

## NO MORE "DOSING" MY CONSTIPATION —I'VE CORRECTED THE CAUSE!

"Regularity" is important every time, but it's vitally important in these busy war days when all of us are working harder than ever. Don't you be "dosed 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 relief.

See KILGORE'S ALL-BRAN... grating as a cereal or in hot, crisp muffins... eat it every day... drink plenty of water... don't let it go if you don't forget you ever had 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 relief.

## TO THE HILT

By Percival Christopher Wren

### CHAPTER XXV

Comfortably seated side by side on the cushioned chair, the two talked of old times, talked as they had done a thousand times in childhood when the girl had been the boy's inseparable companion, fag, henchman and willing slave.

Slowly he thawed and warmed towards the woman of whom he had always been quietly fond, whom he had always admired without praise and had approved without acknowledgment.

And when he realized that she had come to India with no other object or reason than to try to find him, to help him in any way that might be possible and to advise him wisely and induce him to return, he was more moved and touched than he would admit even to himself. The child who had been a good scout, a sound fag, had grown up into a remarkable woman. Quite unconsciously he put his arm about her shoulder and drew her to him.

"Oh, Dickie, you do forgive me," "Yes," replied Richard Wendover. "Yes, I'll forgive you, young Sybil—this once... Here, don't struggle me!"

That evening, hurrying downstairs lest she should be late for dinner and for a big dinner party—in the General's house of all places, Sybil found that she was first in the drawing-room.

A car drove up to the steps and a man in evening dress stepped out. The butler announced into the emptiness of the great drawing-room, "Mr. Stuyvesant Sahib," bowed and retired.

Looking round the room for his host and hostess, seeing none, the man with assured manner, strode across the shining parquet in the direction of the boy's fire and suddenly saw Sybil Finlay seated in a high-backed chair.

"Good evening," he began, "I—" and suddenly stopped open-mouthed.

"Prinny! Balitzin!" said the girl. "Why? I had no idea that you—"

And also stopped. For, to her amazement, the man turned on his heel, hurried from the room and called for his car.

And as the world soon knew, Captain Richard Wendover was pardoned, reinstated, promoted and decorated in recognition of the great courage and ability, initiative and fine example that he had shown in the successful defense of Gilraza Fort in the

belief that they were honest tribesmen solely desirous of rescuing him, albeit in return for ransom money. This young officer was complimented, decorated and promoted—a sufficient answer to the malicious scandal-mongers who had been more than hinting that he had tried to buy his own safety at the expense of that of a British outpost.

"I say, Dickie, I've just thought of such a queer thing that happened here a little while ago," Sybil was saying to Wendover as the General was watching them.

"Oh? It didn't strike you dumb?" "It did though—for a moment. Who do you think walked into the drawing-room while I was sitting there alone? Do you remember that Prince Balitzin?"

Wendover's eyes turned sharply toward hers.

"Yes, I do remember a gentleman named Balitzin," he said. "Well, I was sitting in the drawing-room alone just before dinner and he walked in."

"Did he, now?" said Wendover quietly.

"Yes, and the curious thing was that the butler called out, 'Mr. Stuyvesant Sahib,' most distinctly."

"Oh, yes? And what happened?" "The man came across the room, saw me and gave a start. It must have been Prince Balitzin because he obviously recognized me immediately and just started—gaped. I said 'Why, Prince Balitzin?' and then he turned about and marched out of the room. And he must have gone straight away because he wasn't at the dinner."

So the good Balitzin had been down in Peshawar, had he, reflected Wendover, and in the role of an American special correspondent! What a shock he must have got when he walked into

## EASY-TO-GET-INTO

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the General's drawing-room and found Sybil Finlay there! And he must have done a little nattering that same night—back to his hotel, changed into Pathan kit, away down to the bazaar, and off to the hills with a picked handful of the Singing Hadji's best outlaws.

And that's where he's probably gone and he up for a while. He'd be safe in Sufed Kot with the Singing Hadji as long as the supply of roubles and rifles lasted, and that would be indefinitely, while he continued his anti-British agitation in Sufed Kot and Khairabad.

Balitzin! What a cruel pity! It made one sick to think that he had been so near so recently. He must have given Shere Khan the slip after all. Perhaps Shere Khan had found out and followed him and was in Peshawar even now.

And now if he, Gul Mohammed of Khairabad, were permanently changed back into Major Wendover of Napier's Horse, he'd never see Balitzin again; never get him where he wanted him.

To Captain Richard Wendover and Tommy Dodd, seated at the latter's dinner table over a glass of excellent port, entered Major Bartholomew Hazelrigg.

"Hullo, Ganesh! Come and sit down and have a liqueur or a glass of port. When are you off?"

"One thing at a time, Tommy Dodd," replied Ganesh Hazelrigg ponderously. "Don't hurry me. When am I off? Tomorrow. Good evening, Dick Wendover. Good evening, Ganesh."

"It was you I came to see," continued Hazelrigg. "Not this money feller Dodd. I want to know, once and for all and finally, whether you've made up your mind about the Levy job."

"Yes, quite definitely," said Wendover quietly.

"I'm more than willing to raise and command a regiment to be called the Khairabad Levies which, in return for pay, rifles and uniform, will guarantee to protect the Khairabad-Gilraza Road."

I'd want an absolutely free hand, of course, the freest minimum of red tape, and to pick my own officers."

"Oh, they'll be only too glad to give you free hand," replied Hazelrigg. "Mentally, you'll join Napier's Horse, I suppose."

"Yes, tomorrow." (Continued Next Week)

## Report On Grain Crops In Ontario

Yields of spring grain, now practically out of the ground throughout the province, are far below normal and will not be sufficient to meet the demands for livestock feeding and for the monthly crop report of the Ontario Department of Agriculture.

Several cases of Western grain have been ordered to meet the shortage, and many more will be required to maintain production of meat, milk and eggs and provide seed grain for next spring. Fall grains and feed crops, the report shows, show prospects of better yields.

All classes of livestock are reported in good condition, but purchases of feeder cattle are down due to high prices and crop shortages. Demand for dairy cattle and hogs is good.

A drop in the potato crop is expected, due to weather conditions, the high cost of seed and the scarcity of labor. Cattle Country, the major potato producing district, reports a crop cut of 60 per cent. The North Bay section of Northern Ontario less than 40 per cent. of normal due to patchy fields and disease that has affected potatoes in all parts of the province.

Not Many Big Incomes In Britain

Income-tax and super-tax on the largest incomes in Great Britain take 97½ per cent. of the gross income. Only 80 people in Great Britain now have an income, after taxes are paid, of more than \$25,000 (about \$25,000).

## MACARON CAKE

½ cup butter or shortening  
1 egg sugar  
2 egg yolks  
3 tablespoons milk  
1 cup sifted cake or pastry flour

Cream butter or shortening, add sugar gradually, and cream together well. Add beaten egg yolks and milk. Stir the dry ingredients together 2 times and add to first mixture. Pour into a greased pan (8" x 8" x 2"), spreading evenly with a knife or spatula. Sprinkle with 1 cup of sifted cake or pastry flour. Bake in a moderate oven (350° F.) for 45 minutes.

MIXTURE FOR SPREADING OVER CAKE BATTER  
1 egg white  
1½ teaspoon salt  
½ cup Crown Brand Corn Syrup

1 teaspoon BENSON'S or CANADA CORN STARCH  
Beat egg whites and salt together until stiff but not dry. Mix corn syrup and corn starch thoroughly, then gradually beat into egg whites. Stir in cocoanut or stale cake crumbs or crisp cereal. Spread temporarily in oiled pan and bake as directed. (If corn syrup is sugar.)

## TABLE TALKS

SADIE B. CHAMBERS

### Thanksgiving Dinner

MENU

Grape Juice Cocktail

Celery

Roast Chicken Savory Dressing

Cauliflower with Carrot Sauce

Salad Bowl of Greens with Tomatoes

Pumpkin Pie

Beverage of Choice

Cauliflower with Carrot Sauce

Cook cauliflower until tender. Turn into a warm dish. Pour on the following sauce:

2 tablespoons butter

2 tablespoons flour

¼ teaspoon salt

A dash of pepper, paprika

1 cup of milk

1 cup of chopped carrot

2 tablespoons chopped pimento

A little grated carrot added to the top before serving makes a very attractive dish.

Pumpkin Pie

2 cups cooked pumpkin

2 eggs

¾ cup granulated sugar

¼ teaspoon ginger

¼ teaspoon cinnamon

1½ cups milk

¾ teaspoon salt

Be sure pumpkin is well mashed and without lumps. Beat the eggs until frothy, add sugar and beat well, using the Dover beater.

Add pumpkin, seasonings and milk. Pour into a pie pan lined with pastry. Bake in hot oven at 450 degrees for 10 minutes to set the crust. Reduce heat (375°) until filling is set. Total time for baking—45 to 50 minutes.

A Truly Happy Thanksgiving To All!

Miss Chambers' personal letters from interested readers are placed in this column. They are always ready to listen to your suggestions. Send your suggestions to Sadie B. Chambers, 1000 Bloor Street West, Toronto. Send stamped self-addressed envelope if you wish a reply.

Grain, Vegetables Flourish In Short Hot Summer

Perhaps the most flourishing part of the world at the present time is the grain and vegetable belt of the United States. The population here has no fear of air raids or invasion and they are intensively busy producing not only food but also raw materials for the war effort.

For long Alaska has figured as an Arctic country where the only products were gold and furs. To give you a picture of the present situation, the winter in long and cold, but the growth in summer is rapid and the crops are plentiful.

A visitor to Fort McPherson, which is North of the Arctic Circle, says that on June 20th new buds on the trees were just perceptible. Forty-eight hours later the trees were in full leaf. In July it was unseasonably hot. On five days in July the average temperature was 55 deg. Fahrenheit.

Potatoes do well, and have been grown successfully sixty miles north of the Arctic Circle. Cabbages, cauliflower, lettuce, carrots, parsnips, beets, onions and rhubarb all flourish during the short, warm summer.

The Russians tell the same story. At Izarka in Arctic Siberia the cabbages are finer than those grown on the Volga. Flowers are marvellous. Violets, marguerites, forget-me-nots are twice the usual size. At Khibin on the Kola Peninsula 20 tons of potatoes have been dug from the average. Oats grow five feet high, barley and wheat, and all kinds of vegetables flourish.

Prices today are around the \$1.18 mark for the October future, a gain of more than 28 cents a bushel compared with a year ago. A sharp upturn in export demand has been a major factor along with a big increase in demand from eastern Canada for feed grains expected to reach record proportions this year. Millions of bushels are expected to be taken by eastern buyers.

Oats, Barley and Flax The United States and the United Kingdom have taken the bulk of export business, but there has also been good trade with Mexico, Portugal, Switzerland, Sweden and neutral Europe.

Heavy wheat export business was reported last week with the total for the six-day trading period placed at 15,000,000 bushels. The grain exchange has not provided all the good news for western farmers. They will collect higher prices for oats, barley and flax—under federal government subsidies—and to add to the cash income will be several million dollars paid under the wheat acreage reduction plan. First acreage reduction cheques are in the mail. They represent a distribution of \$7,000,000. In 1942 acreage reduction payments totalled \$20,000,000 on the prairies.

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## New Inner Tube To Outdo Rubber

Elasto-Plastic Substance 100 Per Cent Reclaimable

Development of a new elastoplastic material which, its discoverers assert, promises to outdo rubber in automobile inner tubes and numerous other products, was announced recently by Glenn L. Martin, president of the aircraft manufacturing company which bears his name.

The substance, which has been named marvinol, is not a synthetic rubber, Martin declared, but a new material better suited for many of the purposes for which rubber has been used than rubber itself.

"The new chem-elastoplastic substance, which in effect makes it possible to manufacture inner tubes from coal, salt and water on standard rubber fabricating equipment has been picked out of the research laboratory here and its uses have been fully exploited," Martin said in a statement.

"This was done because we were aware, last November, an answered critical war need—especially for automobile inner tubes and delicate goods for surgeons."

Another valuable property, said, is marvinol's ability to retain air when used in inner tubes.

contract is part of a picture which has changed radically in a year. I. 1942 there was anxiety over butter supplies, while cheese was put was making records. Large butter production was encouraged by subsidies.

New butter production has increased to the point where it is possible to make a quantity available to the United Kingdom as well as meet Canadian ration requirements and the needs of the forces at home, as well as supply ships entering Canadian ports.

The quantity of milk to be used in cheese production will be 100 cents a 100 pounds and will be payable from October 1 to April 30. Officials say they hope the effect would be to keep dairy herds in cheese manufacturing areas and to speed up the coming fall and winter months.

Fighter Plane Umbrellas The Liberator which did such damage to the Ploesti oilfields as to go nearly twice as far as they will when the British-Liberator forces have fixed up bases on the Aegean Islands. Allied bombers which have just struck at the Brenner Pass probably started from Sicily. From Corsica they can hit the same target—or any other along Nazi lines—in northern Italy with but a much less load. The present drive for the Italian airfields around Poggia aims at similar

cuts in consumption of fuel in half. A method by which "three or four shovels of coal will burn for 24 hours and give plenty of heat" has been devised by Wilfrid S. Higgins of Niagara Falls.

Fuel consumption is cut now than half during the months when only a small fire is required, is said, by "bricking up" one side of the fireplace, thereby reducing the size of the pot.

You simply put a bed of ash on top of the grate on one side of the fireplace. Then by the bricks on that, piling them on top of the other loosely. Five or six bricks are sufficient. Gas then with a light surface of ashes.

AWARD WINNER

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## Canada's HOUSOLDIERS

follow CANADA'S OFFICIAL FOOD RULES

Housewives are "Houseldiers" in the sense that they are providing nourishing meals that protect the health of their families.

A valuable Recipe Book, Economy Recipes for Canada's Houseldiers, containing many recipes suited to today's economy, is available to you at your nearest "Economy Recipes" store.

The Canada Starch, The Canada Syrup, The Canada Service Dept., 49 Wellington St. E., Toronto.

Published in the interests of CANADA'S HOUSOLDIERS by the NUTRITION CAMPAIGN by the CROWTHER SYRUP

THE WAR - WEEK — Commentary on Current Events

The Long Arm Of Allied Airpower Strikes Inside Hitler's "Fortress"

With the Russians reported to have broken through the German line in several places, the French practically in control of Corsica, Allied forces against the Aegean Islands, Yugoslavia holding most of the Balkan coast, and the British-American armies pushing up the hills, the walls and roof of Hitler's "fortress" are bent and broken. The Christian Science Monitor, not only has Germany been put clearly on the defensive; her lines of defence have been sharply contracted.

The Ring Tightens Of course it is easier to draw the pretty circles on the map than it is to establish bases even in the clear when we look at those mounting circles of the mapmakers. Allied air bases in the Aegean Islands will probably force German abandonment of Crete, for which they open the way to landings in Greece.

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