

PRINCE EDWARD: TODAY—SAT. SHOWS FINEST ACTION DRAMA 3.15—7—9 * IN MANY A DAY

MURDER...BY LONG DISTANCE!

And just two minutes for Nick Carter to solve the mystery...or die! His latest...and best...romantic adventure...with a killer at his heels...and a sultry-eyed beauty in his arms!

PHANTOM RAIDERS

A NEW NICK CARTER ADVENTURE

with **WALTER PIDGEON**
FLORENCE RICE
JOSEPH SCHILDKRAUT
JOHN CARROLL
Donald MEEK • Nat PENDLETON

ALSO — COMMUNITY SING SONG, FEATURING "THERE'LL ALWAYS BE AN ENGLAND"

CAPITOL: BIG WEEK END: TODAY & SAT. "THRILLER":

MODERN RUSTLERS DECLARE "TOTAL WAR" AGAINST TEXAS RANGERS!

TEXAS RANGERS RIDE AGAIN!

A Paramount Picture with **John Howard • Ellen Drew • Akim Tamiroff** PLUS SHORTS
May Robson • Broderick Crawford • Charley Grapewin SHOWS 3.15—7—8.45

EIGHTH—THRILLING EPISODE OF "JUNIOR G MEN"

NEW WESTERN FILM UNROLLS ACTION, LAUGHS, ROMANCE

Paramount can cut another notch in its figurative six-gun, for when the shooting died down last night at the opening of "Texas Rangers Ride Again," at the Capitol Theatre, it was clear that that studio had scored another victory.

Loaded with thrills interspersed with bright comedy and absorbing mystery, the picture depicts the Rangers riding again, this time to rid the purple state of a gang of out-throat cattle rustlers. To do it, the G-Men of the range have to match the gangster's modern crime methods, and so they bring into play such aids as patrol cars and short-wave radio sets, in addition to their six-shooters and speedy ponies.

Among the notable cast acting out the unusually novel story are John Howard and Ellen Drew, who opposite each other in snappy, bantering roles wreathed in gun-smoke, Akim Tamiroff, May Robson, Broderick Crawford, Charley Grapewin, John Miljan, William Duncan, Anthony Quinn and Harvey Stephens. All are excellent in their roles and play them with a zest that bespeaks the confidence they felt in the material provided them.

The story deals with the efforts of John Howard and Broderick Crawford, as Texas Rangers, to solve the mystery of the systematic disappearance of thousands of heads by belligerent but beloved May Robson. This gives Howard a chance to meet the ranch-owner's granddaughter, beautiful Ellen Drew, who pretends to dislike the fresh, upstart manners of the handsome Ranger, until she finds he is only kidding.

After some pretty tense, action-packed situations relieved occasionally, as pace-changers, by the expected comedy contributions of Akim Tamiroff, a Mexican ranch-hand, and Charley Grapewin, as a retired Ranger, the story hurries on to a smashing climax with John Miljan, May Robson's grandson in the picture, is exposed as the head of the gang, and a rousing gun-fight ensues.

Care and skill are very evident in the direction by James Hogan. Included on the program is the 8th thrilling episode of Juniors Men plus a comedy and cartoon.

SPLendid MYSTERY THRILLER WITH WALTER PIDGEON AT PRINCE EDWARD

Nick Carter, in the person of Walter Pidgeon, again plunges into lurid adventure in "Phantom Raiders," second of the series built about the famous detective of fiction, now playing at the Prince Edward Theatre. This time the scene of adventure shifts to the Panama Canal Zone, where Nick exposes the machinations of an espionage ring, aided by pretty Florence Rice

and Donald Meek, the eccentric bee keeper who carried the comedy load in the first of the series. Ships are being mysteriously sunk offshore. A mysterious raider is suspected. Carter, on vacation, is asked to handle the case, and after a look at Miss Rice, playing the secretary of the shipping firm head, agrees. He discovers a former Chicago gangster, running a cafe, in the person of Joseph Schildkraut which puts him on the trail not of a raider but a racket in which ships are wrecked by short wave radio and explosives hidden in their cargoes.

Walter Pidgeon plays the leading role with just the right breediness. He makes the hero a thoroughly likeable person and conveys that certain polish and sense of being quite at home in the midst of danger which are essential to a good detective on the screen.

Florence Rice, as the pretty secretary, is, as always, a welcome addition to any picture. Donald Meek carries off top comedy honors with his customary aplomb. He and his bees somehow manage to steal scenes. Joseph Schildkraut, who can play a crook better than anyone, is superbly suave and assured as Al Taurez. John Carroll, Nat Pendleton and Staffi Duna are all good in supporting roles.

Included in the program is the latest news, a community sing-song featuring the popular song "There'll Always Be an England," and lastly a sport reel.

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RADIO

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WAVELENGTH
Canada and U.S.A.—31.32 m., 25.53 m. (to 10.00 p.m.) 49.10 m. (fr. m. 10.30 p.m.) Western Canada—23.53 (from 10.45 p.m.) 31.32 (from 11.00 p.m.)

FRIDAY FEBRUARY 23

6.20 p.m.—"London Calling."
6.25 p.m.—"Speak of the Devil"—Episode 2. Thriller by John Dickson Carr. Produced by Val Gielgud.

6.45 p.m.—THE NEWS.
7.00 p.m.—"Questions of the Hour." Talk by OLIVER STEWART.
7.15 p.m.—Canadian Reg. mental Concert (in collaboration with CBC).

7.45 p.m.—NEWS IN FRENCH.
8.00 p.m.—THE NEWS.
8.15 p.m.—CANADA CALLS FROM LONDON (in collaboration with CBC): Quiz for the Forces. From the Beaver Club, London. Presented by Gerry Wilmut.

8.45 p.m.—"LISTENING POST."
8.50 p.m.—"London Calling."
9.00 p.m.—Talk: "In My Opinion."
9.15 p.m.—"Starlight": Carol Gibbons and Anne Lenner.
9.30 p.m.—"BRITAIN SPEAKS." Talk by PHILIP NOEL BAKER.
9.45 p.m.—HEADLINE NEWS AND VIEWS.

10.00 p.m.—"The Music of Britain." "Bittersweet." Noel Coward's musical play, recast by the BBC Salon Orchestra and BBC Theatre Chorus, directed by Leslie Bridgewater.

10.15 p.m.—Theatrical "Songs, scenes, and stories of the show business past and present."
10.45 p.m.—Tonight We Present... James Ching (Piano).
11.00 p.m.—"DEMOCRACY MARCHES." "WORLD AFFAIRS." Talk by H. WICKHAM STEED.
11.30 p.m.—RADIO NEWS-REEL.
12.00 a.m.—The Daily Service.
12.05 a.m.—Interlude.
12.15 a.m.—"BRITAIN SPEAKS." Talk by PHILIP NOEL BAKER.
12.30 a.m.—NEWS SUMMARY.
12.45 a.m.—Close down.

Health, Variety And Palatability Features of Lamb

Health, variety and palatability are three features associated with lamb as a m.e. Dr. W. C. Hopper, Economics Division, Dominion Department of Agriculture, has pointed out in an address to the recent annual meeting in Toronto of the Ontario Sheep Breeders' Association.

Dr. Hopper has recently completed a study of the consumption of the various kinds of meat in three representative Canadian cities: Saint John, N. B., for the Maritimes, Montreal for Central Canada and Vancouver for West. The completion of the results of this study discloses that the annual average consumption of lamb per person in cities varied considerably, and that more information on the food value of stewing pieces of lamb and the best method of cooking them was required. The interesting fact was disclosed that high income families bought more stewing lamb than low income families. This is contrary to what might be expected because stewing lamb is relatively low in price but apparently low income families are not aware of this fact. Butchers in Ottawa suggested that they could pay higher prices for lamb carcasses to the producers if the consumers knew the food value of lamb roasts and stewing pieces.

In Montreal where beef, veal and bacon are used in large quantities, 30 per cent of the housewives admitted that the reason they did not buy more lamb was because they knew little or nothing about lamb cuts and how to cook them. In Saint John more than 10 per cent of the housewives gave the same reason. As most people dislike ad-

Franco Meets Petain In Paris

Symbolizing France's refusal to succumb to recurring German pressure to join the Axis, French Chief of State Marshal Petain, right, gave the republican military salute to the Fascist salute of Generalissimo Franco of Spain, left, when they met recently at Montpelier, France, to discuss mutual problems.

WHEAT

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES OF CANADA

FROM THE HEALTH LEAGUE OF CANADA

Recent surveys suggest that "an appreciable number of our urban people are not properly fed," says Dr. E. W. McHenry, of the Sch. of Hygiene, University of Toronto. In an article in a recent issue of the Canadian Public Health Journal.

Admitting that low incomes are a partial cause of this condition, Dr. McHenry adds that another factor enters, and one which is easier to remedy — that of lack of nutritional knowledge, "including not only information regarding the right food to use, but also the most economical way of buying and preparing foods." In this connection he acknowledges the work done by the nutrition classes operated in Toronto by the Health League of Canada.

Speaking of the insufficient use of milk, Dr. McHenry points out that, in the case of families with incomes of \$1,500 to \$2,400 a year, this is most noticeable in teenage girls the probable explanation being the "current desire on the part of the girls to be slim," he continues. "These girls obviously lacked information about foods, because they gave up the use of milk and ate generously of other foods which were more expensive."

Dr. McHenry does not advocate the "fortifying" of white bread with the addition of thiamin. This he states is only one of a group of eight or nine members of the vitamin B complex, all of which are needed. The addition of thiamin therefore will not sufficiently raise the low nutritional value of white bread. Preferable, according to the Doctor, is wheat germ, 5 per cent of which is equal to 20 per cent of whole wheat. White bread improved with wheat germ, he adds is little changed in either appearance or flavor from ordinary white bread.

Defining an adequate diet as one which satisfies the individual's energy requirements, provides sufficient protein and supplies all the needed vitamins and minerals, Dr. McHenry points out that this becomes practical only when it is translated into actual foods.

Reminding his readers that the Department of National Defence recently took steps to raise the nutritional value of army rations, Dr. McHenry says:

"There are good reasons for thinking that raising the nutritional status of civilians also would be valuable. We would all agree that nutrition is a factor in maintaining public health; surely this is a time to maintain public health as high a level as possible. The students of Haggard at Yale University have shown that working efficiency is influenced by nutrition. If we are to produce war supplies intensively it will be advisable to have our workers properly fed."

ON'T

DOSE CONSTIPATION! KELLOGG'S ALL-BRAN GIVES MORE THAN "TEMPORARY RELIEF"!

ALL-BRAN'S Better Way Gets at the CAUSE and REALLY CORRECTS It!

If you are troubled with common constipation... the type due to lack of the right kind of "bulk" in the diet... get at it the sensible way! Instead of resorting to harsh purgatives that give only "temporary relief" at best, switch to KELLOGG'S ALL-BRAN.

Let this delicious, crisp, ready-to-eat cereal be your "ounce of prevention"... eat it regularly every morning, drink plenty of water and forget you ever had constipation. For ALL-BRAN supplies your intestines with the "bulk" you must have to keep regular. Also, you'll find recipes for those delicious ALL-BRAN muffins on every package. In two convenient sizes, at all grocers! Made by Kellogg's in London, Canada.

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| JEWEL SHORTENING | Lynn Valley PEAS—16 Oz. Tin 10c. 3 For | 29c |
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| 2 Lbs. — 25c | Each 13c. 2 For | |
| PURITY FLOUR | Culverhouse TOMATO JUICE 25 Oz. Tin | 10c |
| 7 Lb. Bag — 29c | Tropic Gold GRAPEFRUIT JUICE 50 Oz. Tin | 25c |
| FASTRY FLOUR | Eatons White NAPHTHA SOAP Each 4c. 10 For | 35c |
| 7 Lb. Bag — 29c | Bulk Icing SUGAR Lb. 10c. 3 Lbs. | 29c |
| GRANULATED OR BROWN SUGAR | EATONS STRAWBERRY OR RASPBERRY WITH ADDED PECTIN JAM | 27c |
| Lb. 7c. 10 Lbs. — 69c | 32 Oz. JAR EACH | |
| NO. 1 HARD WHEAT BREAD FLOUR ANY BRAND | 98 LB. BAG | \$3.25 |
| STUARTS GRAPEFRUIT, ORANGE AND LEMON MARMALADE | 2 LB. JAR | 23c |
| MEAT COUNTER | FISH FOR LENT | |
| Corned PORK HOCKS, Lb. 9c. 3 Lbs. — 25c | FINNAN HADDIES, Lb. — 19c | |
| Fresh PLATE RIBS, Lbs. 13c. 2 Lbs. — 25c | FRESH FILLETS, Lb. — 21c | |
| Sweet Pickled CORNED BEEF, Lb. — 14c | DEEP SEA TROUT, Lb. — 29c | |
| RIB ROAST BEEF Lb. — 19c | DRY COD FISH Lb. — 15c | |
| Roasted Shoulder ROAST BEEF, Lb. — 21c | WEEBALL HERRING, 6 For — 25c | |
| Fresh Ground HAMBURG STEAK Lb. 13c 2 Lbs. — 25c | DIGBY HERRING Lb. — 14c | |
| PORK STEAK, Lb. 18c. 2 Lbs. — 35c | SMOKED FILLETS, Lb. 14c. 2 Lbs. — 27c | |
| FRESH BACON, Lb. — 19c | | |

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THE CANADIAN STORES LTD.

mitting their ignorance on any subject, said Dr. Hopper, particularly if it is a subject on which they should be informed. It is likely that these figures are conservative. Therefore, educating consumers about lamb cuts and how to cook lamb so that it will be an attractive and appetizing meal should result in an increased demand for this kind of meat.

Among 482 representative families in Saint John, 17 pounds of lamb per person per year were used; Montreal households, 8 pounds per person and Vancouver households, 14 pounds per person. There was close relationship between household income and purchases of lamb. In all three cities the families on relief, and with per capita incomes (household income divided by number in family) of less than \$9.0 a year used about 10 pounds or less per person per year, while families with per capita incomes of \$9.00 or more used about 30 pounds per year. With increased employment and higher wages, the demand for lamb in 1941 is likely to increase according to Dr. Hopper. If sheep producers wish to increase the consumption of lamb in Canada, the survey showed, they will have to educate the medium and low income families to buy more of this kind of meat and to stress the food value of the cheaper stewing pieces.

May establish Embassy in U.S.

OTTAWA, Feb. 22—(CP)—Prime Minister Mackenzie King told the House of Commons yesterday that "there are the strongest reasons why" he would like to have an embassy in Washington at this particular moment, but said the step would not be taken without serious consideration.

Opposition Leader Hanson made the suggestion yesterday, and again today after Mr. King had announced his appointment of Leighton McCarry, K.C. of Toronto, as Canadian Minister to the United States.

Mr. King said he was "far from adverse to a step of the kind being taken," and expressed satisfaction that his opinions and Mr. Hanson's were in line.

"Unfortunately labor under this difficulty, that whatever I do is apt to be looked at from different angles, some of them quite the opposite of what I would consider justified," Mr. King said.

"I have asked myself what would be the reaction at the present time in this country and overseas if I were to create an embassy in Washington."

"It would be good with me—that is all I can answer," Mr. Hanson said.

"What my honorable friend is with me, I shall pursue the matter further," Mr. King replied.

"The Prime Minister will be able to see what he thinks about it," Mr. Hanson added.

"What I have been most anxious to avoid, particularly at this time of war, is the impression that any question being raised which might give rise to general discussion of what might lie back of that particular move."

"While I have never even replied to insinuations that because I was a stalwart Canadian, I therefore could not be equally stalwart as a member of the British Empire, I have carefully avoided taking any steps which might lead to misunderstandings and misrepresentations."

Personally I feel that there are the strongest reasons why we should have an embassy at Washington at this particular moment. I believe in the equality status of all the self-governing nations of the British Empire, and the fact that we have had a legation at Washington since the creation of an embassy has not been due to any inferiority complex, but rather to a desire to maintain a sense of true proportion in the eyes of the world in the beginnings of our diplomatic services.

(Great Britain's representative at Washington, Lord Halifax, has ambassador's rank.)

"I shall explore the matter further, but at what time it may be best to take the step, that has been suggested, I think will have to be carefully considered."

STORIED BEAR BURNS

BERNE—(CP)—The Bear Hotel Grindswald, familiar to British Swiss tourists, has been destroyed by fire causing damage of more than \$500,500.