

"Nurses appreciate tea"
for patients when irritable or restless—for themselves when tired out. Many a nurse knows

RED ROSE TEA
"is GOOD tea" 233
2 CHOICE BLENDS—Red Label & Orange Pekoe



Here is a
Delightful Dessert!

BREAD PUDDING

- 2 cups St. Charles Milk
- 2 cups water
- 1 1/2 cups soft, fine bread crumbs
- 2 eggs, slightly beaten
- 1/2 cup sugar
- 1 tablespoon melted butter
- 1/4 teaspoon salt
- Grated rind of one lemon or 1 teaspoon vanilla

Dilute the milk with water and bring to scalding point. Remove from fire. Add bread crumbs and let stand until cool. Stir in the eggs, sugar, butter, salt and flavoring. Pour into a buttered pudding dish, set in a pan of hot water, and bake in a moderate oven about forty-five minutes.

This and over a hundred other delightful recipes are to be found in the new Recipe Book we have just issued. Send us your name and address and a copy will be mailed you, free of charge.

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ST. C. B.



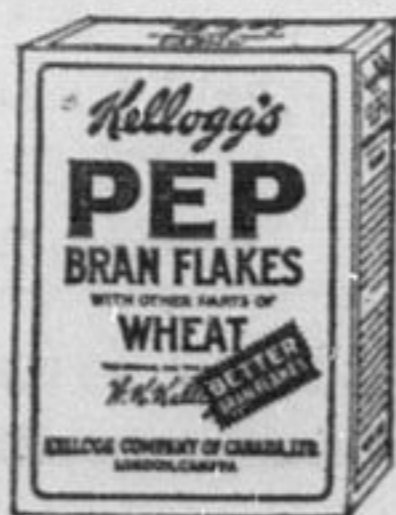
Better to eat

YOU'VE NEVER really tasted the full deliciousness of bran flakes until you try Kellogg's PEP Bran Flakes. Here's a whole-wheat goodness with the famous flavor that only Kellogg can give. Taste a mouthful. And you'll vote them the best bran flakes you ever ate.

Better for you

There's health in every spoonful too. The rich nourishment of whole wheat and just enough bran to be mildly laxative. Great for a cooling lunch on warm days. Ideal for children at bedtime and after school. In the red-and-green package. Made by Kellogg in London, Ontario.

Kellogg's PEP BRAN FLAKES



Some Good Recipes for Use of Grapes

Dominion Department of Agriculture Says These are Wholesome, Healthful and Refreshing.

In view of the fact that Canadian growers this year have to find a market for 22,000 tons of grapes, the Dominion and provincial departments of agriculture and a number of other organizations are co-operating to assist and a general appeal is being made to the public to help out. The appeal to the public to use more grapes is not of course based on the idea that this will be of service to the growers only, but the fair argument is put forward that a greater use of Canadian grapes will be of service to the public. Of course, the opportunity is open to the public to help build up the grape-growing industry in Canada by buying Canadian grapes. That in itself is a worthy suggestion, but the Dominion Dept. of Agriculture goes further. It indicates how health and pleasure may be increased by the use of grapes. Along this line the department furnishes a number of recipes, remarking that grapes in such forms are "wholesome, healthful and refreshing, a delight whether used as dessert or in some other form." Here are some of the department's recipes:—

Special Grape Juice Recipe

1 quart grapes; 1 cup sugar; 1 quart sealer. Thoroughly sterilize sealer; put in grapes and sugar; fill to overflowing with boiling water; seal and it is ready to put away. Ready to use in from one to three months. When made in this way grape juice will not ferment so long as it is kept sealed.

Grape Jelly

Use slightly underripe grapes, wash, place a layer in saucpan and mash well, then add more grapes and mash and set saucpan over hot water to draw out juices. Strain juice through double cheesecloth. Test for pectin and boil about 10 minutes and add equal proportions of sugar and juice. Continue boiling until it reaches the jelly stage. Pour into hot sterilized glasses, cool, seal, label and store.

Grape Jam

Wash grapes picked from the stems, press with thumb and forefinger on the grapes, one by one, to separate the pulp from the skin. Heat the pulp over the fire until its softens and changes colour a little, then rub through a sieve. To the pulp add the skins and equal weight of sugar. Mix and let cook about 15 minutes. Cool, cover with paraffin wax and seal.

Grape Conserve

2 pounds grapes, 1 pound sugar, 1 orange, 1 pound seeded raisins, 1 pound shelled walnuts. Remove skins from the grapes and boil the pulp until soft and slightly changed in colour, then press through a sieve to remove seeds. Add the skins chopped raisins, shredded orange and sugar to the pulp and boil until thick. Add chopped nuts and boil 5 minutes longer. Put into hot sterilized jars, and seal.

Spiced Grapes

Weigh out 7 pounds of grapes and slip the pulps from the skin. Put the pulp over the fire and let simmer until softened, then press through a sieve fine enough to retain seeds. Add this sifted pulp to the skins with 4 pounds of sugar, 1 pint of vinegar, 1 nutmeg grated, 1 1/2 tablespoonfuls of ground cinnamon and a scant tablespoonful of ground cloves. Let the whole simmer very gently for 2 hours. Put in sterilized jars, and seal.

Grape Marmalade

Wash the grapes, remove from the stem and press the pulp from the skins. Cook the pulp 10 minutes and put it through a sieve to remove seeds. Add skins to the pulp and measure the mixture. To 1 cup of pulp allow 2-3 cup of sugar. Cook about twenty minutes or until skins are tender and seal at once in sterilized jars.

Communist Paper Gives Story of Kirkland Riot

(From The Northern Miner) It is always interesting to hear both sides on any question and the following report tells how the Communists viewed the recent Kirkland riot. In its issue of September 11th, the "Vapour," Finnish newspaper published at Sudbury bolsters their case and gives a reason for not obeying police orders as to a location for their meeting. It may be mentioned that the town dump referred to is not a place for the depositing of garbage, but rather the municipal machinery depot and garage, at the north end of Duncan avenue. Their attitude of meeting where they want to is decidedly selfish and unfair, for it was only when a number of business men on the street complained of interference to business, that policemen, (the low hirelings of the lords,) made Duncan avenue near Government a restricted area. The newspaper report is literally translated as follows:— "The International Youth Day became a historical one for Kirkland, for on that day the first hot street battle in the history of Kirkland Lake was staged, where the police used water hoses, batons, and firearms as their weapons against peaceful workers. But the workers became so enraged of this gross insult of the rights of the people, and they bravely defended themselves with a thick shower of stones. The town police have repeatedly sought to shove the workers from their meeting place to as far as the town dump. But on this occasion the toilers gathered exactly on spot where they wanted to. "When the police directed the Co-operative truck, which on this occasion was thronged with pioneers, fur-

ther away from the spot the workers have been wont to make their meeting place the crowd said "No sir" we want to remain here. Nor did they go to the dump so graciously assigned to them by the low hirelings of the lords. The truck driver bravely drove the truck where the workers wanted it. When the meeting had been opened by a Ukrainian member of the Youth League, the speaker for the evening, also a member of the Y.L., mounted the truck. Courageously the speaker began his address. He first referred to how the authorities always want to chase the workers from the streets (the streets they themselves have made), but that the workers had already too long been content with the cramped places, and from now on will choose the meeting places themselves and gather wherever they desire to do so. "The speaker had only spoken a short time, when waterhoses appeared from two directions and began to pour water. But soon these low dogs of the capitalists were routed from their hoses and the workers were masters of the situation. "The fight was a wild one, and where even a small quantity of workers' blood flowed. The police began firing, thereby causing disorder, and at the while arrested several workers. One unemployed comrade (Finnish) the police took hold of on the street, and throwing his sweater over his head several of them cruelly beat him unconscious; then they handcuffed him and dragged him into his cell. "Dreadful irony at the expense of the ignorance and good-naturedness of the workers. —"One who was present"

A front page headline in the "Vapour" of the same date announces another big general demonstration for the 30th of September. The heading appears thus:—"Preparations for protest demonstrations on September the 30th must be made everywhere. "The Workers' Defence League of Canada calls the working men to Canada to mammoth demonstrations on September 30th to protest against the persecutions directed against the revolutionary labour party and for the rights of the workers to organize themselves."

Survey Lumber and Pulpwood in North

Demand for Pulpwood Very Poor Between Iroquois Falls and North Bay. Mills on Part Time.

W. C. Millar has just completed a survey of the activities in the lumber and pulpwood industries throughout Northern Ontario, and makes the following report in the current issue of The Canada Lumberman:—"I have just returned from a trip through Northern Ontario, during which I visited most of the pulp and paper mills and the woods operators between North Bay and Manitoba, on the Temiskaming and Northern Ontario and the Transcontinental railways and between Manitoba and Sudbury on the Canadian Pacific railway. The poor demand at present for pulpwood is quite noticeable in travelling between North Bay and Iroquois Falls. Siding after siding was loaded up with peeled wood, some of it seemingly having been there since last year. "The Hawk Lake Company, in their mill near Iroquois Falls, are operating only half-time, only about fifty men being employed. Up to August last, the Abitibi Power and Paper Company mill at Iroquois Falls had been running on full time, but owing to the plans under which they have to share some of their paper orders with their other mills they are now operating about two-thirds of their full capacity. They have several gangs working in summer camps on their limits north of the mill. The Hawk Lake mill at Island Falls has been running full time all summer, employing about seventy-five men. "Considerable building was noticed in the towns of Timmins and Kirkland Lake—none of the local people in those towns are idle, as all the gold mines are working twenty-four hour stretches. There is a great demand in both towns for dwellings and offices which has not yet been met. (Note: 1,000 men idle in each of these towns). "The Spruce Falls Pulp and Paper Company at Kapuskasing are operating at about half-capacity. They expect to take out about eighty thousand cords of pulpwood during the coming winter. Major Fee is operating a mill at Pee's siding, employing about sixty-five men. "The McDougall mills at Allenwater and at McDougall are shut down. Both mills have been practically dismantled and it is unlikely that they will again operate. "At Sioux Lookout, the Calder's Canada Creosote Company have been busy all summer on a big order for the creosoting of railway ties. In the burning of the Farlinger mill at Sioux Lookout, a great blow was given that town, as the Farlinger mill had been Sioux Lookout's mainstay for many years. The plant will soon again be running at full capacity. It is expected that this company will have a busy winter on the limits north of Hudson. "The Keewatin Lumber Company's mill at Hudson has been operating at full strength all summer. C. W. Cox, of Port Arthur has also been operating a small mill all summer at the same point. "The town of Kenora has had one of its quietest summers, owing to the closing down of the paper mill and the sawmill owned by the Backus interests. It is expected that conditions will improve at this point in the very near future. "A little farther east, on the C.P.R. the Dryden Pulp and Paper Company, which makes a special kraft

paper and paper bags, has had a fairly good summer. The paper bag factory which is run in conjunction with the paper mill, employs about fifty operators. "The Indian Lake Lumber Company which operates between Dryden and Ignace, have had their usual good summer cut, employing about two hundred men in their sawmill. Around this mill, one of the finest little towns in Northern Ontario has grown. All the employees own their own homes, school and stores. "East of Osagan, Messrs Clarke and Falls have been operating a loading station all summer, their camps being built on the site of the old Stewart mill at Sunshine. "Port Arthur and Fort William have been hard hit by the slump in the paper industry, the Great Lakes Paper Company mill, the Fort William Paper mill and the Thunder Bay mills being shut down most of the summer. The Provincial Pulp & Paper Co., which specializes in writing, book and other paper specialties has, however, been working full time all summer. Only two of Port Arthur's lumbermen have been carrying on operations this summer. Donald Clarke has been running a tie-camp at Osawin, near Hornepayne, employing about two hundred men. He is at present constructing new camps on the new limit which he bought at Magnet Point, on Lake Superior. Four camps are in course of construction in which he will be employing about one hundred and fifty men. "Oscar Styffe has been operating peeled-pulpwood camps on the Indian Reserve at Longue Lac all summer. Cutting operations have been completed and all hauling activities will commence with the winter. Something new in fire precautions was noticed by the writer while visiting Mr. Styffe's camps, in the supplying of thermos flasks to all employees carrying their lunches out. The spruce is very dense on the Longue Lac limits and, with the great heaps of spruce peelings and slash which had accumulated on this operation, a fire would get a great start on this summer operation. It would wipe out a million cords of pulpwood and in all probability a great many workmen's lives, as their only means of escape would have been by boat, and there were not enough craft to have taken out the full complement of kitchen staff alone. "Up on the Canadian National Railway, between Fort William and Port Frances, there are now only two mills

in operation, there being the Shevlin-Clark Lumber Company and the Border Lumber Company. The latter mill, which usually has a big cut of laths, were only operating half capacity this summer, as was also the Shevlin-Clarke Lumber Company. When running at full capacity the Shevlin-Clarke Company employ an average of seven hundred men in their mill all summer. This year, only about one-third that number were taken on. "At Chapleau, east of Fort William, Austin & Nicholson, Ltd., in their two mills, have been employing about four hundred men. "The Carpenter-Hixon Company, of Blind River, have had the quietest summer since they started to operate at that point, only a skeleton crew being kept on at the mill. "In Sault Ste. Marie, there is rejoicing over the re-opening of part of the Abitibi Power & Paper Company's mill, about three hundred men having been promised employment. "Messrs White & Plaunt and the Acme Timber Company have been operating their mills near Foleyet for the past three months, employing, together about one hundred and fifty men."

Nerves Shattered

Afraid Even To Stay Alone in the Daytime. Dr. Williams' Pink Pills (tonic) Proved to be What Mrs. Stinson Needed.

Now Well and Strong

"Following a severe illness," writes Mrs. John Stinson, R.R. No. 2, Peterboro, Ontario, "my nerves were badly shattered. I could not sleep at night and was afraid to stay alone in the daytime. "Finally I decided to use my mother's old remedy—Dr. Williams' Pink Pills. I took several boxes—I am not sure of the exact number, but it was not over six. I am well and strong now—living on a farm with plenty to do." "The iron and other elements in Dr. Williams' Pink Pills (tonic) have a direct effect upon the blood. They put oxygen into the bloodstream—oxygen, the element so essential to life. "Why not make the wise decision today to get the benefits which Dr. Williams' Pink Pills have to give you? Be sure to say "Dr. Williams'" so that the druggist will know exactly what you want. 50 cents a package. 132

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FLY-TOX
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AT LAST!

The blue color mark is like the sterling mark on silver. It identifies the finest hard coal that has ever been brought above ground. 'blue coal' is colored at the mine with a harmless coloring that does not affect the coal in any way.

An Identified Coal!

UNTIL now only an expert could tell the difference between the many and varied kinds of coal. But now you can tell D. L. & W. Scranton Anthracite (hard coal), the finest ever brought above ground, by simply looking at it.

There is no possibility of mistake . . . for this fine coal is colored Blue . . . branded as other standard products are branded. No other coal can be trade-marked in this way, so that there cannot possibly be any substitution from the pithead to your furnace door.

'blue coal' is not new. This famous D. L. & W. Scranton Anthracite has been giving complete satisfaction in Canadian homes for more than 50 years. It has now been tinted Blue with a harmless dye, so that you may be certain of getting all the coal value for which you have been paying.

The color does not affect this clean, gasless, long-burning, economical fuel in any way . . . but it does make it easy for you to order with confidence. Simply 'phone your dealer and order 'blue coal' in the size you want. There can't be any mistake or misunderstanding.

And 'blue coal' is sold with this Guarantee: If it fails to completely satisfy we will remove the remainder without cost.

Order from your Dealer NOW — and know what 'blue coal' comfort means

blue coal

THE COLOR GUARANTEES THE QUALITY