

# Floyd Gibbons'

## ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!



### "Storm on the North Sea"

HELLO EVERYBODY: Put on your oil skins, boys and girls, and come aboard. We're off to sea in bad weather with Henry S. Cowden of Chicago, with the lee shore of adventure off to starboard, and a heavy gale blowing us right smack into it.

In the spring of 1896, Hank Cowden was second mate on the four-masted bark Stanley of Liverpool, homeward bound from Calcutta, India, with a cargo of jute and cotton for Hamburg, Germany. It was the twenty-sixth of March, and the Stanley had passed through the English channel and the Straits of Dover and was ploughing along through the North Sea.

It was the morning watch, and Hank was at the wheel. A heavy mist hung over the sea, and the captain was standing at Hank's side gazing anxiously to starboard. To Hank, he said: "We must be near land, mister, even though we can't see it in this fog. Keep a good lookout and see that the lead is used every ten minutes. If any squalls make up in the north, call me at once. I'm going down to breakfast."

The captain was gone, and Hank was alone at the wheel. A squall did come up—but it came so suddenly that Hank didn't even have time to warn the captain. It caught the ship under full sail. It tore the royals and topgallants to ribbons and blew the Stanley off its course. With the change in the wind, the fog began to lift. The captain came on deck and ordered Hank aloft to look for land.

### Starboard Breakers Peril Ship.

Hank got as far as the fore cross trees. There he could see over the fog, and he didn't have to go any farther. To the starboard were breakers, and the ship was almost into them!

Hank knew then and there that the ship was doomed. A strong wind was blowing them straight into those breakers and there was no sea room to make a getaway.

By this time the wind had risen to a gale and coils of halliards and braces were being washed through the ports or over the side. At nine o'clock the ship ran aground with a shock that sounded like the



Hank caught a rope and was hauled aboard.

report of a big gun. It threw the men flat on the deck and seas began breaking over the ship, carrying away two boats, the fo'c'sle and galley, and everything movable on deck.

Water began pouring into the hold. In an hour, the fore topmast carried away and fell aft. The Stanley was rapidly breaking to pieces.

"We carried a crew of thirty-three," says Hank, "and the captain's wife and two-year-old son were aboard. We had two remaining boats, but there was no use trying to launch them then. No boat could live in that sea. We were grounded off Texel island, and we were all hoping that the lighthouse, located there, would sight us and send help. But personally, I did not think the ship would hold together long."

All day long the seas battered the ship. The water in the hold was making the cotton and jute bales swell and the decks were bulging. Toward night they tried to launch a boat. Hank and three other seamen were in it when the seas began washing over it.

Hank caught a rope and was hauled aboard when the boat capsized. The other three men were drowned.

All this time, the gale was increasing in fury. Now the chart house was gone and the seas were pouring into the cabin. The last remaining lifeboat was smashed. The crew took to the rigging, and the captain's wife climbed to the cross trees like a sailor while the captain brought the baby, wrapped in a shawl.

### Distress Rockets Save Endangered Men.

The fog had lifted, and they could see the lighthouse on Texel island, but there was no sign of help in sight. "With darkness coming on," says Hank, "I was sure our number was up. Night fell, and still we were marooned in the rigging. But at midnight, the wind abated considerably. The first mate, Mr. Steeves, and I, went down into the place where the cabins used to be and brought out a watertight case of distress rockets."

Those rockets saved the day. They set off three in rapid succession, and a few moments later they saw a great blue flare go up in the vicinity of the lighthouse—a signal that their rockets had been seen. But could help reach them? They didn't know.

Morning came. Still the sea was empty and there was no relief in sight. But at eight o'clock they sighted a sail and in half an hour a lifeboat from Texel island was hailing them. A line was thrown aboard, and 16 people including the captain's wife and baby, were taken aboard.

### Last Man to Jump Off the Boat.

Sixteen was all the boat would hold. In about an hour a ship's boat from the steamer Hercules of Amsterdam, arrived and took off the rest of the crew, including Hank.

Hank was the last man to jump off the ill-fated Stanley. The boat carried them through rough seas to the Hercules, and the Hercules landed them in Nieu Diep, Holland.

There Hank learned that the Stanley had not been the only unlucky ship in that night's storm. Five hundred fishermen had lost their lives in it.

Hank has quit the sea now and settled down ashore, but I wonder if once in a while he doesn't wish he were back on a rolling deck again, in spite of such things as gales and ships aground in the North Sea. How about it, Hank?

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**Soda Water, European Discovery**  
Aerated water, popularly known as soda water, such as is served at American fountains, was a European discovery. The great scientist, Priestley, discovered the method in 1772. Paul of Geneva and Schweppe of London, introduced such water commercially in 1790. Dr. Philip S. Physick, a Philadelphia doctor, is regarded as the introducer of soda water into the United States. In 1807 he and a chemist, Townsend Speakman, made the forerunner of the soda fountain. The first use of fruit syrups with aerated water is credited to Eugene Roussel, the owner of a perfumery shop in Philadelphia, early in the Nineteenth century.

**"The American's Creed"**  
"The American's Creed," by William Tyler Page, is: "I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect union, one and inseparable; established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes. I therefore believe it is my duty to my country to love it; to support its Constitution; to obey its laws; to respect its flag, and to defend it against all enemies."

# See the New Suede Fashions, They're the Smartest Ever

By CHERIE NICHOLAS



THE style program for midseason and the soon-to-follow spring definitely stresses the importance of apparel made of handsome colorful suede. A most significant achievement in the field of modern costume design is the use of suede in a fabric way. Time was when imagination carried only as far as novelty hats and bags, gloves and belts, and perhaps a few added accessories.

These small beginnings of suede are past history now. Today designers are working with it as easily and creatively as if it were cloth or any other material. A dress, a coat, a jacket or blouse, in fact an ensemble entire of this supple, caressing-to-the-touch and superbly colorful medium is no longer a novelty but a grand and glorious fact.

Up to this season a dress of suede or a coat was more or less a luxury. It's going to be different this year, for in anticipation of a widespread vogue, leading shops and stores are featuring fashions that dress you in suede from tip to toe. And are these new suede clothes good looking? Just go to your nearest dealer and ask to see the newest in suedees and you will have the answer.

In these advance showings, daytime dresses in delectable colors (suede takes dyes so beautifully) are tailored and dressmakered and style-detailed so artfully, you know then and there as you gaze on them you will never be satisfied until you own something of suede, perhaps a frock with innumerable little pockets and a decorative slide-fastener or a swagger coat that is tailored to perfection or a bolero with the tie-sash that you can wear with any dress.

Out Hollywood way the fashion alert colony has gone in wholeheart-

edly for suede apparel. A suede jacket, suede hat and suede blouse make up the striking casual costume selected by Lynn Bari. See this ensemble pictured to the left in the illustration. The three-quarter length coat of suede in a luscious wineberry color has padded shoulders with four interesting pockets extending from the wide fold down the front. The 16-gore skirt is matched to the coat while the slide-fastened waistcoat is in pink suede. With this outfit Miss Bari wears open-toe wineberry calf pumps.

To brighten her black wool dress Eleanor Hanses wears a teal blue suede bolero with contrasting embroidered motif and belt that ties. See this attractive two-piece shown to the right in the picture. The hat in the inset is of suede combined with felt. Mary Carlisle wears it. The felt part is in nut brown while the upward suede side is a mosaic rust tone to match a 14-inch long suede bag which is so capacious it carries everything.

Suede evening fashions are thrilling. A graceful cape of white suede trimmed in white fox makes a most beautiful evening wrap. A formal gown of delicate pink suede is bewitching. A long coat tailored of colorful suede with richly furled collar is eye-filling. Then there are charming jacket blouses of suede and waistcoats and boleros with bags and sash girdles to match and the latest is to add a whimsical muff of matching suede.

You can get cunning and very inexpensive collar-and-cuff sets of suede to add a sure style touch to your sports outfit. These are swank to wear with your about-town shirt-maker frocks.

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### Skating Outfit



This happy skater is darting about like a bird of gay plumage in a fetching costume introduced at the Merchandise Mart of Chicago. The jacket front has red and white scroll work and is interwoven with a cellophane thread to give the appearance of snow. Her matching skirt is red lined and flares decidedly as fashionable skating skirts are supposed to do this season.

### Soft Styling New Trend in Fashion

An interesting movement among designers is that of styling the new dresses and likewise coats with extra fullness. The dirndl skirt and the very new monastic silhouettes are ways of achieving the extra fullness. However many of the incoming costumes show a restrained handling of fullness that easily maintains coveted slenderness.

It is not only skirts that are taking on artful fullness. Fashion's demand for soft styling extends to waists and blouses and large full sleeves in both coat and dress.

### Favor Wool for Teen-Age Frocks

New daytime frocks for teen-age after-school occasions often are fashioned of lightweight wool—gray, brown or teal blue. One is a dark jumper frock worn with a gaily flowered challis blouse and another is made of light gray wool brightly smocked at the hipbones in red. Black or dark colored velvet or velveteen dresses trimmed with a pleated neckline frill of striped ribbon seem to be favorites for daytime holiday occasions.

**Waistline Prediction**  
A lower waistline on your spring dresses will be indicated mostly with a ribbon sash tied in a bow.

**Elegant Blouse**  
An elegant blouse is becoming essential to the completeness of a wardrobe.

# WHAT to EAT and WHY

## C. Houston Goudiss Discusses the Diet of Expectant Mother. Some General Rules for Wise Eating at This Important Time

By C. HOUSTON GOUDISS

DISTINGUISHED writers and sociologists, both here and abroad, have concerned themselves in recent years with the writing of a Children's Charter and a Baby's Bill of Rights. These efforts are commendable because they demonstrate a forward-looking attitude . . . a genuine attempt to better the lot of the next generation. Indeed, they represent a concerted effort to do for children in general what mothers have always tried to do individually for their own children.

### Before a Baby Is Born

But not every mother realizes what all nutritionists know—that to a not inconsiderable degree, the very foundations of good health for the child are laid down before he is born. For it has been well said that good nutrition for the infant begins with good nutrition for the mother.

Unfortunately, many people, even in this enlightened age, still cling to superstition and old wives' tales when it comes to choosing the proper foods for those important months before a baby is born.

### Some Common Fallacies

As a result, some expectant mothers overeat, frequently of the wrong kinds of food; others do not take enough of the foods that are required to maintain top health for the mother and build the baby's body soundly; while still another group believes such antiquated notions as the idea that a woman may eat whatever she "craves" during this period.

In view of the fact that recent nutrition work has given us more knowledge than ever before of how and what the expectant mother should eat, dietetic errors during this period are particularly deplorable.

### Building Better Babies

Every expectant mother should be under the care of a physician, and usually he gives specific advice concerning the foods that may be eaten and those that might better be avoided. But every woman will be a better mother if she understands something of the functions and fate of foods, with particular reference to this period.

### Don't Overeat

Generally speaking, the same foods that are required for a well-balanced diet under ordinary circumstances are the ones that will best serve the needs of mother and child during the months before a baby is born. There are, however, certain modifications of the diet that may well be taken into consideration.

First, a word about the amount of food consumed: **It is not necessary to eat more than is required to satisfy the normal appetite, in the belief that large quantities of additional food are needed.** Nutritionists have demonstrated that the energy requirements of the

expectant mother increase only during the last three months of gestation. Thus, it is not necessary to increase the caloric intake for the first few months, though toward the end of the period a gradual increase in caloric intake may be made under the direction of the physician. **It is advisable, however, to emphasize that the character of the additional food consumed, as well as the amount, should always be taken into consideration.**

### Building Materials

It is important to pay special attention to the amount and kind of protein that is eaten, since over the entire period the baby grows tremendously, even though almost half of the weight of the new-born child is added during the final two months before birth.

Recent investigations also indicate that the prospective mother is best able to maintain her nutritional reserve if the amount of protein in her diet is carefully calculated. It is desirable likewise that the protein be of the highest quality.

Milk is even more important in the diet of the expectant mother than in that of other adults—not only for its protein, but because of its minerals and vitamins. As a rule, the expectant mother should take a quart of milk a day, whereas the usual diet for adults calls for a pint of milk daily.

### Minerals and Vitamins

In addition to requiring protein to help build tissue for her baby, the expectant mother must have a generous amount of minerals. Calcium and phosphorus are re-

quired especially for the formation of the baby's bones and teeth. Construction begins on all the teeth before birth, and at birth, all 20 of the first set are completely calcified within the jaw.

Besides providing the necessary minerals to help construct bones and teeth, it is also important to include in the prospective mother's diet an adequate supply of vitamins. Vitamin D is essential if the calcium and phosphorus are to be utilized properly, and it has also been indicated that vitamins A and C are likewise most important at this time.

The mineral iron is also required in significant amounts and this may well be obtained from eggs, dried fruits, whole grain cereals and green leafy vegetables. It has been found that the thyroid gland is unusually active in the expectant mother. And in those sections of the country where the drinking water and soil are deficient in iodine, physicians frequently recommend the use of some food such as iodized salt.

### Adequate Bulk or Cellulose

It is most desirable that enough bulky foods be included in the diet to help maintain regular health habits.

This requirement should be taken care of automatically if generous amounts of fruits, vegetables and whole grain cereals are consumed. For in addition to their minerals and vitamins, all these foods likewise supply bulk which aids in promoting regularity.

The wide use of fruits and vegetables will also help to build up a liberal alkaline reserve, which helps to safeguard health during the period of gestation.

If all these factors are taken into consideration, the expectant mother will not only help to preserve her own health, but will take constructive measures to give her baby the blessings of a sound start in life. Then as the healthy, contented infant grows into the healthy, happy, active toddler, and later becomes the healthy, well-adjusted school boy, the mother can indeed be proud of her handiwork!

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# HOW to SEW

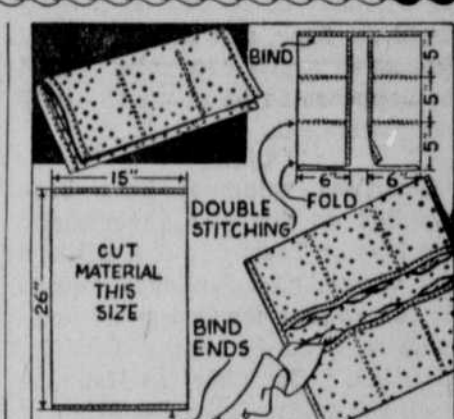
By RUTH WYETH SPEARS

THINGS that will have a ready sale at a fair or church bazaar; things that may be made quickly from odds and ends of material on hand; colorful, useful things for gifts—these are the requests that come in the mail.

Here is another suggestion that has stood the test of practical use—a flat case that holds six pairs of stockings. What a relief not to have them all mixed up with underwear and other things in dresser drawers.

This case may be made quickly on the sewing machine. A piece of cretonne or bright ticking or other cotton material of the dimensions given here, and about two yards of contrasting bias binding are the materials needed.

If a more elaborate case is desired, silk may be used with ribbon for the bindings. A quilted silk case of this type would make



an exquisite gift. Machine quilting may be used for this purpose.

Be sure to clip and save these lessons as they are not in either Book 1 or 2. These books are full of still other useful ideas, with complete cutting and sewing directions for each item clearly illustrated.

NOTE: Mrs. Spears' Book 2—Gifts, Novelties and Embroidery, has helped thousands of women to use odds and ends of materials and their spare time to make things to sell and to use. Book 1—SEWING, for the Home Decorator, is full of inspiration for every homemaker. These books make delightful gifts. Mrs. Spears will autograph them on request. Books are 25 cents each. Crazy-patch quilt leaflet is included free with every order for both books. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

## AROUND the HOUSE Items of Interest to the Housewife

**Scorch Marks.**—Bicarbonate of soda is useful for removing scorch marks from white silk. Make into a paste with cold water and leave on the stains until dry.

**Care of Aluminum.**—Aluminum is one material which is apt to warp if cold water is run into it after it has been removed from the fire and is still very hot. Either wait a bit before putting the pan to soak or run boiling hot water into it for soaking.

**To Whip Evaporated Milk.**—Evaporated milk can be whipped by this method: Cover can with two inches of cold water, bring to boil and boil for five minutes. Then cool and chill the can thoroughly, pour milk into cold bowl and whip with a cold beater.

**Squeaky Carpet Sweeper.**—If your carpet sweeper squeaks, apply oil on a feather or from a small oil can. Use the oil on the bearings and around the wheels. Then run the sweeper over a paper to catch any surplus oil so it won't drip on your rugs.

**For New Griddle.**—To prepare a new aluminum griddle for use, first wash well in warm water and soap suds and remove any labels. The griddle is hot enough on a range when a small piece of paper placed on top will brown. Lower the heat and start baking. Cakes often stick if the griddle is too hot. Wash the griddle after it has been used in plenty of hot soapy water and wipe perfectly dry before storing.

# ENEMY

Every cougher is a public enemy. Don't spread germs. Carry with you Smith Bros. Cough Drops. (Black or Menthol). Cost only 5¢.

**Smith Bros. Cough Drops are the only drops containing VITAMIN A**

This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

## DIZZY DRAMAS

By Joe Bowers

Now Playing—"GO ON, TALK!"

TALK ABOUT SOMETHING

FOR INSTANCE YOUR OPERATION

I CAN'T

I HAVEN'T A STITCH TO MY NAME