERIALS Imperial Products—IMPERIAL FOX BISCUITS and IMPERIAL PUPPY FOOD—enjoy a long and enviable record for highest-class results in fox and fur raising. Ranchers find them always dependable and most economical. Numerous patrons inform us they are unsurpassed for food value. "IMPERIALS" fed liberally and regularly ensure success. Imperial Biscuit Company Ltd. CHARLOTTETOWN, P. E. I.