"I've found I can give up dosing!"

"I've found a far better way to correct constipation! One that gives me the kind of lasting relief I've always wanted, and never got, from harsh pills and purgatives. I've tried ever so many, but it's KELLOGG'S ALL-BRAN regularly for me from now on." Such a happy experience is just one of thousands among people who have tried KELLOGG'S ALL-BRAN for constipation due to lack of "bulk" in the diet! ALL-BRAN *corrects* the cause of such trouble, by supplying "bulk-forming" material needed for easy, natural elimination! If this kind of constipation has plagued you, try eating KELLOGG'S ALL-BRAN regularly, or several ALL-BRAN muffins every day. Drink plenty of water. See if you don't praise its welcome relief! Get ALL-BRAN at your grocer's! 2 convenient sizes. Made by Kellogg's in London, Ont.

OTTAWA REPORTS

That Recent Survey Indicates Many Additional Jobs Will Be Available In Canada After The War

Fear of unemployment in the postwar period would seem unwarranted in the light of the report of Dr. G. M. Weir, "A Survey of Rehabilitation" tabled recently in the House of Commons.

Dr. Weir, who has had considerable experience in preparing reports such as this one, is acting Director of Training of the Department of Pensions and National Health, and has been engaged since 1942 in compiling the survey based on opinions of substantial numbers of people with specialized knowledge in widely varied fields and on questionaires from men and women in the Armed Services, and business and professional groups.

* * *

In the opinion of these thousands of Canadians, when peace comes and after the transition from wartime to peacetime economies, there is a possibility of there being anywhere from a million to a million and a half additional jobs available in this Dominion.

Professional opportunities are seen increased by 50,000 with doctors and dentists heading the list. Construction and building, manufacturing and agriculture are seen as offering the greatest opportunities for employment of men in the Armed Services, and, in the case of women, the three principal fields will be found in service (professional, personal and miscellaneous), vocational and clerical work.

* * *

The report discusses the possibility of using present federal establishments for training, including Army trade schools, Naval training centres and Air training schools and special centres like Research Enterprises Limited, Toronto, and No. 1 Wireless School at Montreal.

Public health experts agree on the early need of obtaining a large number of trained personnel and extension of both curative and preventive facilities, and based on the possibility of a greatly expanded public health and health insurance program, the report foresees a definite increase in these services in municipalities. The report also regards as an encouraging sign "an educational awakening, particularly in Quebec and the Maritime Provinces."

* * *

In agriculture, the report indicates 1,240 government personnel will be needed. Of these, 1,000 are in Quebec alone, under the heading "District Agriculturists." The report explains that the Quebec figure means positions corresponding to principals of rural elementary agricultural schools. The deputy minister of agriculture for Quebec and his assistants have been experimenting during the last three years with boys' schools staffed by competent instructors trained in agriculture. The three R's and other elementary school subjects, as well as practical agriculture, are taught, and it is suggested that about 1,000 such schools would be desirable in the interests of Quebec rural life.

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

Churchill's Delayed Christmas Party

The Prime Minister was unable to share any of the Christmas festivities, having been at that season an invalid, whose condition caused much anxiety to his medical attendants, writes the London correspondent of The Ottawa Journal. His recovery has been so somplete, however, thanks partly to his splendid constitution and partly to the skill of his doctors, that Mr. Churchill was able to hold a delayed Christmas celebration at his house in London on the night of his return from Morocco. There was a jolly party—a turkey which had been kept carefully in cold storage — and Winston pulled crackers with the best of them.

tI is as wel that these facts should be known, in order to reassure the public generally as to the Prime Minister's health. Those who shared in the deferred Christmas party declare that he has never been in better form.

IT'S A BIG WORLD

Twins of this 4x6-foot globe had to be cut in half to enter the doorways of the White House and No. 10 Downing Street, where deliveries were made at request of the War Department. Martha M. Boyer sits on top of the world—the kind used to plan campaign strategy.

Hitler Indicates Suitable Understudy

According to Stockholm reports, which may be taken as well-informed, Hitler recently held a Berchtesgaden conference at which he indicated Martin Bormann as his nominee for the Fuehrership in case anything happened to himself, writes the London correspondent of The Ottawa Journal. Whether this is a hint that Hitler contemplates harn-kiri, which he has frequently stated would be his resort in extremity, anybody is at liberty to guess. His selected triumvirate, in the event of his own demise, consists of Bormann, as Number One, with Goering and Himmler.

Bormann's reputation is a sinister one. He is reputed, by those who know about him, the most ruthless Nazi of them all. His present task is disciplining Germany's dangerous home-front garrison of millions of conscripted foreign workers. These are said to total over twelve millions, and they have been showing signs of restiveness. Bormann's plans for handling them are as drastic as his reputation suggests. He is 44, an atheist, and is described as "a chunky little man with thin black hair." He will indubitably look his best on a gallows.

THE WAR · WEEK — Commentary on Current Events

Invasion Of Europe From West Impossible Without Air Supremacy

A clearer perspective of the war—one which holds out high hopes for the future, but also reveals by how narrow a margin the Allies may have escaped catastrophe—is provided by two reports just published, says the New York Times. One is the review presented to the House of Commons by Air Minister Sinclair in which he declares: "There lies before us now clearly attainable the glittering prize of air supremacy—a talisman that can paralyze German industry and war transport." This is a confident, sweeping and authorative statement, all the more impressive because it is based on actual battle results.

First Condition of Victory

It has become a military axiom that while the airplane can no more win wars that can any other single weapon, nevertheless, supremacy in the air is the first condition of victory, and especially of a victory which depends on the success of amphibious operations of unprecedented dimensions. The course of the war has shown that victory in Europe is impossible without a mass invasion from the west, and the lessons of Sicily and Italy have demonstrated that such an invasion, which must be staged from Britain across the English Channel, is likewise impossible without complete domination of the skies. At best, the invasion will involve the greatest risks ever faced by any army; it would be foolhardy to undertake it before decisive victory is won in the air. But until recently the possibility of such an air victory was in itself a matter of grave doubt. In 1940 Hitler possessed air superiority, as the Allies do today; yet the British air force was able to maintain such striking power and reserves that Hitler did not dare stage his own cross-channel invasion of Britain and instead turned east against Russia.

Decisive Period

Now, however, Air Minister Sinclair assures us that not only Allied air superiority but Allied air supremacy is in sight. His statement that the period between the February and the March moons is likely to prove the decisive stage of the whole war demonstrates his confidence that the air victory is close at hand. That may turn out to be the optimism of the specialist, but Mr. Sinclair is able to back up his optimism with a greater display of air-power than was thought possible only a short while ago. He is able to back it up with round-the-clock air attacks by thousands of American and British planes on both the German air force and the factories which produce its planes. He is able to back it up with the diminishing power of the German air force to interfere with these assaults; in fact, some of the Allied air armadas now roam the German skies without catching a glimpse of a German plane. He is able to back it up, finally, with the diminishing rate of Allied losses, a trend which is bound to improve further as the German air force weakens. The path for the invasion, and therewith the road to Berlin, is indeed being cleared, even if this phase should take longer than Mr. Sinclair anticipates.

Lend-Lease to Russia

The second report is that of lend-lease officials on shipments to Russia. This is interpreted in Washington to mean that both the United States and Great Britain stripped their own forces in the beginning to provide the hard-pressed Russian armies with that additional equipment that spelled the difference between victory and defeat. These shipments, which now exceed $4,000,000,000 in value and include 7,800 planes, 4,700 tanks and tank destroyers, more than 170,000 trucks, 33,000 jeeps and many other items, in addition to the huge supplies shipped to Russia by Great Britain, may have delayed both the training and the equipment of the American and British armies, and therewith also the Allied preparation for the present air battle and the invasion. But they helped to keep Russia in the war, and in so doing not only helped to save the Red Armies for the final battle but also prevented a junction of the German and Japanese forces and a decisive shift of the balance of power in favor of the Axis. The fact that Russia is now publishing full details of Allied aid, and that the Russians themselves are astonished at its dimensions, indicates a new appreciation of the Allied role in the war which should smooth the path to a more perfect co-operation in the future.

HAS INVASION ROLE

Rear Admiral Alan Goodrich Kirk, above, will command U. S. Navy task force operating as part of combined naval force in the English Channel invasion area Adml. Kirk, veteran of 35 years in the Navy, has beaten the Germans in the Mediterranean, last year won Legion of Merit for his work in training task force for the North African landings.

VOICE OF THE PRESS

BLOOD DONORS CLINIC

"Supposin" you can't wear a uniform, haven't the money to buy a bond or even a war savings stamp. You can still give your blood and in doing so you'll be making a real contribution to Canada's War effort.

—Smiths Falls Record News.

—o—

HER MOST EXCITING DAY

One woman cook at an air force base in England was on duty when a field marshal inspected the depot. He asked her what her most exciting moment was. She replied without hesitation:

"The best and most exciting time, sir, was when bits of Jerry planes was falling into my frying pan in the cookhouse."

—Windsor Star.

—o—

ENLIGHTENING?

"The things we do tomorrow help us to live through today," moralizes the Kitchener Record. From which we naturally assume that the things we do today help us to enjoy the future yesterday.

—Ottawa Citizen.

—o—

A DROP TOO MUCH

According to reports, a Wisconsin man fell three storeys, sat up and asked for a drink. But hadn't he already had a drop too much?

—Stratford Beacon-Herald.

—o—

A NEW NAME

The chairman of the British Overseas Airways predicts that jet-propelled 'planes will be available after the war. Jetneys!

—Guelph Mercury.

—o—

PADDED FIGURES

Dishonest bookkeepers aren't the only persons who deceive with padded figures.

—Kitchener Record.

Feeling Sand His Profession

Detective story safe crackers who rubbed sandpaper over their fingertips to make them sensitive might like to borrow Glenn Reitzel.

Reitzel is a sand feeler by profession. He tests the texture of sand used to grind and polish plate glass for airplane windscreens at the Libbey-Owens-Ford Glass Company. He takes samples of sand from the grinding machines and sifts them through a series of screens of varying fineness.

It is easy to weigh and measure the coarser sand particles, but those which collect on the bottom screen are too fine to move the pointer on the tiny scales. So he shuts his eyes and sets his fingertips down on the screen. By feeling alone, he says, he counts the grains and notes them on the work sheet.

May Fortell Weather Year In Advance

Today we make a new weather map every three hours to keep up with the rapid changes in the weather, and extend the forecast every six hours, John Humphreys points out in The National Geographic Magazine. Twice a week we make a forecast for five days ahead which is eighty-five to ninety percent correct the first day but gradually decreases in accuracy toward the end of the period. But these five-day forecasts are good enough so that urgent war traffic on the railroads is often routed according to them.

A world network of weather-observing stations, sending reports to central offices, will come after the war. Ships and perhaps automatic floating stations will send in reports from the oceans.

Long-range forecasts will improve. Research may enable us to predict weather trends for six months or a year in advance.

'You Can't Be Too Careful Nowadays'

Months of accumulated resentment smouldered between the lines of a letter received by a London girl from a Canadian sailor, excerpt: "After leaving where we were before we left for here, not knowing we were coming here from there we could not tell if we would arrive here or not. Nevertheless, we now are here and not there." The censor appended a rueful note, saying "you can't be too careful nowadays."

Easy to roll, delightful —to smoke

Ogden's

FINE CUT CIGARETTE TOBACCO

Co-Operation

An incendiary bomb fell through the roof of a house in South Essex during a recent German raid. First it started a fire. Then it burned through a water pipe. Out came the water and out went the fire.

Asthma Suffering Curbed 7 Years

Seven years ago J. Richards, 201 East 23rd St., Hamilton, Ont., was asthmatic, lost weight, suffered coughing, choking, wheezing every night — couldn't sleep. **Azmo-Tabs** curbed his spasms promptly and he now reports normal weight and good health although 70 years old. To prove **Azmo-Tabs** may do the same for you we will send a $1.00 package of **Azmo-Tabs** free. No cost, no obligation. Just tell others if it stops your asthma attacks. Write Knox Company, 60J9 Knox Bldg., Fort Erie North, Ont., for free **Azmo-Tabs.**

Getting Up Nights Makes Many Feel Old Before Their Time

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

Foot Itch Stopped in 7 Minutes

Does Athlete's Foot make your skin peel, crack and blister? Does the itching nearly drive you mad? No matter how long you have suffered or what you have tried, there is new hope for you in a new treatment called **Nixoderm.** In 7 minutes **Nixoderm** stops the itching and starts combating the germs that cause Athlete's Foot. You will probably see a big improvement the very first day or so. If not completely satisfied **Nixoderm** costs nothing because you get your money back on return of the empty jar. Get **Nixoderm** from your druggist today—the money-back trial offer protects you.

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QUICK RELIEF FOR
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By GENE BYRNES