

these days. Have no time to be you become "regular"...naturally! troubled by constipation due to lack Get your KELLOGG'S ALL of the right kind of "bulk" in my diet. Thank goodness there is a sensible way to correct that condition . . instead of taking catharties, which only give temporary relief.

Spears. Get KELLOGG'S ALL-BRANI Available in two convenient Why not try enting KELLOGG'S sizes at all grocers'. Made by ALL-BRAN every morning and see Kellogg's in London, Canada.

· SERIAL STORY

LUCKY PENNY

BY GLORIA KAYE

CASTRO AGAIN CHAPTER VIII For her visit to the Kirk mills, Penny borrowed a slack suit from Midge. With a dinner pail under her arm and a pass clutched tight-

ly in her fingers, she joined the turn to work blew all too soon. men who passed the gate watchman on their way to start the 8 o'clock turn. Against the vast background of the mills, she felt tiny, lost. She didn't know which way to turn. The men studied her curiously. One or two who knew her tipped their soiled caps and smiled hello. Wide-eyed, Penny surveyed the strange new world of furnaces and ladles and scurrying railroad ears loaded with precious molten

lenged her. When her credentials satisfied them, they were helpful in directing her, serving as guides The mills stretched in an endless maze along the river. Penny was fascinated as she watched the processes of steel making. When the noon whistle blew, she was already tired, her feet protesting

steel. Occasionally, guards chal-

against the extended hike. Men poured out of the mills, seated themselves on piles of lumber, and opened their lunch kits. Penny was due for a pleasant surprise. As she scurried across a

railroad siding, she literally bumped into Bud Walsh. "What in heaven's name are you doing here?" Bud demanded, when the first shock of meeting her had ended. "It's lonesome at the Courier office," she told him, "so I

thought I'd come over here to have lunch with some of the "Glad to have you with us," Bud said, warmly. "Come on over and meet the gang." Delighted, she shook hands with his friends.

"Mind if I join you?" she asked.
"Not at all," they chimed in. One of the men dusted off a place on the lumber pile with the back

'It feels good to sit down," she maid. "I've been wandering around for hours." Happily, she opened the lunch box. The sandwiches Midge had made tasted good. She gave Bud one of the pears packed neatly into the kit. "You're not going to go wrong on Midge," Penny assured Bud. She sure can make good sand-



WAR-TIME has depleted the fin supply — so glass replaces it. The delicious flavour and fine quality deserving your choice and preference.

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ISSUE No. 12-43

wiches." All the men laughed. That broke the ice. She was treated as one of the gang from that moment on, sharing in their chatter and in their joking. The whistle signalling their

Penny returned to the Courier office to write her first story about the Kirk mills, a light, personalized feature story in which she stressed the good humor of the men. Jim was encouragin, helpful. He took time off from his proof-reading to suggest a good lead paragraph. Both of them were absorbed in their work when they heard heavy footsteps clomping down the stairs.

A heavy-set, short, swarthy man walked in. He held a rolled sheet of paper in his hand. "Hello, Vickers," he scowled. "I want to see you, alone." "Hello, Castro," Jim replied, coolly. "Penny's my partner. She's

just as interested as I am in anything you have to say." "Okay, Vickers," Castro answered, "I want to run a fullpage ad in your paper this week." Then he pulled a roll of currency from his pocket, peeled off 10 bills, and lined them up on the

"What's this, Castro?" Jim "A thousand dollars." "Our rates are the same for everyone," said Jim. "Just \$50 a

"I know that," Castro answered "I just want you to know that I like you, that's all. It's yours. No strings tied."

"Castro," Jim told him, with ice in his voice, "You're a swell guy and I like you too. But I'll give you just 10 seconds to get out of here and stay out!"

Dynamite blazed in Castro's flushed face. Penny could see his fists clench. Then he calmed down. He picked up the money Jim had rejected. "Vickers," Castro said, "There isn't room in this town for the two of us. I'm warning you. One of these days I'm going to blow you and your fly-by-night rag so high they'll never be able to put

the pieces together again." swung out throng!

"Keeps me out hrows money around promiscu-ously," Penny cautioned. "He means business. You're a real threat to him. Pd watch out if 1

"Don't worry, Penny," Jim answered, grimly. "I've met his type before. In Paris they were a lot smarter, a lot tougher, and a lot more dangerous. He's right when he said there isn't room enough in this town for both of us. I . In silence, Penny returned to her story. It was tough work, but when she had finished, she knew instinctively that she had done a good job.

Penny would never forget the Thursday afternoon when her first story was published. She would always remember the thrill of watching the press roll slowly into action. Then Joe, the pressman, lifted a page still wet with man, lifted a page still wet with ink. She saw her feature emblazoned on the front page.

There, too, was Jim's editorial alongside his story of the fatal bridge accident. He hadn't pulled any punches. Involuntarily per ink. She saw her feature em-blazoned on the front page.

any punches. Involuntarily, Penny shivered as she thought of the reaction his words would provoke among Kirktown's politicians.

That first issue teacher with

Now Penny learned the joys that every creative artist must feel. Her mill story had caught he attention of many eyes in Kirktown. People went out of their way to meet her. She was as much at home now as though she had lived in Kirktown all her

. . . The days ahead were busy ones. Penny was happy in her work. Her first mill story began a series of new adventures for her. Every department in the mills had a wealth of story material. She visited the teeming, busy little mills so often that she was soon familiar figure to the hard-She wrote about their hobbies.

and they reported interesting ex-Every week, she learned more, too, about the grievances that disturbed the men's morale. They were petty things, mostly. Ideas, she found, were sarcastically re-jected. Men were discouraged from trying new methods and new

Some had traveled extensively,

Despite the modern facilities installed in most departments in the mills, there were still a few places where safety devices had been neglected. There had been nasty accidents.

Many of the foremen and superintendents were hardbitten, arrogant. They aroused resentment rather than loyalty. Then, too, Kirktown offered little recreational outlet, and the workers had little incentive for self-improve-

All these things and more Penny discovered in her conver-sations. She found out, too, that in the men who worked in the Kirk mills there was the foundation for progress and growth. Steel making coursed through their blood as much as printer's ink had begun to run through her The time was coming, soon,

when Penny must make her de cision. Should she take an active part in management of the mills? Should she shoulder the problems she knew existed? How would the Kirk executives react? And how would tough, independent, scray py steelmen feel about working for a frail girl who was a tiny ounter. Each had a value of She pictured herself disciplin-

"Hm," she said to herself, laughing inwardly, "It might be fun at that." (Continued Next Week)

At least a million irregulars and guerrilla fighters are an import-SLIMMING TWO-PIECER

By Anne Adams This season, more than ever, the two-piecer is a "must"! Pat-

among Kirktown's politicians.

That first issue, together with her first pay cheque, Penny put aside as carefully as though they were her most treasured possessions. She would always chorish them.

yards 39-inch fabric.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adeiaide St. West, Toronto. Write plainly size, name, address and style number. address and style number.

TABLE TALKS

SADIE B. CHAMBERS Macaroni Batting For Meat

Beef and pork are primaril protein foods, while macaroni, spaghetti and egg noodles are super-rich in carbohydrates and are usually regarded as the "energy trio." But you must re member that each member of this "energy trio" is also rich in proteins and that with the aid of comparatively small quantities of the cheaper meat cuts, or left over meats, delicious and nourishing one-dish meals may be pre ared. Thus macaroni, spagher and egg noodles are ideal pinch hitters in the game of war, shortages, and nerves.

Compare the cost per pound of your favorite meat, with the cost of a pound of macaroni, spaghetti or egg noodles. Then glance over the following recines and see how far this "energy food" will streich when used with fresh o left-over meats, or chicken and those necessary vegetables.

Thrifty Macaroni Treat Patriotic housewives waste no meat. Here's a favorite way combine left-over meats in a tasty, economical and generally popular dish:

1/2 lb. elbow macaroni Buttered bread crumbs 11/2 cups ground left-over meats Pepper and salt

Cook macaroni in 1 quart of water or stock that is boiling when macaroni is added. Stir until all liquid is absorbed. Sea son macaroni and meat to taste. Make a layer of half the macaroni in bottom of a shallow. layer of meat and finish with the rest of the macaroni for the top layer. Cover with buttered bread crumbs. Bake in moderate oven until crumbs are brown. Make 4 good servings. Cost is almost

Spaghetti-Chicken Chop Suey Here's a United Nations' dish that warrants popular acceptance in war or in peace:

cup mushrooms, chopped cup cooked chicken, minced Bermuda onion, minced cup celery, finely shredded cup chicken stock or liquid

Cook spaghetti in 11/2 quarts of boiling salted water. Drain, but save surplus liquid. Keep spag-hetti hot. Add to the surplus liquid, the chicken stock, shredded celery, minced onion, chopped mushrooms and minced cooked chicken. Cook slowly till mixture becomes "creamy." Place hot spaghetti on platter, making s nest in centre into which is poured the hot meat-vegetable mixture. Season all with salt and pepper and sprinkle with Soy Sauce, Makes 4 generous servings. Cooked veal or other left-over meats

may be substituted for the chicken if desired. Noodle-Egg Pies Here's a meat-saver that is long on flavor and neurishment, but

short on cost:

2 heaping cups boiled egg noodles eggs Cream, butter, salt and pepper Boil egg noodles in a small quantity of water so that when done all liquid will be absorbed. Grease large muffin pans and fill cups with egg noodles; form into a nest with egg noodles; form into a nest with noodles extending above the rim. Into each nest break an egg. Place on cgg a tablespoon of cream, a dab of butter, salt and pepper to taste. Bake in hot oven, (400 degrees)

until eggs are set.

Feelings of German People About War

The information in letters found on the German dead, inti- in standard lines it is expected mate and personal as it is, leads to some striking deductions, writes Maurice Hindus in The American Magazine. The people inside Germany hate the war and want it to end. They are tired of hardships, sick of sacrifice. They lamany hate the war and want it to end. They are tired of hardships, sick of sacrifice. They lament the moral disintegration of their young women; they shudder at air raids; they weep over their dead. But nowhere do they betray the least suggestion of Gertage and the suggestion of Gertage and the suggestion of the garden planted early.

Hard as is their life, they know hard as is their life, they know neither starvation nor desperation. Nor do they expect Germany to lose the war. To expect them at this time to revolt against Hitler is as futile and nucrile as



AFTER

SETTING

cu." When

Lower Output Worries Nazis

Experts Must Find Means To Match Allied Production

The Nazi Minister of Munitions, Prof. Albert Speer, is reported to have called an urgent conference of 140 of Germany's leading economic experts to discuss means of matching the flood of war materials being turned out by United Nations arsenals. Reliable reports from Germany declare that production has been dropping gradually since a peak was hit last May and that in the last two months the decline has

been accelerated. The inefficiency of foreign labor is said to have been especi-ally disappointing to the Nazis. This combined with heavy German losses at the fighting fronts, has forced Hitler to declare "total mobilization" and to strike a careful balance between the urgent needs of the army and war in-

Keeping the wheels moving with untrained personnel, especially women, is the Nazis' main problem. Forty thousand workers' training schools have been established and Speer has appealed for the good will of both workers and employers.

Hitler, however, is not handling the situation with kid gloves. He went out of his way in a recent address to warn of death to "saboteurs." Broadly, this means that every obstructionist is subject to execution.



Food is just as important a bullets in this war, and for that reason gardening may almost be this year. Seeds are not going to be plentiful because formerly Canada depended to a large extent on Europe for supplies and these, of course, are cut off. Principal sources now are from those limited sections of Canada where garden seeds are grown and from the United States. In both areas the weather was very un-favorable last season due to the fact that there was too much rain at harvest time.

Canadian seedsmen, however, have been able to secure supplies sufficient for normal needs if these are used carefully. There will not be the wide range of varieties usually obtainable, but around. Gardeners, however, are advised to order seeds early and to avoid any waste.

tion of the garden planted early. man guilt or regret for horrors To get maximum results one should spread plantings over sev-eral weeks. This will assure more

them at this time to revolt against
Hitler is as futile and puerile as
to expect the Fuehrer to live up
to his promises or treaties.

Discipled the Company dead

small areas of land at their disposal are also urged to concentrate on those vegetables like
beans, carrots, beets, spinach, etc.,
which give the largest possible to expect the Fuenrer to live up to his promises or treaties.

Diaries of the German dead, particularly Nazi officers, support these conclusions. The Russians have gathered thousands of these.

Late on those vegetavies like beans, carrots, beets, spinach, etc., which give the largest possible yields for the space occupied. Things like corn, potatoes, squash, etc., take up far more room, and

where space is link visable to purchase regular sources and things in den.

should be

texture, high qua

£350,000,000 (

during the last

Britain's War

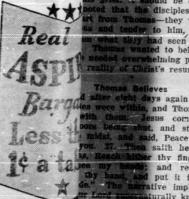
vital.

Scientists have b He restored many improvements. Their work has be God. With be no true ties that have been

country for years time it was poss were short and four different as the words season, some late. One can enjoy but a week or two

days. Lawn grass n ve the Holy most growth is weather is still fine and on a d This double

Thrifty S



pains, neuralgia, in Cos gists' bargain of



en has

THIS WAS THEIR HOME



Casablanca after a raid by German bombers on December 31. The attack took a heavy toll of lives because native houses are of light

"Many other signs therefore did Jesus in the presence of the disciples, which are not written in this book; but these are writter that ye may believe that Jesus is the Christ, the Son of God; and that believing ye may have life in his name."

It was not John's purpose to

write a complete "Life of Christ"; it was not his purpose to write a "Life" at all. Rather he would narrate just those facts respecting Jesus which would produce a saving faith in Him as the Messiah and the Son of God.

One-fifth of the people of Hol-

2,000,000 Plans In Plane Plant

Over a quarter of a million of square feet of drawings were set square feet of drawings were set up and printed in one month alone in the draughting office of the De Havilland Aircraft, Toronto, on the "Mosquito" bomber-fight-er. They have to be constantly adjusted to conform to parts and instrument. Altogether there are a couple of million bluepring file, in a department numbering 50 men and 25 women, including many famous cultural figures at the drawing boards, artists, archi-tects and civil engineers, also champion glider pilots, one of

longer listed among the or non-

18 Cougars. 19 High mountain

36 Call for help.

46 Singing voice, 47 Sour plum,

48 Damp. 50 Onward,

land earn their living on the land,

GIRL ATHLETE

55 Civet type 6 Dull finish. 44 Starch.
beast. 7 Saying. 46 Singing
56 Mud. 8 Weight. 47 Sour pl 34 Deity of war. beast. 7 Saying. 35 Relaxes. 56 Mud. 8 Weight. 37 French coin. 58 She is the 1946 9 Wager.

38 Kilns. 41 Animal, 43 To sleep. 45 To whip.

again his

100 tablets

Aspirin is made in Cambe trademark of The Baye Ltd. If every tablet is not stamped "Baye" in the form of a cross it is NOT Aspirin. And don't let anyone tell you it is.

Canada's best etchers, musicians, famous yachtsmen and skiers.

mostly on small farms of less than 50 acres.

HORIZONTAL 1,6 Expert U. S 11 Cetacean 12 Good-by. 13 Jargons. 14 Ceremonial treatise. 16 Hour (abbr.).

17 Measure of type. 18 Chum. 23 To handle roughly. 47 Female sheep. 25 Lying in heaps 49 Coral island. 2 Fibber. 3 Small hotel. 54 To sanction., 5 Artist's frame.

--- singles

became 52 Sesame.
became 53 Before.
national 54 Yellow bird.
in 1936. 57 Electric term. 59 She is also the U.S.—tennis champion.

Farmers Warned

"Cracker Barrel"

Grandpa's Methods Not Good Enough For Present Time

Professor G. I. Christie of the Ontario Agricultural College, Cuelph, was very outspoken the tion in Toronto, when he told farmers to "get off the cracker barrels at the village store," and farming are not good enough for 1943 production. He particularly addressed his remarks to hog raisers, dairymen and potato growers, and told them to avoid these "lengthy, worthless chats they were used to in peacetime." Al-though Professor Christie mentioned three classes of farmers, his remarks no doubt are capable of general application. He par-ticularly cited loss of young pigs, which are so much needed today, through inefficiency, says The St. Thomas Times-Journal.

A great many farmers have been educated at the Ontario Agricultural College, and these are among the best producers in the country. Knowing the value of a scientific training, they send their sons there, and steadily the province is developing a race of highly skilled and intelligent farmers.

There are many farmers, how-ever, chiefly those who through no fault of their own, probably lacking the means or the time, are prone to regard the scientific farmer with a certain degree of contempt. In fact, they look down upon these "white collar" farmers, as they call them, and regard them as "arm chair" men who don't like getting their hands dirty. They think there is no school like experience; but the trouble is they simply follow the methods grandpa did when he cleared the ground, except to add some machinery to lighten the

Farming is a highly scientific industry. That fact does not seem to enter the minds of some farmers. Soil and the raising of crops, a thorough understanding of livestock of all kinds, of dairy work, of handling machinery, of storing and feeding, of knowing what to do at the right time and how, and many other things are all subjects in which the producers ought to know as much as they can, in th

To become a skilled craftsman, a boy has to spend several years with experienced, trained men be-fore he can be called competent and get good wages. But any ma can get a piece of land, shove seeds in the ground and buy some horses, cattle and pigs and call himself a farmer. And when his stuff does not bring the prices he thinks it should, he blames the government.

THE BOOK SHELF

Calling on brains, brawn, luck and impudence, he dodged and twisted and bluffed, laid artful traps for the unwary, laughed and fought his way out of a number of tight corners; lost perhaps more tricks than he took but won the last in a fine blaze of action and quick-thinking.

Black-out in Gretley . . . by J.

B. Priestly . . . The MacMillan

Company of Canada . . . Price
\$2.25.

RADIO REPORTER REX FROST

ard's new "Hobby Show," heard every Thursday evening, 10 o'clock over C.F.R.B., Toronto. It has a distinctly original flavor. Recently it has featured an as-sortment of the old-fashioned musical boxes which wave the musical boxes which were the wantoba and a 19-year-old girl who learned to take the place of the farmer's sons when they went been antiquated musical powder boxes, musical steins, as well as the larger more orthodox yet ornate instruments. The music boxes have been loaned by many owners for the purposes of assisting in this unique musical program. Due acknowledgement is made of the courtesies so extended. Any readers of this column who might happen to have unusual music boxes, particular-ly chose with a history behind them, are invited to loan them to Ross Millard for inclusion in this

new Hobby program. Write him in care of CFRB, Toronto, giv-ing full particulars. It would be fun, don't you think, to hear your musical box played over the air? From times to time you hear many people arguing that the most popular radio programs heard over Canadian stations originate from canadian stations originate from one or other of the big networks of the United States. There's penty of evidence, however, to show that many Canadian pro-

grams have what it takes to make country-wide Canadian appeal. "Treasure Trail" is an example. Believe it or not, 13 million letters have been written to "Treas-ure Trail" in the four years and nine months it has been on the air. If you still question whether Canadians listen to programs originating from within the Dominion and are still willing to write letters ask the Postmaster General of Canada — it is esti-mated that one Canadian radio program alone brought a revenue to the post office department of

CANADIAN STATIONS
CFOS Oven Sd. 140tk
CKOC Hamilton 1150tk
CKOC Hamilton 100tk
CKTE SCATE
CFOL North Eay 130tk
CFCF Mortred 1240tk
CFCF Mortred 1240tk
CKCK Stratford 1240tk
CKCK Stratford 1240tk
CFCF Mortred 1240tk
CFC MORTRED 1240tk
CFC

BLACK-OUT IN GRETLEY By J. B. Priestly Large-boned, dark, long-faced, and inclined to be sour; intelligent rather than subtle; the sor who'd prefer a broad-axe to rapier any day-Humphrey Ney-land, Canadian, was definitely not the kind of man you would expect counter-espionage. But although he was by no means infallible, he was, as his Chief told him, both impudent and lucky. Certainly both impudence and

luck in large quantities were called for on the Gretley job. Sent down to discover who was Sent down to discover who was collecting and distributing the valuable information that was streaming out of there, and to stop the leak, he quickly tangled with as dangerous a collection of homegrown and imported Nazis as you'd care to meet in a black

If you enjoy a novelty program, something a little different from the ordinary run of radio presentations, tune in Ross Millping up the food supplies of Can-ada will take part in Beth Lockand an are part in Beta Lock-erbie's program, "Women on the Job," Friday afternoon, March 13, at 4.18 over the CBC network. They are a farmer's wife from Manitoba and a 19-year-old girl who i-arned to take the place of the Lamer's any when they want

> We hear a lot of complimentary remarks these days around the Ontano countryside regarding the story series currently peing presented over the Columbia system, including CFRB, Toronto, Monday through Fridaya at 5

Madeleine Carroll, the Manchester, England-born stage, screen and radio actress, who has earned fame on two cor apparently is adding to her laurels by her delightfully rendered in-terpretations from current liter-ature, simply styled "Madeleine Carroll Reads."

CFRB has just instituted a new series of programs, "Ansering You," Friday nights at 9 o'clock. In it you meet a new personality, Mr. P. R. or in other words, the Personal Relations Director, whose job it is to answer inquiries and criticisms and to acknowledge to a busy radio station. If you are interested in a glimpse of what goes on behind the microthe wheels go round" in a radio station, make a point of tuning in this new series.

LISTEN TO "COUNTRY NEWS" EACH SUNDAY AT 2 P.M. CFRB-860 on your dia

OUR RADIO LOG



T. M. REG. U. S. PAT. OFF. ANSWER: Three little kittens . . . four and 20 blackbirds . . NEXT: The shortest line between two points











By J. MILLAR WATT



POP-An Old Hand at the Job

