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"I suffered from constipation for some time, and tried all kinds of medicine, but relief lasted only a short time. Finally I tried ALL-BRAN, and I am ever so much better since eating this delicious cereal every morning," writes H. Mason, St. Faustin Village, Que. KELLOGG'S ALL-BRAN helps you get at the *cause* of constipation due to lack of the right kind of "bulk" in the diet. Eat this delicious cereal (or try it in muffins) every day and drink plenty of water. But remember, it doesn't work like harsh purgatives . . . ALL-BRAN takes time. At your grocer's, in two convenient size packages or in individual serving packages at restaurants. Made by Kellogg's in London, Canada.

MARRYING MARK . . . .

by

Violette Kimball Dunn

SYNOPSIS

After Mark Alexander's beautiful wife Ellen died, her whole family became interested in Valerie, Mark's adopted daughter. All save Shirley seemed to have their eye on the trust fund left Valerie by Ellen. They all, Dorothy, Elsie, and their husbands, want Valerie to live with them, but Mark will hear none of it. Despite disapproving servants and relatives, he takes Valerie on an automobile trip. On the way home, they help Lucy Tredway, a stranded motorist who runs a traveling library.

CHAPTER NINE

Lucy smiled at Valerie, who instantly smiled back. Something warm and friendly seemed to flow between them. As if Lucy would be her friend. Straight off—without waiting to get acquainted.

Which was almost exactly what Lucy was thinking.

"Well, now that's over," said Mark, "we can get down to business. You can see you can't sit by the road—in this—"

"Oh—no—" cried Valerie. The idea seemed little short of fantastic.

"But you don't understand. You see—I live in the Ark," explained Lucy. "The library is only the front half. I sleep and cook and everything in the back. It's really rather sweet—when you've got used to it."

She smiled again at Valerie, who hung on her words.

" I think this is the best plan," said Mark. "Let us take you to Allington, which according to the map seems to be the end of the day's going You can put up at the hotel overnight, and tomorrow we'll find a service station, and they can come and tow in the Ark, and doctor her up. We couldn't leave you here—no foolin'—"

"Oh, please—.' said Valeria. They couldn't have found this charming person in the breeches, only to lose her immediately.

Lucy looked out into the rain. She was thinking fast. It had been dawning on her for days that the end of the Ark was near. It had been breaking down with semi-weekly regularity for a couple of months, and as each repair man took a larger bite out of her small capital he shook his head a little harder than the last, and muttered more ominous warnings.

Valerie Comforts Lucy

She knew Allington well. It was on her regular route. She knew the hotel, although she had never stepped foot into it. She knew Mark's name, as most of the world did, and she knew defeat, having met it before. The books might sell for enough to cover the towing. Maybe a junkie would buy in the Ark. She had just about enough in her purse to pay for one night at the Allington hotel.

She turned from the rain back to the friendliness that filled Mark's jewel of a car. "King for a day," she thought. "Well, why not?" It would be something to remember in the lean days to follow.

"It suonds like a grand idea," she said, "and thanks for bothering."

Valerie siged with relief. She cast a look back at the Ark, standing forlornly in the driving rain. It was rather sad to leave it there alone. She knew just why there were sudden tears way back in Lucy's eyes. It was almost like abandoning a child, or an animal in trouble. But what else could they do?

"Valerie has a sort of maternal instinct for everything that runs by motor," explained Mark. He put his arm around her. "You know it isn't suffering there, dear heart."

"I know," said Valerei. "It's just silly. Maybe you'd better drive now. It's raining pretty hard—"

"Right," said Mark.

"I—I think I'll just climb over and sit with Lucy," she suggested quietly.

He helped her over the seat, and slid into her place, and started his engine. Through its quiet hum he could hear their voices, broken by occasional laughter. Once when he looked briefly over his shoulder, he saw that Valerie had clasped Lucy's hand firmly in her own.

Lucy in Primrose Taffeta

They sat in the Allington lounge after dinner, talking and listening to an orchestra that came from somewhere just far enough away. Valerie thought it was all terribly exciting. It gave her a thrill to see Lucy in a dress of primrose taffeta that she herself had never worn. For with the plans, and the storm, they had forgotten all about Lucy's clothes. It wasn't until they were coming into the outskirts of Allington that Lucy suddenly remembered she had nothing to wear.

"But it will be fun!" Valerie had cried. "Because I have such a lot of things my father bought me. Some I've never even worn. You see, I'm tall for my age, and you're not so very tall for yours. Oh, please—"

And so Lucy wore the primrose taffeta, which fitted her perfectly, even to the slippers.

They shopped together in the hotel drug store for a toothbrush and a cake of Lucy's favorite soap.

It seemed quite impossible she had known Lucy only since early afternoon. Valerie thought of tomorrow and good-bye with a strange hurt. But she put it away, remembering that after all they were all three here now. She was afraid somebody would suggest going to bed, but nobody did. Mark just put his arm around her as she sat beside him on the big couch, and she napped on his shoulder as he talked quietly to Lucy, on his other side.

"My doings must be an awful bore to you," said Lucy at last.

"They are not," he said. "I never imagined a traveling library. How did you?"

Lucy Gives Up

"Oh—I was brought up on books. Practically nothing else but. If my father had known anything was going on outside the covers of books he'd have guessed there was something phony in the way the bank was running his affairs. But of course the money lasted until he went. I'm thankful for that. And things didn't really crash until I'd finished college. I have simply a swell education. I've even got a couple of degrees I snatched when nobody was looking."

"Don't go modest," said Mark. "I'm greatly impressed. The mere sound of a degree incites me to reverence."

"I haven't been able to cash in on it, though. I wanted to teach. I followed all the clues I could find but omehow they don't seem to be using education so much right now. Anyway, I'm terribly against poorhouses, so I had to make up a job. I kept thinking about books. You'd be surprised how much people want them. I mean all kinds of people. In the country—especially women—too far for libraries—so I decided to take a library to them."

"It's a grand idea," said Mark. "I wonder nobody ever thought of it before."

"Oh, they have. Heaps of times. Only not in this particular locality."

"I'll bet it went over big."

Lucy looked at him sadly. "Then you lose—because I'm folding up tomorrow."

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DRESS, TURBAN, BAG ENSEMBLE

By Anne Adams

Assemble an ensemble—and be really smart this season! Pattern 4804 by Anne Adams includes a frock, a turban and a bag, making a captivating outfit! The dress is in shirtwaist style, with novelty, scallop-topped revers, soft bloused bodice lines, and a gracefully cut skirt. The turban is in one piece, darted for fit, with a big, crisp bow stitched on in front. And the bag, which slips smartly over your arm, is in just two pattern parts. The wide scalloped hemline band and the optional sleeve-bands of the dress are striking in contrast, matched by the revers, by the front-tying belt, and by the turban and bag. Watch heads turn when you wear this smart costume!

Pattern 4804 is available in misses' sizes 12, 14, 16, 18 and 20. Size 16, entire ensemble, takes 2¾ yards 39 inch fabric and 2½ yards contrast.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 425, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

Spacing of Windows Aids in Appearance

Location of doors and windows have an important bearing on the house's interior appearance. These are a matter not of cost but of forethought as to their affect on the exterior.

Through proper spacing and grouping of doors and windows a simple rectangular house can be given character and pleasing variations from its neighbors.

Corner windows may often be used effectively to obtain wall space in small rooms, Where windows of the usual type are used, they should not be placed too near the exterior corners as this has the effect of making the structure appear weak at the corners, where it should appear strong and solid.

CHANTECLER
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ISSUE 33—'41

C

TABLE TALKS

By SADIE B. CHAMBERS

A Vegetable Chat

Now that the gardens are at their best and one is just literally surrounded with vegetables, one cannot help but think of how fortunate we are to have this food and vitamins at our very doors. As blood regulators, vegetables are incomparable. Those most helpful in this respect are spinach, celery, chard, lettuce, tomatoes, fresh cucumbers, carrots, cabbage, cauliflower, beans, beets, parsnips, lima beans, radishes, potatoes, turnips, asparagus, onions and peas. Next of importance is to keep in mind those vegetables furnishing iron to the blood, such as spinach, beets, carrots, chard, watercress, cabbage, asparagus, string beans and brussels sprouts.

Rich in Vitamins

It is not so many years ago that research was commenced on vitamin study and now it is a household word. It was found that green vegetables, fruits and milk and milk products contain a very special substance necessary to growth and health. By experimenting in the feeding of animals it was found that, when deprived of those health-giving substances, growth was retarded or stopped entirely and the general health showed a breakdown. When the vitamin foods were again given there was almost immediate evidence of positive improvement in health. The richest in vitamins are lettuce, celery and raw cabbage. Tomatoes are amongst the most important of the vitamin vegetables.

The salts and acids of vegetables are better tonics and blood-builders than the finest medicine. Stalk and leaf vegetables do more than any artificial method to rid the body of poisons and regulate those troubled with constipation. Spinach contains so much of this fibrous material, that it is called the "broom of the digestive tract."

A Few Vegetable Rules For All The Family

1. Every day use one yellow vegetable or tomatoes.
2. Every day use a raw vegetable, raw fruit or cooked acid fruit.
3. Every day use one leafy vegetable.
4. Every day use one starchy vegetable.
5. Every day use two vegetables other than potatoes.
6. Can vegetables for winter use, especially tomatoes.
7. Everyone should strive to have a garden. Where this is impossible one-fifth of the food budget should be spent for fruits and vegetables.

Beet and Carrot Relish

4 cups raw beets
2 cups raw carrots chopped
2 lemons
4 oranges
½ cup vinegar
2 cups of water
5 cups of sugar
½ teaspoon of ground allspice
½ teaspoon ground cinnamon
2 tablespoons of ground ginger

Grate the outermost colored layer from the orange and lemon peels and squeeze the juice from the lemons and oranges. Scrape all pulp from the peel and boil the white rinds until they are tender; then chop them fine. Boil the chopped beets and carrots in the water for 20 minutes. Add the orange juice lemon juice, and other ingredients and boil the mixture until it is clear. Pour into sterile hot jars and seal.

I ate a dinner once where this was served with stuffed veal breast, baked potatoes, buttered peas, whole wheat rolls and butter. The meal commenced with fruit cup and was one of the best I ever ate.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto." Send stamped, self-addressed envelope if you wish a reply.

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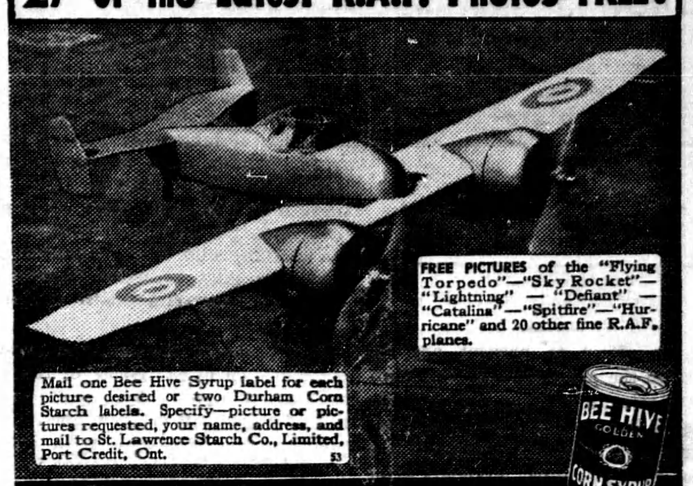

Bee Hive Syrup

Style Trends In Waistlines

Seam Is New Trick In Season's Jackets — All Waistlines Are Cut In, In New Fall Mode

Watch your waistline—not only for slenderness but because many interesting fashion ideas are expressed in pleats and gathers and a lowered seam.

A seam at the waistline—the new low one—is decidedly a new trick of this season's jackets. The encircling seam is a decisive way of cutting in at this point. All waistlines are cut in.

There are two types of women—those who can't have too much frou frou around their faces, and those others who stand for no chichi at all, frankly preferring that clean-cut, unencumbered look for shoulders and head. The last must account for the thousands of women who sign up eternally for shirtwaist dresses, even though they may be the ones who express the wish that "something new could be done with the shirtwaist dress."

Germany Faces Doctor Shortage

Declaring that recent demands of the army have caused a shortage of physicians, the German press has urged the public to call doctors only in urgent cases.

Doctors also must make their trips economically to save gasoline and must not be burdened with trivialities, newspapers said.

Average Home Canada's Need

Need In Canada For Medium Priced Homes, Which May Be Built Under the Dominion Loan Scheme

The main housing need in Canada now is for medium-priced homes for the average wage-earner. The Dominion loan scheme is still in operation for the provision of loans up to $4,000, but part 2 of the Dominion Housing Act expired a year ago last March and there is no provision for loans to limited dividend companies.

F. W. Nicolls director of the federal housing plan at Ottawa, stated: "The provision of pre-fabricated houses is a wartime emergency measure. In Halifax, I recall provision was made for 325 houses as a starter and there are others since then.

PRE-FABRICATED HOMES

Some clash has occurred between contractors who want to build low-rice homes and the pre-fabricated plan. In one centre where homes are urgently needed contractors were afraid of the competition of the pre-fabricated houses and were not building, officials said.

Under the housing plan which still exists the owner must pay 20 per cent to get a loan of the other 80 per cent, up to $4,000. If he has cash and a lot totalling $1,000, he can get a loan through banks or loan companies of the other $4,000. For a house and lot under $2,500, only 10 per cent need be provided.

Births Are Up In The Dominion

Births, deaths and marriages registered in Canadian cities and towns over 10,000 population all showed an increase in June compared with June last year, the Dominion Bureau of Statistics reports.

Births registered in June numbered 9,234, deaths 4,433 and marriages 7,695, compared with 8,573 births, 4,122 deaths and 7,320 marriages, in June last year, showing increases of eight percent in births, 7½ percent in deaths and five per cent in marriages.

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