

## DAILY ROUGHAGE IS AN ESSENTIAL IN ANY DIET

Kellogg's ALL-BRAN Is Effective Relief for Constipation.  
Also Adds Iron to the Blood

Do you suffer from constipation? Are you one of those who have tried one "rest pocket cure" after another and still have no sense of permanent relief? If so, this is big news to you! Kellogg's ALL-BRAN is natural, effective relief for both temporary and recurring constipation. It is the original—and today is included in the diets of millions of people who formerly suffered from constipation.

When roughage is missing from food, constipation is the consequence. The soft foods we eat today seldom include enough roughage. The simple necessity, then, is to see to it that sufficient roughage is included in our food.

Kellogg's ALL-BRAN is the bulk that your system requires.

In addition, it is rich in iron. Scientific research proves that nearly all this iron is absorbed by the system, building red blood and bringing the glorious color of health to the complexion.

Kellogg's ALL-BRAN is positively guaranteed. Your money will be returned if you are not satisfied. Be sure to include it in reducing diets as a preventive for both constipation and anemia.

There are so many ways you can eat Kellogg's ALL-BRAN and enjoy it. In any form, it is appetizing. It is delicious with milk or cream. Sprinkle it over cereals and soups and notice the added flavor. Many people soak it in fruit juices. Excellent in cooked foods. Your grocer has Kellogg's ALL-BRAN in the red-and-green package. It is served in hotels, restaurants and dining-cars. Ask for it! Made by Kellogg in London, Ontario.

**Kellogg's**  
ALL-BRAN

Improved in Texture and Taste

## Musketeers and Moose Are Tied

Ramblers, Grotto and Dry Dock  
Also Whist League Winners

Prince Rupert Fraternal Whist  
League results last night:

Seal Cove 1, Grotto Ramblers 8.  
Wanderers 3, Grotto 6.  
Canadian Legion 1, Moose 8.  
Leif Erikson 4, Six Musketeers 5.  
I. O. O. F. 4, Dry Dock 5.

### League Table

	W.	L.	Pts.
Six Musketeers	6	2	6
Moose	6	2	6
I. O. O. F.	4	4	4
Grotto Ramblers	4	4	4
Wanderers	4	4	4
Dry Dock	4	4	4
Canadian Legion	3	5	3
Seal Cove	3	5	3
Leif Erikson	3	5	3
Grotto	3	5	3

## First Billiard Game Is Played

Balagno Beat James Andrews by  
Score of 250 to 186 This  
Morning

Charlie Balagno (Elks) defeated  
James Andrews (Grotto) this  
morning by a score of 250 to 186  
in the first match of today's Billiard League fixture. Balagno made

## SPORT CHAT

Leo Bourgeault, high-scoring defenseman man of New York Rangers, has been purchased by the Ottawa Senator Club of the National Hockey League. The deal was a straight cash proposition. Bourgeault reported in New York Tuesday morning and lined up against his old teammates when Senators met Rangers in Madison Square Garden that night.

Diana Fishwick, young British national golf champion, and five other British women golfers of lesser reputation, will sail from England on the Aquitania Dec. 26, for a tour of South America gold resorts. Other members of the party are Betty Perkin, member of the Sandy Lodge Club; Kathleen Garnham, of the Naze Club of Essex County; Marjorie White, of the Roehampton Club, London; Jessie Firth, of the Formby Club, and Vera Haycock of the Dulwich Club, London.

a high break of 30 and Andrews, 31. The remaining four games will be played this evening.

Following is the line-up for the remaining four games:

W. E. Willis (Elks) vs. George Waugh (Grotto).  
William Mitchell vs. George Howe.  
M. E. Young vs. M. McLachlan.  
Johnstone Smith vs. John May.

**Olde Time Xmas Cheer**

**Hudson's Bay Company**

**HBC SPECIAL**

**"BEST PROCURABLE" SCOTCH WHISKY**

Bottled in Scotland, and guaranteed over twelve years average age.

**HBC RUM**

A public favorite for two centuries and over... because of its uniform high standard of mellow age and strength.

A reputation gained by 200 years of continuous trading is a guarantee of the Quality of all HBC brands.

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# The Gift that keeps on Giving!



VICTOR RADIO  
HOME-RECORDING  
ELECTROLA—RE-57  
\$397.50  
Complete with tubes

Also  
VICTOR RADIO R-35  
\$247.50

VICTOR RADIO R-39  
\$285  
Both complete with tubes

# VICTOR'S Great Triple Triumph!

## Radio — Records — Home-Recording

THREE outstanding performance features in one beautiful cabinet... the greatest musical instrument of all! Radio... home-recording... and a brilliantly improved electrical reproduction of records — truly, "the gift that keeps on giving" with a wider appeal than ever.

Hear Victor's great triple triumph — the new Victor Radio Home-Recording Electrola — and you too will thrill to its amazing versatility... its definite musical superiority.

Broadcast reception which, through super-selectivity, sensitivity and Victor tone, has brought to radio a degree of satisfaction hitherto unknown... the unending joy of making your own records at home... and an Electrola surpassing even Victor's greatest achievements in record reproduction. It commands all that is finest in home entertainment.

Your Victor dealer will demonstrate also the same famous screen-grid five-circuit micro-synchronous Victor Radio separately, in a choice of two delightful acoustically engineered cabinets... and Victor Radio R-15, at \$185, complete with tubes. Ask also about the new screen-grid battery-operated Victor Radio R-10... \$140, including tubes.

Learn from your Victor dealer how you may have immediate delivery of any new Victor model... on easy terms.

### 1 VICTOR'S NEWEST RADIO

### 2 VICTOR RECORD MUSIC

### 3 VICTOR HOME- RECORDING

**COMPLETE**  
In One Magnificent Cabinet!

THE NEW

# Victor Radio HOME-RECORDING Electrola



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OF CANADA LIMITED  
MONTREAL

RE 77



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NEW SALTED HERRING  
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(Many Varieties)

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