

IN THOUSANDS of HOMES THEY'VE ENROLLED!



They've joined the "regulars"! In every corner of the land you'll find wide-awake people serving the famous breakfast cereal that corrects one of our greatest burdens—constipation due to lack of "bulk" in the diet. The cereal? **KELLOGG'S ALL BRAN**, of course. And here's the reason for this national swing to **ALL-BRAN**:



Back when pogo sticks were the rage, a research project was planned by W. K. Kellogg. It has developed into perhaps the most extensive study ever made of the common type of constipation (due to lack of "bulk" in the diet). Food chemists, nutritionists, and medical specialists from great universities have taken part in it. And the verdict of these men, like that of All-Bran's millions of users, is that **ALL-BRAN** is a tried and proven means of combating this common form of constipation.



What about your family? The place to join up with the All-Bran "regulars" is your nearest grocer. If you, or others in your family, suffer from the common form of constipation, don't let it drag you down any more. Ask your grocer tomorrow for crunchy, ready-to-eat **KELLOGG'S ALL-BRAN**. Eat it regularly with milk or cream, and drink plenty of water. Look for the red Kellogg signature on the package. In two convenient sizes at all grocers. **ALL-BRAN** is made by Kellogg's in London, Ontario.

Bird Life Abundant In Canadian Rockies

The widespread opinion that bird life is negligible in the Rocky Mountains of Canada has no foundation in fact. A field survey made in Banff National Park, Alberta, during the past summer disclosed the presence of more than 100 species. Of these, some thirty varieties are typical western birds, and the remainder are found in most parts of Canada. Included are song-birds, game birds, birds of brilliant plumage, a few species of waterfowl, and birds of prey.

Several bird species found mainly at high altitudes are quite interesting to visitors from any part of the Dominion, for although in migration they occur at lower levels, it is only on the high slopes of the mountains that they are seen in their native setting. Of this group, the Golden-crowned Sparrow, Brewer's Sparrow, and Townsend's Solitaire are first class songsters, and during the day their musical notes enliven the stillness of alpine forests. Other high-level residents include the American Pipit, Gray-crowned Rosy Finch, and the White-tailed Ptarmigan, as well as the Golden Eagle, monarch of Canadian birds. As he soars at 10,000-foot levels, high over snow-capped peaks and deep canyons, this bird presents an unforgettable sight.

Visitors of the park from the east have the opportunity of making the acquaintance of such well known western birds as the Rufous Hummingbird, which is attracted by bright colours; Audubon's Warbler, and the American Dipper or Water Ousel, Barlow's Golden-Eye, Swainson's Hawk, and the Harlequin Duck are rarely seen in Eastern Canada. The dark green background of spruce, lodgepole pine, and fir forms an admirable

setting for many birds of brilliant plumage, including the Western Tanager, a study in lemon yellow and orange. Readily identified also are the American and White-winged Cross-bills, and the Pine Grosbeak, whose highly coloured feathers vary in shade from brick-red to carmine.

Visitors to the outlying sections of the park may also enjoy the unique experience of hearing the early evening silence broken by the songs of four distinct varieties of Thrush—the varied, Hermit, Olive-backed, and Gray-checked species. Around camp-grounds, particularly at meal time, feathered visitors most often observed are Clark's Crow, three species of Chickadee—the Black capped, Gambel's, and Hudsonian—and bold but attractive Canada Jay, the "Whiskey-jack" of the Canadian woods. This inveterate camp-follower will trail travellers through the woods, and even has been known to steal bacon hot out of a frying pan.

Species of game birds also common include the Dusky or Blue Grouse and Franklin's Grouse. The latter, among other kinds often called the "fool hen," on account of its apparent lack of intelligence may be seen along the roads and trails, quite oblivious to the approach of motor car or saddle-pony. Also found in the park, but native to other parts of Canada, are the Robin, Chipping Sparrow, Junco, Magpie, Mountain Bluebird, Golden-crowned Kinglet, Warbling Vireo, and many others.

Most of these birds are now on their southern migration, bound for warmer climes where they will spend the winter. Early next spring, however, they will bring their way northwards and in more to the mountains, and in these magnificent surroundings again provide a field of entertainment and study for naturalists and lovers of the outdoors.

Keep Minard's in the home.

Achievement-Day

MONTAGUE DISTRICT

The District Achievement Day for the Montague, Red Point, Greenwood, Grandview and Ugg Sewing Clubs was held at Montague on August 26th. All clubs were well represented and the competition was keen and stimulating. During the afternoon the sports events were run off. These are of special club interest as the group winning the greatest number of points is entitled to a special prize which is to be donated to the purchase of sewing supplies or some other items equally interesting to all members. The clubs placed in the following manner:—

1. Greenwood.
2. Montague.
3. Red Point.

The sewing exhibition was of excellent quality. Those coming first in Third Year work were Verna Mellich of Montague in the Senior Class and Mildred Rose of Red Point in the Intermediate.

In Second Year Thelma Behm, Grandview placed first and Jean Duvor of Montague second in the Junior class.

There were three placings in the Intermediate Class which were as follows: 1. Evelyn Dawson, Ugg; 2. Mary MacPherson, Grandview; 3. Laura Bruce, Red Point.

In First Year Intermediate work Pearl Squires of Greenwood placed first and Edna Fraser of Red Point second.

In the Senior Class Beatrice Docherty of Greenwood placed first and Laura Kidson of Red Point second.

The placings in the Junior Class were as follows: 1st. Mildred MacEwen, Greenwood; 2. Barbara Bruce, Red Point; 3. Jean Currie, Montague.

The work of those placing first in each class was taken to Charlottetown where it was judged against the winners from other districts. In this way the winner for Island honors is chosen. An account of the Final Achievement Day winners will be published later.

COLEMAN DISTRICT

On the afternoon of September 8th the members of the Girls' Sewing Clubs from Coleman, O'Leary, Dunblane, Knutsford, Springfield West, Brae, Woodvale, Plusville, Emsdale, South Kildare assembled at Coleman Hall for the District Achievement Day.

The best sewing from each club was on display. By judging these against each other the winners for the district were chosen. The following are the prize winners in each class:—

First Year Outfits—Junior-1. Fernie Oulton, Brae; 2. Florence Pate, O'Leary; 3. Jean Ramsay, South Kildare; 4. Irene Smallman, Knutsford.

Intermediate—1. Eiga MacDougall, O'Leary; 2. Muriel Arthur South Kildare; 3. Vera Cain, Springfield West; 4. Irene Adams, Emsdale.

Senior-1. Thelma Arthur, South Kildare; 2. Lydie MacNeill, O'Leary.

Second Year Outfits—Junior, Kathleen MacLean, Coleman; 2. Mabel Betts, Glenwood; 3. Norma Sweet, Knutsford.

Intermediate—1. Greta Betts, Glenwood; 2. Bertha Collett, Springfield West; 3. Frances Sweet, Knutsford.

Senior-1. Glenys Betts, Glenwood; 2. Olga Bryenton, Coleman; 3. Doris Adams, Emsdale.

Third Year Outfits—Junior-1. Eleanor Trainor, Woodvale; 2. Jean MacPherson, Dunblane; 3. Lorraine MacNeill, Knutsford.

Intermediate—1. Hilda Currie, Woodvale; 2. Glenn MacNeill, Dunblane; 3. Ada Moisaac, Dunblane.

Senior-1. Gladys Vincent, Woodvale; 2. Helen Boulter, Dunblane.

In the Fourth Year class the two seniors Blanche Leard and Myrtle Beer shared first honors and Marjorie Beer came first in the Intermediate class.

The winners of the Second Year Demonstrations were:—

Senior-1. Olga Bryenton, Coleman.

Intermediate-1. Verna Gay, Springfield West; 2. Frances Sweet, Knutsford.

Junior-1. Kathleen MacLean, Coleman; 2. Pearl MacKenzie, Springfield West; 3. Phyllis Gallant, Plusville.

The Third Year girls read the stories they had written during the winter on "The Sewing Basket People". Gladys Vincent of Woodvale, whose essay took the form of a play won first place in the Senior Class.

Hilda Currie, Woodvale and Jean MacNeill of Knutsford placed first and second in the Intermediate Class and Frances Trainor of Woodvale and Lorraine MacNeill of Knutsford placed first and second respectively in the Junior Class.

Great interest was taken in the sports events which have now become a part of our Achievement Day activities. Each Club enters its best team or individual and the clubs compete for first place. The clubs winning a place are awarded a prize which is to be shared by all members. The placing was as follows: Coleman, Knutsford, Woodvale and O'Leary, Springfield West.

We must not forget to mention our very fine display of work by the Baby Class of Woodvale. These little girls have done remarkably well and when they are old enough to join the regular Sewing Club some of the older girls will have to step lively to keep ahead of them.

CHARLOTTETOWN DISTRICT

The Girls' Sewing Clubs from York, Rose Valley, Earncliffe and New Glasgow held their District Achievement Day in the Agricultural Room of the Prince of Wales College on August 30th.

Senior—Lena Mayhew.

Intermediate—Florence Mathieson.

Junior—Edna MacKenzie.

In the sports events Earncliffe placed first, Rose Valley second and York third.



PARKDALE SCHOOL

Senior Department:

Grade X:

1. Helen Livingstone.
2. Estelle Rodd.
3. Jean Puncher.

Grade IX:

1. Harold Gregory.
2. Phyllis Coles.
3. Kay MacEachern.

Grade VIII:

1. Victor Livingstone.

Grade VII:

1. Blair Moore.
2. Barry Moore.
3. Roy Livingstone.

Perfect Attendance: — Jean Puncher, Phyllis Coles.

Intermediate Department

September and October:

Grade IV:

1. Marjorie Arbing, Robert Bell equal.
2. Jack Gay.
3. Shirley Gregory.

Grade V:

1. Brendan Bell.
2. Warren Gregory.
3. Stewart Wood.

Grade VI:

1. Howard Gay.
2. Hope Hudson.
3. Joyce Craig.

Perfect Attendance: Marjorie Arbing, Robert Bell, Thelma Coles, Jack Gay, Shirley Gregory, Violet Lewis, Joyce Livingstone, Warren Gregory, Stewart Wood, Vincent Dwyer.

Primary Department:

Grade III Class A:

1. Eileen Gallant.

Grade II A—Class A:

1. Eileen Loughran.

Grade II B:

1. Alex MacDonald.
2. Lillian MacLean.
3. Helen MacLean.

No examinations.

Perfect Attendance: Alex MacDonald, Teddy Wood.

SUFFOLK SCHOOL

Standing for October:

Grade X:

1. Jean Johnston.

Grade IX:

1. Billy Johnston.
2. Doris Reid.
3. Lloyd Mellick.

Grade VIII:

1. Melvin Richard.
2. Ella Reid.
3. Mark Johnston.

Grade II Sr:

1. Mary Bradley.
2. Evelyn Reid.
3. Janie Mellick.

Grade II Jr:

1. Walter Scott MacArthur.
2. Phyllis Coles.
3. Myrtle Coles.
4. Mary Reid.

Perfect Attendance: Jean Johnston, Billy Johnston, Opal Reid, Keith Sentner, Mary Bradley, Janie Mellick, Ray Mosher, Evelyn Reid, Walter Scott MacArthur, Vera Coles, Myrtle Coles, Mary Reid.

Teacher, Betty J. MacKay.

There was a good attendance of Sewing Club members and leaders and a very interesting afternoon was spent in inspecting the prize winning outfits, listening to the Second Year Demonstrations and Third Year Talks which were won by Helen Lewis of York and Reta Frizzell of Rose Valley respectively.

The winners of the Sewing Prizes were as follows:

First Year—Junior-1. Ruth Mutch, Earncliffe; 2. Clara Bryant, New Glasgow.

Intermediate—Mary Moisaac, Earncliffe; 2. Eisle Dolron, New Glasgow.

Senior-1. Mary McInnis, Earncliffe.

Second Year—Junior-1. Helen Lewis, York.

Intermediate-1. Lillian Watts, York; 2. Hilda Hickox, New Glasgow.

Third Year—Intermediate-1. Reta Frizzell, Rose Valley; 2. Edna Hickox, New Glasgow.

The winners in the Fourth Year class from Rose Valley were as follows:

Senior—Lena Mayhew.

Intermediate—Florence Mathieson.

Junior—Edna MacKenzie.

In the sports events Earncliffe placed first, Rose Valley second and York third.

Full List Of Appointments For Overseas

Following is the full list of senior appointments of the First Division, Canadian Active Service Force, announced Wednesday by Defence Minister Rogers.

The appointments:

1st Canadian Division, Canadian Active Service Force

General officer commanding — Major-General A. G. L. McNaughton, of Ottawa.

Commander 1st Divisional Artillery—Colonel C. V. Stockwell, of Kingston, Ont.

Commander 1st Divisional Engineers—Lieutenant-Colonel C. S. L. Herberg, of Toronto.

Commander 1st Divisional Signals—Lieutenant-Colonel J. E. Genet, of Kingston, Ont.

Commander 1st Infantry Brigade—Colonel Armand A. Smith, of Winona, Ont.

Commander 2nd Infantry Brigade—Brigadier G. R. Fearkes, of Calgary.

Commander 3rd Infantry Brigade—Colonel C. B. Price, of Montreal.

Commander 1st Divisional Royal Canadian Army Service Corps—Lieutenant-Colonel P. R. Shields, of Calgary.

General staff officer, grade 1—Lieutenant-Colonel G. R. Turner, of Esquimalt, B. C. (formerly of St. John's).

Assistant adjutant and quartermaster-general—Colonel E. W. Sanson, of Ottawa.

Deputy assistant director of ordnance services—Captain G. F. Townesend, of Esquimalt, B. C.

Senior ordnance mechanical engineer—Lieutenant-Colonel J. N. Gibson, of Esquimalt, B. C.

Assistant director of medical services—Lieutenant-Colonel J. A. Linton, of Ottawa.

Deputy assistant director of medical services—Lieutenant-Colonel E. A. McCusker, of Regina.

Deputy assistant provost marshal—Lieutenant-Colonel (Asst. Commissioner) C. H. Hill, R.C.M.P., of Vancouver.

Camp commandant—Captain L. J. St. Laurent, of Hull, Que.

Canadian Headquarters in England

Brigadier-general staff—Brigadier H. G. D. Crear, of Kingston, Ont.

General staff grade 1—Lieutenant-Colonel E. L. M. Burns, of Montreal.

Assistant adjutant and quartermaster general—Colonel P. J. Montague, of Winnipeg.

Deputy assistant adjutant general—Major M. H. S. Penhale, R. C. A. F., of Ottawa.

Assistant adjutant and quartermaster general—Major A. E. Routier, of Quebec.

Senior medical officer—Lieutenant-Colonel R. M. Luton, of Halifax.

Senior ordnance officer—Colonel J. H. MacQueen, R.C.O.C. Ottawa.

Senior officer pay services—Major P. Kelly, R.C.A.P.C., Toronto.

QUEEN SQUARE SCHOOL

Honor Roll:

Grade X:

1. Angus Gillis.
2. Fred McWade.
3. Ted Wilson.

Grade IX:

1. Don Macdonald.
2. Billie DeCoste.
3. Elmer Campbell.

Grade VIII:

1. Florence Rossiter.
2. Roland Hennessey.
3. Cyril Callaghan.

Grade VII:

1. Jackie Murnaghan.
2. Annie Campbell.
3. Joseph Kelly.

Grade VI:

1. Wing Wong.
2. Allan Noonan.
3. Jimmie Trainor.

Grade V:

1. Ivan Dowling.
2. Billie Reid.
3. Wilfred Gallant and Reggie Whelan.

Grade IV:

1. Frank Sigsworth.
2. Joseph Zakem.
3. Earl Chaisson.

Grade V:

1. Allison Hennessey.
2. Jack Ready.
3. Wilfred Cullen.

Grade VI:

1. Allan Doyle.
2. Evelyn Reid.
3. Leith Roberts.

Grade IV:

1. James McEachern.
2. Louis Trainor and Lloyd Gallant.

Grade V:

1. Bennett Macdonald.

Grade IV:

1. Edward Lund.
2. Maurice Flynn.
3. George Riley.

Grade IV:

1. Augustus Flynn.
2. Everett Beagan.
3. Frank Harley.

Grade VII:

1. Edwin Kelly.
2. Joseph Burns.
3. Jackie Duncan.

Grade III:

1. Bernard McCloskey.
2. Lorne Clinton and Gordon Mahar.
3. Hubert Blanchard and Harold Byers.

Grade II:

1. George Keefe.
2. Arthur Hughes.
3. Lemuel MacNeill.

Grade II:

1. Charles Coyle.
2. Simon Atkins.
3. Lawrence Macdonald.

Sale! BUDGET FROCKS



Thrilling DRESS SALE
SATURDAY, NOVEMBER 4th.
In Sinclair's Basement Store
150 DRESSES
Worth \$3.95 to \$11.95 Now on Sale
For One Day Only \$1.98
Your Choice

These dresses are from our Ladies' Ready-to-Wear Department, and have been transferred to the Basement Store for a quick one-day clearance, ALL MUST BE SOLD.

Be here Saturday morning at 9 o'clock so as to get better choice. There will be no appropriation or no exchanges on these dresses at this low price each dress must be an actual sale.

This lot consists of plain and fancy crepes, silks and other materials in many different styles and trims.

This is a Sale you have probably been waiting for as you already know when we make a clean-up on dresses it is worth your while, as they are practically a give-away.

MAKE A NOTE OF THE DATE AND BE ON HAND SATURDAY MORNING TO GET YOUR SHARE OF THIS BIG EVENT.

NOT EVERY DAY YOU CAN BUY \$3.95 to \$11.95 DRESSES FOR ONLY \$1.98

(Basement Store)
Sinclair & Stewart Ltd.
SUMMERSIDE

ROCHFORD SQUARE SCHOOL

Honor roll for October.

Grade X:

1. Eilfrida Rogers.
2. Melita Crosby.
3. Pauline Peters.

Grade IX:

1. Madeleine MacMurray.
2. Myrtle Gallant.

Grade VIII:

1. Willy Fitzgerald.
2. Wanda MacMillan.
3. Mary Gallant.

Grade VII:

1. Rita McCarthy.
2. Frances Rossiter.
3. Lois O'Brien.

Grade VI:

1. Teresa Coady.
2. Mary Fleming and Betty Redmond.

Grade V:

1. Florence Doucette.

Grade VI:

1. Joan Costello.
2. Margaretta Lund.
3. Annie Laurie MacDonald.

Grade VII:

1. Joan Sherren.
2. Enid Adams.
3. Edna Powers.

Grade V:

1. Dorothy Gallant.
2. Teresa Creamer.
3. Colleen Gaudet.

Grade V:

1. Dorothy Saunders.
2. Shirley Sherren.
3. Eleanor Duffy.

Grade V:

1. Marion McNeil.
2. Wilma Hanahan.
3. Teresa Gillis.

ALLOWED BAIL

SYDNEY, N. S., Nov. 2—(CP)—Two brothers, Neil and Donald Morrison, were allowed bail pending trial today after Royal Canadian Mounted Police charged them with being the operators of a still seized four miles from here yesterday.

The still was the second captured within a week and the third this month. Ten gallons of distilled liquor and 200 gallons of mash also were taken.

GO FAR TO ENLIST

DRUMHELLER, Alta. — (CP) —Dave Roberts and Tom Syme drove 3,000 miles to enlist in the Canadian Active Service Force with their Drumheller friends. At the time Canada entered a state of war with Germany the two youths were working in an Ontario mining town.

Minard's kills pain.

THE TEAM-WORK



TEAM-WORK



WHY HELLO TILLIE



WHY HELLO TILLIE



WHY HELLO TILLIE



WHY HELLO TILLIE



By Westover