

"Regular" again after 2 weeks!

"I am sure happy to be able to give up all those pills and medicines for my constipation. They were mighty unpleasant. And expensive, too! I found, once I started eating KILLGOD'S ALL-BRAN that I was soon 'regular' again. I am most certainly pleased with the real relief it gives, believe me!"



Yes, KILLGOD'S ALL-BRAN can really work wonders in cases of constipation due to lack of dietary "bulk." It gets at, and helps correct the cause, by supplying the "bulk-forming" material needed for easy, natural elimination! Try eating a serving daily, with milk, or sprinkled over other cereals. Or, eat several ALL-BRAN muffins daily. Drink plenty of water! See if you, too, don't find welcome relief! Get KILLGOD'S ALL-BRAN at your grocer's today — in 2 convenient sizes.

Snappy Twosome



By Louis Whelan

Now, if only and right on the beam is this shell-tipped pillbox with smart envelope bag to match. Right with any costume you have, be it sports or dressy. Make in fifty times with bright knitting needles. Pattern 874 contains directions for hat and purse; illustrations of attache; list of materials required.

Sand twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Write plainly Pattern Number, your Name and Address.

Pastures are basic in dairy farming. New Zealand and Argentina have the advantage of year-round pastures for livestock. If we are still to complete with them in the post-war period we must do everything in our power to build up our pastures. And if we are to accumulate summer surpluses to maintain better rationing pastures should be used to the utmost.

Life Rafts Carry Oil For Sunburn

One-pallon cans holding oil for protection against sunburn, windburn and salt water spray are the standard equipment for the life rafts of each United States Maritime Commission vessel launched from a California shipyard, according to E. H. Bell, vice president of the American Can Company, who said that recently his company has furnished cans to be used for this purpose.

"Our Family Regulator is DR. CHASE'S KIDNEY PILLS"

COUGHS & COLDS that delay the day of reckoning BUCKLEY'S MIXTURE

COUGHS & COLDS

COUGHS and colds are all-out attacks of the lungs, and they are not cured by cutting down our production of mucus, but by getting rid of it. That's why BUCKLEY'S MIXTURE is the only cough medicine that gets at the cause of the trouble.

NERVINE

NERVINE is a powerful nerve tonic for all nervous conditions. It is a powerful nerve tonic for all nervous conditions. It is a powerful nerve tonic for all nervous conditions.

Care of Pastures in Dairy Farming

Canadian Farmers Must Do Everything in Power To Build Up Pastures

Professor J. C. Steckley's warning to the Hilda County Holstein breeders at their St. Thomas meeting regarding the necessity of paying more attention to pastures is extremely timely, states The London Free Press. It comes at the same time that Ottawa announces a drop of nearly seven per cent in production of creamery butter for November, compared with November of last year and a decline of 37.1 per cent compared with October. Cheese registers a six per cent decline compared with the previous November and 31 per cent, compared with October.

Until October milk production in Canada held up remarkably well this year, in spite of labor shortages and other difficulties facing the dairyman. There is a little doubt that the pastures, kept green and growing by the unusual wet season, had a good deal to do with this. From now on the feed shortage resulting from this year's scanty crops will make itself felt on the dairy outfit and sharp falling off of production may be expected. In addition there is the growing pressure of labor shortages.

If the pastures saved the dairy farmer this year it is obvious that every care should be taken to keep them productive. Perhaps this time of year, when pastures are frost-bound and snow-covered is the best time to think of how they can be built up for next year. Mr. Steckley mentioned new types of grasses being developed to supplement the winter hay crop. With more electric fences available it should be possible to avoid overgrazing of pastures by moving the electric fence and not letting them consume the best grasses in any one spot completely.

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BLACK DAWN

CHAPTER XII Suddenly, to her astonishment, she saw years ago her abuela. It was years since she had shed tears. She had learned to take everything philosophically. Life wasn't meant for happiness. At least, Lois had had no happiness in hers, save for rare talks with Hooker when he was sober. She tried to search her mind to find out what she was crying about. The discovery came to her as a shock.

"She didn't do it," she whispered to herself. "Suppose Dave Bruce is innocent. Suppose it was—Lorenzan?" She was thinking of Dave as she fell. She was remembering there had been something different about the way of her—different from the way of all the other men she had known, except Hooker and Sheriff Cogswell.

"I wouldn't like him to be hung if he didn't do it," Lois whispered. As the afternoon wore on, she walked toward the scene, well acquainted with the scene, well acquainted with the scene, well acquainted with the scene.

"Might be worse, I suppose," answered Dave. "When's the coroner?" "Yes, according to my uncle, 'Tomorrow morning.' You'll be wanted there to give your story—'if you're lucky.' The Cross-Bar hunch is sort of worked up over Hooker's killing."

"I don't know of his, was they?" asked Dave. "You mean Curran's worked up over that health? I gave him yesterday. Well, he says he got what he had come to him, after trying to get me trampled by that outlaw stallion."

Cogswell fingered his clipped mustache. "I ain't got nothing to do with Curran's motives," he replied. "I'm thinking of my reputation. I been sheriff here for two years now, since Mr. Brown died, and I ain't got no reputation since I took hold. I don't want to have my record spoiled."

"Well, I ain't got to try to spoil that record of yours, sheriff," answered Dave, fishing a cigarette. "So that's the idea?" "Yes, I'm going to do my best to protect you, Bruce. Meanwhile, I'm tellin' you straight, the Cross-Bar is a tough bunch to handle. So if you got anything to leave, you might as well make out your money and I'll have Sims and his boys see you out of town. You ain't got no money, are you? Well, you ain't got no money, are you? Well, you ain't got no money, are you?"

Sheriff Cogswell stared at the document in his hand. "I'll hold it," he announced. "Dang it, it's hard for you to believe a fellow like you would shoot an old man asleep. Bruce, but ain't here now, here, if they get you, they'll have to get the first."

He left the cell room, slamming the door hard behind him. "That fellow," he said to himself, "I sure would like to have a gun in my hand, though it comes to a showdown." The sunlight faded abruptly out of the cell. Dave finished his meal and resumed his station at the window. Lights sprang up on the street. And now the dull murmur of voices that had come to his ears all the afternoon through

TABLE TALKS

SERVE Health Salads

By Frances Lee Burton

Capet and Apple Salad 1 package lemon-flavored gelatin; 2 cups hot water; dash of salt; 1/2 cup finely diced apple; 1/2 cup finely diced raw carrot; 1/2 cup seedless raisins.

Next time you have a cup or two of leftover meat and are wondering how to use it, try the following recipe and get the surprise of your life.

Most Pancake Roll-ups 1 cup sifted flour; 1 teaspoon double-acting baking powder; 1/2 teaspoon salt; 1 tablespoon sugar; 1 egg, well beaten; 1/2 cup milk; 2 tablespoons melted butter or other shortening.

IN Toronto It's The St. Regis Hotel

Italian Navy Lost Chance To Turn Tide Of War

Loosen ASTHMA MUCUS Sleep Fine

Spicy Apple Squares

FLYERS' FLAK-TOPI

ACTS 2 WAYS TO RELIEVE MISERIES OF BRONCHITIS

Now get real relief from cough, soreness and congestion of throat—this cough-syrup.

Get all the benefits of this combined PENETRATING-STIMULATING action. Just rub throat, chest and back with Vicks VapoRub at bedtime. Inhale vapors once to work—2 ways at once as shown above—into bronchial tubes, chest and back surfaces like warm, penetrating steam.

Silent Rooster

Had Mussolini's fleet come out to do battle against this week's British fleet—the only force between Gibraltar and the Red Sea—Italian-German forces might have been free to crash British advances in North Africa, to open the back door to Soviet Russia and even to reach the Indian Ocean to link arms with Japan, James said.

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RETREAT, ON THE DOUBLE



These Nazis, part of more than 300,000 troops forced to retreat in the Kiev sector, though a strategic blunder by the German command, took a last look at this burning Russian village which they systematically destroyed before deserting it.

Modern Etiquette

Shakespeare Know What To Call Them

How Can I? ?

For Faster Relief of CHEST COLDS

Scratching

FOOT ITCH

TROUBLE ON DECK FOR NAZIS

WHAT SCIENCE IS DOING

Soybean Fibre

A fibre made from soybeans has just been produced commercially for the first time by the Rockett Co. of Cincinnati and promises to be of major post-war importance, the company announced.

The King's Sword For Stalingrad

OBALSKI-Gold Mines

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MAKE YOUR OWN CIGARETTES WITH

MACDONALD'S

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THE FINEST TOBACCO YOU EVER SMOKED

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