

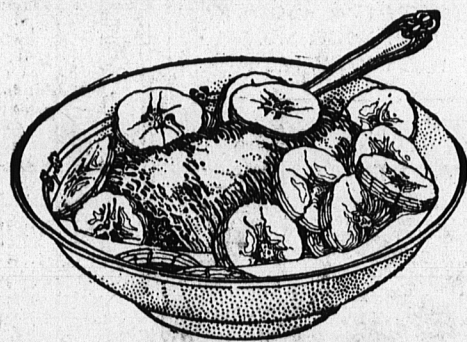
The Hot Weather Health-Habit

is easy to acquire if you only know how. You cannot cool the body with ice-cold drinks that give only temporary relief. Get the hot weather health habit by eating

SHREDDED WHEAT

Cut out meat for a few days and eat Shredded Wheat with fresh fruits and you will experience a mental buoyancy and bodily vigor beyond description.

Eat Shredded Wheat Biscuit for breakfast with milk or cream; serve it for luncheon or supper with berries, sliced peaches, sliced bananas or other fruits.



MADE IN CANADA

FRIDAY

CULVERTS.—The big section of the culvert entering Government pond has been completed and is being covered in.

POLICE COURT.—Robert Stanley called at this office to state that he was not drunk when in his mother-in-law's house, as stated yesterday.

METHODIST MEETING.—The first quarterly meeting of the official board of the Pownall Church will be held at Waterside (at Mrs. Drake's) on Monday next at 6.30 p. m.

NEW HOME.—Mr. J. G. McKinnon's new house on Euston Street, at the north end of the Government Road, is making rapid progress. Mr. W. G. Hennessy has the contract in hand.

RED CROSS FUND.—At New Glasgow Tuesday evening August 31st, the Ladies Aid for Red Cross Fund will serve Ice Cream and home made Candy. Come one come all and enjoy a pleasant evening.

ENJOYING FURLOUGH.—Mr. Joseph Connelly who came from the United States to join one of the Island Batteries is spending a few days in Hope River and vicinity previous to his departure for Valcartier.—T.

ATTENDING CONVENTION.—The following is a list of those from Rustico and Hope River, who attended the Acadian Teachers' Convention which was held at Mont Carmel on the 19th and 20th of August. Misses Lucy Dolron and Gertrude Pineault; Messrs Cyril Buote, Joseph L. Blaquiere, Mosie Gallant, Cornelius Pineault, Edmund Pineault, Benoit Dolron and Zachariah Doucette.—T.

AN ISLAND LADY.—Miss Belle Waughan of San Diego was a visitor at San Francisco Exposition this month, and took time to meet many friends around the bay cities, says the Oakland Maple Leaf, Cal. Miss Waughan will graduate as a trained nurse early next year from the Agnew Hospital, San Diego. She is a daughter of Henry Waughan, of Charlotte-town, P. E. I., and for the past few years has made her home in the southern city, where a sister, Mrs. W. M. Howse, also resides.

VISITING THE EXPOSITION.—The Oakland Maple Leaf, Calif., says:—Mrs. Theresa MacDonald and Miss Kate MacDonald, of Victoria, B. C., are in San Francisco visiting the Exposition, and are the guests of their sister, Mrs. A. D. MacInnis, 62 Twenty-eighth street. They were originally from Rocka Barra, P. E. I. Mrs. Augustine Campbell of Eureka, Cal., arrived in San Francisco, July 28th, and besides visiting numerous friends will spend some time visiting the Exposition. Mrs. Campbell, before her marriage, was Miss Belle Campbell, Poplar Point, P. E. I.

WEDDING BELLS.—A pretty but quiet wedding took place at the residence of Mr. Levine, St. John, N.B., August 24th, when Mr. J. A. Ross, of Charlottetown, P.E.I., was wedded to Miss Dorothy Levine, niece of Mr. Levine. The bride was given away by her uncle and entered the drawing-room to the strains of Mendelssohn's wedding march. Among the guests were the groom's sisters, Mrs. Harris and husband, of Dorchester, Mass., and also two brothers, one from Providence, R.I., and one from Rochester, N.Y. Among the guests from Charlottetown were Mrs. Israel Block. The presents were beautiful and numerous.

ABNEY.—Mrs. Joseph Moore of New Glasgow who has been visiting friends and relatives has returned to her home.—Mrs. John Moore has left on a visit to New Glasgow, she is accompanied by Mr. James Buell who also is visiting at New Glasgow, N. S.—Mr. Leith Buell has recently purchased a farm horse.—The new road through Abney is well advanced in construction and is expected to be completed in the near future.—Hay making is completed; the crops on the average being good.—Ploughing is begun, and there is an appearance of harvest in the near future.—Q.



ROYAL YEAST CAKES
MADE IN CANADA
EMIL GILLET COMPANY LIMITED
TORONTO, ONT.

S. S. PICNIC.—The Valley Field Presbyterian Sunday School held a very successful picnic on the manse property, Saturday the 21st. Games were played by the children, and enjoyed by all present. Photograph selections were rendered while all partook of a sumptuous repast. The pleasant evening was brought to a close by singing the National Anthem.

RETURNING HOME.—Rev. H. R. Vessey of Semans, Sask., who has been visiting his father, Mr. William Vessey of York for the last month, left on Thursday morning for Northumberland to spend a week with his wife's parents in Nova Scotia, prior to his departure to his home in the west. Mrs. Vessey and little daughters Margaret and Phillips went over three weeks ago. While on the island Mr. Vessey preached very acceptable to large congregations in Pleasant Grove and York.

CARNIVAL PRIZE LIST.—The list of prizes offered in connection with the Floral and Fancy Dress Carnival in aid of Red Cross Funds on Monday, August 30, is as follows:—Decorated private team, 1st prize, \$3; consolation, \$2. Decorated tradesman's team, 1st prize, \$3; consolation, \$2. Automobile, 1st prize, \$3; consolation, \$2. Best tableau, 1st prize, \$4; 2nd, \$3; consolation, \$2. Best decorated bicycle, 1st prize, \$2; consolation, \$1. Prettiest costume (collectors), \$2 and \$1. Most original costume (collectors), \$2 and \$1. Best original costume (collector of largest amount, \$2 and \$1.

PICNIC AT CRAPAUD.—The Church of England picnic at Crapaud on Saturday last was a grand success financially and socially, the tea tables and refreshment booths being well patronized, doing a rushing business in the evening especially. Among the amusements was a grab goose pen which made lots of merriment for the older people as well as the younger folks. The mysterious pea nut vendors in antiquated dress made a good impression and are deserving of special mention. Bagpipe music was furnished by Mr. George McKay which enlivened the occasion and was very much appreciated by all lovers of the pibroch the receipts amounted to about 240 dollars.

SILVER JUBILEE CELEBRATION.—Mr. and Mrs. John S. Rice of 919 Valencia street, San Francisco, celebrated the twenty-fifth anniversary of their marriage on Saturday, July 24th, and on that occasion a large number of friends called to extend congratulations to this worthy P. E. Island couple now residing in the City of St. Francis. During the evening entertainment was furnished, each of their seven children taking part, and after dancing and cards an old-fashioned midnight supper was served. The decorations were in silver, and at the table, each gave an appropriate toast.

SCRAPES FOR THE TOMMIES.—"The demand for razors, old or new still continues unabated," says Kitchener, so don't forget to look out any old blades you've got. Never mind though they have a saw edge, if the steel is good a few cents will fix it up. Some brave boys in the trenches will cherish it. In fact this war among other questionable blessings, has brought about a renaissance in the art of amateur shaving and millions who never learned the art are now struggling with more or less success, with an old razor and a bit of glass to reduce their hirsute growth to civilized proportions. The wear and tear on razors is enormous and they are called on to do duty in many spheres for which they were never intended, such as cutting tobacco, opening sardines, sharpening pencils, manicuring, etc., so that the demand is a constant and insistent one. Send along your old blades to Canon Simpson, St. Peter's Rectory.

PERSONAL MENTION.—Miss Muriel Curtis, Charlottetown, is visiting at the home of Mr. and Mrs. S. B. French, Victoria.—Mr. Alden B. Dawson, Ugg, arrived in Victoria on the S. S. Harland Wednesday and proceeded to Tryon where he will visit relatives and friends.—Mr. John Sobey, Hampton, arrived on the S. S. Harland, Wednesday evening.—Messrs. D. M. McLean, Crapaud, and E. Boswell, Victoria, were visitors to Kensington Wednesday.—Among the passengers to Victoria on the S. S. Harland Wednesday evening were Prof. S. N. Robertson, Charlottetown; Mrs. H. V. Norton, Bedford; Miss Beatrice McPhee, Tryon; Miss Miriam Cameron, Crapaud; Miss Susie Bell, Charlottetown; Mr. Jack McKie, Charlottetown; Masters Winfield and Elmer Cameron, Victoria; Mr. Ernest Reid, Crapaud.—Messrs. Joe Trowsdale, Crapaud; Will Dunford, South Melville; Earle Sherren, Crapaud were among those who left on the Harvest Excursion the 24th.—Mr. E. H. Wright, Miss Cottie Lea and Miss Neavy Myers, Victoria, are attending the Sunday School Convention in Montague.—Miss Ruth Boulter, Victoria, left Thursday on a visit to friends in Chelmsford, Mass.—Mr. and Mrs. Samuel Cameron, formerly of Hampton, have moved to their residence in Victoria, which they purchased over a year ago.—Miss Barrett, Charlottetown, is spending a few days in Crapaud visiting her friend, Mrs. J. T. Windsor.—V.

VISITORS TO IONA.—Among the recent visitors to Iona from Earncliffe were Messrs. D. Praught, L. Praught, P. McInnis, J. McInnis, the Misses Mary and Antoinette McInnis, and Mr. Ambrose Sullivan and sister Miss Katie Sullivan from Vernon River.

STREET IMPROVEMENTS.—The traction engine is hard at work rolling the macadam on the new section of Rochford St. to Euston Street. A surface layer has just been put on and this locality will present a most up-to-date appearance when the work is completed.

SCOTCHFORT AND VICINITY.—Mr. and Mrs. Joseph McDonald, Scotchfort, who were over to New Glasgow on a business trip returned home Monday.—Messrs. Ronnie and Jack Gillis, St. Peters Bay, spent a few days visiting in Glenroy this week, the guests of Mr. Joseph Barrett.—S.

TWO BROTHERS.—Mr. Will Stanway, son of Mr. H. Stanway, Prince Street, has resigned his position as Accountant in the Bank of Commerce, Winnipeg, and enlisted in the 13th Field Artillery, for the front. His brother George, is now qualifying for a captaincy in Wellington Barracks, Halifax. These two gallant young men are noted athletes. They have both felt it their duty to fight for King and Country, and finer specimens of physical manhood it would be difficult to find.

IT REACHED ENGLAND.—A rather funny incident is related by Mr. John McIntyre, St. Andrews, who some months ago while shipping eggs put his name and address on one of them. Quite recently he received a letter from a man in Manchester, England, saying that he had got this particular egg among a lot that he had bought and in consequence was sending a reply. This goes to show that the egg circle of P. E. I., is extended far beyond the continent and if Islanders want to make it the success it should be, every care should be taken to supply nothing but the genuine article.—S.

PROSPEROUS ISLANDER.—Mr. Joseph R. McPhee, superintendent of the construction department of the Richmond R. R. on Staten Island, New York, is a native of Prince Edward Island, a son of the late Rodrick J. McPhee of Seikirk, and his wife, Margaret Kelly of Morell, says the Oakland Calif. Maple Leaf. Mr. McPhee graduated from the Commercial School of Charlottetown, and seven years ago went to New York, where he soon became assistant superintendent of the Caney Island R. R. construction department. One year ago he was promoted to his present position. Last November Mr. McPhee married Miss May Rowan, a charming Brooklyn girl.

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