



YOU CAN'T FOOL NATURE

WHAT you eat every day is either going to build you up, or it's going to drag you down!

Modern foods are to blame. All too many of them are designed to please your palate rather than to give your body the vital nourishment it needs.

A well-known creator of health foods originated one food deliberately to overcome this. He made this food supremely delicious. He made it easy to digest. And he made it from whole wheat and malted barley to give you five elements of nutrition. This food is Grape-Nuts.

Grape-Nuts gives your body in a very easily-digested form dextrins, maltose and other carbohydrates for energy; iron for the blood; phosphorus for teeth and bone; protein for muscle and body building; and the valuable vitamin-B.

Eat it beginning to-morrow. Your grocer sells Grape-Nuts in wax-wrapped packages. It's ready to eat—with milk or cream. And so inexpensive. Four teaspoonfuls is a serving—and costs less than one cent.



Grape-Nuts for Delicious Nourishment

Made in Canada

Benefits Teeth and Gums, Too!

Doctors and dentists are constantly warning us that we must eat some crisp foods that require chewing. Grape-Nuts must be chewed—and its pleasant "crunchiness" and delightful flavor tempt you to chew.

This starts digestion in the mouth and gives to teeth and gums the exercise which alone can keep them in healthy condition.

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GARLIC TOUCH.

GREEN VEGETABLES.

If you slush a rather poor cut of meat every now and then, and insert a tiny bit of garlic, the taste will be improved tremendously.

Never put salt into the boiling water you cook green vegetables if you want to keep them a pretty greener. Salt just before taking up.

HAING TOOLS

We carry the finest Haying Tools on the Island.

The new Thomas two speed Mower. Wide tread—5 foot or 6 foot cut.

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One Hudson Coach—Good as New. Run Only 7000 Miles.

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One Chalmers (open) 5 Passenger.

One Buick (open) 5 Passenger.

The Above Are All The Used Cars We have and They can be Bought Right.

GAUDET BROTHERS.

Dealers for Hudson, Essex, Oldsmobile, Hupmobile, Cadillac and LaSalle.

"Jealous Hearts"

By MILDRED BARBOUR

CHAPTER 65. ASHES OF HOPE.

Elinor sat alone before the fire in the library of the Spanish villa. Tony had been gone an hour. In that time, she had dined in leisurely fashion; not because she felt like eating, but because the butler had announced dinner, and, since she knew the servants were gossiping over Millicent's absence, she thought it wise to keep up a pretense of composure.

Under the circumstances, it had been impossible, of course, for Tony to remain for dinner. So he had taken his bags and had set out for club in town, in spite of the storm. And Elinor, having dined from her d'oeuvre to sweet, was drinking her coffee in front of the library fire.

She had never, in all her life, felt so completely alone; so thoroughly isolated from human contact. She felt cold. Her heart, her brain, seemed numb and chilled. She wondered if she would ever feel warm and glowing again.

Tony had refused her! She couldn't believe it, and yet, it was true. She had literally flung herself into his arms, and he had let her know that he didn't want her.

After all these years, he didn't want her!

The thought of it made her angry, and she blushed with shame. Or was it shame? Or the pique of the woman scorned? But that was not quite accurate. Tony hadn't scorned her. He had been very gentle, very courteous, but very determined. He had looked queer, too. A trifle dazed, extremely perplexed, curiously aloof. For a few minutes it had seemed to her that he hadn't yet grasped the significance of what she was saying. She had put him off so long that, perhaps, he couldn't realize his good fortune, she told herself.

But he didn't leave her even that sop to her pride. He understood, and let her know it. He had said gently:

"It's too late, Elinor. I married Millicent, and, although I haven't made her happy, I don't think I did. As for you and me, in the last few moments it has become clear to me that we never could be happy together. We have changed greatly since our last meeting."

"You say that because I am no longer young. Faith! I am more beautiful now than ever." Elinor's frantic protest bespoke her fear of time and its inevitable effects upon her.

Her words were challenge. He responded gallantly.

"Yes, Elinor. You are your loveliest at this moment."

She had a swift, bitter memory of a voice saying: "You will never be better than you are today. To-morrow, and the day after, and the day after that, and so on through the years, you will be worse."

For once, she stooped to pathos: "Then you—you don't want me, Tony?"

But it was not all acting. He had answered quickly: "I want your friendship—always, Elinor."

She turned upon him in sudden fury. That was more than her pride, her vanity, could bear. She lost the last vestige of self-control and upbraided him in words that had the music-halls had taught her—not words --for running her life. She accused him of following her to Europe; of making her the object

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The Public Forum

This column is open for the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

PRESIDENT JENKINS EXTENDS THANKS

Sir,—Through the columns of your valuable paper I wish to extend my heartfelt thanks to the citizens in general for their hearty cooperation in helping to make the annual meeting of the Canadian Medical Association, the first held here since its formation 59 years ago, the splendid success it was.

To His Honour the Lieutenant-Governor for his entertaining of our guests; to His Lordship the Bishop of Charlottetown, who kindly opened his beautiful country residence, Allanmore; to the Chairwoman and members of the Ladies Committee, who so successfully carried out their program; to the chairman and committee of the Gyo Club, as well as to the individual members, who, unflinchingly carried out their arduous work; to the members of the profession in Charlottetown and Summerside as well as the chairman of the different committees, who so ably and successfully performed the onerous duties assigned to them; to the Premier and members of the government of the province, also to the Mayor and members of the City Council, to the Chief of Police and his officers, I wish to extend my thanks.

Before I close, I wish to express my high appreciation of the very handsome donation of gingerbread donated by J. & T. Morris for all our functions and entertainments. As I am unable to thank all individually I hope they will pardon me for doing so through your valuable paper, for which I am ever grateful, not only for the publication of this letter but also for your valuable assistance in publishing items of interest before and during our convention.

I am, Sir, etc., S. R. JENKINS, M. D. President Canadian Medical Association

HOUSEHOLD SCRAP BOOK

By ROBERTA LEE

How To Make Liquid Glue

Fill a glass jar with broken glue of the best quality, then fill jar with acetic acid or vinegar. Set jar in hot water for a few hours until the glue melts. Results will be an excellent glue, always ready.

Wash Day

Turpentine is one of the most useful aids on wash day. It will loosen dirt without the slightest injury to fabrics.

Hot Plates

When serving hot biscuits or hot pastry of any kind, always use hot plates. The most delicious pastry will become soggy when served on cold plates.

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "I was effected by the news." Say "affected," which means influenced. "Effected" means accomplished.

OFTEN MISPRONOUNCED: pancrea. Pronounce pan-a-se-a, first syllable as "pan," second and third as in "ack," e as in "see," accent third syllable.

OFTEN MISPELLED: friend. SYNONYMS: dead, lifeless, deceased, inanimate.

WORD STUDY: "Use a word three times and it is yours." Let us

NOTICE

The Annual Meeting of the P. E. I. Grass Seed Growers Ass. will be held in St. Mary's Hall, Souris, on Thursday, July 5th at 3 p. m.

D. F. KEAYS, President.

"The Acadian" C. N. R. Goes On June 24th—25th

With the change in train schedules effective Sunday, June 24th, the fast all sleeping car train "The Acadian" goes on the run between Montreal and Halifax for the season 1928.

Connections from Charlottetown with The Acadian (Train No. 59) for Montreal will be made at Sackville, Train No. 39, leaving Charlottetown at 6:45 a. m. 6179-6-23-51.

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THE BATTLE OF STE. FOYE

By Frank Yelch

Q. When and where was the battle of Ste. Foye fought?

A. The battle of Ste. Foye was one of the last conflicts between the French and the British in 1759 when Lewis, in command of 10,000 men met the British force under Murray with only 3,000. The scene of the battle was on the Ste. Foye road west of the plains of Abraham and the citadel walls of Quebec.

Murray was finally driven back from his advanced position and retired to Quebec. Relief came a few weeks later with the arrival of a British fleet when Lewis raised the siege and returned to Montreal.

HARRINGTON. The regular meeting of the Harrington W. I. met at the home of Mrs. H. Jones. Meeting opened with Institute card. Fourteen members responded to the Roll Call with hints on housekeeping. It was moved and seconded that the York Dramatic Club be invited to repeat "The Bashful Mr. Bobbs"

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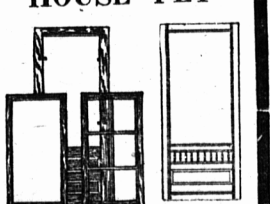
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We can also supply all fittings such as Hinges, Springs, Etc.

Screen Doors \$2.25, \$2.50, \$3.15, \$3.50. Combination Screen and Storm Door... \$6.50 and \$7.50. Window Screens 35c to 65c. Fly Spray... per pint 40c. Per quart... 75c. Our special green paint for renovating your screens

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