

every woman will want...

The new Kellogg's "Weight Control Plan" gives you vital facts on menu planning and holding your "ideal" weight. Scientifically prepared weight-control menus (at three caloric levels) for every day in the week. Prepared by competent authorities, this booklet can help you and your husband look your best, feel your best. You will find the new Kellogg's "Weight Control Plan" packed inside the top of every package of Kellogg's ALL-BRAN—the delicious food that aids natural regularity. Get your copy at your grocer's now.

#### How Can !? By Anne Ashley

Q. How can I remove wrinkles from a garment? A. Moisten with common starch and water. Apply on the wrong side with a cloth and then iron.

Q. How can I remove burnt

stains from aluminum? A. These stains on aluminum or other unsoldered utensil of brass, tin, or iron, can be removed by placing it while empty over the gas flame or fire until red hot. Q. How can I keep vegetables from losing their appetizing color

when they are cooked. A. By not cooking them too long. Spinach, asparagus, cabbage, and cauliflower seldom need more than 10 minutes cooking: carrots. peas, turnips, and parsnips between 20 and 30 minutes. How can I bleach white

A. By washing in the usual way and then soaking over night in one half gallon of clear water, to which added two teaspoonfuls cream

on wall paper so that they will not

A. By moistening a scrap of the paper which has been saved, and then carefully scraping off the cothis coloring to the scratch, and

Fish, Flesh, Fowl Or Three In One?

One of the most curious animal in Australia is the platypus, which seems to be a mixture of several animals. It can live either on land or water. It has the fur of a seal, bill of a duck, and is webfooted. It has short legs with five webbed toes on each foot, and the male has a horny spur on his heels. Unlike the duck, it has nostrils at the extreme end of its bill. Although clumsy on land, it is a fine swimmer, and snails and shell fish compose its food. It lays eggs like a turtle, but carries its young in a pouch and suckles them.



Now ... here's reliable home-proved medication that works 2 ways at once to relieve distress of child's cold—even while he sleeps!

Just rub throat, chest and heek with Vicks Vaporub at beditime, instantly Vaporub starts to relieve coughing spasms, ease muscular soreness or tightness, and invite restrul, comforting sleep. Often by morning, most of the misery is gone.

For baby's sake, try VapoRub tonight, it must be good, because when colds strike, most mothers use Vicks VapoRub.

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ISSUE 50--1944

WRITE FOR CATALOGUE

42 Wellington St. E., Toronto

## Sapphires and Diamonds

the picture in her hand. He wasn't

Nancy both eyed her in silence.

was going to remain in California.

And it was here that she came now

even as she thought of that she dis-missed the idea. He would not do

and follow her home in order to be be with her? He had not spoken

a word of love to her, Peggy, and if she had been foolish enough to

imagine things from his tone, and expression—well it was just too

He had only been glad for the

family when she told him she would give Harry back his ring. Of course he had been glad. He wouldn't

want Maxine's sister to do anything foolish. And she had been count-

ing the minutes until six o'clock when he would bring her the ring.

wouldn't be here if he came. She

(Concluded Next Week)

Modern Etiquette

By Roberta Lee

1. For how long a time should

widow wear mourning?

2. When a girl is invited to sup-

per after the theater, what would be suitable for her to order?

3. Should the husband or the wife send out informal dinner invita-

4. If a knife, fork, or spoon is

one's hostess is serving the meal, who should pick up the dropped

5. Is it proper for a man to remove his hat when entering an of-fice where women are employed? 6. In what manner should a for-

mal introduction be phrased?

ANSWERS

1. She may wear all black for a few weeks. Then the black may be

modified gradually with touches of white here and there. There is no set time that one should wear mourning, and some people do not

band and herself. 4. The one who drops it should do so, and without displaying any embarrassment. It is not necessary to make any reference to it. 5. Yes; a well-bred man will remove his hat when entering any office, even his own. 6. There are several forms, but "Mrs. Smith, may I present Mr. Allen" is cleaved.

may I present Mr. Allen" is always

ne wouldn't wait, sh

DOROTHY TROWBRIDGE

CHAPTER XV

"Oh, dear, I wish so too," Peggy cried desperately. She didn't tell Maxine of Stanley's hope to ave it by late afternoon. That did not seem very promising now. Why hadn't he waited until later to go in town for his bags, and stayed here and looked for the ring? That ring is a hoodoo, she thought. First 1 bend it, then—"Maxine, I'm going bend it, then—"Maxine, I'm going into town. Never mind why. I'll be back soon." She ran to the kitchen to tell William to get her the pony cart, and in a few min-utes was driving rapidly down the road toward town with her hopes

running very high.

But she returned home and hour and a half later more in the depths than ever. The ring that she had suddenly remembered high control of the return of the return of the return of the remembered higher than to him over the phone. I had not known he was coming, and was surprised that he had found out my home address. But it did seem an excellent way for me to see him and the remembered higher than the remember of the remember suddenly remembered Mr. Carver was making like Harry's, had al-ready been sold when she reached Marshville. "I wanted to see the ring you

"He came here to see her, of course. "It was awfully important," Peggy was repeating to herself. "I am just the little sister who mustn't be allowed to marry the wrong man. Oh, I hate him!" she thought, slauming the magaworked right straight through on that ring from the time I started that ri on it yesterday. Jim said I was crazy. He wanted me to take my time at it. But once I get started crazy. He wanted me to take my time at it. But once I get started to work on a thing like that, I've just got to keep going and get and Nancy started towards them just got to keep going and get it finished. And it certainly was a beauty. As much like that ring of your friend's as two peas in a pod. I just had it finished and was standing here admiring it, when in comes a young man and buys it right off. Some girl surely is going to be happy to have that ring."

She had been so sure she had found a way out that to discover she was too late was about the last straw. Why on earth hadn't she thought of it sooner? "Where is everyone?" she asked

Maxine on her returrn. "Nancy is still upstairs. Gran returned and he asked her if he might talk to here. They have been shut up in the parlor ever since.' "For heaven's sake, why?" Peg-gy demanded. "He doesn't think Gran knows anything about it, does he? She certainly seems to like him, Maxine. I was awfully surprised, weren't you? Gran and

There was a sudden sound in the uppper hall. A door wa being tlung open and light footsteps were rush ing down the stairs. "Nancy," murmured Peggy.

"Pidge must have come," whispered Maxine. But Pidge had not come. It was only Nancy rushing out to them on the terrace with a motion picture magazine held open in her hand.

"I suppose that was meant to be funny!" she snapped at Maxine as she passed her and handed the mag-azine to the astonished Peggy. "Here is a picture of your sister's Mr. Newton," she told her as if Peggy could tail to recognize the face that was smiling at her from the page. "'Mr. Stanley Newton," Nancy read aloud, "'one of the youngest and most outstanding directors of the motion picture industry today.' So that's your de-

didn't want to hear his explanation. She didn't feel like laughing over the joke. She wanted the ring to Peggy stared in amazement at give back to Harry and then s wanted to forget men.



A man's sock makes this cuddly doll. A pair makes two. It's all in the cutting and joining. Youngsters would love to make them!

One bandanna dresses this inexpensive doll, so simple to make. Pattern 542 has directions for 12-inch sock doll, clothes.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Print plainly pattern number, your name and address. A man's sock makes this cuddly

# LESSON

CHRIST IN THE HOME Matt. 19: 4-6; Luke 10: 38-42; 2 Tim. 1: 3-6. GOLDEN TEXT.—These thing

I command you, that ye may love one another. John 15: 17.

The Institution of Marriage In our lesson we find the Pharin's sake don't let Gran see that. Of course Stanley isn't a detective. here to see me, but after Gransaid she didn't want to meet anyone connected with pictures I didn't see how I was going to manage it until Peggy said that about his being a detective, and to get him out here. Of course I was just kidding when I said that to him over the phone. I had not known he was coming to the proper man to read that He which made them to the proper was to the proper with their questions. This time it is a question which would have been in order if asked in the proper manaway his wife for every cause?" Jesus appealed to their own knowledge with the question "Have ye not read that He which made them to the proper manaway has wife for every cause?" at the beginning made them male and female, and said for this cause shall a man leave father and mother and shall cleave to his me to see him, and it really was awfully important. I thought the wife: and they twain shall be one flesh?" There was no matter of ring would be found anyway. I'm sorry," she faltered as Peggy and Nancy both eyed her in silence.

doubt left, regardless of the laws of the church or laws of the land, for "What God hath joined together, let not man put asunder.

Mary and Martha
The certain village was Bethany
which is quite close to Jerusalem.
Martha seems to have been the
head of the house where she lived with Mary her sister and Lazarus her brother. They apparently had a great love for the Lord, and Jesus must have enjoyed the fel-lowship of Martha and her family, for quite often he was found visiting there.

and Peggy slipped away from them quite unnoticed. Without thinking where she was going Peggy ran through the rose garden and into the summer house. This was where she had always Jesus did not miss an opportunitiy to teach God's Word, and at his feet was Martha's sister come with her trorubles since she

Mary, eagerly listening to the Master's message.

There was much to be taken care of in the preparation of the meal for Jesus and his disciples, and Martha was the mean for Jesus and his disciples, and Martha was very busy looking after everything. She became ir-It was here that she had come when Maxine had written that she riitated seeing her sister Mary sitting at Jesus' feet and in a way blamed the Lord for her siswhen she was unhappy about— about Stanley not finding the ring, she told herself. What had he been saying to Gran this afternoon? Had he told her about the engagement, and that the ring was here? But ter's attitude. In his own unique way the Lord rebuked Martha with words of kindness. "One thing is needful, and Mary hath chosen that good part which shall not be taken away from her." May we in serving the Lord not become too busy to take time to si that, she knew. What was she unhappy about? What more natural than that Maxine's director should be in love with his star at the Mast r's feet.

A Godly Home Paul, writing to imothy, thanks God that he continually remembered Timothy in prayer. He gave God the praise and glory for this remembrance, since it was He who put it into his heart to pray. Paul was a man of prayer, praying was a man or prayer, praying night and day without ceasing. Paul was an intercession in prayer; he not only prayed for himself but for all the saints.

Paul mentions that he served God from his forefathers. He appreciated the fact that he had been brought up under strict re-ligious influence. He was not saved when he would bring her the ring.

And now it was—she glanced at her wrist wateth—it was two minutes to six, and he was probably in the house laughing with Maxine at the idea they had put over on them.

Lis conversion it was a source of help and blessing to him. Paul had a great love for Timothy who was in possession of the same unfeigned faith that dwelt in his mother and the same unfeigned faith grandmother. He urges Timothy to stir up, or awaken, that gift he cause just then she saw him come out of the front door, pause a moment there to look towards the rose garden and then start down the

Wrens 'Carry On' In Hell-Fire Corner

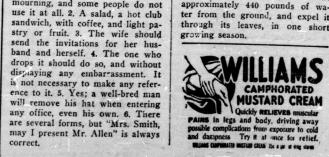
Shell-fire and flying-bomb at previously a dangerous job for the Wrens of the Dover Command into one of the most hazadrous

tasks of the war.

I learned their story in a naval machine shop in the forefront of "Hell-fire Corner". The shop was crammed with racks of live torpedoes. The "Torpedo Wrens", as the girls whose job it is to over-haul the Navy's torpedoes are known, were working as usual, testing the torpedoes cleaning and greasing them, and loading them by crane on to waiting trucks. This 4. If a knife, fork, or spoon is dropped while at the table, and one's hostess is serving the meal, who should nick up the dropped the area.

A single sheil-splinter, I was told by an R. N. officer, would have been sufficient to have sent "the whole works sky-high". But the Wrens never faltered. "They were magnificent" said the officer They were magnificent," said the efficer. They refused to take cover, except on one occasion when they were or-dered to do so, and then they returned to work within 10 minutes.

approximately 440 pounds of wa-ter from the ground, and expel it through its leaves, in one short growing season.



# Easy to roll, delightfu — to smoke

FINE CUT CIGARETTE TOBACCO

### TABLE TALKS

Christmas Puddings

during holiday time and in for-mer years our only worry was to have the time to make all the puddings

and cakes we wanted. Now, we have to conand prices. These recipes have been designed to fit all these requirements. Look them over, Christmas Pudding

(Serves 12) 1 egg 1 cup molasses 1 cup sour milk 1 teaspoon soda, dissolved 8 cups flour 1/2 teaspoon cinnar 1/4 teaspoon cloves 1/8 teaspoon nutmeg

½ cup ground citron ½ cup candied cherries

1 cup chopped raisins

1 teaspoon vanilla Cream sugar and butter Add egg, slightly beaten. Add molasses, milk ac flour al-ternately, a little at a time, blending well. Add fruit and vanilla. Pour into two greated pudding molds. Cover and steam for 3 hours. Serve with hard or If you want to splurge a bit and can afford it, here is an old-fash-

ioned, real English plum pudding English Plum Pudding 14 cup sifted cake flour 4 teaspoon baking soda 4 teaspoon nutmeg ½ teaspoon mace ½ pound raisins, chopped 2 pound dried currants, chopp 14 pound citron, chopped

**VETERAN RETURNS** 



Veteran of fierce allied fighting at Caen and Falaise during the fight for the liberation of France, Captain A. A. Masson, M. C., Fusiliers de Mont Royal, famous Montreal regiment was among the 40 Montrealers in the "category" overseas service party shich arrived recently at Windsor Station, Montreal. Also a veteran of Dieppe, for which he received the Military Cross from His Majesty the King; Kiska, where he "didn't do much", Captain Masson is pictured here on his arrival as he was greeted by his wife, at the Canadian Pacific terminal.

2 pound brown sugar 5 eggs, separated ½ pound suet, chepped glass currant jelly

4 cup fruit juice (any kind) Sift flour, salt, soda and si together; stir in fruit and almo Soften crumbs in milk 10 minu Beat sugar into beaten egg yo. add the suet and crumbs; stir if fruit-flour mixture. Add fruit ju and jelly and mix well. Fold stiffly beaten egg whites. Pour to greased mold; cover tightly

OATMEAL PORRIDGE Old-fashioned oatmeal is as one of the main sources of min B, which is probably ano the porridge-eat Scots are a hardy race. -The Brantford Expe

There are about 30,306,000 vomen and children on far the United States.

Relieve Neuritis. Neuralgia Pain



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Why Aspirin works so fast Instantly! Yes, the moment you drop an Aspirin Tablet in a glass of water it begins to disintegrate. And that same quick action takes place in your stomach. Thus, you get relief almost instantly. Aspirin has proved itself through generations to be quick; effective, above all, dependable. That's why Canadians have come to rely on this famous analgesic for relief from pain due to headache, neuralgia or neuritis. So protect yourself from needless misery. Just get a box of genuine Aspirin at your druggist's today and follow simple directions.

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NOSTROLINE





TRIPLETS: ALL BOY SCOUTS



Believed to be Canada's only triplet Boy Scouts, here are, left to night, Charles, Edward and Henry Mansell, who are members of the 44th Windsor, Ont., Boy Scout Troop at St. Anne's Church. The triplets are the sons of Mr. and Mrs. Leo Mansell, of Tecumseh, near Windsor. They were born in 1932.

'TROJAN HORSE'-MADE IN GERMANY



An Allied flyer examines a wooden horse, one of a number of dummy farm animals which Germans scattered over an airfield in Our airmen weren't fooled

ALLIED SQUEEZE PLAY



Map shows where French Army units, in a 19-mile advance, crashed into the heart of Strasbourg splitting the German front in Eastern France, while General Patton!: tanks drive to within 14 miles of Saarbrucken from the captured Metz area. In the south, meanwhile, French First Army forces drive toward Colmar to seal off the Nazi escape route across the Rhine.

RALSTON'S SON BACK FOR STAFF COURSE



War Not Over Yet: Captain Stuart B. Ralston, son of Col. J. L. Ralston, C.M.G., D.S.O., former minister of national defence who resigned on November 1 from the King Government, told reporters station, instead of the folks back here the war isn't over yet" at the Canadian Pacific Railway's Windsor Station, Montreal, when he returned from overseas recently to go on a staff course at Royal Military College, Montreal, when he returned from overseas recently to go on a staff course at Royal Military College, Minister of the Ringston. Overseas since January of 1942 when he landed in England as a lieutenant, Capt. Raiston, War Kingston. Overseas since January of 1942 when he landed in England as a lieutenant, Legion War Kingston. Overseas since January of 1942 when he landed in England as a lieutenant, Capt. Raiston, Montreal, when he accepting a cup of coffee from one of the volunteer workers of Canadian Legion War Services, came back from R.C.A. Headquarters, 2nd, Canadian Corps, with troops returned from overseas.

ANOTHER CANADIAN WINS VICTORIA CROSS



Major David Vivian Curie of Moose Jaw, Sask, and Owen Sound, Ont., whose bravery and leadership in heavy have won him the Victoria Cross. The pictures were taken in a fighting zone. They show, left, a closeup of Major of the contract of t

have won him the Victoria Cross. The pictures were taken in a lighting zone. They show, lett, a chosen and continued and with a light and continued for the South Alberta Reconnaissance Regiment, Major David Vivian Currie, 32, of Moose Jaw, Sask., and Owen Sound, Ont., an officer of the South Alberta Reconnaissance Regiment, Major David Vivian Currie, 32, of Moose Jaw, Sask., and Owen Sound, Ont., an officer of the South Alberta Reconnaissance Regiment, and the second of the main German escape routes became the seventh Canadian to win the Victoria Cross of this war for blocking and holding one of the main German escape routes out of the Falaise pocket, Defence Headquarters announced.

A peacetime automobile mechanic and welder, Major Currie displayed the heroism that won him the Empire's highest award for A peacetime automobile mechanic and welder, Major Currie displayed the heroism that won him the Empire's highest award for a peacetime automobile mechanic and welder, Major Currie displayed the heroism that won him the Empire's highest award for the remined or wall or the continued for three days and three nights.

The citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and the citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and The citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and the citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and the citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and the citation said that all the officers under his command were either killed or wounded and "when his force was finally relieved, and the citation said that all the officers under his command were either killed or wounded and "when his force w

DITCHED!

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**NEW CHAMP** 

Danny Webb, Canadian (overseas)

eatherweight champ, poses her

for a Canadian Army cameraman.

He recently won a three round de-

cision over world flyweight cham

England sport circles predict a

great future for the dark skinned

pion Jackie Paterson and Lor

lad from Montreal.



French infantryman has this Nazi where he wants him-in a ditch near Belfort, France. In bullet-riddled car are bodies of three of German's comrades whose flight ended in sudden death.



Mrs. Albert V. Alexander, wife of the First Lord of the Admiralty, congratulates Pigeon Gustav, after she had presented the bird with the Dickens award for bravery in ceremonies in London, Eng. The award was made in behalf of the Allied Forces Mascot Club for bring back the first message from the Normandy beaches.



H. D. G. Crerar, C.B., D.S.Q., General Officer Commanding-in-Chief, First Canadian Army, who



