"Out of Sorts

. . . because I forgot one simple fact!"

"RINGING up sales all day became a dreary routine, all because I was feeling so low. I knew the cause was incomplete elimination but I just couldn't take horrid doses.

"Then I found out about Kellogg's. The 30-day test showed how one simple change of diet could help me keep fit. I take delight in my work, since I started that morning bowlful of delicious Kellogg's Bran Flakes. And I leave work at five o'clock with lots of energy for *extra* things."

Make this 30-DAY TEST!

1. ***If you're really ill,*** see your doctor! But if you just feel dull and headachey, you may only be suffering from incomplete elimination. Here's how one simple change of diet can help you keep fit:

LOOK FOR the name "Kellogg's" on the golden-yellow package. Two sizes. Made in London, Canada.

2. ***Start now*** to eat Kellogg's Bran Flakes *every* morning. To 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!

Cornwall District Convention

The eighteenth annual convention of the Women's Institutes of Long Creek, Bonshaw, Ringwood, Fairview, Nine Mile Creek, Rice Point, New Haven, Kingston, Cornwall-York Pt., Meadokbank, North River and Churchill-Riverdale met in Cornwall Hall on July 25th with a good attendance despite the busy haying season. In the absence of the President, Mrs. Stanley Taylor presided. Meeting opened with the Institute Ode and Creed. The minutes of last meeting were read and approved. A welcome was very cordially extended to members and visitors by Mrs. Hazen Howard and fittingly responded to by Mrs. James Boyce, Bonshaw.

The first speaker of the afternoon was Mr. Doucette, who outlined the work of the T.B. League and thanked the Institutes for financing this great movement.

He spoke at length on the disease of T.B. and on the mass X-ray clinic by which they hope to locate hidden cases and thus prevent the spread of this disease.

Two five minute talks were enjoyed by Mrs. Willis on window gardening which was prepared by Mrs. Chalmers Newsome and Mrs. Gordon MacMillan who spoke on Gardening. This was followed by the roll call of Institutes, at which time Bonshaw paid tribute to a faithful member who was called away by death, Mrs. Samuel Beaton; her faith, loyalty and unceasing help towards the Women's Institute was endorsed by the convention in general as this was the first convention Mrs. Beaton was not present at roll call since its inauguration.

A very interesting and inspiring address was given by Mrs. Allison MacMillan in her usual capable manner. Dealing with a few of the highlights of the F.W.I.C. which met at Victoria, B.C., she stressed the need of community centres with supervised recreation for young people. She outlined speakers who dealt with beautifying homes, rural electrification, use of libraries, radio in the schools, etc.

Speaking of the entertainment received in B.C., Mrs. MacMillan said it was marvellous, as was her trip home over the mountains, across the prairie and finally by plane from Montreal, but her greatest joy was to again reach the Garden of the Gulf.

Mrs. Thomas Burdette delighted the audience with a humorous reading. Miss MacDonald, the supervisor of Women's Institutes, addressed the convention and asked each Institute to study and answer the questionnaires. She demonstrated various quilt patterns and spoke of the demand for crib quilts which would be a means of raising money either individually or as an Institute.

Mrs. Pearl Scott, Meadowbank, gave a five minute talk on Home and Country. The nominating committee which comprised Mrs. Hazen Howard, Mrs. J. A. MacKinnon and Mrs. Allison MacMillan, brought in the following slate of officers for the coming year: President, Mrs. Malcolm MacNeill, Long Creek; Vice-President, Mrs. James Boyce, Bonshaw; Secretary, Mrs. Victor MacPhail, Meadowbank.

Mrs. Stanley Taylor gave a five-minute talk on: How we might solve Rural community problems in the post war world.

A number of the Institutes packed a box for a boy or girl from their community in the armed services. The various names were submitted and the lucky ticket drawn. The following were the winners: Kingston, Earl Docherty; Ringwood, Douglas MacIsaac; New Haven, William MacPhee; Cornwall-Yort Point, Ford Wilson.

On motion it was decided that we dispense with Resolutions and that instead the incoming executive act as a Policy Committee and bring in recommendations at our next convention. New Haven invited the convention to meet with them next year.

The meeting adjourned and all repaired to the spacious gardens of Mrs. Gordon MacMillan for lunch. The beautiful scenery, magnificent flowers and such a congenial and hospitable hostess made the evening so enjoyable as to be long remembered by the visitors.

Evening Session

The evening meeting opened with a sing-song led by Cornwall Young People. A humorous reading by Mrs. Stirling Clow was very much enjoyed.

The speaker of the evening was Premier J. Walter Jones. In an outstanding address he spoke chiefly on the Dominion-Provincial conference and the claims of P. E. I. which should be put before that meeting. Our Island province at the time of Confederation was financially as well off as any other province, but today we haven't the money to compete with those other provinces having bigger co-operations. Although our cheese, butter, eggs, poultry, beef, pork, potatoes, etc., are of exceptional quality, Mr. Jones believes our farmers are kept down by not getting our produce on the mainland markets quickly enough. He believes the railroad is too slow; what we should have is a truck ferry at Borden which would carry a number of truck loads of produce, and they hope to spend a larger amount of money at Borden to procure a truck ferry. Mr. Jones did not consider the building of Brighton Bridge a promotion of labour on P.E.I. as the major part of the bridge would be constructed in other provinces. He hoped to see a large High School built where adults could if needed procure more education and where people could be educated along agricultural lines and thus endeavor to keep the boys and girls on P. E.I., the best place in the world.

Mrs. J. W. Boyce, Bonshaw, moved a hearty vote of thanks to the speakers of the day; to Mrs. Gordon MacMillan for her splendid hospitality, which was duly extended by Mrs. Allison MacMillan who presided during the evening meeting. The National Anthem brought a very successful convention to a close.

A total of 1,229 Scout leaders took special training courses in the past year, an increase of 61.9 per cent over the previous year.

Revised tests for Tenderfoot, Second Class and First Class Boy Scouts, withthe emphasis on outdoor life will become official across Canada on September 1st.

A Troop of Boy Scouts at Ocean Falls, B. C., finding no camping site close at hand, staged concerts and sold salvage raising sufficient money to pay transportation by steamer to a campsite 150 miles up the coast.

Of Canada's 1939 Boy Scout Groups, 1365 are sponsored by Protestant, Roman Catholic and Jewish Churches. The balance 604 Groups are sponsored by community committees, service clubs, Canadian Legion and other organizations

Three brothers, Anthony, Henry and Terence Dove, all Boy Scouts, have been awarded the Gilt Cross for their gallantry in helping to save the life of a woman who was trapped in a burning house in Essex, England, following enemy action.

When Scouting was forbidden by the Germans in Norway, all Scouts were required to turn in their uniforms to the enemy. These were then sent to a factory to be remade into other clothes. The factory however managed to hide the uniforms and have now returned them to their original owners.

Noel Dalby, Courtney, B. C., Boy Scout, who is also a member of the Sea Cadets, has been given three awards for his rescue from drowning of a fellow Sea Cadet. Recently he was awarded the Boy Scout Gilt Cross for Gallantry, the naval medal for gallantry and the Royal Humane Society's certificate.

Boy Scouts of the 5th Paignton Troop, England, undertook the observance of their sixth Scout law—A Scout is a Friend to Animals—in a novel manner. They search all the coast for sea birds whose plumage had become coated with waste oil from shipping, making it impossible for them to swim or dive for fish. The birds were taken to the boys' homes, scrubbed clean of oil, forcibly fed fish and cod liver oil and then returned to their natural elements.

Magnetic Mine Was Real Test for Navy

(By The Canadian Press)

LONDON, Aug. 6—The magnetic mine was Germany's No. 1 secret weapon and the story of the wooden minesweepers which beat this menace is one of the Royal Navy's best sagas of daring and endurance.

Many of the magnetic mines were sown in the Thames Estuary, but when Britain shifted her shipping centre to the Bristol Channel ports when the fall of France in 1940 made east coast ports almost untenable, the waters fringing Wales became the most heavily mined in the world at that time.

The important task of sweeping these waters and keeping them clear for shipping fell to Royal Navy minesweepers, specially wooden ones to combat the magnetic influence of the new mine, sailing from Milford Haven and Swansea.

The job called for daring and endurance. As the number of mines increased with each night air raid, as the mines were more and more and more sensitive so that it seemed a wave could detonate them, the minesweepers had to work long hours in a constant game of tag with death.

Even yet the work they did cannot be fully told. But by using secret devices such as the "Y" Buoyant Cable and pulse sequence—a means of detonating mines in channel was kept swept all through those early, crucial days of the war.

Would Mark London's Gratitude to Canada

LONDON, Aug. 6—(CP) — A scheme whereby Canadian schoolboys would make annual visits to Great Britain is being proposed to London businessmen as a way of expressing concrete thanks to Canada for the part the Dominion's army played in saving the capital from destruction by V-weapons.

London firms are being solicited by letter and in person by Noel Morton, an Englishman with many years association with the Dominion. Morton is acting as honorary organizer of a "thank you Canadians" fund until a sponsoring body can be formed.

In a pamphlet sent to managing directors of many London firms, Morton suggested that a fund be raised by popular subscription to invite from 100 to 200, or more, Canadian boys, aged 15 to 18, to Britain for some two months each year.

"They would be selected as to character rather than mere scholarship," the pamphlet said, and would represent a true cross-section of Canadian life. Most of their stay here would be spent in universities or at polytechnics, in selected factories or on farms, according to the boys' tendencies and choice. They would live with private families.

Aim of the proposal is to "create an Empire tie in terms of individuals and, subsidiary to it, to encourage trade relations between the two countries." Lifelong friendships would result from these visits, the pamphlet said, and the Canadian boys, having seen British goods in the making, would become "overseas agents."

Business firms and the "little man" would contribute to the cost of the scheme which Morton estimates will require about £250,000 (about $1,125,000) to launch.

Morton, who went to Canada before the First Great War, was educated at the University of Toronto and worked in the Dominion before returning to the United Kingdom about 10 years ago.

KING'S LYNN, Norfolk, England — (CP) — Biggest catch of the season by the King's Lynn fishing fleet was a 4,000-pound bomb. It was promptly thrown overboard again.

IN MEMORIAM

MISS SARAN MacKAY

It is with deep regret that her many friends record the death of Miss Saran MacKay at her home in Montague, on Friday morning, July 20, in her 71st year. Miss MacKay had enjoyed her usual good health up until a few days before her passing. Her sudden death came as a great shock to her many friends, and relatives throughout this Province, and elsewhere. Endowed with a keen sense of humor, her ready wit brightened her home, and many social gatherings.

The funeral service was held from the Presbyterian Church on Sunday, July 22. The service was conducted by her pastor, Rev. A. E. MacLean. The choir led in singing the favorite hymns of the deceased. Interment was in the cemetery at Valleyfield.

Miss MacKay leaves to mourn besides a host of friends, her niece, Miss Avis Schroder of Everett, Mass. two nephews, Carl and Mort Schroder, also of Everett, Mass., and one brother, Walter, who resides in Vancouver, B.C.

He's at Work Improving

YOUR BUSINESS!

WARTIME discoveries of Canadian scientists are destined to change *peacetime* living and buying habits . . . to swell Canada's foreign trade, add to her national wealth . . .

And *your* business, no matter how small, can share in the nation's peacetime prosperity—IF you take full advantage of your opportunities!

Plan now to use this Bank's facilities to *help* you expand and improve your business post-war. Loans, credit information, collections . . . all the essential services that have worked with Canada to victory, are turning again to promoting peacetime successes!

Visit our nearest Branch Manager and draw on his wide experience of business problems. He will be happy to serve you.

over a Century of Banking Experience

The BANK of NOVA SCOTIA

GET DERPO BUG KILLER

Completely exterminates Bedbugs, Cockroaches, Fleas, Silverfish, Crickets. At Eaton Simpson, leading drug, hardware cooperative stores, or write Derpo Products, Toronto 4

Firestone

THE ONLY SYNTHETIC RUBBER TIRES SAFETY PROVED ON THE SPEEDWAY AT 100 MILES PER HOUR!

Firestone synthetic rubber tires stand up to any demand you can make of them. Wilbur Shaw, the famous race driver, proved that when he averaged 100.34 miles per hour for 500 miles on the Indianapolis speedway under the supervision of the American Automobile Association. And the tires he used were regular stock Firestone tires . . . the same as can be bought from any Firestone dealer.

Imagine the punishment these tires took in this grueling, torturing test of tire safety and endurance—equal to 50,000 miles of ordinary driving. Not a single skid or blowout occurred in the entire 500 miles—at speeds up to 135 miles an hour! Could you ask for any greater proof of tire life and safety?

Remember this fact when you buy new tires—Firestone synthetic rubber tires are proved on the speedway for your protection on the highway. Until you get a tire ration certificate take good care of the tires you have. Your nearest Firestone Dealer will help you. See him today.

Here's Why

Firestone TIRES STAY SAFER LONGER

Safti-lock gum-dipped cord body. Every cord is locked together for extra strength.

Vitamic Rubber gives extra protection against weather and wear and keeps rubber live and tough.

Safti-sured construction. Tread and cord body welded together inseparably for extra strength.

Gear-grip Tread. Greater non-skid volume; greater tread width — extra traction, extra mileage.

"Know-how." More than 40 years of experience in building quality tires.