

CEREAL RELIEVED HIS CONSTIPATION

Kellogg's ALL-BRAN Brought New Health

Every one who has suffered from constipation should read Mr. P. M. Fisher's letter:

"For many years I suffered from constipation and used, for relief, all kinds of laxatives. After a few days' treatment, I would only find my condition the same as before and at times worse.

"Some time ago I started to use Kellogg's ALL-BRAN regularly, once a day as directed. Since doing this, I have found that I do not need any other medicine to procure the desired result, and it keeps me in a very healthful condition."

Constipation is caused by lack of two things in the diet: "Bulk" to exercise the intestines; Vitamin B to tone the intestinal tract. ALL-BRAN supplies both—and also iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Inside the body, it forms a soft mass, which gently clears out the wastes.

How much safer this is than risking pills and drugs—so often harmful. Just eat two table spoonfuls daily—in serious cases, with every meal. If your intestinal trouble is not relieved in this way, see your doctor.

Equally tasty as a cereal, or used in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Two More to Add to the List of Scotch Stories

A Scottish friend was talking to and about The Advance the other day. He thought The Advance was keeping all right, but he commented on the recent lack of Scottish stories.

Well, Geordie! here's a couple fer ye! The furthest one goes like this:— In the smoking room of the big hotel the Scot had been telling everyone of the great deeds he had done.

Scotchman—Thank ye, I canna pay ma bill here. And the second one (from the Po-wassan News) is after this fashion:— A Scotsman was strolling along the quay one day, when his dog stopped beside a basketful of live lobsters.

Chilliwack Progress—Sometimes we find it impossible to repress a smile when a local citizen loudly proclaims that he does not read his local paper.

Who Was it That Put the Glad-Eye in Gladiolus

During the recent Timmins Horticultural Show several were heard to refer to a flower that they called "Glad-eye-lis." Is that a new flower? was the question asked, but it turned out that the reference was to the well-known gladiolus.

Here in this garden where gayest gladiolus Mingles with roses and snapdragons fair, Let us have minstrels to fiddle or viol us. Music that floats on the odoriferous air. Just why people in this country should note or care what the late Mr. Webster may say is a mystery when there are so many superior authorities.

Huntingdon Gleaner:—The pie business has been good to George Kanopars, 72, of Chicago. He was peddling individual pies when policeman John Frye asked him about his license.

Sudbury Star:—A full measure of sympathy usually goes out to a man who sacrifices himself so thoroughly in the public interest that his health is seriously affected.

About Fire Ranging and Lumbering Work

Further References to Fire Rangers Talking About Lumbermen and Others Talking About Fire Rangers.

Last week The Advance published an article written by W. J. Gorman, of The Northern Miner, in which a fire ranger discussed lumbering in Ontario, at which industry the fire ranger in question had spent much of his life.

The viewpoint on Ontario lumbering operations as expressed by the older lumberjack turned fire ranger, in this column last week is apparently not shared by all and sundry. A reader writes in to say that there is some honest truth in it but the lumberman forgot to mention that he was housed and fed while working in the woods, and item of outlay which would materially advance the lumber company's expense in getting out timber.

"I once put in a season fire-ranging on the Montreal river with another student and we had for neighbours on the next beat two ex-lumberjacks. While we had an old cabin they had several dandy lumber camp buildings, built the year before and to be used again the coming winter.

"This scientific research in the lumber camp cookery had been carried out with a secrecy typical of old lumberjacks. Down the river five miles we had heard nothing of the preparations, although we had met the two on our travels several times.

"The show that those two old expert canoe men put on was worth seeing. They literally walked the gunwales. They step danced, sang, roared out old shanty songs and behaved in a most scandalous manner. It seemed all the more incongruous out there in the on-coming dusk, with the pine clad hills for an amphitheatre and only the two of us for an audience.

Ray Price motored from Kirkland Lake last week to visit his sister, Mrs. Norman Johns, Timmins.

the odd poke at the water to help the current. Presently they landed and we got the story. They had come down to visit the student tenderfeet and initiate them into the mysteries of the local Bacchus.

"We had an awful night, keeping those two old-timers out of the water. They had marvellous ideas about how far they could swim, how deep they could dive and how much grass they could bring up from the bottom of the Montreal river.

Hydro Denies Any Design of Buying Power Company

There have been several newspaper references to the idea of adjusting the power situation in the North by the Government purchasing the Canada Northern Power Corporation and so securing a complete monopoly in power service in the North.

Try The Advance Want Advertisements

About Hybrid Roses in Porcupine Camp

Correspondent at South Porcupine Makes Interesting Reference to Roses Blooming Several Times in Season.

Last week the South Porcupine correspondent of The Advance made the following reference to roses in the Porcupine camp, and this article should prove of interest and help to many readers of The Advance:—

"Comment was made some time ago in The Advance about roses in bloom at this time of year. We have since learned that this is quite prevalent throughout the camp, many gardens, even at this date, having several varieties of this much-favoured flower still in blossom.

"Hybrid Perpetual roses, a still harder class, often have a second season of bloom in several varieties. There are fine specimens of these in bloom all summer in the gardens of Mr. A. Lalonde and Mr. Perreault on Maple street south in Timmins.

"Roses are possible in any garden in the North, but need good cultivation and proper planting to get the best results. Only a few of the hardier types will survive if the drainage is not good and if care is not taken to keep the budded portion of the plant well under ground, as practically all our roses are budded on hardier briar roots.

Benefits to Lumbermen MAY NOT COME TILL 1933

Recently The Advance referred to the statements made by Sudbury and North Bay lumbermen in regard to the time when the lumber industry would feel the effects of the agreements made at the Imperial Conference at Ottawa this summer.

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One of South Renfrew's lumber firms announces that responsible farmers with first-class references can have the use of heavy teams from September, 1932, to August, 1933, for feed and care.

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Miss Ethel Chapman makes this novel LUXOR CAKE with Magic Baking Powder.

"My advice to all housewives, both skilled and inexperienced, is: Use Magic Baking Powder. Then there is no uncertainty about your baking," says Miss Ethel Chapman, Editor of the Home Section in the Ontario Farmer.

This unqualified statement is particularly impressive because thrifty Canadian home-makers have learned that Miss Chapman's advice is invariably practical.

Other well-known food experts and cookery teachers in the Dominion share Miss Chapman's high opinion of Magic.

Miss Chapman's recipe for "LUXOR CAKE"

- 1 cup fine granulated sugar 1 teaspoon vanilla extract / 1/2 cup egg yolks 1/2 cup lukewarm water / 1/2 teaspoon Magic Soda / 1 1/2 cups pastry flour (or 3 tablespoons less of bread flour) / 2 teaspoons Magic Baking Powder / 1/2 teaspoon salt



FREE—Send for the Magic Cook Book to use when you bake at home. Address: Standard Brands Ltd., Fraser Ave. and Liberty Street, Toronto, Ont. 7