

but it's vitally important in these busy war days when all of us are working harder than ever. Don't you be "alowed down" by that common type of constipation due to lack of "bulk" in your diet. And be sensible . . . correct the trouble right at its source instead of "dosing" with harsh purgatives that give only temporary

rity" is important any time, vitally important in these tasting as a cereal or in hot, crist Eat KELLOGG'S ALL-BRAN...grand-tasting as a cercal or in hot, crispy muffins...eat it every day...drink plenty of water...then see if you don't forget you ever had common constipation. For ALL-BRAN sup-plies the "bulk" your diet needs... promotes natural regularity. Your grocer has ALL-BRAN in two con-venient sizes. Made by Kellogg's in London, Canada.

TABLE TALKS

SADIE B. CHAMBERS

Christmas Cake Time

Here we are - our fourth Christmas at war - and we are again discussing the Christmas Cake problem. Of course, those who made cakes for the overseas boxes will already have them on their way. Many bought this year, as the bakeries and con-fectioners do have some appetiz-ing looking cakes, neatly wrapped up, ready for packing. However, many of us still adhere to the tradition that there is nothing quite as satisfying as the cake with the little home touches and flavorings, and for these we are giving you three recipes. They were given two years ago but as I have had many requests for hem again, I am repeating them this week.

Dark Fruit Cake

- % lb. butter lb. currants
- 1% lbs. raisins 4 ib. almonds cups brown sugar 2% cups flour
- 16 teaspoon cinnamon nutmeg teaspoon vanilla
- 14 teaspoon almond flavoring cup cherries slice candied pineapple
- 14 teaspoon soda
 14 lb. citron peel
 14 lb. lemon peel
 15 Cream butter and sugar in the

beaten. Beat all thoroughly, then add the prepared fruit. Stir in well and allow to stand while preparing the flour and spices. Stir sifted flour and spices into fruit mixture and add the liquid

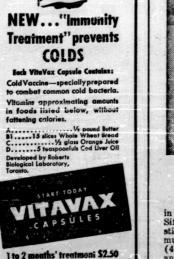


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COLDS



in a very slow oven. This make White Fruit Cake

- cup sugar 1/2 cup white corn syrup 11/2 cups butter
- eggs lb. sultana raisins 1/4 lb. mixed peel eup chopped cherries teaspoons vanilla teaspoon nutmeg teaspoon almond flavorin
- slices candied pineapple 21/2 teaspoons baking powder 1/2 cup milk
- 8 cups sifted flour Bake 1½ hours in a slow oven This makes 1 large cake. Economical Fruit Cake 2 eggs 1½ cups brown sugar

1/2 cup sour milk or buttermilk

- cups seedless raisins 1/2 lb. chopped cherries 1 cup chopped pecans walnuts
- teaspoon cinnamon teaspoon nutmeg 2 cups flour 1 cup butter or shortening Cook at 300 to 350°F. 1%

teaspoon soda

14 teaspoon salt

Makes 1 medium sized cake.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for far column, and is always ready to listen to your person. Requests for recipes or special means are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide St., Toroato." Send stumped self-addressed anyelope if you wish a reply.

Britain To Deliver Warships To Canada

The navy will be glad to hear that there is to be no delay in the delivery of two British-built cruisers and possibly six destroyers to Canada, says The Ottawa Citizen. According to the Naval Minister, Angus Macdonald, there British and Canadian authorities over financial arrangements. The British would like Canada to accept the warships as a straight gift without cash payment. At Otgift without cash payment. At Ot-tawa, however, it is the Depart-ment of Finance's view that Can-ada should buy the ships; they could easily cost \$20,000,000. Whatever bookkeeping trans-actions may be agreed upon, the transference of a pair of modern eruisers and six destroyers from the British Navy will be a hand-

oth. It is going to be more than ever needed as Canada's part in the sea war is extended across the Pacific Ocean and, doubtless, through the Mediteranean Sea to the Bay of Bengal. It is presum-ably one fruitful result of the meeting of British and Canadian naval chiefs at the Quebec con-

ALL-BRAN BREAD

For a loaf of bread that beats anything Grandmother used to make, next time try this recipe for All-Bran bread. This bread has a flavor and goodness all its own—but better still it provides valuable food elements so necessary for good health. Because it uses bran cereal, it provides extra vitamin B1, niacin and iron for your family's



1 cup flour
1 egg
2½ teaspoon salt
1 cup All-Bran
2½ teaspoons baking powder
2½ teaspoons baking powder
Blend shortening and molasses. Add egg and beat well. Stir
in All-Bran and milk. Let soak until most of moisture is taken up.
Sift flour, salt and baking powder together; add to first mixture and
stir until liquid and dry ingredients are combined. Fill greased
muffin pans two-thirds full and bake in moderately hot oven
(400° F.) about 25 minutes; or turn batter into greased loaf pan
and bake in moderate oven (350° F.) about 45 minutes.

Yield: 1 loaf (9½ x 4½ x 3-inen pan).

"WHATAYA DOING SATURDAY NIGHT, SIGNORINA?



In the best accepted boy-meets-girl manner, a Canadian soldier unreels his line of chatter for the benefit of a coy and smiling group of Italian signorinas in Avigliano. While his buddies stand by in mute admiration of the pretty Italian girls, an urchin sidles up to get an earful of this strange lingo.

in the wake of the black, and rap

idly approaching the sage patches

and scrub that clothed the base

It was barely two hours since

he had ridden up to Ferris' ranch.

The sun was still high in the sky.
The things that had happened in

those two hours seemed now in-

comprehensible and almost like a

dream. He was aware that he was

aching from head to foot after his

tussle with the black. And his

knuckles were bleeding from their

contact with Curran's teeth.

The valley narrowed, the track

ascended. Once over the neck

Dave saw the little cowtown hud

dled on either bank of a muddy

stream, with the arid, sage-cover

ed lands on either side of it

stretching away endlessly toward

Mescal was not much different

from the other cowtowns Dave

had ridden through on his journey

southward. Rather smaller, uglier,

were the only living things visible

Dave rode round and found the

inevitable rusty, galvanized iron tank, fed with a trickle of water

from a pipe. He gave his bay a

drink, placed him alongside the

others at the rack. Then pushing

open the swinging doors of the

saloon, he went inside. Two men

One was an individual of middle

man with a shock of gray hair

Upon a wall was a notice, ap-

parently struck off from a hand press, the ink smeared all over the

paper. It announced the sale, at

ander foreclosure.

in the short, dusty street.

were seated at a table.

to one another.

of the foothills.



raised his hat. He looked into her face. The hard-set eyes of gray like his own, flashed like stormy "I wanted you to understand

how it came about," said Dave. "I'd just rode up to Ferris' ranch, opin' to strike a job. Curran told me I could have one if I could break Black Dawn. I didn't know the horse was yours. I thought they was all Ferris' broncs "After I got on his back I saw he was a killer. It was his life against mine. I broke him, and he

> I got to say except I hope you unasked the girl.
> "I'm askin' you to accept my apologies for what I done. Don't seem to me there ought to be hard

pretty near broke me. That's all

feelings between us." "Your feelings don't interest me one mite, stranger," the girl answered. "There's Mescal, over there." She pointed. "I reckon that's your way. My way lies over yonder." She pointed up the branching trail. "You ride on and don't cross my path again. Good morning."

Dave couldn't see the touch of her knees upon the flanks of the black, but instantly it had wheeled and was loping along the trail that ran up toward the mountains. And instantly the whole remuda had wheeled and followed in its tracks. Before Dave quite realized it, he was sitting on his bay alone, watching the rapidly disappearing herd thudding across the grass. He sat there with his eyes on i until it vanished from sight be hind a long hogback. He saw

appear again, toy horses running



with ginger ale. The barkeep and the Mexicans watched him drink in silence. Dave had just set down his glass when there came an explosive outburst from the -ld man

"You can't do that to me, Lonergan!" he shouted "It's twelve years since you brought me here. and you can't put me out this way, with the girl you—" "One word more, you old fool,

and you'll be sorry you opened your mouth," snapped the other.
"Twelve years? Yes, it's twelve years, and the ranch has gone io rack and ruin. You haven't begun to pay off the principal, and now you're a year behind with the interest. I'm tired of you, Hooker. You're just a drunken pest, giving a bad name to the district. Hooker, you're through."

Both men had risen to their feet. Old Hooker, blind with rage, swayed across the table. "So that's what you think. Lor ergan, is it?" he sneered. "Well, it may be that you're wrong." Dave noticed that in spite of the old man's condition his accents were those of a man of education. "I haven't lived in Mescal twelve years for nothing, Lonergan. It may be you'll change your mind when you look into it." "You doddering old fecil" shout-

dirtier, but the same half-dozen stores with their false fronts, a saed the other, drawing his hand loon masquerading as a hotel, and smartly across Hooker's face. a few frame or adobe houses set The blow was not a severe one, down on lots of all sorts of angles but old Hooker, reeling back, los his footing and fell, bringing down A swinging sign that creaked his chair in the crash. Next mo-ment Dave was at Lonergan's side, hand gripping his shoulder. He dismally in the wind, proclaimed the hotel to be the WAYSIDE REST. Four horses were tethered swung him around. to the rack in front of it. They

"You ain't partic'lar about pickin' somebody your own age for

"Who are you, and what are you butting into this business for?" he "No business of mine at all," admitted Dave. "I thought you was lookin' for a fight. But I guess you're the kind that likes to play sure and safe."

"He owes me two hundred dolage, wearing striped trousers and a faded cutaway coat, with a ring lars back interest on his morigage and he hasn't got a cent to his on his little finger and a pearl pin name," shouted Lonergan. "Drinks in his tie. The other was an elderly up every cent he makes in this saloon. I'm tired of him-if it's under his dilapitated hat, an unbusiness of yours. And we kempt beard, and clothes that don't like strangers interfering might have been exchanged with with our affairs in Mescal." any average scarecrow without (Continued Next Week) either getting the better of the

FEELS SEW-SEW

In 12 years of hockey, one of the Chicago Black Hawks has had an early date, of a valuable ranch property of two thousand acres, 150 stitches used to close cuts and gashes-and so, we suppose, he feels just sew-sew. Dave poured himself a small drink from the bottle that the bar--Stratford Beacon-Herald.

Pimples and Blackheads Relieved by this Medicinal Ointment

Whether in bathing suit or evening dress you become very much embar-rassed by skin affections and irritations on the shoulders and back as well as on the face. Why not do something about it—something worth while. Dr. Chase's OINTMENT is a medicinal product on which you can rely for learing up skin troubles of this nature as well as itching and eczema.

Mothers who are accustomed to use Dr. Chase's OINTMENT for baby's skin troubles and eczema find its odelightfully healing and soothing that they soon acquire the habit of using it for their own skin affections.

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WAS WEIGHTED DOWN
AND BROKEN BY ICE AND SNOW
IN 1921 TODAY, TWISTED AND
BENT, THE TREES LIVE ON TO
TELL THE STORY. FOUND ONLY ONE **COMESTICATED SYRUP** N AMERICA ... The CANADA STARCH COMPANY, Li

Britain To Garner A Record Harves

est acreage since official year the greatest harvest in history, according to R. S. son, Minister of Agriculture. harvest, Hudson said, is due untiring efforts of farm wo who succeeded "by the grace God, Who granted them for t

years seasons that have record harvests possible.
"Because we have had to month for airdromes, bat we actually have grown acreage of land devoted to been kept."

bread grains and thousands

is given in "WHY HUMANITY SUFFERS"

The solution to

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ork looks over a shipmen

THE WAR - WEEK - Commentary on Current Events THIS CURIOUS WORLD By William Stalin and Churchill Review Record Of Victories - Hitler Gives Pep Talk

During the last few days, first Stalin, then Hitler and now Churchill have delivered speeches to their people. And while at this moment actions speak louder than words the speeches are still an interesting barometer of the atmosphere prevailing in the two camps, as well as a most encouraging forecast for the future, says the New York Times. Both Mr. Stolin and Mr. Church

A CUBIC POOT O

ALUMINUM

162 LBS.

WHEREAS A CUBIC POOT OF

GOLD

WEIGHS

1,203

THE WILL TO CIVE

THIS GROVE OF

GREYLOCK STATE PA

AVOY, MASSACHUSETTS,

said. "The present order is the result of a considerable period o

close study and consultation with

growers and distributors. The

Board recognizes that after the order has had a period of trial, it

may be necessary to readjust cer-

tain phases of it, and is prepare

in growing vegetables, the cost of that labour and general wartime

conditions, sets the ceiling or

Another point in favour of pro-

storage costs. This allowance for

may be included in the maximum

creasing until April, May and June

For pricing and distribution Can-

ada is divided by the order into

island of Montreal, all the main

populated part of Ontario, the main

portions of the provinces of Mani-

toba, Saskatchewan, Alberta and

British Columbia. The second zone

includes all the remainder of the

prices on all vegetables are one

than those in zone one. The rea-

zone two consists of the more

Bonds As Backlogs

wood was the principal fuel. In

storing it for winter's use, care

was taken to lay aside large sound

sticks for backlogs for fire places

to keep the fires burning all night.

Fires are easily kept over night

but we need and must provide

backlogs of other kinds-savings

With full employment as a result

of the war, Canadians are earn-ing more money than ever before.

Our national income is at a record

high level. Instead of spending

the money now on non-essentials we will be wise if we create a few economic backlogs by invest-

ing all the money we possibly can

Easy come should not be easy

go, again causing the want and

misery we suffered a decade ago

in Victory Bonds.

- Kitchener Record.

to tide us over hard times.

Today we burn coal, oil and gas.

Before the discovery of

two zones. The first includes the

than pre-war level.

experience proves desirable. The present order, taking into consideration the labour involved

WHITE PINES

WAS WEIGHTED DOWN AND BROKEN BY ICE AND SNOW

TELL THE STORY.

MOTHER NATURE sometimes gives man forceful sermons on how to live. The White Pine forest of Greylock Park is a typical picture of the "Never Say Die" spirit. Some of the trees had the main trunk broken completely off, only to have a new branch

NEXT: The blind man who has written 100 books

TTAWA REPORTS

ate Effect Upon Producers

ables will actually be highe

the immediate effect of an placing a ceiling on a com-

ty is that prices generally up immediately to the cell-

For some vegetables this will

ng of a price ceiling is a

cy toward a temporary

of the commodities effect

wever, the consumer will no

r any shortage as stocks on are plentiful. During winter

onsumers will be protect-

ainst the prices which ruled

the top period last year, abbage was selling for any

rom 5c to 19c a pound— between 15c and 19c; when

of the Prices Board,

encountered by Board of

all respects the wide var-

ard in drafting an order fix

are obvious," Mr. Gordo

TREASURE

mum prices in such pro

Gordon, stressed the dif-

ts went as high as 10c and and beets sold from 3.7c a

result of the new ceiling im

hill took occasion to review the record of "a famous year" of al-most unbroken victories, which, in Mr. Churchill's words, have in-flicted mortal blows on the monstrous juggernaut of German might and tyranny and may well be the precursors of decisive events the European struggle. Both recounted the achievements of the own forces and gave generous credit to the achievements of their allies; and Mr. Churchiii in par ticular did not stint in paying to oute to the heroic performance of the Russian armies and the Russian people. Both also emphasized the new unity and harmony achieved at the Moscow Conference. And both radiated confidence in fina victory, in which Mr. Churchill specifically included victory over Japan, with whom "the British Commonwealth and Empire have in inexpiable quarrel." Hitler's Admissions

In sharp contrast stands th speech of Hitler, which is one out ed on the sorry anniversary of hi shadows the failure of his more For behind all the old obsessions,

destroyed the last filusions of the German people. There is talk of "desperate situations," of "im-pending catastrophe," of "marshaling the last reserves of strength," yes, even the suggestion that the fighting will reach German soil. But there is also in this speech the desperation of the cornered For Hitler not only proclaims war against his outside enemies but also against the Germans themmercy in which the Non-German Fuehrer of the Germans threaten death to all who would end the struggle. If any Germans still need ed proof of Hitler's pathological megalomania, they can read it is his self-revealing protestation that he is losing neither nerves no

Germany's Greatest Enemy know that they have no greater enemy than Hitler himself. But a desperate madman with a great army at his back is still danger ous, and in estimating that danger Mr. Churchill is a more cautious judge than Mr. Stalin. For while Mr. Stalin sees victory near, Mr Churchill proceeds on the assumption that, barring a miracle, the till 1944, and that the campaign of 1944 "will be the most severe

and to the Western allies the most

Stalin himself. For what Mr Churchill says is that the air was alone will not win the war, and that victory will require that mass invasion of Europe which he has always promised. Mr. Stalin's renewed call for the opening of another front confirms this judgment.

Allies' Supreme Task
In the light of the grim task tha been hearing recently of the war being "all but over" seems frivol-ous indeed. It is not only "foolish and blameworthy" but dangerous, because, to use Mr. Churchill's words, it tends to "divert the thoughts and efforts of the Allied nations from the supreme task which lies before them-namely that of beating down into dus and ruins the deadly foes and ty-rants who so nearly subjugated the entire world to their domin Hitler's Contrasting Speeches

uous sneer that if they despain restore German confidence in vi they will deserve no better than they get and he will not be sorry tory nor yet raise any hopes of overcoming the tremendous calamities looming ahead, claims the Christian Science Monitor.

In fact, this speech is more likely to increase the fears of mil-tary disaster without and chaos within which are increasing with every new Allied military victory and new Allied bombing of the

Outstanding is the marked con-trast between this speech and those Hitler has delivered on similar occasions in the past.

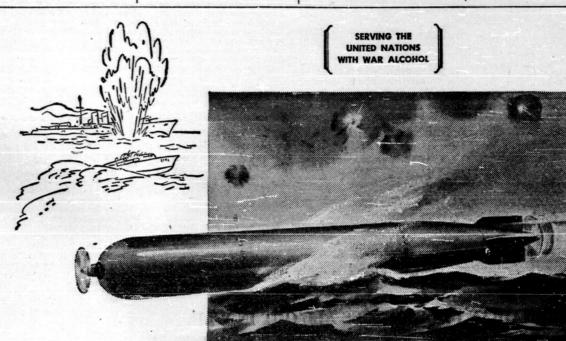
Three years ago, Hitler could boast that "one day there will be no Churchill but there will be German U-boats."

Target of American attack in the South Pacific is Bougainville,
last of the big Solomon Islands.
From landings at Empress Augusta Bay. U. S. forces may
move dcwn the coast toward Jap
bases at Buin and Kahili. This
invasion puts Americans close
to Rabaul.

Adolf Hitler's beer-cellar speech, with the usual intermingling of us." and last year boasting wa threats and pep talk, can neither Threats and Boasts

Last week there were threats boasts, and jeers, such as those long associated with Hitler speech ever, despite the cheers and chear laughter they aroused among his many's present situation which

2,550 tanks, 6,200 guns and 70,000 lorries (trucks) were captured or destroyed by the Allied troops in all the African cam-



WAR ALCOHOL ADDS POWER TO THE DEADLY STRIKE OF A TIN FISH"

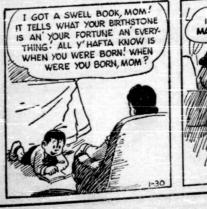


Packed in the warhead of a single torpedo is enough concentrated destruction to sink a ship of war—a special high explosive in which alcohol is used. Alcohol helps to give the torpedo its deadly striking power; helps provide explosives for depth charges, bombs and shells. Alcohol is also an important ingredient in making plastics and other vital war materials. It is the constant ally of the doctor in his fight against infection. Alcohol is performing a myriad of services in this all-out war. Our plants are producing it to the full extent of their capacities.

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REG'LAR FELLERS-Nature Blundered









By GENE BYRNES