Says Mrs. Joseph Pare, Montreal, Quebec: "I find KELLOGG'S ALL-BRAN much more satisfactory than pills or powders. Nearly all our family suffered from constipation. Our friends suggested pills and powders, but relief was only temporary. Now we eat ALL-BRAN regularly and recommend it to our friends."

Instead of waiting until you suffer and then dosing yourself with harsh purgatives, try ALL-BRAN'S "Better Way" to correct *the cause* of constipation due to the lack of the right kind of "bulk" in the diet. Eat it daily and drink plenty of water, but remember, ALL-BRAN doesn't work like a cathartic; it takes time. ALL-BRAN is sold at your grocer's in two convenient size packages; at restaurants in individual serving packages. Made by Kellogg's in London, Canada.

● SERIAL STORY

LUCKY PENNY

BY GLORIA KAYE

CHAPTER I

Flaming skies were no novelty to Penny Kirk. She had seen London's inferno of bursting bombs. She had raced against death in blazing France.

Now Penny drove leisurely along a road canopied by heavens of red—but this was different. The glare in the skies was friendly, comforting, reflecting the glowing furnaces of the Kirk mills—her mills.

This, Penny knew, was where she belonged. In all the years she had spent abroad she had never before thought of Kirktown as anything more than the setting for Grandfather John's stories of a career that had brought him excitingly from poverty to riches.

Now the Kirk mills belonged to Penny. For the first time in the 23 years of her leisurely, lazy life, she felt a sense of responsibility, a sense that here she would find a constructive outlet for her energies, a meaning to living.

She had been sheltered, too carefully, by indulgent parents who had sought to protect her from harsh reality. They had never taken an interest in the mills. Their life, and hers, had been luxuriously idle. Now, alone, she would have to rebuild her life from foundations shattered by the thunder of war over Europe.

* * *

Penny felt as if she were riding in a fabulously rosy toy balloon. How different, she reflected, from her last long ride through France. There, too, the skies were red. Death and destruction rode in the clouds that awful day.

Penny shuddered, remembering that wild ride from her villa to the safe haven of a port from which she could embark for the United States. She had been crowded into an army car maneuvered by a sullen poilu in uniform. Her companions were a diplomat's heavy-set wife and a trench-coated correspondent.

The diplomat's wife fainted regularly every five minutes. The newspaperman betrayed his shakiness by smoking a maddeningly endless chain of cigarettes. All about them were havoc, destruction, misery.

Penny had never realized how much the simple initials "U.S.A." could mean. Not until she had crossed the dangerous Atlantic in a blackened refugee ship. Not until she stood on deck and wept unashamedly, with all the rest of the passengers, at sight of the Statue of Liberty.

That trip had done something to Penny's point of view. Having Pierre create a new coiffure for her every week didn't seem so important. He would have called the way her naturally beautiful tresses now lay loosely on her shoulders "ter-r-r-ible!"

* * *

Her blue eyes had once expressed a carefully affected boredom, a coolness and hauteur. Aboard ship she had discovered they could inspire confidence and warmth in frightened fellow passengers.

What good were formal evening gowns and a wardrobe that included the finest of Paris creations when a trench coat provided so much protection against the sea-sprayed winds? Sophisticated conversation meant nothing to youngsters who had passed through nerve-shattering experiences. Mother Goose stories made them happy.

So Penny learned to smile and to laugh. Her quiet "thumbs up" inspired new courage in others, even when she shared her dread of what the next few minutes might bring.

In New York, Penny had gone to only one cocktail party. It was no good. She couldn't help contrasting the false, forced gaiety of her placid friends with the natural laughter of the ship-board children who were so sincere in their appreciation of her half-remembered stories.

Without fanfare, without so much as a single newspaper interview, without posing for a single rotogravure picture, Penny had left New York. "I'm somebody new," she had told herself. "I left the old Penelope Kirk in France. Now I had better go home — really home — and find myself again."

* * *

The Kirk estate, overlooking a valley that was green along its upper slopes and brown along the river that served the steel mills, was more beautiful than she had dreamed it would be. Kirktown nestled like a doll village down below.

Late in the afternoon of her unheralded arrival, after cautioning the caretaker and his wife to tell no one she had come, Penny selected a gray roadster and started out for Kirktown. The winding road down to the river was pleasant, cool in lengthening shadows.

As dusk deepened, the furnaces lit the somber skies with an ever brightening glow. The summer night was calm and peaceful. The roadster neared a fork in the road. One tangent stretched invitingly upward, toward a white building that dominated the street, and past little houses whose lights were just now beginning to blink. Another way reached downward to the mills and the river. Penny chose the upward road.

At the top of the hill, the white building she had noticed was framed in brilliant light that flooded frof hidden recesses in the shrubbery. Now Penny could see the name above the entrance. "John Kirk Memoriol Auditorium" she read. Penny stopped. She read the name again. "John Kirk Memorial Auditorium." How like Grandfather John to present so fine a gift to his town.

* * *

Nothing she had ever experienced could equal Penny's thrill as she stood now, a tiny figure, staring up at the gracefully colonnaded edifice, so like a Grecian temple. How appropriate, she thought. At the foot of the hill stretched the giant, busy mills, making fiery sacrifice every night and all through the day to this shrine of their founder.

For a long time Penny remained thus, in worshipful silence, oblivious to the murmur of conversation of strollers who passed by. Her awakening was rude. She heard a bitter, vicious voice, whose words she knew could not have been directed to her. But they seared her like a hot iron pressed against her flesh.

"John Kirk Memorial Auditorium! They should have shaped it into a heart of stone. That's what John Kirk was really like. The poor devils who sweated and sickened and died to build this thing! They lived in ratholes and dressed in rags so he could have the glory of a pretty marble palace to show them how puny they really are."

* * *

Slowly Penny turned to face the speaker. Her cheeks were flushed with anger. Her tongue was ready to lash out in biting rebuttal. Then she stopped, and stared in wide-eyed amazement.

Jim Vickers? It couldn't be!

There was no mistaking him. The last time Penny had seen Jim Vickers had been several years earlier in Paris. He hadn't changed at all. What strange coincidence had brought this tall, broad - shouldered, tweed - suited man to Kirktown?

She knew that round, boyish face. She knew his searching, troubled blue eyes. Jim Vickers, apple-cheeked, good-humored, ace correspondent for a New York newspaper, had been a familiar figure in her circle abroad.

He passed within a few inches of her, but showed no sign of recognition. Of course he wouldn't know her, Penny realized. She had been much younger then. She had changed.

Strangely, as if she were listening to a hazy voice in an impossible nightmare, she heard Jim Vickers say:

"The Kirks were a pretty selfish breed. I met John Kirk's granddaughter abroad. A little snip of a spoiled brat without an ounce of common sense in her head. She owns the Kirk mills now."

Penny felt lonely and sick at heart. Should she risk further disillusionment by visiting the mills and the town named for her family? Would she find the Kirk name a disgrace rather than a proud heritage? Wouldn't it be better to rediscover herself in some gentler way?

"I'll sleep on it," she decided, driving slowly, thoughtfully home.

(Continued Next Week)

British Sailors' Society

The World's Oldest Sailor Welfare Organization

Founded 1818—Soon After Trafalgar

Operates in over one hundred Sailor Institutes, Clubs, Havens,

ALL OVER THE SEVEN SEAS

In days like these earnestly appeals for help

Further information gladly supplied

G. M. SPEEDIE, Dominion Sec'y.
50 Alberta Avenue - Toronto

RECTAL SORENESS AND

PILE TORTURE

QUICKLY RELIEVED

If you are troubled with itching piles or rectal soreness, do not delay treatment and run the risk of letting this condition become chronic. Any itching or soreness or painful passage of stool is nature's warning and proper treatment should be secured at once.

For this purpose get a package of Hem-Roid from any druggist and use as directed. This formula which is used internally is a small, easy to take tablet, will quickly relieve the itching and soreness and aid in healing the sore tender spots. Hem-Roid is pleasant to use, is highly recommended and it seems the height of folly for any one to risk a painful and chronic pile condition when such a fine remedy may be had at such a small cost.

If you try Hem-Roid and are not entirely pleased with the results, your druggist will gladly return your money.

Mustard Poultice On Paper Napkin

Where illness has developed which requires the application of mustard poultices, an excellent method is to spread the mustard mixture on a thin paper table napkin. Put a second one over the mustard and put them between a folded piece of cheesecloth or thin flannel or cotton. After the poultice is removed, the paper containing it can be thrown away, and it is a simple matter to wash out the covering cloth so it can be used again and again.

To make the poultice, mix two or more tablespoons of flour to one of mustard, with enough water to form a smooth paste. Spread it over the paper napkin to form a six by eight-inch rectangle, and after greasing the skin with vaseline, leave the poultice on the chest, back, or whatever part of the body is in pain or congested, for 10 to 20 minutes, until the skin turns a deep pink color. Mustard is very effective when used as a poultice, and this is the most convenient way to prepare one.

Sailors of Empire Meet In London

For over a century the Sailors of the Empire and their friends have been invited by the Lord Mayor of London to meet with him at the Mansion House. The 123rd Annual Meeting was held there recently. The Lord Mayor, in keeping with all the dignity and bearing of his high and ancient office presided and was supported by a distinguished company.

The Rt. Hon. Sir Frederick Sykes, the Honorary Treasurer of the Society, referred to the heavy expenditure involved in the war commitments of the Society and the obligations resting on the Society, which would have to be met after the war, for the reinstatement of many of the properties that have been rented or requisitioned and adapted to meet the present needs. These obligations made it of importance that sufficient of the funds should be reserved to provide what may be required, and Sir Frederick urged the supporters of the Society to have the suggestion much in mind. In a cordial reference to the generosity and valuable honorary services of the friends of the Society, he mentioned specially The British War Relief Society of the U.S.A., the Merchant Navy Fund of Capetown, and the Canadian Red Cross Society.

COUGHING COMES AT WRONG TIMES

Thousands use Lymoids to Stop Embarrassment

"I'm a switchboard operator," writes a Toronto girl, "and LYMOIDS has helped me over many an embarrassing throat tickle. Now I always carry them."

If hoarseness or incessant coughing embarrasses you..try LYMOIDS. Feel how this excellent blend of medicinal oils soothes and relieves throat irritation. L.S-6

Most stores sell LYMOIDS in handy size 10c and 25c boxes. If unobtainable, send 10c in stamps or coin, to LYMOIDS, 119 Pearl Street, Toronto.

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ROYAL SISTERS OF EGYPT

Attractive daughters of the Nile are Princesses Ferial, 4, and Fawzia, 3, children of King Farouk and Queen Farida of Egypt.

Pointers On Making Sheets Last Longer

Making sheets last longer becomes the duty of every wartime household. For this reason Consumer Information Service has suggested a number of ways to extend their wear.

Sheets should be washed as soon as possible after use. Oils and acids on the skin's surface will shorten the life of sheets. All traces of soap should be rinsed out completely. Also they should not be subjected to strong, caustic bleaches.

They should be dried evenly without pulling. In ironing too hot an iron should be avoided, and care should be taken that the folds are not pressed at all. As a matter of fact to save electric power and time it is better to press only the top three or four feet.

Beds should be made properly. Edges smoothed under the mattress get less abrasive wear than bunched-under edges. They should also not be yanked off the bed, but should be loosened first.

A mattress pad between the sheet and mattress will lengthen the sheet's life.

Sheets should never be used to bundle up the weekly washing. That's what laundry bags are for.

Soil beneath nearly half the surface of Russia is permanently frozen, according to a Moscow report.

A SLIP FOR MATRONS

By Anne Adams

Here's a slip style designed especially for the larger figure! Anne Adams has given Pattern 4239 front and back panels for smooth lines. The built-up straps form one piece with each panel. For extra ease and comfort, the side bodice sections are bias cut.

Pattern 4239 is available in women's sizes 36, 38, 40, 42, 44, 46, 48, 50, 52. Size 36 takes 2⅛ yards 39-inch; 3½ yards lace edging.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

TABLE TALKS

SADIE B. CHAMBERS

Our Garden Friends

Vegetables are among our best friends. More vegetables on the table mean fewer medicine bottles in the cupboard. The best tonics come from such simple cheap vegetables as, spinach, carrots, beet greens, dandelion greens, beans, chard, potatoes, etc. The best laxatives also come from these sources. Vegetables are rich in the substances which we need for good teeth, good blood and for regulating the activity of the body. Vegetables also furnish the bulk which is necessary for the healthy regular action of the intestinal tract.

The very common statement that "potatoes are all starch" is not true. Because they can be eaten in fairly large quantities, they furnish the body with considerable iron and they also provide one of the important regulating materials necessary for resistance to disease, for growth, for healthy gums and strong bones. Tomatoes also provide this same regulating substance.

In the spring, when old vegetables are very poor in quality and new ones are expensive it is better to buy canned varieties such as peas, beans, corn and beets.

Let us watch Mrs. Economy and Mrs. Extravagance go shopping for 50 cents worth of fresh vegetables in early winter.

Mrs. Economy shops around and decides that carrots, cabbage and turnips will give the biggest return for her money.

Mrs. Extravagance sees some tomatoes and decides to have tomato sandwiches instead of bothering to cook a meal.

Mrs. Economy

1 can tomatoes	12c
4 lbs. carrots	8c
4 lbs. cabbage (2 small)	10c
	30c

Mrs. Extravagance

1 lb. tomatoes	80c
	80c

Mrs. Economy obtained:

20 times the energy value,

11 times the material for repair and muscle building,

40 times the amount of mineral needed for strong teeth and bones,

17 times the amount of mineral needed for blood building.

Many people do not like vegetables because they are frequently poorly prepared. Here are some of the reasons why the children refuse one of the most important and valuable foods in the diet:

1. Overcooking — this ruins flavor and appearance and makes the vegetables soggy, mushy, or otherwise unpleasant in texture.

2. Poor seasoning — lack of seasoning frequently makes vegetables flat in taste.

3. Lack of care in preparation —thorough cleaning, careful paring and careful slicing or cutting make the vegetables more attractive.

Mrs. Extravagance's children do not like many of the common vegetables. When she prepares them they are usually tasteless, watery and unattractive in appearance. Her family rarely tastes them and the rest go in the garbage.

Mrs. Economy on the other hand realizes that care in preparation is as important as care in buying, so she carefully follows the rules, some of which will be given in the next issue.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is va ready to listen to your :npet 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.

NO "SORE-HEADS" NO SORE THROATS

Survey Shows Gallant Women of Britain Take Aspirin to Give Quick Relief

The thousands of British women now working in war plants are determined not to let sore throats, fevers, and colds get them "down." Production must keep up . . . and a recent government survey showed how British women are counting on Aspirin, to help them carry on.

Aspirin was named as one of the three leading drug items British women want for health and morale. And this is easy to understand . . . for generations have proved that Aspirin is one of the safest, most dependable analgesics known.

An Aspirin gargle for sore throat relieves pain and rawness almost at once. Aspirin taken with water relieves the headache of colds . . . muscular aches and distress. Aspirin costs less than 1¢ a tablet in the economy bottle . . . so always keep it handy for quick relief.

Made in Canada, "Aspirin" is the trademark of The Bayer Company, Limited. If you don't see the Bayer cross on each tablet, it isn't Aspirin.

Don't Turn Rayon Hosiery While Wet

The importance of handling rayon stockings gently when washing them is reflected in the advice of hosiery experts who warn against turning them inside out while wet.

Rayon is known to lose much of its strength in water. Daily washing in a mild, tepid suds eliminates the necessity for rubbing. After several rinses moisture should be removed by wrapping in a towel, then hanging to dry for 48 hours away from direct heat or sunlight.

Cotton feet and welt on rayon legs are recommended as good combinations for durability. Darning thin spots before the threads break will also prolong wear.

Germany's Most Precious Treasure

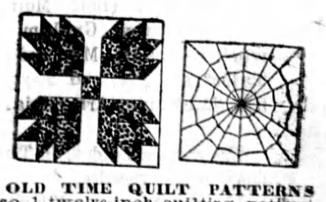
The German Army newspaper Die Wehrmacht, describing the formation 3½ years ago of a "very special battalion" of the German army, consisting of picked men from all branches, equipped with the finest weapons, said, according to a British broadcast:

"The very special job of this battalion is to guard from all dangers the most precious treasure the German people possess."

The treasure, the paper said, is Adolf Hitler.

Britons Get One Egg Each Month

Fresh eggs, as rare as sirloin steaks, return to ordinary consumers this month on at least a token basis. Ordinary consumers will get one fresh egg a month. Priority classes, including nursing mothers, invalids and infants, will get 12 a month. Powdered egg rations remain 12 a person monthly. The cheese allotment was cut from eight to six ounces weekly.



8 OLD TIME QUILT PATTERNS Also 1 twelve-inch quilting pattern as illustrated. 57 pieces of cotton and print for fifteen-inch "Bear's Paw" Block as illustrated, for **25 cents**, postpaid.

OVER-BUYING OF COAL UNFAIR TO COMMUNITY

Buying up all the coal in sight means that you deprive someone else in your community. So be patient as far as your full winter's requirements are concerned for, when the present rush is over, every householder will have some coal in his bin and dealers will be able to catch up with the demand and fill your future orders promptly. And when ordering, specify 'blue coal'. Then you'll be sure of better heat all winter—and you'll save money, too. Why not ask your nearest 'blue coal' dealer for further information. Phone him today.