

Banner Serial Fiction

MAIDEN EFFORT

By SAMUEL HOPKINS ADAMS

AUTHOR OF 'IT HAPPENED ONE NIGHT'

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CHAPTER VIII—Continued

"Who is she?" croaked the wretched and disillusioned magnate.

"Search me. Some bright little extra, maybe."

A. Leon Snyder exploded. "That's the girl that turned me down. Me-me-me-me! Setting herself up for a day-bum-tay. Phony. She's fired. From date. Without pay."

Moby Dickstein perceived with pain and apprehension that he had committed a major error.

"Oh, no; she ain't. Calm down, Bwana. Calm down."

"Why ain't she?"

"Think of the build-up. Think of the investment. The All-Class, All-White Purity Supercrational Picture. That's our story and we're stuck with it and stuck good. What a sap you'd look if we dropped our star now as a snide!"

"Sap? Me?" yelled A. Leon.

"Well, wouldn't you? Give it the once-over."

The Great Man gave it the several-times-over, and the more he went over it, the worse he felt.

"What'll we do, Moby?" he quavered.

"Carry on," prescribed the factum with energy and persuasiveness.

"And I was ker-razy about that girl," faltered A. Leon.

"Nothin' doin', Bwana. Anyway, she ain't here," lied Moby.

"All of us. Saved from the wreckage. By my single-handed endeavors."

"But the picture?" asked the practical Gloria.

He waved a graceful hand. "Like an insubstantial pageant faded," he intoned.

"Has everybody left?" asked Marne.

"Except you two, the agonized victim of alcoholic thirst who addresses you, and Templeton Sayles Esq. Oh, yes; and Glunk."

"I could do without Templeton Sayles," stated Marne.

"He's laid off. But he's stickin' to the ancestral acres."

"For the first time in weeks the still, small voice of conventionality stirred within the blithe and emancipated soul of Miss Marion Norman Van Stratten, and roused misgivings therein. She turned to Gloria.

"We can't stay here with those two men."

"Huh? Oh, I get you. You want a chaperon. What's the matter with me?"

"You aren't married, are you?" said her friend, staring.

"Well, maybe not just exactly at the present moment," confessed the beauty girl.

"But you have been?"

"Nothing but," Gloria assured her.

"Just the same, I don't think we ought to stay."

"If you quit the place your half-pay stops," pointed out Moby.

"That settles it," said Gloria, corrupted by Moby's poetical example.

"Here have I lived and here I die."

splashing localized itself as being within the house. A leak? Must she get up into a cold, dank world? Miserably she turned over, and then perceived that someone was taking a bath in her shower. She huddled closer and fell asleep again.

An indefinite time afterward, she became aware of an alien presence. Without emerging from shelter she contrived an orifice for her eye.

Through this she made out a man seated in the arm-chair. His long, gaunt, haggard, not unattractive face was freshly shaven, and his whole person gave forth an effect of cleanliness and vigor.

No casual hobo, certainly. Who, then, at such an hour and in such a place? Evidently the invader of her bathroom.

But why should a house-breaker preface his nefarious day's work with a shower and a shave? She peered again and seemed to discern, if she was any judge of expression, a light as of battle in the young man's eye.

Gloria hastily retracted as the visitor fixed that eye upon her retreat.

"Now, you human worm," said he.

It was an unpromising beginning. Never having been addressed in pre-

cisely those terms before, Gloria deemed it expedient to await a further cue.

"Come out of there."

It was said as if he meant it. Gloria burrowed deeper. The chair, relieved of its incumbent's bulk, squeaked antequely.

Almost she could feel the impending grip upon her defenseless neck. She raised a forlorn and muffled appeal for help.

"Glunk!"

"Huh?" ejaculated the invader in a startled voice.

"Glunk!" whooped the besieged in a super-soprano. The door opened. "There's a man here."

"Urgek," agreed Glunk, exhibiting all three fangs in pleased recognition of the fact.

"Well, I'll be— It's all right, Glunk," said the intruder authoritatively.

"Aw ri. Aw ri," echoed the grinning Glunk and withdrew.

"Glunk!" wailed Gloria, outraged at this abandonment.

"And now, if you don't mind," queried the young man, "who are you?"

"Sweet cheese'n crackers!" Gloria breathed.

"What? Say that again."

"Why should I?"

"You—you—you're the girl!"

"Sure, I'm a girl. Any objections?"

"I should say not," answered the man with intense conviction.

Gloria dimpled. "That's nice," she observed.

"You're not only a girl; you're the girl," continued the visitor.

"So I've been told before," was the composed reply. "What about it? And who are you? The sunrise bandit?"

In his absorption he ignored this. "I never hoped to find you here," he marveled.

"Why should you?"

"I'm back. Unexpectedly," He reflected. "Ever hear of Templeton Sayles?"

"Sweet cheese'n crackers! That's all I have been hearing this last month."

"Well, now you're seeing him. I'm Templeton Sayles."

"If you want me to believe your fairy tales, speak slow and soft."

"It's a little complicated. I'm Martin Holmes. But I was Templeton Sayles. Until I sold him down the river," he concluded. Perceiving the doubt in her eyes, he added: "Glunk is my reference. Hi, Glunk! Come in here, you hirsute protoplasm."

The servitor reappeared. "Who's boss here?"

Glunk thought it over. "Gal," said he.

"Huh?" queried the genuine owner in discredit of his own ears.

"Whom does he mean? You?"

Gloria began to laugh. "No. But there's been a new deal." From Glunk she inquired, "Do you know this bird?"

"Urgek," said Glunk. He patted Holmes' shoulder with a hand the

time to time. "Then the award was already made before you sold your copyright or whatever it is for a mess of pottage," she commented at the finish.

"Certainly it was. On my story. Just as I wrote it."

Gloria delivered judgment. "Boy, I'm afraid you haven't got a leg to stand on."

"Probably not, legally."

"Then what are you here for?"

"To tell Kelsey Hare what I think of him."

"You told me. Human worm."

"Well, was I right?"

"No. Wrong. Anyway, that's my guess."

"How do you get that way?" demanded the aggrieved Holmes. "I suppose I'm the one that's wrong."

"No. You're O. K., too. But I kinda like this Sayles guy."

"Maybe you think that makes him more popular with me," growled Martin.

"Be yourself, simp. Nothing like that. Only I think he's on the level."

"Sez you! Wait till I see Mr. Kelsey Hare, alias Templeton Sayles, Esq.," was the grim rejoinder.

"Listen, boy. How about you going out and sawing a couple of cords of wood? Let me feel the lad out. We don't want to spoil a swell gift for want of a few soft words. And when it comes to diplomacy, I don't see you wearing any spats."

"All right," consented Holmes after thought. "Take over. But nothing in this contract shall be construed as preventing the party of the first part from crowning the party of the second part with a stout brick if he's double-crossed me."

Gloria cocked an ear. "Fade. I can hear him stirring upstairs."

Entering the dining room Kelsey Hare stopped whistling and regarded Gloria with surprise. He glanced at the clock. "Five to seven," he observed. He glanced at the table.

"Breakfast for two. Are you girls staging an early morning walk-out on me?"

"Sit down," invited Gloria. She flipped him a cigarette. "The question before the house is whether you're a human worm."

"The last opinion was that I'm a louse."



"Saved," he asserted, striking a noble attitude.

WHAT to EAT and WHY

C. Houston Goudiss Analyzes the Food Values of Nuts; Discusses Their Place in the Menu By C. HOUSTON GOUDISS

THERE is one food that can lay claim to being almost universal. It is eaten with relish by people in almost every quarter of the globe. It forms a main article of diet for the natives of some tropical countries, and is said to have been important in the dietary of early settlers in America. I refer to nuts.

Nuts, of course, are seeds. But unlike most other seeds used for food by man, they grow in a hard shell that does not open naturally when ripe. This forms a sealed package which makes nuts easy to store, and comparatively easy to keep.

A Concentrated Food

Nuts are a highly concentrated food and provide a large amount of food value in a small, convenient form. Once they are shelled, there is very little waste in using them. It has been suggested, therefore, that they might profitably appear in the daily menu far more frequently than they do.

There are many different kinds of nuts, and they vary in composition. Some of them contain large amounts of both protein and fat. Others contain a preponderance of fat, while a third group is starchy.

The protein of many nuts has been found to be rather similar to that in meat and fish. In fact, most nuts are classed as complete proteins, meaning that their protein is of a type which is capable both of supporting growth and repairing worn-out body tissue.

Comparison With Grains

Because they are somewhat similar in nutritional character, nuts have been compared to various grains. In regard to protein, however, they may be said to serve as a supplement to the proteins of some grains.

The high fuel value of many nuts is due to their fat content. Coconuts, pecans and walnuts are especially rich in fat, containing respectively 50.6 per cent, 70.5 per cent, and 64.4 per cent of fat. A few varieties, such as chestnuts and lichi nuts, so popular with the Chinese, are more notable for their carbohydrates. Like most starchy foods, chestnuts are improved by cooking, and therefore, are preferably roasted before eating. Fresh chestnuts contain a little over 42 per cent and dried chestnuts a little over 74 per cent of carbohydrates.

Mineral and Vitamin Values

The amount of mineral salts in nuts varies with the type. Generally speaking, however, nuts are considered a rich source of phosphorus and a good source of manganese and of copper and iron, required for the formation of the hemoglobin or red pigment in the blood.

Most nuts are considered a poor source of calcium; or at best only a fair source of this mineral which is required for helping to build teeth and bones. Two noted investigators, however, determined as a result of careful experiments, that in adults the calcium of almonds was fairly well utilized by the body. It is not as well utilized, however, as the calcium of milk.

Nuts are not regarded as a significant source of any vitamin except B, though some kinds have also been found to contain vitamin A. As they are frequently served in combination with fruits, however . . . in salads and as des-

serts . . . the fruit-nut combination usually supplies a substantial amount of minerals and vitamins.

Place in the Menu Because of their content of protein and fat, nuts are frequently compared with meats and may be used interchangeably with meats. They make a splendid protein food to serve at lunch, supper or even dinner. They are especially good when combined with vegetables, or a carbohydrate food such as rice or noodles, and made into croquettes, patties, and casserole combinations that constitute a one-dish main course. Nutritionists are of the opinion

that nuts might well constitute a larger part of the American dietary . . . chiefly because they are such an economical source of protein and of energy values. Though they can be used for a main dish as an alternative to meat, it is not advisable to allow them to replace milk or eggs.

It is highly desirable, however, that homemakers and their families regard nuts as a food and not as a tidbit to be served at the end of a meal that is already nutritionally adequate.

Thorough Mastication Desirable.

It is also important to encourage the thorough chewing of nuts, as this helps to make them more easily digestible. For children, nut butters are especially desirable. Some nuts are also prepared in the form of meal or pastes. In these forms it is not difficult for the digestive juices to penetrate them, and nuts may be considered as easily digestible as other foods of similar composition. Because they are highly concentrated, as we have seen, it is also advisable to include foods containing a generous amount of bulk or cellulose when nuts are included in a menu.

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short-sleeved blouse; 2 1/2 yards for long-sleeved, 2 yards of 54 inch material for the skirt. 1661 is designed for sizes 10, 12, 14 and 16 years. With short sleeves, size 12 requires 3 3/4 yards of 39 inch material; with long sleeves, 4 yards; 3/4 yards for contrasting collar and cuffs if desired. 2 1/2 yards of braid.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

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Sun Down, Accidents Up

When the sun goes down, traffic accidents go up. More than 60 per cent of all fatal traffic accidents occur at night, the National Safety Council reports. Since about a third of the driving is done at night, it estimates, the number of traffic deaths per mile is about three times as great at night as during the daytime.

In the past seven years, night accidents have increased 60 per cent in rural districts, the report says, and only 17 per cent in cities. Adequate lighting and divided highways tend to reduce headlight glare and accidents, the council said. Some states are experimenting with new reflector buttons placed along the side of the road to show the alignment of the highway on curves, hills and other hazardous places.

Constipated? You Should Get at the Cause!

Lots of people think they can't be "regular" without frequent trips to the medicine chest. "I just dose up and get it over," they tell you. But doctors know they don't "get it over" until they get at the cause of the trouble! Chances are it's simple to find the cause if you eat only what most people do—meat, bread, potatoes. It's likely you don't get enough "bulk." And "bulk" doesn't mean a lot of food. It's a kind of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines and helps a bowel movement. If that fits you, your ticket is a crunchy breakfast cereal—Kellogg's All-Bran. It contains the "bulk" you need plus the great intestinal tonic, vitamin B. Eat All-Bran every day, drink plenty of water, and just watch the old world grow brighter! Made by Kellogg in Battle Creek.

Acknowledging Faults

It is a greater thing to know how to acknowledge a fault than to know how not to commit one.—Cardinal de Retz.

POSITIVELY!

"Luden's are 'double-barrelled'... you get soothing relief, plus an alkaline factor."

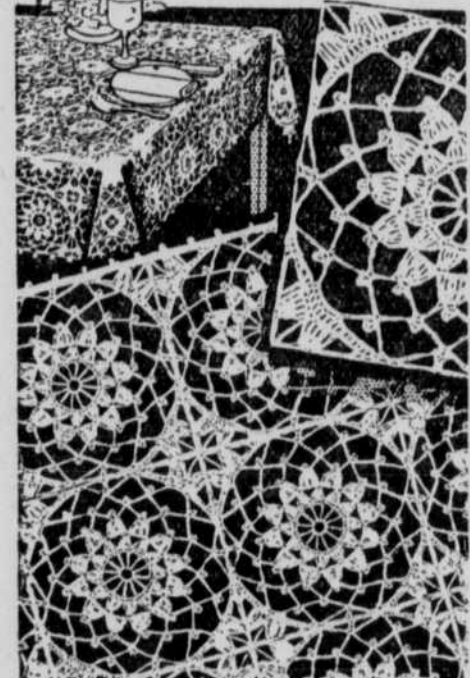
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Quickly Memorized Squares



for making the square; illustrations of it and of stitches; materials required; photograph of square.

Send 15 cents in stamps or coins (coins preferred) for this pattern to The Sewing Circle, Needlecraft Dept., 82 Eighth Ave., New York, N. Y.

Starving Was One Thing Webster Couldn't Stand

Daniel Webster once was sued by his butcher for a bill of long standing. While the suit was still in court, he met the butcher on the street, and to that worthy's embarrassment said: "Why have you not sent around for my order? I have not moved from my place of abode."

"Why, Mr. Webster," said the man, "I am sorry, but I did not think you wanted to deal with me after I had brought this suit against you."

"Tut, tut," said Webster, "sue all you wish, but for heaven's sake, don't try to starve me to death."—Boston Globe.

Gorges as Deep as the Grand Canyon Discovered Below the Ocean's Floor

The discovery of a world-wide series of underwater canyons rivaling the Grand Canyon in size is reported by the American Geographical Society of New York and called one of the most important geological discoveries of this generation.

One of the largest near America, discovered off the California coast, is 70 miles long and varies from 6,000 to 8,000 feet below the ocean floor, the current issue of the Geographical Review reports.

Near the Philippines the Chotsui Pili canyon reaches a depth of 9,600 feet, or nearly twice the depth of Grand canyon.

Existence of the canyons has only recently become known through development of an instrument for measuring ocean depths. The apparatus, known as a sonic depth finder, accurately measures the time required for sound to go from the surface to the ocean bottom and be reflected.

With this instrument on a ship the geographer can chart every detail on the ocean floor whether depth is 10 or 10,000 feet, while the vessel steams as fast as 10 knots.

According to some students the

canyons give evidence of having been cut by rivers that once flowed across the continental shelf and down its steep slopes. In this case, the continental shelf must have risen 8,000 to 10,000 feet higher than it does now, or the sea level must have been 8,000 to 10,000 feet lower. Science cannot account for such great changes of land or sea level. Much water was withdrawn from the oceans during the Ice age, but scientists have found no evidence the sea level was lowered more than 300 feet as a consequence.

Why It Is 'Nickel Plate' Road

The Norwalk (Ohio) Chronicle of April 14, 1881, in speaking of the glittering prospects of the New York, Chicago & St. Louis railroad and the gilt-edge character of its financial backing, referred to it as the Nickel Plate road. Another version is that when in 1882 the Vanderbilt interests acquired control of the railroad, William H. Vanderbilt, on being informed of the price demanded by the owners, derisively inquired if the road were nickel-plated.

(TO BE CONTINUED)