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THE wonderful flavor of Kellogg's Corn Flakes!

With cold milk or cream. Fresh or preserved fruit. What a dish of health!

Keeps you cool and cheery these hot days! Fine for kiddies.

Kellogg's are the original corn flakes. Crisp and digestible. Never thick or tough.

More than 10,000,000 people daily demand them.

Sold by all grocers. Served at all hotels and restaurants.



CORN FLAKES

Oven-fresh ALWAYS in Kellogg's patented inner-sealed waxette wrapper.



Imitations cannot bring you such wonderful flavor—such crisp, crunchy flakes. The genuine corn flakes have the signature of the originator on the package.

The government has appointed a commission to encourage the production of beet sugar in Chile where it never has passed the experimental stage.

According to a Massachusetts scientist several kinds of fruit can be made sweeter and given better flavors by seeding up the blossom ends.

When beds hinged to the sides of an automobile designed for touring are lowered for use levers raise the roof of the car to increase the head room.

On the roof of an Italian automobile factory a three quarter mile track, 70 feet wide and with banked turns, has been built for testing cars.

Stereoscopic effect has been given to motion pictures by a Frenchman so there is no distortion no matter at what angle from a screen they are viewed.

With an excavating capacity of 17 cubic yards the largest placer mining dredge in the world has been shipped to Russia by Milwaukee builders.

Victor

Records

Talkin' to the Moon

Waring's Pennsylvanians

Lonesome and Sorry

Jean Goldkette and His Orchestra

Valencia

(The new fox trot with the snappy Spanish rhythm)

Paul Whiteman and His Orchestra

Organ Solo Jesse Crawford

Horses

George Olsen and His Music

Just a Cottage Small

1926 Fox Trot—Waring's Pennsylvanians 1927 Instrumental—Victor Salon Orch. 1133 Vocal—John McCormack (Tenor)

For best results use only Victor Needles

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REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

MT ALBION Twenty members and six visitors attended the June meeting of this Institute held at the home of Mrs W. J. McEachern. After the usual opening the committee in charge of arranging for a concert advised postponing same until a later date. The school committee reported that a Sign Board had been received and the Trustees were asked to place same on the school. The sum of \$2.00 was donated by J. W. Ballum to the Debating Society. Plans were made to hold an ice cream social in the near future, and also to treat the children at the semi-annual examination. An interesting programme was carried out and included a solo by Mrs William Mutch, Cherry Valley. The Misses Chandler and Jenkins were appointed to prepare a programme for the next meeting which will be at the home of Mrs Sydney Brown.

O'LEARY Eleven members attended the June meeting of this Branch held at the home of Mrs George Bernard. After the usual opening, Mrs Pate and Mrs McEwen were appointed to meet the Soldier's Monument Committee to arrange for planting flowers at the Monument. Mrs McEwen and Mrs MacWilliams were appointed to accompany the school children to the Hall for the month of June. Plans were made to hold a Poverty social on June 11th. A paper on Household Discoveries was read by Mrs MacWilliams. A collection amounting to \$1.35 was realized. The next meeting will be at the home of Mrs Tatterle.

EAST BALTIC Eight members attended the May meeting of this Branch held at the school. Roll call was answered with suggestions for improving the school grounds. Attractive novelties donated by Hyndman & Co., were distributed among the members. A new dish pan was ordered for the school. Roll call at the next meeting will be answered with "Where I would like to Travel."

HELPING HAND Seven members attended the June meeting of this Institute held at the home of Mrs George McLean, Lewis. A discussion was held re a concert which is to be held on Dominion Day. Committees were appointed to prepare for same, and a special meeting was called. Money for Egg Day collection given by six members, amounted to \$1.60. One new member was welcomed. The next meeting will be held at the home of Mrs R. McRae Colquhoun.

LOWER MONTAGUE On May 13th, eight members attended the regular meeting of this Branch which opened as usual. Roll call was answered with Hints on Gardening and by paying dues. A very interesting letter, written by Mrs Moore, was read and described her motor trip to California last Autumn. A bill of \$14.00 for repairing seals was ordered paid. The members decided to plant ornamental trees in front of the United Church. The meeting closed with the National Anthem and a luncheon was served by the Hostess.

FREELAND LOT 11 Eight members and seven visitors attended the June meeting of this Branch held at the home of Mrs John Miller. The Vice-President, Mrs MacKay presided and the usual business transacted. All bills were ordered paid. No new business was undertaken. The next meeting will be at the home of Miss Elizabeth Palmer.

"SUCCESS" Institute met at the home of Mrs Garnet Campbell, Graham's Road with thirteen members responding to roll call with a Riddle. Under the item of new business, it was decided to erect a fence around the school grounds and to plant ornamental trees during the mid-summer holidays. The programme committee entertained the members with music and a concert. The next meeting will be held on June 15th at the home of Mrs A. B. MacKay.

STANCHER Eight members attended the June meeting of this Branch held at the school. After the usual opening, a report of the recent concert given and the money sent to the Orphanage. The members noted improvements, that might be made to the school, but owing to the busy season, these were left over until a less busy time. The meeting adjourned to meet next month at the home of Mrs Wesley McNevin.

MURRAY HARBOUR Branch met on June 14th at the home of Mrs Jack McKay with twenty members and two visitors present. Roll call was answered by naming a place to travel. Plans were made for the Annual picnic in July. A Chart of Canadian Birds was given to the school. House plant slips and cake recipes were exchanged. An interesting report of the Convention was given. Arrangements were made for the new immigrant family Mr Moxie's. A paper "There will always be something to do" was read by Mrs Alex Hill, and several members read funny epigrams. The next meeting will take the form of a picnic and will be held at Gurnsey Cove Shore.

GREENVALE Seven members and six visitors attended the June meeting of this Branch held at the school. Three new members were welcomed. Miss Reta Carew was appointed Secretary in place of Miss Wannocott. Two members were asked to see the painter about painting the exterior of the school. It was decided to leave the buying of the flag and flag pole until the Annual school meeting. Mrs George Senter will entertain the members next month.

ST PETER'S SOUTH Institute met on May 28th with eight members present. After the usual opening roll call was answered with "My Favorite Candy". A letter of appreciation was read for favor done by members of this Institute. Plans were made to plant shrubs and flowers on the school grounds.

EMERALD On May 26th, six members and eight visitors met at the home of Mrs Wm Clark where the regular monthly meeting of this Branch was held. After the usual opening, one new member was welcomed. The chief business was a discussion on holding an Ice Cream Festival. The Secretary's report was left over until next meeting, which will be at the home of Mrs Michael Clark.

YORK POINT Nineteen members and two visitors attended the June meeting of this Institute held at the home of Mrs Duncan Robertson, York Point. Roll call was answered with "Short Cuts in House-keeping". The sum of \$5.00 was voted for Cornwall and York Point schools for prize money. Plans were made to hold a Pantry Sale on June 26th. The next meeting will be in a form of a Picnic, to be held at Rocky Point.

PORT HILL Eleven members and three visitors met at the home of Mrs Reginald Birch on May 18th. The meeting opened in the usual manner and reports of various committees were heard. The school committee was appointed to procure a book case for the school library. The school grounds have been ploughed and harrowed and seeds and new trees and flowers planted. Two new members were welcomed, and roll call was answered by paying membership fees. A very interesting demonstration on the making of Artificial Flowers was given. Mrs A. Montgomery and a duet by Mrs R. Birch and Miss Daisy Williams was greatly enjoyed. The next meeting will be at the home of Mrs Sydney Birch.

ELDON The May meeting of this Institute was held at the home of Miss Annie McRae with twelve members and one visitor present. The meeting opened with Hints on Gardening and Poultry. A Questionnaire on Canadian Industries was taken up. A discussion on "Supper Dishes", led by Miss B. Martin, Mrs McRae, Mrs Frizell, Mrs L. Ross and Miss Moore is to be continued at the next meeting which is to be at the home of Mrs J. D. Martin. Miss Moore and Miss Martin.

CENTRAL BEDEQUE Seven members and two visitors attended the June meeting of this Branch held at the school. After the usual opening, it was decided to scrub the school before the end of the week. Trees and vines are to be planted in the school grounds. Two interesting readings were given before the meeting adjourned with the National Anthem. The members will meet next month with Mrs William Calbeck.

SPRINGHILL The June meeting of this Institute was held at the school with nine members and fourteen visitors present. The meeting opened with the Ode and the Creed. After the usual routine business it was decided to buy blinges and a lock for the school, and the members agreed to attend the Annual school meeting. The school yard has been cleaned and flowers planted, and the building has also been thoroughly cleaned. One new member was welcomed. It was decided before the end of the week, the summer meetings in the school.

LAKEVIEW Fourteen members and one visitor attended the June meeting of this Institute held at the home of Mrs J. J. Ross. The meeting opened in the usual manner and roll call was answered with "What book in the library I enjoyed most." Bills for a new flag for the school as well as other articles were read and ordered paid. Further plans were made for the Ice Cream social to be held June 24th. A discussion on Soap Making was followed by an interesting programme consisting of a reading "Appreciation", song by Margaret Rose and Martha Robertson; Reading, Mrs S. J. Rose and a reading by Mrs MacDougall on "Prince Edward Island". Miss Wilson's report of the Red Cross Society was also read. The next meeting will be at the home of Mrs William Stevens.

BEAR RIVER SOUTH Thirteen members attended the May meeting of this Branch held at the home of Mrs Andrew McDonald. The meeting opened in the usual manner and the members decided to purchase a Hanging Lamp for the school. Roll call was answered with Jokes and burlesque was served before the close of the meeting. Miss Georgie Deagle will entertain the members next month.

O'LEARY Eight members attended the March meeting of this Institute held at the home of Mrs A. S. Palmer. The meeting opened with the Creed, and the singing of the Ode. Mrs. Shoen reported that the Canvas for the Toboggan Slide was not quite completed. Communications were read from the Supervisor, the Tourist Association and the Board of Trade. A piano has been procured. Plans were made for a social even on

March 22nd. The next meeting will be at the home of Mrs. G. Black.

GEORGETOWN Twelve members attended the annual meeting of this Institute held at the Council Chambers on April 15th. The meeting opened in the usual manner. Satisfactory reports were submitted from the President and Secretary-Treasurer. The sum of \$40.00 was voted towards the Memorial Fund. Very commendable reports were submitted also from the Charity and School committees, the Tennis Secretary and the Librarian. The following officers were elected: President, Miss Marjorie MacDonald, Vice, Mrs. J. W. McPhee, Sec'y-Treas, Mrs. J.W. MacIntosh, Directors, Mrs. Doyle and Mrs. Donovan, Auditors, Mrs. Compton and Mrs. Donovan, Delegates; Mrs. Allen and Miss Gordon MacDonald. It was decided to have a Fiddler's Contest to raise funds. Entertainment committees were appointed for future meetings. A delicious lunch was served after which the meeting closed in the usual manner.

MARSEFIELD The annual meeting of this Institute was held at the home of Mrs J. H. Crosby, April 1st. The meeting opened with a Victrola selection and after the usual routine, reports of the year's work were given. The Treasurer reported a balance of \$27.46. Features of the meetings in the early part of the year was a programme which proved enjoyable to both winners and losers. The following officers were elected, President Mrs Gordon Stetson, Vice, Mrs Louise Taylor, Sec'y, Mrs. H. H. Heston (re-elected), Treasurer, Mrs. J. H. Crosby (re-elected), Directors, Mrs. Heitz, Mrs. Munn and Mrs. Stewart, Delegates, Mrs. Heitz, Mrs. E. J. Ferguson, Auditors and alternates were also appointed. The Misses E. Foster, J. Munn and E. Boswell were appointed to prepare a programme for the May meeting which is to be at the home of Mrs Stewart.

TRUE BLUE On April 13th The Annual meeting of this Institute was held at the home of Mrs Watson Way with ten members and four visitors present. The meeting was opened with the Creed and roll call was answered with each member giving her way to improve the Institute. The minutes of the last regular and last annual meetings were read and adopted. Very satisfactory reports of the year's work were given by the President and Secretary-Treasurer. The following officers were elected: Pres. Mrs R.H. Campbell; Vice, Mrs. Murdoch Cutcliffe; Sec'y-Treas, Mrs. J.S. McLeod (re-elected), Directors, Mrs. W. Ways and the Misses F. McLeod and R. Pickering, Auditors Mrs J. Cameron and Mrs. M. Culcliff, Delegates, Mrs. J.S. McLeod and Mrs R.H. Campbell. New school and visiting committees were appointed. The next meeting will be at the home of Mrs J.S. McLeod.

TRAVELLER'S REST Fifteen members and eight visitors met at the Hall on April 15th where the Annual meeting of this Institute was held. The meeting opened in the usual manner and encouraging reports were read from the President and Secretary. The new officers elected are as follows: President, Mrs H. P. McLeod (re-elected), Harry Walker, Sec'y-Treas, Miss B.S. Marchbank, Auditors, Mrs George Ramsay and Mrs James Marchbank, Directors, Mrs Ed. Trech, Mrs J.W. Hill and Miss Etta Walker. Memorial, School and sick committees were appointed. Mrs MacNeill and Mrs Trech were appointed delegates to attend convention. The new work undertaken is the fixing of the Hall and building a new club room. The next meeting will be held in the hall.

VACATION DAYS
Barbara B. Brooks Kellogg Economics Dept., London, Ont.
Most of us look forward to our summer holiday with keen anticipation, for it means the change and relaxation so necessary to good health. If there is any time from which we sincerely hope to receive relief, it is from our days of recreation. For this reason weigh the values which different plans offer and choose the one which suits you best.
It sometimes happens that for financial or personal reasons one cannot leave home during the vacation period. In this case plan this time with tasks and pleasures as different as possible from your usual routine. This is an excellent chance to

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exercise your body. If you have not had one before, choose it now. Take also simplify your laundry problem. If it is too much effort to take park, woods or lake for a picnic, have it at home, in the yard or on the porch. Do not let pleasures interfere with naps or early bedtime. All the good of the hours of recreation can be done if the health schedule is upset. The most important element in vacation which will be of real benefit is your attitude of mind. Don't worry over trifles, laugh as much as possible and a good time is assured.

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