

PEDIATRICIANS RECOMMEND WHEAT GERM CEREALS

A prominent child specialist on the staff of one of the country's largest Children's Hospitals gives this advice: "Many of us, including our children, eat too little thiamine or Vitamin B₁. This is because we use too much sugar and low thiamine cereals.

If we would use whole-grain cereals instead, we would get plenty of thiamine, and in addition we would add valuable amounts of several other of the B Vitamins and of iron to our diets.

Another advantage of using generous amounts of the whole-grain products is that the cellulose in them helps to prevent constipation."



SO DELICIOUS!

SO ECONOMICAL!

SO QUICK COOKING!

SO GOOD!



Breakfast Can be Bright!

A family favourite for its rich, nutty flavour and quick, easy cooking, VITA-B is the economical way to make every breakfast bright! Try it soon.



Vita B is not only a delicious breakfast cereal, but may be used in many other ways

TRY THIS INTERESTING RECIPE

VITA-B COOKING

4 cups milk, 1/4 teaspoon salt, 3 tablespoons sugar, white (caramelized), 1 cup Vita-B cereal, 1 cup seedless raisins, 1 Heat milk to boiling, 2. Add salt, 3 Stir in cereal slowly and cook five minutes stirring frequently, 4. Fold in raisins and caramelized sugar. Serve either hot or cold—serves 6-8. Cooked dried prunes, apricots or figs may be substituted for the raisins.

COMFORT FOR CREWS

REGINA — (CP) — Approximately 50 trailers built for the Saskatchewan department of highways will house road-maintenance crews

next summer. Sleeping cars have accommodation for eight men and dining cars have a complete kitchen. Storage cars will also be in the caravan and will house the cook, his helper, and food supplies.



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Rural Adventure

By Cameron Dockery

He looked away suddenly. In Miss Ames' eyes, still resting on him, he seemed to detect a glint bordering on amusement.

When they were all seated, Bill Chadwick lit a fat cigar and again hunched himself forward in his favorite pose; he peered at Lotus.

"I suppose you didn't expect to hear from me again?"

Her answer was a soft, throaty laugh. "Frankly, I had about resigned myself to breaking my fingernails on some typewriter, or other for the rest of the year."

"Well, stenographers' good ones — are in demand, but something of more importance has come up. You may be able to help us."

Briefly, he sketched the narcotic situation and what had happened to arouse their suspicions of New Orleans as the key city. Lotus leaned forward, rapt and eager, her face flushed slightly.

"I understand that, Mr. Chadwick," she said, "studied singing before going to college, and while there I belonged to the choir and the glee club. It is mostly classical, of course — but I can swing it if I have to," she added lightly.

His ruddy face wrinkled in laughter. "I won't ask you for a sample right now. What I meant was can you do this stuff they go in for at night clubs?"

"I'm asking because we believe a certain spot in New Orleans, the Cafe Duval, may be a meeting place for some of the heads of this ring. It is a hangout for rappers and stavedors, and possibly an attractive, intelligent woman like yourself can pick up some information there."

She began to understand what he was asking her. The description of the Cafe Duval sounded intriguing—she was to know it well before her adventure ended.

"You want me to obtain a position there as a singer?"

"That was our plan. But you don't have to go job-hunting—we have ways of arranging these things. You must understand that it involves great danger. There will be ways to communicate with us, but your contact with this department must never be discovered."

"It sounds interesting and exciting."

Stu Lawrence sent a smoke ring wavering ceilingward. "You're a very independent young woman, aren't you, Miss Ames?"

"A woman has to be independent in this age if she wants to see something of life. I'm an orphan, so my actions won't be the cause of any parental gray hairs."

Chadwick interrupted the exchange. "I see you've listed your uncle, State Senator Ames, as your next of kin."

"That has an ominous sound," she laughed.

"Just a necessary point. I also noticed that you speak French and Spanish both. That may be invaluable to you. Well, how about it?"

Lotus returned his direct gaze steadily, her gray eyes widening slightly. "If I'll suit your purpose, I'd like to help. What do you think, Mr. Lawrence?" She smiled encouragingly.

"I don't approve of sending a woman on this sort of a mission, but there's a bare chance you might accomplish something," he said slowly.

"This time the disapproval in his voice could not be denied.

The day was warm in New Orleans and as Lotus emerged from the crowded depot all the concentrated smells of a busy city assailed her nostrils. There was the fresh aroma of rich coffee wafted from a little shop nearby and the salty odor of broiled shrimps mingling with the sweeter fragrance of delicate bouquets offered for sale by a stalwart Negroes with flashing teeth and a bright orange tignon over her jet black hair.

"Taxi Lady." A ginger-colored man pointed suggestively at her two suitcases. She nodded and after they were in the car, handed him the slip of paper with the address of the Cafe Duval. He gave her a strange look. "You shush this where you want to go, Ma'am?"

"Yes, that's the correct number. They told me it was just off Ogilvie Street. Don't you know the place?"

"Yes, Ah knows it all right. But that Gallatin Street!" He wagged his head with disapproval then turned his attention to maneuvering the car through the jumble of traffic. They tore along the streets honking at the jay-walkers and dod-

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53 Deaths On Thanksgiving Day Holiday

By The Canadian Press

Death came to 53 persons in accidents across Canada as thousands celebrated the Thanksgiving Day holiday week-end.

A Canadian Press survey today listed 24 deaths in traffic accidents, 12 by drowning, five by fire and three each by falls, asphyxiation and hunting accidents.

Death came to one person in an accident with farm machinery, an exploding kerosene can killed another while a third was electrocuted.

In the largest multiple fatality, five persons were drowned in the sinking of the passenger vessel Gulf Stream near Powell River, B.C., and illuminating gas asphyxiated two 20-year-old girls in Toronto.

Other drownings from Saturday morning to the night of Thanksgiving Day included: Jean Charles Gobell, 23, St. Jean D'Orleans, Que.; Gordon Latovchik, 18 months, Oshawa, Ont.; John E. Sheppard, 33, Toronto, and an unidentified man whose body was recovered from the Niagara River at Niagara Falls, Ont.

Jean Marie Talbot, 23, was drowned while canoeing on Lake St. Francois at Thetford Mines, Que.

Traffic fatalities were those of Mrs. Samuel Easter, 70, Brockville, Ont.; Joseph McMartin, nine, Ottawa; Axelle Anderson, Hull, Que.; Marcel Gobell, 18, Montreal; Dolph Comeau, 30, St. Albans, N.S.; William Mossman, 69, New Germany, N.S.; Herve Allard, 43, and Marjorie Chausse, 51, Three Rivers, Que.; Archibald Milne, 70, Woodville, Ont.; Jean Paul Lague, 25, Montreal; William Rose, 32, Urbania, N.S.; Owen Roper, two, Hamilton; Mrs. Ethel Dingman, 36, Sherbrooke, Que.; Marion Kress, 21, Kitchener, Ont.; Mrs. A. Dunkley

Delicious Flavour!

'SALADA' COFFEE

Vacuum Packed - Always Fresh!

Trenton, Ont.; Herbert De Long, 68, Toronto; J. B. Chartrand, 76, Sudbury, Ont.; Basil Jenkins, 43, South Bay, Ont.; Lisette Bergeron, 11, and her sister, Louise, 10, at St. Michel, Que., and David Ott, 55, New Hamburg, Ont.

Three persons were killed at Windsor, Ont. when the motorcycle they were riding crashed into a bus. The dead were John Baldwin, 25, and Miss Jean Thomas, 24, Windsor, and Wilfred Guil-

beault, 21, Sandwich, East. Killed in hunting accidents were Jean Marc Poulin, 15, Quebec City; Albert Guthrie, 22, Saint John, N.B., and Pietro Castriuchi, 50, Maynard, Mass. Victims of falls were Mrs. Florence Cundell, 49, Ottawa; Norman Larocque, 23, Brantford, Ont., and Malcolm Matheson, 21, Copper Cliff, Ont. Vera Simms and Carey Sutton, both 20, were asphyxiated by il-

DOCTORS PROVE 2 out of 3 women can have Lovelier Skin in 14 days!



says Rosalind McDonald, "I certainly have let my complexion get on the oily side. As a matter of fact, it's definitely dingy and coarse-looking, too. So when I was invited to try the 14-Day Palmolive Plan, I accepted... in a hurry!

1284 other Women tried

the Palmolive Plan, too—women of all ages from fifteen to fifty. My group reported to a famous skin specialist. Some of us had dry skins; some oily; some normal. After a careful skin examination we were given the Palmolive Plan to use at home for 14 days.

Here's all you do!—

Wash your face with Palmolive Soap. Then, for 60 seconds, massage with Palmolive's soft, lovely lather. Rinse! Do this 3 times a day for 14 days. This cleansing massage brings your skin Palmolive's full beautifying effect. After just 14 days, my doctor agreed my complexion was finer looking, brighter—even less oily. See what the Palmolive Plan can do for you!"

You, too, may look for these skin improvements in only 14 Days!

If you want a complexion the envy of every woman—the admiration of every man—start the 14-Day Palmolive Plan today! Remember, 36 doctors—leading skin specialists—tested this Plan on 1285 women of all ages. In addition, Canadian women from coast to coast tested this Palmolive Plan in their own homes, women with all types of skin. Dry! Oily! Normal! Young! Older! And 2 out of 3 got noticeable complexion improvement in just 14 days! No matter what skin care they had used before! Do start this new Beauty Plan with Palmolive Soap... today!

Palmolive comes in a New, Big Bath Size, too! Try it—for tub or shower. It's solid. Thrifty. Long lasting.

DOCTORS PROVE PALMOLIVE'S BEAUTY RESULTS!

- Less Oily.....
- Smoother, Younger Looking.....
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- Brighter, Clearer Colour.....