

Covers Prince Edward Island Like the Sun... Published every week-day morning at 160 Prince Street...

to see how it could give them a stronger hold. However, there is little likelihood of any serious opposition to the Prime Minister's bill when it is presented.

Commonwealth Sales Canadian exports to Commonwealth countries are worth about \$1 billion every year, writes P.C. Collingwood of the Department of Trade and Commerce in the latest issue of "Foreign Trade".

Of the other Commonwealth countries which, with Britain, took 20 per cent of all Canada's exports in 1957, South Africa is historically our second largest market, though sometimes she vies with Australia for second place.

EDITORIAL NOTES Lower earnings for the Big 3 automobile manufacturing companies in the United States for the first six months of this year made a big dent in Federal taxes.

A member of the advisory committee appointed under the Farm Stabilization Act is quoted as saying that the act was designed "to protect the large farm operator and let the devil take the hindmost."

The Ottawa Journal asks: "Would we be bothering with Jordan and Lebanon or worrying over 'Nasserism' or trying to stop Middle East communism?"

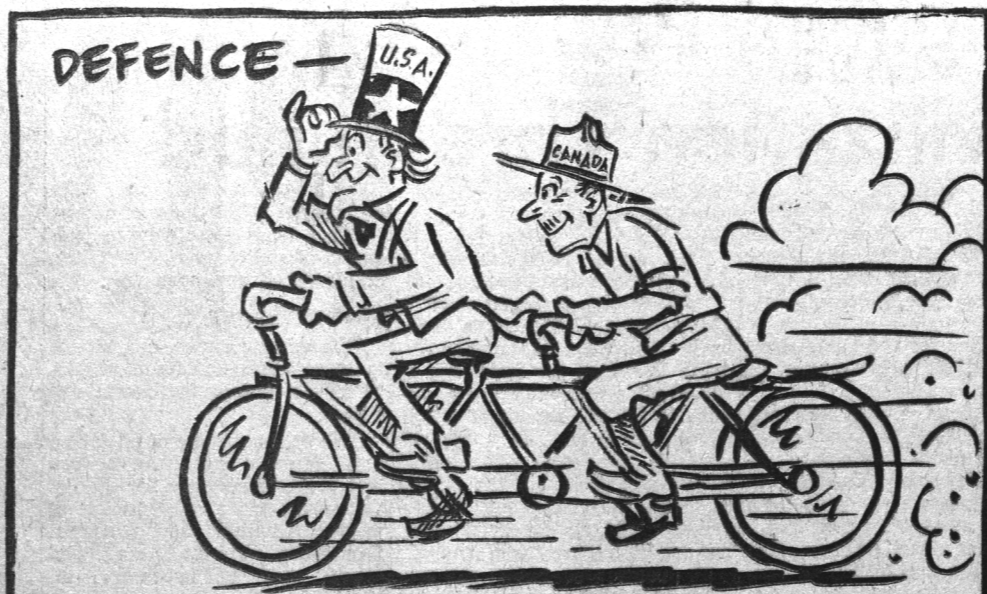
Until recently any foreign company wishing to do business in Britain had to obtain special consent of the Treasury. That restriction has now been removed.

CCF House leader Argue told the Commons that "farmers in general feel that price supports are not high enough."

Bill Of Rights A dispatch from Ottawa says that Prime Minister Diefenbaker is ready to present to Parliament a "Bill of Rights" on which he has been working for some time.

The main points of the bill are said to be as follows: 1. Everyone has the right to life, liberty and security of person, and all are equal under the law; 2. No person shall be subject to arbitrary arrest, detention or exile.

These are worthy principles, of course. But are they not already protected by our laws and respected by our courts?



THE BICYCLE BUILT FOR TWO

Inside The Soviet Empire

Edward Cranshaw in The London Observer

LONDON — Russian subversion is constant, to be taken for granted as an unfortunate fact of life. A great deal of time is wasted and energy misdirected in trying to establish particular examples of Moscow's tireless activity.

Thus, in a sense, it is a truism to say that the trouble in the Middle East offers one more piece of evidence for the existence of a global Communist plot.

MISLEADING This is untrue and dangerously misleading to suggest that Moscow at this moment is engaged in fomenting Communist revolutions in the Middle East.

And the Russians have shown time and time again that they are not at present interested in any extension of their Empire that cannot be held, fairly easily, by force stopping short of full-scale warfare.

But if Mr. Khrushchev and his friends are not interested just now in bringing Communism to the Middle East, they are deeply interested in helping to expel Western influence from that area.

History-Rich St. Lawrence

National Geographic Society

WASHINGTON — A new era — shared by the United States and Canada as cooperating neighbors — was born and baptized early in July along the upper reaches of the St. Lawrence River.

Some 25 miles long and averaging 40 feet in depth, the man-made lake will accommodate seagoing ships a thousand miles from the Atlantic.

SAW ANOTHER WORLD The inauguration of the entire Seaway next spring will open a deepwater lane winding 2,300 miles from the mouth of the St. Lawrence to North America's industrial heartland.

Where primeval wilderness spread, great inland seaports now handle millions of tons of cargo a year. The river, harnessed by concrete and steel, flows through channels 27 feet deep.

Tips On How To Gain Weight

By Herman N. Bundesen, M.D. I'VE WRITTEN a good many columns about the dangers of being overweight and about reducing problems.

REST AND EXERCISE I think it goes without saying that you should have adequate rest and exercise. Mealtimes should be happy occasions.

HERE'S HOW There are many simple ways of doing this. If you have a hot cereal for breakfast, add a few raisins, dates or figs.

DILUTE WITH MILK When drinking evaporated milk dilute it with regular milk instead of water. That way you get more milk.

When you have finished a meal try to eat another slice or even half a slice of bread. Use plenty of butter and jelly or marmalade.

QUESTION AND ANSWER B. M.: Whenever I drink a warm drink, I perspire profusely. What causes this?

ANSWER: The taking of any warm beverage may cause a person to perspire, due to the effect of the warm drink on the nervous mechanism.

PUBLIC FORUM

This column is open to the discussion by correspondents of questions of interest. The Guardian does not necessarily endorse the opinion of correspondents.

OFFICIAL RATE CHARGED Sir,—In the Public Forum of Monday's edition of the Charlotteville Guardian Mr. Harold A. MacGregor of Cardigan stated that in presenting money to the stores in Charlottetown 5 per cent was taken off for exchange.

ALAN H. HOLMAN President, R.T. Holman Limited. I am, Sir, etc.

struggle between France and England spread across the Atlantic to erupt in the French and Indian Wars. It was settled along this river in 1759 when the British victory on Quebec's Plains of Abraham set Canada's future alliance and course.

IMPROVEMENTS IN 1700's The first navigation aids along the inland route were developed in the late 1700's. One was a shallow canal that bypassed the Montreal rapids.

Like others spurred by the ambition of the time, Cartier had failed to find a short cut to the Orient. Instead, he had turned the key to the inner secrets and wealth of a new continent.

RIVER-BORNE RIVALRY In the early 1600's, Samuel de Champlain's voyages and colonists along the St. Lawrence established France as a Western power. With the founding of Quebec and the discovery of the Great Lakes, other French explorers, fur traders, and missionaries to the Indians pushed on to the upper Mississippi.

Meantime, the British, too, were taking to the St. Lawrence as a high road to expansion and trade. The long and bitter power

NOTES BY THE WAY

A time was when ambassadors merely wore striped trousers and gardenias and balanced teacups. Today they must be skilful in dodging rocks.—Ottawa Journal

Anyone who drives when his mind is occupied with any other problem than safe driving is a menace to every other motorist on the road.—London Free Press

An Alabama man, feeling a trifle high, got into a "fight" with three clothing store dummies. Floored 'em all too — before the bout was called off on account of policemen.—Sudbury Star

A man arrested for speeding the other day said that he was merely going the same speed as the other cars on the road. He was fined, nevertheless. Just another instance to show that it is not always, sound policy to keep up with the Joneses.—Kingston Whig-Standard

Housewives have been complaining about the high price of meat taking a big bite out of their weekly shopping allowances. It appears that beef is the chief culprit in keeping meat prices at such high levels.

Many auto people keep laughing off the suggestion that there is a real mass market for smaller, cheaper, less pretentious cars. They call the present enthusiasm for small imported cars a form of "inverted snobbery."

The number of people won to temperance — figures suggest 4,000,000 have gone on the wagon this year, 13,000,000 in the last 12 years — has reduced consumption to such an extent that several liquor firms are cutting prices.

THE BOYS ON THE HILL The boys of the district in old Forest Hill—Erected a cottage with Vigor and skill.

From the eight o'clock whistle To the five o'clock bell They worked on the patio porch and the ell.

There was Wendell and Cyril And Charlie and Lee— All working like Trojans With hustling me.

Off the Forest Hill road Leading "out to the Bay" On the slope of the summit They builded—WHITEBRAE.—Peter A. Reilly

THE AGE OLD STORY For whom the Lord loveth chasteneth, and scourgeth every son whom he loveth.

MAXIMS The doorstep to the temple of wisdom is a knowledge of one's own ignorance.

TEN YEARS AGO (August 5, 1948) There is no reason to believe that the present trade between Newfoundland and a Prince Edward Island would be adversely affected by Newfoundland becoming the tenth province of Canada.

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When you convert your Victory Bonds Your nearest branch of the Bank of Montreal can give you quick service. MY BANK 70 B of M BANK OF MONTREAL Canada's First Bank. REG. G. BOYNE, Manager, Charlottetown Branch, 105-107 Grafton Street.