### Saving Ontario's Natural Resources

(By G. C. Toner) BACKING THE PROJECT Conservation of our wild life on the maintenance of the soil and the waters. Destruct ion of either one should not be permitted and where this has our curred in the past means should be taken to restore conditions as soon as possible. Luther swamp of vital concern to everyone southwestern Ontario. We can Il help in the work of conservation by backing the project for the restoration of this area to its

original condition.

The Ontario Federation of Anglers is vitally interested in this whole project which we told you about in our column of last week A committee appointed N. C. Douglas, Owen Sound, recently inspected the swamp and the drainage ditches. This comtion of an eight foot dam across the Black river would resto water levels of the swamp.

### **Education Under** Nazis Declines

Girls Are No Longer Allowed Higher Education in Czecho-Slovakia-In More Recently Occupied Lands, School-Life Is Disrupted

Documentary files kept in Paris before the French surrender show-ed that in the first year of German occupation in Czecho-Slovakia 60, 000 Czech and 40,000 Moravian and Blovak youths, many of them university students of medicine, law and philosophy, were sent into Ger many to work on the land. Thousands of others left their schools t escape to France and then to England. Some of them, at 17 years be same air pilots to fight against Cor-

GIRLS RESTRICTED Girls no longer are allowed high er education in Czecho-Slovakia. In country which had 80 wome members of parliament, 1,500 women doctors and several women senators, in which girls might even become judges and ambassador girls may no longer attend high

So too in Poland where the great university of Cracow, one of the oldest in the world, functions only in part. Of its professors some 160 were put in concentration camps the student body was scatter ed. Armies of them till the soil at Nazi bidding.

In Holland, Belgium, Denmark and Norway schools have been destroyed, educational systems dis-rupted and teachers driven into ex-

In Belgium and Luxembourg the collegiates and universities have been emptied and thousands of students have taken to the refugee roads on bicycles. Many of them fear their return to their own coun try for Germany has announced they must work in the fields for Nazi war machine.

# SCOUTING

Ironically, a new headquarters for the Boy Scouts Association of Warsaw, Poland, completed shortly before the German invason, is now occupied as a head quarters by the infamous German Gestapo.

As in Canada, Great Britain and elsewhere throughout the Empire, the Boy Scouts of India are busy at many kinds of wartime service. Patrols of Bombay Scouts are attached to air raid posts throughout the city, and a further 100 Scout cyclists are constantly standing by for any emergency calls for messengers.

The Boy Scout woodcraft cooking competition held at the Can-adian National Exhibition, and open to Scout Troops throughout province, was won by a patrol of the 14th Torento Troop. Second place went to the 1st Huntsville Troop, followed in order by three Toronto Troops, the 26th, 68th and 96th. The cooking was judged by the head chefs from the Royal York Hotel and Eaton's Georgian Room and the incidental woodcraft features by Scout Field Secretaries A. E. Paddon and Herbert Greenway. The young outdoor chefs were equired to prepare a camp meal for six persons the menu com-prising broiled beefsteak, boiled potatoes, a fresh vegetable, stewed fresh fruit and coffee. Fireplaces were to be built of logs or stones, and various camp kitchen gadgets used at Scout camps were permitted. It is plan-ned to make the competition an annual event.

FORTY-ONE PILOTS RECEIVE WINGS AT CAMP BORDEN CEREMONY



Petain took over the office of chief

was designated to go to North Af

Armed Peace In Balkans

being, the Balkans were neverthe-

ess still seething. King Carol, ac-

companied by his sweetheart Ma

dame Lupescu and riding in a bul-

exile, leaving his country in a state

under the heel of Antonescu's mil-

let-pocked train, had escaped into

of turmoil. The Rumanian masses,

the Black Sea . : . A military mo

of the Dalmatian coast: 2. simul-

taneous German move across the

Croatian border; and overthrow of

Prince Paul's regency, establishing

in its place a puppet Axis govern-

Brewing In The Mediterranean

Italy was defin ely up to some-

thing big in the Mediterranean bas-

in meanwhile - either the long-

threatened drive against the Suez

Canal; or an early attempt to oc-

cupy French-mandated Syria. As-

sociated Press correspondent Ed-

ward E. Bomar expressed the opin-

ion that in view of Italy's limited

esources in oil and other muni-

tions, the restlessness of the Italian public, something more de-

cisive than the odd air raid on

British bases or convoys was on

the books . . . Ready to deal with

any new action in the war's south-

ern theatre, Britain was busy re-

inforcing her Near East fighting

forces with thousands of troops

military matters.

of state and Gen. Maxime Wegand

rica in charge of all political and

Out of the spotlight for the time

The annual sports day of No. 1 Service Flying Training School at Camp Borden was climaxed by the presentation of wings to 41 graduates of the intermediate training squadron. The graduating class is shown, UPPER RIGHT, and a general view of the presentation scene is shown, LOWER RIGHT. C. L. T. Swale, of Edmonton, is pictured, LEFT, as Group Captain A. T. N. Cowley, O.C. of the training school, pinned the coveted wings on his breast.

THE WAR-WEEK-Commentary on Current Events

# "Come All Against Her, England Yet Shall Stand"

The final death struggle between Britain and Germany appeared last week to have begun.

The German Air Force was

Daladier and Paul Reynaud, and the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the struggle between the former Commander and Paul Reynaud, and the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the former Commander of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the force of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the force of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the force of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the force of the Allied Forces, Gen. Marie-Gustave Gamelin, Their detention was ordered to the force of the f throwing its colossal strength dered under authority of a decree into an "all-out" attack against law drawn up by Daladier himthe British Isles, with three main self when war broke out Septembe objectives: the destruction of the fighting power of the Royal Air 3, 1939, providing for internment f persons considered dangerous to Force; paralysis of Britain's supthe national defence and public ply system by sea and by land; the shattering of civilian nerves, security . . . Word -ame from Vichy that a new Cabinet had been formthe breaking of the people's mored under Marshal Petain. It includale in the face of an imminent ed Pierre Laval as vice-premier and General Charles Huntzinger a the new minister of war. Marshall

Great Britain, shuddering through the most soul-destroying experience in her history, held on grimly with a three-fold hope: that the blockade against Germany would soon become serious enough to cripple the Nazi war machine; that the relentless attacks of the R.A.F. could disrupt German industrial and commer-cial life, ward off an invasion; that the Nazie air effort would exhaust itself before British en-

durance came to an end.
A "50-50 Chance" In Berlin, high-ranking Nazis declared that new waves of German bombers flying against London would carry out remorseless and incessant warfare until (according to a United Press dispatch), "the smoking ruins of in-dustrial and military objectives, decimation of the British Air Force and shattered morale of the British people bring into power a government that will accept German terms." The terms

were regarded as unconditional capitulation.
U. S. Secretary of the Navy Frank Knox last week gave Britain "better than 56-50 chance" to hold out. He declared that the existence of the British fleet bottled up the German navy and that the Nazis had been unable to establish sufficient air supremacy to make surface invasion of England feasible . . . Lieutenant-General Sir Ronald Adam, General Officer Commanding the Northern Command in

Great Britain, told the people that the next fifteen days would show them "what is to happen" with regard to a Naxi invasion. If the R. A. F. could retain mastery of the air until September 21, he intimated, Britons could then prepare for great offensive against Germmy. . . . Meantime the world knew that enormous help would be com-ing to Britain from the United States in the form of planes, am-munition and other war material.

Our Ex-Allies Three important leaders of old France were arrested during the former Premiers Edouard landed in Egypt, to be despatched in the Middle East." \$3,861,053,312 Contract

In Washington last week the United States placed orders for 201 warships involving an outlay of \$3,861,053,312 — the largest defence contract ever let in American hishours after President Roosevelt's signature of the \$5,251,000,000 de fense appropriation bill at Hyde Park. The United States' gigantic preparedness program was moving

U. S. After World Supremacy Commenting on domestic affairs, the U. S. columnist, Raymond Clapper, wrote last week: "Our role is to seize world naval and air sun remacy . . . Our role is to be hard headed and shrewd and to play with cold calculation for the stakes that are within our grasp . . . Our role is to assist the British to hold out so that they can preserve their sea power . . . We must solidify the western hemisphere." . . .

Birdmen From Canada At home in Canada, the deputyninister of defence for air, James . Duncan, announced that thousands of fighting pilots, air gunners and observers trained in Canada would "soon" start streaming toward England to fight with the R. A. F. "Our task," he said, "is to provide the United Kingdom with an ever-increasing flow of air crews, whose arrival overseas is to coincide with ever-incres supply of aircraft from British and

itary dictatorship, were already in a state of near-revolt, while relig-American sources." . . . The Canadian-American joint de ous persecution campaigns cornered thousands of hapless individfense board sat in Washington dis-cussing air and naval bases, strauals . . . German troops moved up to police the Rumanian border with tegic highways, military supplies for Canada. As a result of its dethe Soviet Union — a United Press dispatch estimated that 1,000,000 cision, it was expected (as one Can-German soldiers faced the Red Army along a line from Norway to fore long the Union Jack and the against Yugoslavia appeared in the over Canadian strongholds on At offing - the magazine "Newsweek" lantic and Pacific coast . . . Before quoted from highly-placed diplolong Canadian pilots will fly over matic sources that the Axis has American soil and American pilots prepared complete plans for: sudover Canadian soil." . . . den occupation by Italian troops

534,000,000 Bushels on, the bumper crop in the Canadian West (more bumper even than last year) would have been headline news every day of the week . and the problem of what to do with 534,000,000 bushels of 1940 wheat would have occupied the main field of attention . . . Neverheless the government was busy on a plan whereby cash might be advanced to farmers for the wheat they must keep at home - there would be no room to store it in the

### Lives in a Fish

Probably the only person the world to own a private submarine is Mr. Barney Connett, of Chicago, who has a home-made affair which resembles a huge fish, complete with mouth, eyes, fins, tail, and scales. It is 11 ft. long, 37 ins. high, and 23 ins

at the widest point. The interior fitted with submarine equipnent, blowers, oxygen apparatus, air pump, respirator, and storage batteries. Already Mr. Connett has made 300 trips in his queer fish, and has travelled as far as fourteen miles under water in a single journey. As his periscon

## Aluminum Goes Into Aircraft

down to thirty.

runs at a depth of three feet

below the waves, but he has been

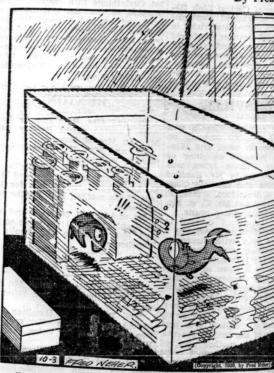
Rationed For Dominion Nov -Being Diverted From Cook Ing Utensils to Plane Manu-

The most ruthless rationing Car adians encounter in this war has just been initiated in the case of duminium, says a story in the Toronto Globe and Mail. It will h gradual in some cases, abrupt in others, depending on the time I dustry takes to complete articles now in process of manufacture. Aluminum cooking utensils are on the prohibited list and as soon s present factory production is completed not another aluminum dish will be made in Canada until airplain requirements are filled. During the last session of Parliament Munitions Minister C. D. Howe forecast the restrictions, but

the present rationing system has

been put into effect with the full

LIFE'S LIKE THAT



"-And stay out until I get my housecleaning done!

REG'LAR FELLERS - The Cloak Room

ment.









PRESS

likely have a word for

his new Europe bring

EMPHASIS ON "D

That quaint and frie

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-Victoria

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There is just about enough

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CANADA TOP ALUMINU

Canada produces more alu

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rapidly toward the top in total

duction. British plane factorie

relying more and more on C

ian aluminum and action to cor

has been taken in time to k

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PRODUCER

much trouble

meet you,"

time formala,

peared. It

NOT ALL PLEASUR

For Better Desserts orn Starch

# Pride and Prejudice

dapted from the Metro-Goldwyn-Mayer Picture

he set his heart on Elizabeth. Mrs.

her daughters should marry him

n order to keep the estate with-

n the family, was in a fever of

ov-until Elizabeth declared with

inality that if she died unmar-

GERTRUDE GELBIN Copyright 1940 by Loew's Inc

SYNOPSIS rich London bachelors, Mr. and Mr. Bingley, arrive with A CITIZEN'S PRIVILEG at the Netherfield Park Es-Meryton Village. Since maris a girl's only career in the Mrs. Bennet, mother of the narriageable daughters-Eliz-Jane, Mary, Lydia and Kitty a turmoil of excitement. De r. Bennet's protest, she camvigorously to win the bachprivate war. It is the p or witty Elizabeth and beau-Jane. Jane and Bingley fall in t first sight; but Darcy's ar him. She is further incens

> CHAPTER THREE Target Practice great and fateful day when s to visit Miss Bingley a ield Park, dawned gray ather afforded Mrs. Benne

am, friend of her sister Lyd

Then, if it rains, she won't ney'll have to keep her for t-and there's really noth wet weather for engage n horseback went Jane: not id she remain for the night,

ved for the week. Her ex-

at confined her to bed at

es, red nose, sneezes and s are not the things of which

ce is made, Charles Bingley

ose or no, he was enchar

h her, visiting the sick roon

y opportunity. His delight

nothing compared to Mrs

Bennet!" she cried to her

ee. "I've just received a

d as she poured their break

rom Mr. Bingley. He asks per

on to give a garden party and

or Jane as soon as she's well."

to send her off in the rain!

copy of the Times.

Rennet emerged from behind

for having caught the cold,

ainly, Bingley hoped Jane's

would go on forever. But Mrs.

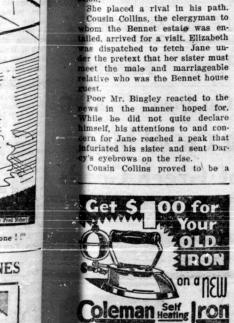
t, a general marshalling forc-

field Park. And, if stream

pace with the needs, official Canadian National Railways Revenue

nclusive Canadian National Reways System for the week enday September 7, 1940, were \$4,696; as compared with ...... 4,165; for the corresponding period of 1939, an increase of

By Fred Neh



SEE YOUR DEALER or write to u THE COLEMAN LAMP & STOVE CO.,

ISSUE 38—'40

Dept. WO-327, Toronto,

Leopard Are Most\_Alluring

hats" may now turn their attention to poking fun at big hats, for the silhouette of today is as topheavy as a sunflower. The big hat may be a fur hat or it may be one that gives the effect of a little girl with her mother's hat on, but fashion has said that is the way to look, fall, interesting and so capable of holding its own in the fashion scene that it, too, will add variety to the hat world. The leopard will give up his skin to the milliner this year, and the hats she already has evolv ed from them are so alluring that any person with an old leopard skin may as well get it out and go to the milliner with all speed. TOP-HEAVY AS SUNFLOWERS

ried, she'd never be Mrs. Collins Charlotte Lucas, her dearest this season. friend, came to her rescue. Mr. Neat. Button-Front of Charlotte's concern, promptly orgot Elizabeth. Charlotte was Shirtwaist lovely, he decided; a bit old-on the late twentyish side--practically a spinster—but a lovely girl! Jane's Success
Mrs. Bennet drowned this defeat n the glow of Bingley's continued attentions to Jane - attentions climaxed by the garden party hon-It was a splended party! Mrs. sennet could have hoped for no-

Would Jane be basking in the glow of Bingley's admiration if Mrs. Bennet had listened to her husband? n the future, that worthy, hiding behind a mass of unintelligible tomes and treatises, had better leave such matters to her! So great was her delight in Bingley and Jane that she closed her eyes to the mad caperings of Kitty and Lydia who flirted outrageous v with uniformed officers; that she lost sight of pedantic Mary's woeful shortcomings as a beauty; that she even forgot to scold Eliz

abeth for being as coolly aloof as (To Be Continued)

no one except Jane!

### Salting Down Your Beans

They Will Keep All Winte If Properly Done

Beans should be salted down in large stone or glass jars or any other larger receptacles. Plenty of salt must be used or the beans may become slimy and useless. Allow a good 1 lb. salt to 3 lbs.

beans. Have the beans young and tender, and see that none have formed any hard inner skin, String them, and while the small ones can he sliced. CHOOSE 'EM YOUNG, TENDER Sprinkle a layer of salt at the the jar, and cover with

ne reason that would whet a layer of beans mixed with a little gley's jealousy, heighten his arsalt. Proceed in layers until the jar and goad him into a declaris filled, pressing down each layer with the hands and having salt as top layer. Leave for two or thre days for the beans to sink, and fill up again with layers of beans and salt. Allow to sink again and fill up till the jar is tightly packed with a good layer of salt on

seal the jar tightly. You can do this with a cork that has been dipped in melted paraffin wax; run a little wax over the top. If the jar has too wide a mouth for a cork to fit, fasten over with a bladder or several thicknesses of parchment, and cover to prevent vaporation. Store in a cool place.

DON'T SOAK OVERNIGHT When you cook the beans, wash them well and soak for two hours warm water; rinse and cook in the usual way for about half an hour, but use no added salt. If the beans are found to be salty after the first trial, give them nrow the water away and boll Note.--If the beans are soaked overnight before cooking, they may

tend to become tough. With twenty-three people on board, a nine-ton fishing smack recently made the 3,000-mile voyage from Norway to Canada.

CIGARETTE PAPERS CIGARETTE PAPERS DOUBLE AUTOMATIC

### **Big Hats Replace** 'Silly Little Ones'

New York.-The men who have

Green and leopard is an unbea able combination, daring to chal-lenge brown and leopard. Beige, eream and putty shades will take shades will be green's rival. Big hats, pins of fur, fur rolls, fur chin straps and fur bandeaux are a few f the ways of using fur on hats



PATTERN 4489

By Anne Adams

You'll wear this neat-as-a-pin

frock from dawn to dark for

round the house days. Anne Ad-

ams has planned every feature

of Pattern 4489 for becoming

effect and for speedy stitching via the Sewing Instructor. The

out quickly . . . and helps adjust the frock to your size. Panels

to the front and back of the

skirt seem to diminish your width

misses' and women's sizes 16,

18, 20, 34, 36, 38, 40, 42, 44, and 46. Size 36 takes 4 5-8

yards 35 inch fabric and 21/4

Send TWENTY CENTS (20c)

in coins (stamps cannot be accepted) for this Anne Adams

pattern. Write plainly SIZE, NAME, ADDRESS and STYLE

Send your order to Anne Ad-

ams, Room 425, 73 West Ad-

Rain-Kerchiefs

A woman in Collingwood, N.J.,

makes what she calls "rain-ker-chiefs"—squares of fine, bright-

colored oiled silk in a generous

size, pinked about the edges with

a pair of pinking shears, and folded into a tiny bag of the

same material. They can be tuck-

ed into the purse and pulled out te cover one's hat at the first

She has sold many of these

clever kerchiefs at 50 cents each,

selling from door to door and

Victory - And Peace

eighteenth century, the longest period of peace for the world

was the 30 years following the

fall of Hapoleon in 1815.

Since the beginning of the

through shops and stores.

NUMBER.

elaide St., Toronto.

and add to your height.
Pattern 4489 is available

onion 1½ cups cooked chopped veal 1 cup boiled rice

dressing.

2 cup stewed tomato green peppers One-third cup fine bread crumbs 2 teaspoon salt

By SADIE B. CHAMBERS

PEPPERS ADD FLAVOR

AND FAVOR Last week I had two reques

for "Stuffed Peppers", and since I consider it one of the nove

which always meet with approva

and mark any-menu as "different", I am giving you some

Liver-Stuffed Peppers

meat might be used,-chicken

One-third cup soft breadcrumbs
1 tablespoon butter

3 tablespoons chopped onion

6 green peppers Cut a slice from the top

Mix the liver, crumbs, corn, onion and melted fat seasonings

sprinkle of grated cheese.

Place in baking dish and bake

Stuffed Pepper Salad

medium sized green peppers

Remove the tops from the pep-

pers, scoop out the seeds and steam for 5 minutes or parboil (in salted water). Drain and

cheese and pimentos and moisten

with cream. Season with salt

and paprika. Stuff peppers with mixture, chill; then slice and

serve on lettuce leaves with

Stuffed Peppers with Rice and Tomato

2 tablespoons finely choppe

6 tablespoons butter

and the top a golden brown.

small package white

4 cup grated cheese

Lettuce and mayonnaise

1/4 cup chopped pimento

the peppers, remove the and steam for 8 minutes.

ham are especially good.

1/2 cup milk or stock

cup cooked corn

teaspoons salt

teaspoon pepper

2 cups ground cooked liver

For this dish any other cooked

product:

tablespoon melted butter Remove the seeds and men brane from medium-sized wellshaped peppers. Steam for ten minutes or parboil for the same time. Drain and cool. Melt the butter and saute onion in it. Remove from the heat and combine with the rice, meat and stewed tomato. Sprinkle salt in

peppers and then stuff with the rice mixture. Sprinkle top with

the peppers are to be cooke Bake ten minutes in a hot ove

green peppers medium sized can spaghetti Wash peppers, cut off the tops and remove the seeds. Place poppers in steamer for 8 minutes. Drain and cool, filling with spa-Drain and cool, filling with spa-ghetti. Dust lightly with salt and cover with buttered crumbs.

Place in casserole and add a small amount of water. Bake un til the peppers are tender and th rumbs on top a golden brown.

READERS WRITE IN! Miss Chambers welcomes per sonal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to lis ten to your "pet peeves." Re-quests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chamers, 73 West Adelaide Street, Toronto." Send stamped, selfa reply.

### Naturalness Is 1940 Keynote

This Fall's Smart Girls Are Passing Up "Sophisticated F.ffects - Fresh, Unspoiled Look In Favor

and milk or stock together. Full the steamed pepper shells with the mixture and cover the tops with buttered crumbs and a little The smartest girl-fall 1940 style -is a perfectly groomed, natura looking beauty with shorter hair for 30 minutes in a moderate shorter nails and shorter skirts over until peppers are tender Long bobs are not so long. Claw like, pointed nails are considered old hat. Pinafores and the knee length sports skirt, worn with long or socks and requiring smooth, white knees, are style news of the

> Both the shorter skirts and the pinafores give their wearers a fresh, unspoiled look with which heavily made up eyes and siren nails would be incongruous. This fall's debutante will try to look like a glorified version of herself-not like a movie star or her sophistiated older sister. She'll consider soap and water her best friends, using them to

clean her hair once a week as well twice daily face and neck clean-Ultra chic is the new "cap" coiffure which one of the best hairdressers recommends especially fo college. The hair is cut quite short,

# with the ends all the way around Canuck Soldiers

the crown left smooth and straight,

Most Popular Canadian soldiers rank high in popularity with girls who go dancing in the Covent Garden district of London, England. A survey showed this order of fa-1. British sailors; 2. Canadians: 3. Royal Air Force: 4. Foot Guards; 5. New Zealanders 6. French Sailors (who used to e at the top of the list before France capitulated); 7. All other troops in khaki; 8. Civilians. Australians were not included, it was explained, because they don't seem to find time for danc-

TREAT THE BOYS TO HEALTHFUL,

REFRESHING

WRIGLEY'S P.K. Get several cartons of Wrigley's P.K. today—or an asserted hox of 20 cartons. Include several packages in your Overseas parcels. P.K. helps relieve tension and fatigue. 12 delicious candycoated P.K. in each 5¢ carton.



### First Marmalade In Days of Henry 8

nalade, but the first marmalade was made of quinces, and the word is derived from the Latin name of the quince "malomellum." Marmalade is first heard of in the reign of Henry VIII. In a letter of this king to Lady Lisle, he "most heartily thanketh her good ladyship for her marmarlo." From another letter of Lady Lisle we learn that the king wrote, asking for a fresh supply of the delicacy. Pepys enjoyed marmalade, and writes in his famous Diary: "After a good dinner, left my wife and Mrs. Hunt making a marmalett of quince."

Gets Distinguished Flying Cross



Pilot Officer J. A. Walker has been awarded the Distinguished Flying Cross for his bravery in air battles over England.

### "THIS HAS THE VITAL FOOD VALUES THAT MY FAMILY NEEDS" Over two Nabisco Shredded Wheat slice a banana, pour a cupful or more of milk, sugar that "whole grain cereals" are an essential to taste—and you have a breakfast made to "protective" food in peace and war order for a lazy morning-appetite! But that's Nabisco Shredded Wheat, is a "whole grain only half the story. In this one delicious dish- cereal"—100% pure whole wheat—with all ful, you actually get eight vital food values: the rich, inner flavor of Nature's finest cerea hree Vitamins (A, B<sub>1</sub> and C), Iron, Calcium, grain. Serve this nourishing, low cost, morn-Phosphorus, Carbohydrates and Proteins. ing meal to your family regularly. THE CANADIAN SHREDDED WHEAT COMPANY, LTD., Niagara Falls, Canad

