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## There is no "overnight cure" for irregularity

But there is a simple, natural answer  
to the common problem of irregularity  
due to lack of bulk

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 ACTION" FOR THE NATURAL REGULARITY WHICH SENSIBLE 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" willfully, without even reading the directions on the label. Naturally, such over-dosing—with products intended only for overnight relief of a temporary stoppage—exerts upon the delicate digestive system an unnatural strain.

There's nothing wrong, of course, with taking laxatives occasionally. If you feel you have to take a laxative, just be sure you take it 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 naturally and naturally aids the rhythmic process of elimination.

In no other natural food is natural bulk so ideally found as in the outer layers of the whole wheat kernel, known generally as bran.

Bran is nature's "laxative food" instead of a medicine. When properly processed and shredded, whole wheat bran yields smooth natural bulk that the digestive system can handle in a natural way.

The Kellogg Company has made whole wheat bran into a delicious breakfast cereal—Kellogg's All-Bran.

**KELLOGG'S ALL-BRAN PERFORMS NATURALLY WHAT DRUG-TYPE LAXATIVES DO CHEMICALLY. IT HELPS CLEAR THE INTESTINES OF WASTE IN A NATURAL WAY. IT PROVIDES SOFT NATURAL BULK FOR EASY NATURAL ACTION.**

There is no stomach upset, no churning, no after-effect except the feeling of satisfaction and fulfillment that comes with natural, normal elimination.

To obtain lasting relief, of course, Kellogg's All-Bran must be eaten regularly. You can have it for breakfast every morning secure in the knowledge that it isn't habit-forming.

More than one million servings of Kellogg's All-Bran are consumed each day. This popularity of itself is proof that this natural laxative cereal lives up to what we say about it.

But even better proof comes from thousands of satisfied All-Bran users. They write of their own free will to tell us what natural relief they receive from eating Kellogg's All-Bran daily and drinking plenty of water.

**EAT KELLOGG'S ALL-BRAN EVERY MORNING FOR BREAKFAST FOR 10 DAYS. THEN, IF YOU'RE NOT COMPLETELY SATISFIED, SEND THE EMPTY CARTON TO THE KELLOGG COMPANY, LONDON, ONTARIO—AND GET DOUBLE YOUR MONEY BACK.**

Remember—Kellogg's All-Bran has helped millions. Why not you?

**Kellogg's**

Natural laxative cereal



Advertising in the Daily News Brings Results

GOING TO  
PAINT A ROOM?  
IT WILL PAY YOU TO

## READ THIS...



18.20 gallon  
2.45 quart

Want a good job—walls and ceilings that will keep their beauty through the years? SUPER KEM-TONE is rich as velvet, tough as rubber, as easy to clean as your plastic shower curtains. 16 smart, new, ready-to-use shades, or intermix for an almost endless range of colors.

Want to keep down your costs? One coat covers most surfaces—wallpaper, paint, wood, plaster. What's more, you don't have to buy any primer or under-coater. And with durable SUPER KEM-TONE your original paint investment lasts and lasts.

Want to save time and trouble? SUPER KEM-TONE goes on quickly and smoothly, without a trace of streak or lap, with brush or Roller-Koater. And of course you avoid the fuss of applying a primer or under-coater.

Give your rooms colorful walls and ceilings you'll love to live with. Ask your dealer for SUPER KEM-TONE!

You'll be glad  
you bought the best!

## Spokesmen Outline 'Issues' In Next General Election

OTTAWA (CP)—Spokesmen for the four political parties in the Commons have outlined what they believe will be some of the most important issues in the next election.

The speakers were Duncan MacTavish, president of the National Liberal Federation; George Drew, Progressive Conservative leader, M. J. Coldwell, CCF leader, and Solon Low, Social Credit leader.

Mr. MacTavish said the main issue in the election will be whether Canadians are to continue to have a "government sustained by the only party which attracts popular support in all parts of Canada and therefore elects members to the House of Commons from every province."

Mr. MacTavish dropped no hint as to when the next election will be called. Prime Minister St. Laurent said recently it will be within the next "few" months.

Mr. Drew said he believes one of the main issues in the election will be the "waste, extravagance and inefficiency of the present government." He added:

"If Canadians want lower taxes and their cost of living reduced, then the only way they can do anything about it is to elect a new government. This government is old and tired in office. It refuses to make any changes. It withholds information. It is completely satisfied to leave things as they are."

## Airmen's Kin Invited to Unveiling

LONDON (CP)—Next-of-kin of more than 20,000 Commonwealth airmen who died in the Second World War without a known grave, will be invited to attend the dedication of a shrine being erected to their memory at famous Runnymede on the banks of the river Thames.

The memorial will be unveiled by the Queen Oct. 17.

Spokesmen for the Imperial War Graves Commission said invitations are going out to the immediate relatives of all those commemorated at Runnymede, including some 3,000 Canadians. The invitation, however, does not provide for any financial assistance towards travelling costs although reduced fares will be available on British railways.

Designed by 69-year-old Edward Maufe, one of England's leading architects, the memorial stands on the edge of a wooded hill overlooking the Thames above the meadow of Runnymede, where Britain's charter of rights, the Magna Carta, was granted by King John in 1215.

The monument consists of a shrine, enclosed by curving cloisters with the names of the missing airmen inscribed on the stone casings of a series of narrow windows.

In the centre of the cloister rests the Stone of Remembrance. Above the arched entrance is a stone eagle with the RAF motto and the inscription: "In this cloister are recorded the names of 20,456 airmen who have no known grave."

They died for freedom in raid and sortie over the British Isles and the lands and seas of Northern and Western Europe.

Surmounting the shrine's turret is an air force crown with a star above and in the stained glass of the great window of the memorial, two angels are pictured holding a scroll with verses from the psalms in the Book of Common Prayer.

Mr. Coldwell said the CCF plans to place several matters before the electorate, including its demands for a national health insurance program.

The party also would criticize "extravagance and inefficiency" in the defence program and the government's "failure" to undertake a national housing program.

Mr. Low said the greatest problem facing the whole world is how to "distribute the abundance that men in this age of machines and skills can produce." He suggested that only the Social Credit party could open up a "new era of security and freedom for all men."

## CPR Earnings Up \$2 Million Over Last Year

MONTREAL (CP)—Canadian Pacific Railways reports net earnings of \$28,930,780 for 1952 compared with \$26,812,832 for 1951.

Gross earnings were \$457,803,969, compared with \$428,911,807. Other income declined \$6,691,860 to \$22,651,773 due mainly to lower earnings from ocean steamships operations and lower dividends from Consolidated Mining and Smelting Company.

Net income after fixed charges, which declined \$345,000 to \$12,500,000 totalled \$39,100,000, a decline of \$4,200,000.

After provision for dividends on preferred stock, earnings available for dividends on ordinary stock and for reinvestment totalled \$36,000,000. This was equal to \$2.61 a share on 13,801,015 ordinary shares, compared with \$2.98 on 13,400,000 shares in 1951.

Total assets increased by \$57,000,000 to \$1,918,000,000. Working capital amounted to \$116,925,631 compared with \$103,859,161, an increase of \$13,066,470.

Freight earnings, up \$25,700,000, made up four-fifths of the gross earnings of \$457,800,000. Passenger earnings increased by \$1,200,000. Net revenue from express operation increased by \$1,500,000.

Net profit of Canadian Pacific Airlines for 1952 totalled \$364,000, compared with \$1,084,000 in 1951. Expansion of operations in Canada resulted in an increase of eight per cent in aircraft miles.

## Canada Imports Fish Worth \$6 Million

OTTAWA (CP)—Canada is one of the world's leading fishing countries, but in 1952 she imported canned, processed and fresh fish and fishery products valued at \$6,265,094.

This is shown in a government return tabled in the Commons for Gordon Higgins (PC-St. John's East).

Canada gave most of this business—\$3,280,396 worth—to the United States and the U.S. imports included canned crabs, clams and shrimps, valued at \$1,036,929.

Japan got \$955,582 worth of Canada's fishery import business, including \$658,053 for fresh fish and \$146,480 for canned crabs, clams and shrimps.

Norway got \$748,886 worth of the business, Peru \$323,977, The Netherlands \$188,658; Britain \$168,800.

A fisheries department official said the \$6,000,000 fish import bill was normal for Canada. Much was made up of specialty products and it also included some fair-sized orders of fish oils used for pharmaceutical purposes.

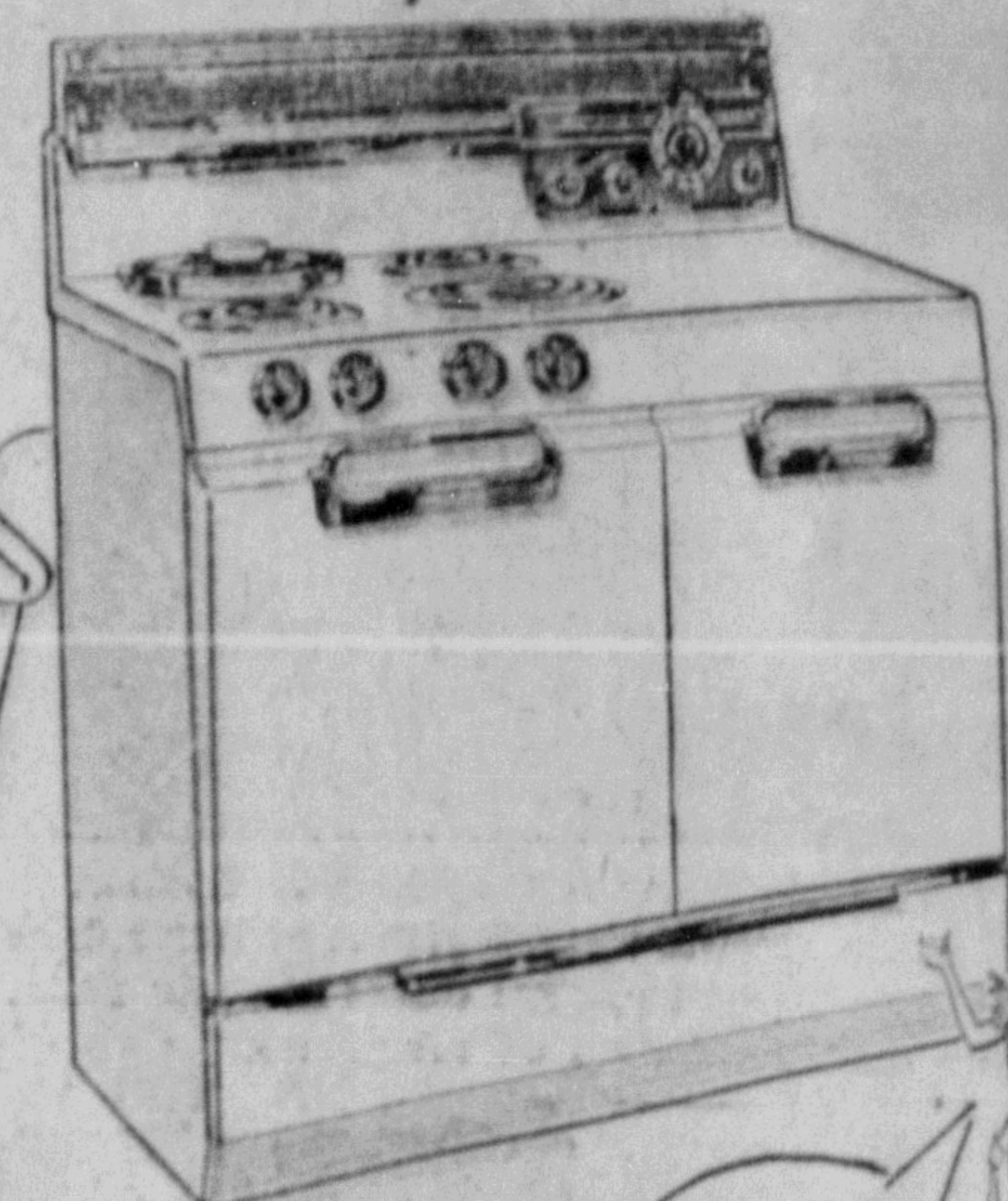
## IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system may be "out of order." Probably Baby's Own Tablets can promptly "put it right." One Queequeg Mother had this experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was after giving her Baby's Own Tablets, to see how much better she was." Secret-tasting—no "sleepy" stuff—no dulling effect. Promptly effective in simple fever, constipation, restlessness and fretfulness resulting from irregularity at teething time and other minor ills. Never without a full box of Baby's Own Tablets. Sicklers so often strike to the night. Get a package today at your drugstore. Money back if you are not satisfied.

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3 models 40" wide  
2 models 30" wide  
1 model 21" wide  
Model illustrated is the E.O. 60—Has famous "Wonder Oven" that bakes and broils at the same time; Cook-Master Oven Clock Control for automatic cooking. Other de luxe features. Price, \$459.75

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Look at the beauty of a Coeey Kitchen Ensemble, and you'll agree... for colour, coolness, grace and durability... Coeey Chrome Sets just can't be excelled... Remember... easy to clean too! "Coeey will enhance your eating pleasure"

Chairs from \$10.80  
Tables from \$49.50



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