Men, Women Over 40 Feel Weak, Worn, Old?

Want Normal Pep, Vim, Vitality?

Does weak, rundown, exhausted condition make you feel fagged out, old? Try Ostrex. Contains general tonics, stimulants, often needed after 30 or 40. Supplies iron, calcium, phosphorus, vitamin B1. Helps you get normal pep, vim, vitality. Introductory size Ostrex Tonic Tablets only 35c. For sale at all good drug stores everywhere.

Importance of Vitamins Stressed

How the large milling companies across the Dominion have switched to the processing of a new approved flour which is high in vitamin content, was described last night by Dr. L H. Newman, Dominion Cerealist Ottawa, to a group of business men in The Charlottetown. The subject of his talk was "High Vitamin Canada Approved Flour".

Dr. Newman was behind the development of this new vitamin flour which was produced after much research work which was undertaken at the request of the Public Health Association of Canada.

This new flour which is sweeping the western provinces and is fed in the form of bread to the armed forces, is available in at least one bakery shop in Charlottetown, it was announced at the meeting. It has the approval of the Department of Pensions and National Health and the Foods and Health act was amended to include it.

A committee on nutrition, composed of medical men, first directed attention to the question of bread. The doctors were not boosting the sale of white bread and in some cases even condemned it. They recommended the eating of whole wheat. However, the difficulty is that not everyone could eat the latter—it created nervous indigestion in certain people. As 95 per cent of the bread sold is white then from the nutritional standpoint the white bread must be improved, the nutrition committee decided.

It was here that Dr. Newman and his staff came into the picture. The Federal Government department asked them to investigate the matter and see what could be done. They found that the millers were losing the germ—the best part of the wheat—in the bread and shorts. The most valuable ingredient, Vitamin B1 was being lost to human consumption. Whole wheat contained 650 international units of this important vitamin per pound as against only 150 in white bread.

Vitamin Is Important

The vitamin B1 is needed to assimilate the starches, carbohydrates, etc. in the diet of human beings, Dr. Newman explained. He termed this vitamin, which is a chemical substance, the "morale vitamin" as it assists people in overcoming nervousness, irratibility and other similar disorders.

The average individual requires approximately 500 international units of vitamin B1 each day, the speaker declared.

Experiments showed that returning the germ to the flour was not a practical proposition. This germ contained 3,000 of these international units per pound. Finally a dry milling system was hit upon with decidedly successful results. Now the big milling companies are using this process and the medical profession term the discovery a "dietetical triumph".

A survey of the new bread made from the high vitamin flour reveals that the consumer likes it better than the white bread he has been accustomed to, Dr. Newman stated. Many claim it is better flavored.

The law now provides that bakers must have at least four per cent skim milk solids in the vitamin B bread in addition to the 400 international units contained in the vitamin B flour. The skim milk solids contain vitamin B2 which helps check infection, colds, etc. Another requirement is that whole wheat bread must now contain a minimum of 550 international units of vitamin B1. These regulations are to be rigidly enforced.

At present 2,600,000 loaves of high vitamin bread are being sold in Canada.

Dr. Newman also spoke about vitamin A which regulates eyesight and told of experiments carried out among the Indians up north last winter. A new biscuit, rich in vitamin A has been manufactured and will be sent up to them to correct a bad deficiency in eyesight he said.

Dr. J A. Clark, Superintendent of the Experimental Farm, presided at the meeting and Mr. G. M. Avard expressed the thanks of those present to the speaker.

FIRE LOSSES

Fire losses in Canada for the week ended July 19 were higher at $1,300,185 than last week's total of $273,525, and compared with $66,450 for the corresponding week a year ago, according to The Monetary Times estimate. Total loss since January 1 was $10,793 293 as compared with the figure of $8,089,155 for the same period last year. For comparative purposes the total is made of weekly unadjusted estimates.

LINER TO SAIL TODAY

LORENCO MARQUES, Portuguese East Africa, July 27 —(AP) — The Swedish Liner Gripsholm, which is returning American, Latin American and Canadian Nationals from Japan and other parts of Japanese-controlled territory, is to sail from this port Tuesday for New York.

The Asama Maru and Conte Verde which brought the repatriates to this port, sailed for Japan Sunday with Japanese Nationals from America.

Tribal dances of the natives of Mozambique sometimes last for 36 hours.

FOR SALE

Tracey Hanover, 2.03, 10 years old, sound and in the best shape of his Maritime career. Has gone three easy races and is now ready for someone to pick up and go on with. My partner is in the army now so Tracy must be sold within the next 10 days. He is a lovely big horse. Anyone can drive him on the road and a real pip, a regular bearcat on ice. Paced the quarter in 30 seconds last winter free-legged. Will keep him for a few days if someone wants to race him. Price $200.

GEORGE MacKENZIE
12 Alexandra St. Sydney, C.B.
7-28-30-1

MONTAGUE HORSE RACES

A favorite race track for upwards of forty years—Montague again welcomes visiting horse owners, horsemen and thousands of racegoers next

Wednesday Afternoon, July 29th.

The Management take pleasure in presenting the list of entries below, feeling confident that they will furnish an afternoon's sport difficult to equal or excel.

By classifying the horses close racing is assured. You will note among them some newcomers, also the old reliables that have been making history again this year.

The Montague track pacing record is 2.07 1-4 and the trotting record 2.08 1-4. It would not be surprising if one of these at least will be supplanted by a new record.

For several weeks preparations have been made for this banner race meeting and now everything is set to make it one of the pleasantest of the season. Racing starts at sharp two o'clock and the horses will be gotten out quickly for each heat so that there will be no delays. This is positively guaranteed so there will be no dull moments at Montague on Wednesday.

Plenty of ticket sellers will be on hand so that there will be no hold up on the roads leading to the track. The Grand Stand gives a full view of every inch of the track. Pleasant surroundings and a good time is assured all who attend. Fill up your car and be with us. Just a short ride over the pavement through beautiful country, so come along and enjoy a really thrilling afternoon.

Here are the entries:

NO. 1 CLASSIFIED, PURSE $250.00

WATCHUM 2.07—Frank Adams, Halifax.
SCOTTY HANOVER 2.08—Tyndall Semple, Kensington.
MYLES KALMUCK 2.09 1-2—Willard Kelly, Southport.
USCITA BRITTON 2.09—George H. Brookins, Kensington.
HAL McKINNEY 2.06 1-4—Milton Bell, Charlottetown.
BEBE McELWYN 2.10 1-4—Daniel Rice, Charlottetown.
CHARLOTTE B. 2.09 1-2—Walter Hennessey, Charlottetown.

NO. 2 CLASSIFIED, PURSE $250.00

HILDA BUDLONG 2.11 1-4—Andrew Perry, Summerside.
JACK CLYDE 2.16 1-2—George Callbeck, Summerside.
LADY HAL 2.12 1-4—Bell and McNeill, Charlottetown.
BONNIE SCOTT 2.10 1-4—C. H. Horton, Murray River.
PLAYDALE 2.04 1-2—Willard Kelly, Southport.
LUSTY FRISCO 2.07 1-4—C. H. Chandler, Charlottetown.

NO. 3 CLASSIFIED, PURSE $250.00

GEORGE MAC 2.16 1-2—George McIntyre, Montague.
SCOTTY WATSON 2.14 1-4—George H. Brookins, Kensington.
RUBY VOLO 2.16 1-4—Simmons and Semple, Kensington.
PAUL ABBE 2.11—Power Bros., Charlottetown.
BEAVERDALE 2.13 1-2—Pope Clark, Charlottetown.
RAYMOND BUDLONG 2.13—Wellington McNeill, Southport.
GRATTAN QUEEN 2.12 1-4—Frank Adams, Halifax, N. S.

NO. 4 CLASSIFIED, PURSE $250.00

SILENT MAC 2.17 1-4—Vernon Proud, Brackley Point.
WAIT N'SEE—Willard MacDonald, Southport.
EDITH GREY—Ed. McGuigan, Montague.
LUCKY GUY 2.20—Lee Chappelle, Stanhope.
MISS MARJORIE HAL—G. W. Willis, North River.
PETER BUDLONG 2.15 1-2—Ensor Bowness, Summerside.
GRACE ABBE 2.16 1-2—Frank Adams, Halifax, N. S.
MISS BELLE AUBREY—Hazen Howard, Cornwall.
LUSTY'S FIRST—C. H. Chandler, Charlottetown.
VIRGINIA KALMUCK—Earl Ings, Mt. Herbert
SINGIN' SAM—Charles O'Brien, Covehead.
STAR JUNIOR—H. E. Killiam, Montague.

RACES START AT 2.00 P.M. SHARP. ALL RACES ON THREE HEAT PLAN. HORSE WINNING TWO HEATS TAKES LAST SCORING POSITION THE THIRD HEAT. ADMISSION .50 CENTS PLUS TAX, ADMISSION TO GRAND STAND .25 CENTS PLUS TAX.

GEORGE MCINTYRE,
SECRETARY

If Rained-out Races will be postponed and held on Wednesday, August 5th.

GUARDIAN SPORTING NEWS

K. of C. Lead In Series

Scoring 12 runs in a hectic first inning of a scheduled softball game last evening, the K. of C. team defeated the braves 25 to 18 to gain undisputed leadership in the K. of C. League.

However, superb work of the Braves' moundsman, Mike Hennessey, gave the winners plenty to worry about before the game was over. As a result of his brilliant work in the pitcher's box, the losers had the game all tied up at the end of the seventh.

The K. of C. refused to be beaten, however, and came back strong to take undisputed lead and emerge with a clear-cut victory.

The next game in the series will be played tomorrow night between the Braves and the Aces.

Lineups:

K. of C.: B. Bradley, V. McFarlane, H. Peters, E. Kelly, C. Cantwell, A. McFarlane, Flash Tierney, L. MacDonald and J. Richards.

Braves: R. Martin, M. Hennessey, F. Gormley, L. Martin, Wally Shephard, C. Callaghan, J. Hennessey, V. Wedge and C. White.

League Standing

	Won	Lost	Pts.
K. of C.	4	1	8
Aces	3	2	6
Braves	2	3	4
Tigers	1	4	2

Negroes want Majors to leave Them alone

NEW YORK, July 27—(AP)—Larry MacPhail, Brooklyn Dodgers' president, said today he had spoken with some negro baseball men and that they are not in favor of having the major leagues "raid their clubs for talent."

"The way they look at it," MacPhail went on, "is that there aren't too many players of major league calibre in the negro National and American Leagues, so, if they should lose their best players to the majors, their own club would be hurt at the gate. Some of those negro teams play to as many as 30,000 fans, and those baseball officials don't want to injure their own box office attraction."

MacPhail expressed himself when asked for his opinion on Pittsburgh Pirates giving three negro players tryouts Aug. 4.

Nelson wins Tam O'Shanter

CHICAGO, July 27—(AP)—The Tam O'Shanter money scramble, better known as the $15,000 golf open, came to an end today like a fantastic nightmare with Byron Nelson the winner.

Nelson successfully defended his title by crushing Clayton Heafner, the man-mountain pro of Linville, N.C., with a sub-par 67—10 strokes below his yesterday's round which sent him against Heafner in the 18-hole playoff.

Nelson, the Texan who works out of Toledo, O., posted a 33-34 to his opponents 34-37 to maintain his record of never losing a playoff for a major golf championship. Heafner, recent winner of the Mahoning Valley open at Girard, O., had never before gone an extra heat.

Red Sox whip Cleveland 8-5

CLEVELAND, July 27—(AP)—Boston Red Sox clung to second place in the American League today, scoring four runs in the last two innings to turn back the threatening Cleveland Indians 8-5 in the opener of a four-game series.

Tex Hughson notched his 11th victory against three defeats but was clubbed for 12 hits while Boston collected 11—nine off loser Al Milnar and two off Joe Heving.

In an effort to halt the Red Sox slump that has lost them 15 of their last 24 games, Manager Joe Cronin took over the cleanup spot in the batting order and moved slugger Ted Williams into the No. 5 position. Cronin went in at third base, later relinquishing the job to Jim Tabor.

Boston	200 011 013—8	11 0
Cleveland	003 100 001—5	12 0

Hughson and Conroy; Milnar, Heving (9), Ferrick (9) and Desautels.

Remember When

(By The Canadian Press)

Finland's famed track star Paavo Nurmi, was barred from participating in the 1932 Olympic Games at Los Angeles by the International Amateur Athletic Federation 10 years ago today. Nurmi was previously suspended by the same organization in April, 1931, for allegedly accepting money in excess of his expenses.

GROWING INDUSTRY

Nearly 200,000 persons worked in petroleum and natural gas activities in the United States in 1939.

BIG RURAL FAMILIES

The average size of families is larger in the rural areas of the United States than in the cities.

IT'S A FACT

Part of the Pacific ocean is farther east than New York.

Constantino and Wright to meet September 25

NEW YORK, July 27—(AP)—Champion Chalky Wright and Lulu Constantino of New York today were signed by Promoter Mike Jacobs for a 15-round featherweight title bout at Madison Square Garden, Sept. 25.

Constantino earned the shot at Wright's New York-recognized title by outpointing Pedro Hernandez in the Garden last Thursday. Wright and Hernandez are the only two fighters who hold a decision over the New Yorker in his six professional bouts.

At the same time, Jacobs announced a 12-round fight between Tami Mauriello and Lee Savold Oct. 30.

Acquatic Meet To Be Staged

A swimming meet will be staged here on Wednesday, August 5th P.O. Malcolm Bryden, R.A.F. has announced. P.O. Bryden took over the asignment of sports officer at the R.A.F. sttion here only recently and the enthusiasm which he is putting into his task is already making itself felt in no uncertain way. He had some tough luck and some disappointments in staging his track and field Friday night but should receive a better break for the aquatic meet.

The swimming meet will be staged at the Charlottetown Yacht Club basin here, the Sports Officer said

Golfers to Give Profits To Red Cross

TORONTO, July 28 — Canadian war charities should profit handsomely through the forthcoming contest for the Canadian Open Golf Championship which will be held at the Mississauga Golf Club, Toronto, on August 6, 7 and 8. At a special meeting of the directors of the Royal Canadian Canadian Golf Association it was unanimously decided that the net profits of all the association's operations for 1942 "be donated to the Canadian Red Cross Society."

The Canadian Open, with prize money of $3600.00 in addition to the Seagram Gold Cup, is the greatest profit-making activity of the association and the bulk of the funds to be donated will come from this three day tournament at Mississauga. This gesture of the R. C. G. A. has been well received in golfdom and the Ontario Golf Association has adopted a similar resolution concerning its profits.

One of the features that should help build up the donation of the R. C. G. A., is the exhibition of trick and fancy shots to be given by Joe Kirkwood on Friday, August 7th. Kirkwood gave a similar demonstration in the Hale America a few weeks ago at Chicago and his performance attracted a huge gallery.

With the assurance that many famous United States and Canadian golf stars will tee off in this year's Open, golfing fans who attend Mississauga will witness one of the keenest competitions in years. Highlighting the proposed list of starters is diminutive Ben Hogan, this year's leading money winner who is making a determined assault on the all time money winning record now held by Sam Snead.

Dorazio - Bettina Fight postponed

PHILADELPHIA, July 27—(AP) Promoter Herman Taylor announced today a 24-hour postponement of the Gus Dorazio-Melio Bettina heavyweight fight because of weather conditions.

The bout will be held outdoors at Shibe Park tomorrow night. Dorazio weighed in at 196 3-4, exactly 10 pounds more than Bettina.

Giants - Dodgers Tussle expected To draw $100,000

NEW YORK, July 27—(AP)—Baseball's biggest war relief game to date—the Giants-Dodgers Aug. 3 tussle—was outlined today as a sure-fire $100,000 affair, thereby skyrocketing the National League's war contribution well past its goal of $250,000.

The Giants, Polo Grounds hosts for the game, explained that the United States Army Emergency Relief Fund is expected to benefit by more than $100,000 from it, and that all signs point to a crowd and gate that will wipe out all existing records for the big ballyard under Coogans Bluff.

Baseball Results

INTERNATIONAL LEAGUE

Syracuse 8; Montreal 7
Jersey City 5; Toronto 2
Newark 8; Rochester 0
Baltimore 7; Buffalo 9
Baltimore 12; Buffalo 3

Schedule for Playing off Postponed games

CHICAGO, July 27—(AP)—The American League today announced the following schedule for playing off postponed games (all doubleheaders unless otherwise specified):

July 31, New York at St. Louis (first game twilight, second game night); Aug. 2 New York at St. Louis, Philadelphia at Cleveland (Aug. 1 game cancelled); Aug. 9 Philadelphia at New York (Aug. 7 and Aug. 10 games cancelled); Aug. 11 Detroit, at Cleveland (first game twilight, second game night); Aug. 15, New York at Philadelphia, Washington at Boston; Aug. 16, Chicago at Detroit; Aug. 18, Cleveland at Detroit, cancelled; Aug. 22, Boston at Philadelphia; Aug. 23 St. Louis at Detroit, to be played for benefit of Army and Navy Relief Fund;. Chicago at Cleveland; Boston at Philadelphia, for benefit of Army and Navy Relief Fund; Washington at New York, for benefit of Army and Navy Relief Fund; Aug. 25, Cleveland at Boston; Aug. 26, Detroit at Philadelphia (first game twilight, second game night); Aug. 27, Chicago at New York, cancelled; Aug. 28, St. Louis at Philadelphia, single game; Aug. 31, Chicago at Philadelphia; Sept. 2, Chicago at Washington, St. Louis at New York, Detroit at Boston; Sept. 3, St. Louis at New York, cancelled; Sept. 13, Boston at Chicago; Sept. 23, Chicago at Detroit cancelled.

BUTTERFLIES GALORE

There are 30,000 species of butterflies in Brazil.

Army Trims Navy 16-3

The Army turned the "big guns" on the Navy last night in scheduled game of softball and when the smoke of battle had lifted the score was 16 to 3. This withering blow was administered in five short innings as the game was called at that time.

The re-vamped army team were clicking in every department. A heated argument over the Umpire, the rumbling of which started soon after the beginning of the encounter, finally developed into a big "row" in the fifth inning with the result that the game was called.

This game was supposed to have been played on Thursday but weather conditions interfered.

It was in the lively fifth inning that the Navy succeeded in getting their three runs and breaking the goose-egg which haunted them all along.

The previous frame proved to be very lucrative to the soldiers who trotted no less than ten men across the home plate to run their score into the double figures.

Lineup:

Army—Ward, Loewy, Richard Martell, O'Neill, Nearing, Doane, Morrison, O'Connors.

Navy—Sparks, Easton, Calhoun, Paradine, Wiseman, Talbot, Bell, McGill and Brown.

Horsemen Meet

A meeting of all interested horsemen will be held in Hugh Walker's Livery Stable at 8 o'clock tonight. Positions of horses for Montague Horse Races tomorrow will be drawn for.

Use Minard's for Dandruff.

OUT OUR WAY By. J. R. Wiliams

Our Boardng House With Major Hoople

BRINGING UP FATHER By George McManus

TIPPIE AND "CAP" STUBBS By Edwina

TILLIE THE TOILER— DUAL LIKENESS