

NEW PEP AND ENERGY

CONTAINS ESSENTIAL MINERALS

Dr. Chase's Nerve Food

TABLE TALKS

BAIDIE 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 legumes are "first class" protein foods. Legumes, 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, lima beans and soy beans; dried split peas, peanuts 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 cuts of meat are just as good for you, nutritionally speaking.

Here's "meat stretchers" and also a recipe for fixing up a second-class protein:

Meat Casseroles

- 3 cups sliced raw potatoes
- 3 cups chopped celery
- 3 cups ground beef (1 pound)
- 1 cup sliced raw onions
- 1 cup finely cut green pepper
- 3 cups cooked tomatoes
- 2 teaspoons salt
- 1/2 teaspoon pepper

"I said good-bye to Constipation!"

"I've 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 natural way to get at the cause, and help correct it."

If this is your 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 muffins daily! Drink plenty of water.

Get KELLOGG'S ALL-BRAN at your grocer's today—in either of 2 convenient sizes. Made by Kellogg's in London, Canada.

Don't Blame Your DRUGGIST!

BLAME THESE 2 THUGS!

—plus 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 Heller and Tojo sometimes delay their arrival, so that you cannot always get the Buckley remedy you want just when you want it. So, don't wait until the cough, chest cold or grippe strikes you. Get your Buckley's Mixture, White Rub, Glemamed Caplets, Fluor Aid or Cough Drops as the first opportunity and save them as a head to nip recurring coughs or colds in the bud. See your druggist as usual.

ISSUE 10-1944

MACDONALD'S BRIER

Canada's Standard Smoke

BLACK DAWN

By VICTOR ROSSEAU

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 guides 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 Longman reveals that Ferris had killed his partner, Blase Rowland, many years before. Thoroughly scared, Ferris takes Curran and his confidence. Dave leaves Lois alone for a while, not knowing that Curran is hiding nearby.

CHAPTER XIX

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

were tethered, in the direction of the cave.

Crouching in the last clump of 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 Dave returning. For an instant 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 and the other to her eyes. 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. Curran

canyon which Curran was already entering.

"The journey was nearly ended. The shack came into sight at the end of the canyon, down which a thin stream of water trickled. A rotting crate still lay on the bank, and beside it a blade of a spade protruded from a mound of earth almost eaten away with rust. Curran 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 them. In the first room was a table fashioned from packing cases, and some tree stumps that had been used for seats. In one corner was a bunk with a rotting mattress. In the smaller room was another bunk, and nothing more.

Out of the first bunk staggered

Carrots Dress For Dinner

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 pudding made with shredded, cooked, carrots.

Top with Golden Sauce, a mixture of orange and lemon juice, sugar, flour, butter and more grated carrot. Then super top with Maraschino cherries. You'll never know your lousy carrots. They can dress for dinner, too!

CARROT PUDDING

- 3/4 cup shortening
- 2 eggs separated
- 1 1/2 cups grated raw carrot
- 3/4 cup all-bran
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/4 cup milk
- 1 teaspoon lemon extract

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 stiffly beaten egg whites. Turn into greased baking pan. Bake in moderate oven (350 F.) 45-60 minutes. Serve warm with desired sauce, and top with Maraschino cherries.

Yield: 9 servings.

Help The Red Cross "SALAJA" TEA

ran grasped her in his arms again. "Go! To set the herd on me, huh?" yelled Curran. "I told yuh 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 trail.

Still weak from her wound, half choked by the gag, utterly helpless to cry out or attempt to escape, Lois managed to keep her seat until 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.

Curran turned and looked at her. "I understand," grinned the Mexican.

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

GIVE YOUR FAMILY A BETTER START with this BETTER BREAKFAST

Tasty Nabisco Shredded Wheat is a breakfast that's glad to wake up to along with that tempting flavor, they get a better breakfast! Why? Because Nabisco Shredded Wheat is made from 100% Canadian whole wheat with all the bran and wheat germ. Ready-cooked, ready to use. Use the tested, practical recipe found in every package.

THE CANADIAN SUGAR WHEAT COMPANY, LTD. Niagara Falls, Canada

BUY WAR SAVINGS STAMPS FROM YOUR FOOD STORE

Tintex

THE THIRTIETH WAY TINTS AND DYES

BUY WAR SAVINGS STAMPS FROM YOUR FOOD STORE

A Few Drops

Up Each Nostril Quickly Relieve Stiffness of Catarrh

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

CHOOSE YOUR CHILD'S CEREAL for its GROW ABILITY!

..and You'll Choose Whole Grain Quaker Oats

No other natural cereal is so rich in the vital growth factor—protein—as whole grain oatmeal. Children can't grow without it—and without it adults lose their stamina, resistance to fatigue. Be sure your family gets this growth and energy element every day—by serving them big, tempting bowls of delicious hot Quaker Oats.

THE Quaker Oats Company of Canada Limited

QUAKER OATS

USED BY YOUR GRANDMOTHER JUST AS EFFECTIVE TODAY!

VENO'S COUGH SYRUP

Invaluable for COUGHS—COLDS BRONCHITIS ASTHMA WHOOPING COUGH SIMPLE SORE THROAT

Children love Veno's

DON'T DELAY—BUY A BOTTLE TODAY!

The Book Shelf

Modern Poultry Farming
By Louis M. Hurd

This book is prepared as a practical guide for both large and small poultry-keepers, and those interested in starting a poultry enterprise. 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 trapping and peddling chickens? How to use artificial lighting? 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 260 clear-cut illustrations and photographs.

As a member of the Poultry Department at Cornell University, extension worker, and poultry owner, the author has had a chance to develop and try out the latest practices in disease control, feeding, hatching, brooding, culling, marketing and so on. Every recommendation has had its value proven by actual experience.

There are comprehensive sections on turkeys, guinea fow, peafow, ducks, geese, swans, pigeons and pheasants.

The book is so complete that it is valuable no matter whether you want to start at the beginning or somewhere 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 line.

Modern Poultry Farming... By Louis M. Hurd... The McMillan Company of Canada... Price \$4.50

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 400 cartons in January alone to the Special Products Board as against 201 cars in the same period last year, an increase of 101%.

In 1943, according to a recent egg and poultry marketing report issued by the Dominion Department of Agriculture, the Special Products Board, which buys for Britain, purchased 1,869 cars with the following apportionment by provinces:

| Province | Cars |
|---|-------|
| British Columbia | 5 |
| Alberta | 338 |
| Saskatchewan | 453 |
| Manitoba | 244 |
| Ontario | 768 |
| Quebec | 55 |
| Maritime Provinces | 14 |
| Surplus egg producing provinces last year were: | Cars |
| Alberta | 478 |
| Saskatchewan | 900 |
| Manitoba | 345 |
| Ontario | 3,290 |

VOICE OF THE PRESS

HE DOES THINGS

Sir Richard Adland, British director of a fibre-the-wool program, has just turned over his million-dollar 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

Don't allow your affairs to become so involved that when Opportunity knocks you'll think it's the sheriff and sneak out the back way. —Kitchener Record.

UN-LINGUAL

The ability to speak several languages is an asset, but to be able to hold your tongue in one language is priceless. —Wall Street Journal.

High Quality Razor Blades

Germans captured in Italy have been equipped with razor blades of the finest steel. Who said the enemy was running out of steel? —Windsor Star.

DESCRIBED

After all, the income tax is just a matter of addition, subtraction, division, multiplication and mistakes. —Kitchener Record.

NAZIS' SECRET

There is beginning to be a suspicion that the German's chief secret is that they haven't a secret weapon. —Owen Sound Sun-Times.

JUST A HABIT

Soon the fellow who grouched about getting up in the dark morning will be grouching about the birds waking him up.

Shakespeare Knew

"Foolish curl that run winking into the mouth of a Russian bear and have their heads crushed like rotten apples." Who said it? The Duke of Orleans, in "King Henry V." If the Germans had studied Shakespeare instead of Mein Kampf, it might have been better for them. —Brantford Examiner.

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 expected soon to come into greater prominence in co-operation with the American Navy's intended push across the Pacific toward China's coast, writes Guenther Stein in The Christian Science Monitor.

Far-reaching preparations are under way for support of naval action by aggressive land and air operations against Japan from the 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 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 a mission naval action must be supported by 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 coast.

"This China-based operation cannot wait for penetration of the blockade by land or sea.

"Air transport in this theater has set historic records, but far greater tonnage must be achieved than our present operations permit. To accomplish this we will have the largest and newest cargo carriers available and in anticipation of such aircraft every facility and accommodation is being prepared."

An Outstanding Record

The American Army command in China has already achieved outstanding successes.

1. It has brought in by air

Nazi War Workers Get Scanty Leave

Since most women have a free 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.—Reichsarbeitsblatt.

Russia contains every range of climate except tropical.

The Curler's Choice

SWEET AND COOL In Any Pipe

MACDONALD'S BRIER

Canada's Standard Smoke

THE GREAT BRITAIN YOU TRULY ARE

They have said she is isolated by the enveloping sea. But she has used it to join the hands 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 gain. 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 ebb 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.