

2 GRAND WAYS TO START THE DAY RIGHT!

FOR BREAKFAST—CRISP CEREAL OR CRUNCHY MUFFINS OF Kellogg's ALL-BRAN



ALL-BRAN MUFFINS

2 tablespoons shortening
1/4 cup milk
1/2 cup sugar
1/2 cup flour
1/2 teaspoon salt
2 1/2 teaspoons baking powder

1 egg
1 cup Kellogg's ALL-BRAN
Cream shortening and sugar thoroughly; add egg and beat until creamy. Stir in ALL-BRAN and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir until until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400° F.) for 20 to 30 minutes. Yield: 8 large or 12 small muffins.

● **Crispy ALL-BRAN**, with sugar and cream—made into golden-brown, delicious muffins! Either way, it's tops for taste, and may be just what you've been needing. For Kellogg's ALL-BRAN gets at the usual cause of common constipation—lack of "bulk" in the diet. ALL-BRAN not only supplies this needed bulk, but also the intestinal tonic vitamin B₁. So instead of dosing yourself with "remedies", start the day right with KELLOGG'S ALL-BRAN (as a cereal or in muffins) for breakfast every morning. See how easy "keeping regular" can be! Made by Kellogg's in London, Canada.

GET YOUR OUNCE OF PREVENTION EVERY DAY

TESTED RECIPES

MAKING GRAPE JUICE

Here are three recipes for making grape juice which are recommended by the Consumer Section, Marketing Service, Dominion Department of Agriculture. The first and second recipes make a concentrated juice which must be diluted before serving. With the third method considerable water is used and as a result the juice is ready to serve after straining. Incidentally, more jars are required in making grape juice this way, but the flavour of the juice is like the fresh fruit. For variety sake blue, green and red grapes will be used to make three different colored juices.

GRAPE JUICE (METHOD 1)

Wash and crush grapes. Heat slowly either over low fire or in oven at 200 degrees F. for 10 minutes. If over fire do not allow to boil. Drain over night. To each cup juice add 1-4 cup sugar. Boil until sugar is dissolved. Pour into sterilized jars. Partially seal and sterilize 5 minutes.

GRAPE JUICE (METHOD 2)

Without sugar

Crush grapes. Allow 1 pint water to 3 quarts grapes. Place kettle in the oven at 200 degrees F. or over another kettle with boiling water for 15 minutes. Strain through a jelly bag over night. Let juice stand 3 hours after bag is removed. Pour juice carefully into sterilized jars, being careful not to stir up the sediment. Partially seal. Sterilize 30 minutes in water bath or 35 minutes in the oven at 275 degrees F. Seal.

GRAPE JUICE (METHOD 3)

1 cup sugar
1 cup water
Boiling water

Wash the grapes and remove them from the stem. Put them in clean, hot, sterilized, one-quart jar. Add sugar and boiling water to fill the jar overflowing. Seal and store them in a cool place. The juice is ready to use in three months.

SINGER, ACTRESS, MARRIED

HOLLYWOOD, Oct. 9 (AP)—Gitta Alpar, Hungarian opera singer and movie actress, and Niels Westel, Danish actor and singer, returned today from Las Vegas, Nev., where they were married.

Miss Alpar arrived in New York from Germany last January, and told of a first fight in which she said her divorced husband, Gustav Froelich, administered a beating to Joseph Goebbels, Nazi propaganda minister, over the affections of an actress.

She said Hitler compelled her husband to divorce her in 1935 because it was suspected she had Jewish blood.

NO REGISTRATION CARD, ARRESTED

MONTREAL, Oct. 9 (CP)—Betty Boutiller, 27, who said she was from Halifax, was taken into custody today by Montreal police when she was unable to produce a national registration card. She will be arraigned tomorrow.

Police said the woman told them she had been in Montreal for several months. They said she refused to give any other details.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Friday, October 11th

MARCH 21 to APRIL 20 (Aries)—Only one amendment in the executive agenda. Don't get just contented; you can make a new way in your job and in allied subjects. Increase understandings and expansion in necessary industries especially favored.

APRIL 21 to MAY 20 (Taurus)—Transactions that are wholly financial are not so likely to show results today, but improvement in industry and manufacturing enterprises is favored. Progressive innovations and cooperative measures receive beneficial vibrations. Do your part.

MAY 21 to JUNE 21 (Gemini)—Recent measures, matters pertaining to settlement in industry and business already started and now necessary business should gain cooperation and support. Give your best efforts.

JUNE 22 to JULY 21 (Cancer)—Morning period advances against enemies. Afternoon and evening especially favor all worldly interests and causes and work and entertainment essential to life and one's spiritual and mental growth.

JULY 22 to AUGUST 22 (Leo)—Family matters, and assisting in activities already started and now leading to us are your best bets. New ways to improve your occupation also favored. Avoid extremes.

AUGUST 23 to SEPTEMBER 23 (Virgo)—This A.M. especially assistance and understanding if best results are to be obtained. Afternoon already started and now leading to us are your best bets. Inquire constructive and progressive issues.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Co-operation is the big asset today. Be amenable to suggestions from superiors and fellow associates. Take active part in all activities that further your aid your country's security. You can do this and fulfill other obligations, too.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—Benefits indicated in your star setup, financial gains possible through application of your own efforts. Your own initiative there is urgent work on your schedule!

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Favorable for mechanical, industrial and manufacturing lines, government and state projects. Be helpful; encourage ambition and patriotism in others.

DECEMBER 23 to JANUARY 21 (Capricorn)—If you will plan carefully this morning and set a goal for yourself, you'll find things running smoother and more efficiently during balance of day. Moderation in pleasurable pursuits required!

JANUARY 22 to FEBRUARY 20 (Aquarius)—Improvement indicated in general matters more than in private gain. Try new innovations to advance your interests. Co-operate with constructive individuals and undertakings.

FEBRUARY 21 to MARCH 20 (Pisces)—More friendly than otherwise, nevertheless you are advised not to go too far out of the limb in unfamiliar activities. Expend where necessary; be mindful of your health.

A CHILD BORN ON THIS DAY
Fine sensibility, an appreciation of the arts, music and science. Some what complex and difficult to understand and manage at times. Reason intelligently and prize (never try to force) this individual to bring to the fore its truly great possibilities. Encourage it.

Oilmen Ready To Keep Rich Wells From Japs

Chief Stewardess On T. C. A. Planes To See Applicants

By Paul D. Gesner
Associated Press Staff Writer

MONTGOMERY, N.B., Oct. 10—Entrusted to Halifax, to interview applicants for the position of stewardess on Trans Canada Airlines planes, Chief Stewardess Lucille Garner of Winnipeg left here on the Ocean Limited this afternoon, arriving at the local airport by T.C.A. plane from Winnipeg. Although she is to be a position much sought after, the requirements are very strict. A T.C.A. stewardess must be a registered nurse, around five feet five inches tall, weigh not more than 120 pounds, and be not more than 25 years of age. There are already three Maritime stewardesses employed with the T.C.A.—Miss Patricia Rand, of Moncton, Audrey Wilkins, of Sussex, N.B., and Katherine MacMillan, of Stellarton, N.S.

Cattle Shipments To East Heavy

There is a well defined movement of cattle for replacement purposes in Western ranges to Eastern feedlots annually. This is part of the production economy of Canada, whereby cattle are produced on the most economical basis on ranges, are carried to a certain stage of finish on grass and then are made available for purchase by the Eastern feedlots to demonstrate his art of carrying the produce through to a proper stage of finish when it should command the top price for best quality beef, observes the Marketing Service, Dominion Department of Agriculture.

THREE OFFICERS MISSING

LONDON, Oct. 10 (CP Cable)—Temporary Acting Sub-Lieut. A. W. Proctor, R.C.N.V.R., is one of the three officers missing and presumed killed in the sinking of H. M. S. Arcturion, the Admiralty announced tonight.

Sub-Lt. Proctor's mother lives in Toronto.



Waves by Japanese bombers which riddled Chungking, capital of the Central Chinese government, inflicted damage, Oct. 6, on the Canadian hospital operated by the United Church of Canada. Dr. A. S. Allen (LEFT) of Montreal had moved all the patients to a dugout and they were uninjured when doors and windows were blown in by a bomb which fell within 50 yards of the hospital building. Miss Irene Harris (CENTRE), and Miss Dorothy Boyd (RIGHT) are among Canadians on the staff. It is not known whether they were present during the raid.

THE COOK'S CORNER

MOLASSES BRAN MUFFINS

2 cups flour
3 teaspoons baking powder
1-2 teaspoon salt
1-2 teaspoon soda
1-2 cups bran
1-2 cup light molasses
1 egg
1-2 cups milk
1-3 cups raisins

Method: Sift together the flour, baking powder, salt and soda and then add the bran and mix together thoroughly. Now beat the egg slightly and add the molasses and the milk. Combine the liquid mixture and the sifted dry ingredients and mix just enough to blend—do not beat the mixture. The raisins are added at the last and these are nicer if they are first allowed to stand in boiling water for a few minutes, then drained and dried before they are mixed into the batter.

Pour the batter into greased muffin tins and bake in a moderate oven (350 deg. F.) for about 25 minutes.

Johnny cake is always considered a special treat either for breakfast or light supper, when served piping hot, dripping with melted butter, stirred in maple syrup. Here is a recipe for it:

JOHNNY CAKE

1 1/2 cups flour
3 teaspoons baking powder
1-2 teaspoon salt
1-2 teaspoon soda
1/4 cup sugar
3-4 cup cornmeal
2 eggs
1 cup buttermilk
2 tablespoons melted shortening

Method: Sift together the flour, baking powder, salt and soda and mix sugar and the cornmeal and mix well. Beat the eggs and add to the buttermilk then stir this mixture gradually into the dry ingredients, mixing just until the ingredients are well-blended. Add the melted shortening. Pour into a greased square pan and bake in a moderately hot oven (425 deg. F.) for about 25 minutes, or until done.

HONEY-DATE MUFFINS

1 cup rolled oats
1 cup graham flour
1 cup cornmeal
1 teaspoon salt
1/2 cup baking powder
1 teaspoon soda
3-4 cup chopped dates
1-4 cup honey
1-2 cups buttermilk
2 tablespoons melted butter

Method: Sift together the graham flour and the salt, baking powder, and soda. Turn any particles of bran that remain in the sifter into the dry ingredients. Mix these with the rolled oats and the cornmeal and add to the dates. Add the honey to the buttermilk and add this gradually to the dry ingredients, stirring after each addition just enough to blend the ingredients. Now add the melted butter.

Turn into greased muffin pans and bake in a fairly hot oven (425 deg. F.) for about 20 minutes.

325,000 H. P. Expected From New Hydro Plants

By R. K. Carnegie
Canadian Press Staff Writer

OTTAWA, Oct. 10 (AP)—New waterpower installations in Canada during 1940 will develop more than 325,000 horsepower of electric energy according to figures available tonight at the Mines and Resources Department. This will bring Canadian hydro development to more than 8,600,000 horsepower by the end of the year.

HEIR FINDS WILL AMONG OLD PAPERS

GLEN CANYON, Cal., Oct. 10—Charles F. McEuen was kicking around some old papers, that had been left with him by the late Henry V. Platt when among them his foot brought to light a sealed envelope. He opened it and found a will with which Platt had made his heir to \$1,000 in cash and 60 acres of forest and pasture land.

U. S. LEGISLATORS LEAVE

WASHINGTON, Oct. 10 (AP)—Many members of the United States Congress were leaving Washington tonight on the assumption that little, if any, major legislation will be considered until some time after the general election, November 5th, unless an emergency arises.

An indication that the Senate already lacks a quorum was seen in the fact that it omitted its usual noon roll call today.

Senator Hiram Johnson, California Republican, declared today "we are so near war" that Congress should not leave Washington for a single day.

RELIEVE SUFFERING QUICKLY WITH

KELLOGG'S ASTHMA RELIEF

HERE'S THE NEW 50% faster OLD DUTCH CLEANSER

YES, IT CUTS GREASE LIGHTNING-FAST!

GIVES A QUICKER SPARKLE, TOO!

FASTEST CLEANSER I EVER USED!

MADE IN CANADA

Women everywhere are praising the New 50% Faster Old Dutch Cleanser. They marvel at its lightning-fast grease cutting quality. Since grease is woman's greatest cleaning problem, the New 50% Faster Old Dutch Cleanser gives you faster all-around cleaning—faster sparkle to surfaces because of the new magic-like ingredient that has been added to the famous Old Dutch formula.

It's waiting for you now at your dealer's in the same familiar package. Get a supply today and watch it go to work on greasy stoves, sinks, pots and pans. See what a swift sparkle it brings to bath tubs, wash basins, glass and painted surfaces. The New 50% Faster Old Dutch Cleanser is wonderfully thrifty, too, because it goes so far.

Doesn't Scratch... Made with Seismitite

HERE'S A WONDERFUL BARGAIN

in beautiful A-1 Quality

WM. A. ROGERS SILVERWARE

3 Salad Forks for only 60¢

and 3 Old Dutch Labels (\$1.60 value)

These attractive Salad Forks are A-1 Quality Silverware with an overlay of pure silver at point of view. Made by Onedia Ltd., in the attractive "Croydon" pattern. This offer, good only in Canada, expires December 31, 1941.

OLD DUTCH CLEANSER

64 Macaulay Ave., Toronto, Ont.

I am enclosing windmill pictures from Old Dutch labels for complete labels and... for which please send me... Wm. A. Rogers Salad Forks and circular telling about other pieces. NOTE: Send 60¢ and 3 labels for each set of 3 salad forks you desire.

Name: _____
Address: _____
City: _____ Province: _____

SEND FOR THEM TODAY

two keys to a cabin

by Lida Larrimore

Protests Against Burial Of Body

KEY WEST, Fla., Oct. 10 (AP)—Visibly shaken, white-bearded Karl Sianger Von Cosel protested "they can't do this awful thing to me" when he was told today the wax-covered body which he kept in his bed for seven years would be buried.

"Why, it would mean the end of everything for me, and besides, it would be breaking faith with Elena," the 70-year-old former X-ray technician said.

County Judge Raymond Lord, accompanied by three deputies, told the man of the decision by the dead girl's sister, Mrs. Mario Medina, to bury the body.

"I will carry the fight to the highest courts in the land, if I live long enough to obtain sufficient funds," Von Cosel declared.

Lord did not tell Von Cosel that, acting on the petition of Mr. and Mrs. Medina and three others, he had appointed a commission to examine his sanity.

Shipments of Cows

Cows, both purebreds and grades from Ontario and Quebec dairy herds, have built up a good reputation in the eastern United States in past years. The result has been a very constant demand and an appreciable volume moving across the international border. Canadian dairy cattle exports this year up to the end of September amounted to about 10,500 head, compared with 6,600 in the corresponding period last year. In the whole of 1939, 13,000 dairy cattle were shipped to the United States with, of course, the majority of them coming from Eastern Ontario and Quebec herds.



With hours each day spent huddled in cramped, underground air raid shelters, British children have to make each "all clear" minute in the air and sunshine count. So here, in central London, they join hands for a game of "Ring Around the Rosy" between rows of shelters to which they made, at any moment, have to flee.