People on This Contenent way. The response to date has been gratifying. 24,494 of the 21/2 -pound tins Are Vegetable Eaters

Being High in Mineral and Vitamin Content Vegetables Supply Food Values Necessary to Well-Rounded Diet. 384,489 lbs. for shipment overseas. Recipes for Frozen Tomatoes and Carrot Ring.



(By Edith M. Barber)

Today it is hardly necessary to plead the cause of vegetables as a part of the diet for defense. We Americans who were known as a nation of potato eaters are beginning to be noted for our increased consumption of other vegetables. First of all I want to go on record that the potato habit is a good one, as this vegetable contributes materially to our mineral and vitamin needs. As potatoes are among our most inexpensive foods and remain in this class without rise of price at the present moment, they are a particularly important item when the money for food is limited.

Vegetables differ greatly in their material and vitamin content. There are a few generalities which may help in choosing among those in the market. Most vegetables of high



color such as all greens, squash, broecoli, carrots, and tomatoes are high in vitamin A. The leafy vegetables are highly supplied with vitamin C. but all fresh vegetables provide this. As some of this is destroyed in cooking it is a wise practice to use some of our or as relishes. Because of the acid day evening, the members continued ing amounts. All vegetables are and 11th. supplied with calcium, phosphorus Plans were made for the regular

and iron. shall not be lost, cooking should be Oddfellows' Hall. done in a very small amount of water and the liquor which results should be served with the vegetable.

Frozen Tomatoes 6 small tomatoes

3 tablespoons butter 2 tablespoons anchovy paste.

Lettuce Mayonnaise.

Scald and skin tomatoes. Remove a small piece from the blossom end and fill with butter, which has been creamed with anchovy paste. Freeze in refrigerator trays for two hours. Serve on lettuce with mayonnaise Yield: 6 servings.

Carrot Ring

Cook 2 pounds carrots, drain, and put through meat grinder or mash well. Add 4 cup butter and salt and pepper to taste. Place in greased 1quart ring mold, set mold in pan of hot water until ready to serve. Turn out on hot platter and fill centre with cooked dressed spinach, peas, or lima beans. Yield: 6 servings. Note: Add tablespoon onion juice to ground carrots, if desired. (Released by The Bell Syndicate, Inc.)

Report of the Red Cross National Jam Committee

The following item is taken from the latest issue of the News Bulletin of the Red Cross, and is passed on as of gen- but were a little "odd" in their beeral interest:-

Report of The National Jam Committee-Lt. Col. John A. Cooper, chairman:-Following a resolution passed at the April meeting of Central Council that the Canadian Red Cross would procure 300,000 pounds of jam by volun-Institutes across the Dominion was



"Imagine it taking a war to set us right"

Husband: "There's one thing we can thank Hitler for. He's got us saving at last."

"Yes! Imagine! Until it became a positive duty we certainly never managed to put anything by each week."

Husband: "I think it's partly because these War Savings Certificates are so simple to buy."

"You mean the idea of getting the office to deduct a regular amount each week from your salary?"

Husband: "Yes! 'And how they're mounting up! Quite a nest-egg when you count the interest they're earning."

"Well the more the merrier, I say! There are lots of things we'll need the money for, as the years roll by!"

The help of every Canadian is needed for Victory. In these days of war the thoughtless selfish spender is a traitor to our war effort. A reduction in personal spending is now a vital necessity to relieve the pressure for goods, to enable more and more labour and materials to be diverted to winning the war. The all-out effort, which Canada must make, demands this self-denial of each of us,

SPEND LESS - TO BUY MORE WAR SAVINGS CERTIFICATES

and 85,381 of the 4-pound tins have been ordered by the various Red Cross provincial divisions. If all of these tins are filled, there will be 341,524 lbs. of jam and honey and 42,865 lbs. of canned fruit, a total of approximately Based on last year's experience, the number of unfilled tins at the end of the season is expected to be very small.

Rebekahs Preparing for Anniversary Celebration

At the regular weekly meeting of the vegetable quota in raw form as salads Gold Nugget Rebekah Lodge on Thurscontent of tomatoes the vitamin C is the practice for the anniversary celenot destroyed in cookery. Vegetables brations which will take place in the also contribute the B complexe in vary- Oddfellows' Hall on October 9th, 10th

knitting meeting to take place on Tues-In order that the valuable nutrients day evening in the basement of the



That Body Dours

Bu lomes W. Barton, M.D.

INSULÍN AND MENTAL CASES

Although Dr. Fredrick Banting has covery make it possible for diabetics of a young man learning his profesto live many years, but it has stimulated research work as to its effects in other diseases particularly mental ail-

First there was the discovery that many cases of dementia precox-persistent dream state-could be completely cured or greatly helped by insulin shock. After recovering from the shock, the patient is clearer mentally until finally he is considered fit to return home.

More recently, research workers have found that individuals who were not confined to mental institutions havior could be helped by doses of insulin, not large enough to cause

And now a case of straight mental deficiency, where a boy had been below normal from birth, is reported time, Monte, Peter's benefactor, is tary contribution for shipment to Bri- years these youngsters deficient mentain, the co-operation of the Women's tally, who are unable to accomplish much at school or elsewhere, have been treated with other gland extracts thyroid, pituitary, adrenal, sex-with a fair amount of success. That the extract from the pancreas-insulincan favorably affect a backward child is now recorded by Dr.Robert L. Pitdid not talk till he was three years old, nor walk until he was four. During the first eight years of his life he had difficulty in keeping his balance on arising to his feet. He was so weak pyhsically he did not attend school so he learned little during the first ten

years of his childhood. Examination showed him a couple of inches short for his age and about 20 pounds underwelghe. His expression was stupid and he was listless and

To increase his weight, Dr. Pitfield put him on insulin, 10 units twice a day for 13 months and he was given a fortune." an increased amount of starch food. There was no thought of helping his mental condition by the insulin and extra starch food.

had grown 3 inches, gained 20 pounds believe it myself." (nine pounds more than the average gain). His whole expression and behavior had changed to one of more normal intelligence.

While one case does not prove that all such cases can be helped, this improvement in this case is in line with the favorable effects of insulin adults with mental symptoms.

NEUROSIS

Do you feel convinced that you have some ailment which medical tests does not reveal? Sometimes feel compelled to do things you know are foolish. Send today for Dr. Barton's informative booklet entitled 'Neurosis' (No. 103). Enclose Ten Cents with your request, to cover handling and mailing, and address it to The Bell Library, Poht Office Box 75, Station O, New York, N. Y., mentioning the name of this newspaper.

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Amherstburg Echo:-If, as they say, we're not going to be able to get buttons or slide fasteners for our trousers, many a guy is going to have to resort to the old shingle-nail.

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THE GOLDEN SANDS By Alexander Campbell COPYRIGHT

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gold mining magnate; widower, rather tulate you. You'd better be off, if thing dishonest about it." at heart.

attractive girl in the early twenties.

great charm and good looks. cupied with his work and with mining of the whole affair, and hope, that few days ago Of course as you know game.

giant in detective skill..

What the Story Has Revealed

deeply in love with her. she would admit. But to Peter the kerb. It was Peter's car. of insulin become more widespread the Carr's are notoriously wealthy and and even cordial. as time passes. Not only did this dis- he (Peter) has only the small income "Ah, Mr. Crosby! Finding it a bit

> Peter's dilemma is apparent to many | you want to see me?" people. One Mr. Monte, a rather rough "I thought I might have a word," the colour was coming back to his face, bow. diamond from Johannesburg, affects to said Qualye, with a diffidence that after that first stiffening shock. take an interest in him, and tells him deceived neither of them. he can make a fortune over-night by At Peter's suggestion they entered mitted. "But I didn't tell Crosby-or buying shares known as Golden Deeps. the hotel; and either by accident or anyone else who could have told him. make the gamble.

Deeps (a share which had done badly glasses. and is then dormant) at a low price.

Monte knows that rich, new deposits of gold had been found in the Golden Quayle a look of recognition. the shares, the news of the find be- Quayle, making a gesture. "But not, me the leather portfolio marked P and and Peter sells his parcel while the Orient. Have you known Sir John Carr Gould nodded. Terence watched his going is good. Almost at the same long?" greatly improved by insulin. For found dead under a large beach umbrella, stabbed through the heart.

Monte, Peter met Sir John Carr, who tion invited him to join the Carr party in the luxury hotel, the Orient. He accepted and decided to say nothing about his acquaintance with Monte.

But Peter cannot conceal his newly acquired wealth, and Lucy asks him, a little." field, in Clinical Medicine. The Boy point blank, how the change in his circumstances came about. (Now Read On)

CHAPTER IX

So it had come-the searching question about his sudden wealth. Peter reflected that this girl, whom he was now quite certain he loved, looked very like her father, as she faced him with uplifted determined chin and grave

Mere evasiveness would help him little, he realised.

"What does it mean?" he repeated slowly. "Why, Lucy it means just what you've said. I have, in fact, come into

He took her arm. "I'd meant to tell you, only this business about Mr. Monte turned up, and I didn't have a chance. And the whole thing hap-"At the end of a year this patient pened so suddenly that I can scarcely

"Well, tell me now," she commanded "I've come into £10,000," said Peter As he said it he wondered if it were true. Supposing the whole thing turned out to be an elaborate hoax? Supposing there were so such firm as Morton and Downey, stockbrokers of Johannesburg? Supposing no cheque arrived in the next mail from the Reef? But that was absurd. The newspaper could not have lied; and they had said very definitely that Golden Deep stock

"You've heard of Golden Deep?" he went on, before she could say anything. "The mining stock? Well I happened to have bought some. And this morning's paper said that the stock had rocketted overnight. So I sold out. And I've made £10,000."

"You mean you've been gambling on the stock Exchange?"

"Not exactly gambling," said Peter lamely. "I'd just bought the stock as an investment."

"When aid you buy it? It couldn't have been as an investment, unless you bought it years and years ago," said the mining magnate's daughter wisely. because the papers say it's been worth nothing for ages."

"As a matter of fact, I bought is quite recently," said Peter lamely,

"How recently?" "A day or two ago."

"Then you knew it was going to rise?" Peter with dignity, "that I'm a mining pass it on!"

engineer." "Yes, but even mining engineers can't forsee the kind of marvellous discovery that has happened in this mine," said well pleased with himself if he could wrong?" "Let's say I had an idea," said Peter. Parry talking as they sat in the Orient's tence of writing them down. Peter

a big gamble for you, if you've made blue sea. £10,000."

"My savings." "Supposing you had lost?"

"But I didn't" Peter pointed out. the hotel into the blazing sunshine. know.

PETER CROSBY: Young mining en- peted with the glare of blue sky and been made overnight. I don't pretend forgotten. But Sir John steered the gineer taking a modest seaside holiday bluer sea. Lucy lifted a flushed face. to know our young friend's secret, conversation skilfully. "I'm sorry I bothered you with all Doubtless he'll tell us himself in good

for lunch."

TERENCE PARRY: A rich young got into his stride towards his hotel. Exchange." acquaintance of the Carr's. A man of He was angry with himself for having "He told her that?" Sir John was more cadeverous than ever. The tendeceived the girl about the purchase frowning. FRANCIS GOULD: Sir John Carr's money. That wouldn't do. He would "Yes," said Terry. "Apparently he'd pleasantly shaded. All four were ex-

lieve him?

hotel gazing earnestly at a rather arms of his chair tightly.

hot, eh?"

Monte is willing to lend him £1,000 to design, Quayle steered a way to the The thing's a mystery. Wait!" very table where Peter had sat-was He paused and turned his head. Monte almost forces the money upon it only the day before?-with Monte, Francis Gould came on to the terrace. the younger man, and Peter telephones and watched that mysterious jovial Against its snowy glare he looked rath-

served them. Peter thought he gave brows were drawn down in a habitual

comes known, the shares rise tenfold of course, to be compared with the C."

Peter suddenly rebelled against play-Before hearing the news about thing on him. He ignored the ques- of whoopee! No one could remain so

"Making any progress with your in- some time." vestigation?" he asked bluntly.

into a black holder, and lit it. "The beach murder?" he asked, "Oh

Peter inquired.

paper lying on a chair. He saw his large envelope from its interior.

into view.

that," said Quayle. Quayle showed interest. "You had about Golden Deeps. I reckon it was

Peter nodded brightly. "I did. As a matter of fact, I've made quite a bit of money. I sold out this morning."

"Ah!" said Quayle. He seemed to companied by Peter Crosby. see light, as Peter had been hoping he would. "Perhaps-pardon me if I'm John being inquisitive-perhaps that's why

afford it now." cigarette. He appeared enlightened too. "You've been working," she acand at the same time puzzled. Peter cused her father. "You promised not grinned at his quandary."

"You were wondering at my sudden here." step up in the world," he said boldly. Sir John smiled. "Just looking up a

said Quayle. "Not many people knew my secretary? You'll find him down-Golden Deeps were going up. Got stairs. And we'll join you for lunch some mining friends?"

"I'm a mining engineer," said Peter. Peter took the leather case with knowledgable Lucy; but it appeared to Excuse me, Lucy." satisfy Quayle. His eyebrows went up. He found Gould in the study of Sir nesburg?"

"Yes." Quayle leaned across the table. "I've "Thanks," said Francis Gould. He a notion that our Mr. Monte came glanced up from under his black eyefrom there, too. And I've also a no- brows. "I believe you're a mining ention that he might have something to gineer?" do with mining. I suppose you never encountered him, or heard his name

mentioned, maybe?" Peter shook his head. "Johannes- I want to check over these calculations burg is a big place," he reminded the

Quayle nodded. He seemed satisfied. He finished his drink and stood up. winked. "If you get any more tips like they contained some grave errors. 'I thought it might. You forget," said that Golden Deep one, I hope you'll "I say," he said. "Something wrong

> CHAPTER X "NOBODY EXCEPT-"

Peter Crosby might have been less "That means you gambled," said sun parlour-a snowy white terrace showed little interest in them. Peter Lucy. "And it must have been quite shaded by awnings, overlooking the handed back the list, his head in a

brow in a frown, as he observed: "I out another glance, he turned to other like the chap, really. But what wor- papers ries me is this sudden coming into They had come out to the front of money. It just doesn't happen, you On the way into lunch it occured to

The glare of the streamlined white! Sir John chuckled. "Because you've to a very simple test, whose sole object

bulk of the hotel building com- always had money. But fortunes have

Crosby's secret. He has told Lucy; she a fourth at tennis. "He astonishingly LUCY CARR: His only child, a very But the congratulations had sounded told me half an hour ago. He has good," he said. a bit thin, thought Peter grimly, as he made a pile gambling on the Stock

secretary. Silent, reserved: much oc- simply have to make a clean breast bought a packet of Golden Deeps a cellent players. They enjoyed their

she would believe a story that, though they've rocketted--" pean education, short of stature, but a through and through. And if it came staring at Terry as if he could not to a wider telling, would anyone be- believe his ears. He repeated in a whisper: "Golden Deeps!"

As he came round the corner, very Terence Parry looked hard at the Peter Crosby, taking a seaside holi- hot with fast walking under the glar- mining magnate. The older man's day at Marathon, South Africa's pre- ing sun, he sighted Inspector Qualye cheeks seemed to have lost their usual mier resort, meets Lucy Carr, and falls standing on the pavement before his ruddy colouring. He was gripping the

den Deeps!" barked Sir John. "I tell passed on, the effects of his discovery whole affair seems hopeless because . But Qualye's greeting was sauve you, he couldn't! Nobody knew about them. Nobody! Except-"

He stopped abruptly. "I bet you knew," said Terry, with Peter nodded briefly. "Yes. Did the ghost of a smile. He was watching Sir John anxiously, relieved to see that face politely smiling, stood at his el-

Sir John nodded. "I did," he ad-

a firm of stockbrokers to buy Golden man spill banknotes between the er like a black crow. He walked with a stoop, and a lock of dark hair hung And it was the same waiter who on his brow. His thick black eye-

Deep mine. After Peter had bought "Quite a pleasant spot, this," said "I say Gould," said Sir John. Bring

retreat with amused eyes.

"One of these days," he remarked, ing the mouse to Quayle's cat. It was "our friend will fall in love, or get obvious that the policeman had some- drunk. Then you'll see an exhibition bottled up as he is without bursting

Sir John smiled. "I doubt it. Gould Quayle carefully fitted a cigarette isn't human-not in that sense, any-

way." When Gould came back, Sir John took the portfolio with the remark: "Who might have done him in?" "Steel under this leather." He fumbled and produced a ring of keys. Then "Who might have knowledge of who when Gould had departed, he inserted did him in?" amended Qualye gently. a curiously shaped key and clicked the As he ordered drinks, Peter saw a flat leather case open. He produced a

opportunity. Leaning over, he turned "The Golden Deep secret is in here. carelessly, and the Golden Deep head- You can see the envelope hasn't been lines, which he knew were there came tampered with." Terry thought he was oddly eager to convince him. "And in "Ah! A bit of luck for somebody, any case the contents are in a particularly difficult code. No: I can't see "You," said Peter, "are telling me!" any way that Crosby could have known

just a lucky stroke." But his tone was edged with worry. Lucy Carr came on to the terrace, slim and cool in white and she was ac-"Has Orion fixed you up?" asked Sir

Peter nodded. "Yes, thanks." He you've decided to move to the Orient?" was uncomfortably conscious that the Peter nodded. "Yes, I felt I could two men were watching him closely. He noticed that Sir John had a leather Quayle drew thoughtfully on his portfolio on his knees. Lucy noticed it to look at any papers while we were

"I saw you looking at my car. But reference, my dear," he said. He these things happen sometimes, you handed the portfolio to Peter, who took it in some astonishment. "I say, would "You must have been on the inside," you mind giving this back to Gould, directly.'

That answer had not satisfied the scarcely a glance at it. "Certainly.

"So- And you come from Johan- John's suite, working among a mass of papers. He introduced himself briefly, and handed over the case.

> "That is so," said Peter, in surprise. Gould dived into his papers. "I wonder if you would help me with this?

He handed Peter a list of figures and notations. The figures referred to ore grades and estimated yields-but a "Well, many thanks, Mr. Crosby." He brief glance was enough to reveal that

> here, isn't there?" Gould showed no concern. Is there? I thought there might be. Would you mind giving me the figures that are

The handsome young man wrinkled his "Thanks so much," said Gould. With-

Peter that he had just been subjected

might be to determine whether he were really a mining engineer or not. A layman would never have detected the errors in that list. It gave him an

uncomfortable sensation. The meal was passed pleasantly. Only a few hours had elapsed since the discovery of Mr. Monte's body but already the tragedy had receded into the background as a topic of speculalation. The big dining-room rang with laughter and conversation but the possibility of a break in the fine weather was discussed more heatedly than Mr. Monte's fate. The mysterious Mr. Monte was on the way to being forgotten already.

At the Carrs' table, the topic was not

After lunch Sir John retired to the SIR JOHN CARR: A South African those questions. Of course, I congratime. But I'm pretty sure there's no- sun parlour with a magazine. Terry pompous and purse-proud, but sound you're going to be back here in time Terence said gravely: "I can tell you rout Gould out of his papers, to make

Gould grumbled, but presently appeared in white flannels, but looking

Peter began to feel that life was MR. XOSA, A coloured man of Euro- true was unfortunately fantastic "Golden Deeps?" Sir John was really worth living, and the feeling was next morning, as he preceeded to open a letter on whose flap was the imprint of Morton and Downey, Johan-

Unless he had been dreaming the entire episode, it would contain a cheque for the £10,000 owing to him, Lucy is more interested in him than battered two-seated drawn up at the "But he couldn't have bought Gol- less the £1,000 in banknotes already ney's commission.

As his fingers touched the envelope, a pleasant voice said in his ear: "Good morning, Mr. Crosby.'

Inspector Quayle, his lean aesthetic

(To be Continued)

Eleven Year Old Girl Injured in Car Accident

Thelma Curtis, 11-year-old daughter of Mr. and Mrs. H. Curtis, of 164 Tamarack street, suffered minor injuries in an automobile accident last Thusday afternoon at 1:15. She suffered a bruised nose and a cut upper lip when the car in which she was a passenger was involved in an accident at the corner of Tamarack street and Seventh

George R. Nokar, 162A Tamarack street, was driving south on Tamarack street, and Peter Baratto, 216 Maple street south, was driving east on Seventh avenue. In the middle of the intersection the car that Baratto was driving struck the other car on the rear door and gave it quite a jolt. The running board was damaged and when the impact took place the little girl was sitting in the front seat and she was thrown against the front of the

car where she cut her lip. Both drivers claimed to be travelling at moderate speed. The car that Baratto was driving suffered the most damage. The front fenders on both sides were damaged as well as the fog lights and the radiator grill. Damages to the Nokar car were very small, only the running board and the rear door being touched.

No charges were laid by the Timmins police who investigated.

MAKING BOTH ENDS MEET

A little worm was feeling lonely, so he peeped out for someone to play with. At last he noticed another little worm and said, "Won't you come out and play?" The other worm replied, "Don't be silly. I'm your other end."

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