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Head Office TORONTO

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Quebec Prepares for Flood of Newcomers

QUEBEC, Que., May 18—Now that Canada's immigration season via the port of Quebec has been inaugurated with the largest inaugural movement in years recorded, the reception buildings maintained here by the Dominion government will be alive with teeming throngs of newcomers for many week-ends to come. Although five thousand British and foreign immigrants literally poured over the wharves when the season got underway over the week-end of April 27, Canada's well-established standard of efficiency in reception and distribution was fully maintained. To any who may have had misgivings concerning immigration inspection, the spotless walls and floors of the building, the uniform courtesy of officials of the Immigration Department and the clock-like precision with which all official machinery moved must have been agreeably surprising.

All passengers for inspection move direct from their ship through covered passages to waiting-rooms in the immigration building where they rest until their turn for inspection. Returning Canadians are dealt with first. These occasion little delay and soon pass through. Then follow British families. The new system of medical inspection abroad greatly facilitates the reception and distribution at the port of arrival.

After being found all in order the newcomers pass along a broad corridor to the baggage room where they identify their baggage. Railway offices where tickets for any destination in Canada can be bought or presented for examination are located on the same floor. Here also funds may be exchanged for Canadian money at current rates. While the man of the family is attending to these details the mother may take younger children to the Red Cross Nursery on the same floor where trained nurses are at her command and children can be washed, fed and nursed. In case of illness doctors and nurses are immediately available. A dining-room furnishes substantial well-cooked meals for 35 cents and at the canteen nearby food for any length of journey can be bought at low prices fixed by the Canadian Government. Railway trains for all destinations in Canada draw up immediately alongside the immigration building and after a brief rest the passengers are directed to their trains and the second stage of their journey begins.

Women travelling alone are met by women officers of the Canadian Government and continue their journey under charge of Government conductresses to the women's hostel nearest their destination. Official representatives of various religious denominations and welfare societies are also on hand to be of any service required.

So completely are all arrangements, and so well carried out that delay at port of arrival in Canada is not usually more than three or four hours. After the British immigrants come those from continental Europe and in an incredibly short time the halls are cleared and in readiness for the next ship load. In each case the process is the same. A busy throng, tired, sometimes, with travel, but usually in good health and good spirits enters upon the great adventure of life and opportunity in a new land.

Helpers good \$9.50 to \$10.50. Medium \$8.75 to \$9.25, common \$6.50 to \$8.50. Butcher cows good \$8.50 to \$9, medium \$5.50 to \$8. Canners \$3 to \$4, cutters \$4 to \$5. Butcher bulls good \$8.50 to \$9, common \$5.50 to \$8.

Calf Receipts 4361—The calf market was drabby on common to medium quality calves. One small lot of good calves picked out was sold for \$12 and one straight load of good Quebec calves brought \$11. Common and pail fed calves sold for \$5.75 to \$7.50 with medium kinds up to \$9.50.

Quotations: Good veal \$10 to \$12 medium \$8 to \$9.50, common \$5.75 to \$7.50.

Sheep Receipts 268—Common lambs brought \$8, to \$9.50 and sheep were sold for \$5, to \$7. Spring lambs brought \$7, to \$9.50 each.

Quotations: Ewes \$5.00 to \$7.00. Common lambs, \$8, to \$9.50.

Hogs were lower and moving slowly with a chance that some would be held over. The few sales made were at \$14 for good lots and \$13 to \$13.25 for rough lots. One market where only a few hogs were offered sales were made for \$14.75 with one lot of forty averaging \$10 pounds for \$15. Sows were from \$10.50 to \$11.

Although more than 80 years old, Miss E. Setton-Karr, of West Kensington, England, still visits three or four times a week the working women's club in London, of which she was one of the founders 47 years ago.

TWO CHILDREN KILLED

(Canadian Press)
CHICAGO, Ill., May 18—A stolen automobile with a drunken man at the wheel careened at high speed into a group to children playing in front of a school last night. Two of the children were killed and two others so seriously hurt they may die. Half a dozen others leaped to safety. The car sped on and eluded pursuers in heavy traffic. Ten minutes later it crashed into two automobiles three miles away and was wrecked. Its occupants William Sweeney, 26 and Frank O'Dee were arrested. Sweeney was driving.

ENJOYABLE PLAY AT CURRAN BANN

The Curran Bann Dramatic Club scored a huge success last Friday evening May 17th, when the three act comedy drama entitled "The Irish Millionaire" was presented in Curran Bann Hall. The condition of the roads was favorable and the night all that the most fastidious could desire. The commodious hall was filled to capacity by a large and appreciative audience. The Rev. William V. MacDonald acted as chairman in his usual genial manner.

The following were the dramatic personnel.

Patrick Casey (a retired contractor) Patrick Morris, Mary Ann (his wife) Mrs. George MacDonald, Kathleen Casey (youngest daughter) Stella Murphy, Maggie Casey (oldest daughter) Mrs. Aeneas MacDonald, Micheal (their son) Louis MacDonald, Jr. Eileen (The maid) Helena Horgan, George Drake a friend of the family, Aeneas MacDougall Jim Dougherty, (of U. S. Treasury Dept.) Louis MacDonald Sr. Madam Anna Balski (a Bolshevik) Anna MacAulay, Humpy Steele (the Janitor) John Rowe, Armand Francis, Boni Ami De Louler (a modiste) Reginald MacDonald. The play was a heavy undertaking for amateurs out all who performed acquitted themselves so admirably, it would, perhaps be somewhat insidious to single out any particular artist for special mention. The leading male role that of "The Irish Millionaire" was taken very effectively by Mr. Patrick Morris, and as this is Pat's

Don't ask too much of SLEEP

Daily Efficiency—No. 1

Few people give breakfast the important thought it deserves. Many believe that by getting a good night's rest they are preparing themselves for a busy day. This, however, is far from the truth.

Each morning you arise with the fatigue of the previous day gone. You are refreshed, or should be. But sleep has not given you back the energy you used up the day before—nor the tissues you destroyed. Sleep has not nourished you. Sleep was never intended to take the place of food.

And so, you come down to breakfast. Your body is rested. Your body is hungry and remember, your body does not necessarily mean your appetite. You may not feel like eating. But your body expects to be supplied with nourishment. It must have body-building material, and fuel to carry you through the day.

Perhaps you do not need a heavy breakfast. People who work indoors are usually light eaters in the morning. But if you do not eat much in the morning, it is important that what you do eat shall contain the vital food elements your body must have to keep it healthy.

On the other hand, breakfast may be your favorite meal. You may eat a lot. But a lot of food does not always mean a lot of the right kind of nourishment. It does not mean that you are getting all the necessary food elements. You may be getting entirely too much of one and not enough of several others. Some, you may not be getting at all.

One delicious food was deliberately designed to give you these needed elements. It is Grape-Nuts. In its crisp, crunchy kernels, Grape-Nuts supplies dextrins, maltose and other carbohydrates for energy; iron for the blood; phosphorus for teeth and bone; protein for muscle and body-building; and the important vitamin-B. And this same crispness has an important health benefit—better teeth and better digestion achieved because Grape-Nuts must be chewed.



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WHEN every day's a busy day—have Grape-Nuts for breakfast. Grape-Nuts gives you five of the food elements you need for energy and health. It has unique benefits for teeth and gums and digestion. And on top of it all, it's one of the most delicious foods you ever tasted!

Have some to-morrow, with milk or cream. No cooking required. Get it at your grocer's in the famous wax-wrapped package. And save money, too. Less than one cent's worth is a sufficient helping of Grape-Nuts—four teaspoonfuls.

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initial venture into the field of drama he is to be congratulated on his superb work. Pleasing specialties were rendered between the acts. The solos by Master Plus Callaghan, Charlottetown won much applause. He was accompanied by Miss Alice Pineau in her usual artistic manner. Miss Isabel MacDonald danced the "Highland Fling" and "Sword Dance" very gracefully. She was accompanied on the violin by Mr. John MacDonald, Grand Tracadie's champion fiddler. The step dancing of Mr. Ambrose Mitchell was very much enjoyed. He was accompanied by that excellent violinist Mr. Helare Gal-

lant, and literally brought down the house. Mr. Malachias Callaghan the popular and well-known tailor of Charlottetown sang "The Kelly's" with his usual sweetness and old time vigor and in response to an enthusiastic encore sang "The Bandon Blarney Stone." Both of these solos were admirably rendered and much appreciated. The entertainment closed by singing "God Save the King" then followed the sale of pies and cakes, a large number of which had been supplied by the ladies of the surrounding districts. Mr. William Connick, Curran Bann and Mr. Patrick MacTague, Charlottetown were

the auctioneers and their ability on this as on former occasions was clearly demonstrated.

RESIGNATION NOT YET ACCEPTED

WOLFVILLE, N. S. May 20—The resignation of R. W. Tufts, Chief Federal Migratory Officer for the Maritimes which was tendered on the 3rd, has not yet been accepted by the Department of the Interior. Mr. Tufts has been requested to visit Ottawa next week for a conference with the Minister on which occasion the grievance of which Mr. Tufts complains will come up for discussion.

LECTURE AT STANLEY

A very interesting and instructive lecture was delivered on Thursday night, May 16th, in Stanley Hall by Mr. Thomas Hiscott, Sr., on his true life on the ocean. Although the evening was disagreeable and wet, people gathered from several outside districts until the seating capacity of the building was entirely utilized. Notwithstanding the crowded condition of the audience the order was perfect in every respect and was ably presided over by the Rev. Mr. Bishop of Cavendish who in a few pleasing remarks introduced the speaker and showed the people his moral and charitable purpose in delivering these lectures. Mr. Hiscott began his story at St. John, N. B. where he finished his first night's talk. He was at this time a boy of 18 years and his main aim in life was to be a sailor.

The winter before he signed on to be a sailor on the High Seas he lived at a sailor's boarding house in St. John. It appears he was obliged to stay in such surroundings in order to get a chance to begin training as a sailor. His first voyage was from North Sydney to Antwerp, Belgium, on a square rigged ship. He claims that these were the days of wooden ships and iron men. Mr. Hiscott admits that he will never forget the first two hours he put in at the steering wheel. When stepping forward to relieve the man before him at the wheel, he came up on the wrong side, the captain a large strong man caught him by the ear and walked him around the mizen-mast with his toes merely touching the deck. There is one thing certain what one learns as a sailor is not going to be forgotten in a life-time. He doesn't leave out any happenings whether serious or funny as he goes along. He tells of when they landed in Antwerp after 28 days sailing, how he and twenty other sailors started out to have a good time and accord-

ing to his story they surely had some time. Next he signed on a vessel bound for a port in Chile, South America, a trip of about 14,000 miles. He tells of many peculiar occurrences during his stay of eleven months. These go to show that Mr. Hiscott's memory is still holding its own. A sale of candy was conducted by the ladies of the Missionary Society after which Mr. Hiscott spoke of the many places in foreign countries that needed the assistance of this charitable society. His next lecture will take place in Summerside. We sincerely trust that his health will remain good so he will be able to finish his story of 20 years experience on the ocean.

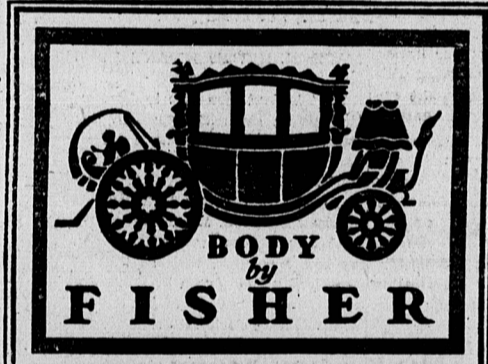
News From Britain

SYDNEY, N. S., May 18 — Under the heading "News from Britain," the SYDNEY POST recently printed the following editorial: "At its annual meeting in Toronto the Canadian Press adopted a recommendation of its manager that provision be made for an expansion of the news service particularly in the way of enlarging direct service from London, covering the news of Britain and the Empire. That commendable decision is of a piece with the spirit of enterprise in which the business of The Canadian Press has been conducted from the first. The associated daily newspapers of the Dominion incorporated in it are keeping pace with the progress of the country, in some respects indeed running ahead of it and anticipating the much greater Canada of tomorrow. They are playing their part in promoting national solidarity and the development of the national resources and generally in cultivating sane Canadianism. Their influence is also telling for more intimate relations

between Canada and other parts of the British Empire, and for making that league of free states under the Crown a more perfect union. The continuous diffusion of news of the day is not only currently enlightening; it is also of permanent upbuilding service in an educational way. The more our newspapers habituate the Canadian public to the reading of news matter of moment from the other countries of the Empire, the more will our people get into the Empire way of thinking. And the Empire way of thinking is not 'jingoistic', as some scoffers pretend; but it is the way of thinking of responsible citizens concerned for the world's peace. There is no other agency in the world that has done so much to preserve peace as the British Empire. The influence of that Empire is of tremendous weight in the world in behalf of all movements for the welfare of mankind. The press of Canada cannot do better service to this country than to keep its readers informed about what is going on in the rest of the Empire, especially in the mother country. Direct service means uncontaminated service, service uncolored by any foreign medium."

Livestock Markets

MONTREAL, Que., May 20—Cattle receipts 814. Good butcher cattle were about steady. Common to medium cattle from steady to 25 cents or more lower. One load of good steers were sold for \$11.50 and steers were sold from that figure down to \$8.50. Good cows brought from \$8.50 to \$9, and common to medium cows from \$5.50 to \$8. Canners were \$3, or better and the bulk of the bulls were from \$7, to \$8.50. Quotation—Butcher steers good \$10.75 to \$11.50, medium \$10, to \$10.50, common, \$8.50, to \$10, butcher



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