

I DON'T WANT TO CHEAT MY FAMILY of the Big Health Factors

IN WHOLE-GRAIN QUAKER OATS



I know that no other natural cereal gives them such an abundance of protein—meat's main element. Growing children simply must have protein for normal growth adults for stamina. Whole-grain oatmeal is also richest of all natural cereals in vitamin B1—needed for sound nerves and top energy. So I serve big bowls of delicious Quaker Oats to my family daily. Nothing matches that delicious nut-like whole-grain flavour. No other cereal gives the same healthful benefits stored by Nature in real whole-grain oatmeal.

QUAKER OATS

The Quaker Oats Company of Canada Limited

At St Andrew's Dinner 20 Years Ago

The following is a list of those who bought tickets for St. Andrew's Dinner twenty years ago; alas, many are now among the departed, and the rising generation do not seem to interest themselves to the same extent in the affairs of the old flourishing Caledonian Club:

- Andrews, J. E.
Agnew, Robert
Anderson, John
Bethune, D. F.
Burnett, J. R.
Bowman, Byron
Brown, A. B.
Cosh, Allan B.
Douglas, McLeod
Dawson, W. R.
Duncan, Joseph
Forsythe, R. F.
Ferguson, E. A.
Forsythe, Allen
Gordon, John P.
Gillis, William D.
Gillis, John M.
Gillis, Male (Mall Clerk)
Gillie, Malcolm
Gordon, Wm. Stanley
Gregor, Charles
Grant, George
Guthrie, Thos.
Harley, Alfred
Harley, Harry
Helm, Kenneth C.
Kennedy, John D.
Kennedy, Murdoch
Kennedy, James
McKinnon, W. G.
Livingstone, Duncan
Matheson, Duncan
Martin, Kennedy M.
Mutch, F. A. Allan
Morrison, A. E.
Morrison, John A.
Morrison, Hugh F.
Morrison, R. G.
Morrison, John I.
McLeod, A. W.
McDonald, Louis J.
McDonald, Wm.
McMillan, James I.
McKenzie, D. N.
McDonald, Laughlin
McDonald, Wm.
McKenzie, H. A.
McDonald, Heuber
McLure, W. Chester S.
McKie, James
McDonald, Ronald
McArthur, Allan P.
McDonald, Allan R.
McPherson, W.
McMinnis, Arthur
McLaren, W. A.
McDonald, Jas. A.
McKinnon, Col. D. A.
McNeven, Neil A.
Queen, Malcolm
McFadyen, Hector
McLeod, S. A.
McEachern, J. A.
McLeod, R. C.
McMillan, Angus
McMillan, T. M.
McMillan, Dr. W. J.
McLeod, George S.
Macdonald, B. B.
McNeill, R. N.
McDonald, D. J.
McLeod, Hector
McLaren, John A.
McMillan, Neil P.
McDougal, Capt. A.
McEachern, Ben. R. H.
McPherson, Ben. J.
McNeven, A. J.
McLeod, Daniel
McLean, Joseph
McLean, N. D.
McFadyen, John G.
McKenzie, Norman A.
McLean, Awn
McLeod, Donald
McDonald, Alex. M.
McDonald, Albin
McLellan, A. M. P.
McMillan, Duncan
McDonald, Frank
McDonald, Leo F.
McPhee, Wm.
McDougal, Alex.
McIntyre, Dr. Heath
McMillan, Wm. H.
McDonald, Peter J.
Nicholson, Geo. P.
McLean, Norman
McNeill, R. B.
McKay, John Louis
McPherson, H. L.
McLeod, Neil
McDonald, Allison
McLennan, M. H.
McLeod, Harry
McDonald, Roderick
McAulay, James Au
McLeod, K. W.
McAulay, Allan E.
McKinnon, Apt. J.
McLaughlin, Alex. A.
McDonald, Chas.
McNeill, Dr. J. P.
McDonald, Chas. E.
McDonald, Walter
McEachern, John N.
McKinnon, Ewen M.
McDonald, Wm. A.
McCallum, Geo.
McLeod, Lewis D.
McPhee, Henry

- McLeod, Geddie
McNeill, Leonard
McKinnon, Walter G.
McFadyen, J. M.
McDonald, Hugh L.
McDonald, Roy
McEachern, Daniel L.
McDonald, J. S.
McKinnon, Hic.
McDonald, Duncan
McNeill, Angus A.
McEachern, Daniel
Falcon, James
Fatterson, C. W.
Paton, J. Roland
Ross, Murdoch
Reid, Wm.
Rhynes, Robert
Robertson, Wm. K.
Robertson, James A.
Revell, John A.
Revell, James T.
Roy, A. M.
Reid, John
Shaw, D. Edgar
Smith, Alex.
Stewart, Wallace C.
Sinclair, Alex. C.
Stewart, Roland
Stewart, Wm. Allan
Smith, Wm. E.
Shaw, Louis E.
Sinclair, Ernest E.
Stavart, Henry B.
Stewart, Louis A.
Shaw, James Wallace
Tait, James
White, Thomas F.
Walker, Geo. Clarke
White, Thomas H.
Walker, Edgar

Bristol and Vicinity

This vicinity last a grand old man last week when death claimed the life of Mr. Michael Cullen at the grand old age of ninety-nine years. Mr. Cullen had resided in this vicinity all his life and carried on farming, a man of great memory, Mr. Cullen could recall people and places where things happened seventy-five years ago and his strong memory retained on till the last minutes of his life. He leaves on son on the old homestead and several grand children and a great-grandchild.

The sudden passing of Mrs. Albert Griffin, of Mount Stewart, is deeply regretted. Mrs. Griffin had resided near here for many years and only a year ago removed to the village. At the time of her sudden passing she was in Moncton, visiting her husband who is serving with the R.C.A.F. in that city.

Miss Eunice MacDonald who underwent a serious operation in the Prince Edward Island Hospital some time ago was discharged on Tuesday and returned to her home as her condition is very satisfactory.

The young friends of Miss Blanche Squires gathered at the home of her parents on Monday evening to tender her a surprise shower in honor of her approaching marriage.

SEA VIEW AND VICINITY

The home of Mr. and Mrs. Amos Adams was the scene of a large and pleasant gathering on Monday evening. The occasion was the occasion of a reception for their eldest son, Pte. Stewart Adams who was spending a few weeks at his home. Pte. Adams enlisted during the past summer and has been serving in His Majesty's service at Camp Borden, N.S. When the guests had all arrived, Mr. Boyd Barstow was appointed chairman and after a few well fitting remarks called upon Mr. Buddie Brander who read a nicely worded address conveying the sentiments of all present and the admiration and affection of Sea View boys who so willingly obeyed the call to serve his King and Country.

Mr. John W. Murphy of the airport at Mount Pleasant, spent the past week-end at his home here in Sea View.

Mr. Roy Adams has been purchasing a number of live chickens and fowl throughout all the surrounding communities. He is preparing for the North Shore Canning Plant at Darnley.

Mr. and Mrs. John Bassett spent the week-end at their home on the River, the guests of Mr. and Mrs. John Barstow, and enjoyed a pleasant visit.

Mr. and Mrs. Lewis Rogers and Mrs. Thomas Rogers were recent visitors to Darnley and spent a pleasant visit with friends there.

The mild days of the past week have enabled the farmers to finish up their ploughing and necessary fall work which had been delayed.

The ladies and members of the Sea View Red Cross Branch met at the home of Mrs. Earle McLeod on Tuesday evening for a knitting for Red Cross purposes.

The annual meeting of Irishtown W.I. was held at the home of Mrs. Ellis Griffin on Tuesday evening, Nov. 23. The evening was presided over by Mrs. MacLeod.

Smelt fishing got underway here last week but catches are reported light with prices very high. Fishermen are reported as receiving five dollars per thirty pound box on the New York Market.

The condition of Mr. Art Aldershaw has become quite serious. He has been ill for more than a year.

Mr. Charles Richards, Nutrage, was a visitor here last week on business.

Mrs. James Aldershaw, Nutrage Harbour, visited his father who is quite ill.

Pte. Rupert MacDonald, left last week on return to his training center in Ontario after visiting his parents, Mr. and Mrs. James F. MacDonald for two weeks.

Friends of Pte. Ira Hawbolt have received word from England, that his condition is not very satisfactory. It will be remembered that Pte. Hawbolt was wounded in the neck some time ago. Pte. Hawbolt is a son of the late Mr. and Mrs. McPhee, Henry

BLAME THAT SICK HEADACHE ON YOUR LIVER

Your liver must produce 1 1/2 pints of bile every day to keep your system regular. If it does not, you are liable to suffer from indigestion, flatulence, a weak, nervous disposition, a watery, watery stool, and a general feeling of uneasiness. The medicine that cures nature's bile contains 10 pure vegetable extracts which act on liver, stomach and bowels ever so gently. These small pills are so effective and so pleasant to take that they are being sold everywhere. Over 1 million bottles of this medicine have been sold in the last year, convincing evidence of how greatly they are helping others.

Christmas gifts. A delicious lunch was served by the ladies in charge and a social hour followed.

Many friends are sorry to learn of the serious nature of the illness of Mr. William E. Proffitt, which made it necessary for him to enter Prince County Hospital for an operation.

Mr. J. E. Campbell has returned to Mount Pleasant Airport to resume his duties after spending a few weeks at his home in Sea View.

The home of Mr. and Mrs. W. J. Harrington, Spring Valley, was the scene of a pleasant gathering on Wednesday evening to tender a gift to the bride.

Mr. Annie Sutherland is spending a pleasant visit in Hamilton, the guest of her daughter Mrs. William Sinclair and Mr. Sinclair.

Mr. and Mrs. Ferguson Crapaud were recent visitors to Sea View the guests of Mr. and Mrs. Amos Adams.

HEWSON-LACAU WEDDING SPRINGFIELD, Nov. 22 - The marriage of Anne Lacau, daughter of Mrs. John Lacau, Valley Road, and James Hewson, son of Mrs. James Hewson, Valley Road, took place Wednesday Nov. 23, with Rev. Father Buchanan of St. John's Roman Catholic Church officiating.

PENZANCE, England - (CP) - C.W. Jacob of this town, was appointed postmaster of Cranleigh, near Guilford.

For STRAINS, SPRAINS and SORE MUSCLES OLYMPIENE THE ANTISEPTIC LINIMENT

Dieppe Casualties Back in Canada

MONTEAL, Nov. 27 - (CP) - An 18-car Canadian army hospital train with some 400 casualty cases from the Dieppe action and the more recent Sicilian campaign and some R.C.A.F. casualties, slowly made its way to the city. The train left the hospital ship Lady Nelson at Halifax and every where along the weary route, the casualties many of them repatriated passengers-of-war, were greeted by bands and met by Canadian workers.

At every whistle stop there was a crowd anxious to get a glimpse of the men who stormed Dieppe, raced through the rocky terrain of Sicily and fought in the air over German-held Europe.

Take it on the authority of the men that die in Sicily, the Canadian Army medical services are equal to the best anywhere.

One officer said "It's a god-given right to grumble" but that he never heard a complaint about the medical services in Sicily and Africa.

MaJ. Charles Page of Calgary, who commanded a section of a Calgary tank Regiment at Dieppe, is still going on, he added, with every respect in German prison.

MaJ. Charles Page said he noticed the orderlies were more thoughtful and could not do enough for the prisoners. Mrs. Walbert McKinnon, who is on board hospital train and leaving the country.

Several train stops were made in Germany and during the trip out and crowds invariably gathered to look at the prisoners. Major Page said, "but not bitter."

He said his camp was near enough to Munich to witness the effect of Allied air raids on the city. Many times the sky was "red hot" with the incendiary bombs.

Concerning the shackling of prisoners, MaJ. Page said those who were chosen were taken to the commandant's around eight o'clock in the morning and had to spend the whole day, eating and working or playing with the chains on until 9 p.m.

When he left the Elchstatt camp several weeks ago, the shackling was still going on, he added, with many members of the Fusiliers Mont-Royal among those enchained. They were Capt. Marchand, Camaraine, Ducloux and Gravel, Lieuts. Roy, Ranger, Bissonette, Clermont, Laforune, DeMontigny and Tetreau, and Ptes. Kelly, Noel and Duval.

He said, however, since the Allies began their big raids over Germany, German guards gave better treatment to prisoners and although no orders had been given yet to put an end to the shackling.



ONLY 27¢ FOR A FULL POUND

WHAT IS A GOOD COCOA?

All pure Cocoa is made from the same kind of raw Cocoa Beans. But PERFECTION COCOA is manufactured from carefully selected Cocoa Beans which are roasted, ground and processed with the extensive knowledge gained by Rowntrees in making fine Cocoa for more than a century.

Highest Quality Cocoa is judged by the amount of rich, nourishing Cocoa Butter it contains - PERFECTION COCOA has a guaranteed 23% Cocoa Butter content.

Regardless of price, there is none better than PERFECTION COCOA. Yet PERFECTION costs less!

ALBION W. I. The fifth annual meeting of Albion Women's Institute was held at the home of the Secretary on Monday evening, November 1st., the President Mrs. Walbert McKinnon presiding.

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BRINGING UP FATHER

I'LL BE BACK IN TIME TO TAKE MY PIANO LESSON - SO I WANT YOU TO ENJOY THE PIANO LESSON TEACHER HERE IN AN HOUR!!

TIPPY AND "CAP" STUBBS

I PLAYED REPertoire THAT SEASON - JULIET, DESIRE, THE ALL-STAR TRICE, GENTLE CASSIO.

TILLIE THE TOILER - ADVANCE TO DUTY.

JUST SAY MY FRIEND AND HE HAD BARS ON HIS SHOULDERS

WHY DOES A RABBIT WIGGLE HIS NOSE STITCHES

WHY DOES A RABBIT WIGGLE HIS NOSE STITCHES? TALK TO ME! I'M JIS AGKIN YA!

DO COME IN, MR. BUDGE

DO COME IN, MR. BUDGE - WE'VE HAD TO SEND FOR MONEY TO GET HOME.

THEY WERE CROWBARS

THEY WERE CROWBARS - NO-HO

WELL, HE'S STILL GOING UP IN THE

WELL, HE'S STILL GOING UP IN THE WORLD

Our Boarding House

EGAD, BOYS! DID YOU HEAR A WEIRD NOISE LAST NIGHT LIKE THE CHATTERING OF A MACHINE GUN? THE DIB GUNNED TO COME FROM BAXTER'S YARD - IT WOKE ME TWICE!

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WELL, I SUPPOSE THAT'S THE IVORY POUNDER NOW!

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YEAH, I HEARD IT, BUT THAT TRANSPARENT BLANKET OF MINE IS SO THIN I DON'T REALLY SLEEP FULL BLAST!

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Enjoy Eggweat Noodles! CATELLI MACARONI PRODUCTS

CHRISTMAS CARDS MAY BE OLD ONES LONDON, Nov. 26 - (CP) - If you get a Christmas card from somebody in Britain, look at it closely - most likely it's a second hand greeting.

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YEAH, I HEARD IT, BUT THAT TRANSPARENT BLANKET OF MINE IS SO THIN I DON'T REALLY SLEEP FULL BLAST!

I LAUGHED IT OFF! WHAT'S ONE MORE NOISE IN A HOUSEFUL OF BUZZ-SAWING FULL BLAST!

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