

**THANKS TO KELLOGG'S ALL-BRAN, THAT TROUBLE IS ONLY A MEMORY**

"I have suffered considerably from a sluggish digestive system and have tried many remedies which failed to bring me any relief. But now, thanks to KELLOGG'S ALL-BRAN regularly, that trouble is only a happy memory," writes Howard E. Nichol, Pease, Massachusetts.

KELLOGG'S ALL-BRAN helps you get at the cause of constipation due to lack of the right kind of "bulk" in the diet. Eat this delicious cereal for breakfast. Try it in a sandwich, for lunch and drink plenty of water. But remember! Don't use laxative-like purgatives. . . ALL-BRAN takes time. At your grocer's, in two convenient size packages or in individual serving packages at restaurants. Made by Kellogg's in London, Canada.



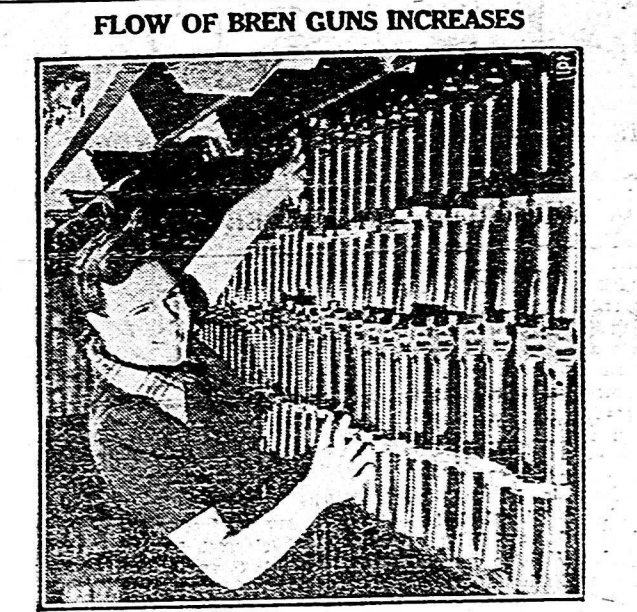
**TRAILS' END**  
by WILLIAM McLEOD RAINE

**SYNOPSIS OF PRECEDING CHAPTERS**

Anne Elliot, a Missillon, Ohio school teacher, had been married to the Horn Sentinel, when Carl Rogers, her uncle, is killed from ambush in the land-grant feud by Russell M. "Big Boy" T. Riders. As she steps from the stagecoach at Blenco, Buck Sneve, a Hat T man, arrests her at Jim Silcott, the retheaded editor of the "Sentinel," but is read as Silcott disappears in a house across the street. This guy had a gun!

Silcott introduced Kennedy to Anne. By way of posting her, he explained with a grin that Betty Overstreet was the retheaded editor of Tinecup Creek. "Russ ought to get her married to one of the hands," he added. "Then he could keep the boys on the ranch."

"Why doesn't a Missy marry her the straightaway at Blenco, Buck Sneve, a Hat T man, arrests her at Jim Silcott, the retheaded editor of the "Sentinel," but is read as Silcott disappears in a house across the street. This guy had a gun!



**FLOW OF BREN GUNS INCREASES**

Many women are to-day holding down keys of jobs highly technical nature in this modern machine gun plant, which is turning out an ever-increasing flow of weapons for the British forces.

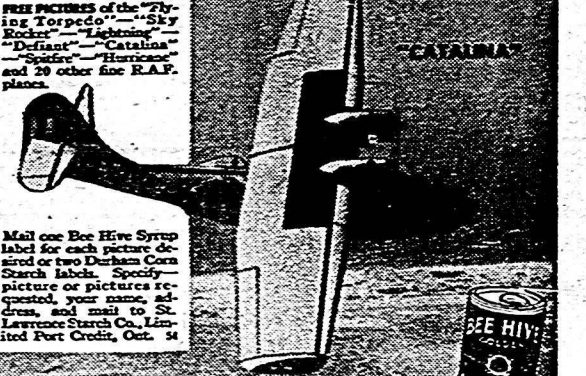
Canada's Bren gun plant making thousands of fire-courts, down key jobs of highly technical nature in this modern machine gun plant, which is turning out an ever-increasing flow of weapons for the British forces.

**TABLE TALKS**  
By SADIE B. CHAMBERS

**More Requests**

- So many requests have come in during the week for such varied recipes that I find the only way to classify them is to give them together as requests.
- SALMON MOUSSE**  
1 1/2 cups canned (flaked) salmon  
1/2 cup salad dressing (preferably bottled type)  
1 tablespoon capotina  
1 tablespoon catsup  
Soak gelatine over hot water for 5 minutes. Add to salad dressing. Stir well. Add the catsup. Pour into wet moulds. Serve chilled on lettuce leaves.
- LEMON CHIFFON PIE**  
1/4 cup cold water  
4 eggs  
1 cup sugar  
1 envelope gelatin  
1/2 cup lemon juice  
1/2 teaspoon salt  
1 teaspoon grated lemon rind  
Add 1/2 cup of sugar, lemon juice and salt to boiling water yolks and cook over bottom water until consistency of custard. Pour cold water in a bowl and sprinkle gelatin on top of water. Add to hot custard and stir until dissolved. Add grated lemon rind. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other half of sugar has been added. Fill baked pie shell and chill. Before serving, top with whipped cream.
- APPLE MINT JELLY**  
1 cup egg vinegar  
1 cup apple juice  
3/4 cup sugar (green coloring if desired)  
1/2 cup pectin  
1/2 to 1 1/2 teaspoons spermatin extract  
Measure the vinegar, apple juice and sugar into a large saucepan. Mix and bring to the boil quickly. While mixture is coming to the boil, add the desired amount of coloring, as soon as it is mixture boils, add commercial pectin, stirring and well. Bring to a full rolling boil and boil hard 5 minutes. Remove from the fire and skim. Add flavoring extract to taste and pour quickly into hot sterilized jars. Cover with a layer of hot paraffin and cool. When jelly is set and cool, more paraffin may be poured over the top and then covered with paper.
- WHOLE GREEN TOMATOES (Pickled)**  
2 1/2 quarts small tomatoes  
Salt very thinly, then boil in salt water until tender but not soft. Drain and pack in jars. Add 4 whole cloves in each tomato and let stand overnight. In the morning, fill jars with vinegar. Make a syrup of 1 pint vinegar, 2 lbs. of brown sugar and a few sticks of cinnamon. Let stand 3 days. Drain off syrup and boil it; then pour over tomatoes and seal.
- 24 CUPS FRUITERS**  
2 peaches  
1 1/2 cups flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 tablespoon sugar  
1 egg  
1 tablespoon melted butter  
Beat eggs, milk and melted butter. Add slowly dry ingredients. Peel and slice peaches. Add to batter. Drop batter by spoonful in deep fat at 355°F. When brown and cooked, drain and sprinkle with powdered sugar.

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**Beehive Syrup**

Free prospectus of the 27 latest R.A.F. photos. Includes information on how to obtain them.

**Food Rationing In Great Britain**

Meat Ration Severe But Fish, Chicken and Rabbit Not Affected

The British housewife is permitted now to spend the equivalent of about twenty shillings a week on most foodstuffs for each member of her family. Lord Woolton, the Minister of Food, has announced that the rationing of meat will be increased until after the war; to Americans this may seem like a concession, but it does not tell the whole story. Fish, chicken and rabbit are not rationed, and with these the protein content in the diet may be eked out by families who can afford it. The poor of Great Britain are but little affected, for even in normal times their consumption of meat, fats and eggs was little, if greater than it is now under war-time restrictions.

**SUNDAY SCHOOL LESSON**

**LESSON XL**  
THE ETERNAL GOD, THE SOURCE OF HELP  
Rev. 7:9-17

**GOLDEN TEXT**—Holy, Holy, Holy is the Lord God, the Almighty, who was and who is and who is to come. Rev. 1:8

**THE LESSON IN ITS SETTING**  
Time—The Apostle John probably wrote the book of Revelation about A.D. 95.

Place—The Island of Patmos, in the Aegean Sea.

Time of Reunion  
9. "After these things I saw, and behold, a great multitude, which no man could number, out of every nation and of all tribes and peoples and tongues." Our Lord, when on earth, said that if He should be lifted up, He would draw all men unto Him. Here we see the fulfilment of that promise and prophecy. There was an initial fulfilment on the day of Pentecost when, among the three thousand who were saved, there were those who came from almost every nation known on the face of the earth. The description in our lesson we would take to be a final appearance of those redeemed ones from every division of humanity then living on the face of the earth. It is a time of reunion and fellowship between the Father and the Son, for Christ and for the Gospel. It is a time of reunion and fellowship between the Father and the Son, for Christ and for the Gospel. It is a time of reunion and fellowship between the Father and the Son, for Christ and for the Gospel.

**THE WINNAHI NEW GLAMOR QUEEN**



Meet blond, blue-eyed Betty Gordon, 18, of Garden City, L.L. New York, and sometime ago, North Carolina. You'll probably be reading a lot about her, for she's just been selected as No. 1 Glamor Girl of 1941 by New York's junior elite socialites. She weighs 100 lbs., is 5 feet 1 1/2 and has four filled teeth. And, oh yes, Peter Arno got in the picture, too.

**More Work For Hogs and Hens**

Canadian Farmers To Raise More Food For Great Britain

Millions of hens and prairie hogs are at rest for Britain as Canadian farmers pledge themselves to raise more food for the island fortress.

**RADIO REPORTER**  
By DAVE ROBBINS

The story of the Commonwealth Air Training Plan, is told in dramatic and actually sequences each Wednesday evening at 10:30 by an actor network of the CBC. Giving a detailed story of this vital phase of Canada's War Effort, "THEY FLY FOR FREEDOM" can be heard each Wednesday night from CBL, Toronto, CBO, Ottawa, CBR, Sudbury, CKOC, Hamilton, and CKLW, Windsor.

**Development Not Curtailed**

There was gratification when the British Government announced that the war would not halt its development and welfare plans in the West Indies. The policy of developing colonial resources in spite of preoccupation with the war is now being extended to the rest of the Empire. This decision announced recently by Lord Moyne, the secretary of state for the colonies, shows the Mother Country's confidence in her own ability to withstand and defeat the enemy. Britain is being helped, of course, by the same colonies, which are prepared to make yet greater sacrifices than they already have made in a great cause. But the Mother Country is insistent that their education and health services shall not stand still, and that their standard of living shall be maintained. "Blood roily is thicker than water."

**Service At Sea**

On one side of the broad quarterdeck of H.M.S. Prince of Wales, the first of the new class of battlecruisers, stood a long line of sea-battered boys from the United States. On the other side were sea-battered boys from Great Britain. Between their ranks sat President Churchill, and Prime Minister Churchill, and the commander read a Church of England service and intoned a special prayer. As he closed his eyes, a hundred throats swelled in a refrain sung by seafaring men from Dribston. By the same order, which was read, he prepared to make yet greater sacrifices than they already have made in a great cause. But the Mother Country is insistent that their education and health services shall not stand still, and that their standard of living shall be maintained. "Blood roily is thicker than water."

**Small Motor Gives Warning**

Seven Ocean Motors Advice Pilot on Status of Plane's Moving Parts

Several hundred featherweight motors weighing scarcely seven ounces and accurate to a tenth of a second, are being turned out in Rochester, N.Y., daily by the General Motors Corporation. The assist in the safe operation of modern electric aircraft.

**Penny a Week For Red Cross**

Britain has what is called the Red Cross Penny-a-Week Fund and Lord Southwood, chairman of the organization, writes the London papers to say that collection a month ago had passed \$20,000 a week. "This means," he writes, "that more than 5,000,000 workers are now voluntarily and regularly donating their pennies each week to the splendid work of the Red Cross."

**ANTI-VICHY**

The Throne of God

10. "And they cry with a great voice, saying, Salvation unto our God who is with us, Lord Jesus Christ, the Lamb." Around the great men of the earth multitudes have gathered from ages past to adore the Throne of God. Here on earth they have seen the Throne of God. Here on earth they have seen the Throne of God. Here on earth they have seen the Throne of God.

**"Potato Barges" Support Tobruk**

British skippers guiding what they call "potato barges" through the shipping waters of the harbor of Tobruk—now in the hands of the Italians—have been ordered to support the British garrison going to that outpost behind the Axis lines in Libya. Life on these vessels, however, is not as easy as it seems. The men are camouflaged while their vessels are being unloaded.

**Two Voices Thailand Will Repel Attacks**

The Thai radio told the world recently that the Government fully trusted British and Japanese assurances that no attack on this country was contemplated, but warned them to dig air-raid shelters as a "common-sense precaution."

**Halifax Meets Surprise Test**

Alert defenders of this fortress city have had an uncheduled test of their efficiency in meeting attack from the air. It was revealed recently that the city was ready for the task.

**A Hun Drama In Four Acts**

Act I: Nazis to Poland: Help us against Czech-Slovakia and you will get Czechoslovakia. Act II: Nazis to Russia: Help us against Poland and you will get a large slice of it with much more territory. Act III: Nazis to Italy: Help us against France and you will receive a great reward. Act IV: Nazis to Japan: Help us against Russia and you will get Japan. We know—that's just what is worrying us.

**Build Destroyers With Britain's Aid**

Navy Minister Angus Macdonald of Canada is seeking the re-aid of a number of British destroyers to aid the Canadian destroyer building program.

**Sleeve Over Sleeve New Fall Fashion**

The sleeve over a sleeve is a fashion that has been tried out in Canada in a single model here and there. This season, however, a leading designer says it will be one of the most effective fashions.

**Canada Produces Anti-Aircraft Gun**

Assembly of the first anti-aircraft gun to be manufactured in Canada took place in a single model here and there. This season, however, a leading designer says it will be one of the most effective fashions.

**Alaskan Bases Built By U. S.**

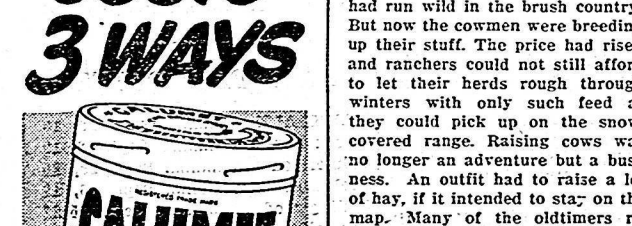
Ten Times Original Purchase Price Invested In Strategic Network of Bases

The United States is investing in the defence of Alaska more than ten times the original purchase price of the territory.

**Ladies' Activities**

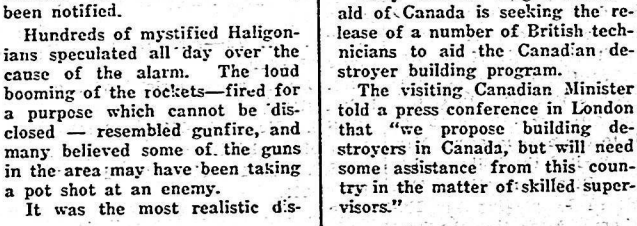
Ladies' societies are raising money by selling Christmas cards. It is a pleasant duty way to give their spare time. An important thing to remember is to begin early before one's prospects are cancelled elsewhere.

**DOUBLE-ACTING CUTS BAKING COSTS 3 WAYS**



Calumet is one of the world's largest-selling baking powders because it gives you the results you want in less time. It has a double-acting action to leaven in the oven. Easy-to-use, non-spill container, with definite directions for making bread, rolls, and the prize is surprisingly low.

**LAURA WHEELER GIVES YOU HANDWORK OF WHICH YOU'LL BE PROUD**



KNITTED BEDSPREAD PATTERN 2861

You'll need just two needles with a double strand of cotton to make this bedspread. It's knitted in separate strips that then are joined together. Pattern 2861 contains directions for making spread, illustrations of it and stitches; materials required; photograph of pattern.

**Two Piece Suits For Autumn Wear**

While some depressingly-forgotten on the stocking counters in the past week, others have been out in the market looking at ready-to-wear clothes which will reach the stores soon.

**Women To Enlist In Auxiliary Corps**

Applications from Canadian women to enlist to serve in the auxiliary corps of one of the three armed services now total 5,324.

**"Blimey" is Right**

A little girl staggered into a shelter practically without clothes, and her mother, who had been told that "Blimey" was a good word, said, "Blimey, governor," she said, "to think I paid 15 shillings for a blanket was only my loss."

**Pork Order For Britain**

Canada to Send 600 Million Pounds Within One Year

Canada has agreed to provide Britain with 600,000,000 pounds of bacon under a new contract just signed.

**Milking Machines On Time Schedule**

As a consequence of observation and experiment it is believed that some sort of timing apparatus should be attached to milking machines because records have shown that the butterfat produced by cows milked rapidly and uniformly at each milking hour is better month by month than for cows milked by machine with the operator using his own judgment as to the completion of the milking period.

**DOUBLE-ACTING BAKING POWDER**



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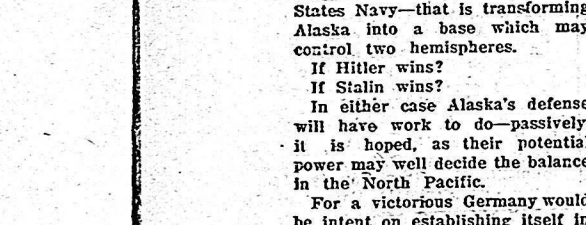
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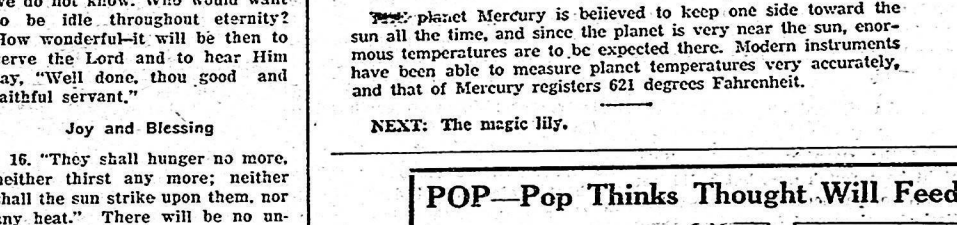
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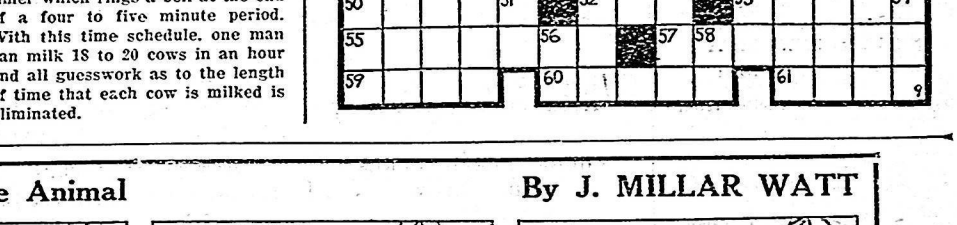
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