

Marked Down for Killing

A Tiger Standish Adventure

by Sydney Horler

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CHAPTER XVII
SHEEP IN WOLF'S CLOTHING
"Blimey, gov'nor, we've joined the Buffaloes!"

Even with the prospect of his world crashing down upon him in ruins at any moment, Benny Bannister could not restrain his normal humour.

"Yes, and you look fine as Chief What-Not," returned Standish, falling into his mood, "but now there's work to be done, my lad. No more nonsense!"

"What's the big idea?" returned Benny, his voice sounding ludicrous behind the mask which he had fixed with some difficulty. "I haven't bothered you with any questions up to now, but I must say—"

"I know, Benny, you imagined I'd gone crackers just now, didn't you, when I said that we had to go back to the cellar. You probably think I'm still more crackers when I say that now we've got to go upstairs again—for, don't you see, we're sitting pretty now; we're holding some of the aces! I fired those two revolver shots just now to let anybody who might be listening for them think that you and I have been happily despatched. Instead of which—"

and he pointed to the two figures at their feet. "I'm rather sorry we had to croak those fellows—but there was no other way," he mused, as though speaking to himself, and then, in a much brisker tone, he continued: "Well, we shall have to step on it, Benny."

Upstairs, in the big Council Chamber, Greisner was openly gloating over the success of his victory.

"That'll show Carlimero where he stands," he said, and the remark was greeted with sycophantic applause from his listeners.

"What about the old man?" inquired one of the latter.

"He'll be all right—I knocked him cold!" was the brutal reply. "And if he dares to show any further temper, he'll be finished off for good!"

The door opened. Two figures wearing the customary cloaks and masks entered.

"It has been done, Leader," declared the taller of the two; "it was easy; they weren't expecting us!" And the speaker laughed.

"Well done, Platz," returned Greisner. "And what about you, Seltzman?" now turning to the second figure.

A nudge in the ribs told Benny to be quiet and leave the talking alone.

"Seltzman played his part well," replied Tiger Standish, still speaking in the guttural tones of the supposed Platz. "He is a good servant of the Fatherland, and a faithful disciple of our beloved Chieftain!" With that, hoping that he might be forgiven, Standish flung up his right hand in the Ronstadtian national salute.

"You didn't see that Caronian, Carlimero, anywhere about?" was Greisner's next question.

"No, mein Herr."

"I just wondered if he had any suspicions of what was going to happen, that's all. Those Caronians are like foxes; but there's one thing," the speaker continued whilst again his sycophantic audience rocked with laughter, "like foxes, you can always tell them by their smell!"

"Well, now that the work is over, we can dispense with this cursed mummery," went on Greisner; "off with your cloaks and masks, men!"

Benny heard the words with distinct disgust—not to mention a distinct stomachic rumbling. Here was a dilemma, and whilst his faith was as strong as ever, he wondered how Tiger would get out of this fresh contretemps.

He was quickly answered.

"Yes, Leader. I shall be glad to get the muck off my face," the man who was posing as the First Murderer declared—and then, with a movement that was as swift as it was unexpected, he brought out from beneath the cloak his revolver.

GREISNER LOSES HALF AN EAR
"I'll trouble everybody here to put up their hands," Standish said in a voice of steel; "and the quicker you do it the more time you'll have on this earth! Step on it all of you!"

A second voice, different in enunciation, but equally determined in tone, supported the resolution.

"Yes, put 'em up you lot of dirty

tykes—the gov'nor means what he says, Standish!

As clearly as though he had uttered the name, the now unmasked face of the Chief of the Ronstadtian Secret Service in England mirrored its owners' astonishment.

"Sorry to disappoint you, my dear Greisner," said Tiger; "but I had rather a rooted objection to being bumped off, and so I knocked off your couple of toughs. And now, I mean it when I say that the slightest move from any of you here will mean an instant fade-out. Go and collect their guns, Benny—they're sure to have some on them."

"Okay, gov'nor!" was the cheery response.

It was a sullen but cowed group of men who were dispossessed of their weapons.

"What shall I do with all this ironmongery, gov'nor?" inquired Bannister, his left arm full of revolvers.

"Dump it down in that corner and stand guard over it!" was the reply.

"Wait a minute, give me another one first and take a couple yourself!"

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"Okay, gov'nor!"

Bannister displayed no more emotion than as though he had just received an instruction to drive his master to his club.

"And now, I think, I must ask you, my dear Herr Greisner, to switch off your patent burglar-alarm."

The Ronstadtian glared.

"Are you trying to be funny?" he retorted.

"There's nothing very funny about sudden death, my friend—and you're asking for it every additional second that I allow you to live; you heard what I said; this place, I have already discovered is guarded by a pretty ingenious system of electric rays. In fact, the front door is impassable through that account. Now then, step on it—either turn off the current yourself or get that old fool, Lablonde, to do it. I give you exactly two minutes—two minutes, you understand, and not a second longer!"

Greisner growled.

"I know nothing whatever about the current; that is Lablonde's secret," he said.

"Then where is he?"

"In that other room," pointing to the right.

"Send a man to fetch him!" was the next command.

Greisner made a sign to one of the men standing round.

"And before you go, listen to me," said Standish; "any funny tricks, and this revered Chief of yours will be filled so full of lead that he'll rattle when he's buried. Understand?"

The scowling man, looking utterly discomfited, nodded.

"Then jump to it—tell Lablonde I want to see him."

When the man had gone, Standish addressed another question to Greisner.

"By the way, I don't see your friend Carlimero here; where is he?"

"He went some time ago," was the answer.

"Had another appointment, perhaps?"

"What should I know about his affairs?"

"Oh, but my dear Greisner, aren't you and he as thick as thieves? Don't you both work for the Pact?"

"One day I'll tear you limb from limb for that insult!" shouted the Ronstadtian. Tiger motioned with his gun.

"Now, now, keep a hold on that dirty tongue of yours, or I'll split it in two. I rather wanted to see Carlimero; he tried to kill my wife by means of a poisonous snake."

He was surprised to hear Greisner laugh.

"You laugh at that?" Standish returned, his voice ominously calm. "But then, you Ronstadtians have a very perverted sense of humour, haven't you?"

"This was too much for the other."

"It was I, not Carlimero, who sent that snake—and I'm only sorry it didn't do its work!"

Standish fired. Not to kill the man, although his soul was aching to do murder at that moment; but just to give vent in some measure to his feelings. The bullet tore through the Ronstadtian's left ear, ripping half it away.

STOCK FOR THE CELLAR
"The next time it will be your left



That Body of Hours

By James W. Barton, M.D.

Why Proteins—meat, Eggs, Fish—are Needed in a Reducing Diet

A few years ago when the knowledge of the dangers of overweight caused many men to reduce their food intake and the spoiling of the figure by overweight caused many women to reduce their food intake, it was the total amount of food that was reduced. A little later starch foods in particular were greatly reduced and finally fat foods also.

There has been no cutting down of animal proteins—meat, eggs, fish—in reducing diets. Why?

The body can give up its excess fat and give up its starch (sugar) stored in liver, skin, and other places because fats and starches are most used as fuel—to form heat—by the body. Proteins, on the other hand, form the greatest part of the structure of the body, and cannot be omitted from the diet for more than a few days at a time without damage to the body. This is particularly true where an individual is only slightly overweight. He or she could continue to eat proteins in the usual amount because there are not large deposits of fat and starch in the body and some of the protein is likely to be used to provide heat or energy.

On the other hand, where there is a large amount of excess fat, the fat is readily available to be burned and used to supply heat, and so protein tissue for supplying heat is not needed.

However, many physicians who conduct weight clinics prefer to use not only the regular supply of proteins but actually increase the proteins in reducing weight.

I have spoken before of the high specific dynamic power of protein as compared with starch and fat. Thus while starch has a power of burning or energy of 6 per cent, and fat has 14 per cent, protein has a specific dynamic energy of 40 per cent. This means that proteins increase the body heat just that much more than starch and fat, and so burn up that much more excess fat.

Another point that makes proteins so helpful to those reducing their weight is the "satisfied" feeling that accompanies or follows the eating of meat, eggs, and fish. The individual feels satisfied early in the meal and so has less desire to eat desert or other courses of the meal. There is something about a steak, chop, or thick slice of meat that makes one feel that he really has had "something."

Still another advantage of eating proteins is that as "active" tissues they do not help h old water in the tissues as is the case with fat tissue. Fat tissue holds water almost like a sponge; every pound of fat holds 3½ pounds of water.

Finally, protein foods allow the starch foods—which store fat—to be "reducing" in the diet without causing the individual to feel so weak. It is this feeling of weakness while on a reducing diet, that causes many a patient to go off the reducing diet entirely because he fears he will collapse. Eating plenty of protein keeps up his physical strength and keeps him more buoyant and therefore willing and able to continue on the diet.

As a matter of fact although we speak of proteins as a special type of food used for building and repairing worn tissue, it really contains considerable starch. It is estimated that a rich or high protein diet given over a long period actually contains or supplies 50 per cent of its calories in the form of sugar that can be used by the body to create heat and energy.

The thought then about a reducing diet is that plenty of protein food should be eaten for above reasons, that "some" starch food should be eaten daily to supply energy, and also to help burn up fat tissue because fat tissue and fats in the food need something to make them burn more completely. Starch foods supply this "kindling" to help burn up fat.

There is little or no need for fat foods as long as there is excess fat in and on the body.

Chronic Rheumatism
Send today for Dr. Barton's interesting booklet entitled "Chronic Rheumatism and Arthritis" (No. 109), with suggested exercise, diet, and other helpful notes. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning the name of this newspaper and enclosing Ten Cents to cover cost of handling and mailing.

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plied the imperturbable Dan. "Sure, ye never saw a good soldier showin' a clane pair o' heels!"—Sarnia Observer.

Merited Tribute Paid to the Late Geo. W. Ecclestone

"His Name Shall Ever Live in Honoured Memory With All Classes of Citizens."

Last week The Huntsville Forester in its editorial column paid the following merited tribute to the worth of the late Geo. W. Ecclestone as a man and a citizen:—

A Friend of Muskoka Passes
The death of Geo. W. Ecclestone, former Legislative Member for this district, deprives Muskoka of one of its most valued friends. It was not only as a public representative that Mr. Ecclestone served the interests of Muskoka, but for many years before politics lured him, he took an active interest in the several promising phases of development which gave Muskoka a strong ray of hope for that future which would see the timber resources depleted, and the population forced to lean upon other needs. He foresaw the possibility of an active substitute for the deminishing industrial life of the district. From its earliest stages, Mr. Ecclestone was associated with the development of the tourist trade, and he never lost his interest when wider opportunities for service opened to him.

No one could have given the district more impartial and devoted service than he did during his long term as Legislative representative. He was little influenced by the claims of petty politics. He served the whole people without being the least influenced by petty political intrigue. Strong in his political convictions, he avoided the course which would lead him to play upon these when broad public interests were involved. He was a man of the people, patient, kindly, willing, impartial and fair. He had intimate contact with the leaders of his party at Toronto, preferment in cabinet rank, had he sought it, but he was content to serve in the ranks, and he served well.

His business ability was outstanding. Through his own efforts, very largely, he built up the large mercantile interests with which his name has been associated. He was quick to sense prospective trends in markets, and in local opportunities, and his business acumen led him into the paths of prosperity.

He has gone, Muskoka mourns his passing. His name shall ever live in honoured memory with all classes of our citizens. Muskoka is the better because of his unselfish service, and friends innumerable are saddened because from their lives has gone the friendly, personal contact which endeared George W. Ecclestone to their hearts.

"So Long as Great Britain Continues Unconquered"

A recent issue of The Christian Science Monitor carried an editorial that has many suggestive lessons. Canadian and other British newspapers have hailed the editorial as another indication of the growing friendship between this country and the South. It is that, of course, but it is well to remember that The Christian Science Monitor has always been friendly to Canada and to Britain because it is friendly to the ideals on which the Empire is based and unfriendly to intolerance, slavery and evil. The editorial has a special value in that it gives to a wide audience a concise review of what the war means to the world. In part the editorial says:—

"So long as Great Britain remains unconquered, hope remains for a real peace which will release Europe—including the German people—from the prison of totalitarian terror."

"While Britain stands, France, Belgium, the Netherlands, Norway, Denmark, Poland, Czechoslovakia are only temporary slaves."

"While Britain stands there is hope for a genuine 'new order' under which some sort of self-governing federation will preserve the liberties of small nations."

"While Britain stands, there is a chance to stop the trend toward utter lawlessness and anarchy which today spreads the threat of robbery by violence round the world."

"While Britain stands, there is hope that the ideals of Christianity, liberty, justice, enlightenment and tolerance will have free opportunity to develop."

"While Britain stands, paganism, despotism, injustice, imposed ignorance and calculated intolerance will not have official sanction by the dominant power of Europe."

"While Britain stands, Japan, Russia and Italy recognize some restraints."

"While Britain stands, the Monroe doctrine can hardly be seriously menaced."

"While Britain stands, the totalitarian trade cannot coerce the markets of the globe."

"While Britain stands, the United

KEEP COOL THE "SALADA" WAY
Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chipped ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

States is not a democratic island in a world dominated by dictatorships.

"While Britain stands, the oceans are barriers to, rather than highways for, aggressors."

"While Britain stands, 'fifth columnists' in America remain merely slinking plotters, lacking great military or economic support."

"While Britain stands, America can spend some time on building a two-ocean navy."

"While Britain stands, there is time to debate preparedness in the United States."

"While Britain stands, those who fail to read the lessons of history can say she is fighting only her own battle."

"While Britain stands, America can stay out of war."

Urges U.S. Shareholders to Holiday in Dominion

The standard of its Canadian nationality and incidentally, a fine example for all Canadian companies with American shareholders, was raised by the International Nickel Company of Canada this week, when the president, Robert C. Stanley, addressed a letter to United States shareholders urging co-operation which Canada is now engaged.

Mr. Stanley addressed the United States shareholders as "investors in a Canadian industry," reminding them

that the dividend cheque which they will receive in September was derived from Canadian materials in the production of which many Canadians are involved.

"Canada is now engaged in a great struggle which calls for the co-operation of all of us in carrying the burden of the effort," he writes.

"Canada," he continues, "is currently buying more United States products than any other country and the volume of these purchases will increase as the war progresses. To pay for these purchases United States dollars are needed—the currency in which your company will pay this dividend."

"If you should take a holiday in Canada, the United States dollars which you would spend would be of definite aid to Canada and its war programme."

"Canada offers a wide choice of holiday attractions at all seasons of the year. No restrictions are placed upon visitors from the United States, passports are not required and the Canadian government has fixed a premium of ten per cent on United States funds."

"Information on travel, resorts, and sports will be supplied on application to the 'Ministry of Transport,' Ottawa, Canada."

Roughly 40,000 shareholders, common and preferred, living in United States, will receive copies of Mr. Stanley's letter, it is estimated.

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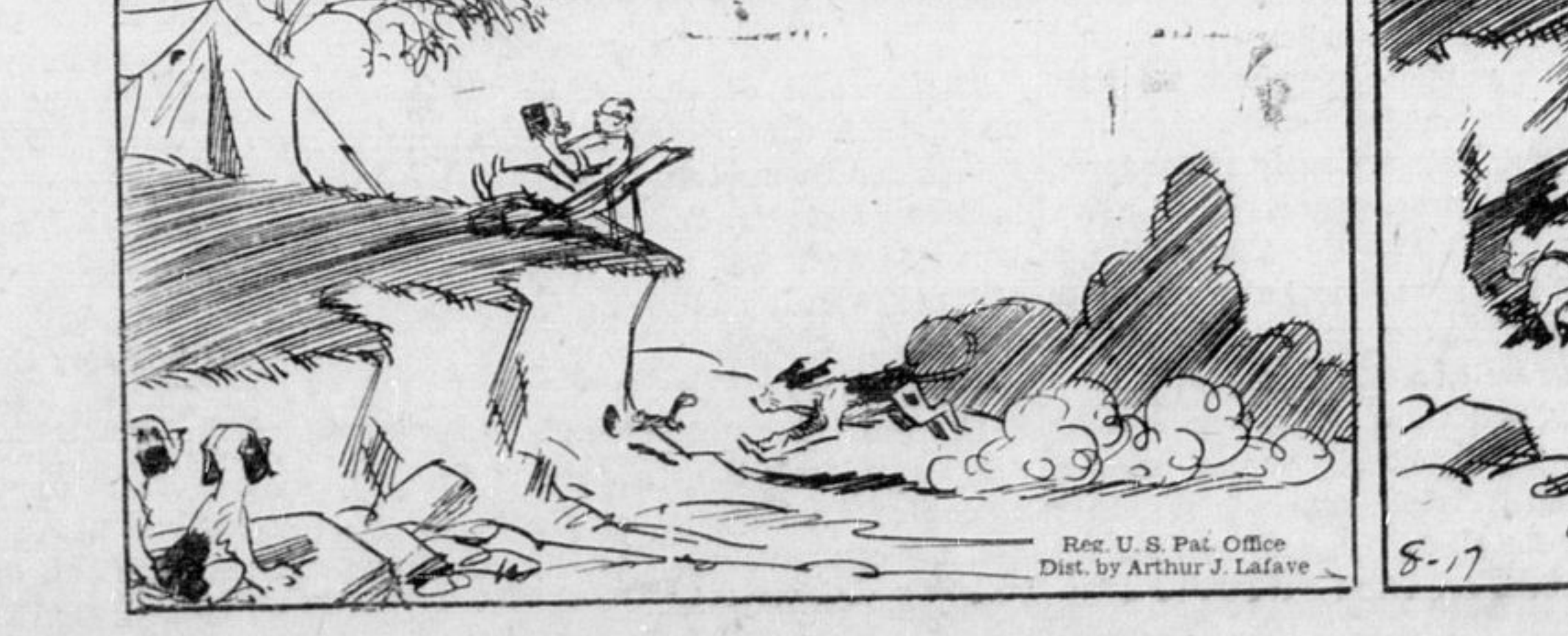
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THE MIRACLE
New Army Sergeant major: "I say, you chaps will you be so good as to form three just once more? The last time you did it, it was a bit ragged, and I feel an awful cad for troubling you like this. My humble apologies."—London Punch.

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