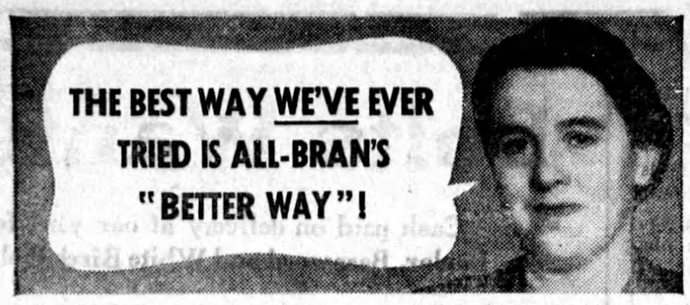

Says Mrs. George Morin, Grande-Baie, Quebec: "We have been users of KELLOGG'S ALL-BRAN for a long time . . . and for a good reason. ALL-BRAN, besides being a most delicious cereal, really does keep us regular . . . naturally."
Why don't *you* try ALL-BRAN'S "Better Way" to *correct the cause* if you're 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.

• SERIAL STORY

MURDER IN FERRY COMMAND

BY A. W. O'BRIEN

TRAGIC NEWS

CHAPTER XIII

The three days after Carole Fiske's escape to St. John's were the longest Clyde Dawson had ever known. The Eastern Air Command had told him that a blizzard was rolling in over north-eastern Newfoundland and it was already "ceiling zero" at the airport where he must land. The last boat for three days had sailed that morning from North Sydney for Port-aux-Basques, to connect with the Newfoundland Railway.

Shortly after 3.30 in the morning of the fourth day, the telephone awakened Dawson. An Eastern Air Command officer informed him crisply that the weather was clearing and a plane would be ready to take off at dawn.

By noon Dawson was interviewing the veteran captain in command of the St. John's port.

The officer's face was grim. "The Fort Glengarry was torpedoed off Cape Race, Newfoundland, two nights ago!"

Dawson grasped the arms of his chair, his knuckles showing white.

"Are there any survivors reported?" His voice sounded strange to his own ears.

"Yes, but not many. There was only one woman, in fact—a major's wife en route to join her husband here."

A numbing sensation of tragedy enveloped Dawson as he rose, with a mumbled word of thanks, and left the office. Life has a strange way of interweaving human hearts, he thought, as he made his way along the street.

If only he had revealed his identity sooner, Carole Fiske would not have continued to Newfoundland on her pathetic search for Darwin Lemoy and her brother. It was useless for Dawson to argue that Carole's actions had left him no other choice than to regard her as an enemy agent. Somehow he should have gleaned some inkling of the facts before Paul Dexel, in his confession, had disclosed that Bernard Skrol — really Bernard Fiske—was Carole's brother and the Dexels were her half-brothers.

* * *

The mother was German and had married twice. Her first husband, father of the Dexels, had died shortly after coming to the United States from Germany. Her second husband, Fiske, was of German-American stock.

The two Dexel boys and Bernard Fiske had become enthusiastic Bund members in Chicago. With the outbreak of the war abroad, the girl repeatedly protested to them about their continuing Bund activities. When her brother Bernard enlisted and went to Newfoundland her letters to him were returned, and she suspected he had enlisted under a false name. That was the reason she had not been notified of his death.

The Dexels were certain she would not betray them to the authorities for two reasons. One was that she would incriminate her brother. But a still better reason was Darwin Lemoy.

She had met Darwin while he was still a college student in Chicago. There were Advanced Thinker groups formed in college circles as a part of Nazi strategy and Darwin had been enticed into attending the one organized by the Dexels.

Darwin and Carole Fiske grew friendly. In those careless days of peace his Bund-inspired, pro-Nazi views didn't affect their relationship. When Darwin went abroad to play hockey for the Czechoslovakian team in 1935, letters to influential persons had resulted in an invitation for him to enjoy a carefully directed tour of Germany at the expense of the Reich. He returned to the United States a profound admirer of the Hitler regime.

However, the invasion of Poland and the temporary liaison of Germany and Russia had a shattering effect on Darwin's beliefs. This became more noticeable as America drifted steadily toward the brink of war. His change of heart became known to the Dexels and many stormy scenes developed when Darwin asserted their first duty was to America.

* * *

As the lend-lease program set bombers flowing in increasing number to Britain, a secret Nazi-controlled system was devised to secure all possible data on planes and weather through a chain of reporting posts. Darwin was in on the preliminary planning, but later rebelled.

Carole Fiske had appealed to Darwin to save her brother from being drawn deeper into the spy ring. The Dexels knew this, Paul revealed, and shadowed her to an airport where she was seen bidding farewell to Darwin.

They then lost track of him until a coded cable from Pvt. Bernard Fiske, alias Skrol, told Darwin was in St. John's and had already been talking to him along lines definitely opposed to their "work."

Paul Dexel had rushed to St. John's and arrived the day after the murders. Darwin had found Fiske was cultivating the friendship of a Ferry Command official in an important post. When approached by Darwin, Fiske boldly admitted he was after some technical data that the official had. Furthermore he told Darwin to keep out of the "scheme" unless he wanted to get involved more than he already was.

Fiske told all this to Paul Dexel upon the latter's arrival. That night Dexel trailed the Ferry Command official and Fiske to the speakeasy and was amazed to see Darwin Lemoy slip in after the pair. Obviously Lemoy was shadowing them without seeing Dexel on the same mission.

In his confession Dexel stated that Darwin could not have been more than halfway up the stairs when a shot sounded from a second floor room. A moment later he saw two figures — whom he identified as Darwin and Fiske—struggling against the drawn shade. Another shot was heard and the shorter man, Fiske, dropped.

The rest Dawson knew already. Darwin had run from the speakeasy into the arms of a constable. On him was found the gun that had killed the two, and the official's wallet. In face of other disclosures it was evident to Dawson that Darwin had intended returning the plans to the Ferry Command, and that he pocketed the gun which Dexel had given Fiske to clear Carole's brother of a murder-suicide stigma.

In view of all this there was only one course for Darwin Lemoy to follow on being captured — absolute silence. Otherwise the whole story would come out, including his own association with the ring. And Carole would be involved.

Back in Chicago, consternation had followed the discovery that the highly secret filing cabinet had been tampered with. A fingerprint was found, and it was decided to investigate the spy ring personnel thoroughly to find its owner.

Dexel was ordered to secure a set of Lemoy's prints, but his only opportunity came after the hanging, when the body went to the vault. He had to work fast, and he found it impossible to unbend the fingers and work in the cramped, ghostly quarters. So he hacked off the hand. But, as Dawson had deduced, Dexel had been forced to hurry off when the investigator left St. John's suddenly. Dawson was of major interest to the spy ring after the hours he'd spent in the death cell.

Dexel's one faux pas was when he threw the hand into Darwin's cabin aboard the Caribou — a blunder inspired by the Nazi principle of terrorizing the enemy.

Back in Chicago; John Dexel hadn't dared tell Carole Fiske about her brother and Darwin Lemoy. If she had known that Bernard was dead and Darwin was in prison awaiting execution, she might have confessed everything in the hope of getting Darwin off with a jail sentence. So, to explain Darwin's silence, John had faked a story that Darwin had killed Paul Dexel in an argument over the spy ring and was hiding from the Newfoundland police.

There it was, a superb case, thoroughly ironed out, Dawson had started with a snapshot of a girl and a piece of beefsteak on a hanged man's heel, and uncovered a major spy ring. But there was no thrill of satisfaction now.

(Concluded Next Week)

British Sailors' Society
At Home and Abroad
Incorporated
(Established 1818)
Under Distinguished Patronage
Some Thousands of Sailors Will be entertained this coming
CHRISTMAS and NEW YEAR
at our 105 stations all over the seven seas by this, THE OLDEST SAILOR SOCIETY IN THE WORLD. Send Gifts to
BRITISH SAILORS' SOCIETY
George M. Speedie,
Dominion Secretary,
50 Alberta Avenue,
Toronto, Ontario.
Will be greatly appreciated.

THROAT IS PREY TO MANY AILMENTS

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"LYMOIDS are easing to the throat and relieve the hacking cough." So writes a Toronto resident. That unsolicited testimonial is supported by thousands of other sufferers from throat ailments who have found quick relief with LYMOIDS.
Use LYMOIDS for throat irritation, hoarseness and coughing. Its blend of soothing medicinal oils should bring quick relief. LS-4

Most stores sell LYMOIDS in handy size 10c and 25c boxes. If unobtainable, send 10c in stamps or coin, to LYMOIDS, 119 Pearl Street, Toronto.

ISSUE 49—'42

Christmas Cheer On Way To Fleet

Here's a special communique (to be delivered with appropriate fanfare) for Canadian naval officers and ratings who patrol Canada's eastern seaboard: "The Christmas plum pudding, cake and all the trimmin's, are on their way."

A trainload of Christmas cheer (the solid kind) went out from Montreal last week aboard the Canadian National Railways' Maritime Express, carrying 1,350 pounds of Christmas cake and 29 cartons of plum puddings, bedecked with Yuletide decoration. The Christmas fare was ordered by the munitions department and consigned to the naval supply officer, "somewhere" in Eastern waters.

BUTTON-FRONT JUMPER

By Anne Adams

Here's the very smartest of the season's crop of jumper styles—Pattern 4249! An Anne Adams exclusive, it's so easy to make, with no side seams to the skirt. That front-buttoning is convenient. Make the long-sleeved blouse in plaid. A Scotch cap is included.

Pattern 4249 is available in girls' sizes 6, 8, 10, 12 and 14. Size 10, jumper, takes 1¾ yards 54-inch; blouse, 1⅛ yards contrast.

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.

GLAMOR HEN

All dressed up and going places is Bertha, glamor girl of a British Ministry of Agriculture movie. Donning best bib and tucker she heads for London, complains of short rations, learns about scrap drives.

TABLE TALKS

SADIE B. CHAMBERS

Pre-Christmas Preparations

It is hard to believe, but nevertheless true, that in three weeks' time there must be completed by the homemaker all the traditional holiday dishes from turkey down to plum pudding.

Now that you have been given your cake recipes, the cake is all packed away, I hope, awaiting the gay festivities. Next in order then should be the mincemeat. These recipes will give you a variety according to individual tastes. For those who do not want the trouble of storing any mince meat and wish to simplify their preparations, I especially recommend the "mock mince meat."

MINCEMEAT (WITH MEAT)

2 cups chopped raisins (seeded)
2 cups currants
2 cups chopped apples
1½ cups suet (chopped finely)
½ cup corn syrup
2 cups brown sugar
1½ cups cider
1½ cups grape juice
Grated rind and juice of 1 lemon and 1 orange
½ teaspoon cinnamon
½ teaspoon mace
½ teaspoon cloves
¼ teaspoon nutmeg
1 teaspoon salt
2 cups finely chopped round steak.

Combine suet, fruits, cider, grape juice and syrup; simmer for 1½ hours. Add finely minced beef and rest of ingredients. Blend thoroughly; put into sterile jars and keep in cool place. Should be made at least two weeks before using.

MINCE MEAT (WITHOUT MEAT)

1 lb. raisins
2 lbs. currants
1 lb. sugar
1 lb. beef suet, chopped finely
¾ lb. mixed peel
10 medium sized apples
2 teaspoons cinnamon
1½ teaspoons cloves
1 teaspoon salt
1 cup brandy or wine

Seed the raisins and chop. Clean and wash currants. Chop the peel and cored apples. Combine the sugar, spices and salt with the suet, fruit and peel. Pour over brandy or wine and put in sterile jars. Store in cool place.

MOCK MINCEMEAT

1½ cups seeded raisins
4 medium sized tart apples
Grated rind of 1 orange
Juice of 1 orange
½ cup of fruit juice or cider
¾ cup sugar (lessen if fruit juice sweet)
½ teaspoon cloves
¼ teaspoon mace
3 tablespoons finely crushed cracker crumbs
2 tablespoons white corn syrup

Chop raisins; pare, core and slice the apples. Combine raisins and apples. Add orange rind, juice and other fruit juice.

Cover in saucepan and simmer until apples are soft. Stir and add sugar, spices and cracker crumbs, blending well. Sufficient filling for 1 medium-sized pie.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is on 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.

Rules For Using Sugar Substitutes

Honey: Substitute an equal amount by volume of honey for the sugar called for, but reduce the liquid in the recipe ¼ cup for each cupful of honey used. Honeys vary greatly in flavor and thickness, depending upon the season, dry or wet, and upon the kind of flowers from which the bees have gathered the nectar.

Molasses — Substitute an equal amount by volume of molasses for sugar but reduce the liquid in the recipe ¼ cup for each cupful of molasses used. When used in breads, cakes and cookies, add ½ teaspoon of soda.

Maple Syrup — Substitute 1¼ cups of maple syrup for each cupful of sugar and reduce the liquid in the recipe ½ cup for each cupful of syrup.

Corn Syrup — Substitute an equal amount of corn syrup for sugar but reduce the liquid in the recipe ⅓ cup for each cupful of corn syrup used.

When substituting honey, syrups or molasses for sugar in baking, bake the product at a lower temperature than that called for in the recipe.

Service Hostels Care For Sailors

A Brief History of The British Sailors' Society

When the British Sailors' Society was founded, men and women who had seen the "Victory" start on her voyage to Cadiz and Trafalgar were still young.

Happily the degrading conditions pertaining in those days for sailors ashore have been swept away in the course of time, and this is partly due to the practical work carried out with steady perseverance by the British Sailors' Society.

Through all these years the Society has moved with the times and has built up a world-wide chain of service, by which (to use the words of His Majesty the King when Duke of York) "it touches the Sailor at every point of his life. It trains him, houses him, gives him recreation, tends him in his old age and helps his dependents. In short, it labours ceaselessly and devotedly for all that magnificent body of men upon whom the prosperity of the British Empire so largely depends."

Hostels round the coasts of the British Isles and away in the ports of the seven seas have been established—over 100 hostels, stations and agencies through which the sailor is served in the manner described by His Majesty.

No matter whether a sailor goes to Haifa, Bristol, London, Victorio, B.C., Bilbao or Milford Haven (to take a few examples) he will receive a warm welcome from the Port Missionary and will find a comfortable bed, good food, recreation and friends. So happy are the conditions in the hostels that there are many examples of men who have gone round the world keeping constantly within the broad limits of the Society by making use of its hostels. It is to the hostels, too, that many survivors of sea tragedies are brought and it is in the hostels that they find comfort, entertainment and hospitality while arrangements are made for them to be re-clothed and sent to their homes, or, in the case of Allied or Foreign seamen, to be handed into the care of their own representatives.

Such is a very brief history of the birth and development of the Society and of the establishment of its stations through which the many services reach the seaman.

Give him a load of the famous brand that's chuck full of smoking pleasure.

Ogden's FINE CUT

Eagle Is Really Coward At Heart

Probably more balderdash and inaccurate material is written about eagles than about any other bird or animal of nature, says the St. Thomas Times-Journal.

The eagle is pictured as a huge, ferocious man-eater of the air, a winged giant that carries off lambs, calves and even babies. Stories which seem to support this idea concerning the eagle appear in school books and establish a false premise that may continue through life.

Bird students repeat again and again that the eagle is a misunderstood bird, and anyone who has had the opportunity to watch them closely over a period of time, such as a farmer living near an eagle nest, will corroborate what is said by those who have studied the bird.

The eagle, a majestic giant on the wing, is really more or less a coward at heart.

Games For Home Fine Yule Gifts

Long before Christmas it will dawn on us all that the family will be home evening after evening. Cribbage boards, for example, checker and chess boards are in demand. Two-handed games that have not known popularity since bridge made inroads on the cozy game of cards are gaining attention. Books have a place of importance for stay-at-homes.

Five Times More TUNGSTEN - from the same amount of ore

ACCORDING to tests made and results reported by the Department of Mines and Resources at Ottawa, the new mill equipment and treatment processes planned to be used upon resumption of operations, are expected to result in an actual recovery of TUNGSTEN *five to six times greater*, from the same amount of ore, than that previously obtained at

International TUNGSTEN MINES LIMITED

To encourage increased production the Government has three times advanced TUNGSTEN price to the present level of $2,650.00 per ton (W03). Already the *INTERNATIONAL* mine has positive and probable ore reserves—on dumps and to the fifth level only—estimated to contain TUNGSTEN to a value of more than Six Hundred Thousand Dollars.

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