

# NUTRITION MEETINGS

MISS NESTA HINTON

Nutrition Services, Ottawa, will address public meetings as follows:

CHARLOTTETOWN, Queen Square School Auditorium

TUESDAY, October 26th., 3.30 p.m.

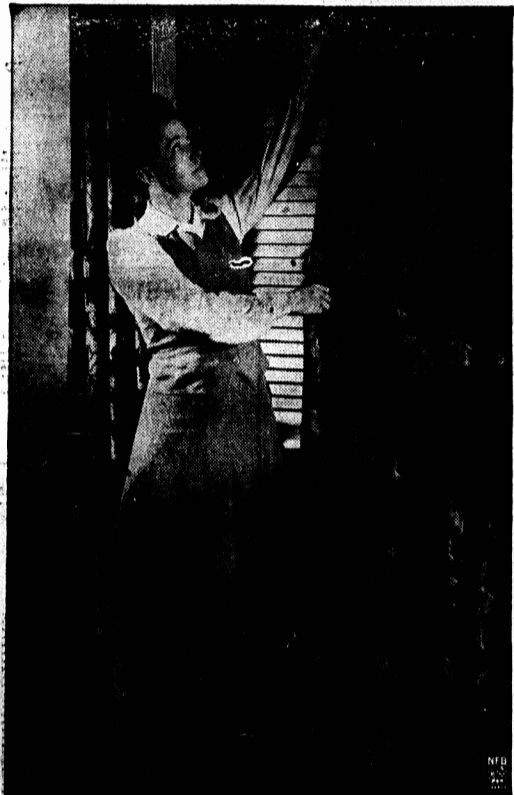
SUMMERSIDE TOWN HALL

WEDNESDAY, October 27th., 3.30 p.m.

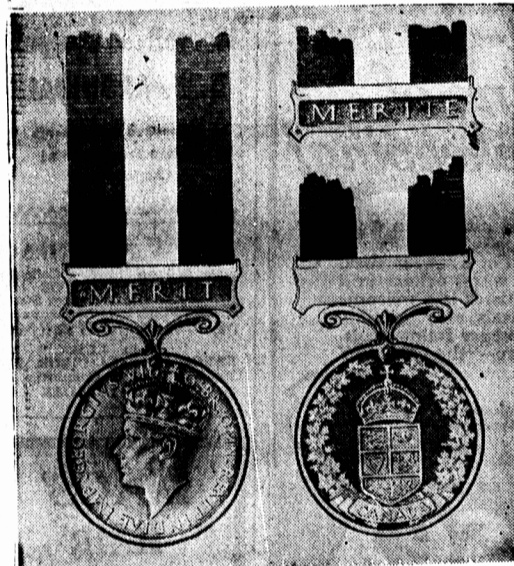
—Topic—

### Putting Canada's Food Rules Into Action

KNOW THE RIGHT FOODS  
EAT THE RIGHT FOODS



War-time conditions are such at this time that they require everyone from coast to coast to economize on fuel and conserve heat. Proper use of heating equipment, wintering precautions, and the conservation of heat itself, will do much to relieve any hardship. Because they are so simple, the obvious ways of saving fuel are often overlooked. Drawn window blinds and curtains will keep heat from escaping outside. They create the same kind of dead air space inside the house that storm windows do outside, and help keep the temperature in the room more constant. In unoccupied rooms, shades should be drawn at all times.



This is "The Canada Medal," institution of which has been approved by His Majesty the King on recommendation of the Canadian Government. The medal is the first distinctly Canadian decoration. It is to be awarded in recognition of "meritorious service above and beyond the call of duty." Personnel of the armed forces and the faithful performance of duties." Personnel of the armed forces and the merchant navy and civilians are eligible for the decoration. Although the majority of the recipients will be Canadians, the medal may be awarded to citizens of other countries whom Canada desires to honour. Recipients will be entitled to add the letters C.M. after their names, but the award of the medal will not confer any individual precedence. The ribbon is of equal stripes of red, white, and red and is worn immediately before general service and campaign war medals.

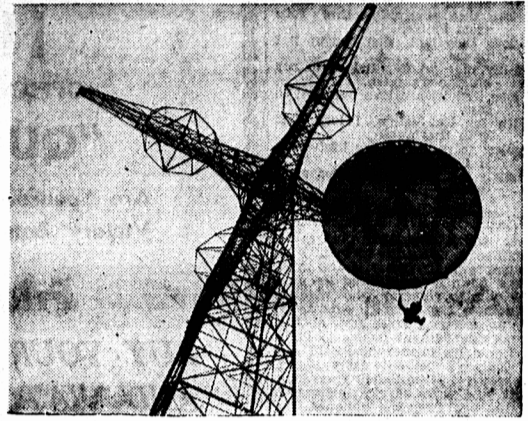
TEA or COFFEE  
IT'S BETTER IF IT'S  
**RED ROSE**

## Many Surprising Devices Help Train Paratroopers

Birdmen graduate at Shilo, Man., after schedule of training described as toughest in Canadian Army

By Sgt. A. CHRISTOPHER  
Canadian Army Public Relations  
SHILO, Man.: On the outskirts of this big military area are the gandy acres comprising the Dominion's first parachute school, "restricted area" signs warning that its secrets are not for the eyes of the curious.  
Beyond the signs are mechanical contraptions that at first glance resemble "thrill" rides of a super-

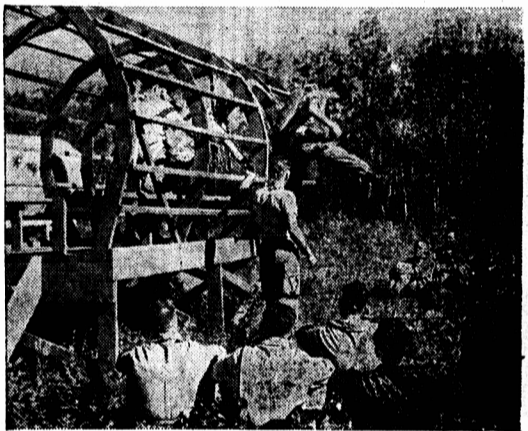
The mock tower stands 90 feet above the ground. The student gets a thrill and thought-producing ride down a single strand of wire, suspended from the harness of a chute. This controlled descent is to teach correct procedure in leaving a plane.  
The second device consists of a series of inclined ramps which act as rails for a carriage with wheels from which is suspended the harness of a parachute. The student hangs on to the harness, lets go



Steel-ribbed 250-foot jumping tower is spectacular part of training. Of four arms, three allow "free" jumps, while fourth is controlled.

midway, outstanding among them being a 200-foot steel-ribbed jumping tower that dwarfs all else for miles around.  
Only when the devices are explained by an expert paratroop instructor do they make sense. Then they add up to a graduated series of heights that start the student paratrooper on the ground, and within a few short weeks have him leaping into space from the prop-blasted doorway of a Lockheed, thousands of feet up.  
First on the list is a sawdust-filled square, flanked on three sides by six-foot high platforms. The new classes of men with aspirations of adding the coveted wings of the paratrooper to the tunic of their battle dress, spend most of the first week in this shallow pit, thankful for the sawdust which cushions many a fall, and learning the true meaning, to put it mildly, of "calisthenics."  
Hardest Training Of All  
It is the emphasis on physical conditioning—or re-conditioning, for most of the men are already toughened in battle schools—that dominates the initial phase of the

and speeds down the slope. On nearing the ground, the object is to make a landing that will not result in a disability.  
A wind-machine is another device used in the training. This corresponds to the blast from the propeller of a plane. The student lies on the ground attached to an open chute. The wind-machine is turned on, roars a gale into the chute and both man and the silk go tumbling along the ground. This not only gives the student the feel of the prop-blast, but also enables him to practice control of the parachute on landing and how to regain his feet after a fall.  
Lastly, the student comes to the tower. On this he is given two rides on a controlled arm. This drop is spectacular but involves no technique. Three other arms of the tower allow free jumps, and from these the student is allowed his first real descent by parachute. A public address system is used to give him instructions in landing.  
Jumping Only First Phase  
With a few weeks of grueling training behind him, the fledgling paratrooper is now ready to make



Instructor is throwing out right leg with good kick as students watch technique of leaving plane. Prop blast will strike leg and turn jumper correctly.

training. A well-nigh perfect physical specimen has to be made before a man can be entrusted to jump with safety from a plane.  
The raised platform beside the outdoor training field is used for tumbling. Correct methods of falling are perfected from the stands and become second nature. Hand-to-hand commando fighting is taught, while exercises run the gamut from finger-stretching to back-limbering.  
Simultaneously with the physical training, the student is also getting his first taste of leaving the door of a plane. Wooden contraptions built to simulate the fuselage of a plane, and dubbed the "mock door," are used to teach the proper technique. This is all ground work.  
First Jump is From Tower  
The first experience of falling through the air becomes a reality when the student reaches the "mock tower" and another gadget, designed to teach the correct methods of suspension from a parachute, landing, and rolling.

his first actual jump from an airplane. He packs his own chute on a Friday and on the following Monday makes his first leap into space at a height of several thousand feet. On the following days, jumps are made from lower heights.  
This in abbreviated form is how the Canadian paratrooper earns his wings. It's the toughest training in any man's language, and behind all the physical preparations are the mental hazards which have to be faced. "I have the butterfly in my stomach everytime I make a jump said one veteran paratrooper. Judge for yourself how the novice feels.  
Lieut. Col. R. F. Routh of Montreal office commanding the school, summed up the training as follows:  
"In a short time we have a trained jumper—that is a man who knows to jump safely without injury to himself or others. He is a parachutist, but not a paratrooper. Several months of training in tactics and the weapons he will use once he is landed are necessary to make a paratrooper."



Packing and function of parachute is taught in huge hangar. Instructor Lieut. A. A. J. Liddiard, Ottawa, shows how chute is released. In harness is Cpl. W. Ward, Toronto.

## CENTRAL GUARDIAN

This column is reserved for news of local interest, but advertising of a newsy nature may be inserted at five cents a word, strictly payable in advance.

COOKS for photographs.  
CONFEDERATION LIFE INSURANCE.

THE EXECUTORS AND TRUSTEES OF THE ESTATE of the late Mr. H. E. Hilson are the Eastern Trust Co. Ltd., and Mrs. Hilson. This was omitted from the summary of the will and bequests published yesterday.

PLAYWRIGHT HERE—Mr. Elmer Harris a playwright of Beverly Hills, California, arrived in the city Wednesday evening and left for their summer home at Fortune Bridge yesterday. Mr. Harris is accompanied by his wife and it is their intention to spend the summer with us next year.

FUNERAL YESTERDAY — The funeral of Anne Higgins was held yesterday morning from her late residence, 46 Elm Avenue to St. Dunstan's Basilica where Requiem High Mass was celebrated by Rev. Louis Dougan who also held service at the grave. The pall bearers were Messrs. Augustus Murphy, P. N. Manuel, John J. Connelly, Peter MacAleer, E. J. MacQuarrie, J. D. MacDale, Inverness Co. N.S. Pte. Pve. V. Little Bras d'Or, C.B., N. S. Pte. Watson J. S. Kingston, P.E.I. Pte. Yorston J.T. Bear River, P.E.I. Before leaving they were met with civilities by the Provincial Government, through the Carry-on-Canada Corps. The presentation of the flag after by Ira M. Brown of the Canadian Legion War Services.

MORELL ST. PETERS SOURS —The people of Morell, St. Peters, and Sours will have an opportunity of listening to Prince Edward Island's two premier bands on Saturday of this week when concerts will be given for their special entertainment. This is a most unusual event and it is expected that a large number of citizens will be present at each centre. These men are giving their services free to the patriotic cause of the Victory Loan.

FOR TRAINING ELSEWHERE —The following from No 82 C.A. (B). T.C. left Wednesday morning for training elsewhere in Canada. Pte. Moore, R.S. Milton, P.E.I. Pte. McAdam, F.F. Mt. Stewart, P.E.I. Pte. McInnis, G.B. Campbell's Cove, P.E.I. Pte. MacQuarrie, J.D. MacDale, Inverness Co. N.S. Pte. Pve. V. Little Bras d'Or, C.B., N. S. Pte. Watson J. S. Kingston, P.E.I. Pte. Yorston J.T. Bear River, P.E.I. Before leaving they were met with civilities by the Provincial Government, through the Carry-on-Canada Corps. The presentation of the flag after by Ira M. Brown of the Canadian Legion War Services.

### Personals

Mr. Robert DeBlais of the R. C. A. F. accompanied by Mrs. DeBlais, arrived home Wednesday night from Rivers, Manitoba.  
Mrs. L. G. Crooks, Watertown, Mass. and Mrs. John MacCormack, Boston, have arrived on a visit to relatives in Montague and Murray Harbor, North.

A. B. Howard J. Mallard of the Royal Canadian Navy, who has been visiting friends and relatives in the city, left recently on return to his ship after spending a pleasant furlough at his home in Clear Springs.

### BLOOMFIELD CORNER SCHOOL

Report for September.  
Grade X—1, Yvonne Pineau.  
Grade IX—1, Frederick McMillan.  
Grade VIII—1, Reinald Pineau.  
Grade VII—1, Adele McAusland.  
Grade VI—1, Alice Proulx.  
Grade V—1, Ernest Martin; 2, Louis Martin.  
Grade III—1, Harry McAusland; 2, Elaine Pineau; 3, Bernadette Pineau.  
Grade II (a)—1, Lella Craswell; 2, Jila Craswell; 3, Betty McAusland.  
Grade II (b)—1, Clarence O'Meara.  
Priscilla Shea—Teacher.

### Card Of Thanks

Mr. Andrew MacLeod and family, wish to thank their friends for the many expressions of sympathy received during their recent bereavement.  
10-22-43.

### IN MEMORIAM

In loving memory of Helen G. Rogers, R.N., who departed this life October 22, 1937.  
Often and often our thoughts do wander  
To grave not far away  
Where we laid you dear Helen  
Just six years ago today  
Away in the beautiful hills of God  
By the valley of rest so fair  
Some time, some day we know not  
When  
We will meet our loved one there.  
Inserted by Father, Mother, Sisters and Brother.  
10-22-43.

# PROWSE BROS., LTD. CHARLOTTETOWN

## TWO DAYS ONLY! Friday and Saturday

OCTOBER 22nd and 23rd

### Furs Selected for Quality and Priced for Economy!!

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CONSULT PERLEY EXPERT FURRIER HERE TO SERVE YOU



You've got to see (and feel, and try on) these beautiful Perley Fur Coats to know how light and lovely they really are — there's nothing smarter, nothing warmer, nothing more perfect for busy wartime social and duty schedules — than a good fur coat. Come in now — you'll appreciate the values being offered during this great event and you will be convinced that a Perley Fur Coat is a sound investment!

## \$139

French Seal Dyed Rabbit Coats— fitted and swagger styles, Skunk, Dyed Opossum, Brown Lapin Dyed Rabbit Coats, Black Broadtail Processed Lamb, Brown Dyed Coney Coats — Come and see for yourself, how much you can save!

## \$279

Sable Blended Muskrat Coats, rich Brown Dyed Squirrel Coats, smart Persian Lamb Coats, Sporty Raccoon Coats and Skunk Swaggers. See this fine assortment and make your own comparisons!

## \$359

Hudson Seal Dyed Muskrat, fine quality Black Persian Lamb Coats, Muskrat Back Coats, fine quality Dyed Squirrel Coats. You'll be proud to wear any of these coats for many seasons ahead!

4 WAYS TO BUY:  
—with Cash  
—on Layaway  
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—Charge Acct.  
—Charge Acct.  
Terms in accordance with war time Price and Trade Board Regulations.

### Trade in Your Old Fur Coat

Bring it with you and receive a generous allowance

# PROWSE BROS., LTD. CHARLOTTETOWN, P.E.I.

### SELISSIE'S HOME TO BE BABBIES' REFUGE

BATH, England (CP)—The home which sheltered Emperor Haile Selassie during his exile from Ethiopia will become a refuge for babies who were bombed out by Nazi aerial attacks.  
Selassie moved into the \$12,000 residence in 1936 and lived in it most of the time until 1940, when he returned to his native land in the wake of British armies and completed the restoration of his empire.  
The place will be converted to philanthropic purposes as soon as the last member of the royal family leave England. The Emperor's daughter, the widowed Princess Tenage Work, plans to go home shortly, as will Haile Selassie's third son who has been studying at Bristol University.



A cure for all British school-children "to prevent the dangers to health and mind of insufficient sleep" was advocated at a meeting of the National Federation of Class Teachers.

FINE NOODLES MAKE GOOD PUDDINGS—  
**Eggweat Noodles**  
BROAD NOODLES SERVE AS DUMPLINGS

**CATELLI EGGWEAT NOODLES**

Cooks in a few minutes as directed, recipes on every package.

**CATELLI EGGWEAT NOODLES**

Packing and function of parachute is taught in huge hangar. Instructor Lieut. A. A. J. Liddiard, Ottawa, shows how chute is released. In harness is Cpl. W. Ward, Toronto.