

NEW PROOF THAT MILLIONS CAN END THE NEED FOR LAXATIVES

—find relief from constipation this safe, natural way—without the injurious effects of repeated laxative use.

With all the progress of medical science over the past 30 years, authorities say there is no longer any reason why irregularity should be our most widespread human malady.

Nor is there any reason for developing the habitual use of harsh laxatives—of dosing with one preparation after another in the vain hope of finding, in some portion or pill, the "secret" of lasting relief.

Long-continued study of the problem has shown that one of the most common causes of irregularity is lack of bulk in the diet. And when this is the case, the common-sense correction is to be found not in the drug store but in your food store!

IT HAS LONG BEEN A MEDICALLY RECOGNIZED FACT THAT NATURE HAS PROVIDED, IN THE NATURAL FOODS MEN WERE INTENDED TO EAT, ALL THE ELEMENTS NECESSARY FOR THE LONG AVOIDANCE OF COMMON CONSTIPATION.

One of these elements is natural fibrous bulk, or vegetable cellulose, which normally and naturally aids the rhythmic process of elimination.

In no natural food is this natural bulk so ideally found as in the outer layers, or bran, of the whole wheat kernel which, as you know, is lost in modern milling.

Because of the known value of bran in promoting regularity, the Kellogg Company has produced a complete, whole bran—with nothing taken away to lessen its effectiveness—sold under the name of Kellogg's All-Bran, the natural laxative cereal.

How effective is All-Bran? This has

been demonstrated in a series of systematic clinical studies reported in leading medical journals.

In one study, 135 people with known delayed bowel function were given one ounce of All-Bran daily for one week. They were studied clinically and with X-ray with tests made before, during and after they ate the All-Bran.

OF THE 135 PEOPLE, 102 SHOWED DEFINITE CLINICAL IMPROVEMENT IN JUST 7 DAYS.

IN A FOLLOW-UP STUDY, BETTER THAN 6 OUT OF EVERY 7 PATIENTS WHO WERE GIVEN ALL-BRAN IMPROVED.

The greatest advantage of All-Bran is that it corrects the cause of irregularity due to insufficient bulk. Chemical or drug-type laxatives, on the other hand, are intended only for overnight relief of a temporary stoppage.

When people use these products habitually—in a way that laxative makers never intended—they punish their digestive system in a way that nature never intended. Instead of correcting the cause, they often actually make their condition worse.

If you think you must take a laxative preparation occasionally, do so. But do it wisely. Read the instructions completely. AVOID EXCESSIVE USAGE. But for natural and lasting relief put your trust in nature. Just eat daily a one-ounce serving of All-Bran for breakfast and drink plenty of water.

This All-Bran plan has helped millions to re-establish and to maintain healthful regularity. Why not you?



Toronto Stocks

Continued from page 12

3000 Con Orlac	6 1-4
833 Con Peak	15 1-4
4500 C Roch	6 3-4
3000 C San	6 3-4
1100 Conwest	350
63390 do wts	3 1-2
500 Cop Man	14
3000 Crowsh	8 1-2
14000 Daragon	15 1-2
1000 Dav Oil	75
7200 Deldona	24
2800 Del Rio	194
1000 Delta	15
1500 Dev Leduc	168
35 Dome	16
2775 Dome Ex	615
24300 Donald	50 1-2
1700 Drag Oil	32
1500 Duvex	83
9850 Dyno	83
3000 E Amphl	9 1-4
6100 E Mal	260
3000 E Rim	100
1125 E Sull	375
19500 E Metis	83
2350 Elder	53
10000 Em Glac	17
2300 Estella	17
1900 Eureka	37
2025 Falgbe	15 1-4
3100 Fargo	192
1000 Fed Klrk	8 3-4
2150 Fed Pet	480
10750 Finmore	58
700 Franco	5 1-2
2230 Frobius	435
1110 do wts	37
5700 Gas Exp	62
4570 Geco	835
1100 Geneva	6
450 Giant Yk	810
5000 Glenora	3 1-8
11100 Gods Lk	66
2500 Goldale	24 1-2
5550 Goldcat	17
3000 Gold Eag	32
2500 Gk Uran	6
200 Gold Man	155
11000 Goldora	4
7400 Grah Bous	25
17000 Grandine	22
710 Gt Plains	14 1-2
300 Gridoil	650
3468 Gummer	855
6900 Hard Rk	15
1500 Har Hib	10
568 Hasaga	15 1-2
32200 Hd Lake	30
4000 Headway	16 1-2
3000 Heath	8
500 Heva	4 1-4
500 High C	18
152 Hollinger	13 1-4
278 Home Oil	18
500 Hom Yk	18
200 Hoyle	175
190 Hud Bay	41 1-4
500 Hugh Pam	40
100 Husky	775
5500 Hy Charg	8
500 Ind Lake	3 1-4
40250 Inspiration	288
800 I Nickel	36 1-4
520 do pr	131
10500 Jackrfl	6 1-4
500 J Yalte	9
1100 Jasper	170
1000 Jellioce	5 1-2
1800 Jet Oil	18
2780 Job	12
3200 Joliet	39 1-2
1000 Jons	18
250 Jupiter	185
2000 Kayrand	7
200 Kerr Ad	17 1-4
8500 Keyboy	9 1-8
2500 Keymet	74
500 Kirk Hud	75
10800 Kirk Lk	37 1-2
500 Kirk Town	15
2200 Klondike	9 1-2
500 Kristina	22
1500 Kroy Oil	150
915 Labrdor	920
330 L Duf	65
13600 Lk Ling	15 1-2
500 L Oeu	20
110 Lk Shore	550
1100 L Wata	22
100 La Luz	141
100 Lamaq	400
23400 Landov	8
3000 Lapa	4
600 Lexindin	11 1-4
4000 Lomega	4 1-2
13400 Lorado	43
1000 Louvert	15
897 Macassa	160
850 Macdon	51
1500 Macfie	12 1-2
55000 Mackeno	22
4084 Macl	130
500 Madsen	165
1000 Magnet	7
1100 Malartic	135
4500 Man East	6 1-2
1000 Maralgo	6
13200 Marben	11 3-4
3600 Marcus	11
1000 Mwarwyne	26
4500 Med Seg	16
500 Mcken	37
20500 Mem	8
2000 Mcwat	13
500 Merril	24
6730 Merrl Pet	655
2063 Met Uran	12
1000 Midcon	46
500 Mill City	29 1-2
1300 Mindam	175
8500 Min Scot	11
720 Mng Cp	11 3-8
2000 Moneta	44
1200 Montoco	18 1-2
3400 Nes Lab	147
2300 N Alger	9

31700 New Bid	43
650 N Bristol	133
3900 N B Dom	218
3100 N Cal	57
700 N Con	100
4590 N Con	56
1600 N Davies	22
6800 N Delhi	84
4000 N Devon	18 1-2
2300 N Dicken	270
1300 do wts	20
4000 N Fort	35
1250 N Goldv	15
625 N Harrie	25
500 N High	7
5500 N High M	7 1-2
1800 N Jason	7
6500 N Kelore	15
1000 N Lag	6 5-8
17100 N Lard U	105
1500 Newlund	17
1000 N Marlon	7
3000 N Mor	12
1000 N Mylam	23
4500 Newnorth	5
21500 Nor	5
200 N Rouyn	5
1000 N Ryan L	10
8000 N Sen	12
2050 N Sup	305
500 Nib Yelo	5 1-2
300 Nipissing	145
500 Nisto	13
575 Noranda	63 1-4
525 Normac	250
1100 N C Oils	205
6000 Nor Inca	8 1-4
1800 N Trin	15
1000 N Can	42
10500 Nihland	5
2500 Nubar	8
5300 Oana	13
13500 Oil Slet	4 7-8
300 Okalta	177
2700 Oleary	70
4000 Ont Pyr	14
3000 Osisko	43
24550 Pac East	28
750 Pac Pate	10 3-8
5000 Panour	66 1-4
24800 Pan West	44
6000 Paramq	5 1-2
8200 Parbec	16
5000 Partanen	8 1-2
500 Pathindr	37
3900 Paymsr	75
200 Peace Riv	750
1200 Peruy Oil	90
5900 Petrol	43
100 Pick Cr	102
510 Pin	185
180 Placer	25 1-2
2500 Ponder	124
600 Pontiac	149
1000 Prent Bor	5
3300 Preston	250
3300 Pros Air	475
2500 Que Cop	65
500 Que Lab	12
1100 Que Man	73
100 Que Met	315
18300 Que Nick	44 1-2
4000 Quenson	25

NEW AIRMEN

LONDON, (CP) — Britain will have trained 2,800 air crew by April 1 compared with 2,900 in the previous fiscal year. The total includes 260 pilots and 600 navigators trained in Canada. "Once more we are grateful to the Canadian government," the House of Commons was told by George Reginald Ward under-secretary for air.

DAILY CROSSWORD

ACROSS

- Ornamental
- factories
- Maat
- Selected
- Covers with asphalt
- Chamber platform
- Indicate
- Ages
- An arrow pointing north
- Like
- Abys
- Excavate
- Botches
- Prong
- Spigot
- Merriment
- Rich across
- Maim
- Masculine pronoun
- Swiss river
- At home
- Ejects
- Disgale
- dagger (print.)
- Part of the ear
- A goddess of the poison
- Cutting tool
- Observes
- Solar disc

DOWN

- Elect
- Aquatic bird
- Doctrines
- Presiding elder (abbr.)
- Leantos
- Bulls
- Keep
- Seaport (Port.)
- Come in
- Assumed name
- Saxon serf
- Piece of land
- Percolate
- Sun god

Yesterday's Answer

25. Leantos
26. Bulls
27. Bulls
28. Seaport (Port.)
29. Come in
31. Assumed name
34. Saxon serf
35. Piece of land
36. Percolate
40. Sun god

DAILY CRYPTOQUOTE—Here's how to work it:

AXYDLBAAXR
is LONG FELLOW

One letter simply stands for another. In this example, X is used for the three L's, Y for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

A Cryptogram Quotation

G AUPYEGCY-MEDSGA ERGE SYEM
CY APB ASERCYVHM CM ASIGYJRUIT
-IULSII

Yesterday's Cryptogram: HOME-KEEPING HEARTS ARE HAPPIEST—LONGFELLOW.

From One Cook to Another

by Mary Blake
Carnation Home Service Director

SERVE SOMETHING SPECIAL!

Every woman has probably thought at one time or another of how she'd love to serve something extra special every day. Well, you can. I'm not thinking of recipes that call for lots of butter and eggs and cream—nor of steak or roasts! I'm thinking of things like simple desserts... made creamy and tempting with Carnation Evaporated Milk. Because it is specially heat-refined, Carnation is unusually smooth and creamy and rich-tasting—gives luxurious appearance and flavor to your cooking! Even when undiluted Carnation is mixed with an equal amount of water for recipes that call for milk, it gives extra rich flavor and consistency. Undiluted, you can use economical Carnation to glorify meals in such recipes as

PINEAPPLE-CRANBERRY ICE

(Makes 6 to 8 servings)

1 cup undiluted Carnation Evaporated Milk
2 tablespoons lemon juice
1 1/2 cups diced marshmallows (about 16 medium)
2 cups cranberry sauce
1 cup drained canned crushed pineapple
1/4 teaspoon salt

Chill Carnation in refrigerator tray until soft ice crystals form. Add lemon juice; continue whipping until VERY stiff. Combine marshmallows with cranberries, pineapple and salt. Fold in whipped Carnation. Freeze in refrigerator tray (takes 3 to 4 hours).

EVAPORATED MILK
VITAMIN D INCREASED - HOMOGENIZED

"from Contented Cows"

A new taste thrill

Marven's PEACH & APRICOT BARS

Look for Marven's Seal of Quality

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to introduce remarkable New Home Facial to women all over Canada!

How to look lovelier in 10 days... or your money back!

START TONIGHT! See how easy it is to have a clearer, fresher, lovelier complexion—and KEEP it that way, too!

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NOTICE

All locker contracts expire March 31st, 1954. Your contract will be renewed unless notified to the contrary.

CRAPAUD CREAMERY COMPANY
Crapaud, P.E.I.

NOTICE

Please give us your orders for Bagged Lime for delivery May 1st.

G. C. GREEN,
Emerald, P.E.I.

CAPITOL Summerside

TODAY (Thursday)
3:30 - 7:15 - 9:15

THE SECRET THRILL THAT EVERY WOMAN REMEMBERS AND WILL NEVER TELL!

HERBERT I. VATES presents
SWEETHEARTS ON PARADE
TRUCOLOR BY CONSOLIDATED
starring
RAY MIDDELETON - LILLIE NORMAN
EILEEN CHRISTY - BILL SHURLEY - ESTELITA
Written by Houston Branch
Associate Producer: Director Allan Dwan
A REPUBLIC PICTURE

ALSO LATEST NEWS REEL

KENSINGTON RINK

THURSDAY, MARCH 25

2nd Game Semi-Finals
Island Midget Championship

Summerside Midgets vs. Kensington Midgets

Game 8:30 Sharp

FRIDAY, MARCH 26

4th Game Finals
Junior North Shore League

Spring Valley vs. Kensington

Game 8:30 Sharp

If Spring Valley wins game cup will be presented.

"CAMEO" KENSINGTON
Wednesday-Thursday 7:15-9:15.
Howard Keel, Jane Greer in
"DESPERATE SEARCH"
ALSO—M-G-M presents
"THE HOAXTERS"
Bank Drawing Thursday.

REGENT TO-NIGHT 7:15 - 9:20

Friday 3:30 - 7:15 - 9:20; Saturday 2:30 - 7:15 - 9:20

OLYMPIA PICTURES presents

FROM HERE TO ETERNITY

DEBORAH KERR - FRANK SINATRA - DONNA REED

— ADMISSIONS —
FOR THIS FEATURE

EVENING Children 50c Adults 75c
MATINEES Children 25c Adults 50c

"WOW!"

here's a new taste thrill for you—just try CROWN BRAND CORN SYRUP on your cereal M-m-m! Good!

Specially good on hot cereal

Fill up with Quick Food Energy

CBN-4R