TABLE TALKS

SADIE B. CHAMBERS

First And Second Class Protein Foods

Meat is a first class protein food and deserves a high place in your diet. It's used to build and repair body tissues and is necessary for both children and adults.

Fish, poultry, cheese and meat are "first class" protein foods. Legumes, in which class we include, roughly speaking, those plants that grow in pods, and consist of navy beans, black-eyed beans, pinto beans, kidney beans, black beans, lima beans and soy beans; dried split peas, peanuts and lentils, are what we call "second class" protein foods and that means they do an excellent job of body building but can't take the place of meat entirely. Possible exceptions to this are peanuts and soybeans, both of which are now being considered complete proteins.

While meat is rationed we will have to include plenty of all the proteins in our diet. Lower priced cuts of meat are just as good for you, nutritionally speaking.

Here's a "meat stretcher" and also a recipe for fixing up a second-class protein:

Meat Casserole

(Serves 6)

- 3 cups sliced raw potatoes
- 2 cups chopped celery
- 2 cups ground beef (1 pound)
- 1 cup sliced raw onions
- 1 cup finely cut green pepper
- 2 cups cooked tomatoes
- 2 teaspoons salt
- ¼ teaspoon pepper

Place meat and vegetables in layers in greased baking dish. Season layers with salt and pepper. Place green pepper slices on top for garnish. Bake in a moderate (350 degree) oven for 2 hours.

Vegetables and fruits belong in the dietary daily. If possible have one of each raw so that you can get all the vitamins possible. Long cooking will destroy many precious vitamins.

Country Baked Limas

(Serves 8)

- 2 cups lima beans
- ¼ pound bacon, cut small
- 1 medium onion, sliced

Place lima beans, bacon and onion in layers in pot. Combine the following:

- ¼ cup light molasses
- 1½ tablespoons brown sugar
- 2 teaspoons salt
- 1 teaspoon dry mustard
- 2 tablespoons chili sauce
- 1 cup tomato juice

Pour the mixture over beans. Bake 4 to 6 hours in a slow (250-degree) oven. Uncover for last ½ hour.

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.

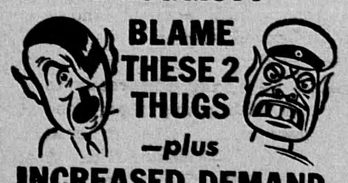
"I said good-bye to Constipation!"

"I've given up pills and harsh cathartics. I found my constipation was due to lack of "bulk" in my diet—and I discovered that KELLOGG'S ALL-BRAN is a perfectly grand way to get at the cause, and, help correct it!"

If this is your trouble, stop "dosing" with harsh purgatives—with their lack of lasting relief! Try eating a serving of ALL-BRAN daily, with milk, or sprinkled over other cereals. Or, eat several ALL-BRAN muffins daily! Drink plenty of water.

Get KELLOGG'S ALL-BRAN at your grocer's today—in either of 2 convenient sizes. Made by Kellogg's in London, Canada.

Don't Blame Your DRUGGIST!



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When you ask for a Buckley Remedy and your druggist says, "Sorry, I'm temporarily out of stock", don't blame him. The ingredients that have made Buckley's cough and cold remedies famous, come from all over the world, and Hitler and Tojo sometimes delay their arrival, so that you cannot always get the Buckley remedy you want just when you want it. So, don't wait until a bronchial cough, chest cold or grippe strikes you. Get *your* Buckley's Mixture, White Rub, Cinnamated Capsules, Throat Aids or Cough Drops at the *first* opportunity and *have them on hand* to nip oncoming coughs or colds in the bud. See your druggist at once!

ISSUE 10—1944

Smart and New

It's smart and it's new . . . that side-buttoning. And so very sensible. Pattern 4456 is adorably simple and comfortable. And note this, too . . . the diagram shows you how easily it can be made. For the house try percale or chambray; a rayon fabric for better.

Pattern 4456 comes in misses' and woman's sizes 12, 14, 16, 18, 20; 30, 34, 36, 38, and 40. Size 16 requires 3¾ yards 35-inch.

Send Twenty cents (20c) in coins (stamps cannot be accepted) for this pattern, to Anne Adams, Room 421, 73 Adelaide St. West, Toronto.

MACDONALD'S
BRIER
Canada's Standard Smoke

BLACK DAWN

By VICTOR ROSSEAU

SYNOPSIS

Dave Bruce, out of a job, arrives at Wilbur Ferris' Cross-Bar ranch. Curran, the foreman, promises him a job if he can break a horse called Black Dawn. When he succeeds, he discovers that Curran expected the horse to kill him. A girl named Lois rides up, angry with Dave for breaking "her" horse. She refuses to speak to him even when he uses his savings to pay off the mortgage on the small ranch she shares with her foster father, a man named Hooker. But when Hooker is shot and Dave is charged with murder, Lois saves him from being lynched. Wounded, she guides him to a mountain cave where she thinks they will be safe from Curran and the sheriff's posse. A quarrel between Ferris and Judge Lonergan reveals that Ferris had killed his partner, Blane Rowland, many years before. Thoroughly scared, Ferris takes Curran into his confidence. Dave leaves Lois alone for a while, not knowing that Curran is hiding nearby.

CHAPTER XIX

When Dave and the horses had finally vanished behind the skyline, Curran jumped to his feet. He made his way along the ledge trail, past the place where his two horses were tethered, in the direction of the cave.

Crouching in the last clump of jackpine scrub, Curran watched Lois as she returned from the little pool and entered the cave. Then he crept on tiptoe after her.

It was the shadow of the man, falling across the floor, that caused Lois to look round. She thought it was Dave returned. For an instant the girl looked at the foreman, frozen with terror. Then she opened her mouth to scream.

That instant Curran had leaped upon her, clapping one hand to her mouth, stifling her cry before she could utter it. In that hand was a gag, which he thrust down Lois' throat. With his other hand he brought the strings behind her head. Holding her to him, so that her attempts to free herself were futile, Curran quickly had the gag adjusted. She half broke free. Curran grasped her in his arms again.

"Goin' to set the herd on me, huh?" jeered Curran. "I told yuh I'd git yuh, Lois."

It was the work of a moment or two to slip the knotted ropes, which he had already prepared, over Lois' arms and to fasten their ends to the horn of his saddle. He set her upon one of the horses and sprang upon the other. Holding her fast, he started the two horses down the trail.

Still weak from her wound, half choked by the gag, utterly helpless to cry out or attempt to escape, Lois managed to keep her seat until the horses reached the end of the ravine. Instead of making for the trail that ran toward Hooker's shack, Curran turned the horses' heads toward the mountains.

Lois, who knew the mountains like a book, had already guessed where Curran was taking her, and as the route confirmed her belief her heart sank even lower. For Dave would never be able to trail her here, and she would be utterly at Curran's mercy.

His destination was a small shack, about four miles away, where a prospector had once lived while engaged in a fruitless search for gold in the mountains. Nobody ever traveled in that direction. There was no pass through the perpendicular cliffs that walled in the blind canyon which Curran was already entering.

* * *

The journey was nearly ended. The shack came into sight at the end of the canyon, down which a thin stream of water trickled. A rotting cradle still lay on the bank, and beside it a blade of a spade protruded from a mound of earth almost eaten away with rust. Curran reigned in and dismounted. He slipped the rope from Lois' arms and carried her inside.

The shack contained a small room and another smaller one, with a plank door between. In the first room was a table fashioned from packing cases, and some tree stumps that had been used for seats. In one corner was a bunk with a rotting mattress. In the smaller room was another bunk, and nothing more.

Out of the first bunk staggered a Mexican.

"Well, yuh got here, Pedro," said Curran. "Did yuh warn Ferris to be here an hour after sundown?"

"Si, senor, I tell him, but he say he does not known the way, and I must go back for him."

"He was lyin'," snarled Curran. "Ferris knows a lot more than he purtends to know, and he don't know a whole lot of thinks he thinks he knows. However, if that's his message, yuh'd best ride and bring him back. Yuh start back at seven pronto. Understand?"

"I understand," grinned the Mexican.

* * *

Swiftly Curran seized Lois in his arms and pulled her to the floor. He stood with his hands upon her shoulders, holding her fast.

"Are yuh goin' to marry me?" he demanded.

Lois struck at him, and he laughed. She screamed—and suddenly, as if in answer to her cry, both of them heard the hoofbeats of a horse pounding along the rocky trail toward the cabin.

Curran released Lois with an oath, clapped his hand to his holster and crouched, listening. The sun was already behind the mountain and, though it had not yet set, the whole wild terrain outside was plunged into a shadowy twilight. For an instant the girl was on the point of throwing herself upon Curran, to wrest the six-gun from him, to save Dave's life.

(Continued next week)

For an instant the girl looked at the foreman, frozen with terror.

Carrots Dress For Dinner

There'll come a time during the year when you may find yourself entertaining at a pretty special dinner party. Then serve carrots as the piece de resistance. No, not just boiled—but in an extra delicious pudding made with shredded, nutlike bran.

Top with Golden Sauce, a mixture or orange and lemon juice, sugar, flour, butter and more grated carrot. Then super top with Maraschino cherries. You'll never know your lowly carrots. They can dress for dinner, too!

CARROT PUDDING

- ½ cup shortening
- 1 cup sugar
- 2 eggs, separated
- 1½ cups grated raw carrot
- ½ cup All-Bran
- 1¼ cups flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ cup milk
- 1 teaspoon lemon extract

Blend shortening and sugar together until fluffy. Add unbeaten egg yolks one at a time, beating well after each addition. Stir in carrots and All-Bran. Sift flour, baking powder and salt together. Stir into first mixture alternately with milk. Add flavoring and fold in stiffly beaten egg whites. Turn into greased baking pan. Bake in moderate oven (350 F.) 55-60 minutes. Serve warm with desired sauce, and top with Maraschino cherries.

Yield: 9 servings.

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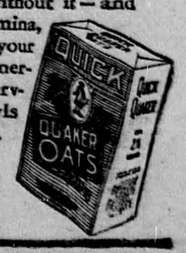

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