Muffins can help keep you "regular"

By eating several every day, and drinking plenty of water, you can get at constipation due to lack of dietary "bulk"! If this is your trouble, try

Kellogg's All-Bran Muffins

2 tablespoons shortening
¾ cup sugar
1 egg
1 cup Kellogg's All-Bran
¾ cup milk
1 cup sifted flour
½ teaspoon salt
2½ teaspoons baking powder

Blend shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder. Add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400°F.) about 30 minutes. Yield: 8 large muffins.

Kellogg's ALL-BRAN
Made by Kellogg's in London, Canada

When Mom's Down

When Mother is under the weather,
Our household comes sort of unglued!
You know what I mean. It's easily seen
We're all in an unpleasant mood.

Pop struggles downstairs in pyjamas
Anf fixes the furnace and lights
The teakettle fire. You'd simply expire
To see Father put things to rights.

He turns on the light in our bedroom
And says, "Mother's staying in bed;
She's not feeling good." Then it's understood
We have to get breakfast, instead.

There's no cheery talk at the table;
We have to prepare our own lunch
And pack it for school, according to rule;
We're not an exuberant bunch.

When Mother is under the weather
There's no one checks clean necks and such;
And nothing seems right either morning or night;
I'm glad she's not sick very much.

—Casual, in Chicago Tribune.

Khaki rayon stockings for "walking out" are being issued members of the Canadian Women's Army Corps, it has been announced at National Defence Headquarters.

Phonograph Records

Thousands of popular dance selections to choose from.
Also Automatic Phonographs available for Rent.
Write for particulars.
Vigneux Bros.
Automatic Phonographs
390 BAY ST., TORONTO

TABLE TALKS

SADIE B. CHAMBERS

Requests

Here's hoping these "request" recipes will be useful and the results appetizing.

Bran Carrot Pudding

½ cup shortening
1 cup brown sugar
2 eggs
1½ cups grated raw carrots
½ cup all-bran
1⅓ cups sifted flour
½ teaspoon nutmeg
1½ teaspoon baking powder
½ teaspoon salt
¼ cup milk
1 teaspoon lemon extract

Blend shortening and sugar together until fluffy. Add the unbeaten egg yokes, beating well after each addition, Stir in carrots andall-bran. Sift flour and other dry ingredients, stirring into batter alternately with the milk. Add flavoring; fold in the stiffy beaten egg whites. Bake in a greased baking pan for one hour in moderate oven. Serve with orange sauce.

Orange Sauce

¾ cup sugar
3 tablespoons sifted flour
¼ teaspoon salt
1½ cups boiling water
3 tablespoons grated carrot
2 tablespoons orange juice
2 tablespoons lemon juice
2 tablespoons butter

Mix sugar, flour and salt together. Add water slowly, stirring constantly. Add carrot, juices and butter. Cook over hot water until thickened and flour is cooked, about 20 minutes. Serve hot on pudding.

* * *

Carrot Custard Pie

Cook three or four carrots in as little water as possible. Rub through a course sieve and use 1 cupful of mixture. Any left over could be used in meat patties, etc. To 1 cup of sieved carrot add 1 scant cup of sugar, 2 or 3 eggs, 1 cup of milk, 1 teaspoon allspice, pinch of ginger, ½ teaspoon salt, ½ teaspoon vanilla, Pour into pastry lined plate and gake in moderate oven until done.

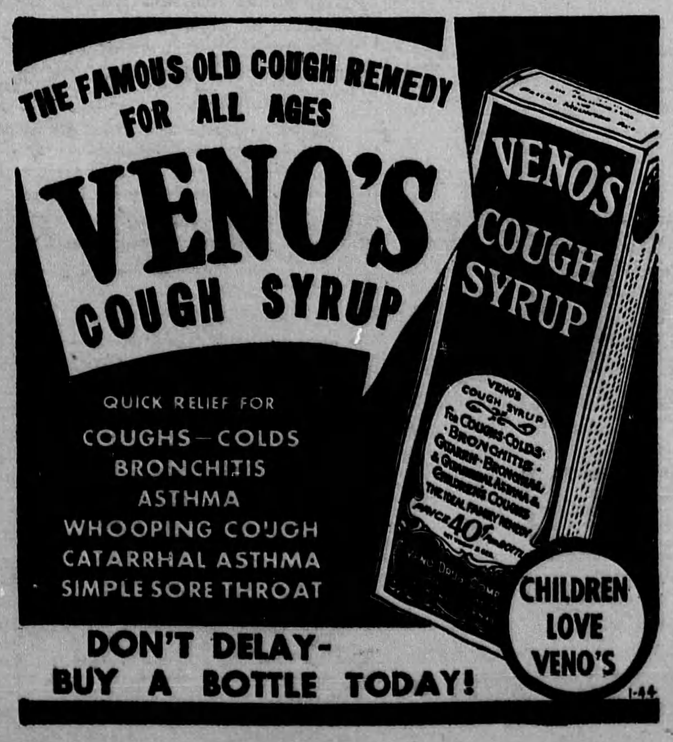
* * *

Mincemeat Pudding

1 cup mincemeat
1½ cups flour
1 teaspoon baking powder
½ teapsoon salt
¾ cup butter
½ cup sugar
1 egg
½ cup milk

Grease six muffin pans. Put a spoonful of mincemeat in each. Sift flour; measure, and sift with baking powder and salt. Cream butter; blend in sugar. Add egg and beat until the mixture is light. Add the dry ingredients alternately with the milk. Add vanilla. Turn into pans over the mincemeat and and bake in moderate oven for about 30 minutes. Remove from pans and serve hot, mincemeat side up, with a pudding sauce.

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 "get 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.



CHAPTER XVII
SYNOPSIS

Dave Bruce, out of a job, arrives at Wilbur Ferris' Cross-Bar ranch. Curran, the foreman, promises him o job if he can break a horse called Black Dawn. When he succeeds, he discovers 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 Dave 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 sherif's posse. Meanwhile, a quarrel between Ferris and Judge Lonergan reveals that Ferris had killed his partner, Blane Rowland, many years before.

Lonergan ushered Ferris out into the street, closed the door, and strode briskly in the direction of the courthouse, outside which a knot of men was already milling. Ferris got on his horse and rode slowly back toward his ranch, taking the opposite direction till he got clear of the town.

"Yuh ain't—ain't cryin', girl?"

Suddenly blind rage filled Ferris' heart. And, according to the nature of the man, it did not show itself upon his face, which became a mask. Stupidly, blindly trying to find reality in this new confusion, Ferris rode back toward his ranch house with a sudden resolution formed.

Weak, irresolute, he was following the traditional line of least resistance in seeking a confidant. And Curran, the foreman, was the man he sought. He was throwing himself upon the mercy of the man between whom and himself there had been undeclared enmity ever since Lonergan made Curran foreman of the Cross-Bar outfit.

"Want to see you in the office," he told Curran, who was taking it easy in the bunkhouse after his night's ride. And when they reached the office, he said, "Curran, I reckon you and me haven't pulled together as well as we might have done. I'm in a jam now. Maybe us two could get together."

* * *

Curran's eyes narrowed. "I never bore yuh no ill feelin's, Mr. Ferris," he answered. "Course I knew yuh didn't exactly like Judge Lonergan's puttin' me in here, but I done my best for yore spread."

"Lonergan's got me by the throat," said the ranchman bitterly, and recounted their conversation of that morning.

"But so far as I understood, yuh've kept up the mortgage int'rest," said Curran. "And the mortgage has got another eighteen months to run."

"Damn him, he's got something on me!" exploded Ferris. "Something that happened before I came into the valley, that he could put me behind bars for. He's aimin' to treat me the way he was goin' to treat old Hooker. When he's cleaned up on my ranch, how long d'you think your job will last?"

"Yeah, I been thinkin' about that myself," Curran confessed.

Ferris asked the question that he had asked Lonergan: "Why was Lonergan so interested in that Hooker girl?"

* * *

Curran grinned. "Most folks think she's his daughter," he said. "Don't bear no resemblance to him, of course, but she may take arter her mother. I never seen Mrs. Hooker; she died before I come here."

"I've heard that story, but I don't believe it."

"You think the sheriff will get Bruce and that girl?" he asked in the meanwhile.

"I dunno," said Curran. "Lois Hooker, she knows the mountains like that herd of broncs she trails arter her. If they got enough food, they kin hide up till all int'rest in the affair has died out, so far as the sheriff's concerned. But I'll tell yuh something. I'm goin' to git her."

Curran knew his man. "I dunno what Lonergan's got on yuh, Ferris," he said, "but I ain't trustin' that feller further than I kin see him. And I guess there's plenty of folks in Mescal who wouldn't cry their eyes out if anything happened to him."

* * *

The ranchman's eyes met Curran's. "You mean—you mean—?" he stammered.

"I could do with a share in the Cross-Bar," said Curran bluntly. "I ain't the kind who'd ride yuh down the way Lonergan's doin'. And what I had on you, you'd have on me, I guess. A third share's all I'd ask."

"Suppose—suppose Blane Rowland ever came back?" the ranchman quavered. "He's still half-owner. If he hadn't made that mad break when he thought the Cross-Bar was goin' smarsh—"

"Yuh needn't worry about him," grinned Curran. "He won't come back. First place, he'd be facin' a long term in the pen, and second place, he'd have to make restitution of that money stole, which represents purty nigh half the value of the ranch."

"What's your proposal?"

"I ain't makin' none, Ferris. It come from you. I was only sayin', nobody's goin' to lay roses on his grave."

"When — how — what's your plan?" whispered Ferris, spilling a trail of whisky over the floor as he tried to refill his drink.

"Just leave it to me, and I'll keep yuh posted, Ferris," answered Curran.

"I've got to give Lonergan his answer within the next two days," the ranchman protested.

"Stall him off," said the foreman. "String him along a day or two more, and if he insists tell him to go plumb to hell. All you need to do is keep a stiff top lip. I'm glad you and me had this talk. It clears up things consid'rable. Yuh won't see much of me the next day or two, because I'll be on a lone wolf hunt in the mountains. But I'll let yuh know when the trap's sprung."

He went out of the office, reeling slightly, humming a song. Ferris watched him with new, dawning hope.

(Continued Next Week)

Smart Capelet

Priorities on fuel have made capelets ride the crest of fashion. When the furnace burns low throw this woolly bit of crocheted warmth about your chilly shoulders. Look pretty as only a capelet can make you look. The puff and knot stitch are quick to do. Pattern 751 contains directions for capelet.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Write plainly Pattern number, your name and Address.

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QUAKER OATS

The Quaker Oats Company of Canada Limited

The Sunflower As A Grain Crop

Two Outstanding Varieties Developed By Canadian Plant Breeders

Interest in the sunflower as a grain crop came about largely because of the shortage of edible vegetable oils in Canada soon after the outbreak of the present war, states Dr. T. M. Stevenson, Dominion Agrostologist. Central Experimental Farm, Ottawa.

The ensilage varieties which were tall growing and late maturing, were not suited as a grain crop in most areas. However, other types were availalbe. Canadian plant breeders had, some years prior to the outbreak of war, recognized the possibility of using the sunflower as a grain crop, chiefly as a source of vegetable oil. They set about to develop varieties suitable for grain production on a large scale. They decided first of all that such varieties must be semi-dwarf in habit of growth and early maturing so that they could be harvested satisfactorily by ordinary farm machinery. Furthermore, the new varieties had to meet certain standards of perfection respecting oid content and oil quality.

Two Outstanding Varieties

The two outstanding varieities which resulted from that work are "Sunrise" and "Mennonite". Approximately 30,000 acres of these varieties were grown for grain in the prairie provinces in 1943. It is estimated that this crop will yield over 18½ million pounds of seed. This crop is capable of providing 4½ million pounds of high quality edible oil and more than 2,250 tons of excellent, high protein oil meal suitable for stock feed. In addition there will be an abundance of seed available to enable us to meet the 50,000 acre objective set for 1944.

The development and production of sunflowers for grain constitutes another worthwhile contribution from agriculture to the war effort.

Men of Canadian Navy Given Praise

A. V. Alexander, First Lord of the Admiralty paid tribute recently to the men of the Royal Canadian Navy.

"Remarkable expansion of Canadian naval and air forces engaged in the Battle of the Atlantic, and their skilful deployment and gallant handling in appalling weather conditions have been important factors in the United Nations' efforts to get the measure of the U-boat," he said.

He added the R.C.N. now provides more than two-fifths of the ocean-going escorts in the North Atlantic, while the R.C.A.F. has undertaken one-quarter of the operations against U-boats in that theatre.

Many Canadians are also serving in the Royal Navy and the R.A.F., he said. The R.C.N.'s manpower-strength now approaches that of the Royal Navy in peacetime.

He enumerated the many decorations awarded Canadian Navy men and added that Canada and the United Kingdom now were mainly responsible for the control and protection of the great Northern Atlantic convoys.

On the east coast of England millions of tons of earth are washed away by the sea every year.

MISTER BIG!

He looks pretty small alongside Ruth Nunley, 6 ft. 1 in., 254 pounds. He's Johnny Houston, 4 ft. 4 in., 120 pounds. Both work at Missouri Valley Bridge & Iron Co., Evansville, Ind.

FOR COUGHS COLDS- YOU CAN'T BEAT BUCKLEY'S MIXTURE

Skin Eruptions

Here is a clean, stainless, penetrating antiseptic oil that brings speedy relief from the itching and discomfort.

Not only does this healing antiseptic oil promote rapid and healthy healing in open sores and wounds but boils and simple ulcers are also relieved.

In skin affections the itching of Eczema is quickly stopped. Pimples—skin eruptions dry up and scale off in a very few days. The same is true of Barber's Itch, Salt Rheum, Itching Toes and Feet and other inflammatory skin disorders.

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Your skin has nearly 50 million tiny seams and pores where germs hide and cause Itching, Cracking, Eczema-like Rash, Peeling, Burning Skin Blotches, Pimples, Ringworm, Foot Itch and other skin blemishes. The new treatment **Nixoderm** stops the itching in 7 minutes and goes right to work curbing the germs and should quickly help make your skin clearer, softer, smoother and more attractive—in fact **Nixoderm** must satisfy you completely or you get your money back on return of empty package. Get **Nixoderm** from your druggist today—see how fast it works and how much better you look. The money-back trial offer protects you.

ITCH STOPPED in a Jiffy or Money Back

For quick relief from itching of eczema, pimples, athlete's foot, scales, scabies, rashes and other externally caused skin troubles, use fast-acting, cooling, antiseptic, liquid D. D. D. Prescription. Greaseless, stainless. Soothes irritation and quickly stops intense itching. 35c trial bottle proves it, or money back. Ask your druggist today for D.D.D. PRESCRIPTION.

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