Kellogg's ALL-BRAN Is Ideal Roughage

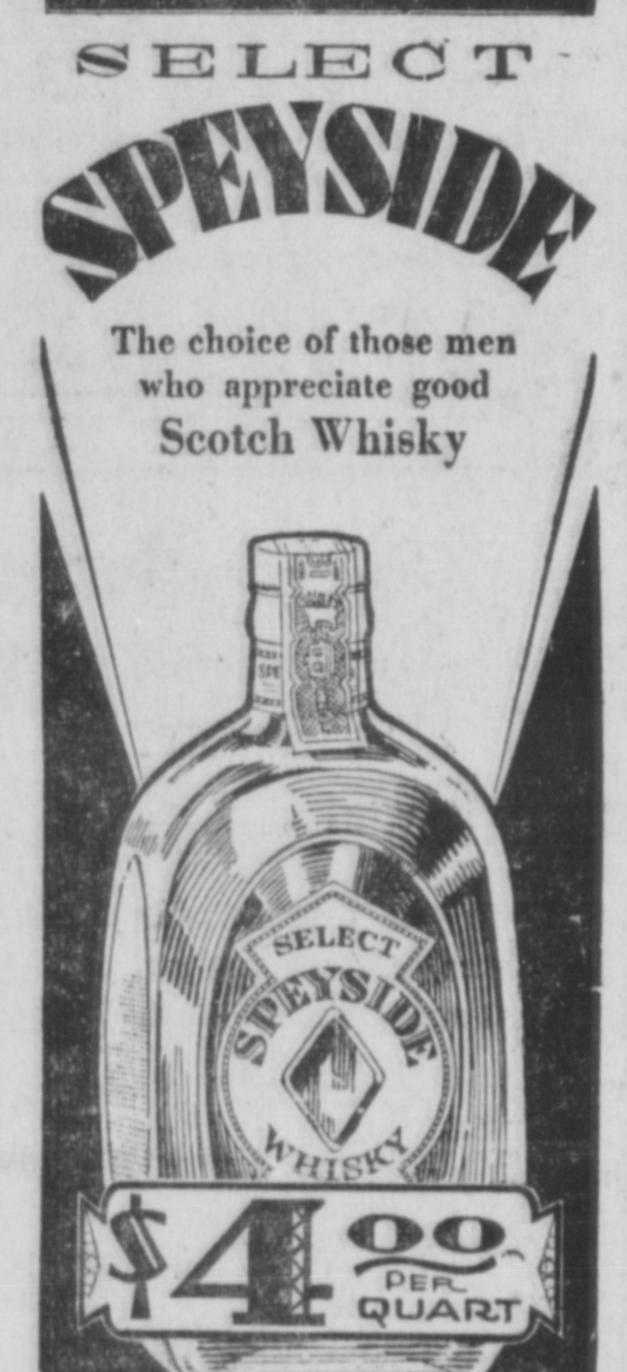
If you are following a reducing diet, it is doubly important that you take a regular amount of roughage into the system daily. Most reducing diets do not contain a sufficient amount of roughage. The result is constipation—thief of both health and beauty.

Kellogg's ALL-BRAN is recommended by many doctors and dietitians because it contains the bulk necessary to insure proper elimina-

Also, because it contains the iron needed to help prevent anemiaanother danger in reducing diets. ALL-BRAN is not fattening. Its bulk sweeps the system clean of poisonous wastes-helping to promote glorious health and beauty.

A popular way to eat Kellogg's ALL-BRAN is soaked in fruit juice. Try it! It is delicious with milk or cream. Sprinkle it over cereals, salads and soups. It adds flavor to cooked foods and is equally effective. Your grocer has Kellogg's ALL-BRAN. It is served in restaurants, hotels and dining-cars. Made by Kellogg in London, Ontario.





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Washington Shortstop Is Voted Most Valuable Player of American League

NEW YORK, Oct. 1'1:-Joe Cronin, sensational young shortstop of the Washington Senators, was yesterday proclaimed the American League's "most valuable player" for 1930 by a special committee of the members of the Baseball Writers' Association of America who cast votes at the request of the Associated Press for the second successive year since the league abandoned its custom of making an official selection.

Cronin led the league with 48 votes out of a maximum possible of 64. Al Simmons of the Philadelphia Athletics and Lou Gehrig of the New York Yankees tied for second place with nine points each.

Improved in Taste and Texture. Old Country Soccer

Scottish League-First Division Aberdeen 0, St. Mirren 0. East Fife 0, Leith Athletics 0. Falkirk 0, Hearts 3. Hamilton Acads 0, Cowdenbeath

Hibernians 2, Airdrie 0. Kilmarnock 1, Dundee 2. Morton 0, Motherwell 3. Partick Thistle 5, Queen's Park 1 Ayr 0, Clyde 2, 2939A9A

English League-First Division Birmingham I Blackpool 1. Bolton Wanderers 4, Grimsby

Derby County 4, Arsenal 2. Huddersfield 1, Chelsea 1. Leicester City 4, Leeds United 0. Liverpool 1, Sheffield Wednesday

Manchester City 1, Portsmouth 3. Middlesbrough 3, Newcastle United 1.

Sheffield Unitedupl Blackburn General Salvact sravon Sunderland 1, Aston Villa 1.

United 1. English League-Second Division

Westham United 5, Manchester

Barnsley 1, Everton 1. Bradford City 1, Plymouth Ar-Bristol City 1, Cardiff City 0.

Burnley 2, Millwall 1. Carlton Athletics 3, Bury 2. Portvale 2, Swansea Town 0. Preston Northend 1, Oldham Ath-

Reading 3, Bradford 0. Southampton 2 Stoke City 1. Tottenham Hotspurs 2, Nottingham Forest 1.

Westbromwich Albion 2, Wolverhampton Wanderers 1.

Golf Winners

connection with the Rotary Club circus and dance at Exhibition Hall yesterday and Thursday were: Ladies, Miss Gladys Collins, with a score of 12, who was persented with a pair of silk stockings donated by Mrs. Parker; men's, James Andrews who made a par score of nine, and was presented with a box of 50 ci-! gars donated by A. E. Phillips.

Merchants Ask Law Enforced

Objection Taken to Keeping Open During Prohibited Hours By Local Stores

Yesterday a delegation from the Retail Merchants' Association waited upon the new sergeant of police in charge of the city detachment Come in and see us today before it and requested him to see that the law in regard to opening during SUITS—Special order complete and prohibited hours be strictly enforced. This was because information; had come to them that some merchants had been frequently breaking the law in this respect and they stated that, if one had to live up! to it, all should do so. There should

> be no privileged class. The new city chief of police told the delegation that he would see will to it that their request was complied with and the law enforced.



Jean Musson, 15-year-old Seattle high school girl, who danced her way to six first and three second prizes at. annual Caledonia games at Vancouver, British Columbia, recently.

SOFTBALL PLAY-OFFS

Smith's Team Beat Stinech's in First High School Game

On Friday afternoon in the first game of the play-off for the High School championship in softball Smith's team beat Stinech's team 8-7 in a keenly contested contest productive of thrills from the start. At the outset the Smithites found Pitcher Stinech easy to hit. Weak fielding allowed Stegavig, Vance Obata and Smith to score while Kanaya and McRae reached third and second respectively. Dominato got around in the second and Smith repeated in the third.

In the third inning. Stinech's team broke loose Cameron made run which was shortly followed by another when Moxley's two-base hit brought Bremner home. Then Moxley scored followed by Ross and

Dominato's score for Smith in Langley Wan the fourth was equallized in the second half of the inning when O'Brien's two-bagger brought in Hanson.

The fifth inning opened with Union of Municipalities Concludes Stinech one up, the score being 7-6. Good pitching by Stinech and excellent backing by his fielders allowed no runs to come in. At bat The winners in the golf games in ech came to bat. His grounder will be held in New Westminster.

Hanson and O'Brien filled the other | Markland. bases. It appeared that Stinech etire the side.

uickly put out. Alec Walters got trip to Skagway. o first. Dominato's three-base hit prought him and Dominato, himself

The series is the best two games out of three.

Stinech - Cameron, Bremner, Moxley, Anderson, Stinech, Hanson, D'Brien, Rose, Hale, Johnson. Smith-Kanaya, Stegavig, Vance, Obata, Tobey, Smith, McRae, Morison, Walters, Dominato. Scorekeepers-Cross and Thur-

Umpire-Harry Gilliland.

Kelowna Convention and Will Meet at New Westminster

KELOWNA, Oct. 11:-Rev. R. W. the Stinech team was determined Poppy of Langley was unanimously At the Circus to score. Anderson hit a three-bag- elected president of the Union of ger when two men were already British Columbia Municipalities out. The air was tense when Stin- yesterday. Next year's convetnion



Sir Thomas Lipton, noted Irish sportsman, whose yacht, Shamrock V, lost in recent America's cup races, as he appeared at New York city hall, recently, to pay his respects before sailin gfor home.

THE WAY OF STREET AND A STREET WAS COME TO STREET W

Miss Gladys M. Williscroft sailed last night on the Cardena for Vancouver

Mrs. Sam Massey, who has been visiting for the past few weeks in Vancouver, returned to the city on the Prince Rupert this morning.

Robert Cooper, Indian, for drunkenness, was fined \$15, with option of 14 days' imprisonment, by Magistrate McClymont in city police court this morning.

There were but thirty-five passengers going north aboard the steamer Princess Louise which was in port this morning. Two persons disembarked here from the ves-

J. N. McPhee, customs officer a: Butedale and well known old timer of the north, is paying a brief visit to the city, having arrived on the Cardena last night from down he coast.

Miss Floss Watt of Ottawa arrived in the city on the Princess Louise this morning to pay a visit here with her brother and sisterin-law, Mr. and Mrs. Norman A Watt, Fourth Avenue East.

Karl Andersson, a local logger left on today's train for New Yorl where he will embark on the ss Drottningholm for a trip to his native home near Trondhjem. Norway, where he will spend the win-

B. B. Johnson of New Massett. Queen Charlotte Islands, was in port this week in the course of a flying trip to Jap Inlet with his brought in Anderson to tie the new boat Vanguard. Accompanyscore. Stinech got to third while ing him were Mr. and Mrs. Vic

was about to win the game. How- | W. Scofield, district passenger, ver, on the next play, Ross hit a agent, Canadian Pacific Railways. ly which was caught by Vance to Vancouver, is a passenger aboard the Princess Louise, which was in In the extra inning, the first port this morning northbound. we members of Smith's team were northbound, making the round

E. H. Shockley arrived in the city could have scored if he had not on the Princess Louise this mornnissed third base and found it ne- ing from Vancouver. He is in the cessary to turn back. The Smithites north to make an inspection of would not let any of Stinech's team progress on the Prince Rupert Lipast first base when the latter quor store and Hazelton hospital onstruction work.

> Jacob Furunes, Hans Hagen, Biarne Severtsen and Mrs. Serine Rorvik will leave by train on Monday morning for New York where, on October 23. they will embark aboard the steamer Bergenhford for Trondjem. Norway, in which district they will visit their native

The city police report receiving numerous complaints of automobile drivers travelling too fast and s President ignoring the traffic regulations such as giving signals, etc. Sergt. W. J. Service, city chief, gives warning that, while it is not the desire to prosecute unnecessarily. there must be a tightening up in the traffic regulations.

> A. L. Clements, assistant general manager of the Union Steamship Co. Ltd., in the course of an inspection tour north, arrived in the city on the Cardena last evening from Vancouver and tomorrow evening will sail on the Catala to make the round trip to Anyox and Stewart and thence back to Vancouver. He is accompanied on the trip by Mrs. Clements.

KILLED IN

Miss Patricia Labelle, Aged 23, Victim of Vancouver Accident

VANCOUVER, Oct. 11-Patricia Labelle, aged 23, was instantly killed in a collision of two automobiles at the corner of Nelson and Thurlow Streets early this morning.

The Daily News can be pur-+ chased at-

Post Office News Stand, 325 * + Granville St., Vancouver. Karl Anderson, Prince + George, B.C.

Smithers Drug Store, Smith-

+ ers, B.C. R. W. Riley, Terrace, B.C. General Store, Anyox.



"Babe" Ruth trying a hat on Knute Rockne, coach of the Dame football team, in new "Babe" Ruth's Men's Shop, was opened recently by home-rin king in New York City.

VICTOR A. TATTON

Indian Head, Sask., writes this interesting letter about Stop-Loss Pockets. He says:

Indian Head, Sask. April 21st, 1930. The Great Western Garment Company, Edmonton, Alberta.

Dear Sirs: Since buying the first pair of your G.W.G Overalls two years ago, I figure I have saved nearly \$25.00 in tools, money and time. I used to buy a new wrench or pair of pliers every few weeks only to lose them again out of the old

style pockets. gone. I had to walk back a mile to a neighbors and borrow a pair and lost nearly an hour on the road. Lots of times I have put money in my pockets only to find when I wanted it that it had been lost out. I have dropped my good gold watch out of the old pockets and broke crystals and also springs the stem and one time broke one of

for more and probably wouldn't he after losing hours of time. My ne said, "Why don't you get Overage I have, G.W.G.". The next time! to town I certainly bought a m have not lost a single pair of p a tool since or broke my watth any time.

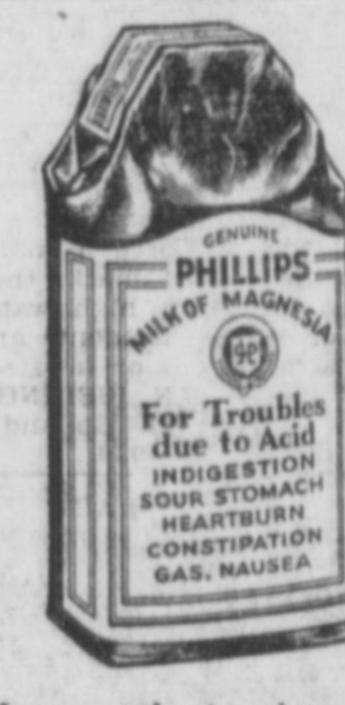
I would never be without G.W. Loss Pocket Overalls again. I t would be cheap at double the y they wear so much longer th overalls and are so much rooms I will always recommend your Stop-Loss Pocket Overalls.

Yours very truly,

P.O. Box 191. Stop-Loss Pockets are all this name implies a marvellous

of tools, time, money and b G.W.G. are the only overalls duced in Canada equipped Stop-Loss pockets. Obtainable good stores throughout the Wa

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