"Regularity" is important any time, but it's vitally important in these busy war days when all of us are working harder than ever. Don't *you* be "slowed down" by that common type of constipation due to lack of "bulk" in your diet. And be sensible . . . correct the trouble right at its source instead of "dosing" with harsh purgatives that give only temporary relief.

Eat KELLOGG'S ALL-BRAN . . . grand-tasting as a cereal or in hot, crispy muffins . . . eat it every day . . . drink plenty of water . . . then see if you don't forget you ever had common constipation. For ALL-BRAN supplies the "bulk" your diet needs . . . promotes natural regularity. Your grocer has ALL-BRAN in two convenient sizes. Made by Kellogg's in London, Canada.

TO THE HILT

By
Percival Christopher Wren

CHAPTER XXV

Comfortably seated side by side on the cushioned charpai, the two talked of old times, talked as they had done a thousand times in childhood when the girl had been the boy's inseparable companion, fag, henchman and willing slave.

Slowly he thawed and warmed towards the woman of whom he had always been quietly fond, whom he had always admired without praise and had approved without acknowledgment.

And when he realized that she had come to India with no other object or reason than to try to find him, to help him in any way that might be possible and to advise him wisely and induce him to return, he was more moved and touched than he would admit even to himself. The child who had been a good scout, a sound pal, had grown up into a remarkable woman. Quite unconsciously he put his arm about her shoulders nad drew her to him.

"Oh, Dickie. You do forgive me?"

"Yes," replied Richard Wendover. "Yes, I'll forgive you, young Sybil—this once. . . . Here, don't strangle me!"

That evening, hurrying downstairs lest she should be late for dinner — and for a big dinner party—late in the General's house of all places, Sybil found that she was first in the drawing-room.

A car drove up to the steps and a man in evening dress stepped out. The butler announced into the emptiness of the great drawing-room: "Mr. Stuyvesant Sahib," bowed and retired.

Looking round the room for his host and hostess and seeing no one the man, with assured manner, strode across the shining parquet in the direction of the log fire and suddenly saw Sybil Ffoulkes seated in a high-backed chair.

"Good evening," he began. "I —" and suddenly stopped open-mouthed.

"Prince Bailitzin!" said the girl. "Why! I had no idea that you—"

And also stopped. For, to her amazement, the man turned on his heel, hurried from the room and called for his car.

* * *

And as the world soon knew, Captain Richard Wendover was pardoned, reinstated, promoted and decorated in recognition of the great courage and ability, initiative and fine example that he had shown in the successful defense of Giltraza Fort

He testified publicly that Flying Officer John Vere-Vaughan had behaved with the utmost courage, coolness and competence while a prisoner in the hands of the fanatical followers of the Singing Hadji of Sufed Kot, and that he had been completely deceived as to the true character of the men whom he had introduced into Giltraza Fort in the belief that they were honest tribesmen solely desirous of rescuing him, albeit in return for ransom money.

This young officer was complimented, decorated and promoted—a sufficient answer to the malicious scandalmongers who had been more than hinting that he had tried to buy his own safety at the expense of that of a British outpost.

* * *

"I say, Dickie, I've just thought of such a queer thing that happened here a little while ago," Sybil was saying to Wendover as the General was watching them.

"Oh? It didn't strike you dumb!"

"It did though—for a moment. Who do you think walked into the drawing-room while I was sitting there alone? Do you remember that Prince Bailitzin?"

Wendover's eyes turned sharply toward hers.

"Yes, I do remember a gentleman named Bailitzin," he said.

"Well, I was sitting in the drawing-room alone just before dinner and he walked in."

"Did he, now?" said Wendover quietly.

"Yes, and the curious thing was that the butler called out 'Mr. Stuyvesant, Sahib,' most distinctly."

"Oh, yes? And what happened?"

"The man came across the room, saw me and gave a start. It must have been Prince Bailitzin because he obviously recognized me immediately and just stared—gaped. I said 'Why, Prince Bailitzin!' and then he turned about and marched out of the room. And he must have gone straight away because he wasn't at the dinner."

* * *

So the good Bailitzin had been down in Peshawar, had he, reflected Wendover, and in the role of an American special correspondent! What a shock he must have got when he walked into the General's drawing-room and found Sybil Ffuolkes there!

And he must have done a little hurrying that same night—back to his hotel, changed into Pathan kit, away down to the bazaar, and off to the hills with a picked handful of the Singing Hadji's best outlaws.

And that's where he's probably go and lie up for a while. He'd be safe in Sufed Kot with the Singing Hadji as long as the supply of roubles and rifles lasted, and that would be indefinitely, while he continued his anti-Road agitation in Sufed Kot and Khairastan.

Bailitzin! What a cruel pity. It made one sick to think that he had been so near so recently. He must have gvien Shere Khan the slip after all. Perhaps Shere Khan had found out and followed him and was in Peshawar even now.

And now if he, Gul Mahommed of Khairabad, were permanently changed back into Major Wendover of Napier's Horse, he'd never see Bailitzin again; never get him where he wanted him.

* * *

To Captain Richard Wendover and Tommy Dodd, seated at the latter's dinner table over a glass of excellent port, entered Major Bartholomew Hazelrigg.

"Hullo, Ganesh! Come and sit down and have a liqueur brandy or a glass of port. When are you off?"

"One thing at a time, Tommy Dodd," replied Ganesh Hazelrigg ponderously. "Don't hurry me. When am I off? Tomorrow. Good evening, Dick Wendover."

"Good evening, Ganesh."

"It was you I came to see," continued Hazelrigg. "Not this noisy feller Dodd. I want to know, once and for all and finally, whether you've made up your mind about the Levy job."

"Yes, quite definitely," said Wendover quickly. "I'm more than willing to raise and command a regiment to be called the Khairastan Levies which, in return for pay, rifles and uniform, will guarantee to protect the Khairastan-Giltraza Road. . . . I'd want an absolutely free hand, of course, the irreducible minimum of red tape, and to pick my own officers."

"Oh, they'll be only too glad to give you a free hand," replied Hazelrigg. "Meantime, you'll rejoin Napier's Horse, I s'pose?"

"Yes, tomorrow."

(Continued Next Week)

EASY-TO-GET-INTO

Easy to get into, easy to launder and very easy to make, this coat dress for the larger woman. Pattern 4506 makes up well in madras or percale for the home, and in sheer wool or a rayon mixture for business or shopping. Short, three-quarter or long sleeves may be chosen.

Pattern 4506 comes in women's sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 (short sleeves) requires 3½ yards 35-inch fabric.

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

Do your worries often keep you awake at night? And does this restlessness make you feel "all in" the next day? Noise, anxiety, overdoing things or working under pressure can affect the nerves . . . may make you sleepless, cranky, restless . . . cause nervous headache or nervous fears.

Dr. Miles Nervine helps relieve nervous tension because it is a mild sedative. Take it according to directions to help calm your nerves and to improve your sleep. Effervescing Nervine Tablets are 35c and 75c. Nervine Liquid is 25c and $1.00.

DR. MILES NERVINE

ISSUE No. 41—43

C

TABLE TALKS

SADIE B. CHAMBERS

Thanksgiving Dinner

MENU
Grape Juice Cocktail
Celery Pickles
Roast Chicken Savoury Dressing
Creamed Mashed Potatoes
Cauliflower with Carrot Sauce
Salad Bowl of Greens with Tomatoes
Pumpkin Pie
Beverage of Choice

Cauliflower With Carrot Sauce

Cook cauliflower until tender. Turn into a warm dish. Pour on the following sauce:

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
A dash of pepper, paprika
1 cup of milk
1 cup of chopped cooked carrots
2 tablespoons chopped pimento

A little grated carrot added to the top before serving makes a very attractive dish.

Pumpkin Pie

2 cups cooked pumpkin
2 eggs
¾ cup granulated sugar
½ teaspoon ginger
½ teaspoon cinnamon
1¾ cups milk
⅛ teaspoon salt

Be sure pumpkin is well mashed and without lumps. Beat the eggs until frothy, add sugar and beat well, using the Dover beater. Add pumpkin, seasonings and milk. Pour into a deep 8-inch plate lined with pastry. Bake in hot oven at 450 degrees for 10 minutes to set the crust. Reduce heat (375°) until filling is set. Total time for baking—45 to 50 minutes.

A Truly Happy Thanksgiving To All!

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is always 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 St., Toronto." Send stamped self-addressed envelope if you wish a reply.

Pockets to Jingle With Cash Again

Higher Prices For Wheat Mean Money in Purse for Prairie Farmer

Prairie farmer's pockets will jingle with cash this autumn in contrast with empty pockets in many pre-war years.

The Winnipeg Grain Exchange, which early in the year attracted little attention, once again is in the frontline of farmers' news interest.

Wheat prices are the highest in open market trading since 1937, and with increased export demand talk of $1.25 a bushel wheat before long is common.

Prices today are around the $1.18 mark for the October future, a gain of more than 28 cents a bushel compared with a year ago.

A sharp upturn in export demand has been a major factor along with a big increase in demand from eastern Canada for feed grains expected to reach record proportions this year. Millions of bushels are expected to be taken by eastern buyers.

Oats, Barley and Flax

The United States and the United Kingdom have taken the bulk of export business, but there has also been good trade with Mexico, Portugal, Switzerland, Sweden and neutral Eire.

Heavy wheat export business was reported last week with the total for the six-day trading period placed at 18,000,000 bushels.

The grain exchange has not provided all the good news for western farmers. They will collect higher prices for oats, barley and flax—under federal government subsidies—and to add to the cash income will be several million dollars paid under the wheat acreage reduction plan. First acreage reduction cheques are in the mail. They represent a distribution of $7,000,000. In 1942 acreage reduction payments totalled $20,000,000 on the prairies.

Report On Grain Crops In Ontario

Yields of spring grain, now practically cut and threshed throughout the province, are far below normal and will not be sufficient to meet the demands for livestock feeding, according to the monthly crop report of the Ontario Department of Agriculture.

Several cars of Western grain have been ordered to meet the shortage, and many more will be required to maintain production of meat, milk and eggs and provide seed grain for next spring. Fall grains and feed crops, the report said, show prospects of better yields.

All classes of livestock are reported in good condition, but purchases of feeder cattle are down due to high prices and crop shortages. Demand for dairy cattle and sows is good.

A drop in the potato crop is expected, due to weather conditions, the high cost of seed and the scarcity of labor. Carleton County, major potato producing district, reports a crop cut of 60 per cent., and the North Bay section of Northern Ontario less than 40 per cent. of normal due to patchy fields and disease that has affected potatoes in all parts of the province.

Not Many Big Incomes In Britain

Income-tax and super-tax on the largest incomes in Great Britain take 97½ per cent of the gross income. Only 80 people in Great Britain now have an income, after taxes are paid, of more than £6,000 (about $26,000).

New Inner Tube To Outdo Rubber

Elasto-Plastic Substance 100 Per Cent Reclaimable

Development of a new elasto-plastic material which, its discoverers assert, promises to outmode rubber in automobile inner tubes and numerous other products, was announced recently by Glenn L. Martin, president of the aircraft manufacturing company which bears his name.

The substance, which has been named marvinol, is not a synthetic rubber, Martin declared, but a new material better suited for many of the purposes for which rubber has been used than rubber itself.

"The new chem-elastic substance, which in effect makes it possible to manufacture inner tubes from coal, salt and water on standard rubber fabricating equipment has been picked out of the research laboratory before its uses have been fully exploited," Martin said in a statement.

"This was done because we were aware that marvinol answered critical war needs—especially for automobile inner tubes and delicate gloves for surgeons."

Martin said that one of the principal advantages of the substance was that it was 100 per cent reclaimable — a property which he said "may in itself revolutionize the entire inner tube industry."

Another valuable property, he said, is marvinol's ability to retain air when used in inner tubes.

Arctic Country Farmers' Paradise

Grain, Vegetables Flourish In Short Hot Summer

Perhaps the most flourishing part of the world at the present time is Alaska. Its rapidly increasing population have no fear of air raids or invasion and they are intensely busy producing not only minerals but food stuffs.

For long Alaska has figured as an Arctic country where the only products were gold and furs. Today it has become a great farming centre. True, the winter is long and cold, but the growth in summer is incredibly swift.

A visitor to Fort McPherson, which is North of the Arctic Circle, says that on June 20th new buds on the trees were just perceptible. Forty-eight hours later the trees were in full leaf. In July it was unbearably hot. On five days in July the average shade temperature was 95 deg. Fahrenheit.

Potatoes do well, and have been grown successfully sixty miles north of the Arctic Circle. Cabbages, cauliflower, lettuce, carrots, parsnips, beet, onions and rhubarb all flourish during the short, warm summer.

The Russians tell the same story. At Igarka in Arctic Siberia the cabbages are finer than those grown on the Volga. Flowers are marvellous. Violets, marguerites, forget-met-nots are twice the usual size. At Khibin on the Kola Peninsula 20 tons of potatoes have been dug from an acre. Oats grow five feet high, barley and wheat ripen, and all kinds of vegetables flourish.

British Cheese Supply Doubtful

A subsidy on milk to be used in the manufacture of cheese, announced last week, is designed to avert the pressing danger that Canada will be unable to fulfil her agreement to provide Britain with 150,000,000 pounds of cheese in the present contract year.

The anxiety over the cheese contract is part of a picture which has changed radically in a year. In 1942 there was anxiety over butter supplies, while cheese output was making records. Later, butter production was encouraged by subsidies.

Now butter production has increased to the point where it is possible to make a quantity available to the United Kingdom as well as meet Canadian ration requirements and the needs of the forces at home, as well as supply ships entering Canadian ports.

The subsidy on milk to be used in cheese production will be 30 cents a 100 pounds and will be payable from October 1 to April 30. Officials said they hoped the effect would be to keep dairy herds in cheese manufacturing areas up to full production during the coming fall and winter months.

Canada's HOUSOLDIERS follow CANADA'S OFFICIAL FOOD RULES

Housewives are "Housoldiers" serving the nation by providing nourishing meals that protect the health of their families.

FREE! A Valuable Recipe Book "Economy Recipes for Canada's Housoldiers" containing many recipes suited to today's requirements. Send a postcard with your name and address with the words "Economy Recipes". Address Dept. 4P, The Canada Starch Home Service Dept., 49 Wellington St. E., Toronto.

Published in the interests of CANADA'S NUTRITION CAMPAIGN by the makers of

CROWN BRAND SYRUP

The CANADA STARCH COMPANY, Limited

Cuts Consumption Of Fuel In Half

A method by which "three or four shovels of coal will keep burning for 24 hours and give plenty of heat" has been devised by Wilfrid S. Higgins of Niagara Falls.

Fuel consumption is cut more than half during the months when only a small fire is required, he said, by "bricking up" one side of the firepot, thereby reducing the size of the pot.

"You simply put a bed of ashes on top of the grates on one side of the firepot. Then lay the bricks on that, piling them one on top of the other loosely. Five or six bricks are sufficient. Cover them with a light surface of ashes."

HOME STUDY

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SHAW BUSINESS SCHOOLS

PLEASE MENTION THIS PAPER

MACAROON CAKE

½ cup butter or shortening
½ cup sugar
3 egg yolks
3 tablespoons milk
1 cup sifted cake or pastry flour
1 tablespoon BENSON'S or CANADA CORN STARCH
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon almond extract

Cream butter or shortening, add sugar gradually, and cream together well. Add beaten egg yolks and milk. Sift the dry ingredients together 3 times and add to first mixture. Pour into a greased pan (8" x 8" x 2"), spreading evenly with a knife or spatula. Spread the following mixture on top of it and bake in a moderate oven (350° F.) for 45 minutes.

MIXTURE FOR SPREADING OVER CAKE BATTER

3 egg whites
⅛ teaspoon salt
½ cup Crown Brand Corn Syrup
1 teaspoon BENSON'S or CANADA CORN STARCH
1½ cups shredded cocoanut OR stale cake crumbs OR toasted crisp ready-to-eat cereal

Beat egg whites and salt together until still but not dry. Mix corn syrup and corn starch thoroughly, then gradually beat into egg whites. Stir in cocoanut or stale cake crumbs or crisp cereal. Spread on top of batter in cake pan and bake as directed. (If corn syrup is temporarily unavailable, omit from recipe and use instead ½ cup sugar.)

Roll your own with

MAKES A BETTER CIGARETTE