

There is no "overnight cure" for irregularity

But there is a simple, natural answer to the common problem of irregularity due to lack of bulk

There are men and women (perhaps you're one of them) who won't let "nature take its course". THEY TRY TO SUBSTITUTE UNNATURAL "FORCING ACTION" FOR THE NATURAL REGULARITY WHICH SENSIBLE DAILY HABITS AND SUFFICIENT BULK IN THE DIET COULD PROBABLY MAINTAIN. Many fall into the habit of using laxatives in a way laxative makers never intended. They take "big doses" willy-nilly without even reading the directions on the label. Naturally, such overdoing—with products intended only for overnight relief of a temporary stoppage—exerts upon the delicate digestive system an unnatural strain.

There's nothing wrong, of course, with taking laxatives occasionally. If you feel you have to take a laxative, just be sure you take it wisely—in an accurate, recommended dose.

BUT THERE IS A WAY TO AVOID TAKING DRUG-TYPE LAXATIVES AND TO PLACE YOUR DEPENDENCE ON NATURE, IF LACK OF BULK IN THE DIET IS YOUR TROUBLE.

In many natural foods—such as certain vegetables, fruits, and grains—nature grows abundant natural bulk which normally and naturally aids the rhythmic process of elimination.

In no other natural food is natural bulk so ideally found as in the outer layers of the whole wheat kernel, known generally as bran.

Bran is nature's "laxative food instead of a medicine". When properly processed and shredded, whole wheat bran yields smooth natural bulk that the digestive system can handle in a natural way.

The Kellogg Company has made whole wheat bran into a delicious breakfast cereal—Kellogg's All-Bran.

KELLOGG'S ALL-BRAN PERFORMS NATURALLY WHAT DRUG-TYPE LAXATIVES DO CHEMICALLY. IT HELPS CLEAR THE INTESTINES OF WASTE IN A NATURAL WAY. IT PROVIDES SOFT NATURAL BULK FOR EASY NATURAL ACTION.

There is no stomach upset, no churning, no after-effect except the feeling of satisfaction and fulfillment that comes with natural, normal elimination.

To obtain lasting relief, of course, Kellogg's All-Bran must be eaten regularly. You can have it for breakfast every morning secure in the knowledge that it isn't habit-forming.

More than one million servings of Kellogg's All-Bran are consumed each day. This popularity of itself is proof that this natural laxative cereal lives up to what we say about it.

But even better proof comes from thousands of satisfied All-Bran users. They write of their own free will to tell us what natural relief they receive from eating Kellogg's All-Bran daily and drinking plenty of water.

EAT KELLOGG'S ALL-BRAN EVERY MORNING FOR BREAKFAST FOR 10 DAYS. THEN, IF YOU'RE NOT COMPLETELY SATISFIED, SEND THE EMPTY CARTON TO THE KELLOGG COMPANY, LONDON, ONTARIO—AND GET DOUBLE YOUR MONEY BACK.

Remember—Kellogg's All-Bran has helped millions. Why not you?

Kellogg's
Natural laxative cereal



Exit Tony Blount

by Sydney Parkman
CHAPTER VIII
Continued

The sight of it brought Blount to a dead stop, and for the space of several seconds he stood staring at it almost unbelievably.

So black has been his despondency, so profound his conviction that he must have oversteered the place where it lay hidden, that at first he entertained a dim suspicion that his eyes were playing tricks with him.

It was lying athwart the narrow channel, with its stern grounded on a shelving mudspit and its bows secured by a rope to the gnarled roots of a huge mangrove on the near bank. A short mast was stepped forward, and from where he stood he could see an untidy raffle of ropes and canvas sprawling over the thwarts and trailing dismally over the side into the muddy water.

His action was only momentary. Then, with a strangled exclamation, he dropped the water-beaker at his feet and the next moment he had slid down the steep bank into the creek and was wading towards the boat as fast as his legs would carry him—his late weariness completely forgotten.

In a matter of another few seconds he was standing waist deep in the water alongside it, grinning foolishly to himself and grasping the gunwale firmly with both muddy hands, as though he still feared it might vanish from his sight unless he laid firm, bold hands upon it.

As Piccart had said, she was evidently a ship's whale-boat, for he had seen the name—Mauwahi—painted on the stern in black letters as he approached her. She was a beamy craft, about fifteen feet in length, and while there was nothing particularly graceful about her lines, she gave promise of being a useful boat in a seaway.

To more critical eyes she might have appeared anything but pleasing at the moment, for in addition to the tangled disorder of her gear, her white-painted sides were smeared and streaked with mud, and she was more than half-full of water from the previous day's rain; but to Blount she was sheerly beautiful, and for some minutes he just stood there and gazed over her. She represented the culminating point of the struggle, and now that he had found her, he had a wholly illogical feeling that his worst troubles were over. The appalling miseries of the last twenty-four hours seemed well worth while and freedom almost within his grasp.

He was so exalted by this stroke of good fortune that for the time he hardly knew what to do next, and it was not till his wandering gaze upon a large square tin box standing half-submerged in the stern sheets that he suddenly became conscious of the fact that he was still famishing with hunger. Here, if he was not mistaken,

Shop For Your Easter Dinner At Andrews' Grocery

If it's Easter beef, bacon, hams or Cottage Rolls you want—or for that matter anything for the Easter dinner—visit Andrews' Grocery, Meat and Fish Market, Elm Avenue.

Plenty of Baby beef and Steer carcasses are on hand for the Easter shoppers. The public is cordially invited to visit the store up to noon Good Friday and see this outstanding display.

In addition to the Easter beef, the various other commodities that go to make up a well-stocked store are on display and you can complete your Easter menu here from the varied assortment of groceries that are on hand, all at reduced prices.

You will receive prompt, courteous service from clerks who will fill your every need for the Easter table.

Our Easter beef is supplied by: Edward Powley, Malpeque Road, Lorne Smith, Kingston, Lloyd and Willie Molyneux, North River.

There are also carcasses of Baby beef from the Fat Stock Show and Sale, Amherst, N.S., at Andrews' Grocery, 38 Elm Avenue, for your Easter supplies—Phone 2696 or 2697.

were the biscuits that Piccart had told him about.

Instantly ravenous at the mere thought of food, he leaned over and lifted the tin on to the stern bench. It was sealed with solder, and there seemed to be no obvious method of opening it, but he looked about for something that would serve. An iron marine-spike was lying on the floorboards, and he snatched it up and punched a hole in the top of the tin. Then he ripped the thin metal across and pried back the edges of the cut with his fingers.

The faint smell from its interior brought the ready saliva to his mouth, and a moment later he had drawn out a flint-like slab of good quality "hard-tack," and was breaking a fast that had lasted since noon on the previous day. (To be Continued)

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system may be "out of order." Possibly Baby's Own Tablets can promptly "put it right." One Quebec Mother had this experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was." Sweet-tasting—no "sleepy" stuff—no dulling effect. Promptly effective in simple fever, constipation, restlessness and fretfulness resulting from irregularity at teething time, and other minor ills. Never be without a full box of Baby's Own Tablets. Sickless no often strikes in the night. Get a package today at your druggist. Money back if you are not satisfied.

Ways To Look Wonderful On Easter

We know the smartest ways for you to look on Easter and we'll prove it to you by the dozen. Our fashions will inspire you to a magnificent turnout. Beautiful Easter fashions in coats—suits—dresses—blouses, etc. Come in today and see the vast assortment from which to choose.



Beautiful Spring Coats—dozens of styles—fabrics and colors to choose from—"Summer Kilgornochs"—novelty checks—corded fleeces—all wool suedees—in all sorts of smart shades.

Shortie Coats \$17.95 to \$35.00

Full Length Coats \$22.50 to \$77.50

Spring Dresses—We've many colorful prints and plains in rich crepes and taffetas.

\$7.95 to \$39.00

We'll Suit You Beautifully For Easter

You can count on finding your Easter suit here! We've combed the market for every new fashion... every wanted fabric... every popular color. And now the best of them are here for your selection. Be early to get just the suit you want.

\$22.50 to \$72.50

Easter is blossom time in millinery



Choose a pretty hat from our large collection, and be the sweetest girl in the Easter Parade! They look like a million but are priced moderately.

\$3.95 to \$14.95

ANNOUNCEMENT

There will be no milk deliveries on Good Friday. Double delivery on Thursday.

PURE MILK CO. LTD.
SUNSHINE ISLAND DAIRY
BRIGHTON DAIRY
HEALTH PASTEURIZED MILK CO.
G. & G. PURE MILK DAIRY
PURITY DAIRY



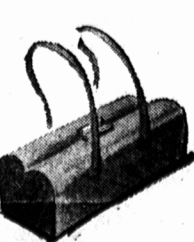
Scarves
Silks and Sheers
1.29 to 4.95



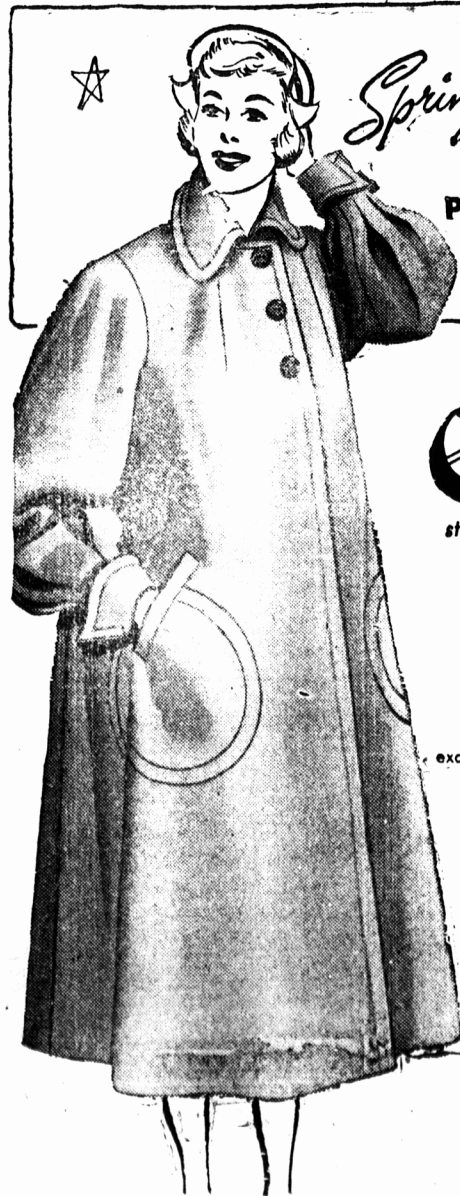
Fabric and Leather
Gloves
1.35 to 5.50



Handkerchiefs
50c to 1.50



Handbags
2.98 to 25.00



Spring's most noteworthy fashion event

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