

Place meat and vegetables in lay-

ers in greased baking dish. Season layers with salt and pepper. Place

green pepper slices on top for gar-nish. Bake in a moderate (350 de-

one of each raw so that you can

get all the vitamins possible. Long cooking will destroy many precious

Country Baked Limas

Place lima beans, bacon and on

ion in layers in pot. Combine the

2 cups lima beans % pound bacon, cut small 1 medium onion, sliced

14 cup light molasses

11/2 tablespoons brown sugar 2 teaspoons salt

1 teaspoon dry mustard

2 tablespoons chili sauce 1 cup tomato juice

Pour the mixture over beans.

Smart and New

It's smart and it's new . . . that side-buttoning. And so very sensible. Pattern 4455 is adorably simple and comfortable. And note this,

too . the diagram shows you how easily it can be made. For the house try percale or chambray; a rayon fabric for better.

Pattern 4456 comes in misses

and woman's sizes 12, 14, 16, 18, 20; 30, 34, 36, 38, and 40. Size 16 requires 3<sup>1</sup>/<sub>4</sub> yards 35--inch. Send Twenty cents (20c) in

coins (stamps cannot be accepted) for this pattern, to Anne Adams, Room 421, 73 Adelaide St. West, Toronto.

4456 SIZES 12-40

Bake 4 to 6 hours in a slow (250-

degree) oven. Uncover for last 1/2

following:

gree) oven for 2 hours-

### TABLE TALKS SADIE B. CHAMBERS

#### First And Second Class Protein Foods

Meat is a first class protein food and deserves a high place in your diet. It's used to build and repair body tissues and is necessary for both children and adults. Fish, poultry, cheese and meat are "first class" protein foods. Leg-umes, in which class we include, roughly speaking, those plants that

grow in pods, and consist of navy beans, black-eyed beans, pinto beans, kidney beans, black beans, hma beans and soy beans; dried split peas, peanute and lentils, are what we call "second class" protein foods and that means they

do an excellent job of body building but can't take the place of meat entirely. Possible exceptions to this are peanuts and soybeans, both of

which are now being considered complete proteins. While meat is rationed we will have to include plenty of all the proteins in our diet. Lower priced tuts of meat are just as good for you, nutritionally speaking. Here's a "meat stretcher" and also a recipe for fixing up a second-class protein:

Meat Casserole (Serves 6) 2 cups sliced raw potatoes

2 cups chopped celery 2 cups ground beef (1 pound) 1 cup sliced raw onions 1 cup finely cut green pepper 2 cups cooked tomatoes

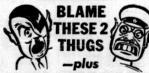
# "I said good-bye to Constipation!"

"Tve given up pills and harsh cathartics.
I found my constipation was due to
lack of "bulk" in
my diet—and
I discovered that KELLOGG'S ALL-BRAN is a perfectly

1/2 teaspoon pepper

trouble, stop "dosing" with harsh purgatives—with their lack of lasting
relief! Try eating a serving of ALL-BRAN
daily, with milk, or sprinkled over other
cereals. Or, eat several ALL-BRAN mufins daily! Drink plenty of water. Get KELLOGG'S ALL-BRAN at your srocer's today—in either of 2 convenient sizes. Made by Kellogg's in London. Canada

> Don't Blame Your DRUGGIST!



### INCREASED DEMAND for Any Shortage of **BUCKLEY'S REMEDIES**

When you ask for a Buckley Remedy and your druggist says, "Sorry, I'm temporarily out of stock", don't blame him. The ingredients that have made Buckley's cough and cold remedies famous, come from all over the world, and Huller and Tojo sometimes delay their scrival, so that you cannot always get the Buckley remedy you want just when you wantit. So, don't wait until a bronch-ial cough, chest cold or grippe strikes you. Get your Buckley's Mixture, White Rub, Clinamated Capsales, Throat Aids or Cough Drops at the first opportunity and base them so band to nip oncoming coughs or colds in the bud. See your druggist st once!

ISSUE 10-1944





SYNOPSIS

Dave Bruce, out of a job, arrives at Wilbur Ferris' Cross-Bar ranch. Curran, the foreman, promises him a job if he can break a horse called Black Dawn. When he succeeds, he discovers that Curran expected the horse to kill him. A girl named Lois rides up, angry with Dave for breaking "her" horse. She refuses to speak to him even when he uses his savings to pay off the mortgage on the small ranch she shares with her foster father, a man named Hooker. But when Hooker is shot and Dave is charged with murder, Lois saves him from being lynched. Wounded, she uides him to a mountain cave where she thinks they will be safe from Curran and the sheriff's posse. A quarrel between Ferris and Judge Lonergan reveals that Ferris had killed his partner, Blane Ferris had kined his partner, Blanc Rowland, many years before. Thoroughly scared, Ferris takes Curran into his confidence. Dave leaves Lois alone for a while, not

CHAPTER XIX

When Dave and the horses had Snally vanished behind the skyline, Curran jumped to his feet. He made his way along the ledge trail, past the place where his two horses

I'd git yuh, Lois."

It was the work of a moment or two to slip the knotted ropes, which he had already prepared, over Lois' arms and to fasten their ends to the horn of his saddle. He set her upon one of the horses and sprang upon the other. Holding her fast, he started the two horses down the Still weak from her wound, half

huh?" jeered Curran. "I told yuh

choked by the gag, utterly helpless to cry out or attempt to escape, Lois managed to keep her seat un-til the horses reached the end of the ravine. Instead of making for the trail that ran toward Hooker's shack, Curran turned the horses' heads toward the mountains. Lois, who knew the mountains like a book, had already guessed where Curran was taking her, and as the route confirmed her belief her heart sank even lower. For

Dave would never be able to trail her here, and she would be utterly knowing that Curran is hiding at Curran's mercy. about four miles away, where a gaged in a fruitless search for gold traveled in that direction. There ular cliffs that walled in the blind



jackpine scrub, Curran watched Lois as she returned from the little pool and entered the cave. Then he crept on tiptoe after her. It was the shadow of the man, falling across the floor, that caused Lois to look round. She thought it was Daye returned. For an in-stant the girl looked at the foreman, frozen with terror. Then she opened her mouth to scream. That instant Curran had leaped

upon her, clapping one hand to her mouth, stifling her cry before she could utter it. In that hand was a gag, which he thrust down Lois' throat. With his other hand he brought the strings behind her head. Holding her to him, so that her attempts to free herself were futile, Curran quickly had the gag adjusted. She half broke free. Cur-

. The journey was nearly ended. The shack came into sight at the end of the canyon, down which thin stream of water trickled. and beside it a blade of a space protruded from a mound of earth almost caten away with rust. Co ran reigned in and dismounted. He slipped the rope from Lois' arms and carried her inside.

The shack contained a small room and another smaller one, with a plank door between. In the firroom was a table fashioned from packing cases, and some tre seats. In one corner was a bunk with a rotting mattress. In smaller room was another bunk, and nothing more. Out of the first bunk stage



There'll come a time during the year when you may find yourself entertaining at a pretty special dinner party. Then serve carrots as the piece de resistance. No, not just boiled—but in an extra delicious pudding made with shredded, nutike bran.

Top with Golden Sauce, a mixture or orange and lemon juice, sugar, flour, butter and more grated carrot. Then super top with Marasching. flour, butter and more grated carrot. Then super top with Maraschino for dinner, too!

The super top with Maraschino for dinner, too!

CARROT PUDDING ½ cup shortening 1 cup sugar 2 eggs, separated 1½ cups flour 1 tablespoon baking powder

2 eggs, separated

1½ cups grated raw carrot

½ teaspoon salt

½ cup All-Bran

Blend shortening and sugar together until fluify. Add unl. sen

egg yolks one at a time, beating well after each addition. Stir in

Stir into first mixture alternately with milk. Add flavoring and fold

in stiffiy beaten egg whites. Turn into greased baking pan. Bake

in sugar together, and top with Maraschino cherries.

# Help The Red Cross

Mexican.
"Well, yuh got here, Pedro," said Curran. "Did yuh warn Ferris to be here an hour after sundown?" "Si, senor, I tell him, but he say he does not known the way, and

must go back for him."
"He was lyin'," snarled Curran. "Ferris knows a lot more than he purtends to know, and he don't know a whole lot of thinks he thinks he knows. However, if that's his message, yuh'd best ride and bring him back. Yuh start back at seven pronto. Understand?" "I understand," grinned the Mex-. . .

Swiftly Curran seized Lois in his arms and pulled her to the floor. He stood with his hands upon her

"Are yuh goin' to marry me" Lois struck at him, and he la ed. She screamed-and sud as if in answer to her cry, bo them heard the hoofb pounding along the rocky to

Curran released Lois w oath, clapped his hand to his sun was already behind the tain and, though it set, the whole wild te was plunged into a sha light. For an instant on the point of thron upon Curran, to wrest from him, to save Day (Continued next

ward the cabin.



TINTS AND DYES

A Few Drops

**Up Each Nostril Quickly Relieve** 

**Stuffiness of Catarri** 

Specialized Medication Works Fast -Right Where Trouble Is!

Soothing relief from stuffy, painful distress of acute catarrh

comes fast as Va-tro-nol spreads through the nose, reduces

swollen membranes—soothes irritation, relieves WICKS congestion, helps flush out cold-clogged nasal WICKS

passages. Makes breathing easier— VA-TRO-NGL try it! Follow directions in package.

No other natural cereal is so rich in the vital

growth factor-protein-as whole grain oat-meal, Children can't grow without it - and

without it adults lose their stamina, resistance to facigue. Be sure your

family gets this growth and energy element every day—by serving them big, tempting bowls of delicious hot Quaker Oats.

QUAKER OATS

be alad to wake up to A along with that templin flavor, they get a bette breakfast! Why? Becaus Nabisco Shredded Wheat made from 100% Canada whole wheat with all to bran and wheat gen Ready-cooked, ready to ent Use the tested, practical red pes found in every package THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

extension wor'ter, and poultry owner, the author has had a chance to develop and try out the latest practices in disease controls, feed-Department at Cornell University, marketing and so on. Every recom-mendation has had its value proven BUY WAR SAVINGS STAMPS FROM YOUR FOOD STORE by actual experience.

There are compres are comprehensive sec

tions on turkeys, guinea fowls, peafowls, ducks, geese, swans, pigeons and pheasants.

The book is so complete that it vant to start at the beginning or here along the line, whether you are an amateur or have a wealth of personal experience, or whether you plan to make it your sole business or simply a side

VOICE

OF THE PRESS HE DOES THINGS Sir Richard Acland, British advo turned over his million has just turned over his inhihid-dellar 17,000-acre estate as a gift to the nation. There's a man who really practices what he preaches. —Buffalo Courier-Express.

WATCH YOUR AFFAIRS lved that when Oppor mocks you'll think it's the neak out the back way -Kitchener Record.

UN-LINGUAL The ability to speak several la tongue in one -Wall Street Journal.

High Quality Razor Blades pped with razor blades of t steel. Who said the running out of steel?

-Windsor Star.

DESCRIBED

addition, subtraction, plication and mis--Kitchener Record. NAZIS' SECRET

There is beginning to be a susthey haven't any secre JUST A HABIT the fellow who groused tetting up in the dark morn-ill be grousing about the raking him up.

Do you know which feeds to use to develop your chicks into husky broilers and heavy egg-producers in the shortest possible time? Which feeds contain the essential vitamins in their cheapest form? The latest discoveries in culling and selecting? The newest and simplest methods of trapnesting and pedigreeing chicks? How to use artificial lighting.

Everything you need to know in select to make money from umption. With 600 cases of eggs,-13,000 dozen or 21,600,000 eggs in a carlot, that's a lot of egg powder. In 1943, according to a recent

USED BY YOUR GRANDMOTHER

SYRUL

The Book Shelf

Modern Poultry

By Louis M. Hurd

This book is prepared as a practical guide for both large and mail poultry-keepers, and those in-crested in starting a poultry enter-

Do you know which feeds

Farming

JUST AS EFFECTIVE TODAY

COUGHS-COLDS

WHOOPING COUGH

SIMPLE SORE THROAT

Children love Veno's

OTTAWA REPORTS

That Current Increased Egg Production Is Largely Due To Better Feeding Methods And Earlier Hatching

Canada's phenomenal winter egg production has resulted in deliveries

of 405 carlots in January alone to the Special Products Board as

against 201 cars in the same period last year, an increase of 101%, in

BRONCHITIS

ASTHMA

OON'T DELAY-BUY A BOTTLE TODAY!

egg and poultry marketing report issued by the Dominion Depart-ment of Agriculture, the Special Products Board, which buys for Britain, purchased 1,869 cars with Everything you need to know in order to make money from your hens is explained in clear language and demonstrated in simple tables and more than 200 clear-cut illustrations and photographs.

As a member of the Poultry Department at Cornell University,

British Columbia Alberta ..... Saskatchewan ..

Saskatchewan ..... Ontario ...... 1,200

British Columbia brought in 80 cars in 1943 largely required for Northern projects. Quebec pro-vince brought in 387 cars, 85 more cars than the presions year. The Maritime Provinces imported 211 from other Western provinces as against a total of 152 cars in 1942, 11 cars in 1941 and 68 cars

While moderate weather sidered the main reason for the current high production, earlier hatching and better feeding methods have been primary considerations It is pointed out that with proper fortable in any winter. The wood block hen house s recommended as one of the most economical and serviceable that can be built in war-

Message for the corn grower!
The Dominion Experimental Station
at Harrow, Ont. in cooperation
with the Central Experimental Farm at Ottawa and other stations, announces, as a result of five year's experiment, 12 hybrids added to the list recommended for Ontario, bringing to 31 recommended hyrids ranging in maturity all the way from the very early Canada or Wisconsin 240 to the very late Indiana 610.

Wisconsin 240 and Wisconsin 255 are added to the very early group, suitable for grain in the eastern and central parts of the province. The additions to the early group are DeKalb 65, Funks G176 and To the medium group, represented by Canada 645, the hybirds Pioneer 373 and Funks G31 have been

The late group has been extended to include DeKalb 458, Pioneer 340, Funks G29, Illinois 972, and Indianna 610. The first three of these are just a little later maturing than Canada 696, while the remaining two are considerably later.

### Shakespeare Knew

"Foolish curs! that run winking into the mouth of a Russian bes and have their heads crushed like rotten apples." Who said the The Duke of Orleans, in "King Henry V". If the Germans had studied Shapespeare instead of "Mein Kampf", it might have been them.

Brantford Expositor.

THE WAR - WEEK - Commentary on Current Events

## Naval Action Against Japan To Be Supported By Land and Air Drive

The war in China may be ex-pected soon to come into greater prominence in co-relation with the which is several times bigger than the tonnage that came in by land over the Burma Road in average months from the opening of the American Navy's intended push across the Pacific toward China's coasts, writes Guenther Stein in The Christian Science Monitor. Far-reaching perparations are under way for support of naval action by aggressive land and air

Chinese interior.

This is clearly the meaning of the statement which Lieut. Gen. Joseph Stilwell has just issued in Chungking.

"Admiral Nimitz has stated that tivities.

the Navy intends driving across
the Pacific, breaking the Japanese
blockade, landing ground and air
forces on the Chinese mainland,"
General Stilwell declared.

"To accomplish such mission naval action must be supported by appressive land and air offensive

aggressive land and air offensive projected from the interior.

"This we intend to do in spite of the existing blockade.

"Chinese and American forces fighting through Burma have already begun their first assault on the Japanese cordon.

"The Ledo Road is progressing estisfactorily in spite of extremely satisfactorily in spite of extremely unfavorable weather conditions.

"At present, however, China is totally dependent on air transport and needs an immediate and continuous increase in supplies. Vital China-based operations cannot

wait for penetration of the ade by land or sea. "Air transport in this greater tonnage must be achieved than our present operations per-mit. To accomplish this end we will have the largest and newest cargo carriers available and in nticipation of such aircraft every

An Outstanding Record The America: Army command in China has already achieved outtanding successes.

1. It has brought in by

The vastness of the new airfield and the length of the runways which are now under construction by many hundred thousands of Chines coclies may be regarded as among the most outstanding achievements of primitive Chinese hand labor in China's famous history of construction work which saw the building of the Great Wall, the Grand Canal, and tremendous irrigation schemes with practically the same methods as are employed

monthly, to the last months be-fore the loss of Burma when the total exceeded 10,000 tons monthly. 2. With the full co-operation operations against Japan from the of the Chinese Army and author-Chinese interior. of the Chinese Army and author-ities it has constructed a great ities it has constructed a great number of airfields in rear and

forward areas practically all over Free China to keep well ahead of air transport and operational ac-3. The entirely air-supplied American Air Force in China of moderate dimensions has achieved outstanding successes: Helped Chi-

nese armies in warding off several Ja anese land offeasives, sup-ported at least one Chinese coun-terattack in North Hunnan this winter, bombed Japanese installations over the tremendous are from Central China via the China coast Hong Kong to French Indo-China and Burma, destroyed large and steadily increasing numbers of Japanese shipping on China

rivers and far out into all parts of

the China Sea, inflicted heavy

losses on the Japanese Air Force

Kidneys Must Clean Out Acids

Cystex goes right to with and wastes. And this cleansing, purifying Kidney action, in tust a day or so, may easily make you feel younger, stronger and petter than in year. The iron clad money-back agreement of Cystex insures an immediate refund of the full cost unless completely satisfactory. You have everything to gain and nothing to lose under this money back offer so get Cystex from your druggist today.

Nazi War Workers Get Scanty Leave

Saturday afternoon it will not often be necessary to grant them four hours extra leave. Women who work in weekly shifts either day or night will in no case be entitled to supplementary leave; women with one child under fourteen may have two whole days for housework every four weeks.—Reicharreits-





# THE GREAT BRITAIN YOU TRULY ARE

· They have said she is isolated by the envelhands of millions.

They have said she is fortified only by ships. They err. She is fortified by the strong hearts of her sons.

Proud in arms, with a mighty heart, Great Britain has withstood a thousand storms and will again. For hers is the strength of millions whose valour springs from a birthright of freedom.

Mother of parliaments, they call her . . . champion of justice and right.

We of her soil and of her blood and of her tutelage say this today: the world is in her debt for the part she has played in yesterday's eras of peace and progress. It will be so in the peace and progress to come.

We of Canada salute the Great Britain you truly are!

# THE HOUSE OF SEAGRAM

We of The House of Seagram are proud of the part we are playing in supplying Great Britain with vital weapons of war. Every Seagram plant in Canada and the United States is engaged in the production of high-proof alcohol for smokeless powder, synthetic rubber and many other war-time products.