# "How I stopped dosing constipation"

Sure I'm another booster for ALL | beauty of the ALL-BRAN way-if your BRAN for constipation like mine. constipation is due to lack of "bulk" in the diet. Here's all you do. Eat

nety purgatives which griped, yet | KELLOGG'S ALL-BRAN every day, as a cereal or in several hot muffinsand drink plenty of water. ALL-BRAN helps to produce smooth-working bulk" and prepare wastes for easy limination. The comforting relief 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

## 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 Make garments

not over-clothe the baby; have no un-accessary weight of clothes, and dress the baby according to the weather, not the date. Articles recommended for

ette: 4 vests-sik and wool or all eotton depending on weather. 2 to 8 dozen diapers—30 inches square— flanelette, birdseye or canton flansel. 4 night dresses, 4 prs. ankle length bootees. 3 small coats, flannel or knitted. 2 bonnets, plain, no able thickness of wool around face. 4 to 6 prs. soakers. Rubber panties should not be worn. I large shawl. 2 small cuddling shawls or baby blankets- 30 inches square Cotto ndresses and slips optional. Toilet basket or tray. Cake of su per latted castile soap. Tooth picks for cleaning baby's nails. Absor-bent cotton, small rolled pieces for eleaning baby's nose and ears; large pieces for buttocks. Baby Oil, any good standard oil. 6 small bibs. 2 sterilized jars. Boracic acid, safety pints, scissors, baby brush and comb. Towels, 2 face and 2 for body. Four face clothes made of several thicknesses of cheesecloth, a for face, 2 for body. Enamel bath ub, enamel pot and covered pail for soiled diapers.

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







## Traffic On Great Lakes Is Reopened

Reopening of the Great Lakes

water route emphasizes the tre-

mendous volume of ship transportation on the lakes and the part this plays in the war efforts of Canada and the United States, comments The London Free Press. The Great Lakes and the St. Lawrence river form one of the busiest waterways in the world. More traffic passes up and down the Detroit river than on any other waterway in the world. Traffic through the Detroit river reached a peak of 111,346,567 tons in 1940, the last year for which there are official figures. By the end of 1943 more than 110,000,000 tons of freight had passed through the canals at Sault Ste. Marie. In the same year more than 2,000 vessels cleard from Port Arthur and Fort William, two busiest Canadian

Lake ports. These figures are a long way shead of statistics for either the Suez or Panama canals and give an indication of the importance of these routes to the Allied war effort. The Great Lakes lie at the heart of the "arsenal of democracy"; their ships and their crews render one of the most essential services of the United Nations.

## Feather Dumplings

rich beef stew with feathery dumplings carries us back to the days when grandmother's dinners filled our young hearts with joy. Making dumplings has become a lost art in far too many homes.

this category: Feather Dumplings for Beef Stew 1 cup sifted cake flour; 1½ teaspoons double acting baking powder; ½ teaspoon salt; 6 tablespoons milk; 2 teaspoons melted fat.

sitt flour once, measure, add baking powder and salt, and sift again. Add milk and fat. Then stir quickly and lightly until a very soft dough is formed. Drop by small spoonfuls on simmering stew or fricassée, making sure each dumpling rests on meat or vegetables. (Dumplings should not settle in the liquid. If necessary pour off excess gravy, returning it to stew after the dumplings are cooked.) Cover kettle tightly and cook gently 14 minutes. Do not remove cover while dumplings

Note: For the fat, use a little fat selves upon a stout woman near

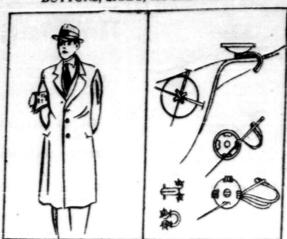
it. You should have looked more carefully," Chandra went on sternly, "before you accused a helpless servant of such a crime.

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 "His eyes swept the spellbound."

purse, cried out-a bit too sharply, Christine thought - and held aloft something that glittered with "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 god Krishna you must thank." "The great god - my foot!" Christine thought derisively. "And that stooge's acting was terrible."

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,

BUTTONS, SNAPS, HOOKS AND EYES



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. Secure snap fasteners with an over and over stitch. Sew each hole separately. Carry the thread on the wrong side to the next hole. Most snap-fasteners have a perforation through the centre. Sew one side of the fastener. Hold the garment closed and draw the thread through to place the second half of the fastener.

### **⇒** SERIAL STORY

## Murder on the Boardwalk BY ELINORE COWAN STONE

Last Week: Christine does a portrait of Chandra, an Oriental swami, finds her new job pays generously. She finds a message pinned to her easel: "If you are wor ried, consult Chandra." She goes to the Oriental's "Tempe of Truth." CHAFTER IV From within the "Temple of Truth" came the tinkle of bells and the wailing of pipes. "Well, at least this is free," Christine said aloud. "and after

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 prostrating themselves as if before an unseen presence.

A deep gong souned, and they scurried from sight. From behind a screen of grillwork that simulated delicately carved white marble, a shiping figure in the street of the s ble, 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 lifted as if waiting — listening. Then he intoned in a deep, vibrant "Thy servant is ready, O Krishna! Speak through these un-

For a while Chandra's performance was much like others Christine had attended. He described small objects, gave the numbers of license cards, the insignia of of license cards, the insignia of lodge emblems, 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 pressed against his own forehead. He read and answered questions without having seen or touched

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 them-

Why, Madame, did it not occur to you that the ring might have lipped through that rip in the lining of your purse?"

"Why not look now?" Chandra repair the mischief you have The woman fumbled in her

All around she heard murmurs: "Isn't the swami marvelous?"... "He told my sister who-" -and it happened the very day

change was a paid spy.

Chandra was going on, "a young . . I will not name her I w she is sitting. I am particularly anxious neither to embarrass nor annoy her - because the word has "I never saw him do anything like

largest orders that have been placed here since the beginning of the this before. It gives me the Whether it was deliberate trick-ery with the illumination or not, all the light in the room seemed to gather itself about the glittering figure on the platform. "Within the last 24 hours, Chandra went on, "this young lady has encountered a series It is something to consider these days, when we are being asked to met with a grave disappointment she has, by a strange coincidence unexpectedly found work whe

No one in the room seemed to breathe - least of all Christine. has already decided to disregard."
"But," Christine thought with a

"why-he can't mean me!" She did not know whether she moved, or even spoke the words sudden craning of necks. "I must ask for quiet!" Chan dra's voice crackled. "You will, if you please, keep your eyes on

pearance that excited her

As they went, Christine saw face with superstitious awe, some curi-

Christine, restored to sanity by

the Beachmont telephone ex-

ous-some amused.

hypnotic voice was compelling her "I would beg of that young lady," he was going on, his tone suddenly gentle and pleading, "that she think over the events of the past 24 hours. . . . I would beg, for instance, that she try to turned to her room this afternoon, there was anything about its appearance that exched ner sus-picion. . . And now, if she will come to me privately. I shall be glad to advise her, at no cost to hersef — because the word comes His eyes swept the spellbound "That is all, my friends," he He raised his arms in what was almost a gesture of blessing; and the audience filed obediently out



et." It was all entirely clear to her now. Of course that girl at in the front so that you

label is your guarantee of uniform blend of fine quality to

to choose her words.

What New Big

We Have Money

War Orders Mean

in the highest quarters

To Buy Bonds

figures of the Bank

The few Canadians who imagine

that this nation lacks the money

TODAY'S PATTERN

in heavy munitions with some of the

operator had overheard; and in er hurried attempt to pass on 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 expecting a cousin to visit her, and the name of that cousin. . . . How easy.

and found her hostess absent, to suggest a hotel. . . . And how easy efterwards for this charlatan to have had her every movement "Well anyhow," Christine thought, "he's not going to make Roman holiday of me and get When the rest of the audience filed out, she remained stonily in goods, which are lin

## WILL YOU AWAKE NG



MILES NERVIN

Improve Your Healt by Correcting Sluggid KIDNEYS This Way is Swift, Economic

Give them this help—quickly— GOLD MEDAL Haarlem Oil Capel GOLD MEDAL Capsules of

Easy Way To Treat Sore, Painful Piles

NOTE: The appeasor of this rolls a reliable firm, doing hasis in Canada for over 20 years, it is Canada for over 20 years, it is canada for over 20 years, it is re-troubled with sore, leading place, it is paid to be paid in the production of the small purch price will be gladly refunded. ame, address, style

# OUR BOYS OVERSEAS INATION For the Pund at the Office. THE JARVIS RECORD Leave your donation for the Record Office.

# st Tax Payment Due Next Tuesday

## OTES FOR THE FARMER

Area test for T.B. oth, 192 herds repre-lead of cattle had been were 33 infected prestage of reactors is 3.9.

\$28.00 has been paid a reaction. This represe of \$32.10 per ani-

cement has just been reffect that the Weed as been changed where longer necessary for chines to be registered owever, the regulation areful cleaning of each ther equipment before tands and will be en-

# Harry Gowan Adds Bar To D.F.C. Award

Squadron Leader Harry Gowan, of Jarvis, won the Bar to the Distinguished Flying Cross, brought a wave of gratification to his many friends back home.

In the October 21st issue of The Producers are remind care in looking after a difference of from this per dozen. This per dozen. This we are equally certain is as justly

During the past few months, Squacoming very notice-ested that in some When he was awarded the D.F.C. the culty can be over-the flock until follows: "As Captain and Pilot this deficer has participated in very many sorties, including attacks on Berlin, Dusseldorf, Cologne and Hamburg. On one occasion, when attacking the latter City, in July 1943, his aircraft was badly damaged by anti-aircraft fire. Despite this, Squadron Leader Gowan successfully completed his attack, and afterward flew the damaged bomber to base. This Officer

has set a high example of skill an





## ALLIED LEADER

he flew to Egypt in August 1942, and within a few hours took up his headquarters on the Alamein front. In the early part of the war he was in France and "through Dunkirk." Now as General Eisenhower's right hand man the eyes of the peoples of the Allied Nations are upon him, because he will have a big part to play in the coming invasion of the Nazi Fortress of Europe. He is seen

at McDonald, Manitoba in the R.C. SILVER STAR LODGE

Market is one which the minds of every secured by these the minds of every secured by these the minds of every secured by the secure of the sage caused by these the damage is a first of the sage caused by these the damage is a first of the sage caused by the s

# **Jarvis Ratepayers Reminded** First Instalment Due May 30

SAUNDERS—In the Township

After a very brief illness, Mary Cullen, beloved wife of Neal Brown passed away at her nome in the Village on Thursday, May 18th last, in her 75th year.

Deceased was the eldest daughter of the late James Cullen and Christina Weir, and was born in the Town ship of Walpole on the farm now owned by W. E. Doughty. She received her education at S.S. No. 17, and in 1901 she married Neal Brown of the Township of Woodhouse, where they farmed until moving to Jarvis some few years ago.

Mrs. Brown took a deep interest in all community enterprises, more particularly in the activities of Knox Presbyterian Church where she had been a devoted member of over a half century.

She leaves to mourn her sudden

## Tax Payments May Be Made At Bank Or Office

Of Treasurer SAUNDERS—In the Township of Walpole on Wednesday, May 24th, 1944, Samuel Francis Saunders, be loved husband of Lucy Hind, in his Seventy-fifth year. The funeral will take place from his late residence in Walpole on Friday. May 26th, at 2.30 o'clock. Interment will take place in the Union Cemetery at Nanticoke.

MARY CULLEN BROWN

Of Treasurer

The semi-yearly method of tax collection, adopted this year for the first time in the Village of Jarvis, apparently meets with the approval of a good many citizens. A report early this week, with more than ten days to go, before the due date of the first instalment, indicated that nearly fifty percent of this instalment had been paid.

The first instalment is due on May

