

LOOK OUT FOR THESE SYMPTOMS OF CONSTIPATION

Get Relief With Kellogg's ALL-BRAN

Headaches, loss of appetite and energy, sallow complexions, and sleeplessness are often warning signs of common constipation. Unless checked, constipation may impair health.

Today, you can get rid of common constipation by simply eating a delicious cereal. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further aid regularity. ALL-BRAN is also a good source of blood-building iron.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Inside the body, it forms a soft mass. Gently, it clears the intestines of wastes. How much better than taking patent medicines.

Two tablespoonfuls daily will overcome most types of constipation. Serious cases, with every meal. If not relieved this way, see your doctor.

Enjoy ALL-BRAN as a cereal, or use in cooking. Appetizing recipes on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

Great Excitement in Sudbury Over a Bear

Animal Marches Down Town With 30 Spectators at a respectable Distance. All Sudbury Turns In or Out For the Bear.

Talking about bears, Sudbury has them all stopped for bear stories. A bear in Sudbury walked down the main street, with half the population vailing the fences and the other half following at a very respectable distance, there being fully thirty people following the bear. This bear upset garbage pails, cuffed a gentleman on the side of the head, assaulted a couple of policemen, chased one or two lame spectators and eventually landed on the front page of The Sudbury Star. There hasn't been such excitement in Sudbury since The Star went back to the Washington Press.

The bear was supposed to be a tame bear but nothing in Sudbury supposed to be tame can be depended upon. The bear also has a history, last summer biting a boy who attempted to bat him, when he (the bear, please) was chained at the side of the road at Copper Cliff. His owner, Showman Geary, recently brought this bear, "Beauty," and a six-months-old cub to Dr. Young's Stables at Sudbury and asked permission to tie them in the barn while the show was playing Constion. About 5:30, Wednesday afternoon last, Beauty slipped his leash, strolled through the door of the

barn and created consternation on Sudbury's main streets. The bear was hungry and knowing that food comes in parcels and seeing a man carrying a parcel, the bear followed the man. The man walked fast, but the bear shuffled after and reached the verandah of the man's home just as the man himself did. The man picked up a milk bottle and took a swipe at the bear. The bear swiped back and the man slipped inside the house, slamming the door on the bear's face. The bear went around to the back door and tried to get in, but soon had his attention attracted to some fish in a garbage can. In the meantime, someone phoned for the police and Sergeant Leo Campeau and Constable Emile Laford responded. They got a rope around the bear, but could not pull him away from the garbage can. So they used strategy. The one officer picked up the garbage can and the bear followed him. The officer carried the can into the barn and the bear was once more securely tied up there. In a short time, however, Beauty escaped again and a man who went to show he could handle a bear had his wrist badly gashed by a slap from the bear. He escaped a couple of other times during the evening and eventually a heavy chain was secured and used to secure the bear so that he can no longer get away at will to brighten all the people of Sudbury and have the rest there following him around, all thirty of them. Since the bear has been chained up every-body in Sudbury breathes easier, though even their best friends won't tell them about it. And now if somebody would tie up the bull, Sudbury people would not be so badly off.

GOOD FARMING COUNTRY IN NORTH, AS WELL AS MINES

The C.N.P.C. Review, published monthly in the interests of the employees of the Canada Northern Power Corporation, has the following to say in its current issue in regard to a feature about the North that is by no means unduly stressed:—

"The fabulous sums in mineral wealth that have been taken out of Northern Ontario leave the impression that our country is mainly a mining camp. Visitors, therefore, who travel the main road north from New Liskeard or swing say, through McCool or Elk Lake are surprised to find rolling acres of well-developed farm lands with houses and barns of solid construction, which give an air of permanence far removed from the pre-conceived notion of a boom district which will die a natural death when the ores are exhausted; and in Quebec too, on the way to Ville Marie, there is a farming section which in years to come will match anything in the older parts of the Province. Travellers by railroad from the cities down south see very little of this farming country; its all rock and pine from North Bay to Cobalt and unlikely looking country north of Englehart."

Kitty: "Father's awfully mean. My dressmaker wrote to him to say that she wouldn't make me any more dresses until her account was settled."
Marjorie: "And what did he do?"
Kitty: "He just wrote her a letter of thanks!"

—Exchange

Chautauquas to be Here for Four Days

Dates For Timmins For Canadian Chautauquas This Year Will be Tuesday, Wednesday, Thursday, and Friday, Aug. 29 to Sept. 1.

Every year, hundreds of people in Timmins and district look forward to the visit to town of the Canadian Chautauquas. To assure the visit here of this educational and entertainment feature, the following citizens are sponsoring the Chautauquas here this year: Dr. J. A. McInnis, Ralph Elston, Dr. A. S. Porter, J. E. McGrath, W. H. Pritchard, Robert Allen, W. H. Wilson, R. M. Asselstine, W. C. Arnold, M. L. Urquhart, E. H. King, J. B. Gray, J. R. Rutherford, R. A. Stevens, M. E. Williams, H. Jones, E. L. Longmore. If the sale of tickets does not reach the high guarantee required, the local sponsors have to make good the deficiency, the cost to the individual sponsor being from \$20 to \$50. The sponsors take this risk to assure for the people of the town and district the visit of the Chautauquas here. In return it would appear that those who enjoy the event should purchase tickets so as to reduce or eliminate the liability of the sponsors.

This year, the Chautauquas will be held in St. Anthony's parish hall, Timmins, on Tuesday, Aug. 29, Wednesday, Aug. 30, Thursday, Aug. 31 and Friday, September 1.

The programme for the Chautauquas this year is a particularly attractive one, and is as follows:

First day, Tuesday August 29, evening—Grand Concert by the Deep River Plantation Singers. The members of this company, not only have notable voices and musical talent, but they are also gifted in expression and in portrayal of the truest type of negro in song and spiritual experience. Their numbers include jubilee chants, plantation melodies, religious hymns, voodoo songs, old tribal melodies and spirituals. Van Osborne, well-known negro boy entertainer, is featured on this programme.

Second day, Wednesday, Aug. 30, afternoon—Lecture recital, "Nugget of Gold," by Robert Hanscom. This is a varied programme that will delight most people. Poetry, prose, story, anecdote, characterization, are all in this lecture recital. Mr. Hanscom gives as part of his programme, several impersonations, making his character changes on the stage. Evening—The notable modern drama, "Sun-up," by the Peerless Players. This company pleased all here by their remarkably good dramatic work last year. "Sun-up" is likely to prove even more popular. The play, "Sun-up," is a drama of Carolina Mountain life, with humor, wit, philosophy, adventure, and some of the more tragic elements of life. It is a drama that will have powerful appeal and it is presented in very effective way.

Third day, Thursday, Aug. 31, afternoon—Musical programme by the Lombard Entertainers. This is described as a "happy blending of the classics and musical sketches." The Lombards, Harry and Lela, are noted for their radio broadcasts over WGN, WBBM, WMAQ, and specially as the stars of WLS Showboat. Harry Lombard is a baritone soloist of wide experience on the stage. Lela Lombard adds to the interest by her readings, whistling solos and pianologues. They present beautifully costumed numbers from popular operas including "Robin Hood," "Choo Choo Chow," and "The Mikado" and other artistic musical novelties. Evening—Prelude by the Lombard Entertainers, and then a lecture, "On the Bottom of the Sea," by Robert M. Zimmerman. The lecturer is a distinguished Canadian scientist. He gives a remarkable portrayal of the wonders of the ocean, making his lecture a vital and appealing event that is sure to grip public interest. Mr. Zimmerman has had a remarkable experience as a deep sea diver, also taking part in the filming of ocean pictures. He has 33 national championships in swimming, diving, etc. He was a member of the 1908 and 1912 Olympic swimming teams from Canada. He will also have on display a notable collection of various specimens.

Fourth day, Friday, Sept. 1, afternoon—Sue Hastings' Marionettes. This feature has been so popular that insistent demand has promoted the Chautauquas to include it in each year's programme. It delights adults and the youngsters think there is nothing like it. This year, Sue Hastings and her marionettes will present "Jack and the Bean Stalk" in a three-act play. This will be worth the whole price of a season's ticket to the youngsters and to many grown-ups. The evening event advertised for the last day, is the farce comedy, "A Pair of Sixes," given by the Canadian players. This company presented a play here last year with notable success. It is interesting to note that "A Pair of Sixes" was very cleverly presented at the Timmins High and Vocational School by the dramatic club there some months ago.

Season tickets are now on sale. The afternoon programmes start at 3:30 p.m., and the evening programmes at 8 p.m.

MASONIC LODGE PAYS RENTAL WITH THE BERRY OF A PLANT

Masonic Lodge, Number 200, situated at St. Georges, Bermuda, recently paid its rent for the month. The building it occupies was originally State House and still belongs to the British Crown. The monthly rental is one peppercorn, the berry of a plant.

This particular lodge is believed to be the oldest Scottish Masonic lodge in any British colony. A new tourist booklet tells the story. Copies have been sent to Canadian National Steamships for distribution. They show the glories of this town, once the capital of Bermuda, whose capital is now Hamilton.

RT. REV. BISHOP L. RHEAUME USES AIRSHIP IN VISITING

Rt. Rev. Louis Rheaume, Bishop of Halleybury, left Noranda on Monday of this week to visit the frontier missions of the Roman Catholic church in the far North. He is making the trip by aeroplane and will save many weeks difficult travel by the use of this modern type of transportation. Among other places to be visited, will be Rupert House at Fort George, Bishop Anderson of the diocese of Moosonee in the Anglican church, recently completed a tour of the Northern parts of his church, doing the work of visiting in a matter of days instead of taking weeks, indeed months, under the older modes of travel. The advent of the railway to the far North, while giving access to northern points like Fort Churchill on the Hudson Bay railway and Moosonee on the T. & N.O., still leave many important centres without rail connection of any kind. These can only be visited by dog team in the winter and by canoe and portage in the summer time, apart from the modern method of the aeroplane. Of course, the airship for speed, comfort and surety has all the other modes of travel outclassed completely. Under the guidance of Pilot Bill Ressimier, Rt. Rev. Bishop Rheaume will make a very complete tour of the far northern missions of the church in a few days and will thus save much time and effort. Like the Anglican diocese of Moosonee, the Roman Catholic bishopric of Halleybury is a very large one, and takes in much distant territory in the far North.

Roy Hamilton Arranged Bout with Bert Dempsey

There has been some talk recently about the boxing bout in which Roy Hamilton and Bert Dempsey were to meet but at which Bert Dempsey failed to appear. The explanation given out on behalf of Bert Dempsey is that he knew nothing about it, being away at the time. In view of the fact that Dempsey issued a challenge through The Advance to Roy Hamilton and Roy accepted, the acceptance being duly noted in The Advance, the explanations do not fully meet the case. In addition, Roy Hamilton says that he made arrangements for the bout with Dempsey himself, the date and particulars being agreed to. The suggestion in The Northern News that Henry Bussineau, Royn, manager for Bert Dempsey was also unaware of the match, is also disproved by telegrams received by "Scotty" Wilson in reference to Dempsey. These telegrams held by "Scotty" make it quite plain that Bussineau must have known about the match arranged.

Roy Hamilton is arranging another splendid boxing card for Aug. 28th at the Timmins skating rink. The last event was unusually popular and the coming one, Roy says, will please the crowd still more.

Calgary Herald:—A Vancouver newspaper states that twenty-one couples on relief here have been married recently in order to prevent the authorities sending the husbands out to work camps. They prefer to stay in the city as married men.



World's Grain Show Proved Big Success

Nearly 225,000 People Attended Thanks Extended to the Press for Assisting in the Success Achieved.

In the past two or three years there have been many references in The Advance to the World's Grain Exhibition and Conference, July 24th to Aug. 5th, 1933. The event seemed of such great importance to Canada that The Advance felt justified in giving the exhibition and conference special notice from time to time. Despite world conditions, the World's Grain Exhibition and Conference drew representatives from all over the globe, together with notable exhibits of grains, seeds, etc. Probably the event may be summarized in the following letter from S. J. Latta, Regina, the director of publicity for the event. Under date of August 10th, Mr. Latta writes:—

"That the World's Grain Exhibition and Conference (at Regina July 24th to August 5th) was a decided success is the opinion quite freely expressed by those who attended. The members of the executive too feel that all the effort put into the project has been amply justified in the great interest taken by the general public. Nearly 225,000 people attended. The press deserves a very large measure of credit for this success and the very large attendance. For this splendid service therefore please accept the best thanks of the executive and particularly of every member of the publicity committee. Please accept, too, my personal thanks and feel well assured that my appreciation of the splendid co-operation so freely given is greater than I can say"

Detroit News:—Wild pigeons are raiding the fruit orchards around Eugene, Oregon. It's a sorry age for the peace-makers, when even the doves are becoming tough.

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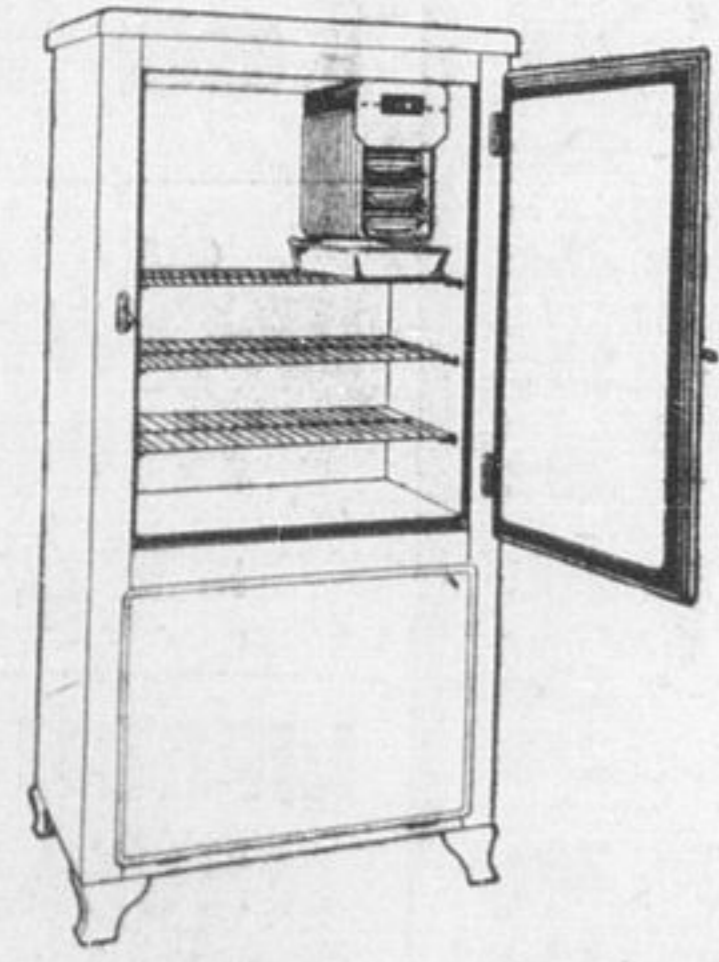
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