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TRY THIS RECIPE BAKED VITA-B CUSTARD



Vita-B A GOOD DIETARY SOURCE OF VITAMIN B1

CHATHAM, England - (CF) - John Hawes, Chatham's mayor from 1938 to 1945, and known as Charles Dickens' double, died here aged 71.

AUGUSTINE OOVE W. I.

The March meeting of the Augustine Cove Women's Institute met at the home of Mrs. Edward MacFadyen.

Sick and Programme - Mrs. Willard Wadman and Mrs. Harry MacFarlane.

Next meeting to be held at the home of Mrs. Harry MacFarlane.

A dainty luncheon was then served by the hostess assisted by the committee in charge.

INFLATION BREAKS RECORD

SHANGHAI, March 9 - (AP) - Inflation broke all records in China today, just a week after United States relief measures had been applied in six major cities.

FAVERSHAM, Kent, England - (CF) - Mrs. Sarah Cole, who had several stitches in her head after falling down cellar steps when 94, has celebrated her centenary.

Three For Egypt

By Violet M. Methley

"No, I suppose not, now I come to think of it. The girl said 'Madame', and I jumped to the conclusion that it was Kay. She said 'Madame' had got my cable though," Kit added.

"I'm afraid I opened it. Kay was not there and I wanted to know when you were coming. She herself asked me to do it."

"I see. I suppose I was abominable rude to you just now, but it was a shock to find anybody else here when I expected Kay. Nothing personal meant," Kit laughed harshly.

"I understand absolutely, of course. And you're terribly tired. I can see."

"Am I? I suppose so, now I come to think of it," he sank down upon the bench wearily.

"You must have something to eat and then go to bed. You'll feel all right after a night's rest," Zenda urged.

"Rest! I can't rest until I've seen Kay. Where is she?" Kit demanded.

"I can't tell you that," Zenda answered with slow reluctance. "I'm sorry."

"Why not?"

"She made me promise faithfully not to tell you. She was afraid."

"Afraid? Of me? You're talking rot!"

"Yes, you above all. Oh, don't you understand Kit? It's as I told you in London. Kay followed this man out here because she wanted to see him again, because she couldn't rest till she had."

"She doesn't even know that it's really her husband yet."

"She - hopes so," Zenda's voice fell to a whisper with this her first direct misstatement. All the rest had been the worst and most poisonous lies which are half the truth. Now she realized that she had gone too far - for the moment.

"I don't believe it," Kit said doggedly. "And I won't till Kay tells me so herself. So you may as well let me know where she is, first at last, because I intend to find out."

"I can't, I swore I wouldn't," Zenda persisted. "Except that she's where he is, where she wants to be!"

That last ugly stab went home. Kit's face whitened, but he answered deliberately.

"Then I'm going there too. If it's to the world's end."

"Monsieur Has Gone!"

For a long time, beyond midnight, into the small hours, Zenda Russell sat at her open window on the ground floor of the hotel, gazing out into the moonlight garden where she had met and parted from Kit.

A sense of triumph filled her. For in the end, it appeared that her plans had succeeded, better even than she could have hoped.

At first the young man seemed obstinately determined to discover where Kay was, to see her and hear her story for himself. But he found Zenda's determination even stronger than his own.

He learnt nothing could not move her from the position she had adopted of a loyal friend, resolved to keep the secret entrusted to her.

The desperate misery in Kit's eyes only hardened Zenda's determination, since it increased the hatred she felt for her rival. Why should Kay have the power to make him look like that when he cared nothing for the woman who in her opinion could give him so much more?

But he should care: at the least he should feel her power, realize that she was not the washed-out nonentity she seemed in the eyes of most people.

Already she had pulled the strings which made Kay act as she wished: she would do the same with Kit. And even while her resolve set more firmly, he gave in.

"All right," he rose as he spoke shrugging his shoulders and with something which Zenda felt was kind of grudging admiration in his voice. "If you won't tell me, you won't. So I may as well be off to bed. I'm too fagged to be fit company for anyone to-night."

"We'll talk things over again tomorrow. Perhaps you won't feel so sore with me then," Zenda said gently. "You'll let me try to help you, won't you?" After all, that's why I came out here to help you

BLUE RIBBON TEA Really delicious



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DON'T SKIMP ON NOURISHMENT BECAUSE OF High Cost of Living!



—advices DIETITIAN MARGARET McDIARMID, who taught Food and Nutrition to hundreds of future dietitians and home-makers at Macdonald Institute, Guelph—and is a wife and mother with wide experience planning family budgets.

"AFTER CAREFULLY PLANNING ways and means to get the most nourishment for the least money—I've decided housewives will do well to put more of their food budget into soups.

"A tin of soup gives you more actual nourishment for its cost than almost any other food . . . and is economical for tasty sauces or in preparing main-course dishes. I've seen Aylmer Soups being made in spotless Aylmer kitchens—and I know that the finest vegetables go into Aylmer soups fresh-from-the-garden . . . at their best for flavor and food values. Aylmer quality is carefully guarded at every step.

"So I've worked out a week's balanced luncheon menus which make use of the excellent food values of Aylmer Soups—as they are such good value as regards quality, nourishment and price."

Margaret McDiarmid

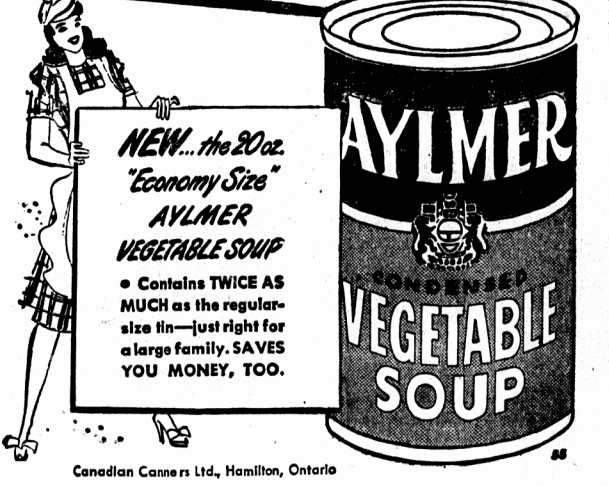
NOON-DAY LUNCHEONS . . . that help cut grocery bills! "IS LUNCH READY?" That's the call of thousands of Canadian youngsters as they rush in at noon! And Aylmer Vegetable Soup gives mothers a ready answer—for it's so quickly and easily prepared. And it's nourishing, delicious and inexpensive!

Aylmer Vegetable Soup is made from nine of Canada's choicest vegetables—new green peas, young carrots, red-ripe tomatoes and other tasty vegetables simmered with golden table butter and good soup stock until they taste just grand! So serve Aylmer Vegetable Soup often. It's a meal in itself.

AYLMER Vegetable SOUP

YOUR FAMILY DESERVES AYLMER QUALITY

Table with 7 columns: Day (Monday to Sunday), Menu items for each day.



Canadian Canners Ltd., Hamilton, Ontario

and Kay as well as I could: "Thanks, I'm sure you mean well, and you've helped me already — more than you know perhaps." Carson said as he turned away.

Those words returned to Zenda's memory consolingly again and again as she sat by the window. She had vowed that she would withhold the secret of Kay's whereabouts from Kit and keep him in Cairo at all costs. Well, she was doing so—even at the high cost of honesty, truth and honour.

"But it's cheap too—if I get him away from her in the end," she told the moon and the night deity.

That long vigil made her sleep heavily, and late when at last she went to bed. It was past ten o'clock when she woke and rang for coffee.

Drinking it, Zenda remembered with satisfaction that she possessed a powerful accomplice in the task of keeping Kit Carson beside her. He had told her last night that bringing him out to Cairo, certainly, it would carry him no further. He was tied-bound—in Zenda's power like Kay herself, and for the same reason.

Zenda dressed and made up her face carefully, painstakingly. In the end, towards noon it seemed to her that she had never looked so well in her life. There was colour in her cheeks, light in her eyes.

She spoke smilingly to the girl in the office. "I don't suppose Mr. Carson is down yet. He was terribly tired after his journey." (To Be Continued)

NORTH PINETTE W. I.

The March meeting of the North Pinette, W. I. met at the home of Mrs. Sam Buchanan with 13 members and five visitors present. Meeting opened with the Ode and Roll call was answered by Irish Jokes. A vote of thanks was extended to Mrs. W. N. Ross and Mrs. Mabel MacEachern for the use of their home for Whists held in Feb. Secretary gave a report of Whists held. Plans were made for a Bean Supper to be held at the home of Mrs. C. A. Morrison. School Committee had no report. Sick committee handed in one bill for fruit. Next meeting is to be held at the home of Mrs. J. A. Ross, and Roll

call to be a penny for your shoes. Mrs. Lloyd Singleton to take next penny ticket. Collection amounted to \$1.00. Program Committee for next month, Peggy Gillis and Mrs. Dan Ross. Program consisted of contest put on by Mrs.

W. N. Ross and Mrs. Chas. Ross and the winners were Mrs. Sam Buchanan and Mrs. J. A. Ross. Mrs. E. Morrison and Mrs. Baxter Ross. Also a number of old time songs were sung. Meeting closed with the Creed. Miss Peggy Gillis

assisted the hostess in serving very delicious lunch. HEAVY SHIPPING LOSSES More than half of Britain's pre-war shipping was sunk during the war.

OUT OUR WAY



BORN THIRTY YEARS TOO SOON

Stomach Disorders May Cause Bad Headaches

Often a headache is caused by an ailment of some other part of the body far removed from the pain. It may be an upset stomach or some intestinal disorder. If troubled by such headaches why not try Burdock Blood Bitters? For Burdock Blood Bitters is a favourite remedy for minor intestinal disorders. It helps to regulate the digestive organs, tone up the liver and aid the natural action of the bowels. As a result, there may be an improvement in the general health. Burdock Blood Bitters is sold at all drug counters. The T. Millars Co., Limited, Toronto, Ont.

