

### Britain Increases Area Under Flax

The area under flax in Britain has been increased from a few hundred acres in 1939 to over 20,000 acres in 1943. Northern Ireland has also made a remarkable increase in flax production, from 100,000 to 900,000. From this effort have come large quantities of high grade wing fabric for aircraft.

### Help Kidneys If Back Aches

It is well known that the kidneys are the filters of the body. They filter out the waste products of the body and excrete them in the urine. If the kidneys are not working properly, the waste products will build up in the body and cause various ailments, such as back aches, headaches, and general weakness. It is therefore important to keep the kidneys in good health. One of the best ways to do this is by drinking plenty of water and eating a diet rich in fruits and vegetables.

### Stop Dosing Constipation

There is a Better Way to Correct a Common Cause. Yes, you can free yourself from slavery to "dosing"—with its gripping unpleasantness, its lack of lasting relief if you trouble alone to insufflate "bulb" in your diet! Do as thousands of others have done! Try the gentle-acting, ALL-BRAN. It is a natural, non-toxic, non-habit-forming material needed for easy, natural elimination. Try acting daily serving of ALL-BRAN, or several times a day, with plenty of water. Get ALL-BRAN at your grocer's or convenient store. Made by Kellogg's in London, Canada.

### WAR WORK DEMANDS THIS Vitality Element

Min Chambers welcomes personal letters from interested readers. She is pleased to receive columns and is always ready to return letters or special means are in order. Address: Min Chambers, 73 West Adelaide St., Toronto. Write plainly, unaddressed envelope if you wish to receive letters.

### NO OTHER NATURAL CEREAL GIVES IT SO RICHL

With less meat today, why women are happy to know that by serving Quaker Oats for breakfast, they can give their hard-working family a rich source of most of the vitamins and minerals that are essential to health. Quaker Oats is a natural cereal so rich in this vital factor for energy and growth as whole-grain oatmeal. And it is richest of all natural cereals in Vitamin B, which is essential for nerves and energy. No wonder more families than ever are calling Quaker Oats "daily" for various diets.

### QUAKER OATS

### BUCKLEY'S STAINLESS WHITE RUB

### GIVES FASTER RELIEF FROM CHEST COLDS

MUSCULAR ACHES AND PAINS CHAPPED HANDS HEADACHES NEURALGIA ECZEMA PIMPLES ETC. 30c & 50c IT'S BUCKLEY'S THAT'S WHY

### MAJOR TRIQUET AND FAMILY

There is no prouder family in Canada right now than that of Major Paul Triquet, of Calgary. The Victoria Cross, highest award for valor in the British Empire, has been awarded to the Major. His wife and two children are shown above with the Victoria Cross. Major Triquet is the former picture of Major Triquet as taken when he was a regimental sergeant-major with the Royal 22nd Regiment.

### TABLE TALKS

#### For Vitamin "C" Eat Oranges

Oranges top the list as an excellent source of Vitamin "C" and Vitamin "C" is the best possible thing in the Spring for that groggy feeling. So drink copiously of the juice and serve oranges in many other healthful dishes.

### Orange Blanche

4 tablespoons orange rind  
1/2 cup sugar  
1/2 cup cold milk  
1/2 cup hot milk  
1 egg  
8 tablespoons grated orange rind  
2 tablespoons orange juice  
Mix cornstarch, sugar and salt and blend with cold milk. Add slowly to hot milk in top of double boiler and stir constantly until mixture thickens. Cook 20 to 30 minutes, stirring occasionally. Add beaten eggs and orange rind. Cook 5 minutes longer. Remove from heat and partially cool. Arrange orange sections in serving dishes. Add blanch mixture and garnish with a little grated orange rind.

### Orange Layer Cake

1/2 cup shortening  
1/2 cup sugar  
2 eggs, yolks and whites separated  
1 teaspoon lemon extract  
1/2 cup strained orange juice  
1/2 cup sifted cake flour  
2 teaspoons baking powder  
2 teaspoons orange juice  
Cream the shortening and sugar thoroughly; add beaten egg yolks, lemon extract, orange juice, then flour, baking powder and salt sifted together. Last of the egg whites, beaten stiff, and bake in 15 layers about 30 minutes at 375°F. When cool, frost with the icing: 2 tablespoons butter, melted; 2 tablespoons orange juice; 1 teaspoon lemon extract; 1/2 cup sifted confectioner's sugar. Mix ingredients and beat 1 minute. Let stand several minutes, then beat again until creamy and spread between the layers and on top of cake.

### BLACK DAWN

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### AT INVASION REHEARSAL



The Allies' three invasion chiefs, Gen. Sir Bernard Montgomery, commander of British land forces; Gen. Dwight D. Eisenhower, supreme Allied commander; and Air Chief Marshal Sir Arthur Tedder, General Eisenhower's deputy, are pictured as they watched pre-invasion maneuvers somewhere in England.

well. "But killing 'em won't do you no good." (Continued Next Week)

### Casualties Heavy Among Workers

The office of war information reports that the United States has lost four times as many work-

### amous for flavour since 1892—the 'Salada' name assures you of a uniform blend of quality teas.



### Match Odd Stockings

Match odd stockings with Tintex dye. Tintex dye is a powerful, permanent dye that will match any color of odd stockings. It is easy to use and will not damage the fabric.

### WENO'S COUGH SYRUP

Used for Years THE FAMOUS HOME REMEDY WENO'S COUGH SYRUP. Invaluable for COUGHS—COLDS BRONCHITIS SIMPLE SORE THROAT. DON'T DELAY—BUY A BOTTLE TODAY!

### UNUSUAL SUPPER TREAT

The Whole Family will Enjoy PREMIUM LIVER PATTIES. 1 pound liver, 1 cup fine Christie's, 2 tablespoons chopped onion, 1 cup water, 1/2 teaspoon salt, 2 tablespoons chopped celery leaves, 2 tablespoons chopped green pepper, 2 small onions, 1 egg, beaten, 1/2 teaspoon lemon juice, 1/2 teaspoon pepper. Place liver in water in shallow pan. Cover and simmer for five minutes over low flame. Drain water and reserve 1/2 cup for stock. Grind liver and onion and add to ground liver with Christie's Soda Cracker crumbs and add to ground liver with remaining ingredients. Mix well. Shape into 8 patties and brown in hot fat. The full goodness of Christie's Premium Soda Cracker brings out the full flavor of other foods. Always extra relief to salads, soups, dressings or fruit spreads. Always keep a package of two on hand.

### Christie's Biscuits

Christie's Biscuits are a delicious and satisfying snack. They are made from the finest ingredients and are baked to a golden brown. They are perfect for any occasion.

### INVESTMENTS

DELWOOD PORCUPINE TAMARACK SYNDICATE. Write for Information GIBSON M. TOD & COMPANY 71 King St. West Toronto

### WHAT SCIENCE IS DOING

Counting Bullets. How does a combat pilot know how many machine bullets are left in his gun? Let us assume, for an example, that the fighter plane under consideration is equipped with two machine guns of 30 caliber, and two more of 50 caliber, and that they are so located about the ship that the pilot cannot tell by looking how many rounds of bullets are left after he has been firing a while.

He can obtain this vital information, however, by looking at his Ammunition Remaining indicator, developed by General Electric engineers. The indicator has four dials. Two of the dials, marked from 0 to 100, are used to keep track of the supply of 30 calibre bullets. The other two dials, marked from 0 to 100, tell the facts about the supply of 50 calibre bullets.

### An Offense

Nazi-controlled police in Milan, Italy, arrested 100 young people for dancing, the Geneva newspaper La Suisse said in an article reported recently to the Office of War Information. Before imprisoning them, the police forced them to march through the city carrying this poster: "While the country cleaves, we dance."

### HELPS STRAIGHT SHOOTERS

One reason why U.S. Rangers and paratroopers are straight shooters is the Bill Alexander of the Winchester Arms Company's New Haven, Conn. plant. He has straightened more than 2,000,000 gun barrels in his 30 years, using the hand operated press seen in the photo. Master craftsmen at Alexander straighten the barrels of every carbine that comes off the production line. "Curved" barrels are straightened, literally pushes out the curve.

### Modern Etiquette

By Roberta Lee. 1. Should a man and a woman dine if they are dining in a public restaurant, and another couple sits at their table to talk for a moment? 2. What should one do when he is at a social gathering and is asked to sit to a person he doesn't know? 3. If one is buttering a piece of bread, should it be held in the left hand? 4. When dining out, on what sized bill should one apply the "ten per cent" rule? 5. If a man and his wife are signing their names to greeting cards, whose name should come first? 6. What time should a ball begin?

### 15 FREE CHECKS

BEST SUPER QUALITY CHECKS. All from inspected approved or certified blood tested breeders. Barred Rock 100 Pullets 14.00 2400 24.00 1 week old 12.00 22.00 2.00 2 weeks old 12.00 22.00 2.00 3 weeks old 12.00 22.00 2.00 To all who will buy 15 checks and take immediate delivery. We will give them 15 free checks per 100. Send order with deposit. Will ship C.O.D. by Express. Ask for our Price List for 50 other breeds. WILFRED LEFFEBRE 2025 Amherst St. Montreal P.Q.

### Eczema Itch Stopped in 7 Minutes

You can have nearly 10 million tiny sores on your skin. Eczema is a skin disease that causes itching and redness. It is caused by an allergic reaction to certain substances. The good news is that it can be stopped in 7 minutes with the right treatment.

### It Does taste good in a pipe

Go for the Pick of Tobacco. The quality and flavor of the tobacco are what make a pipe smoking experience so enjoyable. Go for the pick of tobacco and you will never be disappointed.

### Wise Farmer Will Buy Fertilizer Now

From the fertilizer manufacturer comes a warning that unless farmers will order and take delivery of their fertilizer early, they may not get it in time for use. This is due to labor problems and to the fact that more farmers are buying more fertilizer than ever before.

### HAIRDRESSING SCHOOL

Wanted: CANADIAN HAIRDRESSERS. The school offers a comprehensive course in hairdressing, including cutting, coloring, and styling. It is a practical course that will prepare you for a successful career in the hairdressing industry.

### GRAY HAIR

Gray hair can be turned back to its natural color. The secret is in the use of a special hair cream that contains natural pigments. It is easy to use and will not damage the hair.

### WANTED: CORDWOOD CONTRACTORS

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### FOR COUGHS COLDS

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