

"How I stopped dosing constipation"

"Sure I'm another booster for ALL-BRAN for constipation like mine. I imagine no more need for those irritating pills 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 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 peace of mind for easy elimination. The comforting reply 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 they will not be constrictive. Do not over-clip 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—silk and wool or all cotton depending on weather. 2 to 3 dozen diapers—10 inches square—flanellette, birdseye or cotton flannel. 4 night dresses. 4 pairs ankle length hosiery. 3 small coats. Hat of knitted, 2 bonnets. 2 pairs of shoes. 4 double thickness of wool around face. 4 to 6 pairs sockers. Rubber pants should not be worn. Large hand. 2 small cuddling shawls or baby blankets—30 inches square. Cotton dresses and slips optional. Toilet basket or tray. Cakes of super-fatted castile soap. Tooth picks for cleaning baby's nose. Absorbent cotton, small rolled pieces for cleaning baby's nose and ears; large pieces for luncheon. Baby Oil, any good standard oil. 6 small bins, 2 sterilized jars. Boracic acid, safety pins, scissors, baby brush and comb. Towels, 2 each. 2 for face. 4 for body. Four face clothes made of several thicknesses of cheesecloth. 2 for face, 2 for body. Enamel bath tub, enameled pot and covered pail for soiled clothes.

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

IF YOU SUFFER FROM HEMORRHOIDS (PILES) TRY FERMOL LAXATIVE TABLETS. They give gentle action of FERMOL LAXATIVE TABLETS. Many have found effective for this condition. Laxative Tablets. Write to: FERMOL LAXATIVE TABLETS, 277-279 Dundas Street West, Toronto. Write direct: FERMOL DISTRIBUTORS, LONDON, Ontario.

BUY ONLY WHAT YOU NEED

But BUY THE BEST!

CLARE-JEWEL Ranges

CLARE-HECLA Furnace

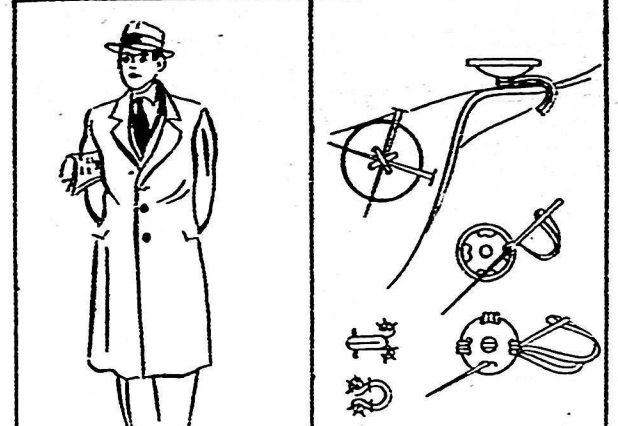
The only furnace with patented steam-heated flues. Guaranteed for Twenty Years. Free Joint Construction. Order early to avoid disappointment.

SAVE 1 TON IN 7

Supply Limited by Wartime Restrictions

CLARE BROS. CO LIMITED PRETORIA

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. Sew each hole separately. Carry the thread on the wrong side to the next hole. Most snap fasteners have a perforation through the center. Sew one side of the fastener. Hold the garment closed and draw the thread through to place the second half of the fastener.

MURDER ON THE BOARDWALK

BY ELINORE COWAN STONE

Last week Christine described a portrait of Chandra, an Oriental swami, finds her new job pays generously. She finds a message pinned to her chest. "If you are worried, consult Chandra." She goes to the Oriental's "Temple of Truth."

CHAPTER IV

From within the "Temple of Truth" came the tinkle of bells and the rattling 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 pre-treating themselves as if before an unseen presence.

A deep going sound, 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 lit as if by lightning—listening. Then he intoned in a deep, vibrant voice. "Thy servant is ready, O Krishna. Speak through these unsteady lips."

For a while Chandra's performance was much like others Christine had attended. He described small objects, gave the numbers of license cards, 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:

"An 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 good Krishna you must thank!"

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

All around she heard murmurs: "Isn't the swami amazing?"

"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 urgent!"

One could almost feel the silence in the room.

Today, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA

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 expiring 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 chairwoman came to her at once.

(Continued Next Week.)

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.

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."

—Ottawa Journal

We Have Money To Buy

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. See The Winnipeg Free Press.

The retail sales index, which

TODAY'S PATTERN

\$47.46

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. Our back-aches, urinary troubles, and rheumatic pains, 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.

Get them this help—quickly—with GOLD MEDAL Haaren Oil Capsules. GOLD MEDAL Capsules contain accurately measured amounts of the original and genuine Haaren Oil (Dutch Drops). You will be gratefully surprised at how they relieve kidney troubles and irritated bladder.

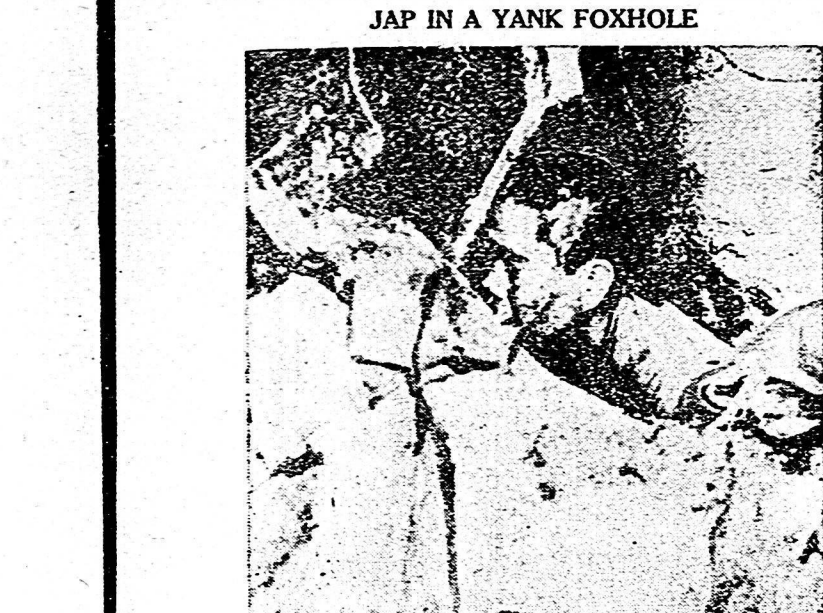
Go to your drug store and get a 40c box. Be sure you ask for GOLD MEDAL Haaren Oil Capsules.

Easy Way To Treat Sore, Painful Piles

Here is the change for every person who suffers from itching, painful piles to try a simple home treatment, and receive a reliable firm to refund the cost of the medicine if you are not satisfied with the results.

Simply go to any drug store and get a bottle of Hem-Roid as directed. Hem-Roid is an internal treatment, easy to use and pleasant results are quick. The treatment is continued until you are relieved, pain subsides and as the treatment is continued the veins and healthy, get a bottle of Hem-Roid today.

NOTE: The sponsor of this medicine is a reliable firm, does business at the national level. Hem-Roid is available with care. Hem-Roid is a reliable firm, does business at the national level. Hem-Roid is available with care. Hem-Roid is a reliable firm, does business at the national level. Hem-Roid is available with care.



Remarkable photo above shows a Jap soldier, crouching in an American foxhole on Bougainville Island, where he dodged Yank bullets and enemy grenades—but not for long. Enemy soldier hid himself in the foxhole during an unsuccessful attempt by Japs to seize part of beachhead held by U.S. forces.

CHRONICLES OF GINGER FARM

By Gwendolyn P. Clarke

We had a surprise this week—and a very pleasant one. . . A telephone call from Toronto. . . and our son's voice saying he was on his way home. We knew he was due for a furlough but had not expected him so soon. And he arrived just as Partner was ready to start on the land—so we had someone to drive the tractor for us after all. Of course we thought our seeding would be finished in double quick time. But no—one field was too wet to work, and then before it had a chance to dry it rained again. So here we are with one field partly sown and that is all.

On Monday son Bob leaves for Quebec. He has a feeling that if the invasion gets underway it is quite possible men on furlough may be recalled. And when a visit to your best girl is at stake there is no sense in taking chances. Imagine a fellow being recalled before he had had a chance to see his girl. Being a soldier is a tough business sometimes, isn't it?

By the way Bob was very much amused at his sister and I thinking him "safe" as long as he was on Vancouver Island and not overseas. By the time he had finished telling me a few things I realized that all the casualties are not on the battlefield. It put me in mind of a stupid little rhyme I used to say as a child—especially if I were up to some sort of mischief—"If my mother only knew, her heart would surely break in two."

Our boys in training—and on operational duty, as Bob is—might often think that—and with some reason.

Our spring flowers are just coming into bloom with more buds showing than I have seen for a good many years. We have daffodils and narcissal along the edge of the border from one end of the garden to the other. And they are really lovely. Then come the flowering shrubs but after they are done our garden has little to commend it to attend to. Yesterday I visited a nursery in search of ornamental evergreens and shrubs—but it was raining and too wet for digging, so I just had to go catalogue shopping and that didn't get me far as what I wanted was growing but not listed.

AWARDED BAR TO DSO

In June of 1912 she auditioned for an announcer's position with CKCL, was selected from a group of talented young aspirants, and thus became, as we know, the first full-time Commercial woman announcer in Toronto. Laddie says announcing appealed to her because she was told that there would be a crisis every twenty minutes or so, and that's what she thrives on.

As for hobbies, in addition to theatre work Laddie plays a pretty fair game of golf, and likes nothing better than to do a bit of horse-back riding. . . and when she can't ride 'em she says she would like to play 'em. Laddie is a good swimmer, except when there's a handsome Liegiard around. . . and then she suddenly loses her aquatic abilities and shouts for help.

WINGED STAR

First Lt. Tyrone Power, who received his wings as a Marine Corps flyer, is pictured above at the national level. He is now at the Naval Air Training Center, Corpus Christi, Tex.

POP—That's Different

By J. MILLAR WATT

NOW IF YOU HAVE NO OBJECTION, WE'LL GO AND HAVE A BEER!

I'VE NEVER HAD ONE YET!

NEVER HAD A BEER?

NO! NEVER HAD AN OBJECTION!

SUNDAY SCHOOL LESSON

May 23
PAUL ENCOURAGES THE CORINTHIANS
2 Corinthians 4: 1-5:21.
PRINTED TEXT: 2 Corinthians 4: 1-5:21.
GOLDEN TEXT: Ye know the grace of our Lord Jesus Christ, that though he became poor, yet for your sakes he became poor, that ye through his poverty might become rich. 2 Corinthians 8:9.
Memory Verse: I will sing unto Jehovah, Exodus 15: 2.
THE LESSON IN ITS SETTING
Time—The second epistle of Paul to the church at Corinth was probably written about A.D. 56.
Place—The city of Corinth was located in Greece, one of the great cities of the ancient world of Paul's time.

A Christian Ministry
"For we preach not ourselves, but Christ Jesus as Lord, and ourselves as your servants for Jesus' sake." Paul, the first of the apostles of Christ and lived to please Him, and as His servant and for His sake he served His converts in Corinth. We must always remember we are first the servants of Christ, and His will must always come first.

"Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day." While the body may grow weaker year by year, the gradual sacking of the body is according to the laws of nature, but the continual increase of power in the inner life is according to the law of the Spirit of God.

The Burden of Life
"For our light afflictions, which are for a moment, worketh for us more and more exceedingly an eternal weight of glory." To-day the world is full of those spiritual loads which our souls will inhabit at Christ's return.

"Now he that wrought us for this very thing is God, who gave unto us the earnest of the Spirit." God who has fashioned for us a body spiritual and immortal has

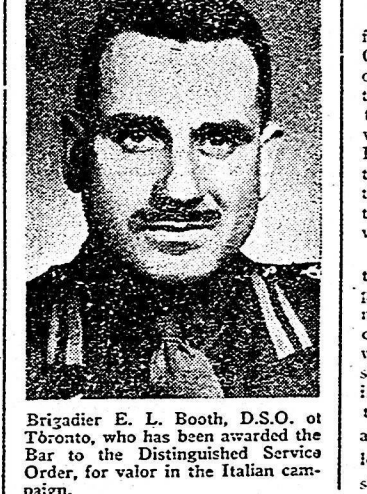
RADIO REPORTER

By AL LEARY

three-act play based on "The Legend of Sleepy Hollow" and it was successfully produced at the school.

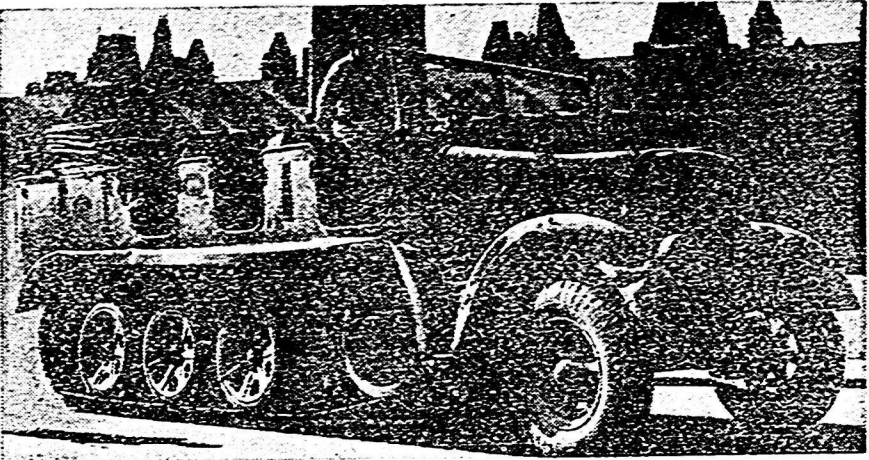
After High School, Laddie spent three years mechanically typing eight hours a day in a large firm, while her thoughts were pre-occupied in her first love-dramatics. Most of her evenings were spent at the Montreal Repertoire School of the Theatre, taking classes in voice, interpretation, make-up and body-tension. Laddie was associated with several Little Theatre groups in Montreal. Then her thoughts turned to radio, and so she took private dramatic lessons from Eleanor Nichol, C.M.B., on radio technique, diction, etc. Her first radio-break came in a Summer series of dramatics over CKAC.

Laddie headed for Toronto in the Autumn of 1912 and has been in the Queen City ever since. Inside of two months she got her first program of her own. . . a fifteen-minute program three mornings a week over CFRB. Along with that she did freelance dramatic work over the CBC.



Brigadier E. L. Booth, D.S.O. of Ontario, who has been awarded the ter-clevis in the hands south of the equator.—Kingston White-Standard.

CAPTURED GERMAN TROOP-CARRIER IN OTTAWA



Against the peaceful background of the Parliament Buildings in Ottawa stands this captured eight-ton, semi-tracked German troop carrier brought to the capital for study by the Canadian Army Engineering Design Branch. The troop carrier, or Zugkraftwagen, is nearly 27 feet long and eight feet wide and can accommodate 11 men and half a ton of gear. It has a speed of 25 miles per hour and is equipped with a folding canvas hood.

burden of life becomes too heavy for us.

"While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal." The things seen, the pleasures of life, wealth, position, power—these are but for a time. It is the things which are unseen—God, love, Heaven, eternal life, truth, righteousness—they are eternal.

Pledge of Future Glory
"For we know that if the earthly house of our tabernacle be dissolved, we have a building from God, a house not made with hands, eternal in the heavens." The first clause refers to our physical bodies, in which we now dwell. The second clause refers to those spiritual bodies which our souls will inhabit at Christ's return.

"Now he that wrought us for this very thing is God, who gave unto us the earnest of the Spirit." God who has fashioned for us a body spiritual and immortal has

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SOUTHERN STATE

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