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Yes... ready and waiting for stronger hands to take over the heavy tasks which the older folk have carried through the long years of war... Everything is in good shape. Dad has seen to that. The fine heritage created by his own labour and prudence is protected, too, by a SUN LIFE insurance policy which will, should he die, take care of the mortgage and any indebtedness normal to good farming operations... Yes, Dad made a good job of planning for the well-being and security of his family in generations to come.



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DANCE

MONTAGUE CURLING RINK
WEDNESDAY, OCT. 16
DON MESSER and His Islanders
Admission 50 Cents

Poultry—Poultry

Buying daily Live and Dressed Fowl and Chicken. Crates supplied. Railway rates, trucking equal to railway rates paid.

EASTERN PACKING CO.
Souris

KINGSTON, Ont., Oct. 10

(CP) — Accidental discharge of a rifle resulted in the death today of five-year-old Douglas Mitchell, at Keselville, 20 miles northeast of Kingston. The gun went off suddenly, striking Douglas in the abdomen. He was rushed to a doctor's office in nearby Battersea, but died shortly after arrival.



DIETARY PRECAUTIONS FOR THE AGED

With the application of modern medicine and the newer knowledge of nutrition, scientists point out that the prime of life can be prolonged.

Less exercise and a slowing down of circulation with advancing years reduces the need for energy foods such as fats, sweets and cereals. But the need for protective foods — milk, eggs, fruits and vegetables — remains just as great as during the earlier years of life.

Milk, eggs, fruit and vegetables are essential for general good health and to regulate the functions of the body. For instance, as one becomes older, digestive upsets are apt to occur more frequently and may be caused by neglecting to eat the right foods as well as by eating the wrong ones. Certain B-vitamins aid digestion and appetite. Some sources of vitamin B are wheat germ, liver, milk, eggs and vegetables.

One of the commonest injuries suffered by older people is broken bones. The ease with which they break may be due to lack of calcium. An inadequate amount of milk over a long period of time may be a contributing factor to this condition. Indeed, a nutritive, balanced diet throughout the earlier years of life is sound insurance against many of the ailments of later years.

As a guide in choosing the best possible diet for old and young, Canada's Food Rules are recommended by the Department of National Health and Welfare, Ottawa.

In these rules the foods for health are arranged in major groups: milk, fruit, vegetables, whole grain cereals and meat or meat alternates, with liver recommended frequently. There is a wide choice in each group so that all can have the foods best suited to their particular needs.

Many people prefer to eat four or five small meals a day instead of three large ones. This may be a good plan for older people to follow, with the heaviest meal in the middle of the day. If one is hungry when going to bed, a glass of hot milk makes an excellent night cap.

Study What Canada's Fate Might Be

(By Jack Aveson, Canadian Press Staff Writer)

WINNIPEG, Oct. 11 — (CP) — Moving swiftly toward the close of its major business sessions, the 17th annual meeting of the Canadian Chamber of Commerce tonight studied two prophecies of what Canada's fate might be in any future war.

The warnings, by William K. Jackson, president of the United States Chamber of Commerce, and Dr. Justice T. C. Davis, former Canadian High Commissioner to Australia, were delivered in a day which saw the chamber approve a vigorous immigration policy and diversification of farm crops. The convention ends tomorrow.

Mr. Jackson told the nearly 500 delegates that aggressive forces were on the loose in the world and that Canadian-United States military co-operation had become a matter of "irreducible necessity."

If a Third World War came, the precious immunity North America enjoyed in the first two would be lacking.

Mr. Justice Davis said Canada ran a greater risk than most nations of becoming involved in any future war.

"Our political associations, our geographical associations inevitably place this nation in such a position. If we accept that fact then it must naturally follow that we are as much interested as any nation on the face of the earth that international policies shall be adopted and pursued which will eliminate the threat of war."

Neither speaker mentioned Soviet Russia by name.

The brief on immigration approved by the meeting called for a "much greater" population selection. If the opportunity were ignored, he warned, it might not come again.

WORM HATCHERY

Mrs. C.E. O'Brien of Denver runs a worm farm, states News Agriculture, an Agricultural Monthly, published in the United States. She claims it is the biggest worm farm in the world although it is only a dug-up vacant lot with piles of leaves scattered around. It has an important name, however "The Colorado Earthworm Hatchery" and customers range throughout many countries. Worms are important to more people than work-end fishermen. The worms are bought by farmers and gardeners to aerate the land; fish hatcheries buy them for fish food; colleges use them for educational demonstration and commercial angling companies use them for bait for fish.

EASTERN GUARDIAN

"MONTAGUE Community Centre... A full week of entertainment, October 21st—October 26th.

ROCKERS RETURN TO FAVOR

There must be a sentimental revival for more and more people are buying reproductions of antique Early American rockers. Many of these are lacquered in black or red, and the back panel is often stenciled in gold.

A metropolitan store has given an old rocker a contemporary look by upholstering it in a splashy flower print. I wonder what Benjamin Franklin would think if he could see the chair he invented and the liberties taken with it says Gladys Miller.

Dining room and bar chairs take on a colorful air when gaily printed chair pads are tied on. These soft comfortable chairs will help you enjoy a good dinner.

You may be interested to learn that it is now possible to purchase matching pads in table cloth and a three panel screen. These screens are attractive because they give height to a room and are practical if placed in front of the kitchen door.

Imports are beginning to reach our shores. It is now possible to find hand-painted china from China for the first time in five years. This should be welcome news to those who have dinner sets to complete.

"IT LOOKED LIKE JANE"

We've already contended that a well-furnished room had a look of the people who lived in it. For years this has been a debatable subject with our friends. Now we find that Dorothy Malm in her story "Know Your Heart," feels the same way.

"She glanced over her shoulder, smiled vaguely and unlocked the door of her room. 'Enter,' she said, pushing the lighted door a half dozen lamps about the living room."

It was a large, colorful room—yellow walls, green carpet, scarlet chairs. There were bookshelves between the windows, with green Philodendron leaves trailing across the bookcase. There were two study couches set at right angles in one corner, and a coffee table with the same pattern as the map of the world under glass. It looked like Jane; and it was very attractive.

TIME MAKES MANY CHANGES

It is always well to look at our home with the eyes of a stranger and a stranger's eyes often see it with rose-colored glasses.

William Moriarthy in his story, "Kinney," says:

"Kinney's kitchen which had always seemed to me large and bright and familiar, seemed suddenly shabby. There were cracks in the ceiling, and the floor, although scrubbed clean, was uneven. The stove and furniture were clumsy and old fashioned. The white tablecloth was worn and frayed."

URGING SUPPORT OF THE NATIONAL PHYSICAL FITNESS CAMPAIGN

Department of National Health and Welfare commends the extra stamina of the healthiest of the "second wind" of the athlete. By keeping fit, all through life, the one may build up a reserve of strength which will see him or her through any challenge to strength and capacity.

AUCTION SALE

CARLETON SIDING
WEDNESDAY, OCT. 16
AT 1 P. M.

I am instructed by Mrs. Helen E. Bell to sell by public auction and to receive bids on above date the following household effects:

Enterprise kitchen range, kitchen table and 6 chairs, sitting room rockers, 1 bedclothing chest, sewing machine, folding iron, flat board, folding clothes horse, flat top case, battery radio, 2 camp stools, crockinole board, child's lawn swing, fabric wardrobe, Beatty's electric washer, dining room extension table, 5 dining room chairs, china cabinet, end book case, studio couch, library table, piano, commode table, 2 occasional chairs, electric floor lamp, electric desk lamp, wall pictures, large wall mirror, music stand, 2 bedroom chairs, 2 bedroom rockers, 1 bedclothing chest, 5 complete bedroom suits, 5 springs, 5 mattresses, 1 full set bedroom dishes, 3 congoleson square (new), 3 Smayna rug, work basket, 3 burner oil stove (new), 3 oil lamps, table oilcloth, set table, electric hot plate, step ladder, floor polisher, hand sleigh, 2 wheel hand cart, lawn mower, 50 ft. lawn hose, 2 corded stove wood, 1 ton coke, mops, brooms, garden tools, tubs, pails, washboards, clothes lines, etc. Kitchen enamelware, kettles, pots, pans, crocks, jars, fruit garnish, full dinner and tea set, and dishes of all kinds, curtains, window blinds, etc. and other articles too numerous to mention.

Also, if house not sold previous to date of sale, it will be offered at that time.

Sale positive.

Terms cash.

E. C. BELL,
Auctioneer.

If day unfit, sale will be held following day.

United States Bans Then Lifts Suspension

FRANKFURT, Germany, Oct. 11 (AP)—An unexplained suspension of German plane flights over Czechoslovakia and Russian-controlled Hungary was lifted suddenly late today but a United States military ban still remained on flights by either civil or military aircraft over Romania.

Officials in headquarters of United States forces in the European theatre steadfastly refused to give any reason either for Wednesday's original suspension order or for the confusing removal of the Czech and Hungarian bans.

Military officials in Washington expressed the private belief that the temporary ban was due to manoeuvres or other troop movements.

A pan-American airways pilot whose plane was turned back at Prague Wednesday said in London that the ban may have been invoked "because the Russians are believed to be holding army manoeuvres between Oct. 9 and 14."

United States military orders forbidding either civil or military planes of American ownership to fly over any part of Czechoslovakia, Hungary or Romania were disclosed Wednesday night after the Pan-American plane bound for Vienna was turned back at Prague.

Speculation over the cause of the ban was heightened immediately by a pan-American announcement in London which said the military order forbid flights "over Czechoslovakia or Russian-controlled territory in Hungary, Romania, Germany and Austria. Pan-American said it had been informed of the order by the United States Embassy in Prague."

The Army Public Relations spokesman here said the suspension order did not make any reference to a "control" area but only to the countries involved. He emphasized at that time that flights had not been suspended over the Russian-occupied area of Germany and Austria.

TRON W. I.

The regular meeting of the Tron Women's Institute met September 22nd at the home of Mrs. Perry Howard. Sixty members were in attendance. The meeting opened by singing two verses of the Carol followed by repeating the Creed in unison. Mrs. Howard presided by handing in our first picture.

Treasurer reported having sent money for Musical Festival to Mrs. Victor Fuston.

Red Cross reported having sent five pairs ankle socks, 4 boys suits 1 quilt.

A meeting was set for Friday night at Mrs. Bee's Rogers's to go out and make boys' suits.

School committee reported that Victor Fuston had been elected.

Sick committee reported one call with fruit taken. It was voted that all bills be paid.

SCOUT NEWS and Notices

"Scoutcraft" includes the qualities of our Scoutmasters such as resourcefulness, endurance, pluck, trustworthiness etc. plus the chivalry of the Knights."

A letter from Salvation Army asking for a donation was read by Miss M. Crawford. It was moved by Miss M. Crawford, seconded by Mrs. Rogerson that Institute sent \$5.00. Secretary was instructed to write Miss Bell for information as to what funds were in the Institute to send the Orphanage in a box for Christmas.

Next meeting is to be held at Mrs. Maurice Howard's. Lunch committee, Mrs. Leslie Edwards and Mrs. Ansel Smith.

Programme committee: Miss Roma Howard, Miss Millie Gamble and Mrs. Flora Clark.

Collection amounted to \$1.06. Pictures that were handed in for a call were used as a contest.

The cat contest was put on by Mrs. Beattie Rogerson.

Reading "Her Evidence" by Mrs. Austin Smith. Black magic was demonstrated by Mrs. Maurice Howard and Mrs. Robert Crawford. Meeting closed by singing the National Anthem.

A dainty lunch was served by the hostess.

SCHEDULE OF MEETINGS

"We have been trying to make a complete schedule of the times the different Packs and Troops meet and the following is the latest bit of information. It is subject to change and additions without notice."

The Basilea Troop meets Fridays at 7.15, the Kirk Troop Mondays at 7.00, the Holy Redeemer Troop Friday at 7.30, St. Paul's Troop Friday at 7.30 with both the Salvation Army and Trinity Troops meeting Friday at 7.00.

The Wolf Cub Packs meet as follows: Basilea on Saturday nights at 7.00, St. Peter's Friday at 6.30, the Kirk Pack meets Monday evenings at 6.30 and the Holy Redeemer Pack Friday at 6.30 with Trinity Pack on Thursdays at 6.30 and St. Paul's also on Thursdays at 6.45.

SUMMERSIDE NEWS

We hear, via S.M. Frank J. Costello, from Earl Crane, the Scoutmaster of the Third Summerside Troop that meetings have commenced up there and the Scouters-Guides Club will be holding their first meeting of the season on Wednesday, October 16th.

A YEAR AGO

St. Paul's Troop were waiting for the weather to clear before they went out on a hike. Must have been pretty bad weather to slow up that Troop's hiking.

The Basilea Troop were having kite flying practice and accepting new recruits into the Troop.

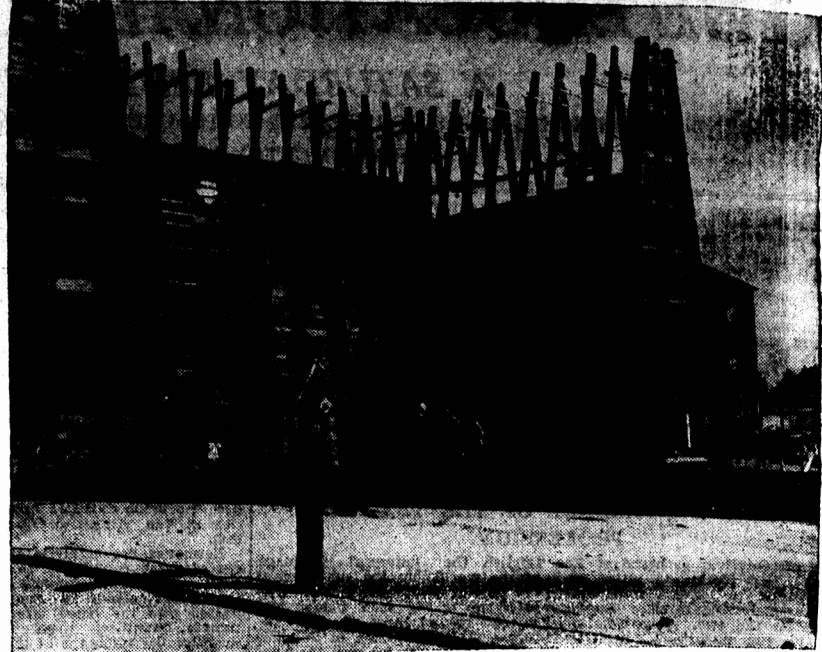
THE PACKS

The Kirk Pack held its first meeting last Monday evening at 6.30. It was decided to limit the number of Cubs in this Pack to 18 boys.

St. Paul's Pack held its first meeting on Thursday evening with an attendance of 16 Cubs. We are going to take this opportunity of welcoming Miss Florine Evans to the Movement. Florine will be the Bagheera of the Pack and we know that she will be a very valuable asset to the Cubs of St. Paul's.

It was interesting to see that some Basilea Cubs are "going-up" to the Basilea Troop. This is an important event in a boy's Cubing. Scouting life and the usage of the "Going-Up" ceremony can mean a lot to both the Pack and the Troop service in both World Wars.

Veterans Housing Material Reclaimed From Nobel Plant



During the war these heavy-timbered sand-filled barriers protected other buildings of Defence Industries Limited at Nobel, Ontario, in the event of an accidental explosion in the TNT nitro-plant which they enclosed. Now they are being dismantled, the timbers and boards being taken down for conversion to home building materials for veterans' housing. More than 226 buildings, large and small, which served the nation during the war in the manufacture of high explosives, are being dismantled at Nobel, and materials suitable for home building are being channelled into veterans' housing projects. The reclamation is under War Assets Corporation, with Central Mortgage and Housing Corporation handling the allocation to contractors in all parts of Ontario engaged in building homes for veterans.—National Film Board Photo by Chris Lund.

Revolt Is Short-lived in Portugal

By LUIS C. LUFT

LISBON, Oct. 10 — (AP) — A young Portuguese army officer led a small group of cavalrymen and armored cars on a "march to glory to conquer freedom" in northern Portugal in a short-lived revolt today. It was reported here.

The incident caused the government of Premier Dr. Antonio de Oliveira Salazar to take extraordinary military precautions in the capital and out the city off from communications with most of Portugal and the world.

The rebellions were ordered at 3 a.m. The situation appeared under control at 3 p.m.

An official communique was expected later, to be followed by the restoration of Lisbon's telephone communications with northern and southern Portugal.

Reports reaching the capital said the young officer broke into a cavalry barracks at Monte Predreira near Oporto, harassed the soldiers, and persuaded four or five scores to join him.

Near Coimbra, a third of the war-torn soldiers, however, they were met by a detachment of Republican guardsmen (militarized police) and persuaded to surrender. Coimbra is 100 miles north of the capital.

The government earlier called to their barracks all troops, police and the anti-Communist volunteer legion, "Legiao Portuguesa," as a preventive measure.

Private telephone communications between Lisbon and the northern and southern parts of the country were banned by order of the government and efforts to reach Madrid by telephone also were impossible.

London reported its telephone service was cut off after receipt of an incomplete dispatch and the British post-office said it could not put through calls until Friday.

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The King's County Memorial Hospital at Montague
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A Campaign to Raise This Amount By House to House Canvass in Southern Kings and Queens Counties Will Be Carried On
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L. H. POOLE, Chairman, Campaign Committee.