GET YOUR SMILE BACK

*When jumpy, overstimulated nerves make you grumpy, irritable, maybe it's time to give your nerves a rest from the stimulating effects of the caffein and tannin you get in your mealtime beverages. Time you discovered a grand, new mealtime drink, too—in a cup of delicious Postum. So, if you are jumpy—overstimulated—switch to Postum—it contains no drugs, it gives your nerves a chance to rest.

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P242

● SERIAL STORY

MURDER IN CONVOY

BY A. W. O'BRIEN

LAST WEEK: Rollins, embittered by his experience with Joan, tells his whole story to the colonel, seeks no mercy for previously having concealed certain facts. The colonel tells him he is too valuable to be lost to a court martial, extends his sympathy to Greg for his ill-fated romance. Officers of the convoy break open sealed orders, discover strategy for eluding Nazi craft and getting all of troops safely to England.

* * *

TO THE "WELCOME SNAIL"
CHAPTER XI

Deliberately or not, Lieutenant Rollins was given the toughest organization chores upon arrival at Aldershot Camp. Assigned to the Divisional Headquarters Staff, he had been rushed immediately upon arrival at a Scottish port to the nearest railway terminal and sent, with a number of other officers, directly to Aldershot to handle endless detail work associated with the billeting of the Canadian soldiers due to follow on troop trains.

But Rollins was glad of the 20-hour-a-day job. It helped take his mind off other thoughts that gnawed into his brain at every leisure moment. Besides, the tragic experience on "T 9" had taken the edge off the glamor to be expected at the end of the zig-zaggy Atlantic odyssey. The zip had gone out of the whole drama, and his soul was haunted by a memory—the soft light in a pair of blue eyes as he glanced fleetingly in Joan's direction that awful night in the O. C.'s cabin.

That he had followed the stern path of duty didn't ease his pain. There are emotions that rise above patriotism, and in the softness of those blue eyes—even after his "betrayal"—Greg had read forgiveness. He could have sworn that she had given him a kindly smile, as much as to say that she understood. But he felt every moment he had spent with the girl would remain forever with him.

That night before landing had provided many thrills. In the late afternoon, the troops had plainly heard intensive gunfire in the distant southeast and, strangely enough, the convoy had immediately veered off an oddly irregular course in the direction of the action. An hour or so after sunset, the booming noises had ended, and the ocean expanse had assumed the mantle of awesome tranquillity that comes with night.

It was nearly one o'clock when a lonely winking light off the starboard bow made the night young. Outside, the ship remained its same gloomy blacked-out self, but, inside, it was pulsating with life and good fellowship.

That lonely light meant the convoy had actually come within sight of land—most likely Northern Ireland—and although the ships were obviously in dangerous waters the thrill of seeing a lighthouse after so many days at sea dominated all other sensations.

The party lasted to dawn when the men found themselves sailing serenely along the River Clyde flanked on either side by rolling Scottish hills with pretty villages dotting the breathtaking greenness.

Bands reappeared, and the troops sang as the convoy approached a big harbor later in the day. The escorting men-of-war lined up on the sides, and the tars stood on deck at attention, in salute to the passing contingent. Famed rivalry between Army and Navy went by the boards, and the soldiers cheered themselves hoarse. It was a superb moment—enough almost for any man's lifetime.

* * *

Next morning, Greg and his fellow staff officers reached Aldershot Camp. Army transport autos rushed them from the railway terminal through typically English lanes, bordered by well-kept green hedges, quaint little villages, endless parade grounds level as as a billiard table, pretty streams and dense wooded areas. Occasionally they slowed down along the left side of the road for passing lines of marching troops or motorized convoys.

Greg remembered that back home he had heard a speaker compare the size of Montreal with that of Aldershot—Montreal, 32,000 acres, and Aldershot, 30,000 acres. And too, that speaker had dwelt on the fact that upon these parade grounds where Canadian feet now marched, Romans once marched to war, and ruins somewhere in the Aldershot area marked the spot where King Alfred had built fortifications a thousand years before.

But that was all the time he had for romantically historical reflections. A few minutes after arriving at Vimy Barracks—the Divisional H. Q.—Rollins and his companions were put to work. In fact, for 25 hours he was at a desk without even leaving for meals.

Now, three days after arriving at Aldershot, the hectic preliminary work had been completed. Headquarters Companies of the various units would now take over, and Rollins found himself reading a notification from his O. C. that would ordinarily have brought a cheer to his lips. He had been granted his 48 hours' leave effective immediately instead of having to wait for the expected ten days.

With a grim smile, he fingered the brisk army note. A look-see at London would have been a new high for him if . . .. if . . . He shook his head.

* * *

Seated in a London-bound train, Reg read with interest a delayed newspaper report of the landing of "another contingent from Canada—this time a complete division—at an unnamed Scottish port."

Another headline caught his eye: NAZIS BLITZED IN CONVOY ATTACK. Under it a heading read: U-BOAT TRAP BACKFIRES WITH HEAVY LOSES.

"It was announced today by the admiralty that a major assault on an incoming convoy was repulsed with heavy losses suffered by the Nazis. At least five U-boats were destroyed," the account stated, "and 12 enemy bombers and fighters downed in one of the fiercest engagements of short duration seen in the war to date.

"The Admiralty admitted that the force and co-ordination of the enemy attack would indicate that a trap had been set for the convoy, but the Navy had no intention of allowing 'any more Jervis Bay tragedies.'

"No indication was given of the size of the British escort or of the whereabouts of the attack, but it was stated that some of the planes shot down carried R.A.F. markings which is alleged to have been the reason for the sinking of a liner some weeks ago. It would appear, therefore, that the R.A.F. has dveised a signal system that has checkmated the latest Hitlerian device.

"Except for one fighter which failed to return from the engagement, the only loss suffered by the British forces was some damage to a destroyer and the sinking of a trawler, the Loch Lomond. The gallant skipper, whose name had not yet been ascertained as this edition went to press, found himself near a U-boat that had apparently been driven to the surface by depth-charges.

"Instead of veering away from the U-boat and allowing nearby warships to attack, the Lock Lomond turned her bow directly at the Nazi and approached full speed ahead. A British destroyer was forced to hold its fire in fear of hitting the trawler while the U-boat opened fire on the Loch Lomond. It was point-blank range, and the trawler was severely hit several times, sinking before achieving its evident purpose to ram the U-boat which was later captured by the destroyer. No survivors of the Loch Lomond have been reported."

Rollins smiled sadly to himself. He was recalling the ruddy-faced Scot who had stood on the bridge and waved merrily as he passed the troop ships back in the Canadian port while the men sang the song suggested by the painted-over name on the bow.

It was evening when Greg landed in Waterloo Station. For the first time, the lieutenant found himself in something of a quandary. Where would he go? London was cloaked in its nightly blackout shadows, and there was nothing to be seen by pedestrians.

A roast beef dinner at Simpson's might be the best bet. He felt his way gingerly into a cab.

"To Simpson's, driver, and there's no hurry." He settled back in the darkness, then leaned forward again, tapping the glass. "Could you drive me, instead, to a restaurant on Greek Street in the Soho? It's called the 'Welcome Snail'."

In the gloom of the cab, Rollins' face was lined with a whimsical smile. This would have been a glorious night if he had been on his way to a meeting with Joan. He mentally pictured the scene, and even imagined how she would look, what they would talk about and . . . He shook his head. This was tearing open wounds that had cut deeply into his very being.

(To be concluded)

"CONSERVATION" STYLE

By Anne Adams

Anne Adams shows you how to help conserve fabric, with Pattern 4053. Its simple design and skillful pattern layout require the minimum of fabric, SIZE 16, DRESS, TAKES ONLY 2½ YARDS 35 INCH FABRIC! A contrast bolero can be made from one yard more.

Pattern 4053 is available in misses' sizes 12, 14, 16, 18 and 20.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

A FAMOUS BRAND

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FINE CUT

Located in the picturesque range ranching country West of High River, Alberta, The Stampede Ranch is owned and operated by Guy Weddick, cowboy, writer, dean of International rodeo producers, who for many years produced THE STAMPEDE at Calgary.

"T-Hanging-S" Brand of THE STAMPEDE RANCH

Stretch It

Because fighting planes must have countless tires such as these, U. S. is stretching its rubber supply as far as possible, reclaiming all it can. Tire on bottom fits medium bomber.

Against The Law To Destroy Rubber

Scope of the regulation making it an offence to destroy tires has been broadened to include all scrap rubber, it was announced recently by the Department of Munitions and Supply.

The order now provides that no person shall burn, cut, or destroy "any tire or tube of a passenger car, truck, motorcycle, bicycle, airplane or other vehicle, any rubber boots, hose, scrap from repairing or from making repair materials, buffing scrap from preparing for retreating, retread scrap, fan belts, radiator hose," or other used or discarded rubber products or rubber scrap.

An authorized tire dealer must make the best possible use of tires and tubes which can be made fit for further use on the road, must resell those which are in good condition, must repair and reseil those which can be made safe for operation, but is allowed to sell to another authorized dealer for repair and resale a tire which he does not want to repair himself.

All tires or tubes which cannot be sold, or repaired for sale, to a vehicle owner must be disposed of to a salvage collector such as a local branch of the National Salvage committee or sold to a scrap dealer.

Improve Vision With Vitamin A

Remember green is the color signal for vitamin A, necessary for good vision among other health factors. Yellow vegetables and fruits such as carrots, squash, apricots and peaches also contain this important vitamin.

Leaf lettuce is one, but just a leaf under a salad isn't going to provide the day's requirements. It must be eaten in quantity, including the outer dark leaves which are highest in food value. In buying either leaf or head lettuce watch for fresh, crisp tender leaves.

Spinach and the wild green "lamb's quarters," are early green vegetables. Cook for the shortest time necessary and with little water. That which clings to the leaves after washing is sufficient. Avoid using soda to retain color since it destroys vitamins A and C, advises Nutrition Services, Department of Pensions and National Health.

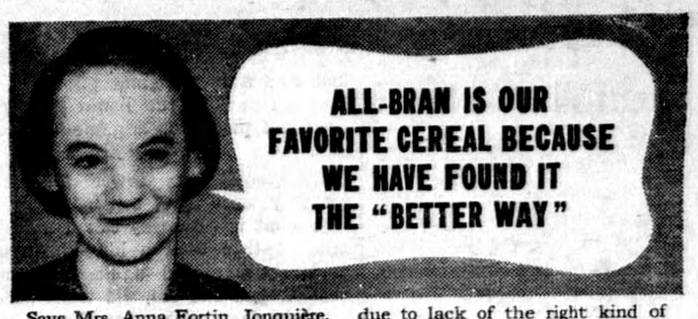
Onions add flavour to spring menus. Use the green tops finely chopped in salads.

Gas Mask Test

In a surprise respirator test, in London, England, telephone girls at the general post-office exchange donned their gas masks within twenty seconds. The masks are specially made so that operators can run the switchboards while wearing them.

New London Bridge

The new Waterloo Bridge, which went on building in the heart of London despite the blitz, will be opened for traffic in September. The structure was hit three times with bombs.



Says Mrs. Anna Fortin, Jonquière, Quebec: "Ever since we first realized how beneficial KELLOGG'S ALL-BRAN is to our well-being, it has been our favorite cereal. ALL-BRAN helps us keep regular naturally . . . we don't need pills or powders any more." Why don't *you* try ALL-BRAN'S "Better Way" to *correct the cause* if you're troubled by constipation due to lack of the right kind of "bulk" in your diet? But remember, ALL-BRAN doesn't work like cathartics. It takes time. Eat it regularly and drink plenty of water. Get ALL-BRAN at your grocer's, in two convenient size packages, or ask for the individual serving package at restaurants. Made by Kellogg's in London, Canada.

TABLE TALKS

By SADIE B. CHAMBERS

Strawberry Time

Once again that wonderful time of the year known as "Strawberry Time" is with us.

I should have liked to give you entirely new recipes, but had requests for shortcake, pie, and conserve — so have decided to make this a request column.

Those of you who keep the recipes of "Table Talks" on file would do well to turn to the last recipe of strawberry shortcake. There was a misprint—the flour printed 2 cups should be 2¼ cups and the milk should read ½ cup instead of ¾ cup.

Strawberry Shortcake

2¼ cups flour (pastry)
4¼ teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
½ cup butter
½ cup milk
1 egg

Mix dry ingredients, cut in butter and add milk and egg (well beaten) very gradually. Toss on floured board and divide in two parts. Pat and roll out to fit round pan. Spread one layer with butter, place other layer on top and bake in hot oven for 20 minutes. Split; spread with softened butter and place sweetened berries generously between layers and on top.

Strawberry Mint Pie

3 cups strawberries halved
1¼ cups granulated sugar
1½ cups water
⅛ teaspoon salt
½ teaspoon peppermint flavoring
1½ tablespoons gelatin
¼ cup cold water

Combine berries with water, sugar and salt and simmer ten minutes. Pour over gelatine which has been soaked in cold water. Stir until gelatine dissolves, add flavoring, cool and pour over the berries. When commencing to set (be sure to stir thoroughly) pour into baked shell. Chill. Before serving cover with whipped cream and garnish with whole berries.

Strawberry Conserve

1 qt. ripe strawberries
½ lb. seeded raisins
1 lemon
2 oranges
¼ lb. chopped walnuts (or pecans)
1 qt. sugar

Wash and drain the berries and place in preserving kettle with raisins, sugar, grated rind and pulp of oranges and lemon. Cook slowly for 30 minutes; then add walnuts and cook for ten minutes longer. Place in glasses and cover with parrafin.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is vn ready to listen to your ::pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto." Send stamped self-addressed envelope if you wish a reply.

Exciting Business Spotting Refugees

U.S. Army Planes On Mercy Missions Over Burma

The United States Army plane warming on the field is just about to fly into Burma to see if it can spot any more of the refugees who are still plodding out on secret routes, making their way on foot ahead of the advancing Japanese through some of the most tortuous country in the world.

Sam Brewer of the Chicago Tribune and I are going along. We have been warned it will be no picnic.

If anything goes wrong you bail out. As we dart through the clouds I look down from 13,000 feet at wild sharp crags and the impenetrable jungle growth below. I finger the ripcord of the 'chute and wonder if I'd have the nerve to use it. The sheer fear of jumping into space would probably be enough to make me hesitate.

There is an additional cause for reflection: Head hunters are living below.

The plane drops lower and lower until it is hardly 100 feet above the ground and flying in big circles.

There should be some refugees here—

We fly over a village of native huts and watch villagers grab their youngsters and flee into the jungle. They are taking no chances on planes these days. Wild buffalo bolt and run too.

Suddenly the observer grins and signals the pilot. He has sighted a party of refugees. They are standing in the open, waving a big white cloth at us.

We don't land—the country is too rugged. But we identify ourselves and drop messages asking they to signal if they need food or medicine. They reply that they are all right.

Our mission accomplished, we head home. Tension subsides as we near the home field without sighting any Japanese. The men put down their tommy guns and light cigarets.

There's still more to the story—but security reasons prevent me from telling the rest for the time being.

"Blitz" Orphans 11,000 Children

The British Broadcasting Corporation quoted an official spokesman as saying there are 11,000 "blitz" orphans in Britain and that arrangements are being made to take care of them.

The spokesman said: "The children behaved wonderfully well under the strain of the bombing attacks by the enemy."

Colonies of insects which feed on the banyan and other oriental trees, produce the animal resin known commonly as lac, base of shellac.

King's Chef Saves Sugar in Recipes

To further aid in conserving sugar, J. P. Morgan, Chef Instructor, Canadian National Railways, who was chef to Their Majesties, King George and Queen Elizabeth during their North American tour, has prepared a number of sugarless recipes substituting maple sugar, corn syrup, molasses. The new recipes, already introduced to dining car patrons on the Canadian National, include muffins, maple butter, gingerbread, cup custard, cake and cake fillings. Here are some of Morgan's favorite new "sugarless" suggestions:

Chef Morgan

Golden Corn Cake

¼ cup butter
½ cup molasses
2 eggs
1 cup milk
1 cup corn meal
1 cup flour
¾ teaspoon salt
3 teaspoons baking powder

Cream the butter, add molasses and egg yolks. Gradually add milk alternating with dry ingredients mixed and sifted. Beat thoroughly. Fold in whites of eggs beaten stiff. Bake in buttered cake pan 30 minutes at 350° F. Makes 2 8-inch layers.

Maple-Fruit Filling

Boil one-half pint maple syrup with beaten yolks of 4 eggs in double boiler until mixture thickens. Stir constantly. Remove from fire, add 1 tablespoon butter and beat until cool. Stir in 1 cup citron, currants and chopped nut meats which have been flavored with 1 tablespoon sherry and ½ teaspoon grated nutmeg. Spread between layers of cake and ice with maple frosting.

Soft Molasses Gingerbread

1 cup molasses
⅓ cup butter
1¾ teaspoons soda
½ cup sour milk
1 egg
2 cups flour
2 teaspoons ginger
½ teaspoon salt

Put butter and molasses in saucepan and cook until boiling point is reached. Remove from fire, add soda and beat vigorously. Then add milk, egg well beaten and remaining ingredients mixed and sifted. Bake 15 minutes in small tin having pan two-thirds filled with mixture.

Chef Morgan will gladly furnish other choice sugar-saving recipes. He may be reached in care of Canadian National Railways, 360 McGill St., Montreal, Canada.