

I STOPPED "DOSING" MY CONSTIPATION AND CORRECTED THE CAUSE!

● In these busy days of war you owe it to your country—as well as to yourself—to keep "in the pink." That's why it's so important to avoid the common type of constipation caused by lack of "bulk" in the diet. And do it by getting right at the cause instead of "dosing" with harsh purgatives that give only temporary relief. Just follow this simple plan. Eat

KELOGG'S ALL-BRAN every day! It's delicious as a cereal or in hot, tasty muffins. Drink plenty of water. Then see if you don't agree ALL-BRAN is the "better way" to natural regularity. But remember, eat ALL-BRAN every day!

Grocers have ALL-BRAN in two convenient sizes. Made by Kellogg's in London, Canada.

TABLE TALKS

SADIE B. CHAMBERS

Pastryless Pies

There's no reason in the world why your family should not enjoy delicious pies for dessert, despite the scarcity of rationed butter and other shortenings. Here's a pie crust that requires no shortening of any kind — a tender, delicious pie crust that comes ready-made straight out of a cardboard package — no flour, no rolling, no fuss whatever.

First, get a package of Christie's Graham Wafer Pie. Then place a layer of wafers on the bottom of a lightly greased pie plate, trimming some of them to fit the shape, and filling in any uncovered spaces with wafer crumbs. Cut other wafers in halves and stand them on edge around the sloping side of the pie plate. And there's your pie crust!

Don't be skeptical as to whether the pie crust will hang together when individual pieces are cut! Just try it and see for yourself. You'll find that each individual wedge of pie comes out intact. For the filling of Christie's Graham Wafer Pie, use one of the following recipes:

Chocolate Filling
3 tablespoons corn starch
2 cups milk
5 tablespoons sugar
1 square chocolate or 4 tablespoons cocoa
1 teaspoon vanilla
Mix dry ingredients with a little cold milk. Scald rest of milk and add corn starch mixture. Put in double boiler and stir until it cooks and thickens. When smooth and somewhat thick, cover and cook for 10 minutes more, stirring occasionally. Remove from fire and add vanilla. Pour into graham wafer crust and chill.

Caramel Filling
3 tablespoons corn starch
2 cups milk
5 tablespoons sugar
1 teaspoon butter
1 pinch of salt
1/2 teaspoon vanilla or a few drops of maple
Caramelize sugar by heating over direct fire in top part of double boiler until it becomes a golden brown syrup. Remove from fire and add 1 1/2 cups of milk. Place over lower part of double boiler. Mix corn starch and salt with remaining cold milk to make a smooth paste. Pour hot milk over paste and stir thoroughly. Pour back into double boiler and heat until it begins to thicken, stirring constantly. After it thickens smoothly, cover and cook for 10 minutes. Stir occasionally.

EAT RIGHT FEEL RIGHT

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TO THE HILT
By Percival Christopher Wren

CHAPTER XXIII

The house in the Peshawar Bazaar was tall, narrow, and silent; its parapet roof flat, its few windows permanently shuttered, its door but rarely opened. Its proprietor was Mousafa, a thin, formerly dissipated man of the cavalry regiment of the Corps of Guides.

To Major Bartholomew Hazlerigg, living the life of a Pathan in the name and role of Ghulian Hyder, came Rissaladar Major Mousafa Shah.

"One comes, Sahib," he said. "One Gul Mohammed."

"Bring him."

Hazlerigg rose to his feet as a big Pathan stepped from the shadows into the bright moonlight.

"Welcome," he said. "I can hardly believe it... This is an answer to prayer—not yet prayed. Still, wishes are prayers. Thank God, anyway. Sit down and don't talk so much. Have a cheer! I've got some Loushes here, in pretty good shape."

"A-a-a! One of the things I miss... thanks... God, that's good!" sighed Wren, leaning back on the cushioned mattress and relaxing. "City seems pretty quiet."

"Yes, Sahib, peaceful—until the surface. Border quiet, too," replied Hazlerigg.

"Won't be for long, though," said Wren.

"No? Where's the trouble coming next?"

"Khalistan."

"What—the Road? I thought the old Khan had seen the light—that shines on the Sirkar's silver river."

"Yes, He had," replied Wren. "Sees a brighter light now, Paradise. That's what I want to talk to you about, because the new man regards the Road as the Scots preacher regarded St. He's against it. And he has got all the young men of the Tribe with him, and most of the elders too. There's a very clever man indeed behind it, and a mighty powerful force behind him. Quite a weighty person."

"Weight of terrorist and seditionist ruses—from the Indian side of the Border?"

"No, weight of roubles from the other side. He's an old friend of mine—though he doesn't know it. An old pupil, in fact. And now the role is reversed. Used to be used to him. Pushes and Hindustani, and now he's teaching me Bolshevism, Communism, Terrorism, Agitation and Assassination, and all that sort of thing. Fomentation of Trouble and Warfare. He has corrupted me utterly. Turned me from a peaceful inhabitant of Khalistan and member of the Party of Law and Order into a bitter anti-British agitator and trouble-maker. Corrupted Shere Khan too, and all his clan."

"And so this clever man, this weighty person who's an old friend of yours though he doesn't know it, an old pupil in fact, is attacking. And he's in your name of the Border, and his name is Ballitain."

Hazlerigg sprang to his feet.

"Comrade Comrade Ballitain," he whispered. "I understand everything now. He's the gentleman who writes notes in Russian—and in my name... and you actually know where he is."

"Let me tell you my end of the story—the time when Vere Vaughan and I were out there and got into the fort. Then you can carry on. I was on the track of a very bad lad known as the Fakir or the Cheater. Add the number ending with the Hadji of Turanaz, so Shere Khan and I went along and joined the party."

"Well, news suddenly came of the disaster to the flight stationed at the new Hunzara Fort around here. According to the account five planes had crashed in a row among the mountains and one had been shot at by the Singing Hadji's people and had actually come down at Kurnal, the pilot having been mortally wounded and the observer had been captured alive and unhurt and was now in the hands of the Malik of Kurnal, who rather proposed to keep him there. With profuse apologies to the host we cut short our visit at Turanaz. I went very unenthusiastically to Kurnal by roundabout tracks over the mountains, giving the Fort as wide a berth as possible. I discovered that young Vere Vaughan was alive and well but was a bone of contention—a bone that was likely to be picked pretty clean. There were two parties in the lively city of Kurnal, one of which was following its plain religious duty and handling the infidel over to its spiritual ruler, the Singing Hadji, for treatment, and the other was for keeping him for ransom."

"This party wanted to run him along to the nearest Fort, Giltraza, of course, and hand him over to C.O.D. or part cash and three months bill of exchange. And into the middle of this squabble who should stroll but—"

"Comrade Ballitain," murmured Ganesh Hazlerigg.

"Exactly. The first thing was to

rescue young Vere-Vaughan. So far from introducing myself to Comrade and inviting him to come outside, I avoided him like the Devil.

"Shere Khan and I cultivated the expansive Wall Dad, learned all about everything that was going on, and put ideas into his head. So that when the plot for capturing Giltraza Fort was all neatly cut and dried, I, the outlaw Gul Mohammed, and Shere Khan his brother, offered to join the party that was going to march into Giltraza Fort. Wall Dad mentioned this to the Committee and guaranteed us as stout citizens, old friends of his.

"And so we joined the band. And my next effort was to get into personal touch with young Vere-Vaughan who was evidently keeping his end up splendidly. But I never got a chance of so much as winking at him.

"Naturally Ballitain had some deep game of his own. He gave me slightly, add milk and vinegar, and pour into first mixture, stir constantly. Place over boiling water and cook, stirring frequently, till mixture thickens. Meanwhile, soften gelatine in cold water, then dissolve in hot mixture; beat smooth. Add flaked salmon. Turn into greased individual moulds or into one large greased mould (loaf pan or casserole). Unmould on crisp lettuce and serve cold."

Today, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA

SALMON SALAD MOULD

2 teaspoons salt
2 teaspoons dry mustard
1 tablespoon sugar
2 eggs
1/2 cup milk or cream
Combine salt, mustard and sugar in top of double boiler. Beat eggs slightly, add milk and vinegar, and pour into first mixture, stir constantly. Place over boiling water and cook, stirring frequently, till mixture thickens. Meanwhile, soften gelatine in cold water, then dissolve in hot mixture; beat smooth. Add flaked salmon. Turn into greased individual moulds or into one large greased mould (loaf pan or casserole). Unmould on crisp lettuce and serve cold.

Kharkov Called "Detroit Of Russia"

Kharkov, captured from the Nazis, was Russia's original "tank down line." If you take two wheels revolving in opposite directions, and blindfold the driver, he will fly through the wind without ever hitting a spoke, he has been able to do it in a tank. Of course, he is a tank driver. We don't want to think that everything in this world has been created by us, and that we are masters of nature.

—Charles F. Rettering.

Trained Canadians

Canadian Commander-in-Chief in the Pacific is Maj-Gen. G.E. Hughes, whose troops experienced their first offensive action in the bloodless occupation of Kiska.

Light-Reflecting Concrete Floors

Light-reflecting floors have been installed in Boeing, Consolidated, Douglas, North American and other aircraft plants. The concrete floors are made of white portland cement, so that they become giant reflectors instead of giant absorbers of light. Lighting on underside work surfaces is increased by 61 per cent, and illumination on vertical surfaces by 20 per cent.

Post Overseas Christmas Mail By November 1

Faced with the task of moving more Christmas mail to more Canadians in more corners of the world than ever before, the Post-Office Department announced last week the deadline for parcel mailings will be November 1.

Parcels mailed by that date—unless there is a mad rush at the last moment—will be delivered to Canadians in Sicily, Italy, Ceylon, North Africa, the United Kingdom, the Aleutians, the West Indies or wherever else Canadians may be.

The mailing deadline is set 10 days earlier than in 1942. Officials said Christmas mail overseas last year amounted to 8,000,000 pounds compared with 5,000,000 pounds in the previous year. This year, with more Canadian servicemen and women overseas, they anticipate a total mail load of about 10,000,000 pounds.

"We are suggesting that Canadians planning to get Christmas mail to their friends overseas get started as soon as possible," one official said.

"It is far better that a parcel be mailed in September or October with the assurance that it will be delivered in time—barring accidents beyond any control—than that the men overseas should be disappointed at Christmas by not receiving the expected gifts from home."

The chimera fish is the only vertebrate to retain traces of a third pair of legs.

ISSUE No. 25-43

CHEFS AT FRONT



Right at the front in New Guinea are the Australian and American commanders. Gen. Sir Douglas Blamey, left, and Gen. Bernard Arthur Blamey, right, are the Allied amphibious landing near Lae while MacArthur personally witnessed the US paratroop attack near that place.

OTTAWA REPORTS

That Canada Closed the Last Crop Year With a Carry-Over of 601,500,000 Bushels of Wheat

Canada's piled up wheat surplus, one a bewildering, and almost embarrassing factor in domestic affairs, since as one of the world's greatest food assets, when surplus suddenly finally settles down to save stricken nations from starvation.

Despite the increased use of wheat for other than human consumption during the past year or more, Canada closed the 1942-43 crop year with a record carry-over of 601,500,000 bushels of wheat.

The carry-over was approximately 177,000,000 bushels greater than the surplus remaining at the end of July, 1942, and 121,000,000 bushels more than the previous record carry-over on July 31, 1941.

A feature of the 1942-43 crop year was the large supply of wheat still in farmers' hands at the end of the crop year. More than 197,000,000 bushels—almost one third of the total carry-over—was held on the farms.

The use of wheat for animal feed was one of the outstanding developments of the past year, and promises to figure prominently in the present crop year. The wheat by distillates to make industrial alcohol has also consumed a large proportion of wheat in the Canadian domestic market.

During the past crop year the people of Canada consumed only about one-half as much wheat as went into animal feed and alcohol production. More than 525,000,000 bushels of wheat are likely to be used in the United States, Canada, and Argentina during the next 12 months for the feeding of livestock, the production of industrial alcohol or for heating of homes and buildings.

Shipments of Canadian wheat for export during the first nine months of the crop year 1942-43 totalled approximately 117,000,000 bushels compared with 158,000,000 in the corresponding period of the previous year. Four shipments in terms of weight were in same period of the 1941-42 crop year. Wheat grain exports were 75,000,000 bushels smaller.

American farmers produced more than four million acres of flaxseed in 1942.

U.S. GOVERNMENT NATIONAL DEAFNESS SURVEY

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THE WAR WEEK — Commentary on Current Events

The Bulk Of The Italian Navy Now Safely Anchored At Malta

Varying in details, but with an inexorable logic that was beyond the calculations of the dictators, the present war is being fought to its predestined conclusion in an almost uncanny parallelism to the course of events in the last war. This is again emphasized by the dramatic surrender of the Italian Navy, the bulk of which is now safely in Allied hands. Thirty-two Italian warships, including four battleships, six cruisers, eight destroyers and fourteen submarines, are now anchored at Malta, in fitting homage to that indomitable island. More war vessels are expected to arrive in the near future if they can escape the German clutches. The Germans, having seized the northern ports of Italy, may have succeeded in capturing some of Italy's fifty to sixty submarines, as they have probably seized a part of Italy's merchant fleet. But it may be doubted whether they will be able to make much use of them.

The Italian Navy, in any case, is either "practically" accounted for, especially all of its remaining battleships, and presumably all of its remaining cruisers. And, according to Allied sources, they are first-class and ready for immediate action, which will be greatly facilitated by the Allied seizure of the naval base of Taranto, which presumably is accented with all necessary naval supplies.

Scapa Flow
Inevitably, thoughts go back to Scapa Flow, where a once proud German Navy surrendered after the last war. Once again it has been shown that an inferior navy is little more than an expensive luxury, and in a prolonged war even a danger point. For, as in the case of Imperial Germany, the disintegration of the Italian fighting spirit also has been shown. It could not and did not stop either the Allied invasion of North Africa or the invasion of the Italian homeland. And this refusal to face suicidal odds was one of the main causes of the Italian collapse.

But the surrender of the Italian Navy is both more and less than Scapa Flow. It is less because Germany, the main enemy, still continues the fight, and has even succeeded in seizing the major portion of Italy, from which it will take time and trouble to dislodge her. But it is also more, because both General Eisenhower and Admiral Cunningham have already made it clear that the Italian Navy will become part of the Allied naval forces, to be used against both Germany and Japan.

Mediterranean Highway
Surrender of the Italian fleet has finally cleared the Mediterranean of even a potential menace. It has thereby opened up an unimpeded highway for sea-borne attacks against the remaining Axis partners. From now on, Allied convoys can move freely through that lifeline of inter-Allied communications for landing operations at any point along its shores which the Allied command may decide. From now on, supplies to Russia, to India, and to China will find an easier and shorter route than the long way around the Cape of Good Hope. Finally, from now on, a large part of the British fleet can be transferred to the Indian Ocean or the Pacific, for operations against Japan in conjunction with the American forces. And though a prediction made by Generalissimo Chiang Kai-shek in his opening speech to the Kuomintang executive committee that Japan "would be defeated in possibly six months, and certainly not much longer than one year," may prove to be too optimistic, the Japanese military masters know what the Ital-

VOICE OF THE PRESS

A WISE MOVE
The managements of three local theatres have announced that they intend to clear all children who are not accompanied by their parents out of their theatres at nine o'clock every night. In other words there is going to be a strict enforcement of the curfew law. We commend the theatres for this action, for if the parents of these children do not take sufficient interest in their welfare to see that they are home, someone else must. —Peterborough Examiner.

WHAT'S THE USE?
With junior away in the Air Corps, the family again has the use of the car. However, as it turns out, junior has the gas. —Milwaukee Journal.

ALSO CANADIANISM
Americanism: Farmers scolding workers for hindering the war effort to get war money; the nation pleading for corn and beef while farmers hold for a better price. —Victoria Times.

ANGLING GARDENER
She said her husband's garden wasn't much of a success because every time he starts digging he finds worms and goes fishing. —St. Thomas Times-Journal.

BARK TO BITE
War sacrifices are passing from the bark to the bite stage as the hot dog becomes a war casualty. —Kitchener Record.

NOTE TO BLOOD DONORS
Army doctors talking to a newspaper correspondent in Sicily on the subject of blood plasma said: "Write lots about it, go clear please she went."

SIDE GLANCES

By Galbraith

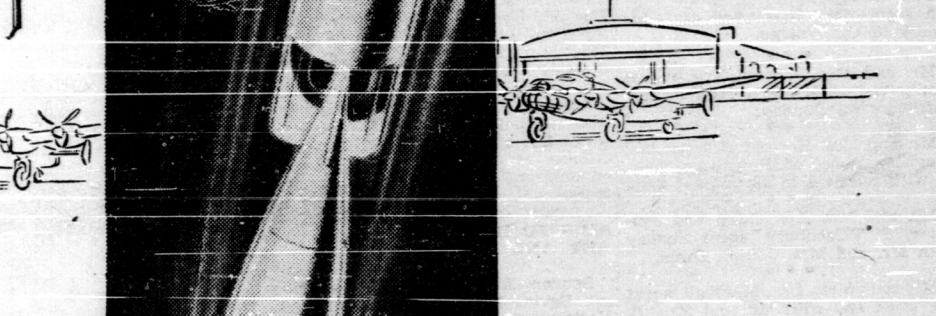


"By the gods, I didn't know the stores sold pants for boys until I had outgrown my father's!"

overboard for it; say that plasma is the outstanding medical discovery of this war. This will be of interest to the public generally, and to blood donors particularly, and to blood donors particularly.

DOINGS AT THE 800
There is no hay fever at Saint St. Marie, according to F. W. Collins, Canadian Pacific Railway Industrial Commissioner.

A joint statement issued by the Prices Board and Transport, Labor and Munitions Departments, last week said shortage of labor and transportation would result in no Christmas trees being cut this year.



THE RAIN OF DEATH IS DEADLIER BECAUSE OF WAR ALCOHOL

Here is a load of grief for Hitler... 1000 pound packages of concentrated destruction, made with the help of War Alcohol, and powerful enough to flatten whole city blocks.

Due to its "stabilizing" influence, alcohol is also used in tremendous quantities in the making of smokeless powder and other war materials. It is a basis for ether, widely used in the manufacture of high explosive. It keeps planes ice-free. It keeps trucks and tanks rolling in zero temperatures. It is used in the production of synthetic rubber and plastics. It serves doctors, nurses and field dressing stations as a practical disinfectant. Alcohol is now in Battle Dress 24 hours a day. All of our plants are producing it... to 100% capacity... for the duration.

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By GENE BYRNES

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JOHN

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