Quality counts most—for that rich, satisfying flavour which only a fine quality tea yields, use..

"SALADA" TEA

• SERIAL STORY

LUCKY PENNY

BY GLORIA KAYE

COMMUNITY SING

CHAPTER XI

Back in the office of the Courier next day, Penny checked hurriedly on proofs of the literature she had prepared for her Friday night meeting. Circulars, posters for store windows, the newspaper ad—all were in readiness.

No one would suspect, from the innocent wording, the real intent of the mass meeting. "Community Sing" and "Concert" were the big headlines. The men in the mill had been given double notice by Penny's friends there.

The weatherman proved co-operative when Friday evening arrived. The auditorium was filled.

The Kirktown Glee Club took its place on the stage. Rafters echoed to the lusty lilt of their voices. Men predominated in the audience, and their voices lifted in song as the concert proceeded.

Quietly, before the last refrain died down, Lou MacDonald, Jim Vickers, and Penny seated themselves in their appointed positions on the stage. With cheers for the glee club still ringing, MacDonald stepped forward.

"Friends," MacDonald started, "my story is not pleasant, but it must be told. It affects every one of you." He told the audience, simply and truthfully, of the tragic cases that came regularly to the attention of the Humane Society. He laid the blame squarely on Castro's machinations. There was no mirth in the sober faces uplifted to him.

* * *

"The power to remedy this condition," MacDonald told them, "lies in your hands. Campaign for clean government in Kirktown. Pick men who have backbone and courage. Put them in charge of your city government. You'll never be sorry." Heads nodded affirmatively. A whisper rose—"He's right."

When Jim stepped to the speakers' platform, a spontaneous cheer attested to his popularity. The men admired his courage and respected his judgment.

"Fellows," Jim said simply. "Not long ago there was a tragic bridge accident here. You or some member of your family was saved from death only by the will of Providence. A crooked city administration was responsible for the death of two of our best friends. I call it plain, cold-blooded murder." Eloquently Jim recited the many factual instances of graft and favoritism and crookedness.

"Castro can't silence the truth. He can't silence men who are sick and tired of dirty politics and gamblers and murderers. Whose town is this? Does it belong to you who sweat and toil each day to give your kids a better future and a decent home to live in? Or does it belong to Castro and his yellow-livered gang of parasites?" Effectively, he pledged the paper's leadership in a campaign for clean government. His audience applauded with enthusiasm.

* * *

Now Penny stood before the sea of faces, displaying no sign of the nervousness she felt.

"I haven't known you very long, but I feel I know you very well," Penny began. "There isn't a coward in the crowd! You have power! You're strong! Let's show Castro he can't run Kirktown! Tonight — together — let's chase him out of town!"

There were shouted affirmatives. Men jumped from their seats, ready for action.

"Wait! Just a moment!" Penny shouted. "No one wants to start any violence. We are all interested only in peaceful means with which to remedy conditions in Kirktown. The sheriff is here tonight. He has named Bud Walsh and several of your men as deputies. Let's go as an army of citizens—not as a mob. You won't need to start a fight. When Castro sees you he'll know he has had enough."

Bud Walsh was already organizing the eager crowd. They were flooding through the wide-open doors in orderly fashion. Their march to Castro's hangout had begun.

* * *

Jim was white with anxiety. "What have you done Penny?" he worried. "The Castro gang won't give up its easy pickings without a fight. Someone is sure to get hurt."

"Perhaps this will change your mind." Penny handed him the red-lettered warning to leave Kirktown. "It's up to you to make up your mind, Jim. Either Castro goes or I go. Both of us can't stay here."

Grimly Jim said, "Come on!" With long strides he reached the head of the column of marching men. Bud Walsh had naturally fallen into leadership. Penny was right. The men were as orderly as a disciplined army—and no less tough!

"All I want is five minutes alone with Castro," Jim told Bud.

"You'll have your five minutes," Bud promised. As they approached Central avenue, Bud halted his column.

* * *

"Quiet, men," he ordered. "We want to surprise Castro. No one has had a chance to tip him off. We'll all wait while I send a couple of scouts ahead." The men liked this game. "Like the old covered wagon days, looking for Indians," someone whispered.

"Let's go," Bud shouted when his scouts signaled him. They pushed through two swinging doors into a back room. There, in a room filled with slot machines, gaming tables and gambling devices, sat Castro and a prize group of city officials. The surprised mayor of Kirktown opened his mouth in a moronic stare. An unlighted cigar dropped from the lips of the safety director. Castro swung around, a vicious revolver in his hand.

"Shoot—if you dare," Jim invited through his teeth. Castro hesitated. He studied the silent crowd. Bud Walsh had a gun. So did at least a dozen others. Castro glanced quickly at the badges they displayed. He dropped his weapon.

"Bud," said Jim, "round up the rest of Castro's gang. You know where to find them." Bud signaled, and several of his men walked quietly out.

* * *

The crowd cleared a space for the returning men who had rounded up other members of Castro's gang. "Take a good look at this prize collection of apes," Bud Walsh invited. "This is the last time you'll see such specimens in Kirktown. They're going to be so rare that there will be a reward for their capture, even in slightly damaged condition, within the city limits."

Bud turned to the mobsters. "You guys have just two hours to get packed and beat it," he warned. "We mean business and we're plenty tough. If you can't understand our nice treatment, we'll have to teach you a lesson." A good movie director would have found a note of comedy in the way guns, marked cards, extra aces, and a special collection of crooked dice were piled on the cement floor, awaiting destruction. "Start moving," said Bud, twirling his gun menacingly. There was relief in the faces of the gangsters as they left. They had expected much worse treatment.

"I've waited for this for a long time," Jim said softly.

* * *

The fight which followed, Bud Walsh always said, was the toughest, noisiest, bloodiest battle that had ever raged in Kirktown. Jim had asked for five minutes—actually, Bud stood guard outside the doors for an hour.

Castro tried in every way he could imagine to kill Jim. He bit, he kicked, he kneed, he gouged, he punched, he butted. He swung heavy chairs at Jim's head. He narrowly missed Jim with the jagged edge of a table leg. Jim met each furious attack, each vicious thrust calmly, alertly. In his own heart there was murder.

Desperate, Castro drew a murder-bladed knife from a hidden recess in his trousers. He lunged viciously. Jim felt no pain, but he knew from the red on Castro's weapon that the dagger had found its mark on his shoulder. Cautiously, he circled out of Castro's reach.

The room's unshaded light singled out the gangster's knife. Swiftly, painfully, Jim lifted a broken chair and shattered the bulb. Automatically, he lunged forward as darkness shrouded the room. He twisted the knife out of Castro's hand. Then he lifted Castro to his feet.

For weeks, Jim would show the scars of his battle. For months after the scars were gone, he would look back happily to the day when the Castro gang left Kirktown forever.

(Concluded Next Week)

N. S. Is Building 600 Wooden Ships

New contracts amounting to more than $12,000,000 for wooden ship construction in Nova Scotia and the establishment of a second steel shipbuilding industry in the province were announced to the Legislature by Industry Minister Harold Connolly. The $12,000,000 orders, received during the last month, cover the construction of 600 wooden craft, the minister declared. The work of building them has been begun by four firms, three of them entirely Nova Scotian, the House was informed.

Since 1919 more than one-third of the British population has been rehoused, mostly in projects financed by the Government.

FLATTERING LINES

By Anne Adams

Figure problems? Solve them smartly by making this slimming dress, Pattern 4260 by Anne Adams. It gives you lovely lines, with curved side-sections for bodice flattery, pointed front and back seams to slim your waist, and front skirt paneling to make you look tall and graceful. Isn't contrast striking?

Pattern 4260 is available in women's sizes 34, 36, 38, 40, 42, 44, 46. Size 36 takes 3¼ 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.

Give Bed Linen Very Best Care

There Are Many Ways of Prolonging Life of Sheets

Bed linens may seem far removed from the war effort, but like all other household goods, they must be guarded against unneeessary wear and tear.

Proper care of sheets begins with care of your bedspreads. Rough or splintered wood, broken parts and snapped or uncovered springs can cause many a tear. These should be repaired to prevent the linen from getting caught. Don't be a yanker. Jerking the sheets off the bed is hard on them. Carefully loosen the tucked-in edges before you remove the sheets.

You can lengthen the life of sheets by reversing them, just like you do the mattress. If the broad hems are at the head today, place them at the foot tomorrow. Also rotate their use by putting the fresh sheets at the bottom of the stack each time you finish the laundry.

Sheets and pillowcases were not meant to be laundry bags. Using them as such is about the fastest way there is to wear, tear and wreck them.

Changing the bed linens at least once a week and washing them just as regularly is important. Soap and water combat the effects of perspiration and soil, but be sure you rinse out all the soap. Left in, it deteriorates the threads. In ironing, do not use too hot an iron and alternate between folding sheets in half and in thirds so that the same place will not always be creased.

Mend torn or worn sheets before washing. When the centre of a sheet becomes thin, tear it in half and sew the selvedge edges together to give it a new lease on life.

TABLE TALKS

SADIE B. CHAMBERS

A Talk On Vitamins

I wonder if some of you sometimes feel that we overdo the subject of vitamins? To be honest, at times I feel we do. We must never forget they are of vital importance, but let us not concentrate altogether on vitamins and forget all about other essentials of food.

The discovery of vitamins has been one of the gripping dramas of science. To learn what vitamins really do for the human body scientists have studied, in the laboratory, rats, guinea pigs, chickens and monkeys. They first find out what happens when animals are deprived of certain vitamins. They feed the animals everything they need for healthy growth, being sure that the particular vitamin is "Not" in the diet. When this is done the symptoms of the vitamin deficiency develop in the animals as regularly and certainly as two and three are five.

Medical Research

Give an animal everything but vitamin A and it will develop these symptoms: a certain eye disease and peculiar hardened cells in the body. Abnormal collections of material are found, like cysts in the lungs or other organs. The lining of the breathing and digestive systems becomes hardened.

On the other hand, if an animal is given a diet with no vitamin B in it, they fail to gain weight, they lose appetite, develop a typical neuritis which almost paralyzes them and finally they die.

Leave vitamin C out of an animal's diet, when that particular animal is having all other foods required, and they develop a typical scurvy. The muscles and tissues bleed because the blood is not held by the blood vessels. Teeth become loosened, the animals fail to gain weight, they lose appetite and finally die.

When vitamin D is absent these symptoms follow: bones become soft, weakened and deformed, the teeth decay and a general muscular weakness follows.

With an absence of vitamin G animals develop digestive disturbances, becoming weak; skin and fur appears unhealthy. Nervous disorders develop.

Night Blindness

The most important question for us each individually to answer is, how do the absence of these vitamins effect me?

Well, here is the answer. We have tried to tell you as simply as possible what happens to the animals held for experimentation when they lack these important specks. It is rarely we as humans lack completely the vitamins necessary to prevent some of the diseases named, but the most important question is are we having sufficient vitamins to keep us healthy.

More common than we realize is night blindness, which means there is a lack of vitamin A. Many thousands more have no appetite, are constipated and constantly tired, have vague pains and aches and often heart trouble as a result of too little vitamin B. Who knows that growing pains in children may be a symptom of the dreaded rheumatic fever perhaps due to a lack of vitamin C? This disease is practically unknown in the tropics or the countries where fresh fruits and vegetables are eaten in abundance. Granted, they may not have a true scurvy, but they have a latent or mild type. These children have just "fair" health rather than buoyant because they do not have the foods in sufficient amount containing vitamin C.

Pellagra and Rickets

Many more thousands in our land are suffering from a mild pellagra because they do not have enough liver, yeast or wheat germ and many more from nervous ailments due to this deficiency.

It is heart-rending to watch a number of children at play and note how many are suffering from different forms of rickets, bone growth stunted or deformed, teeth decayed etc., just because only in part are they receiving calcium, sunshine and cod liver oil.

Next week I shall try to present a chart for a guide in preparing your child's or children's meals.

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.

Cultivation Vital

Usually all the difference between a fine, thriving garden and the other kind is one or two thorough cultivations. Before the garden is planted it should be spaded or plowed thoroughly, then just as the seeds or plants go in it should be cultivated or raked fine. When the first plants are coming through, old gardeners advise another thorough cultivation, and a couple more at ten days' intervals later on.

This may sound like a lot of work but it is surprising how easy it is if carried out early and regularly. The weeds never get a chance to grow and the soil to bake. On the other hand, even in dry weather most vegetables will come right along if the soil about them is kept fine and crumbly. This work will be much easier if one has the proper tools, a fairly big, hand-drawn cultivator for small vegetable gardens, a wheel hoe or even small tractor for the larger ones.

Thinning is Necessary

Another important job that looks harder than it really is, is thinning. No vegetable can develop properly unless it has plenty of room. Small things like carrots need about three inches between, beets about four, corn three sprouts to the hill. With fine seed much drudgery can be saved by sowing thinly in the first place. With flowers that are grown from seed, thinning is equally important. They must have room or they will grow spindly and break down probably in the first windstorm.

Remember They Grow

All perennial flowers, shrubs and trees are small when originally planted, but in a few years it is amazing how much room they take up. The average person plants them far too close together and in the case of trees and shrubs, far too close to the house or fences.

As a general rule, shrubs, trees and flowers should have half as much room between as their mature height. This means at least two feet apart for peonies, three and a half feet for the ordinary spirea, and from twenty-five to fifty feet for the general run of Canadian hardwood trees.

At first this may seem far too open, but the space between may be taken up with annual flowers in the case of a perennial bed, and with temporary, quick-growing shrubbery and trees, with the others.

"Believe me on this war job I need an energy breakfast"

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NO "SORE-HEADS" NO SORE THROATS

Survey Shows Gallant Women of Britain Take Aspirin to Give Quick Relief

The thousands of British women now working in war plants are determined not to let sore throats, fevers, and colds get them "down." Production must keep up . . . and a recent government survey showed how British women are counting on Aspirin, to help them carry on.

Aspirin was named as one of the three leading drug items British women want for health and morale. And this is easy to understand . . . for generations have proved that Aspirin is one of the safest, most dependable analgesics known.

An Aspirin gargle for sore throat relieves pain and rawness almost at once. Aspirin taken with water relieves the headache of colds . . . muscular aches and distress. Aspirin costs less than 1¢ a tablet in the economy bottle . . . so always keep it handy for quick relief.

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