



"Tired to Death"

... because I forgot one simple fact!

DRIVING is second nature to me. But somehow my cab seemed to buck me at every turn. My job was a terrific strain, because I was nervous and jumpy all the time!

"And then I was told about the 30-day test. I started eating Kellogg's Bran Flakes every morning . . . in less than a month I was convinced what a difference one simple change of diet can make! Now when the day's driving is done, I still have energy to have some fun!"

Make this 30-DAY TEST

1. If you're really ill see your doctor! But if you just feel dull and headache, you may only be suffering from incomplete elimination. Here's how one simple change of diet can help you keep fit!

2. Start now to eat Kellogg's Bran Flakes every morning. To keep fit the natural way, get more of the "bulk" your system needs by eating delicious, gently-laxative Kellogg's Bran Flakes With Other Parts Of Wheat.

3. Just thirty days should prove to you how grand it is to feel alert, to have the energy for all the extra things you'd like to do. You'll want to go on keeping fit the Kellogg way!



KEEP FIT with Kellogg's every day in the year!

HUNTER RIVER W. M. S.
The September meeting of the Hunter River United Church W. M. S. met at the home of Mrs. Elson Seaman on Thursday, 13th at 7:30 o'clock, with thirteen present. Mrs. J. S. MacLeod opened with call to worship. Psalm ninety was read in unison and "From All That Dwell Below the Skies" was sung, followed by prayer. Mrs. George Nesbit took charge of the responsive reading. Proverbs ten. The Africa programme which proved most interesting was carried out with the aid of the map and readings from the Blue Book on Rev. Currie in Angola. Mrs. Seaman gave the story of Miss Nancy Copithorne's sailing trip to Africa and the beginning of her work there. Mrs. Ernest Cousins read Bishop Booth's letter, "Look To Africa." In the closing worship hymn

"In Christ There Is No East Or West" was sung. Prayer was offered by all in the circle, followed by hymn "The Race That Long In Darkness Pined" and the Benediction.
Mrs. E. Newman, Temperance secretary, put on a very interesting and enlightening "Biblical Temperance Quiz". Alcohol as a beverage and its results.
The minutes of last meeting were read and approved and roll call was answered by a verse of scripture with the word "Power."
Miss Aitken reported \$7.62 offering at Missionary Society. A card of thanks was read from Mrs. J. E. Andrews. Mrs. Seaman reported that ninety-one calls were made by those present since last meeting. Mrs. MacLeod reported on the W. M. S. Rally at Bradaibane at which six members

Escape From Heartbreak

By Margaretta Brucker

CHAPTER XVI

During the days that followed, Valerie was kept very busy. The work at Models, Inc. was becoming more taxing. Now, in addition to the routine at the school itself, there were visits to the stores to see the collections of smart new models. Every day was crammed with interest.

Then, one afternoon, a girl named Helene Vincent, with whom Valerie had made friends, came to her as she was about to leave the school. "How would you like to earn a little money this evening?" Helene asked.

"How?"
"I've got a girl friend who's in the checkroom of the Ten O'Clock Club. She says they're drawing such crowds, with Duke Maxwell's orchestra playing there, that they're taking extra girls for a few nights. She can get us a couple of nights' work. What do you say, Val? We can get an eye-ful of what the set wears, hear Maxwell's orchestra, and earn a little pin money."

Valerie hesitated, considering. It might be fun. After the hard routine of the past two weeks, she felt the need of doing something different.

Also, her evenings had been a bit lonely lately, with Dot always out with Phil Prescott. Though Terry had phoned two or three times, he had unfortunately picked evenings when she was too tired to want to go out. Today, however, the work at the school had been easier, and she felt eager for some sort of recreation. Helene's suggestion was just what she needed.

"All right," she agreed.
"Fine!" said Helene. "I'll phone my friend and fix it up. She said the club by eight o'clock. See you later."

Valerie rushed home excitedly and after a hasty supper, spent a long time fussing over her make-up.

"As though a check-girl's make-up would be noticed!" she told herself scornfully.

She was just about to leave the apartment, when the telephone rang.

It was Terry. "How about taking in a show with me?" he asked.

"Oh, Terry, I'm sorry—I can't!" Valerie said, in dismay. "I'm just on my way to—"

"I have called sooner," he broke in. "Well, I'm sorry you can't go. Better luck next time."

However, Terry hung up in his usual abrupt fashion, without waiting for an explanation.

Valerie was upset. She hadn't seen him for two whole weeks. If she kept on turning down his requests for dates, he would think she no longer cared to see him—and she did want so much to see him. There was no one like Terry—no one.

Why did she let herself in for this silly checkroom job? Curiosity—that was it. And something else. She admitted to herself that she had a secret hope that she would not only hear Duke Maxwell's orchestra, but might see Duke again. She despised herself for the thought, but there it was.

Well, anyway, she would earn a bit of money tonight and be able to buy a new dress which would make her smart when she did go out with Terry.

One she reached the Ten O'Clock Club, her disappointment over missing her invitation was forgotten in the thrill of her surroundings. She revelled in the smart clothes of the women who moved in and out of the cloak-room. She handled their expensive-looking wraps with reverence, was enchanted by the delicate perfumes which scented them. From the dining room, came the haunting music of the orchestra.

"Some fun, eh?" said Helene. Valerie nodded, her eyes shining.

When the night's work was finished, the manager came and asked them whether they could come again the following night. Both said they would, though Valerie hesitated to tell her friend that she really shouldn't.

"You sure made a hit with the manager," said Helene, as they left.

"Why do you say that?" asked Valerie.

"He told me he was going to have you check the men tomorrow. That means you've got something going!"

other girl was curious. Now that Phil was gone, Dot was wondering again what had become of Duke Maxwell, and probably was afraid that she, Valerie, was seeing him. It she revealed that her job was at the Ten O'Clock Club, Dot would become convinced that she was going there to meet Duke. No, she wouldn't tell her.

Her second night at the club was different from the first. The girl who worked with her was unfriendly and plainly resented the fact that Valerie received more attention than she from the men who presented their hats and coats.

Toward the middle of the evening there was a rush of business, with so many articles coming over the counter at once that Valerie was swamped.

Becoming rattled, she made a mistake, mixing one man's hat with another's coat.

"Oh, I beg your pardon!" she said, then looked up at the owner of the hat. He was smiling down at her and, for a minute, she just stared at him foolishly, feeling the color rise in her cheeks.

It was Duke.
(To Be Continued)

HARVEST BASKETS

(Serves 10-12)

One recipe of plain pastry, two cups of medium white sauce, three cups of freshly cooked garden vegetables (baby lima beans, yellow bantam corn, garden peas, diced green beans, etc.), one can cultivated mushrooms.

To prepare baskets, make one recipe of plain pastry, roll and line large muffin tins. Prick sides lightly and bake.

Heat mushrooms and add to freshly cooked garden vegetables. Just before serving combine with white sauce. A small amount of liquid from the vegetables may be added to the white sauce if a thinner sauce is desired.

OBAN, Scotland — (CP) — The naval base here, which has been in operation for more than five years, is to be closed down.

LONDON — (CP) — Men from the army pioneer corps now are being employed as pickers in a plant which produces gas for the use of London city.



PLAYER'S MILD
Plain-taste "Waterproof" paper which does not stick to the lips.



Player's Please

MILD or MEDIUM

"IT'S THE TOBACCO THAT COUNTS"

PLAYER'S NAVY CUT CIGARETTES

This Week in The Kitchen



By KATE AITKEN

There's a riot of color in the orchards and markets this week . . . luscious fruit and tempting vegetables are filling the shelves. This week, in *The Standard*, Kate Aitken comes through as usual with more of her timely recipes that will help you prepare some delicious dishes and desserts. Below she lists a few of the recipes she is featuring this week. Be sure to see them!

SO YOU'RE GOING TO BUY A FARM

If you're figuring on shaking the dust of the city from your feet and setting yourself up on a nice little farm, be sure to read Ben Buisman's article in *The Standard* this week on some of the pitfalls to avoid. There's plenty of sound advice in this timely article in *The Standard's* magazine section this week.

- FRESH PEACH PIE
- PEACH SHORTBREAD
- FRESH PLUM PIE
- BLUEBERRY SQUARES
- BLUEBERRY CRISP

SLICED PEACH JELLY ROLL
OVEN CANNED BLUEBERRIES FOR PIES

CURTAIN FALLS

In the first of a series of six articles, Count Folke Bernadotte, nephew of King Gustav of Sweden, and the only man the Germans and Allies trusted, tells of the stirring events and hitherto secret history of the negotiations leading up to Germany's surrender.

Emotion in The Court Room

Gerald Clark, *The Standard's* war correspondent writes his eye-witness impressions of the famous Petain treason trial. Read his reactions to French justice as against the British court-room procedure.

COMPLETE NOVEL — COMICS

How We Felt When We Dropped the First ATOMIC BOMB

Here's the real story of how the American fleet felt when they let loose this weapon of destruction upon Japan. This is the authentic story as told by the fleet themselves. Read it by all means.

Recent Arrivals COATS



TWEEDS
Box and fitted styles, in all the leading shades
\$18.95 to \$34.95

FUR TRIM

In Boucles and Tweeds. All newest shades and styles. Silver Fox, Red Fox, Raccoon, Persian Lamb, Beaver, Squirrel Trim
\$22.95 to \$89.95



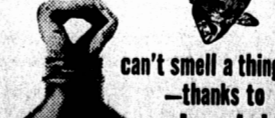
FUR COATS

Seal, (Dyed Rabbit) Coney, Persian Paw. Fitted, box styles
\$115.00 to \$195.00

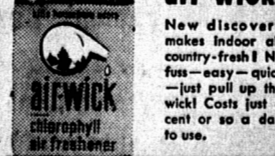
BUY WHERE YOUR MONEY GOES FURTHER.

KENNEDY'S Ladies Ready-to-Wear

fish cooking?



can't smell a thing — thanks to air-wick!



New discovery makes indoor air country-fresh! No fan — easy — quick — just pull up the wick! Costs just a cent or so a day to use.

activated chlorophyll

Standard

FAST-SELLING WEEKEND NOVELS IN THE MARITIMES