## Quick Stitchery for the Home "Artist"

Here's a famous painting-"The Angelus," to reproduce in quick stitchery. You've no idea what a charming picture will result as you stitch away in wool or rope silk, but you're assured a speedy finish due to the plain background. So send for your pattern today



Pattern 1212

and get started on this fascinating piece of needlework. You'll want to frame it, when it's finished.

Pattern 1212 contains a transfer pattern of a picture 131/2 by 16 inches: a color chart and key; material requirements; illustrations of all stitches needed.

(coins preferred) for this pattern to The Sewing Circle Needlecraft Dept, 82 Eighth Ave., New York,

Write plainly pattern number, your name and address.

## Foreign Words and Phrases

Amor patriae. (L.) Love of country.

Contra bonos mores. (L.) Contrary to the moral law. Dirigo, (L.) I direct or guide.

(The motto of Maine.) Functus officio. (L.) Having fulfilled his office; out of office.

Genius loci. (L.) The genius of the place; the guardian spirit. Malum in se. (L.) A thing evil in itself, inherently wrong.

En fin. (F.) At the end; finally. Obiter dictum. (L.) A remark in passing; such part of a judge's opinion as is aside from or beyond the point at issue, and therefore not binding as a precedent.

Bienvenu. (F.) Welcome. Ultima Thule. (L.) Farthest Thule or land; utmost bound. Savoir vivre. (F.) The knowing

how to live; good breeding. Tu quoque. (L.) You too; you're another.

## "I was run-down-

"... looked pale ... lacked a keen appetite . . . felt tired . . . was underweight."

## "What did I do?"

MY intuition told me I needed a tonic. Naturally, I am happy and grateful for the benefits S.S.S. Tonic brought me."

You, too, will be delighted with the way S.S.S. Tonic whets up the appetite . . . improves digestion . . . restores red-blood-cells to a healthier and richer condition. Feel and look like your old self again by taking the famous S.S.S. Tonic treatment to rebuild your blood strength . . . restore your appetite ... and make better use of the food you eat.

S.S.S. Tonic is especially designed to build sturdy health ... its remarkable value is time tried and scientifically proven...that's why it makes you feel like yourself again. Available at any drug store.



Get a New Hold

where you are right, and get a new hold when you are wrong .-Van Amburgh.







CHAPTER XIV-Continued

-17eard the uncommon rumble of the

around the bend, preceded by the roar of the wheels on the infirm tracks.

"It's Doug Mason. He's gone plum crazy," Abral said.

While he was yet speaking, the heavy load struck a weak joint in the wooden rails in the middle of the curve and plunged down the Send 15 cents in stamps or coins foot of the hill to the creek bank.

They rolled the worthless log from his torn body and carried him bleeding to the camp. Sparrel must

There was nothing much Sparrel could do for the left hand, flattened and punctured, with the white broken bones, hanging by a single string of skin at the wrist. The left eye was struck too hard by the heavy links of the log chain, and was no longer an eye. Sparrel did well by him with his

turpentine and salve and castile soap. When the worst of pain had passed, they carried him out of the bunk in the lumber camp to his own house. A moan came sometimes from his lips out of his control. He would twitch the handless stump of his arm, his teeth grinding, and stare at the blank wall with a bit-

His mother, hobbling about on her poor legs, and his sister Hessie did the weeping.

Cynthia, preparing things to bear to the Masons, riding down Wolfpen and Gannon Creek with them with it." on the Finemare, kept thinking over and over, "Worrying and regretting you, Mr. Pattern." are what you can't help and they don't make things a bit different. Its new owner, Abral was much en-But a body can't hardly see why grossed in the technique of lumberthings in the world can be the way ing and the prospect of driving a they sometimes are. Seems like raft in the spring. He could even there has been a plague on this bring a fleeting moment of cheer year that just hangs around Dry into the house when he stood in Creek Hollow waiting to reach out the middle of the kitchen floor in and do everybody an ill turn. I'm Cynthia's way, with a broom locked

downright sorry about Doug." heaviness. It was as if the sorrow his imaginary helper on the raft for Doug Mason had taken visible to shove on the pole and keep the form over the houses. Day after headlogs away from the bank. day the thick clouds lay on the hills. Then, the stiff curve cleared, he

quiet as death. Shellenberger was safely on the current, and turn to still away down the river somewhere getting ready for the rafts to take her around a sharp bend." in the spring. Jasper was busy in the hollows and at the barn, Abral went each day to Dry Creek.

Nearly every day Sparrel would go down to see Doug, and when Cynthia asked about him, replied: "Poorly, Cynthia, he's getting well, but he's in bad shape. And he's that proud he won't let anybody see I learned all about it from Mulhim only me."

They were trying days, and they trailed one another through the gloom. Then Jesse came one warm the hollows and pressed the rain before the sun. The darkness lifted wondering and the birds sang. Jesse was happy. He filled the house with his enthusiasm and goodity of Pikeville, feeling himself no in February. longer a spectator but a part of it. courthouse square, the new Baptist putting up, the stone sidewalks being laid all through the town, and

sounded strange from him. He was Determination means stick right yer, Cynthia thought, than the boy who set out the plants in the spring from it. Things are bad enough and read Blackstone haltingly under the haycock. She realized with killings and then more killings if such a sight of lawbreaking going heartache that even the Jesse of somebody witnesses against them on in the country here lately. Trouthose days existed no longer except in court. These feuds already give ble right there in Pikeville, too. in her memory, and would return a black name to a lot bigger coun- about the jail, and that witness in no more to Wolfpen. It was idle to try than has title to it. I wouldn't the Harrison-McClurg feud getting think of it being otherwise, and yet want any of that around here even the thought of placing Jesse in the on Shellenberger's land. Maybe it'll months and he's seen a sight of vault along with all the other treas. be all right and I'm just touchy cases come up. We've been here ured things that had died in that about things." year was full of grief. And the

> happy than before. for a profit. For themselves, some of their eyes.

big very soon now. Just at the mo ment things were a little tight be-Abral and the men at the dam cause it required a steady outlay of Jack Caher said. capital to get an operation going Doug came furiously into sight Vision, co-operation, enterprise were

pleasantest manner.

Mr. Shellenberger?"

"Those fellows are grumbling for you my personal note for it, and to throw up a shower of sparks. at the end of the month when I go down I'll have Judge Wade of the Catlettsburg bank endorse it if you the long smoldering antecedents. wish."

"I don't hardly see . . ." "You ought to have interest at six per cent. Say fifteen dollars for the loan. That's the way men make money, by making it work. You let it idle in the bank and the bank lends it out and gets the interest. Just for ninety days and you'll do me a great favor and help my work

Sparrel thought it over; the end of May, a thousand dollars, fifteen dollars interest, enough cash for Jasper, a real favor to Shellenber-

"I guess I could spare that to help you out," he said. "And I don't see any cause to bother Judge Wade

"I'm certainly much obliged to

Dry Creek kept pushing in like in the back of a chair, swinging it December was dreary and full of like an oar-blade and shouting to All day long the house was as would relax while the raft rode

> Cynthia and say, "That's the way "I bet you run right into a sand-

"All right, I bet you. What'll you

"Well, how many rafts have you

ever run?" Cynthia asked. "I can take one around any bend

Cynthia would carry it on, or she ing. would drop it and be happy for a time in the presence of his energy

see Gannon Creek get a bad name down below where they come from, life, Sheriff Hatler told me at Pike,

While he was pretending to him-

and Jack Caher had begun in rough | can grow up good men with a pride humor when Ike said that Jack had like all their folk before them back been cutting timber for three to Saul and the time he saw this months and still didn't know which | land as a place for a man to live in." way a tree was going to fall and would have got his fool self killed long ago if somebody didn't always pull him out of the way. The men, glad of words to break the silence and isolation, laughed; their laugh- Abral added nothing to it. It was ter inspired Ike to keep it up, elab- just another accident. You had to orate it, and go on baiting Jack. expect them, on a big job, Shellen-Then Jack Caher lost the humor of berger said. Men would not be it feeling himself in ridicule out of careful. But Cynthia knew from the usual good-natured butt, and the worried look on Sparrel's face showed resentment. Ike Dallow that it was more than that. It incouldn't very well stop without volved the law and a sheriff, and seeming to back down. So they car- that was a sinister thing quite apart ried on through the drink they had from Jesse and Tandy Morgan and behind a pile of brush and down to Blackstone. Shellenberger found the shop. Sparrel tried to quiet business calling him down the river: them, but they were too excited he was gone when Sheriff Hatler now to listen to him. They grew came. Cynthia heard the sheriff more boisterous, drawing others into the baiting.

"That's about enough now, Ike,"

"Listen to the little rat-eared and a long time to get returns on it. poodle," Ike said. "Enough what?" Then Jack lunged at Ike and hit the necessary qualities. A few days him under the eye. Jack stumbled later he came up from Dry Creek to as he swung, and was carried to his the mill where Sparrel was grinding. knees past Ike Dallow and against "I was wondering whether you the bellows by the forge. In the Sparrel, and we'll get this cleaned couldn't help me out for a few flash of blind anger, Ike seized a weeks," Shellenberger said in his cant-hook, swung it over his shoulder, and before Jack could recover "What could I do to help you out, his feet he brought it down with crushing force on his neck and shoulders. Had the hook not caught their pay again, and the God's truth in the bellows, the blow would have of it is, Mr. Pattern, that I'm just a slain Jack Caher outright and inlittle short of cash right at this stantly. He crumpled with a cry minute. I was wondering if I and groan, his bleeding head pushcouldn't borrow a thousand dollars ing into the soft leather of the belfrom you for a short time. I'll give lows, causing the smoldering forge

It was all too quick for anybody to intervene; the sudden flash of

Ike Dallow stood for a moment with the cant-hook in his hand, be-



Then Jack Lunged at Ike and Hit Him Under the Eye.

reft of the anger, bewildered by the unwilled act some part of him | making the pies, cooking dinner for had leapt forth to perform.

Then he dropped the bloody canthook, stared in fright at the dying ward the woods. The other men gathered around Sparrel who was in Gannon Creek or the Big Sandy. dead. They carried him into the bunk where Sparrel watched over him until he died in the early morn-

Sparrel laid him out with the soiled blanket covering his face. week-end when the wind blew into and his confidence. She lived in the Tired and worried, Sparrel tramped rich world of her imagination, for toward Wolfpen through the last of from the clouds, driving them from the most part, above the routine of the dark, thinking it over and over. the house where Julia was not. Soft | "I felt it in my bones, somehow, the for a moment, the grass looked up white fluffs of snow, small hard way you know something you don't pellets of ice, the sun and the thaws want to know, hope you won't have carried away the colorless days of to know. Then, bang, and it's all January. The wind and the rain, done. No warning. Sheriff Hatwill. He talked about the law and the sleet freezing enamel on the ler'll have to come now, and a grand the lawsuits pending next term of pear tree, the sun cracking it and jury and all. Sheriff Hatler never court, of the people and the activ- dropping it to the ground, brought rode down this creek before in his life only as a neighbor. Now he In Dry Creek more and ever more has to come on a murder. Right on He described the new brick jail to logs were piling up, and the rough the Pattern land it was. Only I be built on the lower corner of the men were getting more restive in reckon it's not Pattern land but the loins and irritable with one an- Shellenberger land. Never any dischurch by the Institute, the general other in the long isolation from a grace on it before. I'd like to have store the George Brothers were town with good drink and wemen. seen it stay that way. There was Cynthia could know little about just no reason in it happening. Bad them, but Sparrel was concerned. blood breaking out, it was. Seems the talk about even lighting up the He mentioned it to Shellenberger like in the last year something's streets at night. He could see all who dismissed it with a word. Spar- been at the heart of these hills, like this progress from Tandy Morgan's rel said no more, except to him- it was sick or giving up. Not just self. "A body hates to see that kind here on my place. It's the whole of life in here but it's just the men | Sandy Valley. Swamped with too back, but it was somehow different he brought up from down the river. many floating people I reckon, comfrom the way she had imagined it. I don't reckon a little drinking will ing up the river and loafing around He was changed and all this talk hurt any man, except it's encourag- the new mine towns and lumber ing some pretty bad characters to camps, not interested in the good already more of the Pikeville law- make it. I'd hate like anything to of the land, making corn liquor and gambling, and things like this.

"Never been so busy in all his shot. Jesse's only been there a few about a century now. I feel kind of disgraced myself, like I was in it. days after he was gone were less self that everything was all right, And I reckon I am, because I'll be it went abruptly awry. Sparrel him- summoned. The loggers and the Shellenberger and Dry Creek self was in the blacksmith shop at moonshiners will want to get it seemed to have conquered and pos- the camp when it occurred. The hushed over. Better get it all out sessed Wolfpen. Shellenberger re- men came down from the woods in the clear light now before it goes turned from his journey down the with the tools to be sharpened, further, Better just tell Sheriff Hatriver. He was still talking about the They were rough-looking laborer ler, and the grand jury all about it progress of business-minded men type of men. White liquor was and clean it all away. This is where who were developing the country- heavy on their breath and red in we have to live. We must keep this bing his coat from the peg by the country clean and decent and a fit door. Everything was going to come along | The trouble between Ike Dallow | place where a man's grandchildren

#### CHAPTER XV

SPARREL passed it over as lightly as possible with Cynthia, and talking in low tones to Sparrel after dinner, standing on the porch in the cold.

"You're right, Sparrel. We'll clean

it all up right now," he said. "I think we ought to," Sparrel said. "We'll have Ike Dallow in Pikeville tomorrow. They picked him up down at Beaver. You tell what you know about the liquor, too,

"I'm sorry you had to come here on this business, but there wasn't any way of getting out of it."

"Don't worry about it, Sparrel. We'll just get it cleaned up now. How's Dong Mason getting?" "He's up and around now, Hatler, and he's learning to do things

again. He says he'll do the farm work in the spring." "It wuz a darn shame, Sparrel. Didn't your girl have an eye for

him?" "I don't reckon so only just as a

neighbor." "Well, she's too fine a girl for

any cripple."

Cynthia could not listen any more. She ran to the kitchen and began to scour the pots she had used to cook the dinner. "I couldn't ever have married you, Doug, not even if it hadn't happened. Why did you want me to, and why did you go and do that, and why don't you been so long. April is so far away. from coming out. Will you forget how you said, 'I will come back'?"

again at the orchard he turned, plete healing. straight-shouldered and handsome to wave to her.

"It's a sin and a shame that he takes it so to heart. I'll try to make an apple pie for him and have it hot the way Mother always did when he gets back tonight from his hard trip."

She was busy all day, weaving at the loom, cleaning the house, Jasper, tending to the milk, getting supper for Jasper, Abral and the return of Sparrel. Then the flutter man; then he got out of the shop of the hens in the pear tree, the and began to run up Dry Creek to- nervousness in the stalls and the barnyard among the mules, the sheep and the cows; and the dark working over Jack Caher. He was slid into Wolfpen. Abral came in unconscious, bleeding, but not quite from Dry Creek, hungry after his day in the open.

Jasper sat quietly by the log fire

looking into the flames, waiting. The crust of the dried apple pies browned in crisp flakes, deep stained with the juice in the fork holes in the dough patterning ferns. Cynthia kept them in the oven as long as possible, and then set them on the warming shelf by the stovepipe. The special dinner for Sparrel was ready.

"He ought to be back now," Abral

"You can't always tell about getting an early start back from the trials," Jasper said. "They can use up more time doing nothing. I've amount of water so many overwatched them."

"Maybe we might just go ahead and eat," Abral said. "I'm hungry." "We'll wait a while longer," Cynthia said, prolonging the cooking. | food or fuel value, and to avoid the Jasper nearly dozing before the heat after the outside cold, Abral poking the fire, Cynthia about the big fat storers. stove, while time went on into an hour beyond custom.

"He might have to stay over," Abral said. "Let's eat. I'm hungry." "It's not like Daddy to say when he'll be back and then not be," Cynthia said.

"He don't usually go to a law case either. You can't tell about them lawyers and a jury," Jasper

They waited still longer, and then Cynthia at last took up the supper. "I wish he'd come," she said. "I reckon he's stayed over with Jesse," Jasper said, going out.

"I'll keep things warm for a while just to make sure," Cynthia Abrai finished and went outside

following Jasper. Cynthia lingered at the table, resting, waiting. Then Abral came bounding back into the "She's down at the gate and

scared as a rabbit," he shouted.

Cynthia ran to the kitchen with

"Who? Who, Abral!" "The Finemare," he said, grab-

(TO BE CONTINUED)

Cod Liver Oil Heals Burns. NUMBER of years ago while examining the boys in a preparatory school it was interesting to watch the different youngsters go

up to a table immediately after lunch and take a spoonful of cod liver oil from their own particular bottle. Thus cod liver oil was known to be a body builder for a number

of years, but it was only in recent years that it was discovered that it was the vitamin D that was the important fac-A couple of years

ago it was discovered that in old diseased bones, if the dead bone were scraped out and the bone filled with cod liver oil, healing ad-

vanced more rapidly. And now Dr. J. P. Steel, in the Lancet, tells of the good results he has obtained with cod liver oil in the treatment of burns and wounds.

Lint heavily soaked in cod liver oil was applied widely over the part to be treated and covered with a dressing. The dressing is left in place and resoaked with cod liver oil every 24 hours, the lint not being taken from the skin surface until the end of 48 hours-a great advantage in extensive burns. Cases that have not done well under the ordinary dressings or were very slow in recovery, seemed to make a rapid recovery with the use of the cod liver oil treatment. Almost every patient has said that the first application of cod liver oil has given much greater ease than other dress-

### Good for Slow Ulcers, Too.

Dr. Steel has also used crude cod take Judy Wooton who always has liver oil as a dressing in slow or wanted you, and why does Hatler indolent ulcers and deep scrapes in talk about it? Things would drive the skin, always of course letting a body plumb crazy if you didn't the pus out (if present) before apthink about something else. Oh, plying the cod liver oil. Pus should Reuben, wherever you are in the never be covered or smothered in; woods, the place is different from it should always be let out, or at when you liked it so much. It's least nothing allowed to prevent it

Cod liver oil has been found of advantage in a great number of On a gray winter morning Cyn- slow healing wounds. After the rethia opened the gate for Sparrel moval of pus or gangrenous (dead) and watched him ride away on the patches of skin, the oil applied as Finemare to obey the summons. He above has brought about healthy smiled to her about his worry, and granulation of the tissues and com-

The above information should be helpful in many "slow" cases of wounds or deep scrapes in the skin.

## How to Reduce Weight

Such a large percentage of the population is overweight-20 per cent of the entire population and about 40 per cent of those at or past middle age-that the matter of reducing weight is now a popular or unpopular subject in many households.

The first point that every overweight who is really willing to do all possible to reduce weight must fully understand is that no matter how much overweight exists and how much effort has been expended in reducing weight in the past, much of the excess weight can always be taken off.

The only point of difference between one overweight and another is the rate at which the extra weight can be removed.

The fact that fat tissue holds a great amount of water, and that some overweights drink much more water than do others often accounts for the fast or slow rate at which the weight comes off. All that is necessary then is to

first reduce the liquids until the body stops losing weight. As all foods contain water-10 to 98 per cent-there is no need for the great weights drink.

The next point is to use certain foods that will furnish all the needs of the body, but are not too rich in rich fat and starch foods which. while good energy producers, are

The first foods to use are lean meats and eggs, which, while rich in fuel value, must nevertheless be eaten to maintain the structure of the different parts of the body. These foods are not only absolutely necessary to health but give a "satisfied" feeling to the individual on a reduced diet. Vegetables and fruits must also be eaten for although containing much liquid, they are needed to supply the minerals and vitamins the body needs.

The foods that must be avoided or very greatly reduced in amount are: cream soups, breakfast cereals, bread, potatoes, fat meats. cream, butter, sugar, nuts, dried fruits, rich dressings, and rich des-

By keeping in mind that meat and eggs must not be reduced although rich in food value; that cabbage, celery, lettuce, and radishes are good foods but bulky with little fuel value and can thus be eaten in large quantities; and that starch foodsbread, potatoes, sugar-are weight producers as are also cream, butter, fat meat and nuts, one has a working or practical knowledge of what to eat and what not to eat to reduce weight.

@-WNU Service



Just Forget Me

"No, old boy, I'd rather not lend you anything. Borrowing and lending are the surest ways to break a friendship."

"Lend me a five, old man, and I don't care a darn if you never speak to me again."

### ITS ABSENCE



She-You look worried; I hope money matters are not troubling

He-I should say not. I haven't a dollar in the world to worry

#### Here's Another

Voice on the Telephone-Oh, will you ask the doctor to hurry round. My little girl has just swallowed a needle.

Maid-Well, the doctor is very busy just now, ma'am. Did you want the needle at once?

#### me about the time you were expelled from school?

In His Footsteps

Son-Do you remember telling

Father—Yes, my boy. I do. Son—Well, I'm telling you. Mark the Spot Old Lady (to driver of steam-

of butter, my man? Driver (scratching his head) -Well, come to think of it, mum, I did feel a bit of a bump up

roller)-Have you seen a packet



Muscles were so sore she could hardly touch them. Used Hamlins Wizard Oil and found wonderful relief. Just rubbed it on and rubbed it in. Thousands say Hamlins Wizard Oil works wonders for stiff, aching muscles. Why suffer? Get a bottle for speedy comfort. Pleasant odor. Will not stain clothes. At all druggists.



Mending Artists Prudence, frugality and good management are excellent artists for mending bad times.



knew about Nature's Rem-edy (NR Tablets). She put him wise. He four out what an astonishing difference there was out what an astonishing difference there was in this purely vegetable laxative. Not merely par-tial relief. Instead thorough cleansing action that aided in ridding his system of poisonous waste, refreshed him, made him feel like a "milwaste, refreshed him, made him feel like a lion." Try NR Tablets yourself. Note how get they are and non-habit forming. 25 tablets — 25 cents at convergence. RTO-NICHT

Travels Alone One can leave human society and discard its rules, but he loses

its protection.

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