

Floyd Gibbons'

ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!



"Buried Alive"

HELLO EVERYBODY!

Adventure sure laid an icy hand on the shoulder of Joseph Kuritz, who sent me one of the best written yarns I've had to date.

Accordingly, I'm following his script pretty close. In April, 1920, Joe was a surveyor with the Glen Alden Coal Co., Scranton, Pa.

Miners must leave enough coal to support the roof of the mine, which consists of shale, a scaly rock, that caves in easily.

Old Timbers Prove Useless as Support.

The Cayuga had been deserted for 50 years. Inside Joe and three companions found pillars cracked and crumbled by the weight of millions of tons of rock they had held up for five decades.

Worse, the workings were of the "pitch" type—each chamber like a long, sloping tunnel, some very steep. The roof was dangerously cracked.

Joe's duties—lovely job!—were to climb over this loose rock, covered with slime. If he made it, it was safe for the others to come up. If he didn't and started a fatal avalanche—Joe forgot to tell about that.

Joe's Lamp Ignites a Pocket of Whitedamp. Well, sir, Joe climbed gingerly upward, clinging to the glistening coal pillar at the side, peering ahead by the faint light of the lamp fastened above his cap-visor.



Joe clung to the pillar on his stomach.

footfall. At the top our "human fly," as Joe calls himself, was to establish a point for the transit—a surveyor's instrument—to shoot at.

Joe never made it. Twenty feet from the top—Boom! An explosion like a giant bass drum shook the earth in a bolt of livid flame. GAS! Joe's light had ignited a pocket of whitedamp!

At first, with thumps scarcely audible above the rolling rumble of the waves of flame over his head, then, in a roaring crescendo, jagged rock raced, leaping and thundering downward past Joe, hurtling into the hell of darkness far below.

Joe's lamp had gone out with the explosion. But above him was blinding glare—a marching surf of blue-and-red-streaked fire, lighting up the chamber overhead. Blistering white heat above—thundering flood of angry rock below! Joe clung to the pillar on his stomach, ducking hurtling rocks, shrinking from the blazing heat above.

He Began to Figure His Chance for Escape. Joe thought of the others. Had they been crushed to a jelly-smear under those tons of rock—trapped in some doghole or cross-cut in a pillar?

Joe was caught like a rat. He sat on a rock, wondered that he was not frightened, began to figure his chances of seeing sunlight again. It seemed suddenly very precious, sun and open air.

Then, Joe says, panic did grip him. He shouted himself hoarse. He smashed a rock repeatedly against a pillar, listened. Not a sound. Just silence. Terrible silence. Joe saw slow death ahead—suffocation, thirst, starvation. Unwounded, he wished for death—swift death, rather than this drawn-out agony. Now he could only wait helplessly.

Joe says he prefers to forget the next nine hours. Imagination can be the most horrible form of torture. But—his companions had escaped. With all hope gone for Joe, they had notified the surface.

From that day on the only coal Joe can stand looking at is in a stove. He quit the mining engineer career cold. But I still say he can write like a professional! What do you think?

Copyright.—WNU Service.

WHAT to EAT and WHY HOW TO SEW

Advice to Homemakers on How to Feed Families During Coldest Days of Winter; Essential Nutritive Values Described in Terms of Everyday Foods

By C. HOUSTON GOUDISS

TOWARD the end of winter we sometimes experience some of the coldest weather of the entire season. Temperatures remain below freezing for days at a time.

Moreover, this trying weather comes after months of short and often sunless days . . . days which many people have spent in overheated houses, and without sufficient exercise. So it is no wonder that the body is on trial . . . fighting to maintain health . . . to avoid the colds and other respiratory diseases that are so prevalent.

Food Your First Defense. In general, women seem to be more aware of the power of food than men.



Occasionally the homemaker's task is made more difficult by men-folks who pooh-pooh the idea that meals should be planned scientifically, and who point out that generation after generation survived without a specific knowledge of nutrition.

People who hold this view fail to take into consideration that many of our ancestors consumed a satisfactory diet without knowing it.

Safeguarding Health

They should realize also that one can suffer from dietary deficiencies and live . . . though he may not live well! A man can exist upon much less than the amount of iron required for normal health . . . but he probably cannot escape secondary anemia.

Time for Good Eating

But don't imagine for a moment that correct eating and good eating cannot be synonymous. It is true that there is no time of year when correct eating is more important. But it is also a fact that there is no time of year when good eating is more distinctly indicated!

These are the days when breakfasts must be especially hearty . . . to satisfy keen appetites, to provide generous amounts of fuel or energy values. That means cereals always, and some form of breadstuff, pancakes or waffles.

Whole grain varieties are also a good source of bulk or cellulose so necessary for regular health habits . . . so often overlooked in diets that are carelessly planned.

Eggs belong on the breakfast menu, too, because they are a top-notch protective food. And there must be fresh or stewed fruit—for vitamins, minerals and roughage.

Balancing the Big Meal

Whether the main meal of the day is served at noon or at night, it should be well-balanced, to help safeguard health, and appetizing,

to make it so enjoyable that it will be digested efficiently.

It should be built first of all around a protein food: meat; fresh, canned, or quick-frozen fish; chicken, an egg dish, or a casserole of hearty baked beans. There should be an energy food such as sweet or white potatoes, rice, macaroni, or noodles, though frequently this can be combined with the protein food, as in cheese macaroni or beef stew.

Vegetables—Raw and Cooked. There should be vegetables—one or two of them. Green leafy vegetables, either fresh or canned, should be served several times a week . . . for their iron and vitamins A, B, G, and sometimes C.

When Making Toast.—It improves it both in taste and digestibility if the slices of bread are laid in the open oven for a little while before toasting them. They will toast better and more evenly if given this advance treatment.

When Cleaning Bed Springs.—Use a dishpan on which a small amount of furniture polish has been placed.

Use for Pickle Vinegar.—Vinegar left over from sweet pickles makes a tasty seasoning for chopped cabbage.

The Dusting Question.—First of all, is your duster clean? Do you shake the duster out frequently? Do you dust the high objects first so that any falling dust will be gathered later?

To Wash Chamouis Gloves.—Make a good lather of soap and warm water. Never use hot water as it makes the gloves shrink.

Cream First.—Coffee is improved 50 per cent if cream is first poured into the cup and coffee poured over it.

TIPS to Gardeners

Rock Garden Advice

SELECTION of flowers and their location in the garden can make or break your rock garden. Therefore, descriptions on seed packets must be read carefully when seeds are bought, and the plan of the rock garden must be carefully worked out.

In smaller crevices, tufted plants with rosettes of foliage and short flower stalks are suitable. Ordinary garden or bedding plants should be eliminated from consideration for the rock garden, it is advised by Gilbert Bentley, flower expert.

True rock garden plants grow less than 10 inches tall. Use only low-growing annuals and perennials that grow among rocks in their native haunts—those that belong by nature among stones.

of bulk. Served raw, they provide a substantial amount of vitamin C, the vitamin for which we especially prize oranges, grapefruit and tomatoes.

Include a salad at dinner, lunch or supper; it is well for most normal individuals to eat some raw food daily. In cold weather, dress it generously with salad dressing for extra fuel value.

Dessert may be pie, pudding or gelatin. The choice depends partly upon the other foods served at dinner, partly upon the dessert to be served at the third meal of the day. But here is a good general rule to follow. Serve a fruit dessert at one meal—and a pudding containing milk at the other.

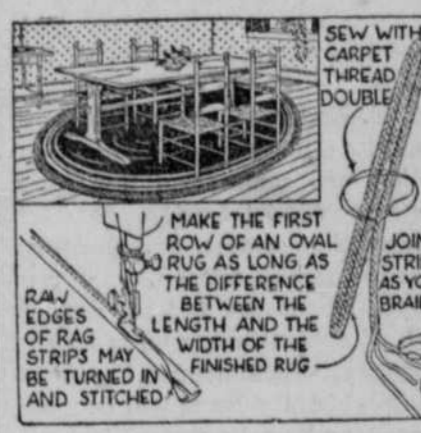
Rounding Out Day's Nutrition. Whether the third meal of the day is lunch or supper in your household, it should round out the day's nutrition. If you need to get more milk into the diet, let your lunch or supper include a cream soup.

Let the balanced diet be your ideal—and cold weather will prove a tonic instead of a possible menace to health!

©—WNU—C. Houston Goudiss—1939—52.

HOW TO SEW

by Ruth Wyeth Spears



MAKE THE FIRST ROW OF AN OVAL RUG AS LONG AS THE DIFFERENCE BETWEEN THE LENGTH AND THE WIDTH OF THE FINISHED RUG. RAW EDGES OF RAG STRIPS MAY BE TURNED IN AND STITCHED.

DEAR MRS. SPEARS: The leaflet on making Rag Rugs that just came with your two books is most interesting to me, and I thought you might like to know about a rag rug that literally grew up with our family.

I save the best parts of old sheets and dye them different colors; then tear them into one-inch strips. I have a power machine, so I run these through it turning in the raw edges. The stitching

strengthens the strips and makes them firm and neat for braiding. If this letter inspires you, I have made a sketch here showing how to start your room size rug.

NOTE: Now is the time for all of us to give our houses a fresh start. Crisp new curtains; a bright slipcover; new lampshades; or an ottoman will do the trick. Make these things yourself. Mrs. Spears' Book 1—SEWING, for the Home Decorator, shows you how with step-by-step, easy to follow sketches. Book 2—Gifts, Novelties and Embroidery, shows you how to make fascinating things from odds and ends and will save its cost many times.

In a Motor Car

When you buy an automobile you buy a ton and a third of steel, 33 pounds of copper and brass, 2 pounds of tin, 27 pounds of lead, 144 pounds of cast pig iron, 110 pounds of rubber, a tenth of a bale of cotton, 13 square yards of upholstery fabric, 2½ gallons of spraying lacquer, 37 pounds of paper and fiber board and 18 square feet of glass.

Uncle Phil Says:

Offspring of Imagination

Scandal is when you don't know as much as you can guess.

It makes a man admire a woman's intelligence to see how easily she can tell the front end of her new hat.

Happy the man that reaches the top who still has one ardent bosom friend to cherish.

With Regrets to Follow

When one passes an evening wisely he gets his satisfaction out of it by thinking about it next morning; but when he spends his evening in folly he thinks he is rewarded right there and then.

Enough is what would satisfy us—if the neighbors didn't have any more.

Common Sense About Constipation

A doctor would tell you that the best thing to do with constipation is get at its cause.

If this is what you lack, try crisp crunchy Kellogg's All-Bran for breakfast. It contains just the "bulk" you need.

Eat All-Bran every day. Drink plenty of water, and "Join the Regulars." Made by Kellogg's in Battle Creek. Sold by every grocer.

A LAW advertisement featuring portraits of men and text about carrying Smith Brothers Cough Drops.

PRINCE ALBERT advertisement featuring Ernest Selcke smoking a cigarette and a Prince Albert cigarette pack. Text includes: 'NOW WHEN IT COMES TO MAKIN'S SMOKES...' and 'MILD-TASTY-FRAGRANT 70 fine roll-your-own cigarettes in every 2-oz. tin of Prince Albert'.

Family Ties Mean Nothing to Cold-Blooded Reptiles; Offspring wriggle through life alone

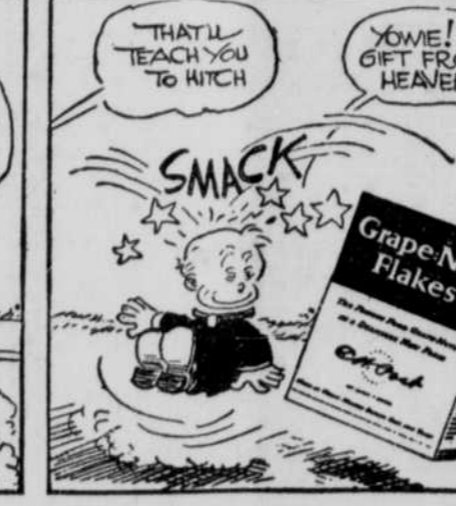
A snake is cold-blooded in every sense of the word. Family ties mean nothing. If the young hatch from eggs, they are left to come out all by themselves. If they are born in a litter of from 5 to 50 infinitesimal ribbons, they must wriggle through the school of experience alone.

Most of the snake gentry hereabouts are very handsomely patterned. The ringnecked snake, for example, is a shiny bluish black with bright yellow underparts and a brilliant orange ring around his neck. The pilot black snake has a black velvet skin. The ribbon snake would make a pretty fancy ribbon, with

Jerry on the Job!



What's the Hitch?



TRY THIS TASTIER-MELLOWER TOBACCO IN YOUR PIPE TOO!



MY FAVORITE BREAKFAST!! YOU CAN BE LATE EVERY DAY IF YOU BRING CRUNCHY DOUBLE-FLAVOR GRAPE-NUTS FLAKES.



GET 'EM AT YOUR GROCER'S AT THE NEW LOW PRICE

