"Regular" again after 2 weeks!

"I sure am happy to be able to give up all those pills and medicines for my constipation. They were mighty unpleasant. And expensive, too! I found, once I started eating KELLOGG'S ALL-BRAN that I was soon "regular" again. I am most certainly pleased with the real relief it gives, believe me!"

Yes, KELLOGG'S ALL-BRAN can really work wonders in cases of constipation due to lack of dietary "bulk"! It gets at, and helps correct the cause, by supplying the "bulk-forming" material needed for easy, natural elimination! Try eating a serving daily, with milk, or sprinkled over other cereals! Or, eat several ALL-BRAN muffins daily. Drink plenty of water! See if you, too, don't find welcome relief! Get KELLOGG'S ALL-BRAN at your grocer's today — in 2 convenient sizes.

Snappy Twosome

New, nifty and right on the beam is this shell-stitched pillbox with smart envelope bag to match. Right with any costume you have, be it sports or dressy. Make in jiffy time with bright knitting worsted. Pattern 674 contains directions for hat and purse; illustrations of stitches; list of materials required.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Write plainly Pattern Number, your Name and Address.

"Our Family Regulator is DR. CHASE'S KIDNEY-LIVER PILLS"

CRANKY RESTLESS WAKEFUL?

We can often blame nervous tension for miserable feelings and fears. And in these days, thousands of nervous people long to get a real grip on themselves . . . they yearn for quiet nerves. Many are taking Dr. Miles Nervine. This is a scientific combination of effective sedatives. Nervine helps relieve general nervousness, sleeplessness, nervous fears, nervous headache and nervous irritability. It has been used for this purpose for sixty years. Take Nervine according to directions and help things along with more rest, wholesome food, fresh air and exercise. Effervescing Nervine Tablets: 35c and 75c. Nervine Liquid: 25c and $1.00.

DR. MILES NERVINE

Care of Pastures In Dairy Farming

Canadian Farmers Must Do Everything In Power To Build Up Pastures

Professor J. C. Steckley's warning to the Elgin County Holstein breeders at their St. Thomas meeting regarding the necessity of paying more attention to pastures is extremely timely, states The London Free Press. It comes at the same time that Ottawa announces a drop of nearly seven per cent in production of creamery butter for November, compared with November of last year and a decline of 37.1 per cent compared with October. Cheese registered a six per cent. decline compared with the previous November and 51 per cent. compared with October.

* * *

Until October milk production in Canada held up remarkably well this year, in spite of labor shortages and other difficulties facing the dairyman. There can be little doubt that the lush pastures, kept green and growing by the unusually wet season, had a good deal to do with this. From now on the feed shortages resulting from this year's scanty crops will make itself felt on the dairy output and sharp falling off of production may be expected. In addition there is the growing pressure of labor shortages.

* * *

If the pastures saved the dairy farmer this year it is abvious that every care should be taken to keep them productive. Perhaps this time of year, when pastures are frost-bound and snow-covered is the best time to think of how they can be built up for next year. Mr. Steckley mentioned new types of grasses being developed to supplemnt the succulent timothy, which cattle apparently prefer. With more electric fences available it should be possible to avoid overgrazing of pastures by moving the herds about and not letting them consume the best grasses in any one spot completely.

Pastures are basic in dairy farming. New Zealand and Argentina have the advantage of year-round pastures for livestock. If we are still to complete with them in the post-war period we must do everything in our power to build up our pastures. And if we are to accumulate summer surpluses to maintain butter rations pastures should be used to the utmost.

Life Rafts Carry Oil For Sunburn

One-gallon cans holding oil for protection against sunburn, windburn and salt water spray are now standard equipment for the life rafts of each United States Maritime Commission vessel launched from a California shipyard, according to E. H. Bell, vice president of the American Can Company, who said that recently his company has furnished cans to be used for this purpose.

Many castaways rescued in the Pacific have told of extreme suffering from sunburn as a result of exposure to intense tropical suns.

The HUNS and JAPS Gloat over COUGHS & COLDS that delay the day of reckoning

FOOL THEM WITH BUCKLEY'S MIXTURE

Coughs and colds are all-out allies of the Axis, postponing the day of Victory by cutting down our production of tanks, guns, planes. Don't let them sabotage your war effort. At the first sign of a cough or cold, take Buckley's Mixture and stay on the job. This grand prescription routs coughs and colds F-A-S-T, keeps you FIT TO DO YOUR BIT. The new improved Buckley formula is all medication—no syrup—acts faster—goes farther. 40c & 75c everywhere. Get a bottle TODAY.

IT'S BETTER IT'S BUCKLEY'S THAT'S WHY

BLACK DAWN

By VICTOR ROSSEAU

CHAPTER XII

Suddenly, to her astonishment, she felt tears upon her cheeks. It was years since she had shed tears. She had learned to take everything philosophically. Life wasn't meant for happiness. At least, Lois had had no happiness in hers, save for rare talks with Hooker when he was sober. She tried to search her mind to find out what she was crying about. The discovery came to her as a shock.

"Suppose he didn't do it," she whispered to herself. "Suppose Dave Bruce is innocent. Suppose it was—Lonergan!"

She was thinking of Dave against her will. She was remembering there had been something different about the way he had looked at her and spoken to her—different from the ways of all the other men she had known, except Hooker and Sheriff Coggswell.

"I wouldn't like him to be hung if he didn't do it," Lois whispered.

* * *

As the afternoon wore on, the knots of men in the main street of Mescal became thicker. Once Dave was recognized as he stood tiptoe at the window. He heard shouts raised, and saw fists shaken in his direction.

It was a little before sundown when Sheriff Coggswell brought him another meal, and a pack of cigarettes that he himself had bought for him. "Well, how yuh feelin', Bruce?" the sheriff asked gruffly.

"Might be worse, I suppose," answered Dave. "When's the coroner's jury goin' to sit?"

"Tomorrow mornin'. Yuh'll be wanted there to give yore story—if yo're lucky. I may as well tell yuh, Bruce, the Cross-Bar bunch is sort of worked up over Hooker's killin'."

"Friends of his, was they?" asked Dave. "You mean Curran's worked up over that beatin' I gave him yesterday. Well, he sure got what he had comin' to him, after tryin' to get me trampled by that outlaw stallion."

* * *

Coggswell fingered his clipped mustache. "I ain't got nothin' to do with Curran's motives," he replied. "I'm thinkin' of my reputation. I been sheriff here for two years now, since Mr. Brown died, and there's been nary lynchin' bee since I took hold. I don't aim to have my record spoiled."

"Well, I ain't goin' to try to spoil that record of yours, sheriff," answered Dave, lighting a cigarette. 'So that's the idea?"

"Yep, I'm going' to do my best to purtect you, Bruce. Meanwhile, I'm tellin' yuh straight, the Cross-Bar is a tough bunch to handle. So if yuh got anything to leave, yuh might as well make out yore will, and I'll have Sims and myself witness it. And if yuh got any money yuh want to send anybody, I'll take care of it. That's how serious it looks to me."

Dave opened his wallet and drew out the partnership agreement he had made with Hooker. He handed it to Coggswell.

"You tear that up, sheriff," he said. "That'll give Miss Lois the ownership of the valuable property I bought a half-share in yesterday. And you can see that the duplicate that Hooker had is torn up too. That's all I got to leave, except a dollar or two, which'll buy drinks for the lynchin' party."

* * *

Sheriff Coggswell stared at the document in his hand. "I'll hold it," he announced. "Dang it, it's hard for to believe a feller like you would shoot an old man asleep, Bruce. But that ain't here nor there. If they git you, they'll have to git me first."

He left the cell room, slamming the door hard behind him.

"That fella's white," Dave said to himself. "I sure would like to have a gun in my hand, though, if it comes to a showdown."

The sunlight faded abruptly out of the cell. Dave finished his meal and resumed his station at the window. Lights sprang up on the street. And now the dull murmur of voices that had come to his ears all the afternoon through the barred, closed window began to change to a hoarse, menacing undertone.

* * *

The crowds in the street were growing thicker. The silhouettes surged backward and forward about the front of the jail. Then of a sudden there sounded the hoof-beats of horses, and a body of men rode yipping down the middle of the street, scattering the crowd.

Curran and his Cross-Bar outfit had arrived upon the scene, well primed with whisky for the job that they had set themselves.

The sudden outburst of yelling that ensued left no doubt as to their intentions. Squeezing his head against one of the window bars, Dave was able to see what was taking place.

In front of the jail Sheriff Coggswell and Sims, his deputy, were standing at the head of the three stone steps. Coggswell seemed to be addressing the crowd, but his words were inaudible, drowned in the yells of the crowd.

Suddenly there came a rush forward. Dave saw the sheriff's hand go up and a gun was in it. Before he had time even to level it, a piece of fence-rail, wielded by someone in the crowd, struck the sheriff upon the head. He staggered, reeled, and next moment he and Sims were both down and being trampled upon by the infuriated mob.

* * *

Coggswell, unconscious, had been tossed to one side, and men were searching his pockets for the jail keys. But the mob was already battering against the door, two men each wielding two heavy logs that thudded with a force that shook the building. The door cracked, splintered, went down, and the crowd came streaming through the ante-room and into the cell room. At the sight of Dave savage shouts of triumph broke from their throats.

They spat at him through the bars, and some were already leveling guns when Curran forced his way to the front, the keys in his hand.

"Hold yore fire!" he shouted. "We ain't aimin' to give this murderer an easy death. He's goin' to dance."

He inserted the key in the lock, and the door of the cage clicked open. With roars of execration the mob laid hands on Dave and hustled him out.

Mauled, manhandled, beaten and kicked unmercifully, Dave instinctively put up what resistance he was capable of. He drove his fists right and left into the savage faces of the mob, but it was only for a few seconds that he was able to baffle their efforts to drag him from the room.

* * *

He felt a revolver butt descend upon the back of his head, and his knees began to buckle under him. The room became a dark void, lit by the pin-point flame of the dancing lamp.

"He's out," he heard Curran say "Handle him gentle, boys. When he comes to be touched off, we want him to know about it."

Incapable of further resistance, Dave was dragged through the anteroom and down the steps of the jail, into the street, where his arrival was greeted with another outburst of savage exevration from the assembled crowd.

A little distance beyond the Wayside Rest stood a tall cottonwood, with a limb projecting some twelve feet above the ground. About this more members of the mob were gathered, some on foot, others on horseback. And then Dave's heart thumped, and his wits came back to him with a rush. For almost immediately beneath the tree, seated bareback on Black Dawn, he saw Lois.

(Continued Next Week)

If You Get Up Nights Help Your Kidneys

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases Cystex usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying Cystex. The iron clad money-back agreement assures a refund of your money on return of empty package unless fully satisfied. Don't delay. Get Cystex (Siss-tex) from your druggist today.

Cystex Helps Clean Kidneys

FLYERS' FLAK-TOP

Bombardier back from Southwest Pacific combat, tries out the new anti-flak helmet. Covering head, neck and ears, it not only saves flyer from flak fragments, but also protects earphones, microphone, oxygen mask and goggles.

TABLE TALKS

Serve Health Salads

By Frances Lee Barton

SERVE health salads, whether you are a pre-war homemaker, or a war worker with meals to prepare after a hard day in the shop or factory. Health foods such as raisins, carrots and apples may be blended into some of the most delicious salads imaginable. Here's a recipe to prove my statement:

Carrot and Apple Salad

1 package lemon-flavored gelatin; 2 cups hot water; dash of salt; ⅓ cup finely diced unpeeled red apple; ⅓ cup finely diced raw carrot; ⅓ cup seedless raisins, if desired.

Dissolve gelatin in hot water. Add salt. Chill. When slightly thickened, fold in remaining ingredients. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Makes 4 to 6 servings.

Something Unusual

Next time you have a cup or two of left-over meat and are worrying because it's not enough for another meal, try the following recipe and get the surprise of your life:

Meat Pancake Roll-ups

1 cup sifted flour; 1 teaspoon double-acting baking powder; ½ teaspoon salt; 1 tablespoon sugar; 1 egg, well beaten; ¾ cup milk; 3 tablespoons melted butter or other shortening.

1½ cups chopped cooked meat; 2 teaspoons horse-radish, 2-3 cup medium white sauce.

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg and milk; add gradually to flour, beating only until smooth. Add shortening. Bake on greased griddle. (Makes nine 5½-inch thin pancakes.

Combine meat, horse-radish and white sauce and mix thoroughly. Season with salt and pepper, if desired. Spread 2 tablespoons filling on each hot pancake and roll. Serve with onion sauce.

Italian Navy Lost Chance To Turn Tide Of War

After the Battle for Crete, the British battle fleet in the Mediterranean consisted of only three cruisers and if the vastly heavier-gunned, numerically-superior Italian fleet had been willing to risk action, the Allied cause might have been as good as lost.

This picture was presented by Admiral Sir William James, Naval Information Chief of the British Admiralty, in an article for the forthcoming "United States at War" issue of the Army and Naval Journal.

"It was fortunate that the enemy did not know, or, if he did have an inkling of the truth, that he failed to put it to an acid test of decisive action", he wrote.

ACTS 2 WAYS TO RELIEVE MISERIES OF BRONCHITIS

Now get real relief from coughs, soreness and congestion of bronchitis—this **double-action** way that actually

WORKS 2 WAYS AT ONCE
PENETRATES deep into bronchial tubes with soothing medicinal vapors.
STIMULATES chest and back surfaces like a warming poultice.
KEEPS WORKING FOR HOURS

To get all the benefits of this combined **PENETRATING-STIMULATING** action, just rub throat, chest, **and back** with Vicks VapoRub at bedtime. **Instantly** VapoRub goes to work—2 ways at once as shown above—to ease bronchitis coughing, loosen congestion, relieve muscular soreness, and speed restful, comforting sleep. Often by morning most of the misery is gone. Get relief from bronchitis distress **tonight** with double-action, time-tested Vicks VapoRub . . . Try it! VICKS VAPORUB

Had Mussolini's fleet come out to do battle against this weak British fleet—the only force between Gibraltar and the Red Sea—Italo-German forces might have been free to crash British resistance in North Africa, to open the back door to Soviet Russia and even to reach the Indian Ocean to link arms with Japan, James said.

Silent Rooster

A crowless rooster and a newly developed chicken called "jeeps" were introduced to poultry fanciers in New York recently. Along with more than 3,000 fowl of various types from 17 states and Canada, they are on display at the annual Madison Square Garden poultry show.

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Choking, gasping, wheezing Asthma and Bronchitis ruin your health. The prescription **Azmo-Tabs** quickly circulates through the blood, promptly helping to curb these attacks and usually the first day the mucus is loosened, thus giving free easy breathing and restful sleep. Just send your name, card will do, for $1.00 **Azmo-Tabs** free. No cost. No obligation. Just tell others if it stops your Asthma attacks. Know Company, 959 Knox Bldg. Fort Erie, North, Ontario.

Spicy Apple Squares

The flavour-combination of Quaker Oats and apples calls for an invariable "encore" from family and guests alike. Serve this delicious dessert hot or cold, with cream or sauce—whipped cream, when the occasion is an especially grand one, and when you can manage it!

1 cup Saxon (pastry) Flour	3 tablespoons brown sugar
OR Quaker (hard-wheat) Flour	1 cup Quaker Oats
¾ teaspoon salt	3 tablespoons butter
¼ teaspoon baking soda	4 tablespoons shortening

3 cups sliced raw apples — ¼ cup brown sugar — Ground cinnamon

Sift the flour once before measuring. Add salt and baking soda, sift again. Add 3 tablespoons brown sugar, and the Quaker Oats. Combine the butter and shortening, and blend in the Quaker Oats mixture. Spread half in a baking dish, cover with the apples, and add the ¼ cup brown sugar. Sprinkle with cinnamon, and cover with remaining Quaker Oats mixture. Bake in moderate oven, 350°, about 40 minutes or until apples are tender and top nicely browned.

Invaluable for COUGHS—COLDS BRONCHITIS SIMPLE SORE THROAT

DON'T DELAY—BUY A BOTTLE TODAY!