

All motorists know that it is impossible to stop a car by pushing on the floorboard, yet many drive cars with brakes of negligible effective-

Brakes are perhaps the most important single item on a vehicle as far as safety is concerned. The fact that many people drive vehicles with poor brakes was shown last year, when 890 fatal accidents and 26,200 non-fatals in the United States were caused by defective brakes.

When you take your car or truck to one of the State's mechanical in-spection lanes for its check-up sometime this year, brakes are among the most important mechanisms to be tested

The Manual of Motor Vehicle Mechanical Inspection Requirements has this to say about braking effort:

"All motor vehicles except motor trucks or tractor-trucks with semitrailers originally equipped with fourwheel service brakes may not in this respect be altered, shall be capable of producing a total braking effort of of iceberg lettuce contain as many not less than 54 per cent of the ve- vitamins as the green vegetables?" hicle weight (corresponding to a stopping distance of 25 feet at 20 miles per hour).

"All motor vehicles originally It is probably due to the chlorophyl equipped with two-wheel service or coloring matter. When this is brakes shall be capable of producing bleached out of celery, asparagus or a total braking effort of not less than any other vegetable, it is rendered 30 per cent of the vehicle weight less useful to the body. (corresponding to a stopping distance of 45 feet to 20 miles per hour).

the reason for eating greens, people semi-trailers originally equipped with they had an idea that they did somebrakes on all wheels may not in this thing to the blood that was helpful, respect be altered and shall be cap- and somehow purified the system. At

able of producing a braking effort of any rate, they craved greens and felt not less than 43 per cent of the per- better when they ate them. Then, missible gross vehicle or vehicles too, thy helped the bowels to move weight (corresponding to a stopping and provided variety in the diet. distance of 30 feet at 20 miles per | Now we know that green leaves are

on dry, hard level stretch of highway, free from loose material when brakes are applied. The State Inspection Program has purchased spe-cial sets of brake testing equipment, and will be able to tell in a few sec-

onds whether the brakes on your veiron. hicle measure up to standards. ENTERTAINS BRIDGE CLUB

Mrs. C. R. Holmes entertained her were Mesdames W. G. Barbee, T. L. Jessup, C. E. Johnson, H. C. Stokes,

C. M. Williford, M. R. Campbell, Miss Helen Morgan and Miss Mary Sumner. The high score prize went to suitable glasses, acting as light filt-Mrs. Barbee. A salad course was ers of different potencies, it has been served.

Health and Beauty

By Dr. Sophia Brunson

VITAMINS

No, the green vegetables are

Until modern knowledge revealed

asks a puzzled housekeeper.

Vegetable iron is now made by ex- LESSON tracting it from spinach and other greens. It is easier to assimilate, for it is organic' instead of inorganic the Spirit of God in our hearts (1 John 3:24). "The relationship between the vitamin A content of such familiar edible

gus and their degree of greenness Mrs. C. R. Holmes entertained her has been cogently demonstrated by is the life which pain, sickness and bridge club Tuesday evening at her has been cogently demonstrated by is the life which pain, sickness and here. These enjoying the evening Crist and Dye at the Michigan Agricultural Experiment Station in East of faith, of hope, of love. Such life Lansing. Their investigations have is immortal life, because mortality dealt with the effects of light of various qualities. By the selection of possible to produce all degrees of greenness in asparagus shoots of the same age under comparable environ-

mental conditions." The analysis showed that the asparagus that contained the largest amount of chlorophyl, that is, the one that was the greenest, possessed the greatest amounts of nutritive vitamins.

The coloring matter in vegetables "Do white cabbage and hard heads is said to be rich in vitamins. Prof. Lafayette B. Mendel Sterling, professor of physiological chemistry at Yale, says that "recent experiments have shown that yellow vegetables richer in vitamins than the white, such as carrots, yellow turnips, yellow corn and sweet potatoes abound in important vitamins which are found in butter and cod liver oil."

It seems as though these vegetables might be used as a substitute for cod liver oil in the diet of children. Strained, they would be more "All trucks or tractor-trucks with consumed them in the spring because appetizing and palatable. We see that even the white corn meal and potatoes are not so rich in nutrition as the yellow. The yellow color is imparted to butter by the green grass, and it is the chlorophyl in that which is the vegetable analogue of hemoglobin in flesh foods. \*

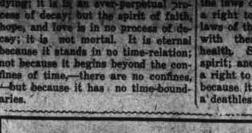
All these colors are manufactured in the laboratory of nature, through the action of sunshine on the chemicals in the soil. The more we learn about nutrition the more wonderful it becomes.



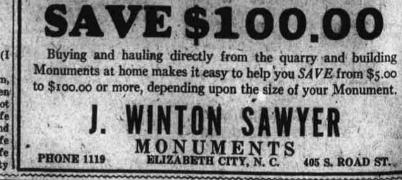
## plies of vitamin A. That is why so SUNDAY SCHOOL

(Continued from Page Seven)

Lyman Abott, in The Other Room, declares: "The difference between plant tissues as lettuce and aspara- the mortal and immortal life is not made by death. The immortal life



with these laws, he has a right health. So there are laws of spirit; and if one obeys them, he a right to expect spiritual life, which, because it is the life of the spirit, is a deathless life."



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