



Happy Paradol Girls

Have a tip for you
If you don't know about Paradol, you really should. For PARADOL can help you to get more pleasure out of your life. I can't go at that time, you know why? Life is very different for many girls and women who have grown for themselves that PARADOL makes quick work with headaches and other discomforts which bother them at times. They can now take

Dr. Chase's Paradol

CHRONICLES of GINGER FARM

Will you sit and visit with me a while? We shall be quite comfortable. There is a nice wood-burning blazing cheerily in the open grate. There now, you sit in this big red upholstered chair and I will take the other. It is a comfortable old chair, isn't it? It came from England, you know, a sort of family heirloom. So many times I have sat in that chair by just such another fire as we are sitting tonight, only then it was in a home in a small English village—Partner's home, to be exact. Now the chair is here... but the old fireplace, and the house to which it belonged—what has happened to it? The old folks have long since gone, the house may have been razed. But we have our memories—even a blitz cannot reduce memories to rubble.

You know it is a funny thing about those Old Country fire places. Visitors say you get your face roared while you watch the flames chattered to the bone. I suppose it is true, and yet, strangely enough, I never remember suffering with the cold at home. Maybe it was because we wore warmer, heavier clothing than in Canada—I used to wear hand-knit woolen stockings in winter. Or it may be that since we never knew any greater comfort we never missed it. I might have a different story to tell were I to visit England now.

Don't you love our Canadian autumn? The crisp, frosty morning air is such a welcome change after the damp heat of the long summer days. The changing colours... the return of the noisy but gorgeous jays... the feeling of completion—of thankfulness that "all is safely gathered in".

Already weather prophets are warning us what to expect an early fall and a hard winter. Well, we'll worry about that when the time comes. In the meantime there is work to do—both at home and



4685
34-46
A jumper frock in larger sizes! Pattern 4685, is the answer to a busy woman's prayer. For variety make several blouses.
Pattern 4685 in women's sizes 36, 38, 40, 42, 44, 46. Size 36, jumper, 1 1/2 yds. 54-in.; blouse, three-quarter sleeves, 2 1/2 yds. 39-in. Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern to Room 421, 73 Adelaide St. West, Toronto. Print plainly size, name, address, style number.

Nothing is more depressing than headaches. Why suffer? Lamby's will give instant relief. Lamby's is good for colds, toothache, pains in back, stomach, bowels, Head!

RE-DYE
CELANESE NYLON
Tintex
ALL-FABRIC
DYES EVERY FABRIC
CANADA'S FIRST AND ONLY
ALL-FABRIC DYE

Sapphires and Diamonds

by DOROTHY TROWBRIDGE

CHAPTER VI
She turned and reached for the screen door but the young man stepping quickly forward held it open for her, and she brushed past him with head erect. To her dismay he followed her. Mr. Carver, behind a small glass window in the front of the store where he repaired watches, looked up as they entered.
"Back already?" he asked. "Well, I've got it all fixed for you." He glanced at the stranger who stood a little beyond Peggy. "Want something?" he added.
Peggy's heart was racing. What would the idiot say? "I broke the crystal in my watch and wondered if you would fix it for me," was the surprising reply, chuckling as he brushed her hair over her head. Sure enough he held the watch in his hand and the crystal was cracked. Also he was smiling directly at Peggy. She was furious.

"Well, I'll be with you in just a minute," Mr. Carver told him. "Look at this," he added, turning to Peggy again. "I was just comparing that stone in the ring with one I have. Come around here and see it." Motioning to her to come behind the counter.
On the table before him on a small piece of tissue paper lay a square-cut unset diamond.
"Those two stones are just a match for each other," he continued. "I thought Jim had lost his senses when he bought that stone. They don't look like diamonds to me, cut that way. But since I saw this ring I know how they can look. I drew off the design here." He chuckled as he showed her a sketch on a sheet of paper. "You didn't know I was such an artist, did you? Do you reckon it would be all right for me to copy this ring?" he asked wistfully.

"I think that would be all right," Peggy answered. Mr. Carver seemed so anxious to do it and Harry would never know. Taking the ring which he carefully wrapped in tissue paper, she dropped it into her bag. "Thank you so much, Mr. Carver. How much do I owe you?"
"Oh, nothing at all, nothing at all. Thank you for bringing it in and letting me get that design. Remember me to your grandmother," he called after her.

With a busy "Thank you," Peggy hurried out without a glance at the other occupant of the store.
She found that she was still upset over her tilt with this stranger. She realized that by turning her head to see if he were telling the truth about the watch the score between them had been evened, and unconsciously she wished for "next time" so that she could put the young man in his place.

Nothing "Sacred" But German Soil

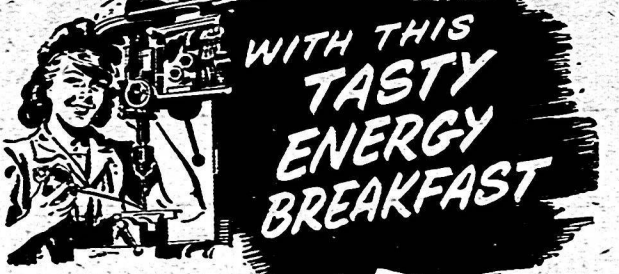
That the Germans should dare today to speak of "holy" German soil when they've desecrated the soil of almost every country in Europe is something that has infuriated the Russian soldiers more perhaps than anything else.

Soldiers of this war who come back from the front with the hope that after saving the world and restoring liberty they may be entitled to general public consideration in the matter of jobs, will find a rude awakening from that very section of the public which has benefited in most of the home front by virtue of their struggle and heroism abroad. The attitude of labor towards soldiers' rights after the war was expressed recently by C. H. Millard, M.P.P. for West York, before a labor audience. Mr. Millard, it should be noted, is a CCF member and high in the councils of their Labor-Political-Action Committee. His opinion, therefore may be taken to coincide with CCF policy in regard to returned men.

Mr. Millard is reported to have said: "A subtle and sinister effort is being made by units of veterans and their representatives to return to returned men in Canadian war plants which would undermine seniority rights." He called for unity among labor groups to meet the problem, which would undermine the structure of trade unionism and establish a preferential group in industry. He held that trade unions supported equal treatment for all and any such preference went beyond the Federal order dealing with re-establishment of returned soldiers in former jobs.

There, boldly, stands the demand of a CCF doctrine, a member of the party which opposed sending soldiers overseas, and having later recanted, now denies bringing them back save to a status of "equal treatment for all." Unions and the CCF have had their greatest growth and impetus to power during the years that men have fought and died overseas. Under the security at home

MORE VIM FOR VICTORY



WITH THIS TASTY ENERGY BREAKFAST
The harder you work the more you need a nourishing, energizing breakfast to start your day. So, plan breakfast around NABISCO SHREDDED WHEAT—the high-energy 100% whole wheat cereal. It helps give you the energizing protein, carbohydrates and minerals you need. Get a package or two today!

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

SUNDAY SCHOOL LESSON

October 15.
JESUS' UNDERSTANDING OF MAN.
Genesis 1:27.

Psalm 51, Matthew 12: 9-21.
PRINTED TEXT, Matthew 12: 9-21.
GOLDEN TEXT.—He needed not that any one should bear witness concerning man; for he himself knew what was in man. John 2: 25.

Memory Verse: Thou, Jehovah, hast made me glad, O Lord, 92: 4. Man's Superiority Over Animals
"And he departed thence and went into their synagogue: And behold, a man having a withered hand. And they asked him, saying, Is it lawful to heal on the sabbath day? that they might accuse him." This very question shows the narrowness, the meanness, of their hearts, the harshness of their religious views.

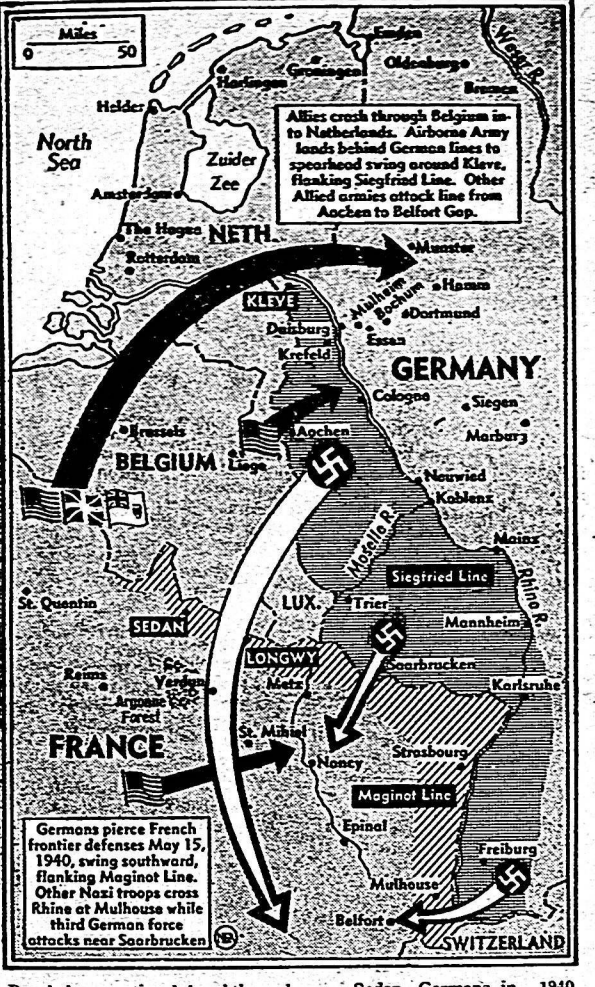
Works of Necessity
"How much then is a man of more value than a sheep! Wherefore it is lawful to do good on the sabbath day." The supreme work of the sabbath is that of reaching man and saving him; it is a work of necessity.
"Then saith he to the man, stretch forth thy hand. And he stretched it forth; and it was restored whole, as the other. But the Pharisees went out, and took counsel against him, how they might destroy him." They were angry because Christ had broken one of their laws,—not a law of God, but a law which they had made—that because a man should not work on the sabbath day, he therefore should not ever attempt to relieve another person's suffering. A sheep could be pulled out of a pit but a man must not be healed of a disease.

Christ's Compassion
"And Jesus perceiving it withdrew from thence; and many followed him; and he healed them all, and charged them that they should not make him known." Jesus came with a message from God, a spiritual message, to set

8 medium-sized potatoes
8 small onions
4 parsnips
4 carrots
Wipe meat with damp cloth, sprinkle with salt and pepper and broil in hot fat. Add water, cover and allow to simmer an hour. Prepare vegetables. Add whole potatoes, onions, parsnips, and carrots cut in half. Season vegetables, cover and continue cooking until vegetables are tender. Serve meat on platter garnished with vegetables.
Serves 6.

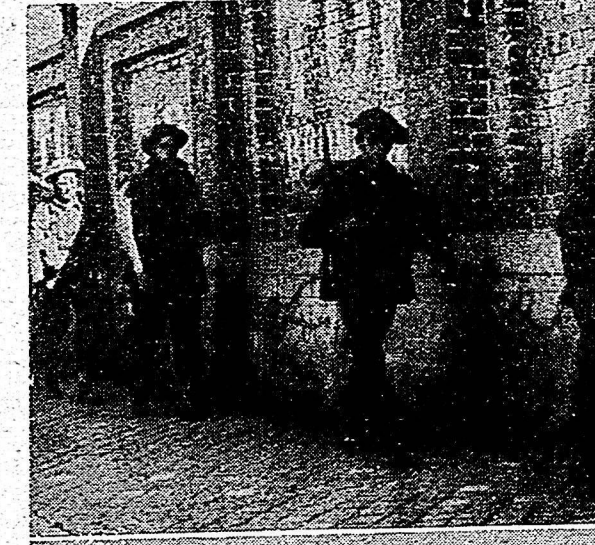
MACDONALD'S
BRIER
Canada's Standard Smoke

TAKING A LEAF FROM NAZIS' BOOK



By their sensational breakthrough near Sedan, Germans in 1940 demonstrated to the world the uselessness of "wall" fortifications such as France's famed Maginot Line. They simply flanked it with an end run and poured down behind the line, leaving the French looking pretty silly, with their big guns all pointed the wrong way. Only ones who didn't seem to learn the lesson were the Germans themselves, who put their faith in the Siegfried Line and the Rhine fortifications, only to have the Allies flank them near Kleve, and get into position for an end run drive behind the fortified lines into the great Ruhr Valley industrial area. Map above shows similarity of German operation against Maginot Line and how Allies worked same trick on them.

CANADIANS TAKE BLANKENBERGHE



About 1,300 bulls are killed annually in Spanish bull fights.

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After more than a quarter of a Century Canadian troops are again fighting the Germans on the soil of Flanders—and winning. Top picture shows men of a Canadian regiment entering the Belgian town of Blankenberge, following closely on the heels of the retreating Hun. Centre picture gives a general idea of the Nazi defences which faced the Canadians in their drive through Belgium. This line of forts was located on the beach road leading into the town of Blankenberge and lower shows citizens of the town, liberated by the Canadians, swarming over a Canadian armoured car as it halted in the main street. Belgians show their joy at being again free of the Nazi heel.

DECORATED



Maj.-Gen. G. G. Simonds, C. B. E., D. S. O., commander of 2nd Canadian Corps, has been made a Companion of the Order of the Bath, Canadian Defence Headquarters has announced.

AMBASSADOR



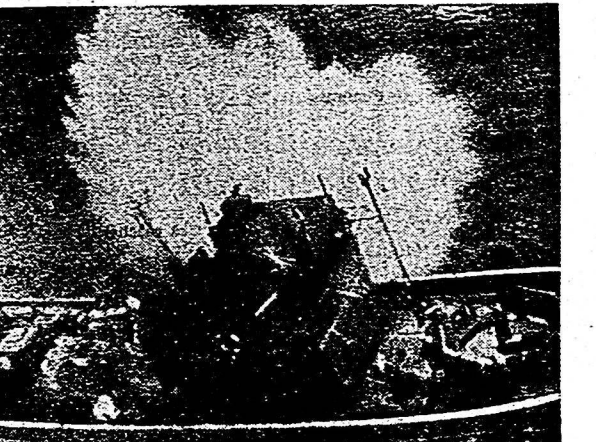
Charles Sawyer, above, former Democratic National Committeeman from Ohio and former lieutenant-governor of Ohio, has been chosen by President Roosevelt as United States ambassador to Belgium.

CAPTURED FRENCH AMMUNITION IN BELGIUM



It was a pleasure to these lads to work on this fatigue party. They are piling captured French ammunition the Hun never used in his hasty retreat in Belgium. Piling this 135 mm ammunition are Gunner R. D. Whyte, Victoria, B. C. and Gunner G. E. MacDonald, Frankfort, Ont.

JAP SHIP GETS DEATH BLOW



The unusually close work of a Jap sub-chaser, above, shows the 100-foot craft listing sharply as a 500-pound bomb from an 11th Air Force Mitchell bomber plunges into the sea at its side. Moments later, the delayed-action fuse, which gives plane time to escape blast of its own missiles, detonated the bomb, which sank the ship. Action took place off tip of Paramushiro Island, Japan's North Pacific air-sea base.

HAY FOOT



The ancient marching theme of Army footies, "Hay-Foot, Straw-Foot," has new meaning for this Allied soldier ever since he acquired the straw boots he wears in the photo above. The old footwear was part of equipment left behind by fleeing Germans somewhere in France.

RIGHT SMACK INTO BELGIUM



Here's that picture again—of a Yank who didn't miss the bus when his outfit rolled into a city liberated from the Germans. This one's from Liege, and shows a comely blonde Belgian lass giving a pleasant welcome to the soldier.

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Why Aspirin works so fast Instantly! Yes, the moment you drop an Aspirin Tablet in a glass of water it begins to integrate. And that same quick action takes place in your stomach. Thus, you get relief almost instantly. Aspirin has proved itself through generations to be quick, effective above all dependably. That's why Canadians have come to rely on this famous analgesic for relief from pain due to headache, neuralgia or neuritis. So protect yourself from needless misery. Just get a box of genuine Aspirin at your drugstore's today and follow simple directions.

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It's grand how Vicks Vapo-r-nol clears congestion from nasal passages—gives sinuses a chance to drain. Results are so good because Vapo-r-nol is specialized medication that works right where trouble is—to relieve painful congestion and make breathing easier. Try it—put a few drops up each nostril—follow directions in folder.
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