

CONFEDERATION LIFE FOR STRENGTH, SERVICE AND SECURITY.



JIM WAS ONLY HALF INSURED.....

... but he didn't realize it until a friend died and his widow asked him for advice. Then the inadequacy of his friend's life insurance started Jim thinking about his own.

He quickly figured out that he really needed double the amount. So he consulted a Confederation Life representative.

Now he has the protection that he and his family needs and in later years, he will have a guaranteed monthly income for life.

Are you insufficiently insured? If you are, consult us. What Jim did, you can do; and we can help you to do it.

BEFORE YOU INSURE CONSULT



HEAD OFFICE TORONTO

ONE OF THE WORLD'S GREAT LIFE INSURANCE INSTITUTIONS

Branch Office: Bank of Nova Scotia Building,

Charlottetown—W. G. HOGG, Manager

DOMESTIC CANNERS

In answer to many enquiries a farmer's bulletin on the operation and construction of domestic canneries in British Columbia has been prepared by F. E. Atkinson, Dominion Experimental Station, Sumnerland, B. C. In this bulletin, the term "domestic canning" refers to those plants midway in scope between home and commercial canning. Although canning processes are more or less the same wherever they are conducted, steps in the process, ways of using instruments and other details are often unfamiliar to the domestic canner. This bulletin is not issued with the intention of encouraging commercial operators. There are definite spheres of operation for each, but where the construction of a domestic canning is justified, it provides a market outlet for extra source of income. Full details with illustrations are given in the bulletin which may be obtained

Kensington and Vicinity

Mrs. Albert McLellan has returned home from a brief but pleasant holiday with friends in Summerside.

His Worship Mayor Chas. Cooke and Mrs. Cooke motored to Summerside on Wednesday.

Mr. John McEachern of Charlottetown was a business visitor to Kensington on Wednesday.

Mr. Joseph Connick and Mr. Benjamin Cameron local painters are busily engaged in painting the residence and also other buildings of Mr. Leo Hughes.

Mr. Preston Toombs was a visitor to Summerside on Tuesday on business.

Several of our young men who have offered their services to their country and are now in training in Charlottetown, were visitors to their homes on Tuesday and Wednesday evening bidding their loved ones farewell before leaving for an unknown destination sometime during the week.

Mr. Russell Champton and Sons, who at all times are thinking of ways and means of bettering our fair town, are now busily engaged in erecting a new cheese factory which will be 30 by 70 feet in size and when completed will be one of the most up-to-date plants in the province. It is rumored that Mr. Cyril Connick who in recent years if your writer's memory is correct was the leading cheese maker in the province, being a three time winner with his product, in the Provincial Exhibition, will be in charge.—H.

AUTOMATIC "DIVERTEK" NEW SHOWER DEVICE

One of the newest fittings for the tub and shower combination is an automatic diverter, operated very simply by a knob built into the tub faucet.

With this fixture the bather adjusts the flow of hot and cold water to the desired temperature and then merely presses the knob to divert the flow to the shower. When the valves are shut off, the knob returns automatically to the tub position.

With this device the diverter can not be left in the shower position, thus avoiding the unexpected showers which sometimes occur when a person turns on the valves without first checking the position of the ordinary diverter.

Poultry breeding stations were first established in the Province of Ontario in 1913.

Free from the Division of Extension and Publicity, Dominion Department of Agriculture, Ottawa.

By J. R. Williams

OUT OUR WAY



THERE'S TWENTY DOLLARS FOR A NEW SUIT—EIGHT DOLLARS FOR SCHOOL BOOKS AND SHOES—TWO FOR TIES—SIX FOR SHIRTS AND SOCKS—AND THREE FOR UNDERWEAR! WHICH LEAVES JUST FIFTY-FIVE CENTS OF YOUR SUMMER WAGES FOR—UH—A—FOR—M—M—FOR—

OH, THAT'S EASY—FIFTY CENTS FOR A TOOTHBRUSH AND A NICKEL FOR SPENDING MONEY!

THE MANAGER

J.R. WILLIAMS 9-17

OUR BOARDING HOUSE

With Major Hoople



EGAD, MARTHA, IT AMAZES ME HOW SOME MEN DEVOID OF FINANCIAL WISDOM STUMBLE INTO WEALTH—MR. TREMONT, THE INDUSTRIAL MAGNATE, FOR EXAMPLE! HE PASSED UP MY EXHAUSTIVE INVENTION YESTERDAY WITHOUT EVEN A GLANCE AT THE PLANS!

BY THE WAY, I HAVE HIT UPON A STRIKINGLY CLEVER TRADE NAME FOR ONE OF THE HOOPLE-IZER SCENTS WHICH SHOULD APPEAL TO YOUNG JITTERBUGS WHO DRIVE DASHING SPORTS ROADSTERS—HOW ABOUT "ADVENTURE IN VENICE"?

MR. TREMONT PROBABLY USES HIS HEAD FOR SOMETHING BESIDES STICKING IT INTO ICEBOXES FOR MIDNIGHT SNACKS! AND THAT REMINDS ME—IF I EVER FIND CRACKERS AND CHEESE CRUMBS IN YOUR BED AGAIN YOU WON'T HAVE TO GO AS FAR AS VENICE FOR AN ADVENTURE!

ADVENTURE IN THE KITCHEN

CODE, 1939 BY NEA SERVICE, INC. U. S. REG. U. S. PAT. OFF. 9-19

Interesting Facts About Sleep

Do you know you turn completely every sixty minutes? From hour to hour you move so that every muscle is relaxed and every nerve quiet.

Sleep is, of all things, the most essential to life. The loss of only two hours of normal sleep makes work very much more tiring, and it takes several nights' unrelieved sleep to make it up again. Sleep is a remedy. It compensates for many things, and allows the human machine to rebuild after the depreciation of fatigue.

To get the maximum benefit from sleep we should sleep well, rather than long, but there are very few of us who can maintain good health on less than eight hours' sleep out of each twenty-four. To sleep well, we need the right surroundings and the right beds. In the right bedroom, there should be little light and no noise, while the colours used should be restful blues and greens.

Many people were surprised when Commander Byrd, before his winter-long Antarctic voyage, spent as much time selecting the mattresses on which his expedition would sleep, as over the choice of scientific instruments they were to carry. His knowledge by experience that poor sleep meant tired bodies, languid tempers, reduced capacity for work. A Viennese doctor once proved that business men were more than 10 per cent less efficient after a single night on an unduly uncomfortable mattress; for eight hours on a hard bed gives less real, deep, healing rest than seven on a modern spring interior.

Have you ever realized how important sleep is to you? Two hours' less sleep a night will make work almost literally twice as hard for you.

During a good night's sleep you move from twenty to fifty times, so that each muscle of your body is relaxed and rested. If your bed is lumpy and hard, this relaxation is impossible, and you wake tired and nervous. The ideal mattress supports you firmly, but yields to every movement, supporting every part of your tired body. It contains no lumps or coils. It's the right length and the right width—so you can settle down to sleep in luxurious ease.

If sleep is important to you, how much more important is it for your children? Authorities state that children six to seven need eleven and a quarter hours each night; eight to nine-year-olds from nine and three-quarter hours to ten hours; even eleven to thirteen-year-old youngsters need half to one hour's sleep more than the adult average, regularly, on a bed which co-operates to give them perfect rest. To sleep comfortably, lie in a loose easy position, and wear garments which do not constrict the flow of blood to any part of the body. Close your eyes and leave the rest to a good mattress—it knows best!

Georgetown

Mr. and Mrs. Newman Lavers, their daughter Virginia and Mrs. Laver's sister, motored to their home in Boston, after spending some time at Bruden's.

Mrs. Sharkey and son Charles, returned to Boston, Mass., after spending a week at their summer cottage at Morrison's Beach.

Mr. Aloysius MacDonald Panmure Island, was a business visitor here recently.

The auxiliary vessel "Missie B" Captain Larsen returned from Picou, N. S., with a load of coal, and is unloading at the Queens wharf.

Mrs. Rodney Bruce, has returned to her home in Carleton Place, Ontario, after spending an enjoyable holiday with her parents, Mr. and Mrs. L. H. Douglas.

Mr. John Murphy and son Bretnard of this Town are employed in painting the exterior of St. Paul's Church, Sturgeon.

Mrs. John A. MacKinnon, returned home after spending a week, the guest of Mrs. J. K. Stanley, Charlottetown.

Mr. and Mrs. John Fraser returned to Ottawa, after spending two weeks, the guests of Mr. Fraser's parents. They were accompanied to Ottawa by Miss Wilhelmina Fraser, who will spend some time there.

Her many friends will be pleased to hear that Mrs. Fred Gotell, who has been seriously ill, and who underwent an operation at the Charlottetown hospital, is now on the road to recovery. Mrs. Gotell returned home recently.

Mrs. B. Cameron Charlottetown, is spending some time with her parents, Mr. and Mrs. L. H. Douglas.

Miss Agnes Morrison returned to Montreal, after spending an enjoyable holiday with her parents, Mr. and Mrs. Wm. Morrison, Georgetown Royalty.

About eighty-five people took advantage of the "Farewell" dance at the "Highland" Wednesday, September 13th. Music was furnished by Al. MacPherson's Orchestra.

A social and interesting meeting of the C. W. L. was held at St. James' Hall, the president, Miss Mary MacDonald presided, after which a dainty lunch was served.

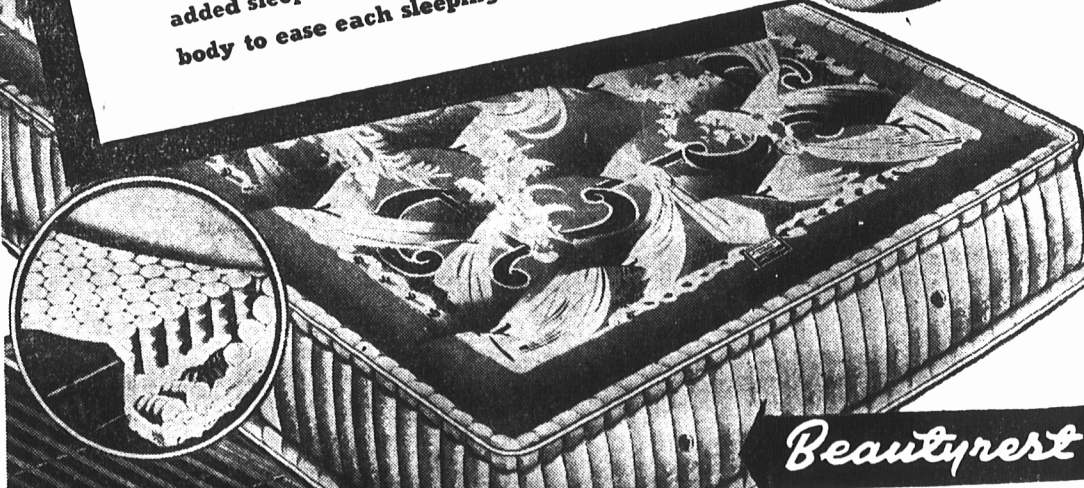
Miss Emma MacCormack, R. N., left for Boston, after spending two weeks with her mother, Mrs. J. MacCormack.

Miss Catherine MacKinnon who for the past six years has been teaching at West Royalty School, resigned recently, and was succeeded by Miss Dorothy Jenkins, Georgetown. Miss MacKinnon will take up her new position in the Civil Service Department, Ottawa, this week.

Miss Beulah King employed at the Prince Edward Island Hospital spent the week-end at Bough-

R. T. HOLMAN LIMITED
Charlottetown and Summerside
OFFERS...
Sleep FOR Health THE SIMMONS WAY

SLEEP SLEEP SLEEP
Since time began, nature provided the human body with a restorative which the ingenuity of man could not supplant. Sleep builds healthy bodies and smiling faces. Simmons' contribution to nature's gift is added sleeping comfort—support to the tired body to ease each sleeping movement.



Beautyrest

Just as the riding comfort of the modern automobile depends on delicately adjusted shock absorbers for smooth performance—so does "BEAUTYREST" give added sleeping comfort through the action of over 800 sensitive pocket springs.

Slumber King
The choice of a Nation. There are more Slumber King springs in use today than any other branded make. It is the ideal foundation for any type of springfilled mattress.
SIMMONS LIMITED
FACTORIES AT: MONTREAL - TORONTO - WINNIPEG - VANCOUVER

There's a glory in the battle, There's a glory in the cause, For which men and women suffer, Holding God and Nature's laws, As the heritage we cherish safe, secure and free within Bounds that never shall be broken By the Butcher of Berlin. —James A. MacLean, Vancouver, B. C.
Importation into Belgium of all fresh and dried vegetables and all fresh fruit, including apples, peaches, and pears, has been suspended to the granting of licences since August 1st.
Use Minoxidil for sprain.
Down the cowards of the seas;
And again the guns are pounding;
To destroy within a people
Is the call to battle now,
So around the earth resounding
What has brought their fame so low;
And again the guns are pounding;
Down the cowards of the seas;
With a conscience clear we gather
To the call of war today,
Every measure now exhausted
That would void its bloody sway
From our own and every people
And from friend and foe alike,
But a misled German nation
Turns the coward blow to strike.
And again the nations gather
For the honour of mankind,
Nor to fight against a people
As against what now would bind
Their and future generations
To each vile revolting sin,
Brought upon their blinded reason
By the Butcher of Berlin.