Not just for breakfast—but for every meal

These days Kellogg's cereals are more important in our Canadian diet than ever before. They're easy to digest, appetizing *anytime!*
A satisfying main dish for breakfast, a welcome change for lunch, between-meal snacks. Add flavour to left-overs too!

4 out of 5 Canadian housewives vote Kellogg's FIRST FOR FLAVOUR!

Save Time...Save Work...Save Fuel!

The King Practiced With Tommy Gun When Invasion Threatened Britain

Prime Minister Winston Churchill in a moving address of congratulation to King George on the victorious conclusion of the war in Europe disclosed to the House of Commons that in the days when Britain was threatened with invasion, the King practiced with a tommy gun and rifle in the garden of Buckingham Palace.

Mr. Churchill said that during the first days of his administration in 1940, the King often came into their luncheon conferences from his target practice.

"If it had come to a last stand in London—a matter which had been considered at one time," said Mr. Churchill, "I have no doubt that His Majesty would have come very near to departing from his usual constitutional correctitude by disregarding the advice of his Ministers."

In a warm tribute to the steadfastness and leadership of the King. Mr. Churchill said with emotion:

"I do not think any Prime Minister has ever received so much personal kindness and encouragement from his sovereign as I have.

"He is well beloved because of his courage, of his simple way of living and of his tireless attention to duty."

The Prime Minister also extoled Queen Elizabeth for her war work.

"I am sure," he said, "that many an aching heart has found some solace in her gracious smile."

Mr. Churchill said the King receives him in audience once a week when most of their business is done at lunch.

"We have the strongest Parliament in the world," Mr. Churchill said, in conclusion. "We have the oldest and most famous, most honored, most secure and most serviceable monarchy in the world.

"The King and Parliament both rest safely and solidly upon the will of the people expressed by free and fair election on a basis of universal suffrage.

10,000 Women Bus Drivers In London

Since the beginning of war the London Passenger Transport Board has trained 2,150 male conductors to be bus drivers. Many of these men have been replaced by women. There are now more than 10,000 women conductors in London Transport Service.

SAVE MONEY by staying at FORD HOTELS

Modern, Fireproof, Conveniently Located, Easy Parking

Montreal Toronto and the LORD ELGIN in Ottawa

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FOR MAP or FOLDER, write FORD HOTELS CO. Montreal

$2.50 to $3.50 per person, No higher!

400 lovely rooms with radio!

LEOPOLD LIBERATED

King Leopold III of the Belgians, his wife, Princess Rethy, and four children have been freed by American Seventh Army at Strobl, Germany. The King had been prisoner since May, 1940.

Three Centuries Of Wheat Growing

The growing of wheat in Canada can be traced back approximately 340 years to the summer of 1605, when a French settlement in the Maritimes cut the first crop. Today one of Canada's leading export commodities, Canadian wheat, was being exported as far back as 1754 to the tune of 80,000 bushels.

WANTED

Woman to act as companion to lady at summer resort and to assist in the preparation of meals. Everything found. Private cabin accommodation. Salary $100 for season commencing June 16. Write to:
B. GREEN,
101-2837 Yonge Street, Toronto.

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.

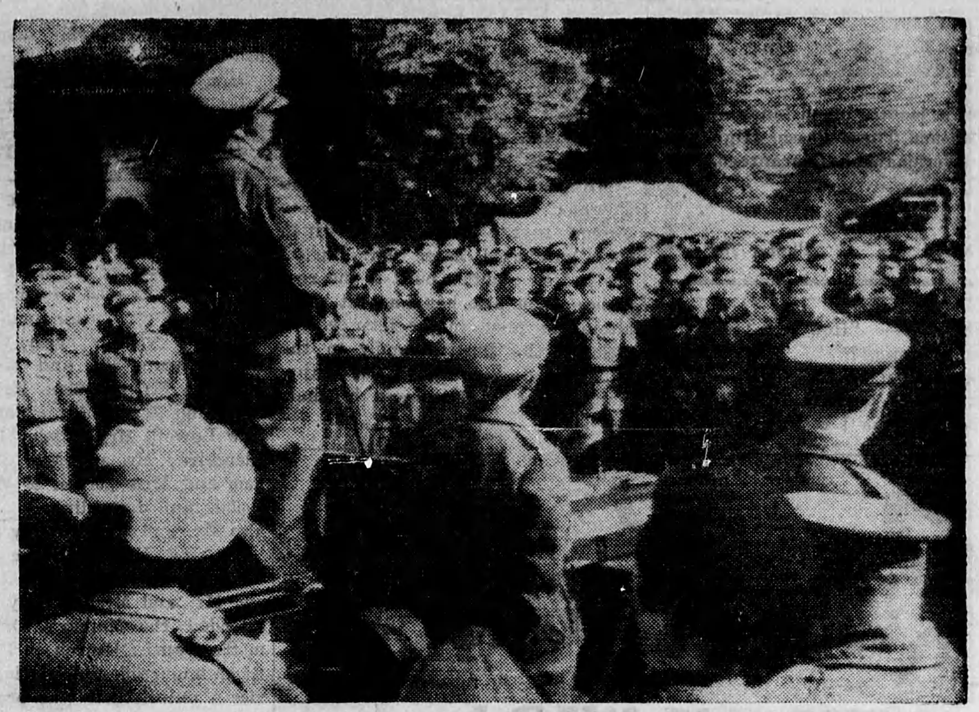
NOTE: The sponsor of this notice is a reliable firm, doing business in Canada for over 20 years. If you are troubled with sore, itching, painful piles, Hem-Roid must help you quickly or the small purchase price will be gladly refunded.

Here's a SENSIBLE way to relieve MONTHLY FEMALE MISERY

Lydia E. Pinkham's Vegetable Compound not only helps relieve monthly pain but *also* accompanying nervous, tired, high-strung feelings—when due to functional periodic disturbances. It's one of the most effective medicines for this purpose. Pinkham's Compound *helps nature!* Follow label directions. *Try it!*

Lydia E. Pinkham's VEGETABLE COMPOUND

CANADIAN GENERAL THANKS HIS STAFF



Grateful leader Gen. H. D. G. Crear, G. O. C. First Canadian Army, thanks men of his Headquarters staff for their loyalty during the tremendous days between D-Day and V-E Day.

Britain 'Drafts' POW For Work

Nazi Captives in Britain To Help Clear 'Blitz' Areas

The British Ministry of Works announced German prisoners of war would start work at once to help rebuild damage they caused in Britain.

No fanatical Nazis will be allowed in the battalions that will work on roadmaking, drainage, site preparation, sewer construction, and clearing of rubble from bombed buildings.

Britain needs a million houses at this present moment. If orthodox labor markets only are tapped there is not the slightest chance of getting sufficient help. For the coming year Britain will have available only half the number of building workers it employed in 1939.

Under War Office

The War Office will settle how long they work, what conditions they will work under, and what and how much food they will eat, and where they will live. But the Ministry of Works and Buildings says that the employment of prisoners won't mean that a single British workman will be out of a job.

The utmost care will be taken to safeguard the conditions of British labor, and for this reason chiefly it is intended to use prisoners only on unskilled work.

Considerable hopes are entertained that a satisfactory amount of work will be got out of German prisoners working under the new plan. In agricultural work, especially in Yorkshire, they have done quite a good job for a few shillings a week, and there seems no reason why they shouldn't answer just as well in demolishing rubble as in raising crops.

VOICE OF THE PRESS

GUARD AGAINST FIRES

With the camping season just around the corner, folks are again urged to guard against causing forest fires. We can get along much better without that brand of trail blazing!—The Kitchener Record.

BIG JOB FOR ALLIES

The task confronting the Allies in Germany is a tremendous one. Some people think that it will be almost as hard to put the country together as it was to take it apart.
—The New Yorker.

SOMETHING TO REMEMBER

Don't forget, however, that tyranny and oppression aren't as dead as Mussolini, nor as missing as Hitler.
—Windsor Star.

BRIEF VERSE

Two down,
One to go,
Rush the war
To Tokyo!
—Christian Science Monitor.

HALF OVER DAY

Victory-in-Europe Day was actually only Half-Over-Day—and we had better not forget that sobering truth.—Stratford Beacon-Herald.

Churchill: 'Carry On With The Coffee'

Prime Minister Churchill sat calmly drinking coffee when a bomb damaged 10 Downing street during the German air blitz on London, it was disclosed recently. Churchill was dining when the ceiling and chandelier hurtled down. He merely said: "Carry on with the coffee."

Britain Recruiting Demolition Squads

Whatever methods are employed by the United States and Russia to make it impossible for German industry to engage again in the manufacture of weapons and war material, Great Britain's modus operandi has already been decided on every definite lines, it has been made known to the Ministry of Labor.

More than 10,000 British scientists and technicians are being recruited for the British Control Commission to "blueprint" German war industry for "treatment" by Allied dynamiters and demolition squads.

"We are recruiting technicians and scientists with experience in twenty different industries," a Labor Ministry official informed the Industrial correspondent of the London Daily Mail. Only eight of these are not solely engaged in war production. The rest are to be faithfully dealt with under the Yalta agreement. Death warrants have been signed for armament and shipbuilding industries.

Farm Machinery Goes To UNRRA

One of the most pressing needs of the liberated peoples of Europe is farm machinery. Canada has undertaken to supply UNRRA with 22,500 tons. This, plus our exports to our old markets, will take 30 per cent. of all we produce. The rest—70 per cent.—is distributed through a permit system to farmers who can show the most urgent need, and to servicemen being established on farms under the Vetrans' Land Act.

Canada's total milk production for 1944 is estimated at 17,600,000,000 pounds.

ROLL YOUR OWN WITH
British Consols
CIGARETTE TOBACCO

WHAT SCIENCE IS DOING

Ash Bricks

British scientists have produced a new fire-proof building material from waste ash which may save millions of dollars annually.

It is claimed that its strength improves with age; it is not influenced by frost or damp. it is vermin-proof; it can be plastered, papered and painted in color, sawn to any shape and will take screws and nails.

The new material is, made from waste product of electricity power-stations the ash residue from furnaces which burn pulverized coal.

It is claimed that over 800 millioin bricks could be produced in Britain with the ash, which is now thrown away, at an approximate cost of $6,645,000 a year.

The ash bricks have already been used in the construction of offices and workshops and one new housing estate estate in Central England is to have the first house built entirely of them.

Robot's Limitations

One of the biggest problems of modern farming is labor-saving machinery, according to a BBC broadcast. The cowmen on my neighbor's farm phrased it rather neatly when a milking machine was installed. He said: "Well, er may be all right for milking but what other use is er? I've been a milking machine for forty years, but I can lay a hedge or make a stack or hoe a turnip. You try taking this thing out and show er a turnip."

DID YOU KNOW that Maxwell House Coffee is "Radiant Roasted" to capture all the extra goodness of this particularly fine coffee blend. Try Maxwell House!

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