

**"THIS BALANCED BREAKFAST KEEPS ME FIT"**

"Whole grain cereals," are classed as one of the essential "protective" foods, by the Canadian Medical Association. Nabisco Shredded Wheat is a "whole grain cereal"—it is 100% pure whole wheat in its most delicious form. Two Nabisco Shredded Wheat with milk and fruit contain no less than eight vital food values: Three Vitamins (A, B<sub>1</sub> and C), Iron, Calcium, Phosphorus, Proteins and Carbohydrates. . . . Fortify your resistance daily with this "protective" whole wheat food—and "keep fit to do your bit."

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.  
Niagara Falls, Canada

**NABISCO SHREDDED WHEAT**

LOOK FOR THIS FAMILIAR PACKAGE AT YOUR FOOD STORE

MADE IN CANADA—OF CANADIAN WHEAT

Cyprus, having an area of 3,572 square miles, and a population of 200,000, was, for the first time, raised to a military force.

Toulon, France, where Napoleon won his first laurels by driving away the British in 1793, now claims a population of 150,000.

A cloudburst and cyclone that lasted 10 minutes demolished a large structure at Montevideo, Mexico, causing the death of 19 people.

**Mistake Dutch For Nazis**

LONDON, Sept. 4.—(CP)—Units of the Royal Dutch army entered a town "somewhere in England" recently. In their grey-blue uniforms designed on the German model, they patrolled bridgeheads with fixed bayonets and took up position for manoeuvres.

A British officer who had not heard of their arrival was driving into the town when he saw what he took to be a German patrol holding the bridgehead in front. He skidded his car into a right-about-turn, set off at a 65-mile-an-hour speed back to camp and jumped out, yelling, "They're landed."

Five minutes later, lorries of British troops were concentrating on the town when the mistake was discovered.

**Rivals of the Trail**

(Continued from page 8.)

Behind them tore Chavignaud's sleigh, with Chavignaud yelling for the roadway and ordering the "lives" teamsters to pull out. But they only shook their heads and laughed as in the spirit of the game they were accustomed to play.

"No, no, take your time, comrades!" they shouted. "We shall be at Lachine in a short time. Besides, can't you see that the snow is getting worn so that the runners whine and bite? By Saint Christopher, would you have us pull our traces out?"

Chavignaud cursed them and, seizing the lines from the driver's hands, he tried to go past them in the side snow. Instantly a pair of the hindmost sleighs swerved out in front of him. There was a crash of wood and metal and a peal of laughter and shouting as Chavignaud's sleigh capsized and snappet its tugs.

"That put them afoot," exulted McGillivray. And as the sleigh dashed down the slope to the Lachine beach, "Out all, and into the canoes. Hurry on that last freight, Andrew!"

A great crowd blackened the Lachine shore, all the families and relatives of both Northwest and XY canoeists, come down to cry them farewell and a brawny horde of the Northwesters bunched at the wave line. Most of the canoes whose bills of lading had already come through to the petty officers were loaded and afloat, the crews resting on their paddles, awaiting the words of their boswains and steersmen.

"Launch them all!" yelled Valmorin, as he cast his lines to a spectator and abandoned the sleigh. "In with the last freight. There it is! I say. Well straighten out the bills of lading up the river."

At his command bronzed hands shipped the rest of the huge Rabl-canoes into the water and piled in the goods tugged from the last relay of Northwest sleighs. Like automatons the paddlers leaped to their places, boswains, steersmen, middlemen—French voyageurs off the Ottawa and its neighboring parishes, Iroquois Indians from Lake of Two Mountains and Golden Lake, Caughnawagas from their south shore village, dim in the spring haze across the snarling water sweep.

"In with you!" shrieked Valmorin, as, last of the canoes, he himself ran out McGillivray's craft. "Bring the bright Northwest flag and outlone with costly robes of the silver fox. Here comes Chavignaud, wearing out his moccasins on the road. Claude, you paddle middleman. In Margaret, Mr. McGillivray! And Father Fontaine," he called into the crowd, "be quick or you'll be too late for our prayer."

"Yes, father," grinned McGillivray, "yours must be a short prayer this morning, thanks to the haste of Albert Chavignaud. Speak it quick before we start."

A hush fell upon the assembly on the shore and they reverently laid their heads as the priest's voice vibrated over the water in a brief word of prayer for the safety of the fleet. Then a gun-shot boomed in the stillness and the lifted paddles of 350 voyageurs flashed in the first sun-shaft of dawn.

There was a clamor of farewells and the paddles plunged as Chavignaud and the governor's deputies made the landing.

"Hold there, stop!" Chavignaud panted. You have two men with you who are under the law! Valmorin, Gal, etc.—those two! Hola, McGillivray, give them up!"

"Come and take them, Albert," sneered McGillivray. "You have laid hand on my own kin, and you may look for no favors from me."

"By the Lord, you make it open fighting then, and throw a challenge in my teeth? You will hear from me when I have launched my fleet."

"Our ears are open and you have our word," McGillivray threw back, and as at a signal the whole band of Northwesters roared their grim defiance.

"Courage in danger!" they chorused. "Courage in danger!" (To be continued)

**THE REGAL FLOUR MILL**

THE ST. LAWRENCE FLOUR MILL

MONTREAL

TRADE MARK REGISTERED

CANADA

**BE SURE... buy REGAL**

You know just what you're getting when you buy REGAL Flour. No need to guess at its quality, or the flavor it gives to your baking. Every bag is just the same as the one before—always superlatively good. This uniform goodness so familiar in thousands of Maritime homes can only come from wheat selected for top quality, and carefully milled according to the most advanced methods.

When you are induced to experiment with ordinary flour, you run the risk of baking failures . . . with disappointment and wasted time and ingredients. Better to be sure than sorry. Stick to the old reliable—REGAL. For more than a quarter century it has been the favorite of experienced home-makers in the Maritime Provinces. You can't go wrong with REGAL.

*Always Good.. Always Reliable*

**Now Johnny's off to School**

... and you'll need lots of extra groceries to speed his way along. Our assortments are priced to give your budget a "lift" Shop at the Canadian Stores, you'll find quality at every price.

<b>LIFE BUOY SOAP</b> Each 8c ——— <b>15c</b> 2 For ———	St. Charles MILK, Tall Tin 10c, 3 for ——— <b>25c</b>
<b>SALADA TEA</b> Yellow Label 1 Lb. Pkg. ——— <b>65c</b>	Kelloggs CORN FLAKES Pkg. 10c, 3 For ——— <b>25c</b>
<b>Shirriffa Lushus and Fancy FREE DESSERTS</b> Pkg. 8c ——— <b>15c</b> 2 For ———	Scotia Gold 20 oz. Tin APPLE JUICE EACH 9c 3 For ——— <b>25c</b>
<b>McCREADY'S VINEGAR</b> White Wine or Older Gal. ——— <b>39c</b>	LONDON CORN STARCH Pkg. ——— <b>10c</b>
<b>BULK PEANUT BUTTER</b> 1 Lb. 14c ——— <b>27c</b> 2 Lbs. ———	Island Brand Boneless CHICKEN, 7 oz. Tin ——— <b>25c</b>
<b>NEW PORT FLUFFS</b> 24 oz. pkg. ——— <b>39c</b> 13 oz. pkg. ——— <b>25c</b> 7 oz. pkg. 13c, 2 for 25c	Swansdown CAKE FLOUR, Pkg. ——— <b>27c</b>
<b>PEACHES</b> No. 1 6 Quart Baskets ——— <b>79c</b>	Mephisto Cut No. 2 Tin WAX BEANS EACH 10c 3 For ——— <b>29c</b>
<b>PLUMS</b> RED or BLUE, 11 Quart Basket ——— <b>85c</b>	CERTO 8 oz. Bottle ——— <b>27c</b>
<b>CANTELOUP</b> Each ——— <b>23c</b>	PARAWAX 1 Lb. Block Each 14c, 2 For ——— <b>27c</b>
<b>ONIONS</b> No. 2 Canadian lb. 3c, 10 Lbs. ——— <b>29c</b>	McCREADY'S PICKLES, Sweet Mixed or Mustard, 7 oz. Bot. ——— <b>9c</b>
	SURPRISE SOAP Each 5c, 10 For ——— <b>45c</b>
	Mepmisto No. 2 Tin PEAS Each 10c 2 For ——— <b>19c</b>
	Eaton's Snowflake BAKING POWDER, 1 Lb Tin ——— <b>15c</b>
	Eaton's BULIK TEA, Lb. ——— <b>55c</b>

**— FRESH AND COOKED MEATS —**

Picnic Style PORK SHOULDERS, Lb. — <b>29c</b>	Eatons Pure Pork SAUSAGE, always fresh, Lb. — <b>25c</b>
ROLLED ROAST BEEF, Lb. — <b>23c</b>	BOLOGNA, Sliced, Lb. — <b>18c</b>
CHUCK ROAST BEEF, Lb. — <b>16c</b>	Variety MEAT LOAF, Lb. — <b>39c</b>
Corned PORK HOCKS, Lb. 11, 2 Lbs. <b>21c</b>	Breakfast BACON, Sliced, Lb. — <b>29c</b>

**THE CANADIAN STORES LTD.**

**AIR MECHANICS FOR PRISONERS**

WASHINGTON, Sept. 4.—(CP)—A training program for aviation mechanics has been started among inmates of United States Federal Reformatories. The training, the United States Department of Justice said in announcing the program, is offered only as an experiment, and only to "young first offenders with good backgrounds and some mechanical ability."

**YEO THEATRE**

**STANLEY and LIVINGSTONE**

**SPENCER TRACY**

NANCY KELLY - RICHARD GREENE

MONTAGUE — FRI. 6th  
MONTAGUE — SAT 7th

SOURIS — MON. 9th

**Catholic Women's League Convention Opens Sunday**

Invitations have been issued by the Diocesan Council of the League to attendance at the annual meeting of the League which will be held Sept. 8-9-10th, in Tignish. Many have signified their intention of attending and will thus have an opportunity of learning just what the League stands for, its accomplishments, and the value of organized work. Addresses by prominent members of the hierarchy and a choice musical program will combine to make the formal opening night of the convention an event of more than ordinary importance. Tignish Sub-division is hostess to Convention and active committees have perfected the many details in connection therewith. Attention is called to the program which includes the main purpose of the Convention, and the business sessions which will be held in the Dalton Assembly Hall. At the opening meeting Sunday evening a representative gathering of delegates are to be present from the many Island sub-divisions.

**PROGRAMME Sunday, September 8, 1940.**

10.30 A. M. Solemn High Mass, St. Simeon and St. Jude Church, Tignish. Sermon—Honorary Chaplain Most Rev. J. A. O'Sullivan, Bishop of Charlottetown.

2 P. M. Registration for delegates and visitors of Dalton Assembly Hall—Convener—Miss Katherine Creamer.

2.30 P. M. Meeting, presiding Mrs. Leslie G. Ramsay. Reception and presentation of delegates and visitors to His Excellency and Clergy. Afternoon tea, hostesses Tignish Sub-division.

5 P. M. Benediction of the Most Blessed Sacrament.

**8 P. M. Formal opening of convention. C. M. B. A. Hall, Tignish. O Canada.**

Greetings, Mrs. John B. Christopher, President Tignish Sub-division.

Address of Welcome—Rev. John A. McDonald, Pastor.

Civic Greetings, Mr. J. A. Bernard.

Vocal Solo—(Selected) Mr. J. E. Cameron.

Address—Mrs. Leslie G. Ramsay, Diocesan President.

Violin Solo—Mr. A. L. Perry, Diocesan Organist—C. W. L.—Mrs. A. J. Howatt, Recording Secretary.

Address—Miss Amelia Hale, National Conventor War Service, Saint John.

Orchestral Selections—Tignish All Girl Orchestra, leader Miss Frances Morrissey.

Address—Rt. Rev. Msgr. G. J. McLellan, V. G. Summerside. Convention announcements.

Holy God We Praise Thy Name—Miss Morrissey's orchestra. National Anthem.

**MONDAY, SEPTEMBER 9th**

7.30 A. M. Convention Mass. Celebrant—Rev. John A. McDonald, P. P. Intention "Our Canadian Soldiers, Sailors and Airmen" Sermon—Rev. Wm. V. McDonald, D. D. Alberton.

9 A. M. Business meeting, Dalton Assembly Hall. Prayer and Roll Call. Report of Diocesan Treasurer, Miss Florence Kelly, Montague. Reports of Conventors of Diocesan Committees. Discussion to follow each report.

Sisters of Service—Mrs. J. A. Bernard, Tignish.

Citizenship—Mrs. J. B. McDonald, Charlottetown.

Lay Retreats—Mrs. M. M. Murphy, Charlottetown.

Education and Scholarship, Mrs. A. D. O'Brien, Alberton.

Social Service—Mrs. John Wisener, Vernon River.

Study Clubs, Mrs. Adrian McInnis, Souris.

Sisters of St. Martha—Mrs. James Pendergast, Kensington.

Magazine—Mrs. Katherine Creamer, Charlottetown.

War Service Mail—Miss Mary McDonald, Charlottetown.

Girl Guides—Miss Iphigene Arsenault, Charlottetown.

Juniors—Miss Mary St. John, Souris.

Publicity—Miss Gertrude Coady, Charlottetown.

Business Women—Miss Mary McFarlane, Charlottetown. Organization—East, Mrs. Harold Hynes, Centre, Mrs. Frank Murray, West, Mrs. James Saunders. Adjournment.

1 P. M. Junior Conference, Presiding Miss Mary St. John, Diocesan convener of Juniors. Address on Girl Guides—Miss I. Arsenault, Diocesan Convener. Demonstration and talk on Red Cross Work—Mrs. McQuaid, Charlottetown.

12 Noon Adjournment.

1.30 P. M. Report—Resolution Committee. Election and installation of officers. Invitation for next Convention adjournment.

8 P. M. Reception and Social evening at the house of Mr. and Mrs. J. A. Bernard, Tignish.

TUESDAY, SEPTEMBER 10th

7.30 A. M. Holy Mass. Intention "Our Deceased Members" Celebrant—Rev.



Last of four escaped German prisoners to be recaptured, Ross Kempe (CENTRE), was turned over to police, Aug. 31, by Norman Phillips, Toronto newspaperman (RIGHT), who picked him up on the highway and drove him into Huntsville. Chief of Police William Carson (LEFT) who made the arrest.