## 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. Joe's at Brooklyn now and at last writing could have used a job. He gave up his youthful ambition to be a mining engineer as a result of events related in today's story, and switched to mechanical engineering. But, if you ask me, the magazines are looking for people who can write

Accordingly, I'm following his script pretty close. In April, 1920, Joe was a surveyor with the Glen Alden Coal Co., Scranton, Pa. It was his first job, and he was assigned to investigating "pillar robbing" in the Cayuga mines. I'll explain.

Miners must leave enough coal to support the roof of the mine, which consists of shale, a scaly rock, that caves in easily. Pillar robbing means stealing coal from these remaining supports, and is illegal, since it may cause cave-ins in which workers are killed, gas and water mains burst, even explode, and brick buildings standing on the land collapse. It's earthquake, fire and flood.

#### 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. As supports they were useless and might just as well have been mined out. Old timber erected by miners to protect themselves in those far, bygone years were rotted, useless. A touch and they collapsed to fungi-infested, mildewed dust. Not much between Joe and the millions of tons of rock over his head.

Worse, the workings were of the "pitch" type-each chamber like a long, sloping tunnel, some very steep. The roof was dangerously cracked. Slabs of shale hung so loose a breath would send them crashing to the floor. Fallen rock covered the steeplyslanting floor in sizes from a fist to dining-room table. This "gob" can start an avalanche on the slanting tunnel floor.

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-vizor. He stepped, light as a falling feather, testing every



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 bassdrum shook the earth in a bolt of livid flame. GAS! Joe's light had ignited a pocket of whitedamp!

Splinter! Crack! Crash! The shock jerked rock toppling from the roof, dropped it on the loose "gob" on the steeply-slanting floor! The slide was on!

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 abovethundering flood of angry rock below! Joe clung to the pillar on his stomach, ducking hurtling rocks, shrinking from the blazing heat above. With clawing fingers and toes that vainly sought foothold in the hard floor, he lay there—it seemed ages—aghing muscles a-torture. The slide diminished. The "carbonic oxide" above burned fitfully, threatening any second to seek out with its rainbow flames another pocket, spreading in chain explosions through the underground terrain, burying Joe and his companions.

#### 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? The rolling flames died, went out. In the inky black Joe groped for a match, lit his lamp. The floor was clear. He stepped out. Instantly he tobogganed down on a slab of rock he had overlooked. Four hundred feet below he brought up short on the heap of loose rock. It had blocked the entrance completely.

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. Air! The rock had sucked much out, the explosion had driven more out and the fire had burned he didn't know how much of the life-giving oxygen in that black pit. Would the rest last till they got to him?

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. A relay of rescue crews, working as only mine rescue crews can, dug through the for vitamins, minerals and roughpillar from an adjoining chamber and pulled Joe out nine hours later. 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.

#### Family Ties Mean Nothing to Cold-Blooded Reptiles; Offspring Wriggle Through Life Alone

through the school of experience

Most of the snake gentry hereabouts are very handsomely patterned. The ringnecked snake, for example, is a shiny bluish black with make a pretty fancy ribbon, with heavy woods.

A snake is cold-blooded in every | his slender dark body and three long sense of the word. Family ties | yellow stripes. The green snake is mean nothing. If the young hatch as green as grass and the queen from eggs, they are left to come out | snake, which is found only in water, all by themselves. If they are born has nice chocolate brown stripes. in a litter of from 5 to 50 infinitesi- The storer's or red-bellied burrowmal ribbons, they must wriggle ing snake is very small and gray with bright red decorations.

Each one has a personality of his own. Some are very mysterious and secretive, preferring to lead private lives under stones, bark or logs. Others move freely in the bright yellow underparts and a brillopen fields. Some are happiest liant orange ring around his neck. around water or living in marshes The pilot black snake has a black and swamps. Tree climbers like velvet skin. The ribbon snake would | the pilot black snake haunt the

## WHAT to EAT and WHY HOW TO

food such as sweet or white po-

tatoes, rice, macaroni, or noodles.

cheese macaroni or beef stew. For

variety and palate pleasure, oc-

Vegetables-Raw and Cooked

There should be vegetables-one

or two of them. Green leafy vege-

yellow vegetables which are par-

A. Don't overlook onions-they

Advice to Homemakers on How to Feed Families During of bulk. Served raw, they provide Coldest Days of Winter; Essential Nutritive Values Described in Terms of Everyday Foods

By C. HOUSTON GOUDISS

COWARD the end of winter we sometimes experience I some of the coldest weather of the entire season. Temperatures remain below freezing for days at a time. The air is often raw and penetrating, and blustery winds make it seem as if man is being persecuted by nature. 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 exer- to make it so enjoyable that it will cise. So it is no wonder that be digested efficiently It should be built first of all the body is on trial . . . fighting to maintain health . . . to fresh, canned, or quick-frozen avoid the colds and other refish; cheese, chicken, an egg dish, spiratory diseases that are so or a casserole of hearty baked beans. There should be an energy

prevalent. This is, perhaps, one season when food has a mightier power than at any other time to though frequently this can be cominfluence physical well-being.

Food Your First Defense In general, women seem to be more aware of the power of food casionally serve baked bananas. than men. This is They rank as an energy food, and

fortunate, because also contribute important minerthey are charged als and vitamins. with the solemn responsibility of determining what foods their families tables, either fresh or canned, shall eat. Since the should be served several times a right food some- week . . . for their iron and vitatimes makes the difference between sickness and health their husbands and | ticularly notable for their vitamin children are the

unhappy losers if they fail to recognize the need for even one essential food substance.

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 know-

#### 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 health . . . but he probably cannot escape secondary anemia. He may be able to get along on a meager supply of vitamins . but the chances are that his vitality will be greatly diminished. And he will face the constant threat of disease that follows in the wake

of lowered resistance. Nothing is more foolish than to suppose that what a man eats is entirely his own business! It is a matter of grave concern to his wife and children. For it has been suggested that fully one-half of the illnesses of the American people may be traceable directly, or

indirectly, to dietary deficiencies. Let no man, therefore, twit his wife for trying to feed him correctly!

#### 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 in-

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. Cereals are primarily energy

foods, but they may also carry substantial amounts of precious mineral salts and vitamin B. 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

Eggs belong on the breakfast menu, too, because they are a topnotch protective food. And there must be fresh or stewed fruit-

Balancing the Big Meal

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

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. around a protein food: meat; Of course, the fruit need not be served plain unless you wish. Fruit pies are splendid for cold weather meals, fruit and gelatin know about a rag rug that literally combine nicely, and fruit may be incorporated in cakes, as in apple sauce cake.

#### Rounding Out Day's Nutrition

bined with the protein food, as in 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 eggs previously during the day, choose a souffle or a dish containing creamed eggs. A starchy food, a salad, a dessert and a beverage will complete a meal that mins A, B, G, and sometimes C. meets nutritional requirements. These may be alternated with the

are inexpensive, and a fine source | @-WNU-C. Houston Goudiss-1939-52.

#### **AROUND** Items of Interest to the Housewife

Substitute Garnish. - Celery leaves, or finely shredded outer leaves of cabbage or brussels sprouts, can be used for a garnish when parsley is not available.

For Cleaning Bed Springs.-Use a dishmop on which a small amount of furniture polish has been placed.

Use for Pickle Vinegar .- Vinegar left over from sweet pickles of iron required for normal makes a tasty seasoning for

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? Do you wipe off the articles so you gather the dust in the cloth and not brush it off on the floor? Do you use a soft cloth and not one of those airy feather dusters that just push the dust from one object to another?

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

# Gardeners

Rock Garden Advice CELECTION 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.

Creeping plants, for instance, should be allowed to make carpets of color in the larger soil pockets. Erect plants may be used in flat spaces. Trailing plants should be allowed to droop over the face of rocks, or they may be placed at the top of the bank or wall.

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

True rock garden plants grow less than 10 inches tall. Use only Whether the main meal of the low-growing annuals and perenniday is served at noon or at night, als that grow among rocks in their it should be well-balanced, to help native haunts-those that belong safeguard health, and appetizing, by nature among stones.

for extra fuel value.

Dessert may be pie, pudding or

cream soup. If you haven't served both satisfies the appetite and

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

When Making Toast. - It im-

proves it both in taste and digesti-

bility 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

it will remain bright much longer.

For Tender Fowl .- When roast-

ing chicken or turkey place the

fowl with breast down in the bak-

ing pan for the first half hour of

roasting. This allows the juices

to flow into the breast, making it

Have Several Measuring Cups.

-Having more than one measur-

ing cup handy is a great asset and

Cream First .- Coffee is im-

proved 50 per cent if cream is

first poured into the cup and cof-

moist and tender.

time-saver in cooking.

if given this advance treatment.

makes them last longer.

### Uncle Phil Says:

MAKE THE FIRST

ROW OF AN OVAL

DEAR MRS. SPEARS: The

that just came with your two

books is most interesting to me,

and I thought you might like to

grew up with our family. When

we first went to housekeeping I

started what I hoped would be a

large braided rug for the dining

room. When it was big enough to

go under the small table we were

using then, I put it down. Each

winter I have added more rows

to the edge. The family has grown

and we all fit on the rug quite

"I save the best parts of old

sheets and dye them different col-

ors; 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

leaflet on making Rag Rugs

THE DIFFERENCE
BETWEEN THE
EDGES
OF RAG
WIDTH OF THE

STRIPS MAY WIDTH OF THE BE TURNED IN FINISHED RUG -

Offspring of Imagination

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

A good idea kept to yourself is worthless-passed on to others it becomes a valuable asset. It makes a man admire a wom-

an's intelligence to see how easily she can tell the front end of her Happy the man that reaches the

top who still has one ardent bosom

#### friend to cherish. With Regrets to Follow Save Your Rugs. - Frequent

When one passes an evening home cleaning of rugs actually wisely he gets his satisfaction out of it by thinking about it next morning; but when he spends his After Washing Silver .- Stand it evening in folly he thinks he is rein a jug of very hot water to which warded right there and then. a little ammonia has been added;

Enough is what would satisfy us -if the neighbors didn't have any

by Ruth Wyeth Spears Sp I 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. If you are not quite that ambitious, you will find many ideas for smaller rugs in the leaflet offered

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. Books are 25 cents each; if you order both books, copy of the new Rag Rug Leaflet will be included free. Address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

#### 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, 21/2 gallons of spraying lacquer, 37 pounds of paper and fiber board and 18 square feet of glass. - Commentator Magazine.

#### Common Sense **About Constipation**

A doctor would tell you that the best thing to do with constipation is get at its cause. That way you don't have to endure it first and try to cure it afterward-you can avoid having it.

Chances are you won't have to look far for the cause if you eat the super-refined foods most people do. Most likely you don't get enough "bulk"! And "bulk" doesn't mean a lot of food. It means a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the

intestines.

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 by Kellogg's in Battle Creek. Sold by every grocer.





There ought to be a law against people who cough in public. Don't do it. Carry Smith Brothers Cough Drops with you. Just 5¢ a box. 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.

### fee poured over it. NOW WHEN IT COMES



No Two ways about it," he says, "that good crimp cut Prince Albert is a joy to sniff, a joy to roll, and there's extra smoking joy in its mellow, ripe, rich taste." Just try Prince Albert, gentlemen-see why "makin's" smokers say: "There's no other tobacco like Prince Albert."



THE NATIONAL JOY SMOKE

Jerry on the Job!



THATIL



