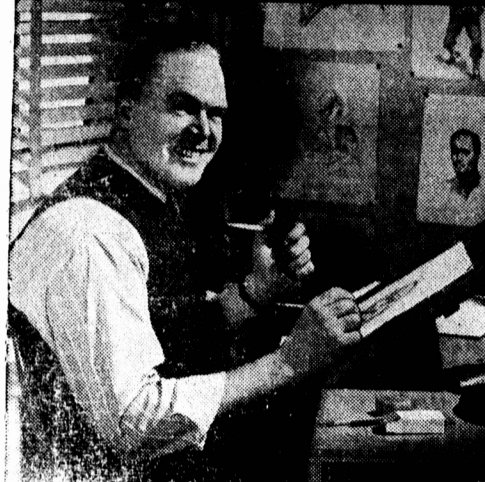


Have you energy for the EXTRA things?



LORNE HAS . . .

Lorne is sales executive with a paper box company . . . does odd jobs around his home. But every free hour he can get, he spends sketching. "Looks easy," he says, "but drawing really takes intense concentration. I certainly wouldn't have the energy AFTER WORKING ALL DAY if I didn't keep fit. But I don't let myself get below par. No harsh cathartics, though! Instead, I get 'bulk' in my diet. Every morning I start off with a big bowl of Kellogg's Bran Flakes. They're delicious . . . and they help keep me fit!"

Kellogg's Bran Flakes With Other Parts Of Wheat are gently laxative, help supply valuable minerals and proteins too . . . help keep you fit for extra things!

IF YOU want to keep fit for extra things, take these two steps to health: 1. To get well, see your doctor; 2. To keep well, watch your habits. Guard against incomplete elimination. Eat Kellogg's Bran Flakes every day. Ask for the golden-yellow package—either the regular or the new Family package. Begin tomorrow. Made by Kellogg's in London, Canada.

KEEP FIT WITH KELLOGG'S every day in the year!



Dorothy Dix Says—

(Continued from Page 170)

gives better looking, more glamorous, more sophisticated, with a subtler technique. Their little flame of affection burned out as quickly as a match in the wind, and they reentered their marriage.

Among the wreckage of war will be the wreck of the thousands of marriages. Some of these will have taken place—gin weddings, that occur after the fourth cocktail, furlough weddings in which a boy and girl each other's characters, backgrounds, tastes or habits; marriages in which the man in the army and finds he no longer has anything in common with the little cutie he has saddled himself with for life. And the trouble is that divorce doesn't wipe the slate clean, as the youngsters think it will. Always there are regrets, as there must be at the breaking of any ties.

Some men's wives who change to a man whom she loves, even if he doesn't love her, and will not let him go. Often little children. And she has taken the cast-iron task of a man not being able to marry the woman he loves because he has to pay alimony to the one he has tired of. A bad business, however, you look at it, marrying in haste.

DEAR DOROTHY DIX—What do you think of a girl who wants to buy the license and pay the judge so she can be married to a soldier boy who has not been able to save enough even for the wedding expenses? We his family knew nothing about it. **A MOTHER.**

HUMILIATING MARRIAGE BOUND TO FAIL.

ANSWER—Well, I'd say the girl is dead set on matrimony. Furthermore, "would going that such a marriage had small chance of success because a man who is married under such humiliating circumstances will always feel that he had been shanghaied into the holy estate instead of entering it of his own free will. And to his dying day his wife will throw it all to him."

No man wants to play second fiddle at his own wedding, and he would not if he has a particle of self-respect. I should certainly advise against such a marriage. It is a position to support a family before the wife is like everything else, it has to have an adequate financial backing.

We are two girls, one 18, and 21. We go out socially with two married men whose ages are 22 and 25. They pretend to be over because if they do they will be drafted. We love them enough to wait for them as we have them part of the time. Their wives know nothing of these affairs. Our consciences hurt us, but their wives couldn't love them as much as we do. **TWO CONSTANT READERS.**

ANSWER—Be thankful that the fool-killer is not abroad in the land, else you would be two casualties. Haven't you enough to know that two young married men who are double-crossing their wives and who are draft-dodgers are not fit for you to waste a single thought on? They would be as untrue to you as they are to their wives. Your conscience is telling you what to do. Listen to its admonitions.

Jolliffe Forecasts Dominion Election

TORONTO, Sept. 18 — (CP) — E. B. Jolliffe, Provincial C. C. F. leader, to cast a coming Dominion election and predicted to the August party successes as a signpost of things to come, when he spoke to the Ontario council of the C. C. F. on Saturday at a dinner that opened the four day conference here.

He called upon party members to "wage the Federal campaign with more drive and determination than ever before."

"The next Federal election is the most important in the history of the Canadian people. Ontario is the key province, and when the next election comes, that may be any time now, Ontario will decide the issue."

He described the MacKenzie King Government as "drifting aimlessly through the war." He added, "it may call a quick election in the hope that once again

the electors will support King rather than change horses in the middle of the stream."

British Prisoners Sent to Germany

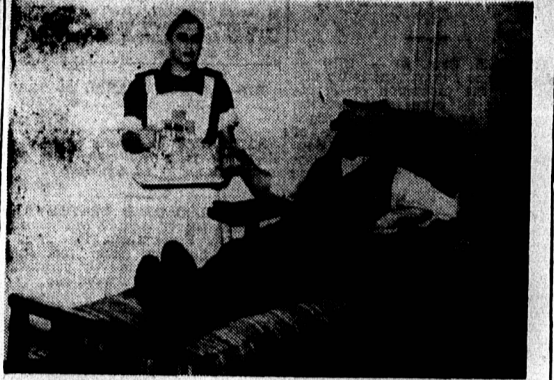
LONDON, Sept. 19 — (CP) — The German Propaganda Agency Transocean said today British prisoners in war camps in central and northern Italy have been taken over by the Germans and that most of them have been sent to Germany. The broadcast, heard by the Associated Press, said that in a number of cases Italians had opened the gates to prisoners of war, but that most of those who gained their liberty had been rounded up.

(The German Agency D. N. B. said in a broadcast that 25,000 British prisoners of war had been removed from central and north Italy into Germany. The broadcast was reported by the United States Po: e: n Broadcast Intelligence Service.)



With his men pouring off landing craft behind him, Brigadier H. W. Potter, Officer Commanding the Canadian troops participating in operations against Kiska, wades through icy water and walks up onto a Kiska beach. (Canadian Army Photo)

Red Cross Blood Donors



Mr. J. H. Lindsay, Y. C. M. A. War Services, is being served refreshments after blood donation, by Mrs. W. G. Spencer, Nursing Section of Red Cross Corps. Mr. Lindsay has just given his sixth donation.



Lieut. Charles MacKenzie, who gave two donations, has his blood pressure taken by examining doctor J. D. McGuigan. He is assisted by Mrs. C.O.C. Allen, Medical Technician.



Mr. J. H. Lindsay is examined by Dr. J. D. McGuigan previous to giving blood donation.



Paraded for inspection by H.R.H. Princess Royal, members of the Canadian Women's Army Corps recently observed the second anniversary of formation of the Corps. At top here and smartly turned out ranks are inspected by Maj-Gen. the Hon. P. J. Montague, senior officer at Canadian Military Headquarters, London, and Maj-Gen. Jean Knox, head of the Auxiliary Territorial Service. H. R. H. the Princess Royal is shown below reviewing members of the Corps as they stand stiffly at attention for the inspection. The C. W. A. C. now has over 12,000 members serving in Canada and overseas. (Canadian Army Overseas Photo)

ST. PETER'S and VICINITY

Mrs. Joseph Gillis, St. Peter's Bay, has gone to Montreal to visit her daughters.

Mr. and Mrs. Dan McIsaac, N. B. are visiting their sister Mrs. MacDonald of St. Margarets.

Mr. and Mrs. B. McInnis were visitors to P. E. I.

Mr. Daniel Junor Montgomery of Malden was visiting P. E. I.

Mrs. Margaret Villard of St. Margarets is spending a week at St. Peter's.

Misses Frances and Katherine Gallant of St. Stewart is visiting their uncle, John Sutherland.

Mrs. Delia Kennedy and daughter, Pearl of Roxbury were visitors to P. E. I.

STOCKHOLM, Sept. 17 — (AP) — Norwegian Legation here said in a statement today that 20,000 German troops have been withdrawn from Norway in recent weeks. It added, however, that some 180,000 Nazi soldiers still are guarding the coasts of Norway against a possible Allied invasion in those regions.

BLAME THAT SICK HEADACHE ON YOUR LIVER

Headache is often Nature's warning the system is "backfiring" with impurities. A sluggish liver produces excess liver bile to generally to blame.

When the most produces 1 to 2 pints of bile daily to help digest fatty foods, promote regularity. If it slows down, poisons accumulate. This is due to indigestion, sour stomach, indigestion, biliousness, bad breath, a worn-out half-day feeling. The gentle, absorbable way to stimulate liver bile is with BILE Beans.

The Medicine That Copies Nature". Bile Beans contain 10 pure vegetable extracts which flow to the liver and stimulate it to work gently. These small liver pills do not grip, cause constipation or have harsh purgatives. Mild, yet effective.

For a proper, brighter tomorrow, try Bile Beans tonight. Prove for yourself their amazingly gentle action. Over 7 million boxes used last year, convincing evidence of how greatly they are helping others.

How Canadian Casualty Returns Come From Italy

By Ross Munro
Canadian Press War Correspondent

WITH THE CANADIANS IN ITALY, Sept. 17 — (Delayed) — (C. P. Cable) — Khaki close ups from the Canadian front:— This is how news of kin in Canada are advised of casualties among Canadians in the Central Mediterranean theatre.

When a casualty occurs the unit adjutant submits a casualty return to the second echelon officer, Capt. A. T. Smith of Victoria and Winnipeg, at Canadian Field Headquarters here. These returns are sent by officer courier to an air base in Sicily. From there they are flown to the second echelon in North Africa. The Second Echelon is an army organization which looks after matters like records.

Canadian Records in London are informed of the casualties by the Second Echelon in North Africa. This information is passed on to the Records office at army headquarters in Ottawa, and they advise the next of kin.

Eventually casualty returns will be sent from Italy by air directly to North Africa, eliminating the officer courier trip back to the Sicily air base.

The provincial chairman, Mr. Edwin C. Johnstone presided. Speakers included, Mr. J. F. Lightland, Adjutant W. Mercer and Mr. T. Roy Cadmore. All three were optimistic over the prospects. Mr. Johnstone issued a challenge to the workers to put the campaign over the top today—the opening day for the general canvass— and the workers accepted by divisions and teams.

The drive is away to a good start for already more than \$80,000 has been subscribed by Charlottetown firms.

Milk Subsidy for Purpose of Speeding Cheese Production

OTTAWA, Sept. 19 — (CP) — A subsidy on milk to be used in the manufacture of cheese, announced last week, is designed to avert the pressing danger that Canada will be unable to fulfill her agreement to provide Britain with 150,000,000 pounds of cheese in the present contract year, it was learned today.

"Unless Canada produces more cheese the British ration of one ounce a week of a vital food commodity will be jeopardized," one authority said.

The anxiety over the cheese contract is part of a picture which has changed radically in a year. In 1943 there was anxiety over the butter supplies, while cheese output was making records. Later, butter production was encouraged by subsidies.

Now butter production has increased to the point where it is possible to make a quantity available to the United Kingdom as well as meet Canadian ration requirements and the needs of the forces at home, as well as supply ships entering Canadian ports.

But, on the other hand, the Agricultural Supplies Board has reported cheese production for the first seven months of 1943 as 31 per cent below that of the first seven months of 1942.

The cause of lowered cheese production so far this season was partly due to unfavorable weather conditions earlier in the year," said an official. "Nothing can be done to remedy this situation. But the chief cause of a limited cheese output has been the competition of the fluid milk and butter markets."

Munro Recovering From Attack of Tropical Fever

ALGIERS, Sept. 19 — (CP Cable) — Ross Munro, Canadian Press War Correspondent, is back in the field in Italy after being knocked out for a week by tropical fever and exertion.

Munro, who scored a world news best on the invasion of Sicily July 10, on praise of his fellow correspondents by covering the arduous 38 day campaign without aid, never missing his daily story. He was laid up two days with fever late in August.

On the invasion of Italy Sept. 3 Munro again was the first correspondent to get a story to the world. But less than a week after he cut he was tired out, suffering from fever, and must turn over the job to William Stewart, CP war correspondent with him in Italy.

His head office cabled him to go to England for a two month rest and ordered L. V. Hunter from Algiers to replace him. Apparently Munro did not receive his instructions. He cabled yesterday "back on job, feeling fine."

Today a delayed news story came from William Stewart above mentioned, was at one time C. P. correspondent for Charlottetown.

Good News! EXTRA COFFEE!
Be sure it's Maxwell House!

WHAT JOY! Now you can use two of your ration coupons every three weeks instead of every four weeks as formerly.

You'll get even greater pleasure from your extra ration if you use Maxwell House because:

1. It's blended from the very finest coffees obtainable—specially chosen for their fuller body and extra flavor.
2. Uniformly roasted by a special process that brings out the full goodness of this fine blend.

For wartime reasons Maxwell House is now packed in bags—in an All Purpose Grind and at a lower cost to you.

This new grind is suitable for all ways of making coffee—coffee-pot, percolator or glass coffee-maker. If using a glass coffee-maker you may prefer to brew the coffee a little longer.

Maxwell House COFFEE
A Product of General Foods

S. A. Drive Opens Today

One hundred workers in the Salvation Army's home front campaign to raise \$6,000 in this Province attended a supper meeting at the Citadel last night when the organization for the drive was given its finishing touches.

The provincial chairman, Mr. Edwin C. Johnstone presided. Speakers included, Mr. J. F. Lightland, Adjutant W. Mercer and Mr. T. Roy Cadmore. All three were optimistic over the prospects. Mr. Johnstone issued a challenge to the workers to put the campaign over the top today—the opening day for the general canvass—and the workers accepted by divisions and teams.

The drive is away to a good start for already more than \$80,000 has been subscribed by Charlottetown firms.

Home Service

Fun to Reduce on Low-Calc Diet

300 CALS	290 CALS
BAKED BEANS	HAM AND PINEAPPLE
100 CALS	STRING BEANS AND POTATO

Canucks Were

(Continued from page 1)

without shirts.

Delay in releasing names of casualties was "a geographical problem and not due to any lack of co-operation." There were tremendous physical difficulties to overcome in getting names back and although action has been taken to improve the situation "no

MAKE SURE they're LACO MAZDA LAMPS

Send 15 cents in coins for copy of The New Way To A Yummy Figure to The Charlottetown Guardian Home Service Dept. Be sure to write plainly your full address, and the name of your town.

Name _____
Street Address _____
City _____