

for New Pep and Energy

Dr. Chase's
NERVE FOOD

Young Nazi Soldier Spanked by Briton

The newspaper Lumburgs Dagblad reported recently that a lone German soldier who attacked a British tank armed only with a rifle was spanked by one of the tank crew when the British discovered the German was a 16-year-old boy. Then the tank crew led the prisoner to headquarters and ordered him to stand in a corner. This was too much for the young Nazi who demanded he be executed. Instead, he went to a prison camp.



The Jade God

CHAPTER VI
The lawyer nodded curiously, but he turned in his chair and followed the young man with his eyes. For the first time a doubt had stirred in him. Plenty of innocent people suffered, but what of this boy? He had not tried to claim the fortune yet; it was rolling up, but he would—of course he would! He nodded to himself and went back to his work. He had always believed Mark guilty.

Get fast triple-action relief from MUSCULAR PAIN!



WHEN you suffer from aching, aggravating muscular pain, you want quick relief. An Instantine tablet taken with water, will usually bring this relief. And Instantine's help doesn't stop here, because this prescription-type medicine is specially compounded to give triple-action relief these ways:

1. Speedily eases pain.
2. Prolongs relief from your pain.
3. Reduces "depressed feeling."

Gives mild, stimulating "lifts." Instantine quickly relieves headache pain, too. And you can rely on it for prompt aid in fighting off the discomfort that comes with a cold. All drugstores. 12 tablets 25¢.



ISSUE 4-1945

PALS AT FIRST SIGHT



The fearsome face of "Mr. Propwash," English bulldog, didn't faze 3-year-old John (Pepper) Fusselman, who immediately became pals with the dog when it landed at Hamilton Field, Calif., with a bomber crew. Pepper is son of S/Sgt. Harry G. Fusselman, Army photographer.

Vegetable Cooking Methods Important

Vegetables can and do suffer more than any other group of foods in the hands of the cook. Nature packs them with health-giving vitamins and minerals, adds gay, bright color for good measure. We come along, boil out most of the minerals, kill the vitamins, destroy the lovely fresh color and present the depressing looking result to our families. It's today with us. "Eat them up. Vegetables are good for you!" It doesn't make sense does it? And if some families are "difficult about" vegetables, we wouldn't blame them.

Overlooking and "drowning" When vegetables are limp, flavoured and a poor colour after cooking, it is safe to say they have lost a large part of their food value. Overcooking and "drowning" are the two most frequently committed sins against vegetables. Cooking until just tender, by whatever method, is the only way to prevent scorching, preserves food value, colour and flavour. It is easy to do. Remember it. "Yes, today!" He was determined. He was plotting her through a crowd and she could not escape easily. "There are never any tomatoes in my garden," he said. "What's this place? I'm a stranger, I don't know, but it looks good to me."

"Oh, but I must go; I must meet Aunt Lynn—" the girl protested, she laughed, for he had her inside the doors and was selecting a table. She laughed again easily — she was happy. She had been wondering for days why he had deserted; now she said it did not matter; he had been running away from himself! He leaned toward her and she saw the flame that leaped into his eyes. "I was going away today when I met you; going as far away as I could."

She was startled. "Were you?" Then she looked down at the table, trifling with her glass of water. "You're not going to stay in New York, then?" "God knows!" She lifted her eyes and met his. A soft flush crept up to her hair. She looked adorable, and he groaned under his breath. "Can you imagine that a man like you wouldn't care to stay here long?" she said unexpectedly.

LYMOID
Relieves that cough NOW before it becomes serious.
Lymoid Cough Syrup instantly relieves and soothes the throat and bronchial passages in children and adults. 42¢ a bottle. 85¢ a dozen.

"I've got to go West," he said bluntly, not looking at her; "I've got to take up a new life out there. I wanted to tell you about my coming to your uncle's house; it was — he broke off for she interrupted him softly.

"Oh, Mr. Fosdick!" she said, looking around at the old man beside her chair. Mark was taken aback. The lawyer had risen from a table in the farthest corner. It was evident that he had been watching the scene. "I come here for tea; it's the only place where I can get the kind I like." Mark heard him explaining to Pam, as if he knew his presence in a room was amazing. As he spoke he looked at Mark — looked through him and did not see him. Pam thought they were not acquainted, and Mark heard her presenting him to Mr. Byram.

TABLE TALKS

Vegetable Cooking Methods Important

Overlooking and "drowning" When vegetables are limp, flavoured and a poor colour after cooking, it is safe to say they have lost a large part of their food value. Overcooking and "drowning" are the two most frequently committed sins against vegetables. Cooking until just tender, by whatever method, is the only way to prevent scorching, preserves food value, colour and flavour. It is easy to do. Remember it. "Yes, today!" He was determined. He was plotting her through a crowd and she could not escape easily. "There are never any tomatoes in my garden," he said. "What's this place? I'm a stranger, I don't know, but it looks good to me."

First cousin to casserole cooking is "panning" which is especially good for spinach, gate, cabbage, summer squash and thinly sliced tender beans. Prepared vegetables are measured. To each quart of vegetables allow two tablespoons of fat—bacon fat drippings or butter. Melt the fat in a heavy flat pan, add the vegetables and salt, cover closely to hold in the steam and cook on top of the stove until just tender, stirring occasionally. Season with salt and pepper.

BE FAMOUS for your coffee. Serve Maxwell House. This choice blend of rare coffee is roasted by the famous "Radiant Roast" process, so you get extra flavor, fragrance and vigorous body.

You'll enjoy our
Orange Pekoe Blend
"SALADA" TEA

CHRONICLES of GINGER FARM
By Gwendoline P. Clarke

We went to TOWN last Friday — that definitely should be written in capitals! Partner wanted chop and there was other business to attend to, so I went along too. There had been quite a bit of snow overnight but the lane looked much the same as usual. So away went the team, sleighs heavily loaded with grain to be chopped, and Partner, John and I perched atop the load. I said to Partner, "Do you know, I haven't seen a team or car on the road today!" We were soon to know the reason. The cut between the snowbanks on the road was practically filled in with fresh, loose snow, reducing the roadway to a mere trail. The white-tires, in many places, touched the hard-packed snowbanks on either side. But the horses plunged along quite happily. It wasn't too cold and I was really enjoying it until Partner, in answer to an inquiry said, "Yes, we'll be all right so long as we don't meet the snowplough!" Well, just as we were about to reach the town, the snowplough came. It was a small one, but it was a pair of colts. But I knew Partner could handle them so I just hung on to the back of his coat and hoped for the best. There is so little to hang onto atop a load of chop!

IF HEAD COLDS HANG ON.
DO THIS TO relieve discomforts of the best things you can do is put a good spoonful of home-tested Vicks VapoRub in a bowl of boiling water. Then breathe the steam. It will give you a relief that is almost instantaneous. Vicks VapoRub works. Vicks VapoRub you want.

We were in town a little over two hours. Two hours — let me emphasize that. Hardly had we started home when we met friend B — with his team and sleigh — but the only load that he had on was his wife. He laughed when he saw us and called out, "You'll never get home with that load." Then we passed neighbor C — and he called out, "You won't get home!" and added something about the plough. We thought by that the plough had been up the line and was on its way down and that we would have to wait until it had turned the corner.

Look out for Trouble from Sluggish KIDNEYS

Try the Original "Dutch Drops" It is poisonous water for your kidneys because of fat-bacon fat drippings or butter. Melt the fat in a heavy flat pan, add the vegetables and salt, cover closely to hold in the steam and cook on top of the stove until just tender, stirring occasionally. Season with salt and pepper.

Headache
Nothing is more depressing than headaches. Why suffer? Lamby's will give instant relief. Lamby's is good for colds, back, stomach, bowels, headache.

ROLL ONE! LIGHT ONE!
SMOKE
Buckingham makes bet

THE ROYAL BANK OF CANADA ANNUAL MEETING

Morris W. Wilson, President, says continued Canadian development depends on world-wide system of trading based on international monetary and exchange stability. Urges Canada be one of first to approve principles of Bretton Woods Conference.

Sydney G. Dobson, Vice-President and General Manager, reports that assets at all times peak with year's increase greatest in history of bank; southern branches in unique position to facilitate Latin-American trade.

The vital importance to Canada's future welfare of a healthy foreign trade based on international monetary and exchange stability was emphasized by Morris W. Wilson, President of the Royal Bank of Canada at the bank's Annual Meeting.

Canada owed her economic development from her days, said Mr. Wilson, foreign trade and the level of pre-war exports would not only have to be maintained after the war but actually expanded, possibly to double their pre-war value, if Canada was to secure an adequate national income.

"Normally we export considerably more to Great Britain and other countries of the Empire than we import from them. Under normal exchange conditions it was relatively simple to adjust this situation. Our sterling balances accumulated through exports to the Empire, were readily exchangeable for U.S. dollars which we paid for what we purchased in the United States.

"War-time experience, however, has shown the difficulties which arise when this multilateral adjustment of trade balances breaks down. As a result of the control of sterling made necessary by the war, Canada has been forced to liquidate its British balances, through interest-free loans, mutual aid, and the repatriation of Canadian securities. We were also forced to restrict purchases and travel in the United States and to reduce the demand for U.S. dollars, thereby making it easier for us to pay for essential imports.

"If the world should be divided into exclusive trading areas after the war, as is frequently suggested of which one might be based on sterling and another on the U.S. dollar, Canada would be in a peculiarly disadvantageous position since the properly belongs in neither group. Our membership in the British Commonwealth of Nations, and the coincidence that our unit of currency is named "dollar" as in the United States, makes our present position, and obscures our true position in the eyes of many. Because of these factors and our selfish interests, we are compelled to prefer a world-wide system of trading. There is no altruism about it.

CANNOT STAND ALONE
"If international trade on the broadest scale is not fully restored, what can Canada do independently to preserve her position since there are certain obvious measures, notably maintenance and improvement of the quality of our exports, vigorous salesmanship, and the acceptance of imports from countries to which we export, to the limit either of their capacity to sell to us, or of our ability to absorb their products. These are basic principles which, Canada can and should adopt, whatever the rest of the world does."

"What other alternatives will be normally available to us? In the first place, we might have to restrict our exports to the ability of foreign markets to pay for our products. Since many of our major export commodities are produced on a scale of all proportion to our own consumption, the subsequent unemployment of our resources, the agricultural depression, and the social problems which would arise, would build up a real and serious barrier to our recovery. Canada might provide credits to countries desiring to import goods on a basis similar to the credits which have been established during the war, but with the hope of ultimate repayment. Finally, we could subsidize exports.

"Furthermore, as I stated a year ago, I believe it would be sound policy for Canada not only to extend liberal trade agreements to other countries who are actual or potential buyers of Canadian products, but in appropriate cases to make open light gifts of goods, raw material, finished goods and machinery to assist and hasten the rehabilitation of such countries.

"Thus far could we go, independently of the policies of other powers. But a moment of consideration will show how slight our hopes of success would be without international co-operation.

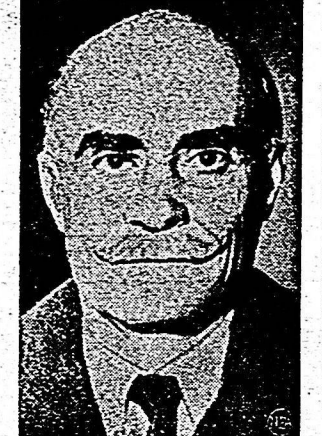
Mr. Wilson reviewed the function of gold as an international currency prior to and after the last war but pointed out that the "gold standard" was never entirely automatic in its operation. "The system could never have been maintained," he said, "without the unrivaled supremacy of the City of London in the foreign exchange market. Noteworthy investment markets, the degree of liquidity it maintained, the great foreign loans. Noteworthy willingness of Great Britain to accept imports of goods and services for payment on loans and to tax but by no means less, the knowledge and experience of the great London banks and financial houses.

ON TO BASTOGNE?



Over field microphone, Lt.-Col. Overfield (Abe) Abrams, of Jacksonville, Fla., gives the order that started the Third Army drive that relieved the heroic 101st Airborne Division garrisoned at Bastogne. Col. Abrams commands the 4th Armored Division's rescue spearhead.

ACTS IN GREECE



Following signing of truce between Greece and Turkey, the British Army, Gen. Nicholas Plastiras, Greek premier, is faced with task of bringing order to the political chaos that sparked off 40 days of bloody civil war. Besides premiership, he holds portfolios of War, Navy, Air, Merchant Marine.

Mr. Dobson reported steady development of the bank's foreign business in the Caribbean and South America. "The South American countries," he said, "are potential purchasers of large quantities of equipment of all kinds for modernization of their armed forces and for developing new industries, and it is hoped that our manufacturing exporters, and importers will welcome this interest. Our well-placed branches in these countries are able to offer assistance in the development of trade between Latin America and Canada."

TRIBUTE TO STAFF
The General Manager reported that the staff, not including those in the armed services, now totalled 8,205. "In Canada 71% are young women," he said, "and many experienced officers have been under great pressure, because of the need to train and help inexperienced newcomers, these new members of the staff have learned quickly, fitted in readily, and performed splendidly the duties allotted to them. It is a pleasure to serve with a sense of public responsibility as well as of duty to the bank."

"Leave of absence for military service has been granted to 2,255 of our officers since the war started, of whom 2,154 enlisted from Canadian branches. This is equal to 74% of the Canadian male officers who were under 45 at the war's outbreak."

Looking to the problems of the post-war years, Mr. Dobson stated that one of the bank's first considerations would be the placing in satisfactory positions of the members of the staff who were serving in the various armed services. "This matter," he said, "is foremost in our minds and it readily negotiable study. The affairs of customers in many cases will undergo great changes in the transition period from war production to peacetime needs. In this transition we shall continue to have the assistance of some extent the existing practice of making loans for short terms only and in certain circumstances to consider loans extending over a period of two, three, or five years to meet changed conditions."

"It is not implying that we should depart from our policy of prudent banking, but because of our large holdings of readily negotiable Government securities, we may, without risk to our liquidity, assist deserving borrowers with longer term loans."

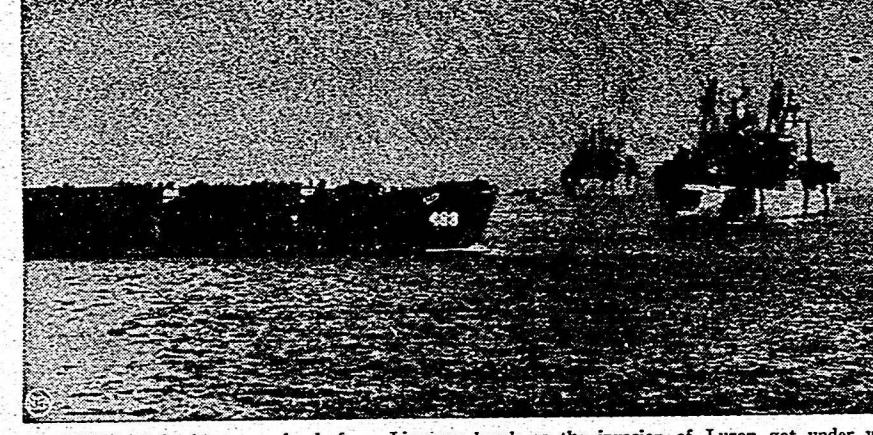
"Your bank is strong financially and exceedingly well equipped to handle the post-war period. For all consider it our patriotic duty to play our full part in assisting business generally in becoming re-established."

WHY HOME FRONT MUST TIGHTEN UP



Everything expended on the War Fronts means just that much less for the Home Front, and the promise of 1945 is that combat expenditures, some of which are pictured above, will reach titanic proportions. CASUALTIES: Running at the rate of 1,500,000 a year, are expected to increase as war's tempo speeds up. AMMUNITION: More than two tons of ammunition are fired every minute of every day at the Germans alone. WITNESS: The rate of fire increases in minutes. As supply lines lengthen, tire requirements will increase. GASOLINE: Combat reverses, resulting in loss of gas dumps, like that in photo; ever-increasing mechanized strength and growing air forces, including such gas eaters as B-29s, the huge tanks, trucks, jeep, ducks, tank destroyers, motorized artillery and other equipment are highly expendable, as photo of Germans advancing past burning Allied half-track indicates. PLANES: As enemy's defenses tighten up, plane replacements will be increased.

LST HEADS FOR SHORE AS LUZON IS INVADED



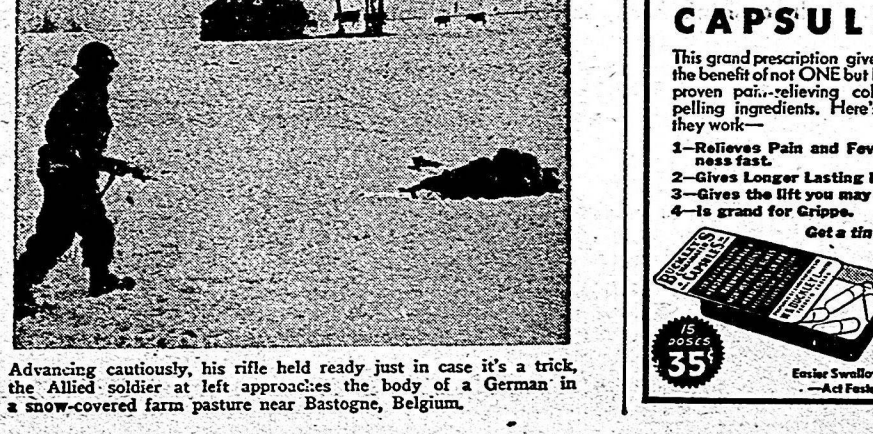
An LST, loaded with troops heads for a Lingayen beach as the invasion of Luzon got under way. Flots for portable docks can be seen on the side of the landing ship. Other ships stand by, waiting to send their troops ashore.

DISABLED VETERANS MAY DRIVE



Promise that servicemen who have lost their legs will not be deprived of the convenience and pleasure of auto driving is seen in the fact that the two veterans in the photo above have just won driver's licenses in Georgia. They learned to drive with artificial limbs at Lawson General Hospital, Atlanta. At left is a sergeant of the Georgia State Patrol, who supervised their successful road tests.

JUST IN CASE



Advancing cautiously, his rifle held ready just in case it's a trick, the Allied soldier at left approaches the body of a German in a snow-covered farm pasture near Bastogne, Belgium.

MANY THANKS go to wives and mothers who serve Maxwell House! Yes, Canadian families love the delicious, satisfying flavor of this superb blend of Latin-American coffees.

HEAD COLDS ACHES—PAINS go FAST



BUCKLEY'S CINNAMATED CAPSULES

This grand prescription gives you the benefit of not ONE but FOUR proven pain-relieving cold-dispelling ingredients. Here's how they work—

- 1—Relieves Pain and Feverishness Fast.
- 2—Gives Longer Lasting Relief.
- 3—Gives the Lift you may need.
- 4—Is Good for Gripes.

Get a tin today