

# Down in the Dumps

## ... because I forgot one simple fact!

FOLKS are usually glad to see the post-man... unless he's an old grrouch like I was. Guess I had a grudge against everyone! Sure, it was incomplete elimination that was the cause, but I just can't take nasty doses...

"Then my wife told me about the 30-day test. Well, I started eating delicious Kellogg's Bran Flakes every morning... it sure is a habit I'm going to keep up. Now I find I have plenty of energy for my work... and for extra things, too!"



### Make this 30-DAY TEST

1. If you're really ill see your doctor! But if you just feel dull and headache, you may only be suffering from incomplete elimination. Here's how one simple change of diet can help you keep fit:
2. Start right now to eat Kellogg's Bran Flakes every morning. No harsh doses... keep fit the natural way! Get more of the "bulk" your system needs by eating delicious, gently-laxative Kellogg's Bran Flakes with other parts of wheat.
3. Just thirty days should prove to you how grand it is to feel alert, to have the energy for all the extra things you'd like to do. You'll want to go on keeping fit the Kellogg way!



KEEP FIT with Kellogg's

every day in the year!



Major MacKinnon enjoying a few minutes relaxation as he smokes a cigarette.

### ELLEN'S DIARY

By An Island Farmer's Wife

(Continued from Page 2)

Contributions to Victory will not find it difficult to formulate and enforce the final terms of peace.

Again this afternoon I kept close to the radio at first seeking any excuse to remain in its vicinity and then dropping bodily to James' armchair beside it. I had to hear His Majesty the King, above every other. The men went after dinner to their work as "the other farm." Judy was busy here and there, and Jennie, excepting when I visited her. But in the evening, when the twilight shadows deepened and the stars came out one by one each member of the Alderlea family gathered from their several tasks and sat by the radio to hear the retransmission of the day's speeches from those in authority above their people. If at times in gratefulness to inspired

leaders, who had brought us to this hour, or to the very "least of these" who had assisted them in their stupendous task, or in memory of the valiant dead—even one boyish curly-headed lad from our own road—ours raised my eyes so that James' face and those of the others, were blurred, who would censure me? And now that I remember it, when once I raised my eyes to seek him, James' own were turned away.

Until tomorrow — Diary—Good-night.

### SCRAP GAS MASKS

LONDON (CP) — Since the war began 46,000,000 gas masks have been issued as a civilian defence measure. They probably will soon be gathered in as scrap, with the metal and rubber in them used in the war against Japan.

### DUKE AIDS WOUNDED

AINWICK, Northumberland, England — (CP) — The urban council has accepted an offer by the Duke of Northumberland to provide a number of houses for war injured and other special cases as a memorial to his brother who was killed in action in 1940 and whom he succeeded.

### PATRIOTISM

(Continued from Page 6)

"This was their finest hour."

Nor as we offer our thanksgiving this day for Victory would we be unmindful of the great contribution made towards this Victory by our Allies.

Where would we have been today had it not been for the friendship of the British peoples and their cause found in the heart of the late President Franklin Delano Roosevelt, who gave us the first much needed aid, and later led his great country into the war with us, and who throughout the war years till his death, sought in every possible way to have his country allied with us in the great struggle?

Or, again, where would we have been today, without the support of our ally Russia? Russia by her great revival of strength following the first onslaught of Germany, has won the admiration of our Allied Nations. What Russia has contributed towards the winning of this war is simply remarkable.

One of Russia's war marshals said on the day that Germany surrendered, that the war had cost Russia between 12 and 15 million lives, and that it is more than the total population of this our own Dominion.

Just how long it will take historians to give us an estimate of what the war has cost, we do not know. But we know enough now to understand that this Victory has cost more in destruction and property, in sorrow, suffering and death, than can ever be told in figures.

The horrors of this war are unsurpassed in human history. The bestial behaviour of our foes from beginning to the end, has been beyond human description.

Yes... we have every right to be thankful that the war in Europe is at an end.

And we think too of what the Victory has brought to those who caused this awful war.

To what an ignominious end have come those responsible for the war.

Mussolini, shot in the back, his body knicked about and mutilated by his own people, then hung up by the heels from a public service station.

Hitler, who once proudly boasted that the German Empire would reign for a thousand years, who spurned God, who made himself the all-supreme commander, who declared the Germans were the super-race—who knows what has become of him?

What has become of many of his henchmen we know, some have committed suicide, others are now imprisoned or soon will be. Berlin, which once echoed and re-echoed to the tramp of his proud and haughty armies, that city now a complete shambles, which may never be rebuilt.

Surely, a lesson men must ever remember... that power is not in the hands of men... but in God's Almighty Hand.

And as we offer up our prayers

of Thanksgiving this day we are not unmindful of all of our own who have helped to bring about the Victory.

Today we honour those who have paid the supreme sacrifice and those who share with them the supreme sacrifice, their loved ones.

What others have sacrificed stands today as a great challenge to those of us who survive them.

Mere words, or songs of praise, alone cannot begin to rightly express the thanksgiving that should find a place in our hearts and lives this day.

The only adequate thanksgiving we can offer is the redemption of our lives to the cause for which others have suffered and died.

There has only been one fear in the hearts of those who have made great sacrifices for us, and that has been the fear that the world may not yet have learned to walk in the ways of Him who died in the peace and good-will amongst men.

How better can I bring home to you all, and especially to you young come back by refusing to accept of yourselves to all for which others have died, than by giving you the words of one of the young heroes of our own congregation, who in a letter to his beloved parents wrote:

"But then some of us have to pay the price, if we are to have a better world when the war is over, but it always seems that the best-laid are the ones that are taken. I only hope that when this war is over, people won't forget those who died to save them, and let the world drift along with poverty and ignorance until another war wakes them once again."

That is what I am afraid of, Mother and Dad, I am afraid that the world will not yet have learned to walk in the ways of Him who died in the peace and good-will amongst men.

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and Light Where fear no longer clutches at our breath.

So grimly close all men of good will came To sinking into slavery's dark abyss.

That well we know, only Thy pillared Flame Brought us at last in safety over this.

Let us be humbly proud, and live to serve What would have been their aims, who live no more;

Grant: from their last high purpose none shall swerve, Our deeds exalt their dream Peace held in store!

Grant that this Day we voice no empty boast, But build the finer world which they began

On that ideal our champions honored most: The eternal Brotherhood of man to man.

### PRODUCE

MONTREAL, May 14 — (CP) — Produce prices today reported by the Dominion Department of Agriculture follow:

EGGS: Not packed for export A Large 36-38; A Medium 31 1/2-33; A Pullet 26-28; B 29-30; C 26. Packed for export A Large 37; A Medium 30.

RECEIPTS: 1429 cases. BUTTER: Wholesale Que jobbing pasteurized No 1 34 No 2 33 1-4; current receipt Que No 1 pasteurized 33 5/16 del Mt; No 2 32 5/16 del Mt; first grade creamery prints job price 28 1/2-29; 1/2-29 for local trade.

CHEESE: Current white and colored western 20 FCB, colored Que 21 1/2, white 20 1/2 FCB; wholesale white and colored for local trade and export western 20 11/16-21, colored Que 22 1/2, white 21 1/2-22 for local trade.

POTATOES: 75 lb bags local No 1 1.50-1.60; No 1 Que, N.E., and P. E. 1.20.

### M. V. PRINCE NOVA

The Connecting Link Between Nova Scotia and Prince Edward Island 1945 NOVA SCOTIA - PRINCE EDWARD ISLAND FERRY SERVICE WOOD ISLANDS, P.E.I. CARIBOU, N.S.

LUNCHES SERVED (6 Miles from Pictou) SAILING SCHEDULE (DAILY INCLUDING SUNDAY) ALL SAILINGS DAYLIGHT SAVING TIME May 1st to Sept. 30th

Leave Wood Islands 7 a.m. 11 a.m. 1 p.m. Leave Caribou 9 a.m. 1 p.m. 5 p.m. Except that, on authority of the Oil Controller, on Mondays, Tuesdays, Wednesdays and Thursdays during MAY AND JUNE, the 11 a.m. and 1 p.m. sailings will be cancelled unless there is evidence that the other crossings will not carry the traffic offering.

October 1st to November 30th Leave Wood Islands 8.00 a.m. 2.15 p.m. Leave Caribou 12.00 noon 4.15 p.m.

NORTHUMBERLAND FERRIES LIMITED CHARLOTTETOWN, PRINCE EDWARD ISLAND

LINKED BY AIR each direction on week-days between Pictou and Caribou, N.S. and London, Ontario. This is the first civil service linking London with Scotland since the war began.

# FAMILY ALLOWANCES AND INCOME TAX

THE following announcement will help to clarify the relationship between Family Allowances and Income Tax credits for dependent children. Family Allowances are payable from July 1st, 1945, and the registration of children is now taking place.

The Family Allowances Act was designed to help equalize opportunities for all children, and when the Act was passed, Parliament approved the principle that there should be no duplication of benefits by way of Family Allowances and Income Tax credits for the same child. An amendment to the Income Tax Act will be made to deal with this duplication. In the meantime, however, the Government proposes, for the

last six months of 1945 during which Family Allowances are payable, to remove duplication by adjusting the income tax credits received for children.

It is natural that parents in the low income groups will be expected to receive maximum benefits from Family Allowances. Partial benefits will be received, however, by parents with incomes up to \$3,000.

The table below shows the effect of the adjustments which the Government has decided to make. For convenience and simplicity the benefits received by each income group are shown as a per cent of the Family Allowances received. The table shows:

- (a) Heads of families receiving incomes in 1945 of \$1200 or less will benefit to the extent of the full amount of the Family Allowances received. As they are not required to pay income tax, there is no duplication to remove.
- (b) Heads of families receiving incomes in 1945 in excess of \$1200, but not in excess of \$3,000, will in effect retain the full value of their present income tax credits and in addition a percentage of the actual Family Allowances received.
- (c) Heads of families with incomes in excess of \$3,000 will retain their full income tax credits for children if they do not receive Family Allowances. These taxpayers may, however, apply for Family Allowances to protect themselves against a possible decrease in income at a later date which might bring them into a lower income range where they would benefit from Family Allowances. In such cases if the income remains in excess of \$3,000, the income tax credits for children would be reduced by the full amount of Family Allowances received.

### TABLE SHOWING EFFECT OF ADJUSTMENT FOR 1945

AMOUNT OF TAXABLE INCOME	Percent by which taxpayers will benefit from Family Allowances in addition to present income tax credits, for 1945.
Over \$1200 but not over \$1400	100%
" 1400 " " " 1600	90%
" 1600 " " " 1800	80%
" 1800 " " " 2000	70%
" 2000 " " " 2200	60%
" 2200 " " " 2400	50%
" 2400 " " " 2600	40%
" 2600 " " " 2800	30%
" 2800 " " " 3000	20%
" 3000	10%
	0%

NOTE:—This table applies to married persons and others having the status of married persons for income tax purposes. For the relatively small number of single persons supporting children and not having married status for income tax purposes, and for members of the Armed Forces paying income tax, special tables can be obtained from the Regional Director of Family Allowances in each provincial capital.

### Family Allowances will be paid in full

In all cases, those who apply for and are eligible to receive Family Allowances will receive them in full, month by month. See scale below:

SCALE OF MONTHLY ALLOWANCES FOR THE FIRST FOUR CHILDREN	For each child
Under 6	\$5.00
From 6 to 9 (inclusive)	6.00
From 10 to 12 (inclusive)	7.00
From 13 to 15 (inclusive)	8.00

Where there are more than four children under 16 in the family, the monthly allowance for each child after the fourth will be reduced in accordance with the provisions of the Family Allowances Act.

As far as is possible, to take care of the adjustments necessary to avoid duplication of benefits, current income tax deductions at the source will be adjusted to take into account the new situation when Family Allowance payments commence. This will avoid placing an awkward burden on the taxpayers at the end of the year.

### FAMILY ALLOWANCES ARE NOT TAXABLE

Special attention is drawn to the fact that the income ranges used in the table above refer to taxable income, and any amounts received as Family Allowances should not therefore be included in calculating income for this purpose because Family Allowances are not taxable.

Family Allowances are also additional to dependents' allowances for servicemen's families and military pensions.

For children registered after July 1st, 1945, Family Allowances will be paid as from the month following the month when registration is made. Family Allowances are not paid retroactively.

Published under the authority of Hon. BROOKE CLAXTON, Minister, Department of National Health and Welfare, Ottawa

### Medal Received



Word has been received by Mr. and Mrs. Wallace MacKay, Stanley Bridge, from the Department of National Defence, Ottawa, that their son Elmore MacLean of No. 3 Provost Corps, Canadian Army, has been awarded the Canadian Efficiency Medal in respect of his service in the reserve force. Cpl. MacKay enlisted in June 1940, in August of the same year he was sent to England and he was in the Dieppe raid and served eighteen months in Italy. He is now in hospital in England. (Patriot please copy)

IT'S NOURISHING... WITH OODLES OF NOODLES

That's LIPTON'S NOODLE SOUP Mix

The Soup Sensation of the Nation

### REGISTER NOW!

If you intend to apply for Family Allowances but have not already done so, please complete and mail Family Allowances Registration Form. Copies of form may be obtained at the nearest post office.

