onstipation causes blotchy complexion get relief with Kellogg's ALL-BRAN Permanent relief and improved appear-

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This is

ance brought to thousands. is a serious, insidver forty dangerous traced to it. And laches, blotchy com-

nstipation send its ur body, not even et permanent relief LL-BRAN. It has thousands-after

why doctors recommend it. That is why it is guaranteed to be perma-nently effective, if eaten regularly, or the purchase price will be rerned by your grocer. Nothing in the most chronic cases. Eat at least two tablespo daily—in chronic cases, with every meal. Delicious with fruits. Try

meal. Delicious with fruits. Try
it in muffins, and other recipes
given on every package.

Kellogg's ALL-BRAN is nature's
own way of cleaning the intestine.
It is made in London, Canada, and
served at leading restaurants
everywhere. Your grocer sells it.

ALL-BRAN

He Wouldn't Let Himself Alone.

want them to do you any good."

## SIDE TALKS.

By Ruth Cameron

ON KNOWING WHEN TO BE SLACK.

It is a fine thing an hour, so much time spent walking, to strive for perso much taking prescribed exercises, so many holes of golf. sonal efficiency. It is an excelsystematic. It is a wonderful thing to have

so much selfcommand that rself do all the

ak that there are some vacation from his own driving effi- Kind Farmer went back into the house friend a great, wide smile spread all drenching. ve too much of them, ciency.

ood thing to keep oneself order to be able to suc-

the race of life.

repressed themselves tumble into bed." know what it is. what's the matter with asked. e people said to me

one, a swim at such pensated for.

liam Milligan 'A Common Cold"

"much economic bodies. ved were people to hat the common cold. rah, is in the majority ne person to another,

aggeration to say that ing up moisture from the skin. population contract ] cause alone.

ne also is in general ected. Our education ould be well advised to ef drill' to their es-

JTIFY IT WITH

"DIAMOND DYES"

Perfect home dyedip in cold water to

eaters, draperies, cover-

on hard on yourself,-you ing and teeth cleaning, we are all of t strange tendency so us "a lot of trouble to ourselves." The erage person's instincts. Frenchman who committed suicide be- structive factors of our national efurself once in awhile. cause he was tired of the eternal but ficiency. Much of existing tuberculosis toning and unbuttoning had little to owes its origin to the neglected cold. New England vocabu- complain of comparatively. "I hate to "The common cold is apt if neglectome of all the most start for bed." a woman who is very ed to extend from the nasal passages nalities. But dont forget particular about all these matters said to the ears, where it may cause

"because it's such a long job severe and permanent deafness, and ense. And too much when you're tired. There are my exer- at times fatal results; to the larnyx, sin that man may for- cises and my bathing, and my gargl- where it may cause a most inconing, and teeth cleaning, and my hair venient loss of voice; to the bronchial these people need, who to brush, and a tonic to be rubbed in, tubes, where it may induce a chronic they want to do,-if I could cut the whole thing and just agreeable results and dangers from a

She looked at me in horror! ust had two week's Just the same I think it might do don't feel any better her soul so much good to actually go to bed without brushing her teeth. ped that on his vaca- (oh, unforgiveable heresy) that the owed a routine as de- injury to her body. would be com-

"Much lowering of vitality and pre disposition to infection is engendered by faulty habits of clothing. Overclothing is almost as much a danger as under-clothing. Civilization delilligan lectured to mands that we should be clothed, but ople in Preston Town it does not demand that we should be mon Cold, what it is, encased from head to foot with heavy non-absorbable materials, nor that we suffering," said Sir should neglect suitable covering over ted in the Man- the more vulnerable parts of our

"The maintenance of the normal contractible power of the skin is essential to health, and this is obtained tious disease prone to neither by too much clothing nor by too little; in fact, a certain amount infected individual of cold should always be allowed to instances arrest the reach the skin of young people. It stimulates them and invites them to loss to the nation take exercise. Clothing, especially evalence of a common that worn next the skin, should be of eans negligible. It is an absorbent material, capable of tak-

"Flannel or wool which is usually winter months, and worn is a non-conductor of heat, but of the population lose it is non-absorbent, whereas cotton, ve days' work each linen, and silk, from the fact that they contain no air spaces, are not warm materials, but are highly absorbent. It is, however, possible today to manufacture flannel so as to make it an absorbent material, and cotton, linen, and silk in such a way as to contain air spaces, and there-

fore warmth. "The short skirt of to-day, allowing freedom of limbs, and the open neck, far from being inimical to health, are distinctly beneficial to the wearer, i and certainly more hygienic than the dust-sweeping skirt and high-necked

bodices of our grandmothers.
"The thin footwear and the diaphaguaranteed with Dia- nous silk stockings of the modern and Dyes. Just flapper are an invitation to the delicate tubercle bacillus not to dine with but shades, or boil to dye to doze on the hostess. Cold feet are rich, permanent colors. Each 15-cents the proper fulfilment of the daily package contains directions so simple task, the common toil.

woman can dye | "A vast amount of inefficiency, inor tint lingerie, silks, dustrial and otherwise, is due to the waists, dresses, coats, want of adequate clothing. It has been said that one-fifth of the populaond Dyes"—no other kind tion is underclad. The underclad and our druggist whether the wish to color is weet an it is linen, cotton, or man. The partnership between poverty land sickness is one of



I." Little Reader.

"Ha, ha," cried Mr. Sharptooth Rat, by he came to Mr. Bear's front door, on seeing Sammy Skunk creeping un- under which ting lights twinkled out der the Big Red Barn, "I suppose he into the darkness. thinks he will clear out all the rats "Maybe the Big Brown Bear is and mice from this building. Dear reading a Little Jack Rabbit book," me, he looks mighty thin He must be thought the bunny boy, and for a min- from Putney to Mortlake. hungry," and the old rat hastened ute he hesitated before knocking on away to hide. Just then Old Sic'em, the floor. Then the King Farmer's Dog, walked out of his little kennel house. The chain Tip, tap, tipperty tap!

smelling the scent from Sam-'s fur overcoat, the old dog Before he could knock again, elp and started to follow. his nose close to Sammy's bit, although he should have said "It's

"Bow, wow, wow, I smell a skunk,

harked Old Sic'em who by this time had reached the Big Red Barn. "Wonder what Old Sic'em is bark-

ing at?" thought the Kind Farmer, laying down the Almanac and getting up from his easy chair. "Guess I'll "It's a queer thing," he ended, "gen- go out and see." "Dear me, everybody is awake." erally I love the life down there, but this time I didn't seem to get any joy sighed Sammy Skunk. "Sorry I'm so

out of it. I felt as if I just wanted to far from home," and he ran over to

loll around, and do things just when I the Old Stone Fence, felt like it, but I know you have to "Sic'em, Sic'em," shouted the Kind be regular about those things if you Farmer, "What's the matter?" But the old dog was now out of hearing, hav-I don't doubt that the one thing he ing followed the trail of Sammy needed, if the poor slave had only Skunk along the Old Stone Fence and and there stood the Big Brown Bear. the two mile mark, it was obvious that known it, was irregularity. A little down to the Pleasant Pasture, so the As soon as he saw his little bunny they were doomed to a disastrous

to read by the evening lamp. Another man I know suddenly real-Poor Old Sic'em never caught Sam ematic, so efficient, ized that he had made his pleasure too my Skunk, for on finding an empty ighly in command of cut and dried when he caught himself burrow, that wise fellow crept in to at they really do them- feeling pleased that it was raining and hide, and the ground being still frozen. he would not have to play the nine Old Sic'em at last gave up digging daily holes of golf with which he tries and trotted off home.

> to keep himself fit in the summer for we left in the last story on his way wiped his feet on the doormat. to the Big Brown Bear's Cosy Cave, And in the next story, little boys pulled in toward the banks. hopped along under the stars that and girls, you shall hear what was In these days of much knowledge peeped down through the leafless in the Cosy Cave to surprise the bunabout the need of bathing and exercis- branches of the Shady Forest. By and ny boy.

may produce a pneumonia often se-

"Blue Bird Tea Brings Happiness."

CHICAGO, April 1 .- The famous crotch and half nelson hold which Wayne (Big) Munn won the world's heavyweight wrestling title from Ed. hard on themselves, is and my cold cream. Sometimes I wish bronchial catarrh with all its dis- (Strangler) Lewis, was used to defeat Joe (Toots) Mondt, Colorado cowboy, secondary enlargement of the heart; before 7,000 fans at the Colliseum last "Why don't you sometimes?" I and to the lung tissues itself where it night, in two straight falls.

Cambridge Wins **Annual Boat Race** From Oxford Crew

ight Blues Finish Course Alone When Oxford Boat Becomes Waterlogged.

LONDON, March 29 .- With the Oxford boat hopelessly waterlogged and unable to continue, Cambridge Saturday afternoon finished the course alone and won the 77th annual boat race, over the historic 4-mile course

Yesterday's victory for the Light Blues brings their total number of victories up to 36, four less than that of their rivals, while one of the serof his little kennel house. The chain the rapped with his candy care, not fastened to his collar, and "Who's there?" asked a low, deep ies, that of 1877, resulted in a tie. Cambridge probably would have won in any event, for the light blue "It's me," answered the little rab-

crew manifestly was the better eight. but what happened to their opponents might have happened to them but for the luck of the toss. This gave Cambridge the sheltered side of the river, where on the first bend into he wind they could escape the worst of the tossing water.

Oxford began shipping water soon after completing the first mile and the dark blues rowing gradually became slower and more labored as the boat filled and began to sink at the

Every pint that shipped into the shell made it easier for another quart to come splashing in. Oxford was in obvious distress as their boat, about dozen lengths or more behind the Cambridge eight, passed under the Hammersmith Bridge. A few seconds as the dark blue-tip-oars labored past

The coaches began calling to the erew to quit, a thing no crew has ever done in this race, until its boat "Come in, come in," he kindly cried. had sunk or crossed the finish line. I've something to make you wonder-So naturally, or perhaps they did not hear the megaphoned voice of their "What is it?" asked the little rab- master, the Oxonians were pulling Meantime, Little Jack Rabbit, whom bit, taking off his khaki cap as he away laboriously for a quarter of a mile more before they gave up and

Cambridge by then a quarter of mile or so in front and slackening their pace paddled on easily to the

PUTNEY, Eng., March 28 .- The Oxford and Cambridge crews took the water this afternoon for their 77th annual boat race on the Putney-to-Mortlake course along the Thames. Cambridge won the toss and choos to row on the Middlesex or north

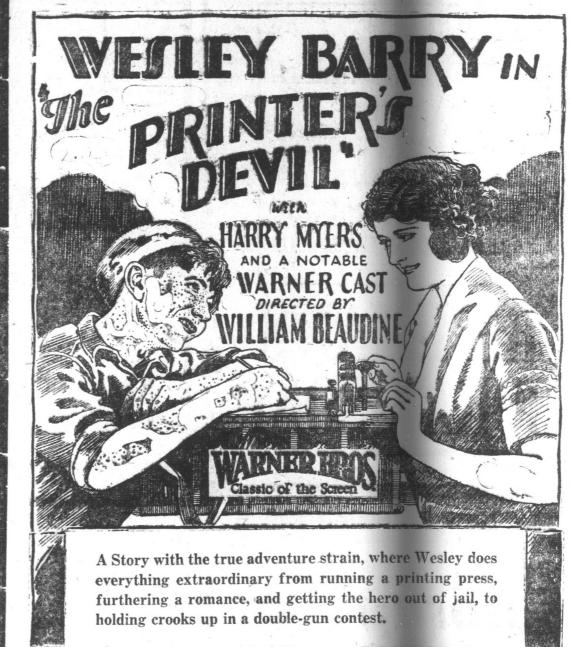
from the biting north wind which roughened the water. The experts said this gave the advantage to Cambridge, which even before the toss was a general favorite. The crews got away at 3.45 p.m The water was very rough, especially

shore, which furnished protection

Wesley Barry's Greatest Picture

At The NICKEL

MONDAY and TUESDAY Only.



ADMISSION: NIGHT, 30c. AFTERNOON, 10c.

NOTE: - The Nickel will be closed Wednesday, Thursday and Friday, to be thoroughly renovated, and will re-open on Saturday with a big Special Matinee.

## Hot Cross Buns! Special this week

A famous Lenten treat - made extra good with Sun-Maid Raisins.

I bake them every day this week - rich, fruity, Hot Cross Buns, full of old-time goodness.

You can get them fresh from my ovens at any bakery, grocery store or from your bread salesman.

Don't miss their special goodness. Make sure of getting yours today. Phone your order now.



Endorsed by bakers everywhere, and by the Bread and Cake

Place a standing Wednesday order with your Baker, Grocer or Bread Salesman for Raisin Bread on Wednesday

on the south of Surrey side, where Oxford were rowing. Cambridge started with a stroke of 4 and Oxford with 33.

Oxford jumped into the lead and vas a quarter of a length ahead at the quarter mile. Cambridge quickly overhauled the

dark blues and at the mile led by about three lengths. Cambridge had led almost from the start and at the time the dark blues collapsed was leading by some 120

Cambridge finished; winning in 21 minutes, 51 seconds.

MORE GRIEF.



said to my aunt "Hully chee, my troubles are making me sore. toil at my wearisome task, I work like a blithering slave, and seldom can put in a cask WALT MAJON the coin I am

I walked with my

aunt by the sea.

sat with my aunt

on the shore;

anxious to save. Whenever a kopeck is earned, ground out by my poetry mills, behold it must straightway be burned, or spent in the payment of bills. There's always a bill that is due, there's always a statement unpaid: I have to dig up for a shoe or put down the rocks for a spade. It is so expensive to live my life is a frost and a bore; the money, like milk through a sieve, is gone, and I see it no more. It goes to the grocer for prunes, it goes to the butcher for bones; and are you surprised if my tunes have solemn and heartrending tones?" "The habit of saving." said she, "is good to a certain extent, but it is a sad thing to be distressed when you blow in a cent. You've saved till your bundle is great, compared with the wad of the poor; and now you are bent 'neath a weight of age you can scarcely endure. Full soon you'll be quitting the grind and going where old relics go, and leaving your bundle behind for lawyers and others to blow. So have a good time while you last, your dotage to pleasure devote, and lo not be standing aghast whenever you blow in a groat."



## As Utterly Different In Results Now As a Year Ago

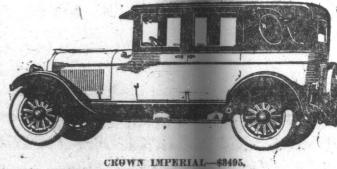
To the best of our knowledge there had never been a 3-inch motor capabe of producing 68 horse-power, a speed of 70 miles an hour, with gasoline economy safely over 20 miles to the gallon, until the Chrysler Six arrived on the market last year. There is no other to-day.

That is what scientific engineering in the way of perfected gas distribution, special combustion chambers and heat distribution does for the Chrysler Six.

There has never before been a motor in which all sense of viin which side-sway and road-weaving are absent, never before car with an overall length of 160 usable space-generously roomy for five large adulta

Examples might be cited by the score. But you can see for yourself how uttery different the eager public bought more than give you a Chrysler ride, to prove

. \$2425 The Roadster \$2995 The Crown-Imperial .. . Prices include spare tire.



Marshall's Garage OKE BUILDING: DUCKWORTH & PRESCOTT STREETS

TO LET

A Furnished and Heated Office. with Safe and Typewriter. Also Storage and Sample Rooms.

H. & M. BISHOP

MINARD'S LINIMENT RELIEVES