"Threw away my harsh laxatives"

"Out they went, all harsh embarrassing purgatives. For *my* constipation turned out to be due to lack of "bulk" in the diet. So gentle ALL-BRAN proved the answer for me."

Yes, ALL-BRAN is for *you*, if your trouble is due to lack of "bulk" in the diet. Here's what you do. Eat KELLOGG'S ALL-BRAN regularly, and drink plenty of water. This pleasant cereal helps to produce smooth-working "bulk," and prepare wastes for easy elimination. You'll want this regularity, so you'll enjoy eating ALL-BRAN daily. Remember it's a cereal—not a medicine. At your grocer's. 2 handy sizes. Made by Kellogg's in London,

MOTHERCRAFT HEALTH NOTES

The Foundation Of Character

In laying the foundation of good character the aim of the wise and loving mother is to train her infant so that he shall develop a healthy body, controlled by an equally healthy mind. In order to do this certain definite needs must be provided for. These needs we call the twelve essentials.

Fresh Air and Sunshine

Free-flowing air day and night is ensured by putting baby to sleep out of doors during the day and giving him a well-ventilated room to himself at night. Deprived of sunlight children grow up pale and delicate.

Water

From the time baby is quite small, encourage him to take a drink of water daily. For drinking purposes water should be boiled.

Food

There is only one perfect food for baby and that is mother's milk.

Clothing

This should be light in weight, non-irritating and be regulated according to climatic conditions.

Bathing

A bath once a day is necessary. Introduce gradually the cool sponge after baby is six months.

Muscular Exercise and Sensory Stimulation

Give baby a regular time for kicking and waving of arms. Sensory stimulation is derived in many ways, through careful handling, sunshine, etc.

Warmth

Baby should never be allowed to feel cold. Sensible clothing will prevent this.

Regularity of All Habits

This includes feeding times, sleeping hours, recreation and regular bowel movement.

Cleanliness

Baby's personal hygiene, and care in all feeding utensils used in the case of artifically fed babies.

Mothering

Every baby requires loving handling.

Management

The wise mother trains her baby to accept the regular daily routine.

Rest and Sleep

If the foregoing essentials are all strictly adhered to, naturally rest and sleep will follow as they depend on baby's comfort and training.

—By permission of the New Zealand Mothercraft Society.

Although Iceland's climate is too severe for ordinary vegetable growth, huge garden plantations have sprung up about hot springs where even semi-tropical crops can be grown.

TABLE TALKS

SADIE B. CHAMBERS

Pies and More Pies

For some reason I seem to feel or be very "pieus" this week for I have been trying some old pie recipes. Maybe I have been a little easier on my sugar lately, and have some to spare. So save up some sugar and try these desserts to "pep up" you menus.

Cream Pie

3 eggs
¾ cup sugar (scout)
3 tablespoons cornstarch
⅛ teaspoon salt
1 pint milk and cream mixed
1 teaspoon vanilla

Mix cornstarch with ½ cup sugar and salt, then add egg yolks, which have been beaten light and lemon-colored. Scald milk, and pour slowly over the mixture; stir well until mixed. Cook in top of double boiler until smooth, thick and creamy, stirring constantly. Remove from heat and add vanilla. Cool and pour into a 9-inch baked pie shell. Top with 3 egg whites, which have been stiffly beaten with ¼ cup sugar. Bake in a moderate oven until meringue is lightly browned.

Chocolate Cream Pie

Use the above recipe adding ½ cup cocoa and 4 tablespoons more sugar. Increase salt a ¼ teaspoon and add a few tablespoons milk or cream. 2 or 3 teaspoons of butter adds a richness, but is not necessary.

Banana Pie

Arrange a layer of bananas on top of baked pie crust. Pour the cooled cream filling on top and cover with meringue and brown delicately in oven.

This makes a good company pie, at it is large and rich and can be cut in smaller pieces.

Rhubarb Custard Pie

Combine 2 cups cooked rhubarb with two beaten egg yolks, 1 cup sugar and 3 tablespoons flour blended well togther. Place in a pie crust and bake. Top with meringue and lightly brown.

Orange Rhubarb Pie

Add ½ cup of orange juice, a little grated orange rind and 1 tablespoon of butter to the above recipe.

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.

Growers Urged To Disinfest All Used Potato Bags

In order to prevent the further spread of Bacterial Ring Rot disease potato growers are urged to disinfect all used potato bags before they are again allowed to come in contact with potatoes, says R. E. Goodin, Fieldman, Crops, Seeds and Weeds Branch of the Ontairo Department of Agriculture.

Bags should be soaked for two hours in a solution containing one pint formalin in forty gallons of water. These may afterwards be quickly dried at this time of year by spreading out over the grass or hanging over a fence. Another method used by some potato growers is by using a hand sprayer and a solution containing one pint formalin with one pint water. This solution is sprayed on about every fourth or fifth bag in the pile, after which the entire pile of bags is left covered overnight with a heavy blanket or tarpaulin.

Potato growers may avoid heavy losses by using every precaution to keep Bacterial Ring Rot disease away from their premises.

● SERIAL STORY

Murder on the Boardwalk

BY ELINORE COWAN STONE

Last Week: Bill's key holder is found on the Beach. He tells of fighting with a beachcomber, whom Christine knows to be her late cousin's butler. Christine finds a dagger hidden in the wall. She wishes she had not given the inspector a false name, hopes to talk to him alone.

CHAPTER VIII

Christine waited uncomfortably while the inspector gave some final instructions to his subordinates. But before she had an opportunity of speaking to him, the car in which she was to be driven to headquarters drove up, and a uniformed man hurried her into it.

Later, on the way upstairs to the office, she heard the sergeant's voice behind her — low, but she imagined, intentionally audible:

"Pretty neat, Inspector — that girl's being the first to touch that knife — if her own fingerprints were already all over it."

"And Yardley's being down around that boat with that beachcomber, if you ask me," the inspector agreed. "Well, I'm expecting some dope about both of them any moment."

Christine, who was a "who-done-it" fan, and thought she knew all about police psychology, said to herself, "They're staging this for my benefit. I won't let them scare me."

* * *

Nevertheless, she must have looked pale under the brilliant lights of the office, for no sooner were they all seated than the inspector said to an officer at his elbow, "Get the young lady a drink. She looks sick."

Christine took the water gratefully.

Meantime another subordinate hurried in and put an envelope on the desk.

"They've found Mrs. Talbert's car, Chief," he said in an undertone. "Locked and parked at the end of the 27th street dock. The number checks at the State office."

Inspector Parsons glanced through the contents of the envelope.

"Okay," he nodded. "Get one of the Amalgamated officials and check up on the rest of the stockholders. . . . And wait a minute — see if any of these keys open that car." He took a key holder from his pocket. "Now, Mr. Yardley, how long have you known Mrs. Talbert?"

"After a fashion for 10 or 12 years."

But — why, he didn't tell me this! Christine thought.

"What do you mean by 'after a fashion'?"

"I met her at a horse show where I was riding. Since then I've trained several thoroughbreds for her. But I've seen her very seldom."

"But often enough to borrow money of her?"

* * *

Bill flushed angrily under his tan.

"That's a matter of record. You can easily find out—"

"I have already found out," the inspector cut in coldly. "The notary who always witnesses her papers remembers the transaction. Several years ago Mrs. Talbert lent you $20,000."

Christine listened incredulously.

"In return," Inspector Parsons went on, "for a silent partnership in your firm — which, at the time, wasn't worth $10,000."

"Mrs. Talbert knew that."

"But which is now worth many times as much. Your agreement with Mrs. Talbert was unusual. At the death of either of you, your joint property automatically reverted to the other. On your repaying the loan, it reverted to you. . . . Have you repaid that loan?"

"Not entirely."

The inspector swung on Mr. Wilmet.

"Mr. Wilmet," he said, "you own some Amalgamated stock, I believe?"

Mr. Wilmet moistened his lips.

"Why, yes—yes, I have a few shares," he admitted.

"It might be interesting to know how you voted on that merger between Amalgamated and National that went through at the stockholders' meeting yesterday."

"Well," Mr. Wilmet said nervously, "as a matter of fact. I didn't go to the meeting at all."

"You didn't have to go. Someone else could have voted your stock by proxy."

"But I — why should they?"

"Mrs. Talbert was interested in preventing that merger. Yet two days before the meeting, Mrs. Talbert's house was suddenly closed, the servants sent on vacation, and the telephone discontinued; and Mrs. Talbert, who owned enough stock to stop that merger single-handed, apparently went off somewhere on a trip. I believe some of the Amalgamated stockholders might know where she went and why. . . . Now when my men found you in that drug store, about 1, you said you had been attending a show from 9 until after 12 o'clock. Could you prove that?"

"No, sir." Mr. Wilmet was white, but he spoke with a spirit that surprised Christine. "Why should I expect I'd have to?"

* * *

Bill Yardley moved as if to speak; but apparently thought better of it. The inspector glanced at him with interest; but Mr. Wilmet was going on:

"And I must say, Inspector, that I resent your men taking away the only comfortable pair of walking shoes I had. I've got bad arches, and these hurt me."

Christine remembered that she had seen the little man stumble several times after he had appeared on the Boardwalk. Now he was wriggling his small feet in their trim dress shoes in obvious discomfort; and he seemed about to expand on his grievances. But the inspector cut in:

"You'll get them back. . . By the way, Yardley, suppose you step into the next room—and you" — he indicated Jaspar. "We want a look at the shoes you're wearing."

* * *

As Bill and Jasper filed obediently out, another officer slipped in and handed the inspector a report.

"As I expected," Inspector Parsons commented after glancing at the paper. "The only prints on that dagger are identical with those Miss — Nevin, did you say the name is? — made on that glass she drank from a while ago. If there were any others, someone has cleaned them off."

Christine started to say, "Inspector, my name isn't—"

But Inspector Parsons had swung again upon Mr. Wilmet.

"Now," he snapped, "suppose you tell me why you introduced this young lady as 'Miss Grace Nevin'?"

"Why shouldn't I?" Mr. Wilmet's ineffectual chin waggled truculently. "This young lady told me her name was 'Miss Grace Nevin.' I naturally believed it was. I haven't any reason to think it isn't."

* * *

"Yet an employee from the Crestview identified her as the young woman who registered at the hotel as Miss Christine Thorenson."

"I still don't believe it," Mr. Wilmet declared loudly.

"I'm sorry, Mr. Wilmet," Christine said "I did give you an — an assumed name . . I tried to tell you Inspector."

"Did you, indeed?" the inspector asked dryly. "I hadn't noticed it."

"But," Mr. Wilmet persisted, "if this young lady chooses to use a — a pen name, I can't see why it makes any difference to any one else."

"It makes just this difference — that it seems a singular coincidence that Mrs. Talbert's body should have been found in the very concession where you were paying her own cousin to work."

* * *

The pink face Mr. Wilmet turned upon Christine was like a spanked, disillusioned baby's.

For a moment the inspector sat, studying Christine with curious attention. Finally he said, "Miss Thorenson, there was a letter in your cousin's bag — stamped, sealed, and addressed to you. . . Perhaps you'd better read it."

He handed Christine a folded sheet of paper.

"My dear Christine," the letter ran, "I am distressed by the repeated reports I get of your reckless extravagance. I have already warned you that unless you gave me reason to believe that you had learned something about the care of money, I should have no choice but to change my will — in which, as of course you know, you are named as my chief heir. I am about to take steps to make that change.

Sincerely yours,
Emma Talbert."

When Christine looked up, she knew that her face must be as blank as her mind.

(Continued Next Week)

To-day, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA

Troops Guided By 125,000,000 Invasion Maps

A report made public by the United States War Department said that 125,000,000 maps had been prepared so that the invasion forces could "know exactly where they were going" after they landed.

The making of these maps was "one of the most elaborate projects of the war" and depended largely on aerial photography and "thousands of tiny pieces of information smuggled out under the noses of the Germans," the department said.

"In war, maps are as important as food; you can't travel without them," the report explained. "They have to be accurate, and, strange as it may seem, before the war, no usable maps of Europe existed."

There were plenty of maps, but they were out of date. They showed roads and buildings that no longer existed, and they failed to show many terrain features.

Secret Of Invasion Weapons Well Kept

The Allied Army of Liberation rammed Hitler's Westwall with many secret weapons in use for the first time.

While not disclosing the types and actual number of these weapons, the British Ministry of Supply said factories had been manufacturing them for many months past under the greatest secrecy. Often workers themselves did not know what they were making.

The weapons, many so vital they were made in small parts at widely separated plants, were brought together only for final assembly. Workers in these plants were pledged to secrecy — and they kept the trust.

Allied Troops Learn German Commands

Commands in gutteral German were barked out to troops carrying Nazi weapons on English soil — but it was neither an enemy invasion nor a parody on Hitler's broken dreams.

Instead, the troops were Allied soldiers, learning against the day of invasion how to distinguish one German command from another when the fighting gets to close range, and how to put enemy weapons to use in emergencies.

Shepherd Dog Acts As Guide To Raiders

Night after night American Air Force and R.A.F. bombers shuttled across the Channel and unerringly bombed secret key fortifications in a small fishing village near the Belgian city of Ostend guided by the ingenious signals of natives, reveals the Belgian Relief Society, a member agency of the National War Fund.

The Nazis clamped down iron curfews and hundreds of soldiers conducted a nightly census of the inhabitants but still the raids went on without a bomb dropped on unimportant targets.

One night just as Allied 'planes neared the coast, a German patrol spotted a flashlight streaking down the beach at incredible speed toward a new big gun emplacement. The bombers changed their coarse and just as the soldiers fired and the light dropped to the sand, bombs struck the target on the nose.

Later the Germans found a Belgian shepherd dog, a flashlight strapped to his back. An inhabitant had let him out to make by night the runs he was trained to do by day.

Many Feints Made Before Invasion

It can now be revealed that the Allies conducted a series of feints in advance of the invasion.

These feints were predicted some time ago by Prime Minister Churchill, and were designed to confuse the Germans so they would never know when the blow was coming.

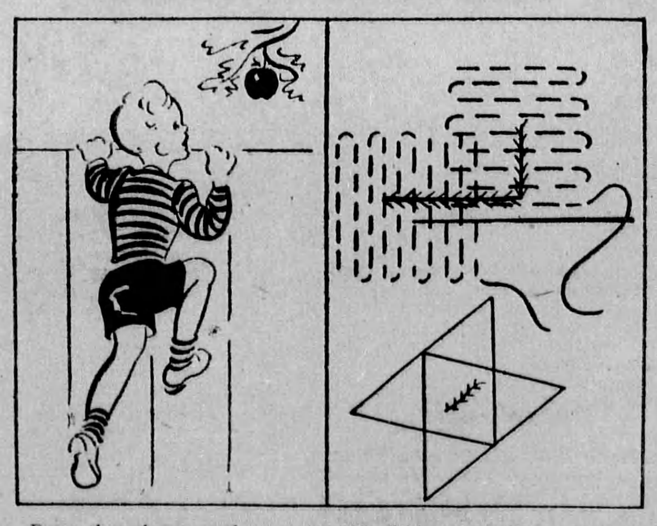
Florentine craftsmen are renowned for their work of wrought iron, gold and silver and embossed leather.

You'd enjoy these attractive doilies for their looks alone, even if they didn't protect your table tops! And everyone admires the popular pineapple design.

Crochet that lasts a lifetime. Pattern E628 contains directions for making doilies; stitches; 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.

TORN BUT EASY TO DARN



Draw the edges together neatly with fishbone stitches. Darn the tear beginning the stitches half the length beyond and also half the length of the cut above and below. Keep an equal number of stitches in rows because there is no thin or worn spot. Darn for two thirds across the tear. Repeat on the opposite side and continue across the tear, level with the line of stitches. Complete the first block of darning level with the line of second block . . . The crossing shoulld form crosses, steps or 'T's.

DELICIOUS SUPPER TREAT

CARROT TIMBALES

2 cups milk, scalded
2 tablespoons butter
3 tablespoons chopped parsley
1 teaspoon grated onion
1 teaspoon salt
¼ teaspoon pepper
1 cup coarse Christie's Premium Soda Cracker crumbs
3 eggs, separated
2 teaspoons lemon juice
2 cups finely diced cooked carrots

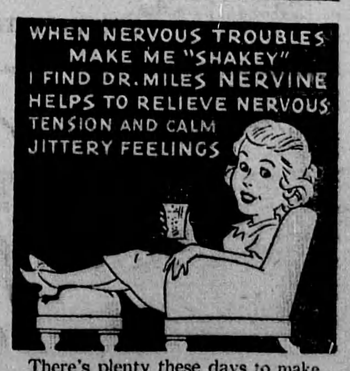
Combine first 7 ingredients and cook 2 minutes over boiling water. Remove from heat and add to beaten egg yolks. Stir in lemon juice and carrots. Fold in stiffly beaten egg whites. Pour into greased custard cups. Place in pan of hot water and bake in moderate oven (350° F.) 50 minutes. Makes 8 timbales. And remember, Christie's Premium Soda Crackers are so fresh and flaky they enhance the flavor of soups, salads, creamed dishes. Always keep a package or two on hand.

CB544W

Christie's Biscuits

There's a wartime duty for every Canadian

BROWN AND COMPANY LIMITED Bakeries: TORONTO & WINNIPEG



There's plenty these days to make people nervous. And overtaxed nerves can turn nights and days into misery! If you suffer in this way, try the soothing, quieting effect of Dr. Miles Nervine which contains well-known nerve sedatives. Take Nervine according to directions for help in general nervousness, sleeplessness, hysterical conditions, nervous fears; also to help headache and irritability due to nervousness. In the meantime, eat more natural food . . . get your vitamins and take sufficient rest. Effervescing Nervine Tablets are 35c and 75c. Nervine Liquid: 25c and $1.00.