These days, when tea must yield the utmost in flavour, quality is of supreme importance.

"SALADA" TEA

● SERIAL STORY

LUCKY PENNY

BY GLORIA KAYE

A THREAT FULFILLED
CHAPTER IX

One day, after Penny had returned to the Courier office from one of her frequent visits to the mills, she found Jim deep in conversation with a visitor. He was tall, distinguished-looking, and a ready smile waited on his lips.

"Hello, Penny," Jim welcomed. "May I present Lou MacDonald, head of the County Humane Society. Lou, this is Penny Kellogg, our society editor."

"I've heard a great deal about you, Miss Kellogg," MacDonald said. "I'd like to compliment you on your series of articles on the Kirk mills. They're great."

"Thanks," said Penny, "I'm glad to know I have at least one reader."

"Here's a little story you might like to handle," said Jim. "There's some good meat in this report of Humane Society activities.

"It isn't exactly pleasant reading," MacDonald warned. "In fact, it's rather discouraging."

Penny studied the figures. Here, in cold type, was a tragic story of families deserted, children who would have faced starvation if the Humane Society had not helped them.

"Kirktown has the worst record in the county," Penny observed.

"Yes, unfortunately that's true," MacDonald admitted.

"There are some men who can't resist the gambling temptation or any other temptations that come their way. They suffer, but those who really are hurt are their wives and children. We do our best to find new interests for these men and to instill in them a sense of responsibility."

* * *

Penny listened in fascination to his stories of the strange cases that his office handled. She had never realized such situations existed. When he had finished, she knew why Jim had been crusading so bitterly against the Castro gang.

"I have an idea," Penny said, "that we can finish this Castro business in a big hurry. Will you help?"

"Will we help?" Jim echoed.

"It isn't easy," MacDonald cautioned. "For one thing, the boys at City Hall are working hand in glove with the gang. Castro spends plenty of money at each election to make sure the right men get in."

"Then," said Penny, "we'll get the City Hall gang out, too. We'll put men in office who'll enforce the laws and who'll run this bunch of tinhorn gamblers out of town."

"I'd give a year's salary to see the Castro gang wiped out," MacDonald said. "It's not pleasant to look at all the misery they've caused."

"If you'll both work with me," Penny said, "you'll soon see some action."

"Count on me," MacDonald assured. He shook hands with Penny as he rose to his feet. "It's been a pleasure to see you two. Just give me a ring whenever you're ready."

"Thanks for dropping in," Jim said. "We'll keep in touch with you."

* * *

Penny was thankful for Jim's invitation to dinner. A steak at Pietro's would hit the spot.

All through dinner, Penny was silent. Her thoughts were on a plan that was daring, and dangerous. It must not fail. She decided to say nothing about it to Jim until she had worked out all the details.

"I'd like to come back to the office tonight, Jim. I've got a lot of work to do," she said.

"Fine. You can keep me company while I figure out how much we've lost this month. If business gets any worse, I won't even be able to promise you a raise, let alone pay one," he said.

That night she sat in puzzled thought over her typewriter. Guessing from her tenseness that she would not welcome interruptions, Jim busied himself with his figures.

Penny discarded page after page of copy. For more than an hour she concentrated on a short, one-page thesis. When she finished, she smiled at Jim.

* * *

"I'm not going to show this to you just yet, Jim," she said. "But I want to reserve a page of advertising space in the Courier, and a spot on the front page. I'm not going to pay a thousand dollars, either. You'll just have to trust me to pay for the space."

"Your credit's good," he said. "Provided you can give me two references, both of them millionaires."

"I could," said Penny, "but I won't. And don't reach for this copy. It's for a circular you're going to print, when I'm ready."

"Okay, Penny. The place is yours. Whenever you're ready, just shoot. Just let me in on it a little ahead of time," Jim asked.

"You're the big gun behind the campaign," she told him. "Without you I couldn't do a thing. Without you, in fact, I wouldn't be here."

"Without you," Jim said, sincerely, "being here wouldn't be worthwhile."

"Thanks, pal," she murmured. "And now that you've made your pretty little speech, let's head for home."

* * *

The street was bathed in moonlight. Walking beside Jim, Penny found new contentment. They talked pleasantly of many things. At her door, Jim pressed Penny's hand in his own.

Her lips were inviting. He kissed her, tenderly.

"Good night, Penny," he whispered. She watched him as he marched jauntily back toward the foot of the hill. His kiss would be another memory to treasure forever.

Penny found Midge in bed, reading.

"Hello, there," her roommate called cheerfully. "This is a fine time to be coming home. I know. You were detained at the office. You'd better think up a better excuse than that."

Penny laughed. "My excuse is a lot more exciting than that. I've been using my thinking cap for a change. I really have news tonight."

"Tell me about it," Midge begged.

"I will in a minute," she answered. "Wait till I get comfortable."

* * *

Penny left out the incident concerning the bribe Jim had refused. She glossed over the run-of-the-mill social news of the day. She talked at length about MacDonald and the Humane Society report.

Then Penny told Midge of her plan to rid Kirktown of its gangster menace. Midge sat upright in bed, staring in open-eyed wonder as Penny excitedly outlined her scheme.

"Careful," Midge warned. "You're playing with TNT." Then she said, as if talking to herself. "I wonder. It might work at that."

"My plan must work," Penny insisted. "I'll need your help. We'll have to get Bud Walsh and have him round up some friends he can trust."

"Sure, Penny. Bud will be glad to help. I know plenty of others who will, too. Whenever you say the word, we'll be ready," Midge assured her.

"The date is next Friday. The place is the John Kirk Memorial Auditorium. Remember, Midge, I haven't said a single word to anyone. We've got to keep this plan absolutely secret, or it will boomerang," she cautioned.

"Check," said Midge. "How about turning the lights out, Penny? We'd both better get to sleep."

* * *

Penny couldn't close her eyes. She looked up at the shadows on the ceiling, thinking about Jim, about the past, and mostly about the future.

What happened in the next 20 seconds chased all other thoughts from her mind. A rumble that crescendoed to a roar shook the house, almost tumbling them from their beds.

Up the hill from the valley rolled a blast that echoed like thunder. Before Penny slipped into a robe and raced to the door, she had guessed what had happened.

There was no mistaking the direction from which the flames shot skyward. She knew this was the fulfillment of Castro's threat.

Jim had rounded the corner, walking toward the Courier office. Had he been there when the bomb exploded? Terror struck at Penny's heart.

"Jim," she cried as she raced out. "Oh, Jim!"

(Continued Next Week)

TRIM SUIT FOR A TOT

By Anne Adams

It's suit season for "small fry" too, as Anne Adams cleverly proves with Pattern 4281. Won't this outfit look captivating on your tot? It's so practical! The flaring skirt is firmly, comfortably kept in place by a bodice top. The fitted jacket has a jaunty "cadet" cut and two smart high-riding pockets.

Pattern 4281 is available in children's sizes 2, 4, 6, 8 and 10. Size 6 takes 2¼ yards 35-inch.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this Anne Adams pattern to Room 421, 73 Adelaide St. West, Toronto. Write plainly size, name, address and style number.

ISSUE No. 13—43

C

JAILED JAP

Prince Chichibu, brother of Japan's Emperor Hirohito, is revealed to have been arrested on Pearl Harbor day charged with being "sympathetic with enemy powers."

GARDEN NOTES

By Gordon L. Smith

Get a Catalogue

A good Canadian seed catalogue is an indispensable reference book for the amateur. In addition to giving him actual photographs of the flowers and vegetables it furnishes actual planting directions.

These books tell whether certain varieties are suitable to Canada and also give important points such as time of planting, resistance or lack of resistance to frost, height, color, season of blooming, whether scented, and also the suitability of the flower for cutting purposes. All of these points should be taken into consideration in planning a real garden, authorities state, as only with such knowledge can a comprehensive and practical scheme be worked out.

Hot Beds

When a large number of early plants are needed, these can be started from seed in a hot bed weeks before the outdoor garden is ready. It consists of a bed of fresh horse manure, which supplies the heat, about 18 inches deep. On this two or three inches of fine soil is placed and after the bed has heated up and then cooled down again (a matter of three or four days) the seed is sown in rows a few inches apart. The bed is protected by rough boarding along the side and on top, and sloping towards the South about 10 to 18 inches above the bed is placed a window sash with all glass intact. On warm days this is lifted a few inches for ventilation.

When the plants have developed their second set of leaves they are thinned out and before being transplanted outside they are hardened in a cold frame which is simply a hot bed without any heating material.

Flowers to Fit

There are flower gardens that fit almost any situation. For those people who have neither the time nor inclination there are plenty of annual flowers that thrive almost on neglect. A little digging of the ground in late spring is about all that is required. Take such things as alyssum, dwarf marigolds, portulaca and California poppies for edging. These are little flowers that almost seed themselves, crowd out weeds, do well in any location, but prefer sun and light soil. Once started they will look after themselves.

For the centre of beds or near the back, larger flowers such as calendula, nasturtium, poppy and phlox will make a good showing, and for screens, castor beans, dahlias, cosmos, sunflower, tall marigold are advised.

For scent, especially in the evening, a few nicotine, carnations, mignonette or stocks will perfume the whole garden.

TABLE TALKS

SADIE B. CHAMBERS

Salads That Are Different

Salads are attractive forms in which to serve either vegetables or fruits, raw or cooked. Many children and grownups, too, like raw vegetables better than cooked ones. Mrs. Economy always makes her salad dressing at home and frequently is able to use up all left over vegetables (with a few inexpensive additions) in a way that is pleasing and nourishing for the whole family.

Mrs. Extravagance throws away her odds and ends of vegetables and usually rushes out at the last minute to buy some cold ham for lunch or supper.

Mrs. Economy's Lunch

Cabbage and peanut salad (or any nuts available)	07
¾ cup boiled salad dressing	04
	11

Mrs. Extravagance's Lunch

Cold ham (bought cooked) ½ lb.	30
Fried potatoes	03
	33

The lesson here is one of comparison. Prices may differ slightly on different articles in different localities. Mrs. Extravagance paid three times as much money as Mrs. Economy but did not obtain three times the amount of food for energy, body-building, good teeth and good blood. Also Mrs. Extravagance did not obtain as many of the vitamins which are the substances necessary for good growth and which control the functions of the body. Almost any "leftovers" such as meat, fish, hard-boiled eggs or vegetables may be used with fresh vegetables to make attractive salads. The number of different combinations is almost endless and may be quite original.

Here are some economical salads:

Cabbage and Peanut Salad

1 lb. cabbage
¼ lb. peanuts
¾ cup boiled salad dressing

Shred the cabbage finely. Chop nuts or grind by using a rolling pin or put through food chopper. If peanuts leave on the skins. Mix cabbage, nuts and salad dressing. Serve cold and crisp.

Cardinal Beet Salad

1 package lemon jelly powder
1¾ cups boiling water
3 tablespoons vinegar
1 cup diced or chopped cooked beets
2 teaspoons grated onion
1 cup diced celery
¼ teaspoon salt

Dissolve jelly powder in boiling water. Add vinegar, onions, salt and half the beets. When slightly thickened fold in the rest of the beets and the celery. Turn into a mold or square pan. Serve with salad dressing on leaf of cabbage or on lettuce.

Baked Bean Salad

2 cups baked beans (these may be the lima beans—they are delicious in salad)
½ cup boiled dressing
1 cup chopped celery

Mix the beans, celery and dressing. Serve on cabbage leaf or lettuce.

Potato and Spinach Salad

2½ cups cold diced potatoes
1 cup finely chopped celery
1 cup very finely chopped fresh spinach
Tiny carrot or turnip sticks
1 tablespoon chopped onion
¾ cup salad dressing
½ teaspoon salt

Dice or chop vegetables and mix with salt. Add salad dressing. Toss lightly with fork. Garnish with tiny carrots or turnip sticks. Serve very cold.

Salad Dressing

1½ teaspoons mustard
2 tablespoons flour
2 tablespoons sugar
1 teaspoon salt
1 egg
1 cup milk, water or buttermilk
⅓ cup vinegar

Mix dry ingredients. Add beaten egg, and milk or water. Add vinegar and cook over boiling water stirring constantly—until thick. Remove from heat and add shortening. If too thick when cold thin with milk just before using. If no egg is available increase flour to 3 tablespoons.

If salad dressing has an appearance of lumps or curdling always give it a few turns with the dover egg beater and these will disappear. It is wise to give a few turns when cooking.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is always ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide St., Toronto." Send stamped self-addressed envelope if you wish a reply.

We Live At Too High A Tension

Dr. Harvey Agnew Advises That We Slow Down At 50

Dr. Harvey Agnew, associate secretary of the Canadian Medical Association, in addressing the London Canadian Club the other day, said this:

"We have prolonged the average life 18 years in the past century. But let a man reach 50 and his chances are no better than they were a century ago. Why? The answer is tension. . . . If we are going to stem the rising tide of heart and kidney disease, we must find something to slow down the tension of life. . . . Thank heaven for gasoline rationing and the reduced speed limit—when we go out we can actually look at something besides the centre strip of the road. . . . If we are tired let us admit it—not whip a tired horse by drinking alkaloid soft drinks at the office to keep awake, smoking endless fags, or tossing down a highball or two at home to pep us up for the evening. Even when we participate in golf or bridge, we wager so much a hole or a game and immediately replace relaxation with tension. . . . Nature is an exacting overlord. It always demands a price. The degree of our exertions should be determined by a physician of judgment, not by the trainer at a rub-down place."

Commenting on Dr. Agnew's warning, The London Free Press declares: "This seems to us to be the very essence, not only of medical wisdom, but of common sense." Admitting that we must all hustle now to win the war, The Free Press appeals for the adoption of a new philosophy in post-war days. "Why not decide to play more and labor less; to enjoy recreation for fun and not for a wager; to learn more how to live and less how to make a fortune—for estate duties to swallow when we pass on?"

Children Return To London Homes

Despite recent air raids, children are returning to London in increasing numbers.

The number of children in the capital has now reached a wartime record of 226,750 aged five to 14, with an additional 48,300 aged three to five.

Fewer than 125,000 London children are now in the country. The London County Council is trying to secure the release of its 5,000 teachers now at country schools to cope with the teaching job in London again.

A GOOD DINNER
Needs a tasty Appetizing Dessert...

The housewives of Canada, ever anxious to provide attractive and nourishing meals for their families, are "Housoldiers".

They have learned that delightful desserts, made easily and at little cost with Canada Corn Starch, are a welcome addition to meals prepared in accordance with Canada's Food Rules.

They know the high quality of Canada Corn Starch ensures fine, smooth results.

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PROTESTANT ADVOCATE

Published weekly for the propagation of the Faith once for all delivered to the saints, and for the defense of the principles of the Protestant Reformation. T. T. Shields, Editor.

$2.00 a year, and to new subscribers, free, the book, "Behind the Dictators" — by Dr. L. H. Lehmann, former Roman Catholic priest; a scholarly description of the work of the Papacy in war-torn Europe and Asia. Special trial offer, 39 issues (9 months) for $1.00, without book.

Twenty-first year of publication. Each issue contains stenographically reported sermon preached by Dr. Shields from Jarvis Street Pulpit. Mail this advertisement with name and address for free sample copy containing verbatim report of Dr. Shields' address, Feb. 28th, replying to Premier King and other critics in Dominion Parliament, Feb. 23rd. Contains also analysis of "Religious Aspect of Sirois Report—a Symptom of present Trends in Canadian Life" and other important articles. (You may neglect it if you postpone until tomorrow. Cut this out and mail today.)

THE GOSPEL WITNESS
130 Gerrard Street East - Toronto 2, Canada

WOMEN OF BRITAIN REVEAL HOW THEY "KEEP 'EM FLYING"

Survey Shows Women Take Aspirin for Headache Relief

Women "home fighters," now working by millions in war plants, are not letting anything interfere with their work... not even a headache . . . according to a recent British government survey.

This questionnaire issued to women revealed that they consider Aspirin one of the three most helpful drug items, for maintaining health.

Naturally, Aspirin has become a household "watchword." For generations, it has proved itself dependable, quick . . . easing literally millions of headaches, neuritic, and neuralgic pain, without unpleasant after-effects. In fact, Aspirin is rated as one of the safest analgesics known. It costs less than 1¢ a tablet, in the economy bottle. Keep it handy, yourself.

"Aspirin," made in Canada, is the trademark of The Bayer Company, Limited. If you don't see the Bayer cross on each tablet, it isn't Aspirin.