

PATTERNS OF WOLFPEN



PRELUDE

VIEWED from the valleys of Virginia, the jagged line of the Cumberland mountains is a prodigious row of black dominoes toppled over on one another by the finger of God brushing about in the blue.

A hundred miles to the north lies the Ohio valley, flat and fertile between its borders of lower hills.



"What a Place for a Man to Live In!"

encircling territory was conquered and cleared. Traveling westward through the Eighteenth century, the immigrants stared at the great barrier of the Cumberland mountains, and continued their descent down the Clinch river into Tennessee.

But its protection was not permanent. The solid-looking wall of the Cumberland proved not to be unbroken when assaulted by a few daring men who were determined to explore it.

tion, with a moat on the north over which they could strike at the whites on the Ohio and posters on the south through which they could raid the rich settlements in Virginia.

A few brave souls had already looked at the land and established claims. Saul Pattern had explored the country in the late spring of 1785, crossing the mountains from Tazewell county, Virginia, and following the Indian trail through the Breaks to the mouth of Gannon Fork, as it was afterward named.

Saul Pattern bore with impatience the next five years while the Indians were being overmatched. At last in the spring of 1796 when life was reasonably safe, he came back to the chosen spot with his wife and children

and a Virginia patent for four thousand acres of land as surveyed by himself in 1790. This time he did not return.

He planted the bottoms with corn and beans, fattened his stock on the Wolfpen meadows, built a great room in front of the old cabin which was still standing, and became the first settler on Gannon creek.

CHAPTER I

ON AN AFTERNOON at the beginning of the spring of 1885, Cynthia Pattern sat on the Pinnacle of sandstone, studded with strata of white pebbles, and looked down upon the fourth and fifth generations of Pattern men still making something of the new land.

A century of life, of making things of these bottoms in the Kentucky mountains, separated Cynthia from her Great-Great-Grandfather Saul who first strode through the wilderness on his long legs spying out the land.

Sitting at the loom she had thought: "Daddy and the boys have been down at the mill all morning and this evening they'll start the new engine."

Cynthia sat on the ledge watching Sparrel Pattern while he converted to modern steam-power the old water-wheeled mill her grandfather had built.

They seemed little beside the great stones grandfather Barton had fashioned for the horse-mill he had built on the level spot below the barn.

wood was gone, and the skillfully carved stones were moved to the water-mill; but the weathered central axis, the two thick wooden wheels which rolled on the ground, and the channel worn by the mule as it tramped endlessly round and round were right where her grandfather had put them in 1810.

That mill, which she was looking down upon from the rock, was built by her own Grandfather Tivis in 1825. It seemed to Cynthia a natural part of the landscape of the valley.



Of Course the Old Mill of Stone and Wood Was Wearing Out.

mill by widening the conduits from the dam and enlarging the size of the wheel to speed production.

"Such a gang of menfolk," looking down at the crowd moving about on the creek bank and in the mill-yard, "as a body wouldn't see nearer than the public square at Pikeville on a court day."

A few new people were still coming in wherever they could find enough flat land to build a cabin on. She had heard her father talk about the growth of the mountains and wondering what would happen when there was no more land, wondering where it was all leading to.

"Of course the old mill of stone and wood was wearing out and needed repairs badly, and since people came to it all the year round now but could not be served if the season was too dry, he ought to improve it."

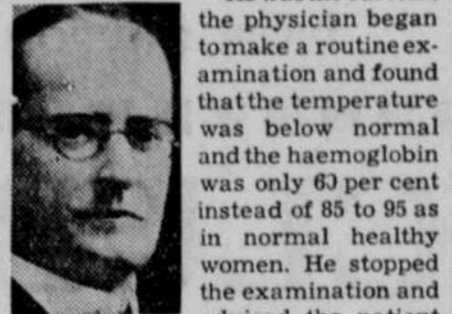
(TO BE CONTINUED)

HOW ARE YOU TODAY

DR. JAMES W. BARTON Talks About

Safety in Reducing Weight A YOUNG woman weighing 150 pounds consulted a physician as to the best method of getting rid of twenty pounds.

Further, the physician noted that the excess weight on her body was about the hips, abdomen and shoulders, and that her hands, wrists, feet and ankles were small and slender.



Dr. Barton

"built up" physically before he began any weight reduction treatment.

The point, of course, is that while reducing overweight is wise from a health standpoint, the patient should be thoroughly overhauled by his or her family physician before weight reduction begins.

Planning the Campaign

Dr. W. A. L. Styles in an article "The Campaign Against Corpulence," Hygeia Magazine, says:

"In the ambition to shed weight, men and women have never paused to consider the advisability of misdirected endeavor. As a consequence death has been the end result of numerous treatments for obesity (overweight)."

"Merely because discretion (or common sense) has not been combined with determination (and many of our fat friends are determined in their wish to lose weight) failure crowns many efforts to regain normal weight."

The two outstanding suggestions in Doctor Styles' article are (a) to eat nothing between meals and (b) to leave the table while still hungry.

Physicians now have so many overweight patients seeking a safe method of reducing weight that they outline diets which will maintain strength and yet reduce weight if faithfully followed.

So widespread is the desire to reduce weight that all sorts of short cuts are being tried often with disastrous results. The 18-day diet, the use of pituitary and thyroid extracts in non-suitable cases, the use of the new drug dinitrophenol, using large doses of epsom salts or proprietary medicines containing epsom salts are all responsible for many cases of chronic illness and also many deaths.

Fighting Noise

When London, New York and Paris decide that measures must be taken to make these large cities less noisy, there must be some reason for it.

Everyone recognizes that there must be some street noises as foods and other supplies must be moved from place to place, automobiles must transport people for business or pleasure, street cars and busses are likewise needed, factories must manufacture necessities, and various other noises are really "necessary" noises.

Noise, whether we realize it or not, causes us to tighten or tense the whole body; it is one of nature's old, old ways of preparing our muscles to attack or resist an enemy.

Other cities, large and small, are investigating the noise situation, not to learn its effects upon the population because that is unfortunately only too well understood, but with the definite purpose of getting rid of unnecessary noise.

Cherry Pie Made From Home Canned Cherries Cannot Be Beat

It's Time to Preserve Your Quota of the Delectable Fruit.

By Zella Hale Weyant

If you are lucky enough to have a few cherry trees of your own, or if not as you shop in the market or drive in the country you know you have watched the arrival of the cherries.

Cherries belong in the acid group of foods and are very easily canned. They may be canned with or without pits. However, most homemakers prefer to pit them because they lend themselves to a greater variety of ways in which they may be served.

Because of their acid content the color and flavor of the canned cherries will be better if they are processed in the hot water bath, and in order to carry the canning procedure through without delay, it is always best to assemble the canning equipment before the work on the fruit is begun.

Also collect and inspect the jars and caps that are needed for the canning. Be sure the jars are free from nicks, cracks and sharp edges that would prevent a seal.

even a novice may be assured of success if proper canning procedure is followed along with these tested recipes:

Cherries (Cold Pack) Wash, stem, pit if desired. Pack into clean jars to within half inch of the top.

Cherry Preserves 10 pounds cherries 8 pounds sugar Wash and pit the cherries.

Cherry Conserve 2 cups cherries 2 cups seedless raisins 3 cups water 3 cups sugar Remove the pits from cherries and cut raisins in pieces.

Luxurious Peacock Motif To Do in Cross Stitch



Pattern 1164

The Peacock's regal beauty—worthy of your finest linens—inspired this beautiful design, and is sure to inspire you with the desire to embroider his splendid image in cross stitch.

Send 15 cents in coins or stamps (coins preferred) to The Sewing Circle, Needlecraft Dept., 82 Eighth ave., New York, N. Y. Write plainly pattern number, your name and address.

Personal Prejudice

Let a man offend another man, and personal prejudice will be so strong that he cannot even think well of any good thing that this man does, much less speak well of the man.—Van Amburgh.



GO FARTHER BEFORE YOU NEED A QUART



Prove it for yourself with the "First Quart" test. Drain and refill with Quaker State Motor Oil. Note the mileage. See how much farther you go before you have to add the tell-tale first quart.

Today . . . Begins a Stirring and Vital Story of the Kentucky Mountains

FOR a hundred years the ramparts of the Cumberland range had proved invulnerable to the spearpoints of advancing civilization. But the world was moving closer. The march of industry, demanding timber, now threatened destruction to the century-old peace of Wolfpen—the beautiful mountain valley where lived the Patterns.

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