There is no

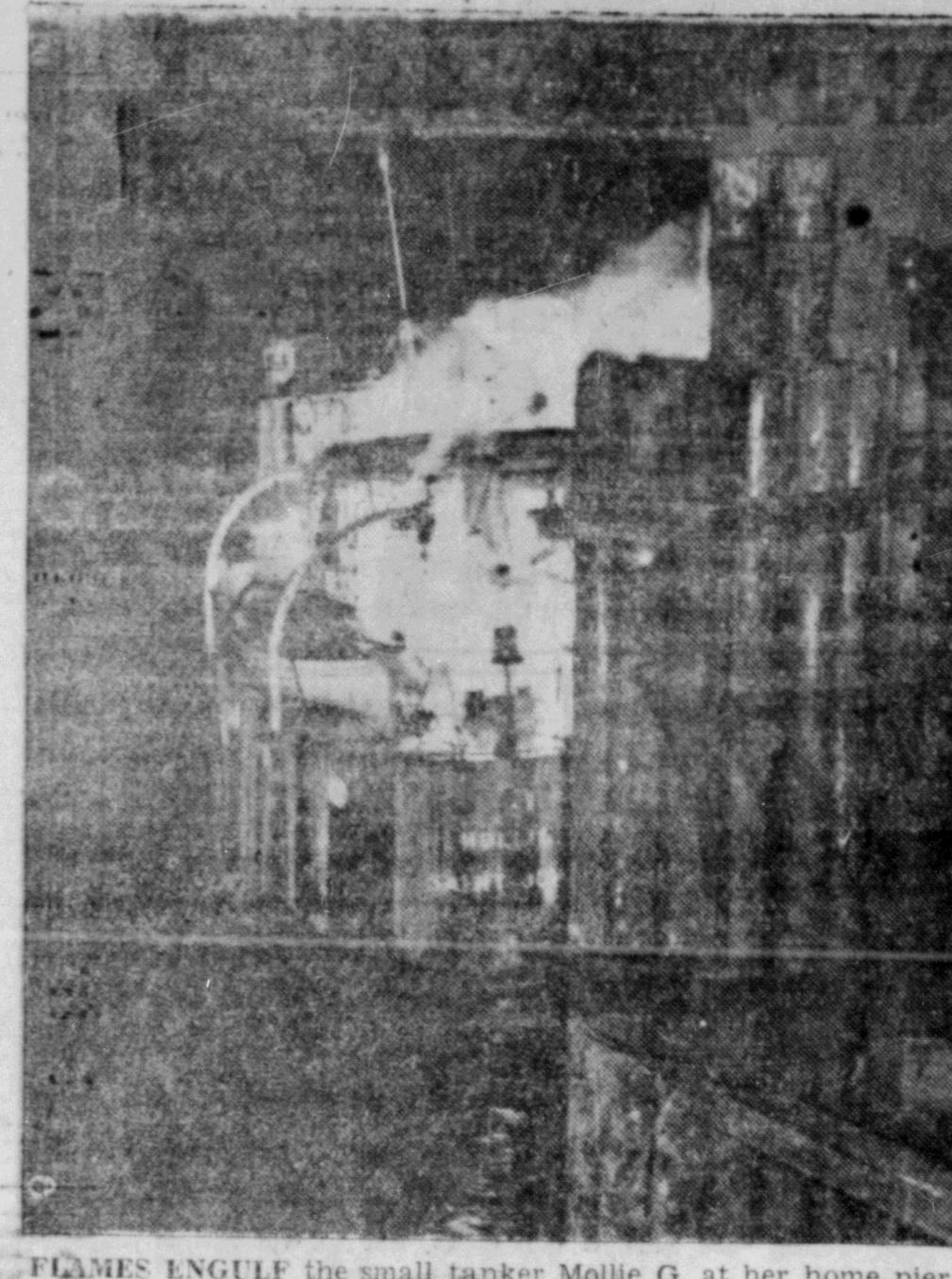
"overnight cure

for irregularity

But there is a simple, natural answer

due to lack of bulk

to the common problem of irregularity



FLAMES ENGULF the small tanker Mollie G. at her home pier " in "East Saint John, N.B. Six men were injured when oil and gasoline explosions ripped the coastal vessel. It was destroyed.

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Delicate Creations Fashioned from Shells

OSHAWA, Ont. (CP)-Shellcraft, the fashioning of delicate floral patterns or a replica of a bride in a flowing gown and train from the myriad shells of sea life, has fascinated Mrs. F. R: MacDonald for the last eight years.

she was awarded first prize for and cockle shells. her exhibit at the Canadian In- A pair of conch shells is one ternational Hobby Fair in To- of her principal treasures. In

has a collection of floral ar- warm orange-pink of a sunset

Shooting Of U.S. Jet Alarms Europe

WIESBADEN, Germany (CP)grave new incident in the cold war-shooting down of an American jet fighter by Communist MiG-15s over the United States zone of Germany-alarmed western Europe today.

It was the first time Red aircraft had shot down a U.S. plane over American-held territory.

Swooping out of Red-ruled Czechoslovakia, the Soviet-built trespassers destroyed a U.S. Air Force F84 Thunder jet in one blazing pass Tuesday. It crashed and burned 15 miles inside American-occupied Bavaria.

The pilot parachuted to safety and escaped with scratches and

U.S. Ambassador George Wadsworth at Prague was ordered by Washington to draft and deliver the "strongest possible protest" to the Czech Communist regime.

James Bryant Conant in Germany denounced the "wanton Against shooting" and warned that U.S. Against forces here will know how to deal with future incursions of

Lieut. Warren G. Brown, pilot of the Thunder jet, said the came without warning but he did not fire back. Asked why he did not shoot in selfdefence, he replied he'd rather the acceptance of "layoffs" was not answer that question.

and streaked back to base near international mine, mill and Munich.

tory in Western Geormany, it ing the union, and that "it was indicated today. A Defence Department official

said American pilots are expected:

1. To return fire, if possible when attacked. Upon finding Red plane has invaded U.S.-controlled terri-

at nearest U.S. airfield. 3. If order is disobeyed, to compel obedience by gunfire.

tory, to order Red pilot to land

Girl Teaches Chinese Boys, Girls English

TORONTO (CP)-Janice Lum looked at her class of Chinese boys and girls learning English. "They soak it up like blot-

ters." she said. "Young Philip Lee has been here only a few days. He can name anything in the room One of our other students arrived from China only two months ago but his English has already earned him a job."

Miss Lum, a Chinese-Canadan, is a volunteer teacher in class started by the Chinese-Canadian Association in Toronto. Before the Second World War there was almost no langproblem for Toronto's long established Chinese resid- McBride St. ents. But since 1946 the Chinese community has doubled.

Under relaxed immigration laws, Chinese-Canadians now may arrange for young relatives to join them in Canada.

Last May, English classes for Chinese immigrants from eight to 18 years old were started at the Chinese community centre 1949 Ford Sedan-Radio All the dozen teachers, like Miss Lum, are volunteers from among

Chinese-Canadians. 80 students attend classes. "Quite a few have never seen a book," Miss Lum says. We have to start from scratch, not only with English but with reading, and writing generally."

Pronunciation is one of the big difficulties for the children. Chinese has no sound corresponding to the English "th" or "r". "Fank you" instead of 'thank you" and "leading" instead of "reading" are common

"But the younger they are, the quicker they learn. Some of the children who joined our first classes have real Canadian accents now.

Her craftsmanship in her del- rangements, goofus birds, and icate and painstaking hobby uncanny creatures of her own was recognized recently when imagination made from whelk

each of them she has installed Like all keen hobbyists, Mrs. a light bulb to reveal the deli-MacDonald surrounds herself cate translucent quality of the with her craft. In her home she shell which glows with the

> In her prize-winning exhib Mrs. MacDonald showed a bride with a flowing gown and train held by two flower girls, and tive bridesmaids in crinolines and poke bonnets carrying nose gays. She also displayed a white cresser set ornamented with fish scales and centred with

Perhaps her most delicat creation is a little bowl of lilac The bowl is a sea-urchin; the stalks are fish bones and eac floret is made of minute shell painted in real-life colors.

A flair for using the right shell for a chosen project has enabled Mrs. MacDonald to produce a fragile wild rose to ador: a blue plastic box, and to green sand-dollar pads for centrepiece.

But she has one complaint There is a distinct shortage of shells in hobbycraft stores. Th dealers say shells formerly were gathered by natives and beachcombers and cost dealers little Now, they say, the shell-gatherers demand an hourly wage and. at the same time, more people If You... are interested in shellcraft.

American high commissioner Mine Union Layoffs

CALGARY (CP) A policy of dividing available work among all employees in the mining and smelting industries rather than approved here at the 5th Canad-A second Thunder jet turned ian annual convention of the smelter workers' union.

The decision was taken in ac-WASHINGTON (CP)-The U.S. cordance with the recommenda-Air Force aims to shoot down tion contained in the union's any more flying Communist annual report, which stated that bushwhackers who come gun- security of employment was one ning into U.S.-controlled terri- of the most urgent problems facthe responsibility of the government to insure jobs for all who are willing and able to work."

Harvey Murphy, international board member from Trail, declared that in all bargaining it should be made a hard and fast |. rule that layoffs be opposed.

" A layoff to a worker in a one-industry town means that he must pack up and leave," he said. "It is surely better that he has some work rather than none."

El Salvador is the only Central American republic without coastline on the Caribbean.



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useful unit. "To say goodbye to your motoring troubles try any of the above good buys at your A-1 Used Car Dealer"

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MAJ. JAMES JOSEPH VAL-LELY, 47-year-old Roman Catholic chaplain, is returning to Korea where he went first in 1950 with the first group of canadian troops. Appointed enjor RC chaplain of the First Commonwealth Division, Maj. Vallely is a native of Ireland, a former missionary to China and speaks Korean dialects.

Aircraft Firm Buys 119 Acres

VANCOUVER (CP) - The de course Havilland Aircraft Company of "To do that I had to article Canada has purchased 119 acres to a firm for five years and on Sea Island near Vancouver's carry a course at the same International Airport but has no time. That was in 1945 and

Some weeks ago it was reported de Havilland planned a \$70,-000,000 plant on Sea Island, but vise a realistic water lily with G. J. Mickelborough of Toronto,

The land was purchased merely as an investment in the future. We do not contemplate had been articled until Februany immediate development of ary when she struck out on her th Sea Island property."

* Like working with young people

* Are patient and eager to learn

* Want a life work of significance

THEN YOU WILL ENJOY WORKING

IN THE TEACHING PROFESSION

British Columbia Teachers'

Federation

* Have initiative



CA Office In Toronto TORONTO (CP)-Gwendolyn C. Conmee is the first woman chartered accountant in Ontario to have her own business and thinks she may also be the first

in Canada. But Miss Conmee, a brisk, decisive blonde, says she will have to work hard to get recognition in a field traditionally dominated by men.

"I am just starting from scratch and expect to have to work very hard. Women are still comparatively new in chartered accountancy-there are 50 or 60 among 5,000 in Canada—and still have to establish their ef ficiency and competence on level with men."

Miss Conmee became interested in accountancy in 1945 while working in a bank. She took a certificate course in business at the University of Toronto and her professors suggested a chartered accountant's

mmediate plans for a plant here. firms weren't very, willing to take in women."

However, she took the Institute of Chartered Accountants course through Queen's Uiver sity and was graduated in 1950 at the head of a class of 400.

After graduation she remained with the firm to which she

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 AC TION" FOR THE NATURAL REGULARITY WHICH SEN-

SIBLE 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 overdosing with products intended only for overnight relief of a temporary stoppage exerts upon the delicate digestive system an unmatural There's nothing wrong, of course,

with taking laxatives occasionally. If you feel you have to take a laxative, just be sure you take 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 matural bulk so ideally found as in the outer layers of the whole wheat kernel, known generally as bran.

is nature's "laxative food of a medicine". When properly processed and shredded, whole wheat bean yields smooth system can handle in a natural way.

The Kelloge Company has whode wheat bran man and a fel breakfast cereal-Kelley

KELLOGG'S ALL BUN FORMS NATURALLY DRUG-TYPE LAXATE CHEMICALLY, IT CLEAR THE INTEST WASTE IN A NATURE IT PROVIDES SOFTE BULK FOR EASY N ACTION.

churning, no after effected eeling of satisfaction as ment that comes with normal chimination,

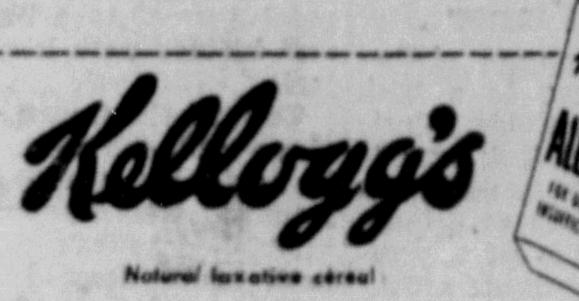
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