

LIFE'S BIGGER MOMENTS



So you're going to have a Baby...

It's a Big Moment in any man's career when the wife announces that the stork will make a three-point landing in his home.

But when you get those scattered thoughts collected, we'd like to suggest one practical step you can take now, to be ready for your new responsibilities as the father of the Greatest Child on Earth.

It's a good time to call in the North American Life representative and check over your Life Assurance programme. You'll feel a lot easier in your mind if you know that your family is well protected—no matter what happens to you.

NORTH AMERICAN LIFE

Outstanding in Returns to Policyholders

L. S. STEVENSON, District Manager, 140 Richmond Street

RACING DRIVER

By Alexander Campbell

In Rupert's car, Florence shivered. "Rupert, did you have any of these storms while you were working in the mountains?"

"I've never seen anything like it! At least it can't last long. 'Oh, can't it!' he retorted. 'You don't know your Africa, my child. It can go on like this for days—'

The road, which had seemed firm was rapidly being churned into wet, sliding red clay by the lash of the downpouring water.

The car skidded on the wet, loose surface, and Frank had to exert all his strength and his driver's skill to hold the machine straight on her course.

Every professor's car had gone in to a rut and slewed sideways, hopelessly bogged. While the women sat huddled in the cars, the men waded ankle deep in the mud and strove to get the car on to firmer ground.

"The other two cars have stopped," she said. "Something's wrong."

"I MUST GO TO-NIGHT" "Follow in my wheel tracks as closely as you can," he advised Rupert. "Then there'll be less chance of your kidding."

"Right." They left the bogged car and struggled on. It was a very bedraggled party which some hours later, staggered into the mountain hostel.

"What is it?" she asked. "Nothing," said Rupert nonchalantly. "I've one of two things in connection with the excavation work to attend to before we set out for the place. Of course we can't possibly go there to-night. We'll be lucky if we can make it to-morrow."

"What does that mean?" she demanded. "Won't he be able to clear it again?"

"What rotten luck!" he mourned. "Two years' work—up it may all go for nothing! Won't that fellow Jackson crouch! Of course we have the skull which Rupert brought with him, but he tells me that there may be even more interesting relics hidden away in that cave."

"That's isn't all," said Florence quickly. "I've an idea that Rupert has made up his mind to go out there, to-night, to see what can be done."

Ellington stared. "Impossible! It would be suicide to go up on the mountain alone!"

"Rupert is very obstinate," she pointed out. "Don't forget that he has been living for this moment. He'll do anything rather than see his work destroyed."

"Then we must stop him! Come on!" They raced out of the house in- to the driving rain, and made for the roundabout which Rupert had made his headquarters when not caught at the diggings.

They were just in time. Rupert in fisherman's long rubber boots, with a knapsack on his back and a stick in his hand, was making his way towards the path which led to the mountain that towered over the hostel.

"No you don't, young man!" The professor caught him by the arm. Behind his spectacles, there was a fanatical gleam in Rupert's eyes.

"I'm not going to have a common storm wrecking all our work at the eleventh hour! I know what I'm doing. I've been out in these storms before—"

"You'll come back to the house," said the professor grimly. "And then we'll talk the thing over calmly and rationally and plan what has to be done—together!"

Rupert followed rather grudgingly. Florence gripped his arm and squeezed it encouragingly. (To be continued.)

Alma And Vicinity

—Doctor and Mrs. D. A. Dunbar and family of Vancouver, B. C. are spending their holidays in Alma.

—Misses Lila and Muriel Moutzain were visitors to Summerside on Thursday.

—Mr. Earle Wallace is a patient in the Prince County Hospital where he underwent an appendix operation.

—Mrs. Elmer Wallace and son Arthur of Sydney, N. S. spent Monday in Alma, guests of Mr. and Mrs. Fred Rennie.

—Miss Eleanor Conroy of New York has arrived in Alma to spend the summer holidays with her aunt, Mrs. Jean O'Brien.

—Mrs. Con Rayner and Miss Bertha Bowness left on Thursday for Sackville, N. B. where they will attend summer school for the next few weeks.

—The trustees of Alma School have been fortunate in securing the services of Miss Blanche Rennie as teacher for the forthcoming school year.

—Mr. and Mrs. Gerald Casey and family of Springhill, N. S., are visiting in Woodvale, guests of Mrs. Casey's father, William B. Currie.

—Mr. and Mrs. Neil R. Barbour were visitors to Charlottetown on Friday.

—Miss Gerda Currie of Halifax is spending her holidays at her home in Woodvale.

—Mrs. Frank Barbour and Mrs. H. B. Dunbar have returned from a pleasant visit with Mrs. Alex. MacGinnis, Traveller's Rest.

—Miss Muriel Mountain, teacher at Tyne Valley, returned to her home in Alma Friday evening. It is understood that Miss Mountain is taking a position with R. T. Holman's in the near future.

—Mrs. Ervin Williams, Elmadaie, is spending some time visiting her daughter Mrs. Arthur.

—Mr. Austin Bowness, Ocean Falls, B. C. spent the past week with his sister, Mrs. Erskine Haywood, Charlottetown, before returning to his home in Montrose for the summer holidays.

—Mr. and Mrs. Thomas Baldwin and daughter Rita of Cabot, Saskatchewan, accompanied by Mrs. L. A. Schurman and Mrs. Emma Schurman of Beauce, were visitors to Alma on Wednesday.

—Mr. J. H. Dunbar was a business visitor to Summerside on Thursday.

—Mr. Clifton FitzGerald, Charlottetown, spent Sunday at his home in Montrose.

—Mrs. John E. Mountain was a recent visitor to Rosebank, guest of Mrs. Edie T. Horne.

—Mr. George Jeffery and Mr. Frank Kincaid, motored to Summerside on Thursday.

—Mrs. Arthur Galpin, Summerside, is visiting her mother Mrs. L. B. Currie.

The sympathy of the community goes out to Mrs. Hudson Fridham, Morose, in her recent bereavement, the sudden passing of her mother, Mrs. F. W. Leard, Elmadaie, who passed away on Sunday.

A large number of parents and visitors attended the closing examination of the Alma School. Five pupils received Grade VIII certificates. Jean, Donald, Florence Kincaid, Wilma Gordon, Margaret Kincaid.

and Marlon Barbour. The pupils were examined in the different subjects and their ready replies showed they had learned their lessons well and were a credit to their teacher Miss Blanche Rennie, who has been the capable teacher of Alma School for the past two years.

Mrs. Sanford McNeill was a visitor to O'Leary on Saturday.

Mrs. Robert Hardy returned to her home in Montrose last week after spending the winter in Halifax with her daughter, Mrs. J. B. Fraser.

Miss Dora Downess, Ottawa, arrived in Montrose Sunday evening to spend her holidays with her parents, Mr. and Mrs. R. L. Bowness.

Miss Isabel Donald, Charlottetown, spent the holiday at her home in Alma.

Friends are glad to welcome another English bride to the community if the person of Mrs. H. E. Prockham arrived in Montrose Sunday evening. She was met in Halifax by her husband.

Mrs. Erskine Heywood, Charlottetown, spent the week end in Montrose, guest of Miss Bertha Bowness.

Mr. and Mrs. Fred North of New York, are spending their holidays in Summerside, guests of Mr. John FitzGerald.—Alma.

The Alma Auxiliary of the W.M.S. met at the home of Mrs. Neil R. Barbour on Thursday afternoon with an attendance of ten members and two visitors. The worship service as outlined in the Missionary Monthly was carried out. Roll call was answered with a verse of scripture containing the word "love".

Minutes of last meeting were read by the secretary Mrs. H. E. Prockham and approved. A summary of the programme leaflet "We Look at the W. M. S." was given by Mrs. Wallace Donald. The leaflet "Christian Stewardship of Our Abilities" was read by Mrs. John E. Mountain and Miss Jane Barbour. Mrs. David L. Gordon kindly invited members to her home for the August meeting.

BREADALBANE W. I. The June meeting of the Breadalbane W. I. was held on Monday June 10th at the home of Mrs. Morrison. Meeting opened by singing of the Ode and repeating of the Creed. Minutes of last meeting were read, approved and signed by the president. Some discussion followed regarding cleaning the school and it was decided that this matter be left over until after the school meeting. Letters were read from the Save the Children Fund and the Red Cross Society and on motion it was decided that \$10.00 be given to each of these appeals.

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Husbands Complain: Tired, Run-down Wives Lose Beauty; Look Old

Thousands of Women Regain Health Easy Way. Look Years Younger. Look in mirror! Has run-down condition made you look haggard, old? Was normal health, vigor, nerves, plus younger looks? Missing march was played by Miss Frank Ostrer. Tonic for normal vitality, iron often needed for normal vigor. Also helps restore appetite, re-energizes to fill out hollows in face or neck which make many look old. Nerves improve as depression goes. Also contains vitamin B, calcium, phosphorus. Introductory size only! Try Ostrer Tonic Tablets for normal vitality, pep, nerves; prettier, younger looks; today. For sale at all drug stores everywhere.

her home for next meeting. Roll call to be answered with an exchange of love letters. Meeting closed by singing the National Anthem after which lunch was served and a social half hour enjoyed.

Delaney - Cameron Wedding

A pretty wedding was solemnized at the home of the bride's parents Mr. and Mrs. W. P. Cameron Albany, when their eldest daughter, Marjorie Mylod became the bride of Claude Stanley Delaney, son of Mr. C. S. Delaney and the late Mrs. Delaney Rev. M. C. McGowan, pastor of Kensington Presbyterian Church performed the marriage ceremony. In the presence of a number of relatives and friends of the contracting parties. The bride wore a street length dress of China blue silk jersey. Her corsage was of American Beauty roses and maiden hair fern.

She was attended by her sister Mrs. O. R. Dawson who was also dressed in blue silk jersey. Her corsage was of pink roses. They wore coronets of blue flowers and shoulder length veils.

Mr. Michael Delaney brother of the groom was best man. During the signing of the register Mr. and Mrs. Arthur MacKay sang very sweetly "The Voice That Breathed O'er Eden". They were accompanied by their daughter Miss Vidia.

The ceremony was immediately followed by a reception at which Mrs. Delaney and her guests were seated at a long table with pink candies in silver holders. It was centered with a beautiful three-tiered wedding cake. The gifts were numerous and beautiful including many substantial cheques.

Following the reception the happy couple left on a motor trip to the Maritimes. On their return the young couple will reside in Albany.

ARE YOU FLIGHTY? THEN RELAX

How many women know the value of a few minutes utter relaxation? You may arise in the morning tense, nervous, in a hurry to get about the business of your day, and whether you are a career woman or housewife and mother.

Tension—the strained, tight look of nervous fatigue, is the greatest enemy of charm and beauty of all women and particularly, American women, whose lives are based on tension.

If you will sit quietly on your bed for, say, only three minutes and just utterly relax, you will notice a difference in your renewed energy during the day, says Lois Leeds. The tight lines which etch themselves in your face around the mouth, close under the eyes, grow softer in outline if you learn how to relax!

Ask yourselves these questions. Do I clutch taxi straps? Do I sit on the edge of the seat when my husband drives the car? Do I grab the telephone in tense, tight fingers? Do I jump when I hear the phone or door bell? Do I sit on a chair as if I were going to fly off at the next minute?

You must teach yourself to relax. Try it for a few minutes each day. For instance—if you are a housewife, when you have finished your daily stint of doing the floors, just flop on the floor, stretch out completely flat.

The career woman won't be able to "flop" on the floor in an office or store but she can relax quietly and utterly at her desk or sit for a few minutes in a chair while the nervous tension drops away when she consciously relaxes.

Feel the nervous tightness, the irritability flow out of you. Try these little moments of relaxation several times a day. The lines in your face will relax and you will feel better and therefore, you will look better!

It is far better to take a few minutes of the precious luncheon time to relax than to eat a full meal Salads; fresh and crisp, fruit juices, eggs and milk are far better and more energy-giving than a heavy, rich dinner.

Touch your skin lightly with your perfume. Use a perfume that fragrance which expresses just the intriguing note! Never use perfume on your clothes, the warmth of your skin gives a subtle, individual odor, thus making the perfume your very own!

When you wear flowers print, spray flowers on your hat and wear them with perfume. Use a drop of perfume in your glove box, your hat box, your handkerchief case—surround yourself with beautiful perfume.

We have been without perfume for a long time but now it is back and you can enhance your personal charm by your perfume. But let it whisper rather than shout its message!

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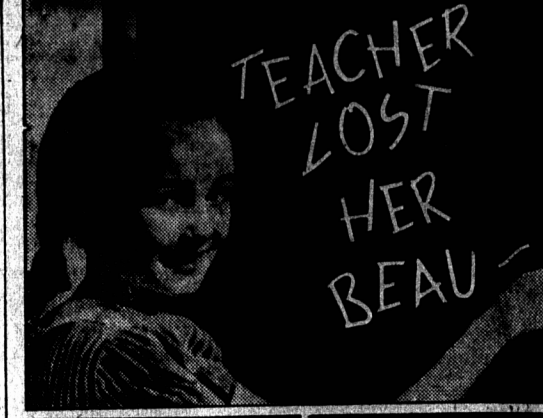
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TEACHER LOST HER BEAUTY

JANE HOW COULD YOU DO SUCH A THING? WELL—JOHN! SAID YOU WERE DOING SUCH A THING! YOU SHOULD BE THE WORST ABOUT BAD MOUTH!

TO COMBAT BAD BREATH, I RECOMMEND COLGATE DENTAL CREAM FOR EXCELLENT TASTE THAT IN 7 OUT OF 10 CASES, COLGATE DENTAL CREAM HAS BEEN PROVEN TO BE THE BEST!

COLGATE'S ACTIVE FOAMING ACTION HELPS CLEAN OUT EXCITING FOOD PARTICLES—STOP STAINING BACTERIA ODORS—REMOVE THE CAUSE OF MUCH BAD BREATH!

LOOK! OUR LITTLE BRUSH IS AT IT AGAIN!

COLGATE'S SURE FOAM ACTION HELPS CLEAN AND FRESHEN YOUR MOUTH TOO!

COLGATE DENTAL CREAM 25c 40c IT CLEANS YOUR BREATH WHILE IT CLEANS YOUR TEETH

And, before I forget, let me remind you that nothing makes a lovelier gift for a bride and for "sweet girl graduates" than perfume. And for brides-to-be give it to their bridesmaids or for him to give to her! It's the perfect gift because it keeps on giving charm and sweetness!

JOIN THE FAMINE FIGHTERS



When we cut consumption by



using less of these buying only for needs and wasting nothing.



this means that the butcher, baker and grocer will order less... leaving more of these staple foods to be bought by government food boards for shipment to the world's hungry.

And remember... as long as valid meat coupons remain in the hands of consumers, meat must be retained in Canada to honour them. When coupons are turned in to the Local Ration Board, the equivalent meat is released and added to overseas shipments. Give every meat coupon you can spare.

Share with the hungry!

Food Information Committee of THE GOVERNMENT OF CANADA

DUETS by J. FISCHER

I NEVER SEE YOUR JAKE LEAVE HOME ANYMORE! IS HE SICK?

HE'S ON A PENSION NOW! HIS FIRM PAYS HIM FOR DOING NOTHING!

ISN'T THAT ALL HE EVER DID?

What did you tell Mr. Featherstone? The rains have got at the diggings," he replied. "The Basuto whom Mr. Featherstone left to guard the place has just come in. The excavations must have loosened the soil."

"What does that mean?" she demanded. "Won't he be able to clear it again?"

He shrugged. It's possible. But unless some sort of support is rigged up there now, without delay, there's a chance that the traces of the cave-men will be simply washed away.

Florence's fears were confirmed. Swiftly she told Professor Ellington what she had learned. He frowned and tugged at his moustache.

"What rotten luck!" he mourned. "Two years' work—up it may all go for nothing! Won't that fellow Jackson crouch! Of course we have the skull which Rupert brought with him, but he tells me that there may be even more interesting relics hidden away in that cave."

"That's isn't all," said Florence quickly. "I've an idea that Rupert has made up his mind to go out there, to-night, to see what can be done."

Ellington stared. "Impossible! It would be suicide to go up on the mountain alone!"

"Rupert is very obstinate," she pointed out. "Don't forget that he has been living for this moment. He'll do anything rather than see his work destroyed."

USE SKEETER SKATTER

Dr. Dennis A. Fitzgerald, who was appointed secretary-general of the International Emergency Food Council at the council's request, attended at Washington.

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