

# Floyd Gibbons'

## ADVENTURERS' CLUB

HEADLINES FROM THE LIVES OF PEOPLE LIKE YOURSELF!



### "Into the Whirling Knives"

HELLO, EVERYBODY:  
Here's a tale of the wheat fields of Canada, an exciting account of how a man, trying to yank loose a sheaf of wheat that was plugging the blades of a threshing rig, suddenly found himself being carried along toward them by the machinery he had succeeded in freeing.

It was a frightful experience, and Howard C. Flanders of Rutland, Vermont, won't forget it till the day he dies. Incidentally, I'm flattered—and a bit curious—to learn that my column in the New York Journal is read way up in Rutland, Vermont.

Howard's story begins back in 1924, when he was a youth of 16 living in the town of Sherbrooke, Quebec. In those days, during the fall of the year they would import men from the East and even from Great Britain to work in the harvest fields of western Canada.

As Howard puts it succinctly: "The dough was good, the hours long, etc., so I decided I would try it."

A week later Howard left Sherbrooke on the Harvesters' Special. A week later he arrived in Calgary, Alberta. A train that ran only three times a week took him on to Granger, Alberta, and thence he went by bus to Carbon. Here he got a job in the wheat fields and worked three weeks.

"So far, so good," Howard says. "I then went to work for a threshing outfit where I came near losing my neck—or feet would be more like it."

### Howard Jumped on the Carrier to Free the Knives.

Then he says: "I don't know if you understand a threshing rig, but I'll explain as best I can. The only part that concerns me is the



The carrier moved slowly but inevitably toward the floating knives

rear of the outfit. There is a carrier—something of the endless belt variety. You pull up alongside this carrier with your team and rack, grab your pitchfork and get going."

As you threw your wheat sheaves on the carrier, Howard explains, it took them to the mouth of the machine where a series of knives work up and down so fast the eye could not follow them. These knives, as Howard puts it, "do a job on the wheat," and also cut the cord that holds the bundle together.

"We would work like mules," Howard goes on, "unloading as so to get through and catch up a few minutes on the other fellow and take it easy. Sometimes we would plug the rig and the carrier would stop, and that's all."

This certain day—September 29, 1924, to be exact—the rig plugged on them, and not thinking, Howard jumped on the carrier and grabbed a sheaf that was plugging the knives and started to pull and yank.

"All of a sudden," Howard says, "it let go and there I was—riding along to those knives and destruction."

Picture the scene for yourself—the carrier, with Howard on board, moving slowly but inevitably toward the flashing knives that, freed now of their obstruction, were slashing at a speed that made them invisible to the eye.

To make matters worse, Howard, because he had been obliged to go close to the knives in order to free them, was now practically on top of them, being carried closer every second by the speeding carrier, as it picked up momentum it had lost when the sheaf had blocked it.

Howard heard a yell. It may have been that yell that broke the spell that his startled senses were under. At any rate, he was galvanized into action. Just as the greedy knives were reaching for his clothes to drag him in and shred him to death, he swung, jumped on to the bundle rack of his wagon!

Breathless, his heart pounding, his limbs so weak he could hardly hold himself together, Howard climbed down to the ground. And then, suddenly, he remembered the yell, and the strange quality that made it somehow more than just a cry of warning. He looked about.

### The Mystery of the Machine Owner.

On the opposite side of the machine he found one of the owners of the outfit with his right hand all mangled and bleeding at his side!

"In his hurry," Howard explains, "he said he had been pulling a chain on the outside of the carrier, trying to help the bundles through, and when she started he looked up, and there I was riding merrily along. His story was that the only thing to do was to plug those gears some way and slow up that carrier or stop it and give me a chance to get off, and not having anything to use he slaps his hand between the gears and it slowed it up and gave me the chance to save myself."

To this day, Howard says, he can't remember whether that platform slacked up in its speed or not. He does know he got himself clear.

"I have often wondered," Howard goes on to say, "if the man in his hurry to get the thing going, had taken hold of one of the cross-pieces of the gear and yanked on it, and when she started, slipped and went into the gear himself—or whether he was the means of saving my life or limbs. I don't know. The least I could do was thank him, which I did."

"A week later he gave me the gate and I have been wondering ever since just what did happen."

Howard finally got home broke but happy. I hope he stays happy, but just in case he ever goes broke again, here's ten bucks he can put aside for an ace-in-the-hole!

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### Best Musk Produced by Male Deer of the Himalayas

Throughout the long roll of the centuries there have been innumerable perfumes.

However, the bases—the fixatives—were a few natural products, the most famous of which is musk. Several animals produce musk, but the best comes from the male musk deer of the Himalayas, according to an authority in the Philadelphia Record.

The musk deer is only 20 inches high, has no antlers and its teeth project like tusks in the male. This tiny deer carries beneath the skin of his stomach a sack about the size of an orange, in which is found a dark brown substance, somewhat like wet gingerbread (found only in the male).

This "musk" is about the strongest smelling substance known, rather aromatic and pleasant. The deer is killed, the musk sack extracted and dried, then packed by camel caravan across the immense plains

of Asia to the centers where it finds its way into world trade. Long before the Christian era men were killing musk deer and dealing in the musk they obtained from them.

Musk is mixed with many other ingredients, whose odors it seems to blend into a whole. In color it is dark purplish, in texture dry, smooth and unctuous to the touch, in taste bitter.

So pervading is it that the scent remains for centuries. In 1558 "Bloody" Mary of England ordered Lady Cecily Cholmondeley imprisoned in the Tower of London. The governor of the tower, who sympathized with his fair prisoner, had her cell perfumed with musk. The characteristic perfume is still discernible after nearly 400 years.

Chemically musk contains ammonia, cholesterol, fatty matter, a bitter resinous substance and other animal principles.

# WHAT to EAT and WHY

## C. Houston Goudiss Shows How the Right Foods Can Help to Guard Against Springtime Debility

By C. HOUSTON GOUDISS

THE gap between winter and spring has always been recognized as a trying period. Work seems a burden, tempers are short, appetites are poor, and little enjoyment is derived from meals.

Just as the daily tide of human vitality is at a low ebb during the hours before dawn, so does the annual tide of health reach a low ebb in the weeks that mark the end of winter and the official beginning of spring.

Bodily reserves have been gradually depleted until many children and adults suffer from lassitude and fatigue that cannot be dispelled merely by getting a good night's sleep.

### The Best Spring Tonic

A generation ago it was believed that sulphur and molasses, and sassafras tea would overcome springtime debility.

Homemakers dosed their families with a variety of so-called tonics, in a frantic effort to put color into pale cheeks, to soothe irritable nerves, to overcome that tired feeling.

We know today why their efforts met with little success. For we have learned what they could not know—that the best possible tonic is a carefully chosen diet rich in minerals and vitamins.

In those days, the science of nutrition was in its infancy. Vitamins were still undiscovered, and there was much that we had not learned about the role of the mineral salts in regulating body processes. No wonder mothers grasped at any mixture that promised to put roses back into the cheeks of their anemic-looking children.

How lucky we are today! For science has taught us what we should eat to help increase pep and vitality, and build rich red blood. And modern methods of transportation, refrigeration, food preservation and packaging, have made the necessary foods easily available. It merely remains for the homemaker to acquaint herself with the nutritional needs of her family.

### Enriching the Blood

The blood is frequently impoverished by the time spring puts in an appearance. That is not surprising, for in many households the winter diet contains a preponderance of carbohydrates and fats, with far too few of the precious minerals and vitamins. It is often deficient in iron, the mineral that is required for the formation of the hemoglobin or red pigment in the blood, and in copper, which is required for the proper utilization of iron.

Inasmuch as 3 per cent of the blood cells are destroyed daily, it is obvious that unless adequate amounts of iron-rich foods are available to replace them, the number will soon become subnormal. Moreover, it has been found that many minor disturbances of the body cause a loss of iron, and that mild infections are a common cause of iron loss.

Thus, individuals who have been consuming a diet that is barely adequate in respect to iron may find themselves on the borderline of iron deficiency following an infection.

### Iron-Rich Foods

Every homemaker, therefore, should make a determined effort to include plenty of iron-rich foods in her menus. These foods include liver, eggs, whole grain cereals, dried fruits, lean meats and green leafy vegetables.

Green vegetables cannot be emphasized too strongly, for they

tend somewhat to be crowded out of the winter diet by the starchy and fatty foods which provide more heat and energy. And investigations with children have demonstrated that when vegetables and fruits are limited, there is a certain sluggishness of blood formation. Green vegetables not only supply iron in significant amounts, but their iron has been found to be especially well absorbed from the digestive tract.

### Eat More Greens

Right now it is most important to provide large amounts of dandelion greens, spinach, kale, chard, watercress, lettuce and green cabbage. Serve a cooked green vegetable at one meal each day and a generous green salad at another.

Top the salad with fruit, if you want to add more minerals and vitamins. . . segments of orange or grapefruit, slices of banana or pineapple, or a mixture of apple and celery.

These fruits also supply important minerals and vitamins, and like the green vegetables, they leave an alkaline ash following digestion, and therefore help to

maintain the acid-base balance of the body.

### Plenty of Bulk Required

There is still another reason why green vegetables and fruits should be consumed in liberal quantities. These foods, along with whole grain cereals, provide an abundance of bulk or cellulose which is necessary to help promote regularity. They tend to offset the effects of a too highly concentrated winter diet. Very often that feeling of lassitude, mistakenly called spring fever, can be overcome by adding to the diet a larger proportion of these naturally laxative foods.

It's also desirable to take an adequate supply of fluids to help flush the system of waste. In addition to a generous amount of water, there should be a pint of milk daily for every adult, a quart for every child, and fruit juices in abundance. Orange juice, grapefruit juice, pineapple juice and tomato juice all supply vitamins A, B and C, and their refreshing fruit acids have a beneficial effect upon the appetite.

### Exercise and Fresh Air

Two more splendid antidotes for the let-down feeling that comes at this season are moderate exercise and fresh air. The proper use of the muscular system is important to health and vitality, yet many people go through the winter taking far too little exercise.

In general, you will eat better, sleep better, feel more alert and at the same time more relaxed, if you make a point of getting out into the open every day.

Sleep, sunshine, fresh air and the right food—these are Nature's tonics!

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## ASK ME ANOTHER ?

A Quiz With Answers Offering Information on Various Subjects

### The Questions

1. What was known in American history as "Seward's Folly"?
2. Where in the New World does the sun rise in the Pacific?
3. Why is the word *lucrum* used with reference to money?
4. What was the first department in the U. S. government to be created?
5. What is the length of a generation?
6. Who is the youngest member of the present congress?
7. What is the amount of America's total income?
8. Do all kinds of oysters produce valuable pearls?
9. During the World war, what country was the first to make peace with its enemies?
10. Is there any limit to the amount of national debt?

### The Answers

1. The purchase of Alaska.
2. On parts of the Isthmus of Panama, which turns and twists in such a manner that the end of the canal farthest west touches the Atlantic.
3. *Lucrum* is from the Latin *lucrum*, meaning gain.
4. The department of state (July 27, 1789).
5. The whole body of individuals born about the same period is a generation, and by extension, the term is applied to the time covered by their lives.
6. Lindley Beckworth, of Texas, who is 25 years old.
7. The department of commerce reports that Americans received \$64,200,000,000 in various forms of income in 1938.
8. While many kinds of oysters make pearls, only those produced by mollusks possessing a special type of shell, with an inner lining of mother-of-pearl are in demand.
9. Russia, by the treaty of Brest-Litovsk, March, 1918.
10. The national debt is limited by law to \$45,000,000,000.



### Uncle Phil Says:

And If He Knows How  
One generally does what he wants to do in this world—if he wants to do it hard enough.

Could a sheep-herder become a great philosopher? Why not? He has endless hours for contemplation.

Even among boys on the playground the yes-men are budding. See the boys there recognize the type.

### Mind-Made Monsters

Power to do as one pleases usually wrecks the character of those who have the power.

Don't cultivate a chronic habit of saying "No." You'll miss something.

The joyspreaders down town are the fellows that go home and raise merry cain if the oatmeal for breakfast is a minute late.

# TIPS to Gardeners

## Give Flowers a Break

DON'T put an added burden on your flowers by asking them to grow in conditions to which they are not suited. Flowers are like races of humans. Some thrive in warm, moist climates. Others, through the centuries, have become accustomed to intensive cold.

Certain flowers, for instance, may be grown successfully in comparatively cool, semi-shaded locations. If you have such spots in your yard, don't plant your zinnias or petunias there.

Any of the following will prove more satisfactory, according to Harry A. Joy, flower expert: Annuals—balsam, clarkia, coleus, nasturtium, pansy, calendula and vinca; perennials—English daisy, campanula, columbine, myosotis, sweet William and viola.

If you live in drouthy sections or if your flower beds are on well-drained soil in full sun, try the following: Annuals—abronia, ageratum, alyssum procumbens, arctotis, calliopis, candytuft, cosmos, four o'clock, lupin texensis, petunia, portulaca, sunflower, verbenia, and zinnia; perennials—coreopsis and hollyhock.

## SAFETY TALKS

IF YOU know all the rules about wearing rubbers when it rains, red flannel undies in the winter, and if you don't sleep in a draft, you probably take pretty good care of your health. But how about your safety?

The National Safety council reports that from the age of three years to 21, accidents kill more persons (both sexes) than any disease; from the age of three years to 40, accidents kill more males than any disease.

Among males of all ages only heart disease claims more victims than accidents—301.6 of every 100,000 males die of heart disease each year while accidents kill 119.6. Among the ladies, six diseases rank above accidents as a cause of fatalities. They are heart disease, cancer, cerebral hemorrhage, pneumonia and chronic nephritis.

## The Man Was Waiting And Did Just That

The magistrate was not exactly clear as to what the case was all about, so he tried to find out by questioning the prisoner.

"What were you doing when you were arrested?" he asked.

"Waiting, sir."

"What for?"

"Money, sir."

"Who was to give you the money?"

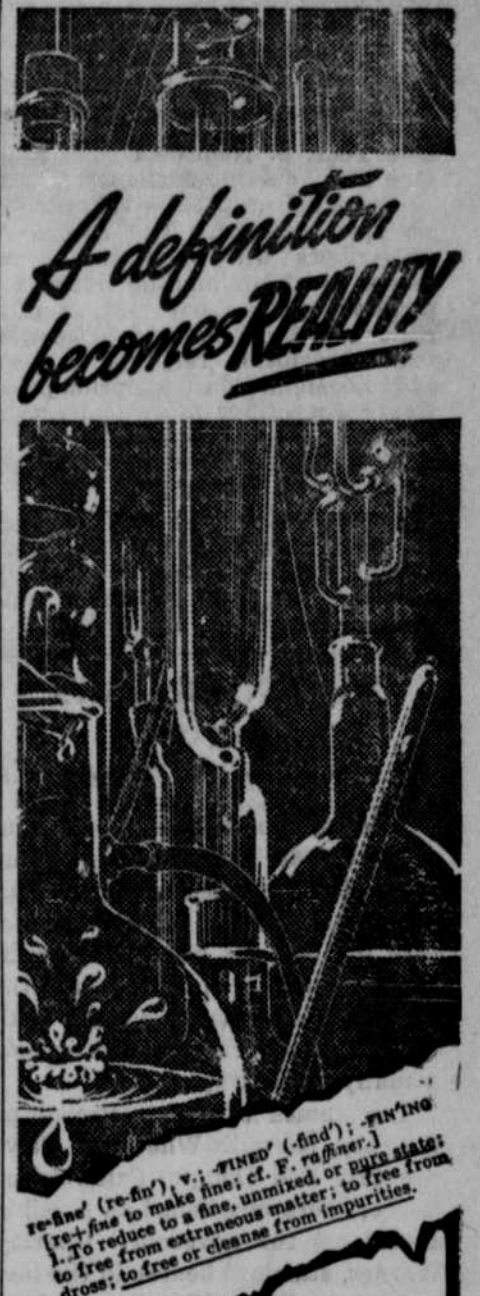
"The man I was waiting for."

"What did he owe it to you for?"

"Waiting, sir."

The magistrate made a last effort to get a definite idea. "What do you do for a living?" he demanded.

"Waiting, sir."



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