

"Proper Food and Exercise," by ARTHUR A. McGOVERN

Only proper exercise is good exercise

EXERCISE to be of real value must be performed regularly and systematically.



MODERATION BEST WHEN TAKING EXERCISE

After many years of experience as physical director and trainer in hospitals, schools and other institutions, I feel I am not exaggerating the slightest when I say that more people are harmed by unsupervised physical training than are benefited.

All that the normal body requires to keep up its circulation and organic tone is passive stimulation. This may be accomplished by setting aside fifteen or twenty minutes a day as an exercise period.

Thus by being methodical the danger of overstrain caused by over-indulgence is eliminated. This rule applies to the weak as well as the strong, as it is only the strong who can bring about organic strain. The weak haven't strength enough.

What the Average Person Should Eat
BREAKFAST: Fruit, bran or graham muffins, cocoa or a coffee substitute. Two glasses of water between breakfast and luncheon.

When a Scream Startles You

and your heart jumps up in your throat—and you know one of the children is hurt—run to the medicine cabinet for the bottle of Absorbine Jr.

Whether it is a cut hand or a gashed knee—a torn arm, burnt finger, sprained ankle, bruise or open wound—apply "ABSORBINE JR." full strength.

Slogan Contest

The Economic Committee appointed by the Associated Boards of Trade to inquire into how trade conditions may be improved in our Home Province, desire to adopt a popular slogan that can be generally used by Islanders.

Some Plain Facts Place Names of Prince Edward Island

Twice a year we have some stir on streets and highways when our farmers are shipping their produce. Then the stir stops as soon as the produce is shipped, and there is not much else to make the time stir again for six months.

IN MEMORIAM

MRS. MARGARET LADNER
There passed away at St. Peter's Bay on Sept. 23rd, Mrs. Margaret Ladner, (nee Henderson) relict of the late John Ladner of Bangor P. E. I. in her 88th year.

MRS. HENRIETTA DINGWILL
The sad death of Mrs. Henrietta Dingwill of Souris P. E. I. took place at the Hospital Cambridge Mass. on Saturday Oct. 3, 1925 after only two days illness.

Fry's advertisement featuring a portrait of a woman and a tin of Fry's Pure Breakfast Cocoa. Text includes 'KEEP yourself bright, smiling and vigorous...' and 'Nothing will do but FRY'S'.

Union testified their high esteem for him by voting the stipend of the Rev. High Masses for the repose of his soul. The Tighish Athletic Club Acknowledged their irreparable loss by a letter of sympathy to his grief-stricken parents, brothers and sisters.

MR. LEO CONROY
On the evening of August 30th, 1925, unseen by corporeal eyes, the angel of death pursued the auto in which Leo Conroy was riding.

MRS. JOHN MCKENZIE
The death of Mrs. John McKenzie cast a gloom of sorrow over the "Head of Montague" and vicinity on September 29th, when it was learned that the Angel of Death had again visited the home of Mrs. John McKenzie and claimed for its own his dearly beloved wife.

(To be Continued)
REDUCING
Sigmund Romberg, the composer, tells of meeting a circus sword swallower one time. He asked him to demonstrate his art, and the fellow apparently swallowed some pins and needles.

ON THE CONTRARY.
Marion had been out several evenings in succession and looking tired so mother suggested she retire early instead of going out again that evening.

Best Way to Loosen Stubborn Cough
This home-made remedy is a wonder for quick results. Easily and cheaply made.

Fashion Fancies
The floral tributes were many and beautiful. Wreaths—Misses Mable and Minnie Seaman and Essie Gillan, Mr. & Mrs. D. J. Dealy, Mrs. E. L. Stewart and family, Mr. Nathan Dingwill and family, Misses Margaret & Josie McQuaid, Mr. Roy Crockett, Mr. L. Noonan, Mr. F. J. Mullally.

MRS. JOHN MCKENZIE (continued)
The death of Mrs. John McKenzie cast a gloom of sorrow over the "Head of Montague" and vicinity on September 29th, when it was learned that the Angel of Death had again visited the home of Mrs. John McKenzie and claimed for its own his dearly beloved wife.

FINANCE AND INSURANCE DEPARTMENTS OF GOVERNMENT HONOR VETERAN CHIEF
The members of the two departments which made a presentation recently to Hon. W. S. Fielding, who for nineteen years guided the affairs of the Department of Finance. They are as follows: FRONT ROW, LEFT TO RIGHT—B. G. McIntyre, B. J. Roberts, W. C. Ronson, Hon. J. A. Robb, Rt. Hon. W. F. Fielding, R. W. Warrick, G. E. Campbell, F. Beaman, R. B. Viets. STANDING, LEFT TO RIGHT—G. P. Gordon, W. Dunlop, J. C. Saunders, J. G. MacCohoon, W. L. Blair, F. R. Crosby.