

A Few Drops

Up Each Nostril Quickly Relieve Stiffness of Catarrh

Specialized Medication Works Fast
Right Where Trouble Is!

Soothing relief from stuffy, painful distress of acute catarrh comes fast as Va-tro-nol spreads through the nose, reduces swollen membranes—soothes irritation, relieves VICKS congestion, flushes out cold-clogged nasal passages, makes breathing easier. **VATRO-NOL** try it! Follow directions in package.

It Does taste good in a pipe
Picobac
The Pick of Tobacco

OTTAWA REPORTS

That Canadian System of Meat Rationing Has Been Adopted
By Australian Government

Australia, which recently went on meat rationing, has adopted the Canadian system with only minor variations, according to Paul Malone, press attaché, Office of the High Commissioner for Canada, at Canberra, who was in Ottawa last week.

As here, sugar, butter and tea have been rationed for some time and many foods are in short supply although Australia is producing more than at any time in her history. The farm labor shortage, which Mr. Malone says is probably more acute than anywhere in the world has led to some progress in greater mechanization. The country's aboriginal population, though not large has come to the rescue of the sheep stations, and the curious fact that

FIGHTS IN NORTH



Gen. K. A. Meredith, above, commands Soviet armies in the Volkhov river-Novgorod sector. The former conqueror of Russia's double thrust against Germany in Leningrad area. Noted as ace strategist, he was former Red Army chief of staff.



There's another challenge from that Mountaineer Club!

THE WAR - WEEK — Commentary on Current Events Germany Builds High Wall Of Hate Which Will Remain When War Ends

In its hectic endeavor to hold off invasion Germany has constructed strong fortifications around the periphery of Europe and on the frontiers of the Fatherland says the Cleveland Plain Dealer. The whole aim of German life today is to live within Fortress Europe and postpone the inevitable. It will exist for years, say, for generations as the one European frontier that can be neither obliterated or even rectified. No enemy raised this ring around Germany. It is the work of the Germans themselves. And the consequences of its building will be far-reaching.

Effect on Neutral Countries
Today people wonder what to do with Germany after the war to prevent a repetition of warfare another generation hence. Certainly some definite steps must be taken to control the German people. The National Socialists under Hitler, Poland, Denmark and Norway. Then the Netherlands, Belgium, France, and finally the Balkans and Russia.

Work of Germans
Each portion of this wall was built from a blueprint of treachery. Its materials are the lives of thousands of free men who insisted on liberty for their homelands. It is topped with the barbs of a hatred born of broken homes, slave labor, hostages, larceny, misery, starvation and death.

No armies can demolish this wall. It is not open to attack. It is invisible. It exists in the minds and hearts of millions of men, women and children. Yet, intangible, it will keep this wall around Germany intact.

The story of these times will have similar effect in neutral countries. They were neutral in this war and on those which were neutral in the World War, in Norway—in every country on the earth. Teachers and clerics to brood have will keep this wall around Germany intact.

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as it is, it is the most real thing in the world of the United Nations will shatter to leach onto the domain of Germany itself.

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WHAT CEREALS BEST FOR MY FAMILY?

NO OTHER NATURAL CEREAL GIVES YOU WHOLE-GRAIN OATS VITALITY ELEMENTS SO RICHLY!

More than any other natural cereal, whole-grain oatmeal helps make up shortage of meat's great vitamin food element, Protein—without which children can't grow properly and adults cannot have real stamina! Also leads every natural cereal in vitamins B₁, essential to good nerves, digestion and energy! More and more mothers are serving big delicious bowls of hot Quaker Oats for breakfast every day—and lauding extra growth and stamina protection for their families. Serve your family the "one best cereal" now that so many other valuable foods are rationed!

QUAKER OATS
The Quaker Oats Company of Canada Limited

**February Special!
WAR STAMPS.25¢
at your GROCERS**

"SALADA"
TEA

**A Huge Sunflower
Crop In Manitoba**

Though few Manitobans know it, their province grew something like 14,000 acres of sunflowers this year—almost half the Dominion total of 29,000 acres, says Maclean's Magazine. To most Canadians that may mean little except that it sounds like a lot. In many respects it resembles the soybean. Roasted, the seeds are good eating and have been in high favor for years with people of Russian extraction.

Sunflower protein may be processed to produce an egg white substitute for use in baking. Other possibilities include its use in the plastic and nylon-typing textile fields.

The future of the sunflower, officials say, appears almost as bright as the flower itself.

**THE NEW
PEP
AND
ENERGY**

Dr. Chase's Nerve Food

INCREASED REFUND

For Standard Domestic Beer Bottles

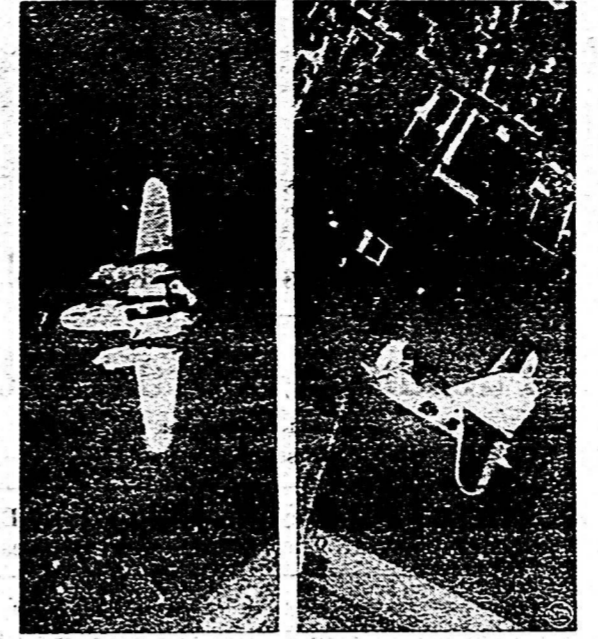
Because of a severe bottle shortage, the Brewing Industry (Ontario), at the request of the Administrator of Alcoholic Beverages, Ottawa, announces increased prices to be paid for standard domestic beer bottles, effective January 10th, as follows:

Small Bottles—From 2c to 3c per bottle, or from 48c to 72c per carton of 24 small.

Large Bottles—From 4c to 5c per bottle, or from 48c to 60c per carton of 12 large.

The sales price for each size package has been raised to correspond with the increased deposit. Standard domestic beer bottles now in the hands of our customers have increased in value. Please return your empties to your nearest Brewer's Retail Store, THEY ARE URGENTLY NEEDED. BREWING INDUSTRY (ONTARIO)

A BOMBER IS LOST



The remarkable photographs above, taken over Nazi-occupied Europe, show a B-24 Marauder bomber of the USAAF broken cleanly in two by enemy fire, hurtling to earth. Forepart of plane is in left and rear of fuselage at right.

Modern Etiquette

By Roberta Lee

1. If a letter is being written to a friend, or to a social acquaintance, should the prefix Mr. or Mrs. or Miss be used in the signature? 2. Is a guest expected to remain longer than the usual half hour if he is invited to a holiday dinner? 3. How should one remove a bone that is accidentally put in the mouth? 4. Should a girl retire if she is seated, and an elderly woman brings a young man over to her to be introduced? 5. If a hostess takes her guests to the theatre or to some other entertainment that requires a taxi, who should pay the fare? 6. What would be the best way for a girl to introduce her brother's bride to a group of friends?

Answers
1. No. Sign it John Smith, or Mary Allen. 2. Yes, usually. 3. Use the thumb and first finger to remove it and lay it on the edge of the plate. 4. Yes, in this instance, because it shows deference to the elderly woman who is standing. 5. The hostess. 6. This is Jack's

Have You Heard?
Pretty young thing: "Why do they call all soldiers Dogfaces?"
Soldier: "This is why. The Army is a dog's life, we live in pup tents, we are given dog tags, live mainly on hot dogs, we usually have hangdog expressions on our faces, and they even whistle for us when they want us."

Daughter: "Bill writes that his Corporal thinks a lot of him."
Mother: "How is that, dear?"
She says the Corporal won't let anyone else peel the potatoes."

**Read Why...
NURSE SCOTT**
Recommends
**BUCKLEY'S
WHITE RUB**

**for
CHEST COLDS**

1. Acts 3 ways to break up croupy congestions, clear stuffiness, loosen coughs—overnight.
2. It penetrates faster.
3. Generates heat and vaporizes quicker.
4. It is snow-white, stainless, non-greasy.
5. Can be used with perfect safety on the tiniest tot.

**BRITONS GET 750,000
LEMONS FROM SICILY**

**Discovers Home
Skin Remedy**

Canada's New Ambassador

Scratching
Relieves Itch Fast
As Many As 1000s of Many Back

**Relieves Distress from MONTHLY
FEMALE
WEAKNESS**

U.S. Lend-Lease To Soviet Russia

American lend-lease aid to Soviet Russia from December, 1941 through October, 1943, included: Nearly 7,000 planes. More than 3,500 tanks and 150,000 trucks, jeeps, motorcycles and other vehicles. 1,740,000 short tons of food and other agricultural products, including 33,500 tons of butter, 5,400,000 pairs of army boots, 16,600,000 yards of woolen cloth for the Soviet armed forces. 251,000 tons of chemicals. 144,000 tons of explosives. 1,198,000 tons of steel. 342,000 tons of non-ferrous metals. 611,000 tons of petroleum products.

Nazi Bath Parade

As part of the work as prisoners of war, two Allied soldiers were detailed for duty at the showers reserved for them at a camp. A company of soldiers, admirably aligned in columns of five stood at attention. They marched at a goose-step and sang in chorus, each soldier carried a toilet towel under his left arm. Then they proceeded in single file to the shower room.

**Honor For Former
Airline Stewardess**

The recent list of Canadians honored by the King for distinguished service included Nursing Sister Edna Louise Holden of the Royal Canadian Navy, who received the medal of Airline Royal Red Cross. She is one of eight stewardesses of Trans-Canada Airlines who have been honored for service with Canada's armed forces. Nursing Sister Holden, whose home is in Toronto, is a graduate of Wesley Hospital in that city. She was born in Milton, Ont. She attended high school there and later graduated from LaSalle Junior College, Boston. She joined the staff of T.C.A. as a stewardess in April, 1941, and enlisted in May, 1942. Posted on operating room duty in a Newfoundland hospital, she was commended for her bravery and efficient work when a fire broke out in the Knights of Columbus building. She went overseas in September, 1943.

Three other T.C.A. stewardesses have enlisted in the Navy. They are Nursing Sister B. Dundee, Toronto, who was one of the first Canadian nurses to join up, Helen G. Brand, Winnipeg, and H. C. Broad and Frances I. Smith, Toronto, are serving with the Air Force, and Elsie M. Dunnett, Winnipeg, is overseas with the Army. Six girls from T.C.A. maintenance shops have also enlisted for active service.

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Canada's New Ambassador

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**Relieves Distress from MONTHLY
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WEAKNESS**

With a welcoming smile, Presidential Secretary Steve Early, left, greets Hon. Leighton McCarthy, Canadian minister to the White House, as he arrives at the White House to present his new credentials.

OPERATING UNDER DIFFICULTIES



The "surgery" is a dugout, four feet underground, deep in the jungle of Bougainville Island. Stacked packing cases make the operating table. Sandbag walls and heavy log roof protect occupants from enemy fire. Here a U. S. Army Medical Corps team performs an emergency operation.

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Wooden Lifeboat Defies Flaming Oil



A wooden lifeboat that will not catch fire even when passing through forty-foot flames in a sea coated with burning oil has been perfected for use by crews of loaded tankers, many of whom perish in seas set ablaze by their burning cargoes, it was announced by British officials recently. Its inventor, John Lamb, who was torpedoed seven times during the last war, and three companions tested it in a large pool covered with burning gasoline. The external temperature was 4,000 degrees Fahrenheit, and the crew within the asbestos-lined lifeboat was subjected to 116 degrees, yet neither the crew nor the boat suffered.

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