Britain Increases Area Under Flax

The area under flax in Britain has been increased from a few hundred acres in 1939 to over 50,000 acres in 1943. Northern Ireland has also made a remarkable increase in acreage from about 20,000 to 90,000. From this effort have come large quantities of high grade wing fabric for aircraft.

Help Kidneys If Back Aches

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your Kidneys are vital to your health and that these symptoms may be due to Kidney and Bladder troubles—in such cases Cystex usually gives prompt and joyous relief by helping the Kidneys clean out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying Cystex. The iron clad money-back agreement assures a refund of your money on return of empty package unless fully satisfied. Don't delay. Get Cystex (Siss-tex) from your druggist today.

Cystex Helps Clean Kidneys

Stop Dosing Constipation

There Is a Better Way to Correct a Common Cause

Yes, you can free yourself from slavery to "dosing"—with its griping unpleasantness, its lack of lasting relief if your trouble is due to insufficient "bulk" in your diet! Do as thousands of others have done! Try the gentle-acting, ALL-BRAN way! KELLOGG'S ALL-BRAN really "gets at" this common cause of constipation by supplying the missing "bulk-producing" material needed for easy, natural elimination. Try eating a daily serving of ALL-BRAN, or several ALL-BRAN muffins. Drink plenty of water. Get ALL-BRAN at your grocer's. 2 convenient sizes. Made by Kellogg's in London, Canada.

WAR WORK DEMANDS THIS Vitality Element

NO OTHER NATURAL CEREAL GIVES IT SO RICHLY

With less meat today, wise women are happy to know that by serving Quaker Oats for breakfast, they can give their hard-working family a rich source of meat's main element—protein. No other natural cereal is 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_1 needed for sound nerves and energy! No wonder more families than ever are calling delicious, hot breakfasts of Quaker Oats daily a "must" for wartime diets.

The Quaker Oats Company of Canada Limited

QUAKER OATS

BUCKLEY'S STAINLESS WHITE RUB

GIVES FASTER RELIEF FROM CHEST COLDS

MUSCULAR ACHES & PAINS

ACHING BURNING FEET

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Price 30c & 50c

IT'S BETTER IT'S BUCKLEY'S THAT'S WHY

TABLE TALKS

SADIE B. CHAMBERS

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.

When the small fruit is selling at low prices they are the best for juice. Do the squeezing at the last moment, as orange juice exposed to the air over a long period loses its vitamin content.

Orange slices with a creamy smooth custard is a favorite dessert, especially with children. Another favorite is sliced oranges and bananas. Then there are the combinations in which milk and eggs appear to make them doubly nourishing for the children and grown-ups, too. Here are a few favorite orange recipes:

Orange Blancmange

4 tablespoons cornstarch
¼ tsp. salt
¼ cup sugar
½ cup cold milk
2½ cups hot milk
1 egg
3 tablespoons grated orange rind
2 oranges, cut in sections

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 well-beaten eggs and orange rind. Cook 3 minutes longer. Remove from heat and partially cool. Arrange orange sections in serving dishes. Add blanc mange and garnish with a little grated orange rind.

Orange Layer Cake

¼ cup shortening
½ cup sugar
2 eggs, yolks and whites separated
1 teaspoon lemon extract
½ cup strained orange juice
1½ cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon salt

Cream the shortening and sugar thoroughly; add beaten egg yolks, lemon extract, orange juice, then flour, baking powder and salt sifted together. Lastly fold in the egg whites, beaten stiff, and bake in 2 layers about 20 minutes at 375F.

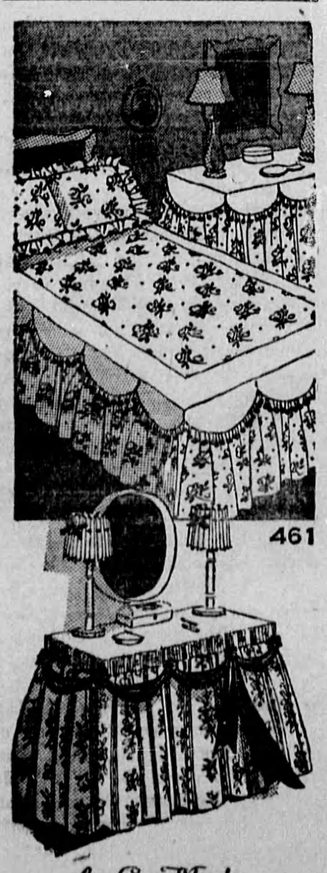
When cool, frost with this icing:

2 tablespoons butter, melted
3 tablespoons orange juice
1 teaspoon lemon extract
1⅓ cups 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.

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.

Enough material to line a war flier's sheepskin-lined Jacket is contained in a woman's mouton coat.



by Laura Wheeler

Make a new and charming bedroom for guests or one of the family. Transform a room at little expense with these matching bedspreads and dressing tables.

Dress up that bedroom! Instructions 461 contans directions for varied bedspreads; dressing-table skirts; screens; list of materials..

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.

BLACK DAWN

By VICTOR ROSSEAU

SYNOPSIS

Dave Bruce, out of a job, arrives at Wilbur Ferris' Cross-Bar ranch. Curran, the foreman, promises him a job if he can break a horse called Black Dawn. When he succeeds, he discovers Curan expected the horse to kill him. A girl named Lois rides up, angry with Dave for breaking "her" horse. She refuses to speak to him 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 sheriff's posse. A quarrel between Ferris and Judge Lonergan reveals that Ferris had killed his partner, Blane Rowland, many years before. Thoroughly scared, Ferris takes Curran into his confidence. When Dave is away from the cave Curran kidnaps Lois. Still unaware of Lois' danger, Dave has just discovered what he believes to be a human skeleton near the cave. He is examining the skull.

—o—

CHAPTER XXI

There was a clean, round hole at the back, such as a bullet would have made, and the frontal bone was mostly missing, with jagged edges about it.

"Yore horse didn't slip, hombre," said Dave to the skull. "Yores is a case of plain murder. Yore partner shot yuh from behind, the dirty murdering hound!"

Dave put on his socks and shoes again and began to reascend the side of the ravine. Arrived at the top, he looked at the sun and concluded that it was already well past noon. He had told Lois that he would be back to see her around midday.

But when Dave reached the cave, he found it empty. "Lois!" he called. "Lois, girl, where are yuh?"

The echoes of his voice floated back mockingly from the cliffs across the ravine, and that was all.

Then Dave's pupils contracted sharply as he saw the footprints of a man's boots on the other side of the cave, faint, but unmistakable n the ground softened by the rains.

Here, too, were the prints of Lois' little boots, and where they ceased there was a furrow in the soil as if she had been dragged. Beyond, the prints of the man's boots were deeper, as if he had been carrying a burden.

* * *

It was all perfectly clear and unmistakable, and told its story only too well. Coggswell must have got upon the trail and taken Lois away.

The waddy's face was transformed into a grim mask of vengeance. Dave ran back to where Black Dawn was standing and sprang into the saddle. He adjusted his belt, bringing the holster close to his right hand. When he met Coggswell, it would be just too bad for Coggswell.

Softly Dave edged the stallion along the trail, peering right and left for any hidden ambuscade. But the bootprints had changed to the prints of two horses' hoofs. If Coggswell had set an ambuscade along the route, he had certainly not joined it himself.

Dave trailed the hoofprints as far as the canyon, and then lost them. It was impossible to discover any signs of them on the flinty ground. But Dave was pretty sure Coggswell had taken Lois to Hooker's cabin, perhaps to leave her there and come back in search of him.

* * *

It was an hour after the discovery that Lois had been kidnapped before he suddenly saw Hooker's cabin before him.

No horse was visible, but Dave dismounted and crept softly forward, peering through the undergrowth. Foot by foot he edged his way forward. The plaintive lowing of the unmilked cow came to his ears from somewhere on the mesa. Otherwise — nothing. And when at last Dave entered Hooker's cabin, he found it empty, with no sign that anyone had been in it since Lois and he had left it.

Grimly Dave turned the stallion and rode back through the canyons. Again he found the hoofprints, and again, in spite of casting about in a wide circle, he was unable to discover which way the horses had gone.

The sun was well down in the west when Dave rode back toward Hooker's cabin, reckless now. He was almost through the scrubb when he reined in abrutly. He could see the cabin again, and this time a horse was standing saddled in front of it.

Listening, Dave could hear footsteps in the cabin. Someone was walking to and fro inside it.

"Hold 'em high, Sheriff, or I'll blow your head off!"

Dave didn't dismount this time. He edged the black horse forward, its hoofs making no sound on the soft mesa. Now he was immediately behind the house. He could hear the footsteps inside distinctly. Now he got out of his saddle and went quietly around the shack. As he reached the front angle he saw Sheriff Coggswell come out of the door and move toward his horse.

Dave leaped forward. His attitude was the crouch of a beast of prey, his voice a rumbling snarl:

"Hold 'em high, sheriff, or I'll blow yore head off!"

Taken utterly by surprise, Coggswell put up his hands.

"Well, you got the drop on me all right, Bruce," admitted Coggswell. "But killin' me won't do you no good."

(Continued Next Week)

MAJOR TRIQUET AND FAMILY

There is no prouder family in Canada right now than that of Major Paul Triquet, of Cabano, Que., who has been awarded the Victoria Cross, highest award for valor in the British Empire. His wife and two children are shown above, with Yolande, 8, on the left and Claude, 10, on the right. Mrs. Triquet, centre, is the former Alberte Chenier of Ottawa. The picture of Major Triquet was taken when he was a regimental sergeant-major with the Royal 22nd Regiment.

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.

Casualties Heavy Among Workers

The office of war information reports that the United States has lost four times as many workhours from industrial accidents as from wartime strikes; that industrial accidents have killed five thousand more people since Pearl Harbor than the guns of the enemy, and that 60 times as many people have been injured by such accidents as have been wounded in batttle or reported missing in action.

ISSUE 12—1944

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UNUSUAL SUPPER TREAT

The Whole Family will Enjoy

PREMIUM LIVER PATTIES

1 pound liver
1 cup water
2 small onions
½ cup liver stock
1 cup fine Christie's Premium Soda Cracker crumbs
1 egg, beaten
1 teaspoon salt
½ teaspoon pepper
2 tablespoons chopped celery leaves
2 tablespoons chopped green pepper
1 tablespoon lemon juice

Place liver in water in shallow pan. Cover and simmer for five minutes over low flame. Drain water and reserve ½ cup for stock. Grind liver and onions. Pour stock over Christie's Premium Soda Cracker crumbs and add to ground liver with remaining ingredients. Mix well. Shape into 8 patties and brown in hot fat. The flaky goodness of Christie's Premium Soda Crackers brings out the full flavor of other foods. Adds extra relish to salads, soups, cheese or fruit spreads. Always keep a package or two on hand.

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Christie's Biscuits

There's a wartime duty for every Canadian

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