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THUR.—FRI.—SAT.

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TO-DAY

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TWO FAMOUS STARS MAKE THE RANGE RING WITH GUN-FIRE AND SONG! CHARLES STARRETT and RUSSELL HAYDEN

RIDERS OF THE BADLANDS with Cliff 'Ukulele Ike' Edwards A COLUMBIA PICTURE

EMPIRE—THUR.—FRI.—SAT.



Canada's outstanding athlete of 1940, Leading Aircraftman "Tony" Golab, formerly of Windsor, Ont., starts his career as a fighter pilot of the Royal Canadian Air Force by aiming a lusty kick at Adolph. Holding the ball is LAC Mike Klhmenko, who with Golab was a member of last year's Ottawa Rough Riders football team, and who received his wings at the same time. Klhmenko is a native of Cheswick, Penna., and is remaining in the R.C.A.F.

Reviews Progress In Science Of Soil Nutrition

The following address on "The Science of Nutrition" was given recently by Mr. Augustus A. Scalen before the Rotary Club:

I copy from that honourable class, the clergy, when I speak from a text: "He who makes two blades of grass grow where one grew before is a benefactor to his country, and he who makes one blade of grass grow where two were formerly done by two is a greater benefactor." The science of nutrition has made vast strides during the last two decades. The basic principle of nutrition in man and animals and in plants does not differ materially. Malnutrition is sometimes, and quite aptly, called "hidden hunger," because of something and unable to tell what it is. "We are more or less familiar with the effects of malnutrition on the growing child. Studies made recently by the United States Department of Agriculture reveal that more than one-third of their population live on a deficiency diet, and that the rich as well as the poor are among their numbers. Of these the greater number show deficiency diseases as scurvy or rickets or pellagra. Many exhibit malnutrition by such common ailments as indigestion, constipation, chronic fatigue, etc. The malnutrition may be a result of a lack in the diet of one or more of the various vitamins, calcium, phosphorus, iodine, iron or one or more of several other elements.

Malnutrition That which is true of the human race in this respect is also true of animals. Feed a growing pig largely on grain and he will lack volume and quality of bone, corn being deficient in bone-building materials. And that which is true in the case of the human race and of animals is also true of plants. Should plants not have ready access to an available supply of all the vitamins, calcium, phosphorus, iodine, iron or one or more of several other elements, their development is retarded, and their yield is reduced. This malnutrition may not exhibit itself in reduced yields but perhaps in weakened structure or other structural parts, or in susceptibility to diseases, or in reduced reproductive qualities, or in one or more of many other ways. This is not unlike malnutrition in the human race when it exhibits itself in a manner not readily noticeable.

The earth is truly mother earth. Plants depend on her for nourishment and growth. The soil is mother of all life. Should she not supply a balanced diet to plants, and they depend on it for their minerals, malnutrition must result and to the detriment of the plant. With the extent and the nature of the unbalanced diet, malnutrition will result. This malnutrition may not exhibit itself in reduced yields but perhaps in weakened structure or other structural parts, or in susceptibility to diseases, or in reduced reproductive qualities, or in one or more of many other ways. This is not unlike malnutrition in the human race when it exhibits itself in a manner not readily noticeable.

Such malnourished plants do not grow as large as the small part, in causing malnutrition in the human beings or animals that eat them. Hence from the standpoint of breaking down the food chain, it is of prime importance that the plants on which that race depends for its livelihood, either directly or indirectly through animals, have been produced on a balanced diet, and have not been subjected to "hidden hunger."

Minor Plant Foods The plant foods most lacking in the soils of this and other countries are nitrogen, phosphorus and potassium. These are the three most important of the vitamins, calcium, phosphorus, iodine, iron or one or more of several other elements. These are at times called "minor plant foods." The virgin soils of this province have been very lacking in calcium. This is supplied in early days by distributing oyster shells, mussel mud, on the lands, oyster shells being rich in calcium. A present finely ground limestone is recommended in some parts of this province the ally used to supply this want. In element boron is lacking, exhibiting in corn plants a browning of the inner tissues, in celery by a cracking in the stems, in apples by a corking frequently called "measles" in meigs by rotting in the crown. Many of our commercial growers of turnips use about 15 or 20 pounds of borax containing the element boron. In some of the potato growing sections of New Brunswick and in the potato sections of this province, boron is lacking. In these sections it is always included in a potato fertilizer. In some parts of Florida iron is lacking in the soil, and this has resulted in the growing crops has resulted in healthier animals and children.

Classic example of the inter-relationship between soil fertility, the nutritional quality of grasses and stamina in animals is given by the famous veterinarian and analyst, Dr. R. L. Humphrey. The get of colts, of a famous thoroughbred stallion that were raised and trained in one section of Kentucky were great disappointments on the race track. Dr. Humphrey on being consulted analyzed the blood of these colts and found it lacking in calcium and phosphorus. He analyzed the blood of other horses grown in the same section and fed on like forage and found the same lack. Suspicious that there was a shortage of these elements in the grasses grown in that locality, he had the soils that produced the forage crops for these colts treated with calcium and superphosphate, the latter supplying phosphorus. In due course the blood of the colts showed a marked improvement in the calcium and phosphorus content. The race track results thereafter were startling. The colts showed an outstanding improvement in stamina.

Occupied Russia—Stories of Nazi atrocities dwarfed the punitive measures in Western Europe. Russian reports said conditions imposed in German prison camps amounted to mass killings. The Moscow Radio invited excerpts from German newspapers which reported that Latvian and Estonian peasants were forced to surrender their entire crops of grain and potatoes to the Occupation Army. Compulsory Labor was introduced for all over 10 years of age and those who refused to comply were deprived of food cards. Croatia—German occupation troops were increased because of the failure of the Puppet Chief of State, Dr. Ante Pavelic, to enforce order. Dr. Vladimir Macko reported arrested after several thousand of his followers revolted against Pavelic. Greece—Turkish reports said some French Naval Technicians and Dockworkers had been sent from France via Germany to assist in the invasion of Greece during the invasion. Greek labor was conscripted to work beside the French under supervision of German specialists.

More and more and MORE listeners are making it a daily habit to tune in on CLARE WALLACE and TODD RUSSELL in "They tell me" every weekday CFCY—2.45 P.M.

Chapped, Rough Lips Prevented Of Royal Navy

Sore, chapped lips make life miserable in cold weather. Painful and unsightly, their cracked, rough surfaces are easily infected. Don't let this risk prevent chapping with Lypsyl. Its wonderful emollient action protects the delicate membranes, keeps the lip tissues from becoming dried out by cold, biting winds, so that lips stay smooth and soft in all weather. When lips are already chapped, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

LYP SYL

The Perfect Food It may interest you to know that young tender grass when grown on a well balanced diet is the perfect food. On the average contains 23 times as much vitamin A as is found in carrots, 22 times as much vitamin B2 as is found in lettuce, 14 times as much vitamin C as is found in tomatoes. In some parts, especially in England, young grass is dried and powdered, and the powder is used as a concentrate for young growing animals. It is frequently used in baby foods.

Despite the fact that none had been at the training depot more than five weeks and some only ten days, they moved with a precision and ease that would have done credit to a crack regiment of the line. "Then we saw some of them going into the line, the men who made all of us shudder but which brought no indication of tiredness from the recruits. The soldiers of the Royal Navy is using mass production methods—bet the system works. It turns out as good sailors and fighters as that used in peacetime on the training ships—and it does it in far less time.

With justifiable pride a high officer told me that the men who have graduated from this basic school and gone through the subsequent specializing courses—their runs and many thousands—have proved themselves on every sea and under all sorts of battle conditions. The Nelson tradition runs strong at this school. There are all sorts of reminders about of the great British naval hero, and Nelson is proud of the tradition. As in Canada, the Navy has no lack of recruits. The Senior Service has a natural attraction which makes it an even more popular branch. The recruits come in all ages from teen age up to the forties and are of many types. They are hardening exercises and stiff instruction. Many of the men have been called up to replace them, and have gone to the Navy after expressing that preference and being sent to the front.

Unrest Throughout Oppressed Europe LONDON, Oct. 17.—(CP)—Violent disorders against Nazi repressive measures and brutal reprisals were reported today from many parts of oppressed Europe. Reports in various countries were reported in revolt against the La-Val Government's conscription of labor for Germany in occupied territory. Bombs were thrown, and riotous mobs were called out to quell riots in Lyon, Chambery and Annecy were the trouble centers. Troops occupied railway stations.

Norway—The German submarine building base at Trondheim, site of 34 r cent executions, was reported by the Moscow Radio to have been hurried out of commission for a long time. Another report said the Germans had ordered radio sets confiscated from members of Quisling's party in order to prevent them from being used to broadcast cause some Norwegians could not be trusted to tune out "enemy broadcasts." The Quisling Government replaced them with Quisling sets. The Norwegians reported 70 Germans killed in the recent R.A.F. bombing in Oslo. "Czechoslovakian sources said the Germans executed 500 Serbs charged with insurrection. Occupation forces were increased. More than 2000 Jews were arrested last night in Belgrade and reported imprisoned in a wide-spread revolutionary plot. Turkish reports told of prolonged pitched battles near Sarajevo. Birthplace of the first Great War, the battle of the Maritsa between Gen. Draja Mihailovic. The nearby mining towns of Kupres and Foreha on the south bank of the Drina River were reported practically destroyed with their important installations in artillery and tank battles between the patriots and Axis troops. The battles in the towns of 2500 were reported to have s'cawed 15 days in July.

The big steel rolling plant at near Zenka which was producing German arms has been reported to be since the battle. Rumania—The Swiss Telegraph Agency reported that the Mayor of Bucharest, Gen. Furesco, killed himself last night for undisclosed reasons. Occupied Russia—Stories of Nazi atrocities dwarfed the punitive measures in Western Europe. Russian reports said conditions imposed in German prison camps amounted to mass killings. The Moscow Radio invited excerpts from German newspapers which reported that Latvian and Estonian peasants were forced to surrender their entire crops of grain and potatoes to the Occupation Army. Compulsory Labor was introduced for all over 10 years of age and those who refused to comply were deprived of food cards. Croatia—German occupation troops were increased because of the failure of the Puppet Chief of State, Dr. Ante Pavelic, to enforce order. Dr. Vladimir Macko reported arrested after several thousand of his followers revolted against Pavelic. Greece—Turkish reports said some French Naval Technicians and Dockworkers had been sent from France via Germany to assist in the invasion of Greece during the invasion. Greek labor was conscripted to work beside the French under supervision of German specialists.

ROYAL INSPECTION TOUR Later we learned that while the various drills take place all the time, the last time a full display had been arranged was for the King and Queen during a tour of inspection. The town in which this base is located has been blitzed heavily. Although the total damage done in London is far greater, the destruction, most of it still uncleaned, is more evident here; a far greater proportion of the town was destroyed completely than in London. We saw whole blocks reduced to rubble, rubble which was blasted to be uninhabitable though here and there a house or shop had been opened. The business district was a paved street running between piles of brick and twisted steel beams—walls for the most part knocked down excepting the saw bottom.

The naval base naturally had also suffered—but nearly to the same extent as the town. Most of what was done by the enemy—and much of it by showers of incendiaries—during the Battle of Britain but occasional raiders still come over for a hurried call only; it is well protected now. The Alert sounded while we were there, in order that no guns went off and half an hour later the All Clear sounded—and throughout the Navy carried on with its job.

By J. E. H. SUTHERLAND In the midst of a badly blitzed Britain, the Royal Navy is turning out a continuous supply of tough and intelligent men to guard the sea-lanes of the world. The nucleus of the men in service pitched in to help the Canadian Navy put on a show for the party of Canadian newsmen visiting Britain and a most impressive show it was. With our army and Air Force getting their story over to us, the Canadian Navy wanted to be sure we learned something about them. But they ran up against the difficulty that their shore establishments in Britain are centered around highly secret things and their main work is done out at sea where we could not be taken into confidence.

So they called upon the British. Throughout our tour we had noted relatively few men at a time. Only once did we see a large concentration, when we saw an Army Tank Brigade go through its practices, and even then much extra air protection was arranged. So it was a most amazed group of newspapermen who got out of cars driven by Wrens, the women's naval auxiliary, to 4000 men lined up on a big parade ground in our honor.

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Many of the men have been called up to replace them, and have gone to the Navy after expressing that preference and being sent to the front. Presumably this physical and mental capacities. We were taken on board a destroyer, and we were really big and all of them had a look of confidence on their capabilities. The men were still in the Navy where ships come in for repairs and the men were doing the work. We were taken on board a destroyer, and we were really big and all of them had a look of confidence on their capabilities. The men were still in the Navy where ships come in for repairs and the men were doing the work.

Delicious refreshments were served by the hostess assisted by Mrs. Alex McLeod, Mrs. L. G. Shepherd, Mrs. J. G. Shepherd, Mrs. C. Shepherd and Mrs. Neil Nicholson. Mrs. Shepherd is enjoying good health and is a very active member of the Red Cross which she attends each week to help with quilting. She is also very active in church affairs, and is held in high esteem by her neighbours and friends.

Out-of-town guests attending the function were Mrs. Henry Cornforth, Mr. and Mrs. Johnnie Grant, of Glace Bay, Mrs. Ray Hammond of Glace Bay, Mr. and Mrs. L. G. Shepherd, Mr. and Mrs. Clifford Shepherd, Mr. and Mrs. Bob Shepherd and Misses Marjorie Shepherd, Muriel Smit and Verma Cornforth. (Mrs. Shepherd is the mother of Mrs. E. F. Acorn of Charlottetown and has been a regular visitor to this city each year for the past 34 years. She has many friends in Charlottetown who will join with her Cape Breton friends in extending congratulations on the occasion of her 80th birthday.)

Use Minard's for dandruff. The town in which this base is located has been blitzed heavily. Although the total damage done in London is far greater, the destruction, most of it still uncleaned, is more evident here; a far greater proportion of the town was destroyed completely than in London. We saw whole blocks reduced to rubble, rubble which was blasted to be uninhabitable though here and there a house or shop had been opened. The business district was a paved street running between piles of brick and twisted steel beams—walls for the most part knocked down excepting the saw bottom.

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NEVI SARGE WHERE'S YOUR MINARD'S RUB OUT TIRED ACHES MINARD'S RUB OUT TIRED ACHES

Advertisement for Dominion Textile Company Limited. Section-Header: Jim says IT CAN BE DONE. Text: JIM finds times hard. His standard of living has dropped. There are all these new taxes. Now there's another Victory Loan and Jim is expected to subscribe. "Rock bottom!" was Jim's first thought. "We're on rock bottom. Just can't find the money!" He's thought some more since. And he's decided it can be done. Jim says he doubts if Merritt lost much time wondering if it could be done when he crossed that bridge at Dieppe. This advertisement contributed to the Victory Loan Campaign by DOMINION TEXTILE COMPANY LIMITED MONTREAL

Celebrates Her 80th Birthday

BIRCH GROVE, N. S., Oct. 19.—Mrs. Ada Shepherd celebrated her eightieth birthday recently and a delightful party was held by friends in her honor at the home of Mr. and Mrs. H. F. Boone. There were about sixty relatives and friends present and when all had assembled Mrs. Shepherd was escorted to a seat of honor and the well-worded address was read by Miss Verma Cornforth. Many lovely personal gifts were then presented to the guest of honor by Mrs. Johnnie Grant, Mrs. Raymond Hammond and Lois Boone on behalf of the gathering. Mrs. Shepherd expressed her sincere thanks and appreciation of their thoughtfulness. During the enjoyable social evening games and singing were enjoyed by all. Delicious refreshments were served by the hostess assisted by Mrs. Alex McLeod, Mrs. L. G. Shepherd, Mrs. J. G. Shepherd, Mrs. C. Shepherd and Mrs. Neil Nicholson. Mrs. Shepherd is enjoying good health and is a very active member of the Red Cross which she attends each week to help with quilting. She is also very active in church affairs, and is held in high esteem by her neighbours and friends.

Errol Flynn Charged With Serious Offense

LOS ANGELES, Oct. 18.—(CP)—Errol Flynn, swashbuckling film star, surrendered today on a charge of raping a 17-year-old girl at a party and was released under \$1,000 bail. "I'm bewildered," he told reporters. "I can't understand it. I hardly touched the girl." The complaint, issued by District Attorney John F. Dockweiler, after the county grand jury had failed to indict Flynn yesterday, charged him with raping Betty Hansen, 17, at the Bel Air Mansion of Fred McBooy, wealthy British sportsman and former Olympic Bobsled Champion, the night of Sept. 27. She had come here recently from Lincoln, Neb., to live with a sister, Mrs. Jack Marsden. "It is obvious," said Dockweiler, "that the grand jurors have not considered the evidence, for from a study of it, I am convinced that this is as airtight a case of its kind as ever has been presented to my office."

Former French Deputy Speaks

LONDON, Oct. 14.—(CP)—After the collapse of France Marshal Petain claimed the British Government was about to ask for an armistice and so opened negotiations with the Germans to obtain the best possible conditions, said a former French deputy who has arrived in Britain after cutting ties with the Vichy Government. "At the time I believed him," recalled Charles Vallin, one-time Paris right wing deputy and vice-president of the Croix De Feu, French Socialist Party. "I thought he might be deceiving the Germans and that his real policy was the liberation of the French people."

"But I soon began to see there were two Petains—the old soldier and the weak old man who was willing to sacrifice his country. The bad one triumphed." Vallin's escape with Pierre Brossollet, close collaborator of Jean Blum on the staff of the "Front Libre" didn't pass unnoticed in France. Col. De La Rocque, chief of the French Secret Police in an article in "Petit Journal" referred to his "indignant sorrow" at Vallin's action in "deserting to London to join the forces of De Gaulle." Vallin just laughed when he heard about it and then he told how he had offered himself as a hostage after the Germans announced late last year that 50 Frenchmen had been shot at Nantes when some German officers were killed and threatened to kill 50 more.

RATIONING IN ESKIMOLAND

Advertisement for Rationing in Eskimoland. Includes ration coupons for ESKIMO FAMILY and a testimonial from a soldier. Text: Illustrating the universal, far-reaching effect of rationing on all classes of people in Canada, the Wartime Prices and Trade Board ration division received sugar purchase vouchers the other day signed by Eskimos in the far north. They were sent in by a trader at Eskimo Inlet, North West Territories, who had supplied sugar to these denizens of the wide open spaces. The vouchers have been attested by the Eskimos in their native sign language and the English made to observe ration regulations. (Left translation has been written in by the trader... As a matter of fact, it was not necessary for the vouchers to be sent in, as people living in such remote areas require neither ration books nor to sign of the returning wounded heroes of Dieppe, a young-vouchers as the above. However, ration officials were keenly interested in the slips and glad to know that even in the far north conscientious efforts were being made to observe ration regulations.)