


Let PARADOL
Relieve your
Headaches
Backaches
Colds
Rheumatic
Pains



**Dr. Chase's
PARADOL**
For Quick Relief of Pain

**Blind Newt Holds
Record For Fasting**

The cat which survived a 41-day voyage as a stowaway without food, producing four kittens into the bargain, must certainly be a rare specimen of endurance, though the licking of cosmogone from a crated engine no doubt helped to keep the wolf from the door. But the annals of the animal world contain fasting feats even more remarkable.

Passing over the case of the Liverpool dog buried during a blitz which survived after 20 days without food or water, the first of the really notable records is that of the marine iguanas from the Galapagos Islands, which obstinately refused food for three months before giving up their hunger strike. This, however, has been beaten easily by a 25-foot python in the London Zoo, which declined all food whatsoever for 18 months and was none the worse when it began eating again.

A Madagascar boa-constrictor, however, turned even this record into small beer by existing, in similar conditions, in the Paris Jardin des Plantes for four years and a month. The world's record so far is held by the blind newt, the Proteus, one specimen of which spent five years between two meals. The record for a man, by the way, is 60 days.

HONORED BY THE KING

Captain J. H. Hubley, Master of the S.S. Colborne, of the Canadian National Steamships, received the insignia of a Member of the Most Excellent Order of the British Empire at the recent investiture at Ottawa for his action in safely piloting his ship from Penang, an island off the west coast of Malaya, which the Japanese captured early in their campaign against Singapore.

The voyage of the Colborne, which in peacetime was known to thousands of travellers as one of the line's West Indies "Vagabond Cruise" ships, will likely be recorded as one of the most remarkable and thrilling sea stories of the war. It began in Canada in September, 1941, and when six months later Captain Hubley brought his ship back to an Eastern Canadian port with patches covering shrapnel holes in her starboard side the result of a near bomb hit while at Penang, he had guided his ship for 22,000 miles, much of that distance being through unfamiliar waters, and had brought her safely through several large minefields.

On the outward voyage she ship carried cargo to Calcutta, afterwards proceeding to Penang where she arrived in time to encounter two aerial bombardments staged by the Japanese on December 9 and 11. On the second attack a bomb hit a lighter alongside the Colborne and the shrapnel made more than 50 holes in the ship itself. The Captain headed for sea and continued to Singapore. There the hull was patched, loading completed and with 20 passengers on board the Colborne set out again as the Japanese staged an air attack on the port.

He brought the Colborne back to Canada via India, South Africa and the West Indies.

Captain Hubley, whose home is in Ebediac, N.B., was born in Dundas, Prince Edward Island. He has been commander of the Colborne since 1932.



CAPT. HUBLEY

TABLE TALKS

SADIE B. CHAMBERS

**'A Happy Christmas
To All**



Christmas Dinner
Jellied Tomato Bouillon
Roast Turkey
Apple and Sage Dressing
Creamed Riced Potato
Parsnips with Tomato Sauce
Beet Salad
Plum Pudding Carrot Sauce
Beverage of Choice
Jellied Tomato Bouillon

2 cups tomato juice
1 cup consommé
1 slice onion
1 cup water
1 tablespoon lemon juice
1 tablespoon gelatine
2 tablespoons cold water
Seasoning to taste
Simmer tomato juice, consommé, onion and water in covered pan for ten minutes. Remove the onion. Reheat to boiling. Season, add lemon juice then gelatine which has been soaked in cold water. Chill. Serve in bouillon cups. Serves 6.

Apple and Sage Dressing
6 cups soft stale bread crumbs
1 1/2 cups diced apple
1/2 cup diced onion
3 tablespoons soft butter
1 1/2 teaspoons salt
Dash pepper

1 teaspoon sage
Combine all ingredients and stuff the turkey.

Parsnips with Tomato Sauce
4 large parsnips
1 1/2 cups tomato juice
1/2 cup diced celery
1 bay leaf
1/2 sliced onion
2 whole cloves
1 teaspoon salt
Dash pepper

Wash, peel and dice the parsnips and par-cook in salted, boiling water for 15 minutes. Boil together all other ingredients and strain when cooked. Add parsnips and simmer for 10 minutes. Serves 6.

Carrot Sauce
1 cup sugar
3 tablespoons flour
1/2 teaspoon salt
1 1/2 cups boiling water
3 tablespoons finely grated carrot
2 tablespoons orange juice
2 tablespoons lemon juice
4 tablespoons butter
Mix the sugar, flour and salt. Add the water and cook until thick and clear, stirring constantly. Set over hot water; add remaining ingredients and cook gently over hot water until ready to serve.

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.

SCOUTING...

Lord Peter Baden-Powell, only son of the Founder of the Boy Scouts is a Cubmaster in Africa.

In the scrap metals campaign in the United States, 431,769 Boy Scouts took part and collected 292,008,406 pounds of needed metals.

A letter of congratulations to the Boys Brigade, on the occasion of its Diamond Jubilee has been sent by the Governor-General as Chief Scout on behalf of its brother organization, the Boy Scouts of Canada.

Pilot Officer James G. Noel, for nine years a member of the 40th Vancouver Scout Troop, was the hero of a rescue when a woman jumped overboard from the S.S.

**BLACK
By
VICTOR
ROSSEAU
DAWN**

**CHAPTER IX
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 Curran expected the horse to kill him. A girl named Lois rides up. She is angry with Dave for breaking "her" horse and refuses to speak to him even after he has used his savings to help her foster father, Hooker, pay off the mortgage on their ranch. She leaves, and that night, while Hooker is trying to tell Dave a secret he has learned, Hooker is killed by a shot fired through an open window. As Dave starts to town to get the sheriff he meets Lois, who immediately believes him guilty. Now Sheriff Cogswell has just arrested Dave for murder.

For an instant Dave sized up the situation. It hadn't occurred to him before that he could possibly be under suspicion of having killed the harmless old man whom he had befriended. For a moment the ignominy of his position maddened him with anger. But he hadn't a chance, with Sheriff Cogswell's gun covering his head.

So, with a shrug of his shoulders, he held out his hands. While Sims covered him in turn, Cogswell extracted a pair of handcuffs from his saddle bag and snapped them over Dave's wrists.

"I guess you kin handle this bad hombre, Sims," said Cogswell to his deputy. "Me and Miss Lois will ride up to the mesa and investigate. Turn yore haws, Bruce."

In another moment Dave was riding back toward Mescal. Sims was at his side with a gun in his hand, while the sheriff and Lois were galloping back across the valley.

Mescal, which had appeared

Princess Alice as she steamed into Vancouver Harbour. Noel, who had just received his commission was wearing his officer's uniform for the first time. "I guess it's christened now," he remarked.

The Chief Scout for Canada, His Excellency the Governor-General has sent the following Christmas message to the Boy Scouts of Canada. "Cordial greetings and good wishes to all my brother-Scouts and Scout Leaders. May they have a jolly Christmas, and remember in their thoughts and prayers their less fortunate brother Scouts in Europe who have had anything but happiness for more than four years. Let us trust that peace may be theirs and ours before the coming of another Christmas."

APPLE-A-DAY APRON



Fun to make, fun to wear is this simple, sprightly apron, Pattern 4575. You can perk it up with ruffles, decorate it with an apple for apple time (pattern for applique is included) or have it just plain 'n' mighty pretty. Pattern 4575 is available in sizes small (32-34), medium (36-38) and large (40-42). Small size takes 1 1/2 yards 35-inch fabric.

Send TWENTY CENTS (20c) in coins (stamps cannot be accepted) for this pattern to Anne Adams, Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address, style number.

empty the afternoon before, was now very much alive. Storekeepers were standing in their doorways, looking on. Little groups of inhabitants, gathered at street corners and watched the two men ride by. A bobtail of Mexican run-chins behind the horses and hooting loudly. It was evident that Lois' story of Hooker's murder had immediately become public property.

"I was with a feeling of relief that Dave walked up the stone steps of the jail. Passing through the anteroom, he was ushered into one of the two steel cages that comprised the cells. In one corner was a cot bed, and that was all. The deputy changed the door. "Ain't you goin' to take these wrist-bands off?" demanded Dave. "Nope, not till the sheriff gets back," answered the deputy. "You're a desperate killer, Bruce, and I ain't takin' no chances with yuh."

It must have been midday before Sheriff Cogswell appeared, with Sims beside him. Each man had a gun in his hand, and the look on the sheriff's face destroyed all Dave's hopes of immediate liberation.

"I'm takin' you before Judge Lonergan," said the sheriff. "Unlock that cage, Sims."

"So you think I killed old Hooker?" Dave demanded.

"You kin argue that with the judge. He's waitin'," was all that Cogswell vouchsafed.

Cogswell led the way, and Dave followed, with the deputy's revolver pressing into the small of his back. They went up a flight of stairs to a small courtroom overhead. The two dozen or so of seats were all filled, and other spectators lined the walls. Lonergan, seated on the bench, grinned viciously as Dave was brought in front of him.

"You haven't lost any time since you hit Mescal," he observed. "Have you been through your list of wanted men yet, sheriff?"

"No, I ain't had the chance," Cogswell responded, "but the facts is as clear as daylight. Yore honor heard him cheat old Hooker out of a half-share in that valuable property when the said Hooker was in a state of intoxication. Likewise they was seen to ride away

together, and by the prisoner's own admission him and Hooker spent the night together in the cabin."

"And Miss Hooker?" asked Lonergan.

"She spent the night out on the mesa with her hawses. Didn't like the looks of the hombre's face, and reckernized him for the feller who beat up Curran, at the Cross-Bar yestiddy. Well, yore honor, we brung Hooker's body into town. He was killed instantly with a forty-five slug through the brain, which the doc extracted. Likewise there's one shell fired from the prisoner's forty-five."

"Looks like you killed that poor, harmless old man," rasped Lonergan, "hoping to find some money or something. What have you got to say?"

"All I got to say is," answered Dave, "Mr. Hooker woke up before daylight and started talkin' to me, and all of a sudden a masked man stuck a gun through the window and shot him dead. Ddd my best to ketch him, but he was too allick for me. He was away in the dark before I could get near enough to shoot."

"Anything to corroborate that story, sheriff?" asked Lonergan.

"Nary thing," responded Cogswell. "No trail nor nothing. Looks to me this is an open and shut case."

"Well, what did this masked man look like?" Lonergan demanded. "You say you saw him. How tall was he? What sort of build did he have? Could you identify him if you were to see him again?"

"Nacherally not, him being masked and it being dark as pitch," Dave returned. "But he was about yore build, judge, and he stood about as high as you do, and he had a look like a mangy yellow coyote, and—"

"Silence!" roared Lonergan, banging his gavel down on the desk. "You'll get nothing by those tactics, Bruce. I'm holding you without ball for the coroner's jury. Keep him in close confinement, sheriff, and see that no one is allowed to visit him."

(Continued Next Week)

**Milan Church Bells
Taken By Fascists**

The Swiss radio reported that 210 church bells weighing over 100 tons were removed in Milan at the order of the Fascist authorities.

This is about one-third of all church bells of Milan, the report added. The bells of the Milan cathedral were left in place.

Cornflake Cranberry Puffs

Other jams than cranberry are delicious also in these little cup-desserts—marmalade too, when you feel inclined to use it for this purpose! Serve the Puffs very hot, with sauce or cream.

1 1/2 cups Saxon Brand (pastry) Flour
OR 1 1/2 cups Quaker (hard-wheat) Flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons sugar

Cranberry Jam
Sift the flour once before measuring. Add baking powder and salt and sift again. Combine the shortening and sugar, beating well together. Beat and add the egg. Add dry ingredients alternately with the milk, making three additions of dry, two of liquid, and combining after each. Add vanilla and Quaker Corn Flakes. Use to two-thirds fill greased medium-sized muffin pans. Top each with a spoonful of jam. Bake in moderately hot oven, 375°, about 20 minutes. Makes eight "Puffs."

CHRISTMAS PRAYER



He's only one of millions, but he typifies the spirit that all Allied fighting men will have as they kneel to offer a Christmas prayer. Be they on bloody Tarawa, in mud-bound Italy, the steaming jungles of New Guinea, in England, Iceland, China, India, somewhere afloat on foe-infested waters or in the training camps at home—in all their hearts will be the same prayer—for victory, a speedy peace and the return of good will among men.



**My Growing
can't wait
for Peace!**

That's Why I Need Whole Grain Quaker Oats... Richest of All Natural Cereals in Growing Factor Protein!

Yes, real oatmeal leads all natural cereals in protein, the very thing that is meat's main element. Children must have protein for normal growth. Adults must have it for stamina and to help fight fatigue.

Nature richly stored so many important food elements in Whole-Grain Oatmeal. It stands alone among cereals. Give your family its wonderful protection daily, now that so many foods are scarce and rationed.

Get a package at your grocery today—start each day with this wholesome, delicious, Whole-Grain breakfast.



**QUAKER
OATS**

The Book Shelf

Barrie & Daughter
By Rebecca Caudill

"A girl's got one calling," Blanche Barrie told her daughter, "To get married and housekeep. Against her wedding day, she can teach school." This was agreed in Poor Folk, with no dissenters except Peter, Fern's father, and Fern herself.

Fern's story is more than a novel about enterprise and courage. It is the delicately handled relationship between a young girl and her parents, and a double love story of Blanche and Peter Barrie, and of Fern and Clint Stacey.

This is the mountain country of a half-century ago, when it took ten yards of sprigged calico to make a dress, and Usie Ratliff couldn't believe that folks existed so lazy they would buy a quilt 'stead of making their own. But the underlying theme of honor and justice, and the Kentucky hills with the frail spring lady-slipper, the summer calico bush "like a thousand candles burning bright," the fall pawpaw trees and the pines, are eternal. And when the Barries set out to right certain wrongs in the valley, they found "that victory, then, as always, belongs to the stout of heart."

Barrie & Daughter... By Rebecca Caudill... The Macmillan Company... Price \$2.50.

**Meeting Reported
In 26 Languages**

The Overseas Branch of the United States Office of War Information worked full blast to carry to the ends of the earth the story of the historic Roosevelt-Churchill-Stalin conference at Teheran.

Shortwave radio beamed the story in 26 languages and dialects out of New York over 20 east coast transmitters, with relays from London, Algiers, Tunis, Rabat, Palermo, Bari and Naples.

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

IN Toronto It's The
St. Regis Hotel
• Every Room with Bath,
Shower and Telephone.
• Single, \$2.50 up—
Double, \$3.50 up.
• Good Food, Dining and
Dancing Nightly.
Sherbourne at Carlton
Tel. RA. 4135

MAKE YOUR OWN CIGARETTES WITH
MACDONALD'S
Fine Cut
A Milder Tastier Tobacco