# Milk Essential to the Diet, Says Culinary Expert Boy on August 2nd

Describes Milk as the Most Nearly Perfect Food. At Least Germain Chartrand Died One Dish Made from Milk Should be Used at Every Meal in Opinion of Miss Edith M. Barber

No food is absolutely perfect-that is to say there is none which supplies us with every single thing that we need for physical fitness. However, there is one, which scores higher on all counts than any other. Of course, it is milk. Because it is a liquid it is hard for some people to believe it is so high in food value.

Infants depend upon milk for musclebuilding material and at the same time it supplies minerals of which the most important are calcium and phosphorous, without which strong bones can-



By Edith M. Barber

vitamins which every one knows today are so necessary. Every child should be allowed one quart of milk each day until growth has been completed. After this period a cup to a pint is essential.

It is difficult for us to get enough calcium when milk is ommitted from the diet and adults are likely to skimp on vitamins if milk is forgotten. Most adults who acquire the milk habit in childhood just go on drinking it, although the quota can be supplied through the use of milk in cooking. Perhaps you have noticed that a milk dish is included either for lunch or dinner on the menu plan which appears weekly. This is a matter of forethought and not mere accident. Is your family getting its milk quota?

Corn and Potato Chowder 1/4 pound salt pork, diced.

## SPECIAL BARGAIN Excursions TO ALL STATIONS IN

GOING DATES **DAILY SEPTEMBER 12 TO 26, 1941** RETURN LIMIT: 45 days

TICKETS GOOD TO TRAVEL IN COACHES

of slightly higher passage fares, plus price of parlor or sleeping car accommodation. ROUTES-Tickets good going via Port Ste. Marie, returning via same route and line only. Generous optional

routings.

STOPOVERS-will be allowed at any point in Canada on the going or return trip, or both, within final limit of ticket, on application to Conductor; also at Chicago, Ill., Sault Ste. Marie, Mich., and west, in accordance with tariffs of United States lines.

Full particulars from any agent,

## Canadian Pacific

2 medium-sized onions, sliced.

1 cup boiling water. 1 cup diced potatoes. 1 cup canned whole kernel or fresh

corn 3 cups milk

2 tablespoons minced parsley.

three minutes. Add water and potatoes, cover, and cook ten minutes. Add meningitis due to a fractured skull. The corn and milk, and cook until potatoes jury was out for about half an hour not be constructed. Then there are and corn are tender, about ten min- deliberating before reaching a verdict. utes. Season to taste with salt and pepper. Add parsley and serve. Yield: was that Germain Chartrand came to six servings.

or chopped tomatoes with the potatoes.

Baked Eggs Mornay 6 eggs

11/2 cups cheese sauce 1 cup soft bread crumbs

1 tablespoon melted butter

or ramekins.

til eggs are firm. Yield: six servings.

(Released by the Bell Syndicate, Inc.)

### **Black Bear Stares** Down Man on the Highway

Motorist Fails in Staring Contest With Bruin.

A twilight staring contest on Sun day evening between a Toronto man and a big black bear perched on the side of the Field-Temagami road, five miles east of Field, resulted in the bear emerging victorious after four minutes of combat staring, says The Sudbury

A visitor in Sudbury today, George Anderson, of Toronto, who has been holidaying at Temagami, related how he lost out to the indifferent bear.

"It was just after the sun went down that I was driving along the road and noticed ahead of me a big brute of a bear," he stated.

"I slowed down the car, wondering just what it would do-run away or come closer. Drawing up on the road and coming to a stop about 25 yards from where the bear sat perched up on the roadside, I shut off the engine and waited to see what it would do," said Anderson.

"But it only sat on its hind legs and ooked at me," he continued. "And I kept looking at it. I thought if I stayed there long enough I could browbeat it into taking to the woods. So I stared and the bear stared. And we both kept staring for four long minutes. Finally, when I saw the bear didn't seem to have any intentions of sleeping cars also available on giving in and beating it, I started up my motor and drove on.

"The bear assumed a sort of indif Arthur, Ont., Chicago, Ill., or Sault | ferent attitude and sat right in the same spot, even after I had gone away and was just about to disappear from sight around a bend on the road.

> "I guess the big fellow must have had something nearby he wanted to continue eating, although I couldn't see it around."

Toronto Star:-Large areas of China are still untouched by either Japanese troops or bombs, and even in the socalled occupied zones their hold precariously limited to the coast, the rivers and other channels of travel and transportation.



TIMMINS DAIRY MILK has the ingredients that help build healthier boys and girls. Have it delivered regularly to your home.



State of the state

# **Inquest Into Death** of Six-Year-Old

from Fractured Skull Resulting from Fall.

On Friday morning a five-man jury and Coroner Dr. H. L. Minthorn, held an inquest into the death of six-yearold Germain Chartrand, who died in St. Mary's Hospital in Timmins on August 2nd. The young fellow had been injured in an accident at Sandy Falls on July 13th and was later brought to Timmins where he was left Cook salt pork in large saucepan until at the home of a friend and later tak- PEGGY GARLAND - Capable, goodcrisp on all sides. Add onion and cook en to the hospital when it was discovered that he was suffering from The verdict brought back by the jury

his death on August 2nd, 1941, from Note: If desired, add 1/2 cup canned meningitis due to a fractured skull caused by accidentally falling from a truck on July 13th, 1941.

Sylvio Chartrand, a brother of Germain's said that he had been driving the truck when the accident took place. He and a number of friends were driv-Butter six individual baking dishes ing to transmission line to play baseball on Sunday afternoon when Ger-Break eggs and slip carefully into main became frightened when the truck each dish. Cover eggs with sauce and was going down a hill and jumped off then sprinkle top of each dish with the truck. As soon as his brother bread crumbs which have been mixed jumped off, he stopped the truck and with butter. Bake in moderate oven picked his brother up. The young felhim to the home of a neighbour and then went home to tell his father about the accident. The father went to the neighbour's home and removed the boy to his own home

> Wilfred Rondeau, a friend on the truck, gave much the same evidence as Chartrand and said that he was on the back of the truck with Germain when Germain jumped off. The truck stopped a little more than three feet past the boy and when the boy jumped off the truck was not travelling more than five miles an hour, he said.

> Mr. Alcide Chartrand then took the stand and said that he had gone to the neighbour's house to get the injured boy and that when he arrived at the house the boy was still unconscious. By the time he arrived home. the boy was conscious and didn't seem to be suffering from any injury. The boy was still in good health the next day but his back was weak. It was then that the father took the young lad into Timmins and left him at the home of his cousin, Mr. Octave Major. He instructed his cousin to take the boy to see a Mr. Martin, who was said to have quite a reputation as a bone setter. Mr. Chartrand said he then returned home and came back to Timmins in a few days and the boy seemed to be in good health when he arrived in Timmins the second time.

Mr. Major took the stand and said that Mr. Chartrand had asked him to take the boy to see Mr. Martin and he had done so. Mr. Martin had undressed the boy and examined his back and claimed that there was nothing wrong with the bones in the boy's back or neck but that the boy had somehow twisted his neck. He told Mr. Major that he was unable to tell if head but that if he wanted to find out, he would have to see someone else.

Mr. Major said that on the night | thing I want?" of the 23rd, the boy had been playing marbles and came into the house and returned the sergeant, drily. "My duty complained about a headache. Mr. is to arrest you. Major then said that he called in Dr. Boutin, who examined the boy and had him removed to the hospital. Mr. Major said that at no time had the boy shown any signs of ill health, out- crime." side of a weak back.

Dr. C. M. Boutin said that he had amined the boy at the house and then removed him to the hospital when he | Miss Fletcher?" found signs of meningitis. At the hospital, an x-ray of the boy's spine and skull was taken and it showed a fracture at the base of the skull. A second spinal ex-ray taken later showed meningitis. The doctor said that if the boy had been given proper treatment

have had a 40-60 chance to live. Mr. Martin was called to the stand and he told of examining the boy's back wrong with it. The boy's neck was to Mr. Major, that he see someone else about the boy's head, because he knew nothing about the head. Mr. Martin said that he had been told about the

fallen or jumped off the truck. Dr. R. P. Smith said that he performed a post mortem on the boy on Aug. 3rd and that he had found no markings on the skin. He located two fractures in the skull and said that the boy had died of meningitis due to a fractured skull. Dr. Smith thought that the boy would have had a 50-50 chance to live if he had taken proper treat-

ments from the start. The jury then went to the jury room and after deliberating for about half an hour they returned their verdict without any recommendations.

### **Gold Mining Industry** Continuing Unabated

Activity in the mining industry unabated, says Bank of Montreal in its current monthly summary. In July er," said the chairman curtly. the receipts of gold at the Mint ex- | Quite calmly and clearly Peggy exceeded all records for that month at plained the reason for her change of 453,284 fine ozs. as compared with | name and appearance, of her first meet-401,186 ozs, in July, 1940, and an aver- ing with Althea and the causes which age of 287,913 ozs. for the same month | had brought her back to Coombe Royal. in the pre-war years 1934-38. Total The Court listened in fascinated silgold receipts for the first seven months ence. As for John Arkwright, he thrillparallel period of 1940, of 2, 846,000 ozs, spoke,



PUBLISHED BY SPECIAL ARRANGEMENT

PEOPLE IN THE STORY: looking companion to MRS. TRELAWNEY - Rich, elderly

widow with a country house in Devonshire, which Peggy runs very efficiently. EDGAR TRELAWNEY - Weak-willed | Arkwright recognized me." son of the widow, who dissipates his

mother's money in London and only comes home for more. PHILIP CHESHAM - Edgar's un- to know it," Peggy said drily. scrupulous gambling partner.

DR. JOHN ARKWRIGHT-Recently settled in a practice which gives him Mrs. Trelawney as a patient. His bachelor prejudices include a dislike of professional companions. Mrs. Trelawney.

### CHAPTER XXXVII REMANDED IN CUSTODY

and have mixed the food with milk kitchen." Sergeant Caunter was unmoved

"There is no doubt about it, Miss Fletcher. Dr. Cray will tell you so himself."

"That is true," Cray said. some of the food and used what is called Reinesch's test. It is very simple but gives a precise estimate of the amount of arsenic in package, there are several grains." Peggy shook her

"I must believe you, Dr. Cray, but how the poison got into the food is beyond me. We ordered a dozen packages of it, and, as I say, I opened each one myself." The sergeant spoke again. "You admit, Miss Fletcher, that you prepared the food for Mrs. Trelawney?" "Certainly I admit it," said Peggy,

with spirit. "Under the circumstances," said the sergeant, "you will realize that it is necessary for me to search your room.' At last Caunter and the two doctors who had accompanied him, returned. Caunter had a small bag in his hand, which Peggy recognized as her own. "Is that where you found the arsenic?" she asked.

"No," Caunter replied, gravely, "but we found this." He opened the bag and produced a magnificent emerald necklace.

"But that's Althea's-Mrs. Trelawney's!" Peggy exclaimed. "How did it come into my bag?"

"That's for you to explain later," said the sergeant, grimly.

"You had better get the person who put it there to do the explaining," she retorted. "Surely, if I had come here there was anything wrong with boy's to rob my employer, I might have done it long ago. And why should I rob her when I have a good salary and every-

"That's not for me to say, Miss, "The accusation is absurd!" said

John Arkwright, sharply. "Anyone who knows Miss Fletcher must be aware that she is incapable of such a

"That's as may be," the sergeant answered. "I have no choice but to been called on July 23rd and had ex- take Miss Fletcher into custody. Will you please send for your hat and coat,

Towards noon, John drove Cray to Taverton Police Court. Edgar Trelawney was there already. There were four magistrates on the Bench, the Chairman being Sir Harry Tregarthen. Sergeant Caunter gave a brief but

"What about?"

So came out the story of the quarrel. worse than he had thought

to corroborate the evidence of the quarrel. she wished to say anything at this child's play. Switching on his tiny

stage. To the surprise of the Bench she torch, he looked round. It was the us- So it wasn't the wine." said she wished to make a statement on | ual kind of tool shed, with its litter, oath. Then came a sensation. When implements, pots, tins, and bottles. the clerk asked her name she replied without hesitation: "Margaret Gar- he opened was nearly full of a heavy, "But you are known as Ruth Fletch- | thrust the tin into his overcoat pocket,

"You mean you have lived here all Lily's remarks when Edgar returned these months without being recogniz- empty-handed.

"Not entirely, sir. Rose Weller, one of the maids, who was here in old Mrs. Trelawney's time, recognized me but, at my request, kept silence. Today Dr.

"But Mr. Edgar Trelawney must surely have recognized you." "If he did he has never allowed me

tity," put in Edgar sharply from his ney's powers of endurance. He strode she had already told Sergeant Caunter.

"I was utterly unaware of her iden-

She said clearly that she had not the! MRS. JARDINE-A new neighbour of faintest idea where the arsenic came it's the last thing you'll do." then Sir Harry told Peggy that the caught his throat. Edgar was lying flat he had done. He vowed to me that he "That is impossible," Peggy said | case would be adjourned. Although his on his back in the middle of the room. had made up his mind to confess, if

flatly. "I have opened each packet right to address the court was more Mrs. Jardine stood over him, a smoking Peggy was actually accused and that, myself as it came from the chemist, than doubtful. John Arkwright rose pistol in her hand. Her face was and asked for bail. On such charges, flendish in its fury. that was brought straight from the he had small hope of success. Sir Harry shook his head, and Peggy was remanded in custody.

#### CHAPTER XXXVIII THE THIRD TIN

in his morning paper.

"It's Lily Quinn," he exclaimed to his wife. "All right, Isobel. I'll go right! down and I'll have the truth out of that woman if I have to choke her. Run out to the call box and tell the garage I have to lay up. Say I've got 'flu."

money in the flat to pay Mason's fare French maid was in the room to Taverton, and Leonard caught the 10.30 from Paddington. From Exeter her well. "Here's a mess. Lil has it is a cross-country journey to Taver- | shot Mr. Trelawney and I had to do | ton, but he was able to hire a motor something to save myself." bicycle from a garage man of his acquaintance with which, via The Feathers Inn, he reached Arkwright's house her finish." at Nethercombe. Arkwright was out visiting a patient.

Mason left a note for him, then, on Snipe's Barrow, Mrs. Jardine's home. He had not an idea what he was going eating a late supper when Mason was to do, but sooner or later he felt it was from Lily Quinn, otherwise Jardine. that he would have to wring the truth, and therefore he might begin now to quite dark now, but Mason had plenty of experience of working in the dark.

A survey showed lights behind cur- Mason was a man tains in a room fronted by a verandah. The window was a sash one and, like amined him. most of its kind, did not fit too well. He levered it up. Only a fraction of an and shook his head. inch, yet putting his ear to the crack, he could hear plainly the voices of the At this Edgar opened his eyes. two speakers inside.

"She gave her own name, bold as brass," the man was saying. "Tregar- answered. then asked me if I had recognized her, and of course I told him I hadn't."

"He believed you?"

flash and, long before Edgar had reached his car, was bucketing back the way he had come. In less than four John Arkwright bit his lip. This was minutes he was close to the gate of Coombe Royal. He hid the bicycle in Emily Crane, a housemaid, was able the ditch, ran through the gate, which was wide open, and made for the tool

Luck was with him. The third tin white, gritty, crystalline powder. He and stood listening a moment, then he chuckled. That would be a good joke! There was no sound yet of Edgar's car so, snatching up a piece of brown paper he took out a pencil and wrote in big letters "Too Late." He stuck this up John shook his head. where the tin had stood.

became a most interested listener to gone and he can't live."

Leonard had known Lily Quinn for years, and had some notion by past experience, of what she was capable when she had lost her temper. Mrs. Jardine and her refinement disappeared things. utterly. The gangster's woman stood revealed. Even Mason never heard from a woman anything like the storm of imprecation she now let loose on the for the first time for many months, unwretched Edgar.

COPYRIGHT

Presently she went beyond Trelawswiftly across the room.

Peggy told the Bench exactly what, "Keep off! Keep away from me! The woman's voice rose to an hysterical scream. "Put your hands on me, and

from nor how it had found its way into Mason recognized the danger sign. He must act here. As he burst into the The magistrates consulted together, room the sharp tang of powder smoke

#### CHAPTER XXXIX TWO MEN TALK

Mason was well aware that the next bullet might smack into his own body. But he had pluck and knew what to do "Poison" in a police court charge will in a tight place. Before she had realways carry the story right through covered from her surprise at seeing him the Press, and Leonard Mason saw it he was on her and had wrested the pistol from her.

She was at him with all the fury of a mad creature, clawing and scratching. Mason had no choice but to use the pistol on her head with a force suffi- Combining Summer Study cient to stun her. She fell across

Thanks to Peggy, there was enough | There was a rush of feet, and her "So it's you, Celeste!" Mason knew

> "Ze fool," Celeste said viciously. "I 'ave told her zat ze temper would make

"Do what you can, Celeste, and ring! up the police. I'll fetch the doctor." Once more Leonard drove his mathe spur of the moment, pushed off for chine at top speed for Nethercombe. Arkwright had just got back and was

brought in. "I've some first-class news for you, doctor," said the dusty, dishevelled visitor. "Lil-that is Mrs. Jardineseek the interview. He left the motor has shot Edgar Trelawney. I think she's cycle some way from the house and killed him. I had to knock her out, found his way into the garden. It was then I came for you quick as I could."

Arkwright sprang up. When he had heard Mason's story, It might be futile, he thought, to the doctor was filled with queer sense make a straightforward call and ask to of wonder that the man who sat beside see the woman. A rebuff was likely, him was an ex-burglar and would He must revert to his old profession presently be his brother-in-law. Yet and try to get straight into her pres- the thought did not worry him in the least. According to his standards, their stay at Kamloops.

At Snipe's Barrow, they found that He was soon outside it. Taking from Celeste had lifted Mrs. Jardine on to a his breast pocket a small case, he open- | couch but that she was still unconscied it. It contained a combination tool ous. Edgar was on the floor with a pilsuch as a motor mechanic would carry, low under his head. Arkwright ex-

"Through the lung," he told Mason

"So Lil will hang," said Mason coolly

"Who's Lil?" he asked vaguely. "The woman who shot you,' Mason "Shot me." Edgar triedto rise and

"Infernally clever, the way that wowas something original," said Dr. Ark wright as he and Mason drove together

to Nethercombe. "She's cunning all right, and you can bet it was her idea planting the necklace on Peggy," Leonard answered. He paused then went on. "There's one thing still worrying me, doctor At last Peggy herself was asked if To force this door was for him Before he died Trelawney swore he had no idea how his mother was poisoned

> "That's true," John agreed gravely "And until that is solved Peggy is still under suspicion. Have you any idea on the subject, Mason?"

> "Only one. That steeping draught you ordered was doctored."

> "Who could have done it? Rose Weller brought it straight from Perkins' shop. She's devoted to Peggy.' "Then it was Perkins," said Leonard

"The last man to do it. He's a timid He felt that the next move must be little fellow. Now he's very ill. I was of the year amounted to 2,983,063 ozs. | ed with admiration, yet at the same | back to Lily Quinn's balcony to await | visiting him when you called this evea gain of 4.8% over the figure for the time was filled with fear. Sir Harry events and act accordingly. Thus he ning. Between ourselves his lungs are

"See him first thing in the morning and ask him straight out," Leonard

said urgently. "I'll do it." John promised and pulled up at his own gate. "I'll give you a bed for the night, Mason," he offer-

"Charles Perkins is worse, sir. They

could answer Mrs. Millikan was at the

ed. "You'll be more comfortable here than at The Feathers." Before Mason

want you at once." "I'll got straight on. Mr. Mason is staying the night, Mrs. Millikan. I'll leave him here and he will tell you the news."

Mason found an eager listener. Mrs. Millikan was devoted to her employer and almost equally so to Peggy. She was delighted to hear that Peggy had been cleared, and her release the next morning was assured.

Then she got supper for him and it was long since Mason had tasted such a meal. It pleased the kind woman to see how the guest enjoyed the good

He had finished and was comfortably smoking a cigarette when John Arkwright strode in. He looked sad, but

claimed, "absolutely right. Poor Perkins has gone but, before he died, he told me the whole thing. He blundered in making up the prescription-made it actually double strength. He was in love with Rose Weller and her presence in the shop made him nervous. But it wasn't until he heard of old Mrs. Trelawney's death that he realized what ever since the inquest, his silence had troubled him. I wrote his statement, and he was just able to sign it."

Leonard drew a long breath.

"This is my lucky day," he said, For once John Arkwright shook off

"The best will be the day Peggy and I are married."

Combining education with pleasure, 30 of the Kentucky school-teachers enrolled in the Transylvania college summer-school are touring western Canada in a monster chartered bus. They arrived at Kamlops late Thursday and stayed overnight at the Riverside Park tourists' camping-ground before proceeding on Friday forencon

The tour of half a continent is costing each participant less than \$200. They travel in a bus so large that special permission was necessary for it to traverse the Fraser canyon section of the Trans-Canada highway, and a police patrol had to precede it to clear the road of traffic.

arrived tents had been erected, wires strung and electricity connected, and dinner was waiting. The touring teachers were much taken with Riverside Park and Kamloops,

(From North Bay Nugget) "Hey, maw! My I go out to play?" "What! With those holes in your

trousers!" "No, with the kids next door"



New demands upon income make it difficult for us all to save these days. We must pay our taxes. We want to buy war savings certificates and at the same time to protect our families.

As a service to the vast number of Canadians who receive their income weekly or monthly and budget their expenses in the same way, North American Life offers a special Budget Plan. It applies on any type of policy. Instead of paying a year's premium in advance, you pay only one month's premium. But you don't have the bother of monthly payments because this service includes the acceptance of twelve post-dated checks.

Send the coupon for free Budget Memo Booklet and folder telling how you can have protection for your family and a guaranteed income for your

later years for as little as \$5 monthly.

112 King St. W., Toronto, Ont.

W. R. De GRUCHY

Reed Block Room 11 Timmins

HEAD OFFICE: Please send me information about your special Budget Policy, together with free Pocket Memo Budget Booklet. Name .....

"You were right, Mason," he ex-

"And to-morrow is yours, dector." his usual reserve. "The best but one," he declared.

(The End)

With Pleasure in West

to Revelstoke, and then to Banff.

A truck carrying all the party's camping and cooking equipment reached Kamloops 90 minutes ahead the bus, and by the time the rest of the group

they told Parks Superintendent S. F. Sharp, who made the arrangements for

ACCURATE ANSWER

