Mrs. James Martin of 2271

Main Street E., Hamilton, On-

tario, says-"Your Vegetable Com-

pound built me up wonderfully. I

have gained pep, my nerves are

better and I have a good appetite.

VEGETABLE COMPOUND

Will Make Five Products

charge of a caretaker all winter.

That

Body

Dours

By James W. Barton, M.D., Toronto

The Nerd for Protective Foods

food these days because it is generally

For instance it has been shown that

such as ham, steak and the like which

That is, the animals fed as above do

That is because there is a lack of min-

What has this to do with human be-

Dr. E. V. McCollum, Johns Hopkins University, says "We do not attempt to say offhand that the same kinds of diets which produce such marked physical defects during the growing period in little rats will have the same effects in children. What we do is to study the inmates of orphanages and

other institutions. We observe the un-

satisfactory physical condition of these people and discover that their diets

combination of foods which would

cause defects and lack of nutrition in little animals. For instance, the chil-

dren of a certain orphanage were fed

on a soup made of meat, barley, po-

tatoes, carrots, celery, cabbage, peas

and beans. These children were suffer-

ing from bone defects (rickets) and

were pale, with flabby muscles, poor

posture, and the typical expression seen in malnourished children generally. A

quart of milk a day was added to the

diet of these children. Many of them

responded with rapid growth, together

with a marked improvement in their

Thus milk is called a "protective" fcod; also, butter, cream, cheese and other dairy products. The other protec-

tive food is the green leaves:-spinach, radish, turnip, beet, celery, clover and

Just a little of these protective foods daily will "complete" the "ordinary"

(Registered in accordance with the

Arkansas Gazette:-Another smack at

the peace movement: the Island of Jersey plans to raise its army, by con-

scription if necessary, to a strength

general physical condition.'

alfalfa.

of 300.

Copyright Act.)

age than is necessary.

also a lack of vitamins.

have much to do with health.

Practically everybody is interested in

I feel much stronger.

ing interest:-

# OMAN TWO SMILES

CHAPTER 36

BUT GORGERET'S peace of mind o'clock in the afternoon. She had was of short duration. Something fresh | wakened at midday, eaten a snack and to give evidence for another week . . . happened to demolish the hastily- fallen asleep again. erected cardhouse. Suddenly, Gorgeret | Raoul was beginning to get restive. burst into his chief's office without Not that he felt the least alarm, but Clara anxiously. warning or ceremony. He seemed to he never liked delay in the execution have gone quite mad. He was brandish- of his decisions; once his mind was ing a little green notebook, in which made up, action spelt security. He fully he tried vainly to point out certain realized that Big Paul's return to passages in his excitement.

yet it makes everything clear!"

His superior calmed him down, and culties. he regained some sort of self-control. Everything was ready for departure.

this notebook in Big Paul's suitcase, or on the car. tongs of no importance figures, ad- struck him.

. . . I handed them in yesterday to the Whatever must she think of me? Has is of special value. Here it is, the she know I am the famous or infamous bureau people have transcribed it be- Raoul? I must look into this at once! low-as a matter of fact, it's quite He took up the telephone and called easy to decipher, if you look carefully, the Trocadero palace. The chief seized the notebook and

read the following oc, Auteuil. N.B .- The garage opens was at the other end of the line. Not

Lupin. Must prove this." chief," cried Gorgeret. "That's the an- he concluded that he was talking to swer to the riddle! The clue to the the queen, and in his most honeyed mystery! With that clue in our pos- accents continued without waiting: session, the rest is easy. Nobody but "Is that you, Olga? How are you, my Communist Sickened of Arsene Lupin could engineer a thing on lovely one? I expect you're furious with this scale. Nobody else could fool the me, think I'm a complete skunk, but police all along the line like that. Raoul I'm not really, Olga, only I've had so is Arsene Lupin."

about it?"

Mustn't waste time where he's con- voice? . . . Now listen, I've got to leave cerned. The girl's free, and he probably Paris . . . Yes, I'm going on a trip up knows it by now. He'll make a getaway the Swedish coast. Bad luck, isn't it? . . . I'm off!"

"Take some men with you."

"I shall need 10 besides my own."

inate. "Off you go, Gorgeret!" out hurriedly. "Over the top-surprise ber of impolite names.

attack-that's the stuff!"

jumped into a waiting taxi.

It was a grand sertie. Bells, drums | Raoul was rather taken aback. and trumpets should have accompanied their progress through the streets of a cousin of mine-funny old cousin Paris..

Throughout headquarters, all was nice to. Come on, are you ready?" hustle; men cried to each other: "Raoul For a moment she was silent. is Arsene Lupin . . . Arsene Lupin is "Hurry up, Clara, please!" urged Raoul!"

Four had just struck.

drive at top speed from the police quickly ready. headquarters to the Avenue de Maroc.

health would increase the danger of "Here it is!" he spluttered. "But who his own position, and that the marwould ever have imagined--? And quis' evidence and Antonine's sworn statement could but add to his diffi-

Raoul had dismissed the staff, pre-"I told you there might be something ferring to be alone when danger

dresses . . . and then, here and there, "Good heavens! I can't leave Paris presently with the car." sentences half obliterated, like these without saying good-bye to Olga! identification bureau . . . One of them she read the papers, I wonder? Does

"Hello! Her Majesty's suite, please. Being in a hurry, Raoul made the "Raoul's address: 23 Avenue du Mar- fatal mistake of not inquiring first who outwards. Convinced Raoul is Arsene recognizing either the secretary's or the masseuse's voice, and imagining that "There can be no doubt about it, the king of Borostyria had left Paris,

much business to attend to, and so-"Well, what are you going to do many worries, I haven't known which way to turn. . . . I can't hear you Olga! "I'm going there at once, chief. Why do you speak in that gruff, deep But why don't you answer me? Are you

still angry? Speak to poor Roaul!" Poor Raoul drew back startled! He "Take 20 if you want 'em!" cried the could distinctly hear a man's voice now, director, just as excited as his subord- the voice of the king of Borostyria, furicus, rolling his R's even worse than "Right, chief!" and Gorgeret went the queen did, and calling him a num-

Raoul could feel the sweat break out He grabbed hold of Flamant, and on his brow. The king of Borostyria! taking four policemen along with him, Turning round, he perceived Clara, wide awake, hanging on his words

Another car with six men, closely fol- "Who are you telephoning to?" she lowed by another and then another . . . asked anxiously. "Who's Olga?"

> "Olga?" he repeated vaguely. "Oh with pots of money that I have to be

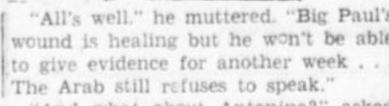
Ragul. "There's nothing more to do here. It's dangerous to delay."

to return to Canada. ada," the speaker averred.

in Russia during his 18-month stay grains such as wheat, oats, corn, barfilthy conditions among starving famil- ley and rye; legumes such as peas, ies; misery in all walks, and the posi- beans, soy beans; tubers such as the tive failure of the Soviet plan. In its potato, and fleshy roots such as the place had grown up a bourgoise system sweet potatoe, radish, turnip, beet, carcontrolled by the leaders of the move- rot and parsnip. Even when lean meats

"J. F. F. Lemieux in the course of his come from muscles are added to this remarks declared that he had no in- diet it is still not suitable for animals. tention of praising the present economic system in Canada and stated that not grow and develop as they should; there was some reason for complaint. there is irritability, nervousness, and However, Canada, he averred, was built a tendency to grow old at an earlier by capitalists and by Christians, and for that reason it would reject Communism because there was nothing erals, principally calcium (lime) and

## even allowing for traffic jams . . . Blonde Clara was still asleep on her them hastily. UTIND CLAS Cosy public rooms and cabins POFURDPE . excellent food and plenty of it . . good sun decks . . happy days of sport and fun fine steady ships. Apply to your toca Sailing Fridays from Montreal to PLY-MOUTH, HAVRE, LONDON, and to BELFAST, LIVERPOOL, GLASGOW. Third Class Ocean Rate 582.00 one way. 217 Bay Street (Elgin 3471) TORONTO



"And what about Antonine?" asked "She's free!" announced Raoul coldly.

"Do they say so?" "Yes, the marquis' evidence was conclusive. She was set free at once." He spoke so convincingly that Clara's

Courville bade them farewell. "Nothing compromising left behind?" Raoul asked him, "Nothing must be there for the police to find.

doubts were dispelled.

"Absolutely nothing, monsieur." "Well, then, just take a last look in store . . . Just look at this. I found threatened. The luggage was strapped round, and be off, old chap. Don't forget, you've all got to meet every day rather, Valthex's suitcase . . . just jot- At 10 past four, a sudden thought at our headquarters in the Ile Saint Louis. But I'll be seeing you again

(TO BE CONTINUED)

HOPED THAT THIS IS NOT THE "AMBITION" OF MANY BOYS

Bracebridge Gazette:-"Relief gains in popularity as a recent event in Bracebrodge shows. One of our junior teachers in the public school asked her pupils what they would like to be when they grow up. Many answers were received. One boy lolled on his desk and said nothing. His teacher put the question directly to him. He then slowly drawled out: 'I want to go on relief.'

# Soviet in Eighteen Months

Advance last week to the meeting at within a few days, when he will prob-Sudbury as a "Counter-irritant" to the ably give a promised statement to the red propaganda on May Day. The press. But we understand he was will-Sudbury Star makes the following re- ing for it to be known that his company ference to the meeting:-

Communist movement in Canada as greater than had been surmised locally. "perhaps the better course for those "It is also said that as soon as the in the North for a day of this kind. mined opposition to the spread of diversified clay beds at Long Rapids; so minion Fire Chiefs' Association. That Ann's hall Wednesday night.

A. Gascon and the following speakers of great magnitude." were heard during the evening: J. Morrissette, J. F. F. Lemieux, Nicholas Stuss, A. Kaukanon and I. Peryma.

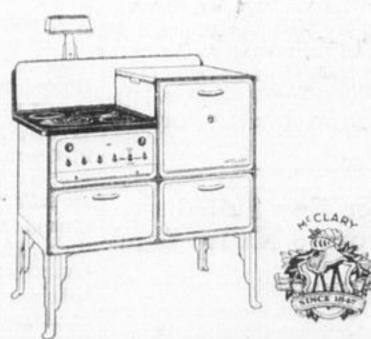
"Although no action was taken by the meeting with a view to endorsing resolutions protesting against the spread of Communism in Canada, the feeling of the assembly was keen on the matter

"One of the most interesting speakers of the evening was I. Peryma, 163 It takes only a quarter of an hour to Clara pulled herself together and was Shaughnessy St., who as an enthusiastic follower of Communism in 1930 Courville, who had the garden keys, left his job in the Coniston smelter and came in at that moment with the after- took his family to Russia to live. He noon papers. Raoul glanced through spent most of his 18 months in Russia as a resident of Moscow, but found conditions so discouraging that he decided recognized that the kinds and quantity

> "If the red Russians who spread red Most of us likely eat more than we Communist propaganda in Canada to- need but the idea that a "variety" of day had a chance to go to Russia they foods is all that is necessary to health would pray to the Canadian govern- is a mistake. ment to let them come back to Can-

the following diet despite its variety "Mr. Peryma declared that he found is not satisfactory for animals:-cereal





WITH all the things my new McClary Electric Range can do, I simply stay out of the kitchen most of the day!

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### History of Northern WEAK WOMEN Fire Departments ARE you tired, nervous, run-



down? No pep? A. Borland, Sr., the First ambition? Take Lydia E. President of Temiska-Pinkham's Vegming Firemen's Associapound. It quiets quivering nerves -improves the appetite-makes life seem worth living again.

At the 1934 convention held at Rouyn, Quebec, it was the unanimous decision to hold this year's tournament at the New Liskeard Beach when the New Liskeard firemen will be hosts to the visiting brigades. The following is a short synopsis of

the New Liskeard Fire Department which was organized in 1905 and has taken a very active part in fire fighting since that date.

In 1913 the department joined the 'Northern Volunteer Firemens' Association," competing against nine teams at Orillia where they won secfrom Clay at Kapuskasing ond prize in the waggon race. In 1914 they competed at Lindsay and at Mid-In several recent issues of The Adland in 1915, winning the banners on vance there has been mention of the both occasions. It was at this time the probable early commencement of the Northern Volunteer Firemen's Associamanufacture of products from the clays tioin notified the New Liskeard Fire in the Smoky Falls district. In this Department that they would never be connection the following from The able to hold either a tournament of a Northern Tribune, of Kapuskasing, last convention in New Liskeard, it being week, should prove of more than passconsidered too great a distance for the competing teams to travel.

"Mr. A. E. Hilder, managing direc-In the fall of 1915 a meeting of the tor of General Refractory Clay Froducts Limited, came in to Kapuskas- fire brigades along the T. & N. O. ing on Friday night's train and left at Railway was held at the Windsor hotel in New Liskeard, where they were the once by special sedan for the properties of the company at Long Rapids, guests of the New Liskeard brigade, beyond Smoky Falls on the Spruce and plans were made for the forma-Falls Co.'s railway line. It was Mr. tion of the "Temiskaming Firemen's Hilder's first trip here since last fall. Association." The organization meet-His camp at "Rock End" has been in ing was held at Englehart, October 25th, 1916, when Chief Alex Borland of "Mr. Hilder was not seen by The Cobalt, now of Timmins, was elected Tribune on this hurried occasion. He first president. During the nineteen Brief reference was made in The will be down to Kapuskasing again years' existence of the above organization, New Liskeard has held the tournament and convention on seven different occasions. The association has a standing invitation to hold both the has enlarged its plans considerably, tournament and convention in New "Scorning any policy of ignoring the so that its 1935 activities will be even Liskeard at any time, where they feel that they have one of the best places

who have to rely on everyone's support company has its factory completed New Liskeard has the largest, best in business and in politics," Alderman here, five products will be turned out, equipped strictly volunteer fire de-J. F. F. Lemieux urged upon 400 anti- instead of just one or two. There are partment in the Dominion, also the Communists of Finnish, Ukrainian and dozens, even hundreds, of commercial only strictly volunteer fire chief who French-Canadian extraction a deter- products which could be based on the ever held the presidency of the Do-"red" propaganda at a meeting in St. it is quite within the possibilities that honour goes to Chief Fred Thompson, our new industry may gradually be ex- who has also been the secretary-treas-"The meeting was presided over by panded until it becomes an enterprise urer of the Temiskaming Firemen's Association since 1917.

The above paragraphs will give some idea of the activities of the New Lisactivities of the department. By buying wonders what has happened and ex- ing the stream whilst there was much a ticket for fifty cents, you are ad- pects that himself and car will be pick- spade work to be done."

they are rigorously testing. All Science's safeguards are at their command. So you can be certain that when you give your children Canada Dry ... it's not only better to taste but better for them.

Not many mothers realize the vigi-

lant care taken to make Canada

Dry Ginger Ale so pure and whole-

some. Take our graduate chemists,

for example. Every hour, every day,

Sentinels who never fail

FAMILY SIZE 25% (plus bottle deposit) Also available in the regular 12 oz. size

The Champagne of Ginger Ales

mitted to the dance, have a chance to ed up all over town in pieces. The help to help others.

week-end of July 1st at New Liskeard land Lake postmaster is described as on beautiful Lake Temiskaming. A planning a happy time giving his list of attractions and events will ap- friends a thrill with these spark plug pear later in this paper.

KIRKLAND LAKE JOKER WAS

keard department who are again spon- at Kirkland Lake, is reported as find- of his coat were badly damaged, and soring the July 1st celebration at the ing one of his own jokes "back-firing" the laugh was against him. New Liskeard Beach. A monster street on him in most outrageous way. While dance is being held on the night of in the States recently he secured a Mail and Empire:-The New States-July 1st, when the department will sell number of spark plug torpedoes. These man and Nation has discovered the for one dollar a choice of five cars to are designed to hook on the spark plug following gem in a provincial paper: the holder of the ticket drawn at the of a car. When the combustion comes "The Council was still putting its dance. The proceeds are for the Fire- on in the car there is a devastating house in order, and he was anxious that men's Relief Fund, one of the main boom and a lot of smoke. The driver they should not change horses cross-

ASK FOR Kelloggis

win an eleven hundred dollar car, and car, however, is uninjured. Some people in Timmins have had heaps of fun Make your plans early to spend the with this explosive device. The Kirktorpedoes. Recently, however, while he was in a barber shop and his coat was hanging up on the wall, the pesky BLASTED WITH OWN BOMBS things took a notion to explode of their own initiative. The result was sorrow Bert Elliott, the genial postmaster for Bert. His pocket and the lining

# + REASONTS

Kellogg's Corn Flakes always reach your table crisp and ovenfresh. They never grow stale on the grocer's shelf. And their oven-freshness is protected by a patented Kellogg feature—the heat-sealed WAXTITE inner bag.

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