Ashamed of his wife!

HOW she had changed! Once, the prettiest in her crowd. Now, she was lifeless. What had happened? What had stolen her vital freshness — the charm she used to have? She wasn't old—but now . . . why sometimes he was actually ashamed!

Many a man wonders and many a woman worries as youth and freshness quickly fade. What a different story if they but realized the dreadful part constipation plays in wrecking health and vigor! For no one need suffer from constipation. Kellogg's ALL-BRAN—a delicious cereal—is guaranteed to bring prompt relief. To safely prevent this evil ever beginning!

Why ALL-BRAN *is necessary*

To relieve constipation *naturally*, the system must get plenty of bulk or roughage. ALL-BRAN furnishes this bulk in generous quantity. Here is what happens: It absorbs moisture and carries it through the intestines — exercising them, gently sweeping out poisonous wastes. In a part-bran product there is seldom enough bulk to properly do this work. That is why doctors recommend Kellogg's ALL-BRAN.

No need for pills

Howmuch better is ALL-BRAN than habit-forming drugs and laxatives—whose dose you must constantly increase to keep effective. ALL-BRAN works as nature intended. A pleasant cereal that provides vital roughage. Eat it with milk or cream. Add fruits or honey. Sprinkle it into soups. Mix it with other cereals. Cook with it. Recipes on package.

Just eat two tablespoonfuls in some form daily—chronic cases, with every meal. Every woman can help her family to better health by adopting its regular use.

But don't take chances with part-bran substitutes. Get Kellogg's—the original ALL-BRAN. Sold by all grocers. Served at hotels, restaurants—on diners. Made by Kellogg in London, Ontario.

Guaranteed!
Kellogg's ALL-BRAN is sold with this definite guarantee: Eat it according to directions. If it does not relieve constipation safely, we will refund the purchase price.

Kellogg's ALL-BRAN

KEEP

HENNESSY

BRANDY

HANDY

BOTTLED AT COGNAC, FRANCE

H13

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The favorite for 70 years

WHEN you buy Corn Starch say *Benson's*—and you are assured satisfaction in your cooking.

It is corn starch in its finest and purest form—and its quality positively cannot be equalled anywhere.

Ask for *"Benson's Prepared Corn"* and don't accept substitutes—others are in yellow packages too but *Benson's* is the *genuine Corn Starch in the yellow package.*

Manufactured by
The CANADA STARCH CO. Limited
MONTREAL

G3

BENSON'S CORN STARCH

Sport Chat

Basketball fans are looking forward to the first ladies" league game of the season this evening when the Toilers, a new name and a new team, meet the Maple Leafs, an old name but a team with a number of new players. Ladies' basketball has always created much interest here, vying often with Senior activities, for that matter, and it is expected the same will be the case this winter. It is only to be regretted that, after all, only two girls' teams have been entered, the Drill team dropping out at the last moment. The Players' Club, which drew opening blood of the season from the Elks on Monday night, will meet Dido Gurvich's Three-Two Taxi men in the Senior League while the Naval Reserve, which showed the C.N.R. the way on Monday night, will provide opposition for Big Four in their first Intermediate League appearance.

Elks Ahead of Grotto Result Billiard Games

With three of the five games played, the Elks are leading the Grotto 679 to 676 in last night's Billiard League fixture. The games played were:

Fred Stephens (Elks, 179; W. J. Fred Stephens, Elks, 179; George Waugh, Grotto, 250.

A. A. Easson, 250; W. J. Nelson, 181.

W. Lambie, 250; M. M. McLachlan, 245.

The games remaining to be played are: C. P. Balagno vs. James Andrews and Will Mitchell vs. A. Macdonald.

BOXING CARD IS ARRANGED

Dido Gurvich to Meet Ed. Gustafson in Ten-Round Bout on November 25

Dido Gurvich was signed up last night to meet Ed. Gustafson in the ten-round main event of a boxing tournament which will be held on November 25 in the Moose Hall under the management of Owen Fisher. Gurvich has been given a guarantee of $200, while Gustafson will fight on a percentage basis. Gustafson, who is the challenger, was seen in action here last on May 30 when he was outpointed by Stoker Ewart of H. M. S. Colombo, although he put up a good fight. He has had boxing experience in the south. Gustafson's weight is 156 pounds, while Gurvich will weigh in at 157 pounds.

The semi-final of the card will be a six-round go between Benny Wendle of this city and Dick Jones of Vancouver.

Whist League Last Evening

Grotto and Oddfellows Now Tied For Leadership

Prince Rupert Fraternal Whist League League results last night were as follows:

I. O. O. F. 5, St. Andrews 4.
Moose 2, Six Musketeers 7.
Elevator 5, Leif Erikson 4.
Seal Cove 4, Grotto 5.
C.N.R.A. Drydock 6, Canadian Legion 3.

League Standing

Grotto	3	0	3
I. O. O. F.	3	0	3
Seal Cove	2	1	2
Canadian Legion	1	2	1
Moose	1	2	1
Leif Erikson	1	2	1
C. N. R. A.	1	2	1
St. Andrews	1	2	1
Six Musketeers	1	2	1
Elevator	1	2	1

The ladies' section, consisting of four teams—Moose, Leif Erikson, Oranges Ladies "A" and Orange Ladies "B"—will commence November 19 in Emad Building.

JUNIOR FOOTBALL

High School and Borden Street School will meet tomorrow afternoon in the final game of the first half of the Junior League football schedule.

High School team will be as follows: D. Stinech; C. Smith and P. Fisher; Katsuyama, K. Nakamoto and C. Bartlett; Kanaya, Hickey, Bert Cameron, Oscar Wingham and Billy Bacon; spare, Moxley.

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Cutting, Workmanship and Style All Guaranteed

SUITS STEAM CLEANED AND PRESSED

We Deliver to Any Part of the City.

Ling, the Tailor

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Pride of ownership is just one of the pleasures Dominion Linoleum floors offer. Their beauty brightens up all indoors. Their warmth and comfort are a never-ending source of delight.

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Plan now to rejuvenate your home with this moderately priced floor.

Other Beautiful Dominion Floors

Dominion Inlaid Linoleum (with the Domolac Finish) and Dominion Linoleum Rugs (that need no fastening) are welcomed in the finest homes. Beautiful; long-wearing; moderately priced. Delightful designs for every room.

Design illustrated is Dominion Printed Linoleum No. 5255, available also in one other colouring.

Made in Canada by the makers of the famous Dominion Battleship Linoleum.

At House Furnishing and Departmental Stores Everywhere

De-e-e-licious!

IN the good old days they served the fatted calf as a sign of rejoicing . . . modern 1929 generally says it with soup (CLARK'S OXTAIL preferably) . . . and murmurs "De-e-e-licious! . . . De-e-e-lightful!"

And why not? . . . just get a can of this soup and open it. That delicious meaty aroma is just a sample of what it tastes like. A carefully-cooked, perfectly seasoned soup — a boon to any jaded appetite — a blessing to a healthy one. If you haven't tasted it yet . . . Oh! what you are missing!

After tasting Clark's Oxtail Soup you too will murmur "De-e-e-licious" . . . for when you get near enough to a plate of soup like this . . . well . . . appetite has a way of asserting itself! At your grocer's.

TOMATO VEGETABLE OXTAIL
CHICKEN PEA GREEN PEA
MUTTON BROTH SCOTCH BROTH
MOCK TURTLE JULIENNE CELERY
MULLIGATAWNY CONSOMME

CLARK'S SOUPS

Made in Canada

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