## "How I stopped dosing constipation"

"Sure I'm another booster for ALL-BRAN for constipation like mine. Imagine—no more need for those nasty purgatives which griped, yet helped only briefly. Believe me, eating ALL-BRAN is much better and far gentler. It's my idea of the way to keep regular."

It's simple and gentle. That's the beauty of the ALL-BRAN way—if your constipation is due to lack of "bulk" in the diet. Here's all you do. Eat KELLOGG'S ALL-BRAN every day, as a cereal or in several hot muffins—and drink plenty of water. ALL-BRAN helps to produce smooth-working "bulk" and prepare wastes for easy elimination. The comforting relief convinces you it's wise to eat ALL-BRAN daily to *stay* regular. Remember, it's a cereal—not a medicine. So get ALL-BRAN at your grocer's. 2 handy sizes. Made by Kellogg's in London, Canada.


## MOTHERCRAFT HEALTH NOTES

### *Baby's Layette*

See that the clothes are non-irritating and non-constrictive. Never put all wool next to baby's skin as it causes a rash. Make garments large enough so that they will not be outgrown too soon. Do not over-clothe the baby; have no unnecessary weight of clothes, and dress the baby according to the weather, not the date.

Articles recommended for layette: 4 vests—sik and wool or all cotton depending on weather. 2 to 3 dozen diapers—30 inches square—flanelette, birdseye or canton flannel. 4 night dresses. 4 prs. ankle length bootees. 3 small coats, flannel or knitted. 2 bonnets, plain, no double thickness of wool around face. 4 to 6 prs. soakers. Rubber panties should not be worn. I large shawl. 2 small cuddling shawls or baby blankets— 30 inches square. Cotto ndresses and slips optional. Toilet basket or tray. Cake of super fatted castile soap. Tooth picks for cleaning baby's nails. Absorbent cotton, small rolled pieces for cleaning baby's nose and ears; large pieces for buttocks. Baby Oil, any good standard oil. 6 small bibs. 2 sterilized jars. Boracic acid, safety pins, scissors, baby brush and comb. Towels, 2 face and 2 for body. Four face clothes made of several thicknesses of cheesecloth, 2 for face, 2 for body. Enamel bath tub, enamel pot and covered pail for soiled diapers.

—By permission of the New Zealand Mothercraft Society.

Women of the 17th century wore lead combs because they thought lead kept their hair from getting gray.


CONSTIPATION

FERMOL LAXATIVE TABLETS

QUICKLY RELIEVE CONSTIPATION

If you suffer from Hemorrhoids (Piles) try getting relief through soothing gentle action of FERMOL LAXATIVE TABLETS which so many have found effective for this condition. Go to your drug store and obtain FERMOL LAXATIVE TABLETS—two months supply for $1.00, or write direct FERMOL DISTRIBUTORS, LONDON, Ontario.


## Traffic On Great Lakes Is Reopened

Reopening of the Great Lakes water route emphasizes the tremendous volume of ship transportation on the lakes and the part this plays in the war efforts of Canada and the United States, comments The London Free Press.

The Great Lakes and the St. Lawrence river form one of the busiest waterways in the world. More traffic passes up and down the Detroit river than on any other waterway in the world. Traffic through the Detroit river reached a peak of 111,346,567 tons in 1940, the last year for which there are official figures. By the end of 1943 more than 110,000,000 tons of freight had passed through the canals at Sault Ste. Marie. In the same year more than 2,000 vessels cleard from Port Arthur and Fort William, two busiest Canadian Lake ports.

These figures are a long way ahead of statistics for either the Suez or Panama canals and give an indication of the importance of these routes to the Allied war effort. The Great Lakes lie at the heart of the "arsenal of democracy"; their ships and their crews render one of the most essential services of the United Nations.

### *Feather Dumplings*

**A rich beef stew with feathery dumplings carries us back to the days when grandmother's dinners filled our young hearts with joy. Making dumplings has become a lost art in far too many homes. Try the recipe below and your home will immediately leave this category:**

**Feather Dumplings for Beef Stew**

1 cup sifted cake flour; 1¼ teaspoons double-acting baking powder; ½ teaspoon salt; 6 tablespoons milk; 2 teaspoons melted fat.

Sift flour once, measure, add baking powder and salt, and sift again. Add milk and fat. Then stir quickly and lightly until a very soft dough is formed. Drop by small spoonfuls on simmering stew or fricassée, making sure each dumpling rests on meat or vegetables. (Dumplings should not settle in the liquid. If necessary pour off excess gravy, returning it to stew after the dumplings are cooked.) Cover kettle tightly and cook gently 14 minutes. Do not remove cover while dumplings cook. Makes 6 to 8 dumplings.

**Note:** For the fat, use a little fat skimmed from stew in making these dumplings. It gives extra good flavor.


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The modern cooking equipment for every home . . . Coal or Wood; Gas, Electric and Combination Ranges. Your CLARE dealer can tell you if you are eligible for a new range.

CLARE-HECLA Furnace

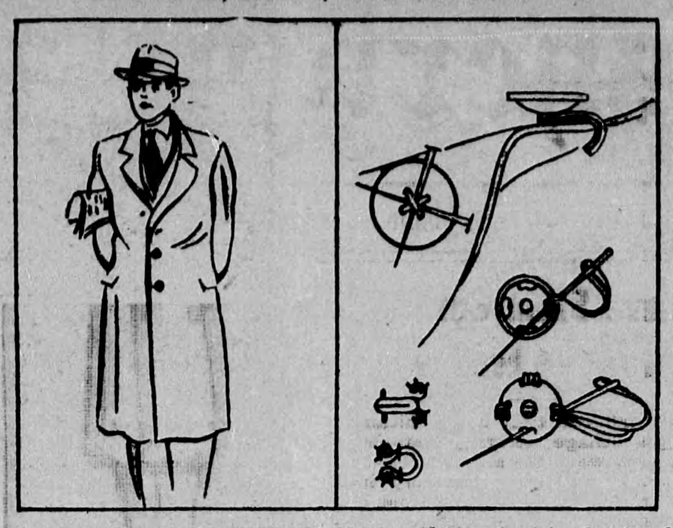
The only Furnace with patented Steel-ribbed Firepot; Guaranteed for Twenty Years; Fused Joint construction. Order early to avoid disappointment.

SAVE 1 TON IN 7

Supply Limited by Wartime Restrictions

CLARE BROS. & CO. LIMITED PRESTON ONTARIO


## BUTTONS, SNAPS, HOOKS AND EYES



**Use a double thread to sew on buttons. Make a knot in the thread and hide the knot under the button by pushing the needle through from the right side. Place the button in position. Lay a pin across the top to keep the thread loose, sew back and forth across the pin. Wind the thread between the button and fabric to reinforce.**

**Secure snap fasteners with an over and over stitch. Sew each hole separately. Carry the thread on the wrong side to the next hole. Most snap-fasteners have a perforation through the centre. Sew one side of the fastener. Hold the garment closed and draw the thread through to place the second half of the fastener.**

● SERIAL STORY

## Murder on the Boardwalk

BY ELINORE COWAN STONE

Last Week: Christine does a portrait of Chandra, an Oriental swami, finds her new job pays generously. She finds a message pinned to her easel: "If you are worried, consult Chandra." She goes to the Oriental's "Tempe of Truth."

CHAPTER IV

From within the "Temple of Truth" came the tinkle of bells and the wailing of pipes.

"Well, at least this is free," Christine said aloud, "and after all, he gave me my start on the Boardwalk."

She slipped inside.

On a stage designed to suggest all the mystery of the Orient, two slim girls, dressed as temple dancers, were gyrating and prostrating themselves as if before an unseen presence.

A deep gong souned, and they scurried from sight. From behind a screen of grillwork that simulated delicately carved white marble, a shining figure in silver robes appeared as if by magic. He moved majestically forward and stood for a moment, his arms crossed on his chest, his dark face lifted as if waiting — listening. Then he intoned in a deep, vibrant voice. "Thy servant is ready, O Krishna! Speak through these unworthy lips."

* * *

For a while Chandra's performance was much like others Christine had attended. He described small objects, gave the numbers of license cards, the insignia of lodge emblems, and the dates on letters which an assistant in a white turban took from people sitting here and there and held, apparently without glancing at them, pressed against his own forehead.

He read and answered questions without having seen or touched the cards on which they were written:

"A lady wishes to know about a ring. . . . Yes, I see it clearly —an emerald set in diamonds. . . . She thinks a maid stole it."

Suddenly the strange tawny eyes in the dark face fixed themselves upon a stout woman near Christine.

"No, Madame, she did not take it. You should have looked more carefully," Chandra went on sternly, "before you accused a helpless servant of such a crime. Why, Madame, did it not occur to you that the ring might have slipped through that rip in the lining of your purse?"

* * *

"Why not look now?" Chandra suggested. Then, as the woman hesitated, he almost thundered "Look now, Madame, and be thankful that it is not too late to repair the mischief you have done!"

The woman fumbled in her purse, cried out—a bit too sharply, Christine thought — and held aloft something that glittered with green fire.

"Oh, I am so sorry about that girl," she stammered. "I—I don't know how to thank you, Swami,"

"Do not thank me, Madame," Chandra told her., "It is the great god Krishna you must thank."

"The great god — my foot!" Christine thought derisively. "And that stooge's acting was terrible."

All around she heard murmurs: "Isn't the swami marvelous?" . . . "He told my sister who—" . . . "—and it happened the very day he said it would!"

* * *

Then abruptly, in the midst of a sentence, Chandra broke off, pressed his fingers to his eyes, and said—a startled note in his deep, somnolent voice, "But this must wait. . . .There comes to me—something uregent!"

One could almost feel the silence in the room.

"There is here at this moment," Chandra was going on, "a young woman who badly needs advice. . . . I will not name her I will not even describe her or tell where she is sitting. I am particularly anxious neither to embarrass nor annoy her — because the word has come to me that I must help her if I can."

Behind Christine a voice said, "I never saw him do anything like this before. It gives me the creeps."

It gave Christine the creeps.

Whether it was deliberate trickery with the illumination or not, all the light in the room seemed to gather itself about the glittering figure on the platform.

"Within the last 24 hours," Chandra went on, "this young lady has encountered a series of surprising experiences. She has met with a grave disappointment; she has, by a strange coincidence, unexpectedly found work when she most needed it."

* * *

No one in the room seemed to breathe — least of all Christine.

"During the last 24 hours," the "swami" was going on, "this young lady has also received a mysterious telephone communication concerning something very near to her own safety, which I fear she has already decided to disregard."

"But," Christine thought with a sickening clutch of premonition, "why—he can't mean me!"

She did not know whether she moved, or even spoke the words aloud. In any event, there was a sudden craning of necks.

"I must ask for quiet!" Chandra's voice crackled. "You will, if you please, keep your eyes on me."

His own strange, tawny eyes were not on Christine, but widened on space, as if following some remote vision; yet she felt that they did not miss a flicker of her eyelids; and that deep, hypnotic voice was compelling her to listen.

"I would beg of that young lady," he was going on, his tone suddenly gentle and pleading, "that she think over the events of the past 24 hours. . . . I would beg, for instance, that she try to remember whether, when she returned to her room this afternoon, there was anything about its appearance that excited her suspicion. . . . And now, if she will come to me privately, I shall be glad to advise her, at no cost to hersef — because the word comes to me that this is a thing I must do."

* * *

His eyes swept the spellbound audience commandingly.

"That is all, my friends," he said. "Go in peace!"

He raised his arms in what was almost a gesture of blessing; and the audience filed obediently out. As they went, Christine saw faces turned toward her—some touched with superstitious awe, some curious—some amused.

Christine, restored to sanity by those glances, blazed with anger.

She had once read a book called "An Expose of the Medium Racket." It was all entirely clear to her now. Of course that girl at the Beachmont telephone exchange was a paid spy.

* * *

When Chirstine had recalled last night's conversation in the clear light of morning, it had entirely lost the frightening strangeness her own confusion and fatigue had lent it the night before. Of course everyone in Beachmont knew who Mrs. Emma Talbert was. Probably Cousin Emma had telephoned instructions to someone to see that her guest went to the Crestview. and the operator had overheard; and in her hurried attempt to pass on the information, had not had time to choose her words.

But now it was not possible to put so innocent a construction upon the girl's strange behavior. Of course she was this man's spy. . . . How easy to listen in, and find out that one of the wealthiest women on the beach was expecting a cousin to visit her, and the name of that cousin. . . . How easy, when the cousin called the house and found her hostess absent, to suggest a hotel. . . . And how easy afterwards for this charlatan to have had her every movement watched!

"Well anyhow," Christine thought, "he's not going to make a Roman holiday of me and get away with it."

When the rest of the audience filed out, she remained stonily in her seat. The clairvoyant came to her at once.

(Continued Next Week.)


*To-day, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.*

"SALADA" TEA


## What New Big War Orders Mean

Word comes that Canada is back in heavy munitions with some of the largest orders that have been placed here since the beginning of the war; and over the news are headlines telling that "huge orders for shells require 10,000 workers."

But the real significance of these big new orders is not in the employment they will give 10,000 workers. It is in what they tell of realization in the highest quarters that this war is far from over.

It is something to consider these days, when we are being asked to support the present war loan.

—Ottawa Journal

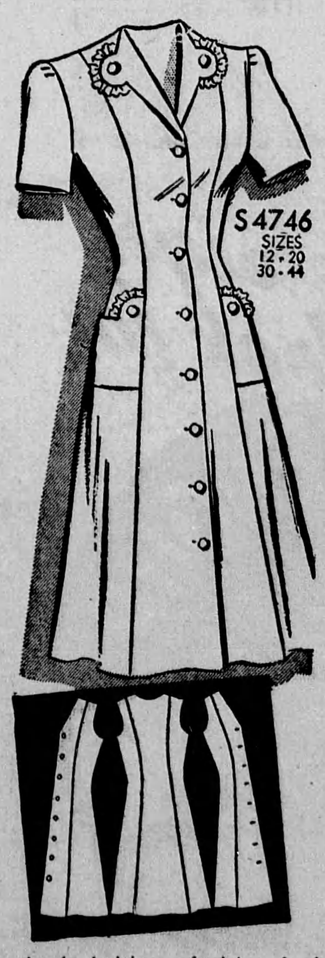
## We Have Money To Buy Bonds

The few Canadians who imagine that this nation lacks the money to buy Victory Bonds should look at the latest figures of the Bank of Canada. They show, in brief, that the sale of merchandise in the retail stores of Canada is now breaking all records because people have more money than ever to spend, says The Winnipeg Free Press.

The retail sales index, which averaged 100 between the pre-war years 1935-39, stood at 161 for the year 1943. People bought 61 per cent more goods in Canada last year than in the pre-war years. But even this enormous spending has increased in the first months of 1944. In January of this year spending stood at 167, only a fraction of a point below the great Christmas spending month of December.

Canada, judged by the surest test, its ability to buy goods, is more prosperous than ever, is getting more goods than ever, even after the figures for sales are adjusted to cover an undoubted increase in price. The Canadian people thus have more than enough money to put over the new Victory Loan without the least sacrifice, and the very fact of their huge money income is the most urgent reason for the loan. Part of this income must be put by, saved, or the attempt to spend it now on goods, which are limited in supply, will inevitably bid up prices.

## TODAY'S PATTERN




A slenderizing, feminine frock that's easy as falling off a log to make is Pattern R4746. Note how few pattern pieces. What's more it butons down the front so that you can slip into it without spoiling your hair-do. A style to wear at the office, at home, or on the street.

Pattern R4746 comes in sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42, 44. Size 16 takes 3⅝ yards 35-inch fabric.

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


ISSUE 21—1944

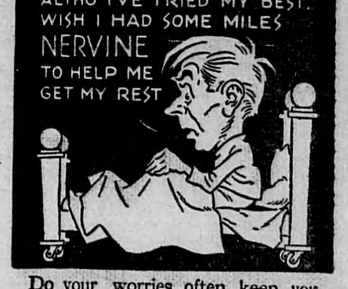


(ADVERTISEMENT)

WILL YOU LIE AWAKE TO-NIGHT ?

Will gas make you feel breathless and smothery—causing awful bloat and wakefulness? Unlock this tight bloat by opening up constipation and releasing "Locked-in" gas. Slow digestion may keep bowels blocked for days. Mulveney's B'WELL opens up bowels, aids digestion and releases gas. Makes you feel fine and ready for restful sleep. Try Mulveney's B'WELL medicine to-night and see what it will do for you! Order large 12-ounce bottle from your druggist.

HAVENT SLEPT A SINGLE WINK ALTHO I'VE TRIED MY BEST. WISH I HAD SOME MILES NERVINE TO HELP ME GET MY REST



Do your worries often keep you awake at night? And does this restlessness make you feel "all in" the next day? Noise, anxiety, overdoing things or working under pressure can affect the nerves . . . may make you sleepless, cranky, restless . . . cause nervous headache or nervous fears.

Dr. Miles Nervine helps relieve nervous tension because it is a mild sedative. Take it according to directions to help calm your nerves and to improve your sleep. Effervescing Nervine Tablets are 35c and 75c. Nervine Liquid is 25c and $1.00.

DR. MILES NERVINE

Improve Your Health by Correcting Sluggish KIDNEYS

*This Way is Swift, Economical*

Few conditions can wreck your health faster than disordered kidneys and inflamed bladder. Your back aches miserably. You have restless nights. You suffer leg cramps and rheumatic pains. When these things happen your kidneys need help in filtering out acids and poisonous wastes that are undermining your health.

Give them this help—quickly—with GOLD MEDAL Haarlem Oil Capsules.

GOLD MEDAL Capsules contain accurately measured amounts of the original and genuine Haarlem Oil (Dutch Drops). You will be gratefully surprised at the way they relieve clogged kidneys and irritated bladder.

Go to your druggist now and get a 40c box. Be sure you ask for GOLD MEDAL Haarlem Oil Capsules. 8

Easy Way To Treat Sore, Painful Piles

Here is the chance for every person in Canada suffering from sore, itching, painful piles to try a simple home remedy with the promise of a reliable firm to refund the cost of the treatment if you are not satisfied with the results.

Simply go to any druggist and get a bottle of Hem-Roid and use as directed. Hem-Roid is an internal treatment, easy and pleasant to use and pleasing results are quickly noticed. Itching and soreness are relieved, pain subsides and as the treatment is continued the sore, painful pile tumors heal over leaving the rectal membranes clean and healthy. Get a bottle of Hem-Roid today and see for yourself what an easy, pleasant way this is to rid yourself of your pile misery.

**NOTE: The sponsor of this notice is a reliable firm, doing business in Canada for over 20 years. If you are troubled with sore, itching, painful piles, Hem-Roid must help you quickly or the small purchase price will be gladly refunded.**