

GIVE MORE THOUGHT TO YOUR BREAKFAST

**This delicious whole wheat cereal**

**Contains WHEAT GERM**

• A total lack of Vitamin B1 in the diet causes polyneuritis. The wheat germ is recognized as a useful source of Vitamin B1. Cereals are made from whole wheat from which none of the precious wheat germ has been removed.

• FOR BREAKFAST, be sure the youngsters get foods that are rich in energy. Cereals contain the whole wheat—the precious wheat germ, the bran, the minerals, the protein.

This wholesome, nourishing food is delightfully tasty, too. Mellow malt blends its goodness with the nut-like flavor of the whole wheat. Cereals come to your table crisp, crunchy toasted a golden brown. Get a package of Cereals from your grocer today.

**THE NEW WHOLE WHEAT CEREAL**

**Cubs**

Product of The Canadian Shredded Wheat Company Limited

- QUEEN SQUARE SCHOOL**
- Honor Roll, June
- Grade X—1, Angus Gillis; 2, James Morris; 3, Maurice O'Brien.
- Grade IX—1, Don MacDonald; 2, E. Campbell; 3, E. MacCallum.
- Grade VIII—1, Melvin Richard; 2, Edwin Steele; 3, Frank Strain.
- Grade VII—1, Jackie Murnaghan; 2, Arthur McInnis; 3, Frank Strain.
- Grade VI—1, Alan Noonan; 2, Wing Wong; 3, Adrian Peters.
- Grade V—1, Frank Sigsworth; 2, Bobby Kelly; 3, Ken McKenzie and Thomas Flynn.
- Grade IV—1, Ivan Dowling; 2, Billy Ready; 3, Reggie Whelan.
- Grade III—1, Philip Murphy; 2, Alan Doyle; 3, Fred Coyle.
- Grade II—1, Charles Saunders; 2, Leo McAdam; 3, Fred Somers.
- Grade I—1, Louis Tronzo; 2, James McEachern; 3, Lloyd Galant.

**SUGAR FOR CANADA**

BRISBANE, Australia (CP)—Subject to shipping space being available, Queensland has an assured sugar market this year. Canada and Great Britain have both agreed to take larger quantities of the 500,000-ton yield.

**Southern Atlantic Legacy**

BY SYDNEY PARKMAN

"An' dar's de dory. Come right down, zuh, an' we'll git gon'." He shoved the dory into the water; the other two climbed aboard and settled themselves in the stern sheets; and a moment later he had thrust the boat off into deep water.

A silver radiance was already beginning to show in the east above the hills on the eastward side of the bay. "Oh, here you are!" he exclaimed, looking down at the beach. "I couldn't make that idiot of a landlord understand. That's the best I could draw up there, but where's the man?"

It was the negro himself who answered him.

"Heath I s. u.!" he announced, bay as they were pulled out to where the sloop lay, and by the time they arrived alongside, the whole bay was lit up with a kind of modified knotty glow.

Diana went off to explore the cabin, and when she had turned on the lamps, and when the two negroes mopped the sweeps and started to work the sloop towards the passage, the Major roamed about on deck, making himself acquainted with the disposition of the running gear.

The cabin, which was entered by a small hatchway from the cockpit, was fitted with two fairly wide settees, which had evidently been used as bunks.

Almost automatically, Diana began tidying the place up—removing out of sight the odd garments, and generally making the cabin more presentable—and it was not till she felt the first pitching motion of the vessel that she realized they had negotiated the passage and were heading out into open water.

She glanced round the now tidy cabin with a certain sense of satisfaction, and then turned aft and climbed up the diminutive companion-way into the cockpit.

The Major was seated aft at the tiller and to her surprise she saw that the two negroes were engaged in a game of cards on the deck, and stowing it on top of the cabin skylight. It seemed an unnecessary expenditure of energy in view of the fact that they would be needing it again very shortly, but she thought nothing more about it at the time, for the beauty of the night was fully engaging her attention. The moon was well clear of the eastern horizon—a burnished silver shield set in the luminous heavens—and the fixed white light transformed the coast astern into a scene of transcendent loveliness.

She remained at the head of the companion-way, drinking in the beauty of the scene and drawing in deep breaths of the cool wind, and it was not till her father repeated his question that she turned to look at him.

"Charts?" she echoed. "Yes, I think so. There's a tin cylinder on one of the racks down there that looks as though it might be a chart case, but what do you want a chart for, Daddy? We're not going to re-discover America, are we?"

"Take over the tiller, will you, m'dear," the Major asked her, leaning from her seat, and ignoring her laughing query. "Keep her just about as she is."

She took over the helm, and the vessel went below to the cabin. The wind was coming from the starboard beam and the sloop was close-hauled and heeled over easily under the steady pressure. Occasional little bursts of spray pattered on her fore-deck—the drops sparkling like diamonds in the moonlight—and there was an exhilarating feeling in her motion that was a sheer joy to the girl. Her only regret was that at Toby was not there to enjoy it with her.

By bending down, she could look into the cabin, where the Major had a chart laid out on the table and seemed to be poring over it closely and doing something with a pair of parallel rulers. She wondered what he was doing, and concluded that

**GIFTS for the JUNE BRIDE**

If you find it hard to think of a suitable gift for the bride, drop into Holman's China Department. Hundreds of smart suggestions are there waiting for you. May we remind you that at Holman's you'll find a grand array of Silver Holloware, New Silver Tea Services, Cake Plates, Casseroles, Water Pitchers, Candle Sticks, Vases and many more. All new! All qualities! All prices! All in gift boxes!

**HOLMAN'S CHINA DEPT.**

We'll find out which of us is right before long, so we might as well forget it for the time. When do you calculate it for the time. When do you calculate we ought to arrive at this island?"

(To be Continued)

**Today's Short Wave Radio Program**

(All Time at Eastern Standard)

**THURSDAY, JUNE 27**

6:15 m.—Adalbert Lutter with Light Music. DJB, 15 20 meg., 19.7 m.

6:35 p.m.—Orchestra of the 2nd Infantry Regiment. HATS, 9 62 meg., 31.17 m.

7:00 p.m.—Broadcast in English. RVP6, 15 24 meg., 19.9 m.; RNE, 12 meg., 25 m.

8:00 p.m.—Task: "Background to the News." GSD, 11.75 meg., 25.5 m.; GSC, 9.58 meg., 31.3 m.

8:30 p.m.—News Broadcast and Comment. 9.5 meg., 31.06 m.

**CHAPTER XIX "LAND AHEAD!"**

William Ewart Gladstone descended the companion way cautiously and with a sidelong glance at the sleeping girl, padded forward on bare feet to the fore peak, where he deposited the dirty plates he was carrying on the floor boards.

At that moment she opened her eyes and for a few seconds lay blinking sleepily about her. Then, as she became aware of the negro's presence, she sat up abruptly and thrusting the blanket from her, swung her feet to the floor.

"Laws, Mussy, yo' sho' does sleep when yo' gits down to it!" the man told her with a wide grin. "De Major he ain't never close his eyes all de night. Me an' Zach offer fo' to give him a spell, but dey ain't nuthin' doin'."

"What's the time?" she demanded.

"Hi's gittin' along fo' nine o'clock," the negro answered. "We jes' done had brekfuss, but de Major he say fo' to let yo' have yo' sleep out. But now I guess yo'll want sumfin' fo' to sorter stay yo' stomach."

She remained sitting on the settee for some moments, collecting her thoughts, and then she rose to her feet and followed him.

"The Major was seated aft in the cockpit, with one arm over the tiller, and as she emerged from the hatchway, he glanced at her with eyes red-rimmed from want of sleep. She felt a pang of remorse at the thought that he had been sitting there all night while she slept in relative comfort below, but the recollection of the man to whom he had tricked her on this hare-brained trip and their heated argument overnight did something to temper his feeling of compassion.

Nor did his first words serve to alleviate the tension between them. "No, Daddy, I can't say that I am," she returned calmly. "Not what you'd call reasonable, anyway. I still think the whole thing's completely and utterly mad. Still, there's no use talking about it now."

**ROLLO BAY INSTITUTE**

The June meeting of the Rollo Bay East Women's Institute was held at the home of Mrs. Joseph Deveau with seven members and two visitors present. Meeting opened by reading a Club Woman's Creed and responses to roll call were a nickel. The minutes of last meeting were read, also correspondence and a Questionnaire. Members decided to get certain stretchers. Papers entitled "Pickling Eggs" and "Marrying off Henry" were read by Mrs. Joseph Deveau. Organ selections by Mrs. Felix Peters, also formed part of the program. Meeting adjourned. A dainty lunch was served and a social hour spent. Next meeting to be held at the home of Mrs. Harold McEwen when roll call answer will be "Ways of Raising Funds for the Institute."

**FOOD Values!**

Canned Gods

**REDROSE TEA** 1 lb. pkg 67c

**ROWNTREE'S** 16c bar

**PERFECTION COCOA** 1/2 lb. 14c, 1 lb. Tin 25c

**AYLMER JAS** 2 Tins 5c

**RADIO TEAS** 2 Tins 27c

**AYLMER GOLDEN CORN KERNELS** 2 Tins 23c

**KONST TOMATOES** 2 Tins 23c

**SILVER RIBBON TOMATO JUICE** 2-8 oz. Tins 25c

**JOUBERT TOMATO SOUP** 2-28 oz Tins—29c

**CLARK'S BEANS** 8 oz Tins 17c

**20 oz tins 2-25c**

**HEINZ STRAINED FOODS**

Baby Foods 3 Tins 25c

Junior Foods 2 Tins 25c

**EVAPORATED PEACHES** 18c lb.

**LARGE PRUNES** 2 lbs. 25c

**VITAMANNA** 3 pkg 25c

**LIQUID VENEER** 4 oz bottle 25c

**12 oz bottle 55c**

**CLARK'S DEVILED HAM** 2-6 oz Tins—25c

**AVALON TOILET TISSUE** 4 Rolls 23c

**QUAKER QUICK MACARONI** 2 pkg 25c

**QUAKER MACARONI or QUAKER SPAGHETTI** 2 pkg 25c

Free Grater with each two Packages

**BONELESS COD FISH** 10c

**BULK PEANUT BUTTER** 2 Lbs. 25c

**FRESH DAIRY BUTTER** 23c lb.

**NON PREMIUM CHINAWARE** 20c Pkg., 29c Pkg.

**WESTON'S FLAKY SODAS** 2-1lb Pkg. 29c

**ROSE ROSES FLOUR** 3 CAKES 17c

**FIVE ROSES FLOUR** 24 lb. bag 85c, 98 lb. bag \$2.95

**FRESH SPINACH** 3 Lbs. 25c

**FRESH LEAF LETTUCE** 3 heads 25c

**STRAWBERRY RHUBARB** 6 Lbs. 25c

**LARGE LEMONS** 49c doz

These Prices in Effect

**JUNE 27 TO JULY 4**

**RIX'S GROCERY**

Longworth Ave. Phone 1021-1022

Queen Street Phone 1601-1602

*She's lost her shopping list..*

never mind, she'll see what she wants in "CELLOPHANE"

**WHAT** were those items on the lost grocery list? Bacon? Biscuits? Prunes? Split peas? It really doesn't matter—for if she looks at the attractive displays in "Cellophane" she'll see what she needs, at once. Visible packaging in "Cellophane" today saves precious shopping time, makes shopping easier. Time was when you had to ask the store clerk about the contents of this or that package. But now, with "Cellophane", groceries are made completely visible—you can see what you want and select your needs at a glance. Why not make your daily shopping quicker and more pleasant? It's easy—just look for the displays in "Cellophane".

**Cellophane** TRADE MARK G-I-L CELLULOSE FILM

**Living & Leisure**

—The Woman's Realm

**WHEN ENGLAND CALLS**

I sing no song of England. My wits are slow and dry; I only rise to help her, and, rising, wonder why.

Why wear men my heart for England? I know this only, brother: she calls me, and I go.

—By Ernest Raymond in the London Times.

Having a pointed set screw in one jaw to hold the lining and a hook on the other jaw to hold the end of a spring, pliers have been invented to facilitate removing and replacing internal brake springs of automobiles.

**NIGHT ATTIRE AND ITS ORIGIN**

In the matter of night attire and its origin, correspondents to the British Family Herald cite various cases from literature—Lady Macbeth ("nightgown"), De-mo-na, even Juliet (on the ground of the slender distinction between a nightgown and a dressing gown), and the numerous operatic cases like "La Sonnambula." It was, too, we are reminded, in night attire that Queen Victoria, awakened from sleep on the death of William IV, in the morning. The quest goes back as far as Queen Elizabeth, whose first nightgown is to be seen in the London Museum.

Why some automobile parts never squeak is explained by photographing colors reflected from an oil film: with a minutely thin solid film is formed on the surface of the metal, there is no squeak, and the photograph studies may aid in finding oils best suited for lubrication where extreme pressure exist.

They will then be firm and full of sweet flavour.

Bathrooms should be decorated in light colours, but not necessarily in white. With a tiled floor and white tiled wainscoting, tint, paper or paint the walls in pale pink, blue or green.

**SLICED TONGUE WITH ALMOND SAUCE**

Soak a slightly corned tongue in cold water for several hours. Remove and place in a deep kettle and cover with boiling water. Boil for fifteen minutes and then reduce the heat and simmer gently from three to four hours until the tongue is tender. Let the tongue stand in the water in which it was cooked until cool enough to handle. Remove, peel off the outer skin and cool until possible to slice. Moisten a tablespoon of butter and in it cook 1-4 cup blanched almonds until a delicate brown and crush fine in a frying pan with 2 tablespoons butter and in it cook 1-2 an onion minced fine. Add 4 medium-sized tomatoes cut in quarters, 1-4 teaspoon ground cloves, 1-2 teaspoon cinnamon, and salt and pepper to taste. Add the almonds and the sliced tongue and allow to simmer gently for fifteen minutes. Serve garnished with strips of green pepper.

Use Minards for aches

**TILLIE THE TOILER — NOT THE BEST OF INTENTIONS**

By Westover

YES, GLENNY! TILLIE SHOULDN'T HAVE GIVEN YOU AWAY, BUT SHE'S A BIT RATTLED BY MY COMING HERE WHEN SHE HAD HER OLD CLOTHES ON.

SHE DID?

SO DON'T WORRY ABOUT BEING FRIEND TO YOUR BROTHER, GLENNY. ANYTHING TILLIE DOES IS ALWAYS WITH THE BEST OF INTENTIONS.

WHY, THAT SNIPPY LITTLE WRETCH, I'LL SCRATCH HER EYES OUT.

**MORSE'S Standard TEA**

65c per pound package

Maritime tea drinkers know their tea and they know there's splendid satisfaction in MORSE'S STANDARD TEA — and special value at 65 cents a pound — VERY special value, in fact.