During the twentieth week of

the war between Germany and

the Allies, the Italian Government approved the largest military bud \$532,000,000, since Great War days. Italy's armed forces would be made ready, a Cabinet etatement said, for any eventual-. . . a tremendous explosion in a London, England, gunpowder factory killed half a dozen, in jured fifty . . . the Western Front grew active for a time when the Germans began bombardment of the area west of the Saar Stockholm, Sweden, readied air raids precautions . . . the Italian liner Orazio caught fire and sank, two more British destroyers went down, and many neutral merchant ships were mined or torped-. Great Britain acknowledged the loss of three submarines the affair of Hore-Belisha's resignation blew over . . . First Lord of the Admiralty Winston Church-Ill made another of his vivacious, pugnacious radio speeches . . . 21 ermans escaping from the U. S. aboard a Japanese ship were taken off it by the British . . . Swiss Hving in areas bordering on the Reich were given notice to expect evacuation at any time . . . Ger-man troops were reported massed

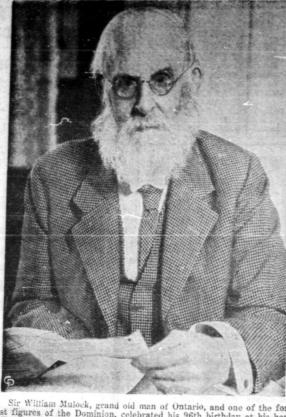
along the frontiers of Hungary . Grain of Salt Needed Fifty-below zero temperature caused frightful suffering to both soldiers and civilians in the Arctic theatre of war . . . the Russians were driven back on the Salia sector, on the Karelian isthmus and north of Lake Ladoga. (If a count were made of all the Russians reported at different times to have been killed in this conflict, the etaggering total of two millions would be reached . . . news magazine "Time" warns that figures are grossly exaggerated) . . . British officialdom last week advanced the belief that given 30,000 more men and 200 more airmen, plenty of armed equipment before May, the Finns could hold the Russians indefinitely . . .

Prognostications Outstanding theories of the week: Hanson W. Baldwin, military and naval correspondent of the New York Times, said Germany probably will adopt a policy of a "war of waiting" during 1940, sitting tight as long as she can be assured of supplies from Russia; a political writer in the Paris Temps" advised that if the Allies would undertake naval a in the Black Sea (which is Russia's tender spot on account of the oil wells in that region) Soviet reinforcements could be kept from going to the Finnish fronts; Karl von Wiegand, one of the most experienced war correspondents in the world, staked his reputation on the prediction that Italy will get into the war on the side of Germany; a trustworthy Polish observer declared that Russia is likely to cede the Galician oilfields Germany in return for a large elice of Central Poland, including

MICKIE SAYS WHAT IF THERE ARE



Ontario's Grand Old Man Celebrates 96th Birthday



igures of the Dominion, celebrated his 96th birthday at his home onto by receiving a stream of friends and visitors, who flocked to the Mulock residence to offer their felicitations.

Puck Chasers

TOPICS OF THE CURRENT HOCKEY SEASON

Congratulations are in order to Bob Crosby and his McIntyre Mine team. They are the first Canadian club to go into New York after a week's tour and come out undefeated. They held the Rovers to a 3-all tie. Brothers Lockhart, Thompson and Miss Mulany, Secretary of the Rovers' Booster Club, haven't got

LIMIT STICK LENGTH The C.A.H.A. rule on over-length bockey sticks is now in effect. And that means strict enforcement of the rule limiting the length of ho key sticks and width of the blade. The rule is as follows: Hockey sticks shall not exceed 53 inches from the heel to the end of the shaft and 14% inches from the heel to the end of the blade. The blade of the stick shall not exceed three inches in height, except in the case of the goal-keeper's stick, which SENIOR "A" NOTES

Hamilton gave Goodyears a real scare in the Mountain City, losing out by a 5-4 score . . M. J. Rodden, veteran official, made his first Senior appearance of the season in the O.H.A. as referee at St. Catherines . . . Galt signed a new cen-tre player, McCaffrey, from Ottawa . . Jack Astle returned to Niagara Falls after a four-week absence Goodyears signed Joe Start, one time professional, as spare goalle.

NIARIO UTDOORS

During a recent discussion o Ontario's annual fall classic, the pheasant shoot at Pelee Island, we learned with great interest that the pheasant is playing a part in England's Air Raid Precaution system by means of which the heart of the Empire is protected during these A letter appears in a British outdoor publication as follows:
"In these days of substitutes

WAR AND WILD LIFE

why not a few pheasants instead of the much-maligned A. R. P. warden? As one of the latter and a keeper of the former, I am relying on my birds, both by day and night, to warn me when it is time to stop patrolling the village and to take o cover. Ly way of war work the pheasant farms, instead of closing down, could be turned on to pro-REG'LAR FELLERS-Bird of a Dog

ducing vast numbers of these nateral sirens. A cock, with a hen or two for company, penned at say half-mile intervals in the gardens of our towns, would cost the ratepayer less money than wardens. and possibly have loss bricks thrown at them." HEAR SOUNDS INAUDIBLE TO

During the World War 1, we are told, parrots kept in French for-tresses and on the Eiffel Tower in Paris gave watning of the approach t aeroplanes that they could not possibly have seen, before they were discovered by human beings. At night, during that period when enemy planes were wont to fly overhead and drop bombs at random, the pheasants in the cov erts inland were the first to discern the explosions of the bombs, or defending anti-aircraft guns, and to hasten to issue a warning of approaching evil. In this way, their behaviour has helped to throw light upon the problem of the ight upon the problem of the "zones of silence" around great detonations, which, after skipping these zones, became audible. The "inaudible" soundwaves were evidently "picked up" by the pheasants, for they acted as if greatly agitated. All of which adds to our store of knowledge concern ing this interesting game-bird.

"Coal Butter" Is German Idea Exile Tells of Progress in Making Edible Synthetic Fats

Germany is prepared to make ed ible fats from coal and shale. Quit iterally, in a pinch she can make Details of this discovery were for the Advancement of Science by a recently arrived German expariate, Dr. Willy Lange, who was formerly an assistant professor i the University of Berlin. His ures covered developments up to midsummer, shortly before star of the war.

Synthetic Chemistry Fats and copper are the two materials which informed scientists here said Germany was most likely to run short of in war. This month there have been news reports that Germany was progressing on the fat problem with new The coal fats, Dr. Lange said, are

made by blowing steam through burning coal to produce carbon monoxide and hydrogen. This poisonous gas is the starting substance which, with subsequent chemical treatments, becomes first industrial fat, and then edible fat. Shale Also Used Shale, of which Germany has a

larger supply than of coal, is another starting material for butter substitutes. The shale is first converted into oil.

VOICE of the

PRESS SLEIGHING NOT SLAYING Fortunate Canada! Sleighin

-Toronto Star ANY OTHER SUGGESTION? H. G. Wells says this war ither the end of things as they are now or the beginning of somehing different. Has anyone else any better suggestion?

-London Free Press EASY NOT TO LISTEN Setting on the air and taking cream with payment to be made or granted that thousands are lis accordingly and the holding of ning is an error. The thousands short courses for cream haulers may be listening-but to something else. Or they may not be listening at all. -Peterborough Examiner

IRON ORE IN CANADA The year 1939 was notable for least one thing-Canada began mine iron ore. There have been evious activities but the Hele Mine at Michipicoten looks like the is sintered and a train load of this -Sault Daily Star

"PUTTING OVER" A NEW FLAG o a Canadian flag, as such, pro ided that the people want it. But such a flag would have to be duly authorized by the people's repre sentatives in Parliament. This paper would object to a "nationa flag" being "put over" by hole-in--Winnipeg Tribune

Wild Horses Go When War Comes B.C. Intensifies Round-up in Cari-

boo Ranchlands-Range Is Needed and Foxes Require Meat The war means death for thousends of wild horses which roam

he Cariboo ranchlands in British Columbia's interior. Provincial government officials ave ordered an intensification of he 1940 roundup of the animals whose forebears escaped from the anches and became as wild as the moose or deer. Hunters were urged clear the range of every wild horse, if possible The round-up is an annual graz ing control measure in the Cariboo but officials said it should be inten-

sified this year to preserve as much grazing land as possible for livestock that will produce food-Hunters taking part in the roundup can receive \$2.50 a head from the owners of branded horses, or slaughter the animals for fox meat,

Luxuries Now Coming Higher anadians Who Like Their Caviar

And Paris Perfumes Will Have

To Pay Plenty in Wartime

The luxury-loving Canadian has had to economize on his purchases since was was declared. Caviar will likely be scratched off swanky menus since the cost of this luxury, imported from Russia and Finland, already has trebled in price. Some imported cheeses are harder to get than before the war and special jam, marmalades and sugared fruits are higher on the

luxury list CHINA, GLASS, SILVER Perfumes are hitting the higher prackets and many imported French scents are becoming scarce Jewellers believe their business will not suffer materially during war time. New sources in neuttral countries have been discovered to replace the novelty and jewel wares usually imported from European countires now at war. But orders of china, glass and silver are filled more slowly because of transportation difficulties.

Produce Better Cream, Butter

Ontario Dairymen Told of Gover ment Plan to Improve Products

J. L. Baker, chief creamery in ructor for Ontario, told the reent Western Ontario Dairymen's convention that a provincial govquality of cream and butter will e continued with greater effort "We plan to do more work with

producers in 1940," he said, noting that in 1939 the instruc ion branch concentrated more or PROPER GRADING OF CREAM Among suggestions he offered lairymen in a co-operative scheme butter were proper grading of al

pany, has just bee Mr. Gage was Agent for the comp o educate them as to proper methods of caring for cream on the and Western New In connection with licensing of reameries, Mr. Baker said the dairy branch "did not feel inclinspent much of his time before being appointed sent executive position ed to hurry creameries into making improvements, but necessary changes must be completed before ganization. 1940 licenses are granted."

During inspections for 1940 certificates, approximately 57 per cent of creameries were approved without having to make improvements, he said. This compared with a figure of 11 per cent in the previous year.

Liver Performs Sixty Functions

It's An Important Organ In The Body Every organ of the body has one or two jobs to do. Dr. Robert G. Contrell, Englewood, N.J., in

Clinical Medicine and Surgery, "Not so with the liver for there is hardly a part of the body that is not directly or indirectly affected by the functioning or working of this large gland."

"It is conservatively stated that the liver has from sixty to one hundred distinct activities, and that every other important system -circulation, digestive, nervous and others-is definitely influenced by the activities of the liv-CLEARS OF IMPURITIES

All the blood from the digestive apparatus—stomach and intestine is carried to the liver to be filtered and cleared of harmful sub-stances before it goes back to the heart to be sent to lungs and thence to the heart to be sent to all parts of the body. The blood must not only get rid of carbon dioxide and be enriched with oxygen by means of the lungs but before it can do all its work of

LIFE'S LIKE THAT

By Fred N her

Bee Hive Syrup

A Grand

Sweetener

for the

Morning

Cereal

building and maintai

ious tissues, it is made

liver to destroy harmful in other fluids of the bo

KEEP IT MORE ACTIVE

It has long been said the

lepends upon the liver-

well be said that "your

health depends on the



By GENE BYRNES



Well Known In Can

Tea At Its Best

BRIDE ON A BUDGET BY JANET DORAN Copyright. 1939, NEA Service, Inc.

Gage to the positi Sales Agent of Lackawanna & Wes CAST OF CHARACTERS IRIS IVES—a radiant bride who thought love came first and money could take care of itself. BART WHITTAKER-a righteous bridegroom who looked at the bankbook first and his wife . . .

Bart's troubles with as she balks at cooking and saving. He realizes now that those old jokes about the n" are all too true,

SERIAL STORY

CHAPTER VI to Bart's belief that asonable, Iris knew only too well that her precarious ing. She would crash, the yawning pit before her, if she yielded by so much as a fraction moring urge her emotions diting within her. Bart, knowing full well

married her with the adget idea fixed firmly in his ethodical mind, she knew she vas breaking faith with him. But with greater certainty, wed \$21 each and every cek of her life for the coming back at earlier bargains t make the payments her debts. And if he learned about he would learn about

he debts there'd be a riot. thed installment buying much as he loathed the system set and made legbudget plan sellers. The inflicted on the account ten times more than any els required. The crafhod of withholding ultin cost of merchandise taking the stuff back to

Il at almost the same price mber, once, when I was took the piano away weeks of their marriage had run at the corner grocery for

cried. And how mad I was. I buy anything on unt Bart, everyone runs a gro-dip when they're short. And



ISSUE NO. 5-'40

"What are you married to me for then, honey? If I can't share your responsibilities? Besides, that stuff was for the house, and pay for the food and maintenance of this place."

There was more about the piano later on. There was the slow, halt-ing story of his mother's genteel

upbringing. She had been a music teacher in the four or five years preceding her marriage to his father, but it was only to help out with her clothes and spending money. The old homestead on the corner of Crandall and Burke streets was free of encumbrances, even to the time of her father's death. But his own father's long illness, after a tragic accident that left him a helpless invalid, wiped out the little family's savings, and

left everything heavily mortgaged. "I got my first job because of that piano," Bart explained soberly, "I'd been selling papers and magazines, and working afternoons down at Hogan's Stationers, and Mom was set on my going to college. But I couldn't see it. We'd never make even my tuitien, let alone clothes and everything."
"But you did go, Bart?"

"After pneumonia got Mom, I decided I'd try for it. And business trade school was my best bet. I had the job playing the piano afternoons and nights at the old Bijou Theater, so it had to be omething I could do outside of

"So you see it was a good thing your mother believed in time payment buying, Bart! It she hadn't managed to get the piano and give you lessons, where'd you be?" "You don't understand, Iris What I mean is, I can't bear debts

because of my fear of them. It . . it's almost a phobia. I . hope you never charge anything anywhere, ever. I couldn't bear it if you did." He Must Never Know So-Bart must never know

And nights, when Iris lay awake, thinking about the accounts she was paying on, each week, shivers raced her spine as she contemplated the awful consequences, should Bart ever learn her secret. Only he wouldn't. She comforted herself with that belief. Bart need never know. She'd never tell him, and when they were all paid, he was so set on it. But it was silly. People who never used bud-get plan buying had practically nothing. And you had to look well nowadays or you'd be out of every-

So little by little, she lulled her fears, and since Bart never mentioned debts again, it wasn't long before she saw something else she had to have. And could only pay a small deposit down on.

It was an evening gown this

time. A gorgeous, heavy, printed linen it was, with a big splashy gold and green maple leaf against an ivory background. Really en-ormously effective in contrast with her glowing sun-tan, shining blond hair and blue-violet eyes. "Marked down from \$29.95, Miss . . . Mrs. Whittaker," the saleslady urged subtly, "it's really a buy. Not another gown like that n Linwood. And you can wear

those linens. They look like Paris

Iris bought it. She bought gold linen sandals to match, and a tiny beaten gold ornament to wear in her hair. And then faced the problem of getting her boodle home so her husband wouldn't see it. next noon, and hid it away in an older suit box. She had wrackto explain the dress with, and had finally decided on something that would make doubly dear the new dress. She would make Bart think it was a last year's dress. She knew he wouldn't remember; he never remembered her clothes from one season to the next. Men

FEMALE PAIN

clothes closet, deep under a pile of other boxes, she smiled a little, planning how she would spring

That night, dressing to go to the weekly Saturday night dance at the Yacht Club with John and Ellen Kent, Iris pretended to find a great flaw in her pet dance "Goodness, Bart, this seam has

"Needle and thread is indicated, wife," Bart answered, grin-

"Definitely not, Bart! It's a job for a tailor, and a mighty smar one. Unless you want to buy new dress."

enameled bench before the matching gray dressing table, Iris was a convincing study of a perplex-ed, frustrated bride. Until her faintly frowning gaze swept the closet and a puzzled, hopeful smile tugged at her mouth.

"Unless-oh, Bart, get me that pile of boxes, will you? Up there on the top shelf of the closet. In one of them I've an old linen evening gown—one I wore last year several times, but I didn't like. If it doesn't need pressing or clean ing-and I'm almost positive I had it cleaned before I put it away last summer-I'm saved." Bart was so proud of her in the

new, but allegedly "old" last year's gown. It was, he insisted. stunning. It was the best-looking thing he'd ever seen her wear. I was a knockout. She looked grand "You'll wow 'em, honey," he

been worth it. And, but definite ly, the weekly payments complet ing the price would be nothin Bart's enthusastic approval of the dress more than proved how accurate her judgment had been in buying it. You had to buy a ne dress now and then, to keep a man noticing you. And it didn't matter if he did think it was a last year dress. If a man was going to be so unreasonable about buying new clothes a girl had to use strategy.

kick out of the others thinking Iris' dress was new, too. He beam-



By ANNE ADAMS

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ed) for this Anne Adams pat

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weldom did, she believed. Hiding the box far back in he A Job For A Tailor

come out! Whatever can I do

ning, "or doesn't one sew an eve ning dress?"

Sitting down on the little gray

department at the university, "just something Iris put away in a box last year and kept over. I'll bet she does the same thing again thi year with it, too. A dress doesn't wear out in several years." Iris avoided Monica's clear, direct glance. She avoided Ellen's mirthful brown eyes, and the hilarious grin on John's face that Bart mistook for appreciation. Let them, she thought mutinous

ly. They didn't have to scheme and figure 40 ways to have so much as a decent dress to wear to a dance, where there were smar summer people from New York and Boston and everywhere. They didn't have a husband who lived by a silly old budget book, and raved hours on saving two dimes a day so he'd have \$2000 in 15 years. They didn't have the pre-

ended up enthusiastically.

Definitely, the \$5 down had

At the dance, Bart got quite a

SLIM COTTON PRINCES; FROCK



sent and the immediate future

hamstrung and made ugly and bar-

ren, just so the far future might

sulkily, "who knows if we'll live

that long? In this day and age you

have to get what you can, while

"After all," Iris told herself

ed Monica Bradon from the science

Many week-ends the homemaker faces the problem of what sh is to have for Sunday dinner Something nourishing, something different, with an appetizing appeal and then with a memory, that

I suggest an Old English dinner which should answer all of the above requirements. For this of course Roast Beef is the chief course. This meat is one of the requires little watching and no basting or searing. In selecting the roast, you will have a choice of a rib roast with the bones left in or one which has been bone or rolled. If a real large roast you may find the standing ri type preferable. It needs only one garnish and that of spiced apples or other fruit. There is no dif-ference in flavor but the one with the bone retained will cook a little faster as the bone acts as a con ductor of heat.

Sprinkle the meat with salt and pepper. Place a rolled roast fa side up on a rack in the pan. A standing rib roast needs no rack. Place roast in a slow oven (300 F). Do not add water and do not cov er pan. Allow 18 to 20 minutes to the pound for a rare roast and 22 to 25 for medium and 27 to 30 per lb. for a well done.

To have the perfect combination, you must serve Yorkshire pudding and horseradish with Roast Beef dinner. Then a perfect ending is the plum pudding or a simple steamed one. In case you may think it a bit too soon after Christmas for the real Plum pudding I am giving you a very make and very economical.

HORSERADISH TRIFLE In equal measurements add whipped cream to the horseradish prepared in the usual way with

ASTHMA T BRONCHITIS COUGHS TO COLDS YIELD FASTER TO RUCKLEY MIXTURE



finger and seasoning. Beat until light. If any of your family think they do not relish horseradish l ed with pride, he even bragged a "Not new at all," he admonish

> Yorkshire Pudding 1 cup flour 1/4 teaspoon salt 1 cup milk

guarantee after tasting this relish,

they will be real addicts to the

2 eggs Beef drippings Combine flour and salt and add milk gradually, stirring to form a smooth paste. Then add eggs and beat for two minutes with a egg beater. Pour into beef drip pings to a depth of about 1/4 o an inch. Put in a hot oven (45) crease the heat as the baking with roast beef. The secret: be sure there is plenty of dripping

CARROT PUDDING 1 cup each of sugar, raising currants, suet, grated carrot and grated potato; also 1/2 cup

chopped dates. 1 egg 1 teaspoon soda

2 cups flour Beat the egg, add the sugar, beat well; then add the suet, grated carrot and potato; next the fruit. Mix thoroughly, adding the flour into which has been sifted the soda, salt and spices.

Mix flour and sugar thorough-

Add boiling water and cook un-

til there is no taste of raw starch. | were bitten.

hours. Serve with the following Vanilla Sauce 1 cup brown sugar 1 cup boiling water 1 tablespoon butter easpoon vanilla

Protect Hair From Weather richologist Says You Must Wear A Cap When the Thermome-

ter's Zero, If You Want To

vanilla and 1 tablespoon of Bee

I would suggest you serve as

toes and wax beans (canned if

READERS, WRITE IN!

personal letters from interest

ed readers. She is pleased to

for her column, and is ever

ready to listen to your "per peeves." Requests for recipe

or special menus are in order

Address your letters to "Miss Sadie B. Chambers, 73 West

Adelaide Street, Toronto"

receive suggestions on

Miss Chambers welcomes

Keep Your Hair Wear a cap in zero weather if you want to keep your hair, is the warning by Melvin Jones, trichologist. Quite true nature gave us hair as a protective covering, but ed this protection to a minimum; icate hair-growing structure of the scalp from extremes in temperature if we wish to retain our bair ause trichology is an exact science treating of the hair and the scalp, Mr. Jones says it is "almost incredible how little positive know ledge most people possess regard-ing even the most elementary care of the hair and scalp.

5.500 British postmen were attacked last year by dogs. Not all

EXIT MR. CAFFEINE-NERVES!



all shot—they're so bad I can't sleep and I've been suffering a lot from indigestion lately.



- giving you caffeine nerves. Why don't you try



a month and feel like a new man-no more caffeine nerves for me! I'm sticking to Postum!

Many people can safely drink tea and coffee. • Many people can safely drink tea and coffee.

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not feel better, return the container top to
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