

Says Mrs. Joseph Pare, Michtreal, Quebec: "I find Kellogg's All-Bran much more satisfactory than pills or powders. Nearly all our family suffered from constipation. Our friends suggested pills and powders, but relief was only temporary. Now we eat All-Bran regularly and recommend it to our friends."

Instead of waiting until you suffer and then dosing yourself with

SERIAL STORY

LUCKY PENNY

them happy.

BY GLORIA KAYE

CHAPTER I Flaming skies were no novelty to Fenny Kirk. She had seen London's inferno of bursting bombs. She had raced against

death in blazing France. along a road canopied by heavens The glare in the skies was friend glowing furnaces of the Kirk mills-her mills.

she belonged. In all the years she before thought of Kirktown as anything more than the setting for Grandfather John's stories of a career that had brought him excitingly from poverty to riches. Now the Kirk mills belonged to Penny. For the first time in the 23 years of her leisurely, lazy life, she felt a sense of responsibility, a sense that here she would find a constructive outlet

for her energies, a meaning to She had been sheltered, too carefully, by indulgent parents who had sought to protect her from harsh reality. They had mills. Their life, and hers, had been luxuriously idle. Now, alone, she would have to rebuild her life from foundations shattered by the thunder of war over Europe.

Penny felt as if she were riding in a fabulously rosy toy bal-loon. How different, she reflect: ed, from her last long ride through France. There, too, the skies were red. Death and destruction rode in the clouds that awful day.

that wild ride from her villa to the safe haven of a port from which she could embark for the United States. She had been crowded into an army car maneu-vered by a sullen poilu in uniform. Her companions were a diplomat's heavy-set wife and a trench-coated correspondent.

The diplomat's wife fainted regularly every five minutes. The newspaperman betrayed his shakiness by smoking a maddeningly endless chain of cigarettes. All

much the simple initials "U.S.A." could mean. Not until she had crossed the dangerous Atlantic in a blackened refugee ship. Not

In days like these earnestly appeals for help Further information gladly G. M. SPEEDIE, Dominion Sec'y.

50 Alberta Avenue - Toronto RECTAL SORENESS AND

PILE TORTURE QUICKLY RELIEVED

If you are troubled with itching plies or rectal soreness, do not delay treatment and run the risk of letting this condition become chronic. Any litching or soreness or painful pass-age of stool is nature's warning and proper treatment should be secured age of stool is nature's warning and proper treatment should be secured at once. For this purpose get a package of Hem-Roid from any druggist and use as directed. This formula which is used internally is a small, easy to take tablet, will quickly relieve the liching and coreness and sid in healing the sore tender spots. Hem-Roid is pleasant to use, is highly recommended and it were the height of folly for any seems the height of folly for any seems the height of folly for any end of the condition when such a small cost.

If you try Hem-Roid and are not entirely pleased with the results, your drugsist will gladly return your money.

thought. At the foot of the hill stretched the giant, busy mills, making fiery sacrifice every night and all through the day to this

shrine of their founder.

For a long time Penny remained thus, in worshipful silence, obliv-ious to the murmur of conversation of strollers who passed by.
Her awakening was rude. She
heard a bitter, vicious voice,
whose words she knew could not have been directed to her. But they seared her like a hot iron pressed against her flesh.

"John Kirk Memorial Audito-

rium! They should have shaped it into a heart of stone. That's what John Kirk was really like. The poor devils who sweated and ned and died to build this thing! They lived in ratholes and essed in rags so he could have the glory of a pretty marble palace to show them how puny they really are."

Slowly Penny turned to face the speaker. Her cheeks were flushed with anger. Her tongue was ready to lash out in biting ebuttal. Then she stopped, and the way her naturally beautiful stared in wide-eyed amazement. Jim Vickers? It couldn't be There was no mistaking him.

tresses now lay loosely on her shoulders "ter-r-r-ible!" The last time Penny had seen Jim Her blue eyes had once expressed a carefully affected bore-dom, a coolness and hauteur. Aboard ship she had discovered Aboard ship she had discovered they could inspire confidence and warmth in frightened fellow nes-

warmth in frightened fellow pas-sengers.

What good were formal evening
What good were formal evening
Take to the face. She knew has searching,
The face of the f gowns and a wardrobe that in-cluded the finest of Paris creaapple-cheeked, good-humored, ace tions when a trench coat provided so much protection against the newspaper, had been a familiar sea-sprayed winds? Sophisticated figure in her circle abroad.

He passed within a few inches conversation meant nothing to youngsters who had passed

of her, but showed no sign of through nerve-shattering experirecognition. Of course he wouldn't ences. Mother Goose stories made know her, Penny realized. She had been much younger then. She So Penny learned to smile and had changed. Strangely, as if she were listento laugh. Her quiet "thumbs up" inspired new courage in others, even when sle shared her dread ing to a hazy voice in an impos-sible nightmare, she heard Jim

of what the next few minutes Vickers say: "The Kirks were a pretty sel-In New York, Penny had gone fish breed. I met John Kirk's granddaughter abroad. A little o only one cocktail party. It was no good. She couldn't help con-trasting the false, forced gaiety of snip of a spoiled brat without an ounce of common sense in her her placid friends with the natural head. She owns the Kirk mills aughter of the ship-board chilnow."
Penny felt lonely and sick at

dren who were so sincere in their appreciation of her half-remembered stories.

Fenny fert ionery and see a heart. Should she risk further disillusionment by visiting the Without fanfare, without so mills and the town named for her much as a single newspaper inter-view, without posing for a single family? Would she find the Kirk name a disgrace rather than a proud heritage? Wouldn't it be better to rediscover herself in rotogravure picture, Penny had left New York. "I'm somebody new," she had told herself. "I some gentler way? left the old Penelope Kirk in "I'll sleep on it," she decided, driving slowly, thoughtfully home. France. Now I had better go

Mustard Poultice The Kirk estate, overlooking a On Paper Napkin valley that was green along its Where illness has developed

upper slopes and brown along the river that served the steel mills, was more beautiful than she had which requires the application of mustard poultices, an excellent method is to spread the mustard dreamed it would be. Kirktown nestled like a doll village down mixture on a thin paper table nap-Late in the afternoon of her kin. Put a second one over the unheralded arrival, after caution-ing the caretaker and his wife to mustard and put them between a folded piece of cheesecloth or thin tell no one she had come, Penny flannel or cotton. After the poulselected a gray roadster and started out for Kirktown. The rice is removed, the paper con-

home - really home - and find

myself again."

and it is a simple matter to wash winding road down to the river was pleasant, cool in lengthening out the covering cloth so it can be used again and again. As dusk deepened, the furnaces To make the poultice, mix two lit the somber skies with an ever or more tablespoons of flour to night was calm and peaceful. The roadster neared a fork in the road.

One tangent stretched invitingly to form a six by eight-inch reca blackened refugee ship. Not until she stood on deck and wept unashamedly, with all the rest of the passengers, at sight of the Statue of Liberty.

That trip had done something to Penny's point of view. Having Pierre create a new coiffure for her every week didn't seem so important. He would have called

night was calm and peaceful. The roadster neared a fork in the road. Spread it over the paper napkin to form a smooth paste. Spread it over the paper napkin to form a six by eight-inch rectangle, and after greasing the skin with vaseline, leave the poultice on the chest, back, or whatever part of the body is in pain to the mills and the river. Penny chose the upward road.

At the ton of the hill the white chose the upward road.

At the top of the hill, the white tive when used as a poultice, and

British Sailors' Society

The World's Oldest Sallor Welfare Organization
Founded 1818—Soon After
Trafalga:

Operates in over one nundred Sailor Institutes, Clubs, Havens,
ALL OVER THE SEVEN SEAS
In days ninced the tese carnestly

At the top of the hill, the white building she had noticed was a politice, and this is the most convenient may to prepare one.

Sailors of Empire
Meet In London

For over a condary the Sailors of the Empire and their fallends have been lastled by the light to his town.

like Grandfather John to present so fine a gift to his town.

Nothing she had ever experienced could equal Penny's thrill as she stood now, a tiny figure, staring up at the gracefully colonnaded edifice, so like a Grecian temple. How appropriate she ported by a distinguished compared to his control of the presided and was supported by a distinguished compared to his control of the presided and was supported by a distinguished compared to his control of the presided and was supported by a distinguished compared to his town. temple. How appropriate, she ported by a distinguished com-

pany. The Rt. Hon. Sir Frederick Sykes, the Honorary Treasurer of the Society, referred to the heavy expenditure involved in the war commitments of the Society and the obligations resting on the Society, which would have to be Society, which would have to be met after the war, for the reinstatement of many of the properties that have been rented or requisitioned and adapted to meet the present needs. These obligations made it of importance that sufficient of the funds should be reserved to provide what may be required, and Sir Frederick urged the supporters of the Society to have the suggestion much in mind. In a cordial reference to the generosity and valuable honorary services of the friends of

ROYAL SISTERS OF EGYPT



Fawzia, 3, children of King Farouk and Queen Farida of Egypt.

the Society, he mentioned speci-

Pointers On Making Sheets Last Longer

ety of the U.S.A., the Merchant

Navy Fund of Capetown, and the

comes the duty of every wertime household. For this reason Consumer Information Service has suggested a number of ways to extend their wear.
Sheets should be washed as soon as possible after use. Oils and acids on the skin's surface will shorten the life of sheets. All traces of soap should be rinsed

out completely. Also they should not be subjected to strong, caustic bleaches.

They should be dried evenly without pulling. In ironing too hot an iron should be avoided, and care should be taken that the folds are not pressed at all. As a matter of fact to save electric power and time it is better to press only the top three or four

Beds should be made properly. Edges smoothed under the mattress get less abrasive wear than bunched-under edges. They should also not be yanked off the bed, but should be loosened first. A mattress pad between the sheet and mattress will lengthen the sheet's life. (Continued Next Week) Sheets should never be used to bundle up the weekly washing.

That's what laundry bags are for. Soil beneath nearly half the surface of Russia is permanently frozen, according to a Moscow re

A SLIP FOR MATRONS



By Anne Adams Here's a slip style designed specially for the larger figure! Anne Adams has given Pattern 4289 front and back panels for

Canadian Red Cross Society. Our Garden Friends

Vegetables are among our bes friends. More vegetables on the table mear fewer medicine bottles come from such simple cheap beet greens, dandelion greens, best laxatives also come from these sources. Vegetables are rich in the substances which we need for good teeth, good blood and for regulating the activity of the body. Vegetables also furnish the bulk which is necessary for the healthy regular action of the | ture should be intestinal tract.

SADIE B. CHAMBERS

The very common statement that "potatoes are all starch" is eaten in fairly large quantities siderable iron and they also prolating materials necessary for refor healthy guns and strong bones. Tomatoes also provide this same regulating substance. In the spring, when all weretables are very your in quality and new ones are expensive it is

Let us watch Mrs. Economy and Mrs. Extravagation que altouning for 50 cents warth of fresh vegetables in early winter. Mrs. Economy sitons around and decides that emrois, califiage

and turnips will give the biggest sturn for her money. Mrs. Extravagence: sees seeme tomatoes and decides too have thomater sandwiches instead of bleet ering to cook as meas. Mir: Esnany:

cam tomstoess.....

200 things the material for seit times the amount of min-

eved need of or blood dutiding. Many people do not like sege-Than people do not like sepa-tables because they are feedmently poorly program. Here are style of the reasons why the diddram refuse one of the most important and valuable foods in the client. 1. Overcooking — this rules flavor and appearance and makes the vegetables soggy, mucky, or otherwise applearance in texture, 2. Poor seasoning — lart of 2. Poor seasoning — lark of seasoning fromoutly makes vegede l'aux of care in preparation borough cleaning, careful par-ing and careful clicing or cuttle; make the vagetables more attrac-

Mrs. Extravagance's children do not like many of the common do not have many of the common regerables. When she prepares them they are usually tasteless, watery and unattractive in appearance. Her family rarely tastes them and the rest go in the Carbage.

the garbage.

Mrs. Economy on the other hand realizes that care in preparation is as important as care in buying, so she carefully follows the rules, some of which will be given in the next issue.

mand and fill your and you'll save mon dealer for further

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OVER-BUYING OF

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"BLITZ SCOUTS" WELCOMED HOME

tish "Blitz Scouts," who toured Canada and the United States telling of Boy Scout tain, finally reach home. They are welcomed at Paddington, London, by the Chief Lord Somers, Sir Percy Everett, Deputy Chief Scout, and an evacuee Scout

isn't Aspirin. UNDAY Don't Turn RaC HOOL Hosiery 1 ESSON The impo

rayon stocking PRINTED TEXT
John 6:3-14, 30-35 advice of h Rayon is kn them, I am the bread of life.

LESSON IN ITS SETTING ime.—All the events of this ter fall in the month of April, and took place at Bethsaida, e shore of Galilee, while the ing thin spots b

same body of non on the Bread wered in the syna-Germany's M in Peter's brother, saith unto There is a lad here, who five barley loaves and Precious It hese among y? Jesus said. Make the formation 3% Now there was wery special ass in the place. So the about vast assem ged with the fin ur into manageable por-The apustles were able to asily up and down among pups, and to minister in or-uscession to the necessities according to a l

Buittons Cett Of Easy Eac also of the loaves and th; a quantitative, as in the r turned into wine there was alitative, miracle, the bread SIX GUNGES WESTING ttle stock all the

> undantly sup they were filled, disciples, Gather pieces which rethem up, and tets with broken five barley loaves, With the Lord nature herself, bounty goes the nicest and and He who nself to the laws of His earthly at as in the mirwer, in this comdity, shines emin-is which remained e immensely ex-and quantity the

and we thus have not itself by lovits outgoings les itself far would have done r is in a true disasing which with a scattering.

efore the people which he did, they truth the prophet hat he wrote his nen might believe he Christ, the Son hat believing, they

(20:31). All through his book | certainty of the great miracle he continually keeps in mind the effects of the miracles, and the in feeding the five thousand, they effects of the miracles, and the matchless teaching of the Lord Jesus, upon those who behold His acts and hear His words.

"They said therefore unto him, What then doest thou for a sign, that we may see, and believe thee? what workest thou? Our fathers at the manna in the wilderness; as it is written, He gave them bread out of heaven to eat." How so-called seekers after religious "They said therefore unto him, truth made innumerable foolish demands, postponing the hour of real decision, demanding evidence n the religious realm which they would never require in any other In spite of the

during forty years. The Bread of Life "Jesus therefore said them, Verily verily, I say unto

asked Him to produce further

signs, which would be capable of proving that He was what He

you, It was not Moses that gave you the bread out of heaven; but fact that these people knew with | my Father giveth you the tru

JUDICIAL DISSENTER

HORIZONTAL 28 Fabric. 17 Goat antelope TAM SCRADER AWE 28 Fabric.
HEAL TONAL PURS 29 Diagonal.
32 Suture.
PILGRIM HOLLAND
33 To deliver
from dance 18 Platform. 20 Wayside 21 He was a Civil War

41 Opposite of winnings. 43 Cereal grain

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6 To fend off. 49 Snake.
7 Pits. 51 Exclamation.
8 Prevailed on. 52 Era.
9 Supper. 53 Neither.
10 Assam silk worm.
13 Earthy (abbr.). emperor. 27 Arm joint. to a city

31 Plaster of 34 Harness strap. 60 Since. o. 60 Since. worm. 61 He was a 13 Earthy 36 To ring. 37 Data. 38 In such U. S. A. materials, 58 Pronoun.
Court justice 14 Manners of 59 New England



once again from the level of things material, to which their minds seem to be held, to higher levels of spiritual reality, telling them clearly that while under culously bestowed, yet it was only for their physical needs, but that now the Father was giving them the true bread from heaven. Bread is the word which symbolizes the great elemental necessity of life called food.

That food must be caten by all

eth down out of heaven, and giveth life unto the world. They

said therefore unto him, Lord

me shall not hunger, and he that

men, if life is to be sustained, every one recognizes, but Christ also insists on another truth, that, as men with bodies must have physical food, so, because they have a soul, if they are to truly live and to have life that is eternal, a life that satisfies, a life that is rich, they must likewise partake of another bread, which is He Himself, the Bread of life. is He Himself, the Bread of life. There are men today who do not and pretend to get on without took place soon after the social God, without divine revelation, without prayer, without sacrifice, without the forgiveness of sin.
There are millions of such men. But these men are not living abundant, rich, satisfying lives of peace, and power, and purity. Life that is life, life that satisfies, is claimed to be, the Sent One of God. To support their demand life that comes through the Lord Jesus Christ. Here, as in so many other places in the Gospels, our Lord continually talks about life, meaning fundamental spiritual life, and declares that that life is only to be found in Him.

Japan May Feel Big Quake Soon

Major Earthquakes Shook Japan In 1923, 1933 - What About 1943?

what statisticians think it does, Japan may experience a severe Thursday evening recently 9 to 9.30. "Just a moment" said the or so, said Fordham University's seismological authority, Rev. J. S. Lynch, S.J., in a recent General phone girl "I'll put you through to them." There was a brief pause. Then a voice on the line Another brief pause . . . very brief. "I want to speak to Wood-house and Hawkins" said the en-quiring radio listener. "O.K." Electric Forum.
The last major Japanese earthquake occurred in 1933 and exacted

a toll of 3,000 lives. A predecessor, strangely enough, shook Japan in

1923. Will the next be in 1943?

According to Father Lynch the three worst recent quakes in the main islands were those of 1891, 1923, and 1927. In 1891 the main island of Japan was prectically broken in two. Cracks were observed clear across the island from the Sea of Japan

on the left to the Pacific Ocean on the right. About 8,000 lives were The next big quake, which occurred in 1923, took 100,000 lives. It actually occurred some miles off shore, but such was its intens-

ity that in some places the coast slipped six feet. "The third big quake of 1927 the Tango earthquake—occurred on the main island some 100 miles south of the 1891 quake," said Father Lynch. "It caused horizon-tal slips amounting to eight feet-and extending 50 miles in from the Sea of Japan." Because the region was not densely populated only 3,000 lives were lost.

All these quakes showed visible surface effects. The main belt of Japanese quakes, however, runs along the Pacific side of the main island some distance off shore.

One of the most disastrous effects of off-shore quakes is the huge water wave. At Sanriku, a small island off shore, water waves caused 30,000 deaths in 1896 and 3,000 in 1933.

Formosa (Taiwan), the munitions storehouse of Japan, has a belt of quakes cutting across the middle of the island. In this belt some 4,000 people were killed in 1935; other quakes of first magnitude in the belt occurred in 1920 and 1922.

The strength of Britain's home guard is approximately 2,000,000 armed men.

Overhead the rat-a-tat-tat-a-tatand then . . . c-r-u-m-p-p-p . . . the building shivers . . . a cloud of the conversation. So here's an dust . . . and the clattering on the roof of bricks and debris. Can that roll in at CFRB about Woodyou imagine anybody wanting to think up a radio programme amid iovial funsters who set the pace and laughter during the Ontario the sickening thud of bombs, the whistling of anti-aircraft shells Caravan programme and the "Double or Nothing" show.
"Woodhouse" in ordinary life is and the noisy collepse of falling rubble? Not a very inspiring at-mosphere, shall we agree, for the from the Land o' the Heather . . . Aberdeen to be precise. And his partner "Hawkins" . . . Frank Deaville in plain clothes, hails thoughtful origination of an air show. But it actually happened during a devastating air raid in London on April 28th, 1941. To from Victoria, B.C. In addition cles, are individually very fine don restaurant that awful night of a heavy blitz calmly discussing some time and see if you can what happens to ordinary people
when war drives a wedge into
their lives. And so came into
being a radio family known as the
Pablicance the improvious of
McGillicuddy, Mr. Percival
Wooley, Mr. McHayloft, Mr. G.
Howie Blotz, Mr. Iva Gardener, being a radio family known as the Robinsons . . . the inspiration of that series heard nightly over the C.B.C. 5 p.m. except Saturday Mr. G. I. Itch, or the other several characters which they impersonate during the "Caravan" show-Get a load of these boys. They're clever And funny. it was easy to get material for "Front Line Family" as some of And now its the "Victory" ra took place soon after the serial radio sets have banded together with the object of turning out a

set built for durability . for the 'duration." In the past five or six years, there were over 1,000 different types of radio receivers on the market. Now they're to boil them all down 20 one standard set. It will be some job, you say. Yes definitely. But so will be the job of smashing the Nazis. The proposed "Victory" raalong the road to Freedom

in bandages, mute evidence of their actual experiences in the

trial and terror of those fright-ful days. There is nothing far fetched about the Robinson Fam-ily and its adventures. Many a

family in Britain has had similar

experiences. All have met these experiences with a similar sense of humour and endurance. Here

is a programme which every Can-adian family should listen to. In

the quiet tranquility of the Can-adian scene it brings some under-

standing, some appreciation of the terror which stalks abroad in the

"CFRB" said the girl on the switchboard. "Say," said a voice

on the other end of the line "who

are these guys Woodhouse and

Hawkins, who are pulling the wisecracks over your station?" The enquiry followed the CFRB

"Ontario Caravan" broadcast one

Europe of today.

army boots for India have been made in Australia and are await-

LISTEN TO "COUNTRY

Items of Interest From Ontari Weekly Newspapers EACH SUNDAY AT 2 P.M

CFRB-860 on your di



NEXT: Was George Washington a perfect physical specimen?



COUGHING COMES

AT WRONG TIMES Thousands use Lymoids to Stop Embarrassment Most stores sell LYMOIDS in handy size 10c and

Act stores sell LT and the send 10c in stamps or 5c boxes. If unobtainable, send 10c in stamps or coin, to LYMOIDS, 119 Pearl Street, Toronto. ISSUE No. 5-43