

Waving tommy-guns where they once brandished swords, steel-helmeted Cossacks charge over a ridge on the Caucasus front. These famous rough riders of Russia are reported spearheading the advance against the Nazis along the Georgievsk-Armavir-Rostov road.

SUNDAY SCHOOLLESSON

February 28 _JESUS RESTORES LAZARUS. TO LIFE.

PRINTED TEXT John 11:20-29, 32-35, 38-44. GOLDEN TEXT.—I am the resurrection, and the life.—John

Memory Verse: I love thee, Jehovah. Psalm 18:1. THE LESSON IN ITS SETTING Time-January, A.D. 30.

Place-The home of Mary and Martha, in the village of Bethany "So they took away the stone which is over the ridge on the eastern slope of the Mount of Olives, opposite Jerusalem. Martha, therefore, when she

heard that Jesus was coming went and met him; but Mary still sat in the house. Martha there fore said unto Jesus, Lord, if Thou hadst been here, my brother had not died. And even now I know that, whatsoever Thou shalt ask of God, God will give those two sisters are evident Mary, the quieter of the two, and the more meditative, remains in the home while Martha, as soon as she hears that the Lord is coming, goes out to meet Him. Mary knows that whatever Christ might ask of God. He would grant

brother from the dead. Resurrection and Life brother shall rise again. Martha saith unto Him, I know that he shall rise again in the resurred tion of the last day. Jesus said unto her, I am the resurrection, and the life; he that believeth or me, though he die, yet shall I live." The word "resurrection" o be taken in its widest sense so that it is true to say that life results from resurrection, resurrection from life, to the be He must share Christ's within him of the resurrection from the grave to the endiese life, and by sharing Christ's risen life now in faith he is in fact of every future change death of the body itself, and shall be kept from endless death.

which means that she believes

Christ, even now, can raise her

Believing in Christ 'And whosoever liveth and be lieveth on me shall never die. Be lievest thou this? She saith unto Him, Yea, Lord, I have believed that Thou art the Christ, the son of God, even he that cometh into the world." Note particularly how Christ seems to emphasize above everything else, the rtance of believing in Him.

Compassion for Mary "And when she had said this she went away, and called Mary her sister secretly, saying, Teacher is here, and calleth thee. And she, when she heard it, arose quickly, and went unto him. Mary therefore, when she came where Jesus was, and saw him, fell down at his feet, saying unto him, Lord, if thou hadst been here, my broter had not died." No doubt, Mary and Martha had continuali talked about the Lord's coming to the house, before Lazarus ha died, and had both concluded tha should the Lord come, their brother would be healed. This may ac count for the fact that her words Christ are identical with those of her sister.

"When Jesus therefore saw her weeping, and the Jews also weeping who came with her, he groaned in the spirit, and was troubled, and said, "Where have ye laid him? They say unto him, Lord, come and see, Jesus went. The term "to weep" does not in dicate, like the word weeping in verse 33, sighs, but tears; it is the expression of a calm and gentle

Victory Over Death "Jesus therefore again groan ing in himself cometh to the tomb. Now it was a cave, and a

the sister of him that was dead. saith unto him, Lord, by this time the body decayeth; for he hath been dead four days. Jesus saith unto her, Said I not unto thee, that if thou believedst. thou should see the glory of God?" These words, while addressed first to Martha, because she is the one who raised the objection. must surely have been uttered for the benefit of all who were near and were spoken to remind those who had confessed their faith in Him that in ordering the

stone to be removed He was only initiating an act which would re veal the glory of God, and should thus persuade them to do what had commanded them to do. Jesus Gives Thanks

and Jesus lifted up his eyes, and said. Father, I thank Thee that Thou heardest me. And I knew that thou hearest me always; Bu because of the multitude that standeth around I said it, that they may believe that Thou didst send me." In Christ's calm consciousness of His unity with God, of fulfilling the Father's mission and purpose, He thanks the Father for the opportunity given Him of setting forth the glory of God.

Symbol of Redemption And when he had thus spoken cried with a loud voice, Lazarus, come forth. He that was dead came forth, bound hand and foot with grave-clothes; and his face was bound about with a naphim, and let him go." The simple

SOCIAL AND MEDICAL WORKERS

COMMON SOIL) IS A HABIT

REQUENTLY FOUND AMONG

MALNUTRITION! 6.6

ANSWER: Five . . . Texas, Louisiana, Mississippi, Alabama

NEXT: Snakes alive!

POP-Noting Business Improvement

THIS CURIOUS WORLD

with the mighty effect. The great voice or shout, from One who was wont to speak so gently and quiet-ly, thrilled the heart of every istener. The significance of this nighty deed we cannot over-est mate, for it is on the one hand, profoundly significant symbol of Christ's redemption, and on the other, a signal testimony to His right and power to redeem.

Western Canada Wheat Marketings

Marketings of wheat in Western Canada during the crop year 1943-44, starting next August 1 will be restricted to 14 bushels an authorized acre, Trade Min ister MacKinnon announced in the House of Commons.

The 1943-44 wheat board pay nent for wheat sold under the 14-bushel quota will be the same as in 1942-43—90 cents a bushel basis No. 1 northern at Fort

Farmers who produce more than 14 bushels of wheat to the seeded acre will not be able to sell the excess to the wheat board at the guaranteed minimum price Under the new program, any wheat a farmer has on hand, whether it is produced in 1943 or in any previous year, may be de-livered within the 14-bushel

and flaxseed will be continued a the 1942-43 level.

HOW MANY STATES OF THE U.S. BORDER THE P GULF OF MEXICO.

interbred and put on vitamin A diets. In every case their offspring had sound eyes and eyesight. The conclusion which can be drawn from this experiment is By William clear. Many of the defects in our Ferguson bodies can be often attributed to the diets of our mothers. The mothers of today who take care of their diets are more likely to produce babies with better bodies, sounder organs and a chance for a healthier life than those who regard modern science as new-fangled nonsense.

Planes Clear Seas Of Magnetic Mines

An Experiment

In Feeding Hogs

Vitamin Deficiency Dis-cussed by The Winnipeg Free Press

The current vitamin craze may

be strongly tinged with faddism, but the new interest that is being

aroused in the life-giving quali-ties of our foods is all to the good

none the less. We are discovering at last that our health depends

not on how much we eat, but what we eat.

ficiency can wreak was recently shown very vividly in Texas with

an experiment in pig breeding. There is a lesson for humans to

learn from these experiments.

During the height of the dust

bowl years, two litters of pigs in

separated communities were born blind. The authorities set out to

discover the reason. Experiments were conducted in hog diet. One

diet was devised which was com-

pletely devoid of Vitamin A. Sows fed on this diet farrowed

pigs which were not only blind but which had no eyes.

In one experiment, a sow be-came too weak to stand. She was

given one dose of cod liver oil. In eight hours she was standing again. When her pigs were born they were blind but had rudimen-

tary eyes. The experiments were carried a step further. The pigs

which were born eyeless were

The havoc which vitamin de-

The Air Ministry released three-year-old secret recently in telling ow Wellington hombers helped clear the seas around Britain's coast of the German mag ann's coast of the German mag-netic mines which once were Hit-ler's "secret weapon" and which threatened the supply lines to these islands in the last three months of 1939.

minesweepers of the air were equipped with a hoop-shaped casing extending all around them and secured to their nose, wings and tail. The casing held a magnetic coil and the current gine of the ordinary Ford V-8

set up a magnetic current which would set off the then new type of mine. Minesweeping from the air con-tinued some four months, after which it became no longer nec-

A new company in Rumania plans to produce 2,000 tons of silk cocoons by next year.

WHY?

THE DOCTOR MUST

BE DOING BETTER

NOW THAN

BEFORE

THE WAR

ing been fitted with degaussing

gear, which nullified the magneti

RADIO REPORTER REX FROST parachutes in many of the isolated

In North America Sanday right has always been regarded as the highlight of the week in real tip-top quality radio entertainment. CFRB Toronto has just announced

that on Sunday evening, February 21st, 9 p.m., it will bring for Do-

minion listeners the first Canad-ian edition of the Columbia Broad-

easting System's exciting feature

"The Radio Reader's Digest." Al-though a comparative newcomer to the air, this programme has

been placed already among the first ten in two different divisions

of the recently concluded radio poll in the United States. Conrad

Nagel, famous star of screen, stage and radio, is Master of Cere-

nonies, and the whole production

has been built around a dramatic

and musical personnel of elaborate proportions. Here is a pro-

gramme which I feel most listeners will agree is entirely different

CFRB Toronto announces also a

change in the time of presenta-tion of two popular broadcasts. To accommodate the Radio Reader's

Digest it has been necessary to move the much listened to dram-

atic feature "In His Steps" which

from now on will be heard 2½ hours earlier, namely, 6.30 Sun-

day evening. Enthusiasts for the

known as "The Green Hornet'

time 9 o'clock Friday evening over

LISTEN TO

"COUNTRY

ms of Interest From Onta

Weekly Newspapers

EACH SUNDAY AT 2 P.M

CFRB-860 on your dia

13 Doctor (abbr.)

21 It was buil

26 Meal.

(abbr.)

42 Dazzling

light. 43 Morning. 46 Person

opposed. 47 Ovule.

52 To read.

50 2000 pounds

53 Circle part. 54 Golfing term

for national

ANCIENT FORTIFICATION

MARCHALL

45 Pertaining

48 Headgear

pearl.

55 Self. 56 Weighing

40 Right (abbr.). 58 It extends

52 Feline beast.

57 Native meta

along the

of China.

Answer to Previous Puzzle 11 European

VERTICAL

2 Networks.

(abbr.). 10 Personal

By J. MILLAR WATT

HE JUST TOLD ME THERE'S NOTHING

NRONG

WITH

WE

1 Grain (abbr.). 34 Flatterer.

2 Networks. 36 To grow old. 3 One instructed 39 To aid.

CFRB Toronto will now have to

at 7.15 Saturday night.

eries of thrilling mystery dramas

and extremely versatile.

hockey announcer does when he gets through his thrilling descrip tion over the radio of a Saturday night national hockey game? Did night national hockey gaz...9? Did I hear anybody suggest that he puts on his hat and coat and en-joys a bit of quiet relaxation at home? Well, that is just what Fos-ter Hewitt does NOT do. He starts in to work for several hours. It seems that Foster's air description of the Saturday night hockey games is recorded in order hockey games is recorded in order that Canadian soldiers in Great Britain and other parts of the world may follow the fortunes of Canada's national sport . . . hockey. But for the purposes of transmission overseas the game which ordinarily takes about an our and a half of air time, has to be condensed to 30 minutes. Foster's job therefore immediatefollowing the broadcast is to listen to the record, pick out the highlights and boil them down into a half hour programme.
When this has been done, and it is sometimes quite a lengthy process lasting into the early hours of the following morning. Canada's premier hockey announc-er can enjoy a spot of rest. But not before. The record is then rushed to a transmission point and beamed by short wave on Sunday for the benefit of the Canadian orces overseas. From all reports this series of international hockey broadcasts has come to be enjoy ed just as much by the British public. Canada was the first country to send special shortwave transmissions overseas for the entertainment of the lads in the se

More recently, since the entry nto the war of the United States, radio has also played an important part in the entertainment of Uncle Sam's Doughboys, sailors and airmen now spread into the far distant corners of the globe. Apart from the special missions which are received dirwhere American troops are now fighting the cause of freedom, recordings of many radio programs are being dropped by means of

HORIZONTAL

Chinese

9 It dates

14 Answered.

fumigator. 17 Also. 18 Like tin.

23 Measures.

from evil.

41 Sources of

37 Sheltered

20 Fish. 21 Candles. 22 Tethering rod

15 Grain

WAY TO CORRECT MY CONSTIPATION!

• Here's the sensible, enjoyable means that so many people take to correct the cause of constipation due to lack of the right kind of "bulk" in the diet: they eat ALL-BRAN regularly! gatives that give only temporary relief. Try KELLOGG'S ALL-BRAN, in cereal or breakfast muf-

BRAN regularly!

This delicicus cereal keeps thousands regular naturally stops their trouble "before it starts" eliminates their need of harsh pur-

SERIAL STORY

OF BRIGHTNESS GONE

BY HOLLY WATTERSON

CHAPTER XV It was working out, Candace thought happily, in a way that was almost too good to be true The big intrafraternity dance Martin's birthday and, best of all, her transfer all coming at once like this!

She had several days off before she was to start at Good Samari They gave her a chance to make arrangements with Mr. Prosser for a birthday supper after the dance, and to do some

personal shopping.

She squandered long-saved money on a dress she felt befitting to such an occasion. She was exquisite in a pansy-purple thing that clung in all the right places and billowed frothily for the rest. It did marvelous things for her skin and her fine eye and she knew it.

Candace was pleased when, a dinner, the solicitous waiter lef them alone. She sat back, smil-ing at Martin. "What was it Peter said he had to do?"

They had planned to have din ner together, the three of them, and some girl Peter had asked; but at the last minute Peter had sent word that he couldn't make

"Some case they've been fol-lowing went bad," Martin said. They're doing a transfusion." "Tonight, of all nights," she said, sighing a little. "But, then," she added, "he doesn't get stuck nearly as often as you do, at

Martin stirred guiltily, resent-"Oh, I Know" Candace sai

quickly, "I know! I didn't mean to sound complaining." Martin was so darned touchy these days! She leaned forward a little "Martin," she said softly, "I have a wonderful surprise for you. A wonderful present. We won't have gotten a transfer to Good Samari-tan."

He didn't say anything. But h didn't look moved, he looked star-tled. First startled, and then guarded. She saw, with a sick shock, that he was displeased. All her happiness, all her assu ance was abruptly stripped from her. Dazed with disappointment she heard herself apologizing. " won't hang on to you, truly won't. If you think it might b embarrassing, it needn't be generally known that we're engaged I thought that with us both is the same hospital, even though we'll each be busy and won't hav much time off, it will still be of each other occasionally-Then, when Martin still didn't

say anything, "You're not happ about it? You're not pleased.' Martin said carefully, "I'm surprised, naturally." Nothing more But later, when they were in a taxi bound for the dance, he said abruptly, "Candace, there's something you should know."

With a frightened sense of impending doom she cried out sharp ly, "No!" Then she tried to light en that. "You sound so serious let's not be serious tonight-"

The evening was a failure. No amount of pretending could save it. Peter didn't show up at all, but she never noticed. Her mind was a blank, she was sick with this sense of foreboding. She was relieved when Martin

finally said savagely, "Let's get out of here."

They went back to Mrs. Pros

ser's. At the sight of the table and the cake with its candles waiting to be lighted, Candace shivered. Martin said, trying to be

hearty, "Looks mighty swell, chick. Your idea, I take it?" But his heartiness had a hollow ring and her own smile with which she tried to answer him fel wooden.

Martin had felt her shiver

"This is the damnedest damp moldy place," he said. A fire had been laid and he applied a mate to the shavings and drew a rickety chair close to the fireplace fo when Martin no longer has

any excuse for fussing about, he said finally, "Candace." It's coming now, she thought.
Her shivering stopped, she sat
frozen in an icy calm.

"You remember Pete and I told
you about that tea for the pros-

pective internes? You remember we mentioned that girl, Faith Hartshorne, the daughter of the chairman of the board? I looked at a dog of hers that was sick you remember that? Well, the gir was grateful or something and she must have mentioned it to her father and he was too and they

phoned me one night and asked me to dinner."

set. I was afraid you'd this her now, though - important Why are you telling me now?"

BACKACHE? Look out for Trouble With Your KIDNEYS

If your back aches or if you have disturbed sleep, burning or smarting, look out for trouble. This condition is a sure sign that your kidneys are not fully ridding your blood of poisonous acids and wastes. When the kidneys slow up, wastes collect. Backache, dizzy spells, puffy eyes and rheumatic pains may follow. Your kidneys need help—and there is a time-tried, proven way to help them known as GOLD MEDAL Haarlem Oil Capsules. These Capsules contain care fully measured quantities of that widel known diuretic called Dutch Drops. Yo will find their action fast and effective Be sure you get GOLD MEDAL Haarlem Oil Capsules, the genuine and original Dutch Drops—packed in Canada. Get a 40c package from your druggist.

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matically, like that— Suppose she told her father? It might even cost me my appointment."
"Why? Why? Unless—" She
struggled with stiff dry lips

eainst words that hated to com unless she's in love with you. He didn't deny that she was love with him. "She's a kid," said. "She thinks a penniless i terne is 'romantic.' In six month she'll be over it-" He sounded

She asked slowly, "And if she

isn't, Martin? If she isn't? Sup-pose I help you to lie and cheat a little longer and she still dosen't 'get over it,' what then?" He didn't answer and she the didn't answer and sae thought, I'm in competition with his ambitions. He feels I'm in the way. . . . Her chin went up. "Suppose on the other hand," she said, "that I refused to be a party to deceiving someone else as I've been deceived. Suppose—that

released you."

He had flushed a deep, angry red. "I'd have my brain examined if I wasn't glad. If I didn't feel I was lucky to be free of a jealous, nagging woman—" His foot struck savagely at a log and sent it crashing into the fire.

Candace felt as though she her-self had been kicked. A dizzying wave of nausea swept over her. When it had passed, she rose slowly. "How nice for you then," she said, mocking him. "How nice! Because you're free of me. And so your career as a fashion-able physician, providing this girl doesn't 'get over it,' starts much sooner, doesn't it? And it starts

right at the top." She would not allow him to ac company her, she shrank even from letting him help her on with er wrap. And then she was alone in the

hallway outside and Peter's whit face was swimming up to her (Continued Next Week)

A Pill War

This is a pill war, E. R. Noderer writes in The Chicago Tribune. A soldier in the Solomons takes eight pills daily if he is well; sick or wounded, he takes more.

The correspondent traveling with the troops starts off the day with a bracer of two poly-vitami capsules designed to make the digestive system believe bully peef and hardtack are just what

the doctor ordered. At midday two salt tablets are order, and with the evening meal two five-grain quinine tab lets are taken. To purify the river water, he says, we put a chlorine pill into the canteen, fol lowed half an hour later by a thi pellet (apparently some sort of sulphur compound) to take away the chlorine taste. I also have sulfenilamide tablets to take i wounded-two every five minutes until twelve are taken, and another type of sulfa pill for dysentery.

LACY PINEAPPLE SET

by Laura Wheeler

Handmade accessories add s

auch to your home! Give beauty

and distinction to your buffet or luncheon table — with these ex-

quisite, lacy doilies. They are in that favorite of all crochet de-

signs — the graceful pincapple motif! Pattern 523 contains di-

rections for making doilies; illus-

trations of stitches; materials re-

(stamps cannot be accepted) for

this pattern to Wilson Needle-

laide St. West, Toronto. Write

plainly pattern number, your

eraft Dept., Room 421, 73 Ade-

Send twenty cents in

Candace made a move as if to speak but he said, "No, wait. Wait until I've told you—I felt I couldn't refuse because after all wanted that appointment. Oh, I know it sounds silly. But Good Samaritan isn't like most hospitals; pull counts a lot with the appointments. You wouldn't know about that." (Oh, wouldn't I, she thought bitterly; she'd pulled some strings of her own to be near Martin;) "Anyway, Hartshorne is number one boy there and I felt I couldn't afford to have him down on me. So

went."

He added abruptly, "I've been seeing the girl occasionally since."

The hospital tea had been months before. All this time, then—Candace said slowly, "And you never told me, Martin? Why?"

He shrugged impatiently. "Because I was afraid you'd get upwas important. And it wasn't."

It was important enough to tell enough to have turned her gay laughing Martin into a guilty, hostile stranger. . . . "But now?

He had forgotten that Peter

had insisted on it; that was swal-

lowed up in this new and embar-

rassing development. He pointed out reasonably, "If you were to

turn up at the hospital suddenly like that, don't you see how it would look? It would look as

though I've been trying to put

you mean-you've never told her

bout me, either?"

He laughed bitterly. "The first

minute she was nice to me I sup-pose I should have warned her,

Don't you go falling in love with

me; I'm taken.' That would have

marked me down as a nice chump,

Candace flushed resentfully.

"All these months since, though," she suggested; but he didn't an-

swer that. She persisted, "You'll

tell her now, won't you? You'll

go to her, tomorrow, and tell her about me? About—us?"

Martin swore. "No," he said explosively. "Going to her, dra-

"Do you mean," she said, "do

something over--'

Optical Glass Production In Canada Heavy

Precision Instruments Also Made In Dominion

Until a year and a half ago Canada had never manufactured optical glass; nor were precision instruments for war purpose made in the Dominion. Research Enterprises, a Government-owned company, melted its first optical glass in June, 1941, and is not producing many thousands of it a day.

Canada needed more optica glass than ever before just at the time, in 1939, when its importation from Germany stopped. Great Britain and the United States, the only two possible suppliers left, own needs. Therefore, Canada se up a crown company which making history today in an intri-cate production field never before entered upon in this country. 6,000 Workers Employed Output of optical glass, however

s by no means the full span of Re search Enterprises' activities. The amazing instruments this country turns out include gun sights, dial sights, periscopes, range finders, fire-control devices and other work on the secret list.

More than 6,000 workers are

employed in this crown company's huge plant, 60 per cent, of whon are technicians or highly skilled vorkers-a higher percentage h ar than in the usual munition

At the same time, in an old garage building in Montreal, a small concern is making test tubes, ampules and other lines of medical glassware no longer available from the regular foreign sup-ply sources. The work there is carried on under the guidance of a small group of highly skilled glas makers from Czecho-Slovakia, who were brought to Canada after Munich.

These Girls Hear

Handle Messages To and From British Battlefronts

Big Secrets First

Four of them were on duty when Rommel's rout began, says a writer in The London Chronicle. They had to keep the secret be-fore the Cabinet was told and the censors had decided on the re-

censors had decided on the re-lease of the story.

These girls assist the Royal Corps of Signals, and have been doing the job only four months. They work in shifts throughout the 24 hours. Through their headquarters pass all communications to and from the War Office to British troops, whereever they

By special permission I visited this secret H.Q. You go down a wide concrete stairway through gastight steel doors. It seems a long time since you left daylight. It is warm, cosy and air condi-tioned, and the hum of a distant dynamo fills the air. The girls sit in one long room at chromium-edged control and

fighting, told me they have to be

very accurate.
"You see," she explained,

"wavelengths are changed at var-

lous hours of the day to ensure

switching have to be timed to

Margaret is chiefly concerned

with the reception of radioed battle pictures. Not all of these

are for publication in the press.

Some are confidential pictures

and ammunition. There are direct

transmissions from Cairo to Lon-

don and New York.

Small Boys Help

On English Farms

In some Ontario cities objection

has been raised to the enlistment

of school pupils in farm work. In

this connection the editor of The

Farmers Advocate has received an

interesting letter from H. J.

Purser who farms near Maiden-head in England. He says: "Would

it interest you to know that since

your visit about 50 small boys.

aged 10 to 14 years, have helped

me, with my small staff, to har

vest 250 tons of potatoes and 500

tons of mangels, all put safely

into clamps for the winter?"

Axis tanks and guns, aircraft

second.

Wires from any secret radio receiving posts are carried be-low the street in steel-clad coneals in bulk.

duits to the signal room. Cypher messages from Cairo and the other battlefronts, reare passed to this secret "sta-I found Jean, Margaret and Kathleen on duty at their robot-like apparatus. Jean, who has a brother in the North Africa

nourishing food.

per two inches) in which cereal are to be cooked. This prevents boiling over.
2. Have water boiling and add

into the boiling water. Cook 5 slightly larger saucepan filled two-thirds full of boiling water. Cereals may be partly cooked

cold water.

To save fuel cook cereal as Margaret has a sweetheart in Cairo who is on the radio "cannel" to her every day.
"But I dare not talk to him," warm place. she said, "for this channel' is only for the transmission of pictures.

Next week - some cercal re cipes and Easy Graham Bread.

Coventry, Eng., is to stock the ibrary of the new cruiser H.M.S. Coventry.



"He That Killeth TABLE TALKS

SADIE B. CHAMBERS

The Grain Field

Products made from grain uch as wheat, oats, rye, barley, orn and others are known as cer

Flour is one of the cereal proucts and bread made from flour is one of the main items in our meals. Cereaus and bread are the cheapest foods in our diet. That is why a generous amount is in cluded in the literature prepared and recommended by the dian Red Cross.

The amount of food value we get from bread and cereal in re turn for money depends on: (a) the kind we buy
(b) the form in which we buy

Both points are important, bu particularly the first one.

Refined cereals such as white

flour have had the most valuable parts of the grain taken away. When we eat white bread we are not getting the most health-gi ing parts of the grain. Whole grain products have Vitamin B which is needed for good health This is the reason doctors

recommend that everyone have at least half whole wheat bread and whole grain cereals in the diet. The less money you have for food the more whole wheat bread you should buy. However, even i you have unlimited money you should still buy half whole grain products. You can start today buying better health for your family by following the abov

suggestions.

When the food budget is lim

Even in the summer the children need a dish of hot cereal at breakfast. A certain amount of care is required to produce a tasty dish of cereal. Cereal that appeal to the child and may be the cause of his dislike of this

Following are general directions for cooking some of the common cereals:
1. Lightly grease the pan (up-

3. Sprinkle cereal gradually

the night before. To prevent skin forming cover with thin layer of

directed for 5 minutes. Place over boiling water, remove from stove, wrap up well and put in All cereals may be cooked in

fireless cooker. Cracked wheat, whole brown rice and other coarse cereals may be soaked over night to reduce cooking time and improve the flavor.

Miss Chambers welcomes personal letters from interested renders. She is pleased to receive suggestions on topics for her column, and is we ready to listen to your uper peece." Requests for recipes of special means are in order. Address your letters to "Miss Saile R. Chambers, 73. West Adelnide Street, Toronto," Send stamped self-addressed cavelope if you wish a reals.

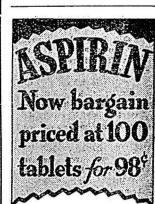
With the Sword' "Barbaric crimes," said Presi

dent Roosevelt, must "meet with fearful retribution." The Archbishop of York has just urged the British Government to make clear that "when the hour of de liverance comes retribution will be dealt out not only on the coldblooded and cowardly brutes who order these massacres, but also on the thousands of underlings who appear to be joyfully and gladly carrying out these cruelies." An occasion might well be taken to repeat and emphasize the warning Mr. Eden gave in the summer; by their support and oleration "the German people ac cept ever-increasing responsibility for the actions committed in their name." The savagery which they practice at the orders of the Fuehrer has roused against them invincible forces. Every state every nation has learnt that there can be no peace, no justice, no civilization while the German eople worship their power cult. The free world will not lay down its arms till it has enforced the law: "He that leadeth in cap-tivity shall go captive; he that killeth with the sword must be killed with the sword."

Ski Troops to Wear Wolverine Parkas

Canadian ski troops will have parkas trimmed with white wolv rine fur because wolverine is the only kind that does not become frested, the Munitions Depart

nent said. The white is to allow it to blend parkas have been ordered.



Think of it ... one of the fastest pain reliefs known today for less



a tablet! So get this bargain today. See how Aspirin goes to work almost instantly to relieve a severe headache or pain of neuritis in minutes. Millions now use it and heartily recommend it. At this low price, why take anything else? Get the big economy bottle of Aspirin at your druggist's today.

Look for This Cross

Every tablet you buy must be stamped "Bayer" in the form of a cross, or it is NOT Aspirin. And don't let anyone tell you it is. Aspirin is made in Canada and is the trademark of The Bayer Company, Limited.

