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 ... Queen Elizabeth and Oliver ...



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Once you learn that oatmeal is so rich in Vitamin B for keeping fit, it is any wonder that thousands stick to oatmeal breakfasts...



Nature an Artist
 When nature beautifies the face she puts the color in the right place.

ION'S WOMEN



Tired.. Nervous Wife Wins Back Pep!

OUND!
 ... of Rheumatism and Pain
PAIN
 ... of Rheumatism and Pain
PAIN
 ... of Rheumatism and Pain
PAIN

SYNOPSIS
 As Alan Garth, prospector, is preparing to leave for his mining claim in the Far North, a plane lands at the airway emergency station. In it are Burton Ramill, millionaire mining magnate; his daughter, Lillith; and Vivian Huxby, pilot and mining engineer. Believing him to be only an ignorant prospector, the men offer to make an air trip to Garth's claim, although they refer to the platinum-bearing ore as nearly worthless. Lillith Ramill, product of the jazz age, plainly shows her contempt for Garth.

CHAPTER I—Continued
 Tobin rose stiffly and followed Huxby into the storeroom. Mr. Ramill took a last sip of the boiled tea, favored Garth with a patronizing smile, and opened his gold-mounted cigar case to offer one of the choice Havanas.

Garth declined. "I never smoke. It deadens the nose."
 "Deadens—What's that?"
 "Though man has the sense of smell, compared with dogs he lacks the ability to scent. Yet even a trace of it may be of use in the bush."

The investor's portly body quivered at his chuckle. "I've heard of scoping out prospects! First time, though, it's been done to my knowledge. He caught himself up. "At least, Mr. Huxby considers it possible your discovery may be worth an examination. That leaves only the question of terms, in case we find the mine promising enough for me to make an offer."

Garth spared an inquiring glance. The portly gentleman gave him a bland smile. "I believe in encouraging prospectors. They find new districts. With that in view, I buy numbers of undeveloped prospects, taking the risk of heavy losses. Though I drop thousands on some mines, I have made a fortune from others. But the average prospector, like yourself, stakes his all. Ninety-nine times in a hundred, he is cleaned out by total failure. If your lode looks at all possible, I'll pay you up to a thousand dollars cash for it."

"I'm not selling," Garth said. "I like to play a game through to the end, win or lose."
 The investor's eyes hardened. "What's your idea?"
 "One year's lease, and 60 per cent of the gross returns to me."
 Mr. Ramill blinked. "Sixty per cent of gross! You're crazy!"
 "Like a fox. Same kind of nose."

It was Garth's turn to smile. "Not so keen, though, for galena. Better for scenting out alloys of gold, iridium and platinum."
 The last word knocked the benevolent encourager of prospectors speechless. Yet, after a moment of blank staring, he managed a half-pitying look.
 "Daft!" he muttered. "That must be it. These prospectors, alone in the wilds for months at a time!" He raised his voice. "Too bad, young man. If you'd make it gold and silver, I might have been able to swallow the bait. But platinum! That's a bit too thick. Platinum is found in quantity only in Russia. Very little anywhere else. Only a minute quantity in North America."
 He rose as if to go. Garth gave him a regretful look.
 "Yes—too bad, sir. Now I'll have to go outside. I may even have to wait until the fee goes out next year before I can dupe a gull into taking that lease."

Garth went into the bunkroom. Before long Tobin came to open the door a handbreadth. He chuckled. "Uk—lad, you got your hook in their gills. Pilot's tinkering with the motor. Changed the oil, but no more to refuel. Ain't rushin' to flop off."
 Garth kept on lathering his beard. When he came out, his cartridge belt was buckled about his waist. It held his sheath-like knife and belt-ax. In one hand he carried his rifle, in the other the rest of his small outfit, strapped on his pack board.

Down on the wharf Mr. Ramill puffed cigar smoke through his head-net while he watched Huxby's examination of the motor and propeller. Miss Ramill was not in sight.
 "Right-o, Tobin," said Garth. "Shamming it is. When that bus came down, you never heard a sweeter motor—every cylinder hitting true. Wish I felt as sure of that southbound Bellanca."
 "Don't fish yourself, Mr. Garth. Shell make Fort Smith on schedule."
 "Then here goes for my next play."
 He went down the slope to lay his pack and rifle a little way out from the base of the wharf. After that

it still stood with her very artificially waved semi-bobbed hair bare to the breeze. Upon taking off her mosquito net to put on the leather flying helmet, a swarm of insects had at once attacked her. She was trying to flirt them off in order to replace the protecting gauze.

"D—n your North country!" she exploded.
 "Wait till you reach one of our muskeg swamps, Miss Ramill. You'll call this heaven. But why the flying suit? Going to pilot the bus?"
 "Is that any of your business?"
 "None whatever. Pardon my impertinent curiosity. Only, as there are not three seats in the cockpit, I was moved to wonder if you, instead of your fiancé, are to be my riding mate."
 "Yours!"
 "How else? Or does the gentleman imagine he can find my prospect without a guide?"
 "Dad will make you give Vivian your route map. I'll not let you have my seat."

This time Garth did not smile. The girl was due for a lesson. "Suit yourself—and tell Huxby he can head for the North pole."
 "Indeed!"
 "Quite so. He and your father can go there, or the other place—and you with them. You're not only a selfish snob. You're a brainless fool to fancy a southern pilot can back-trail a canoe route through uncharted forest and muskeg country."

The girl's blue eyes flared with outraged pride and vanity. Garth smiled. He had paid her back in full for her arrogance. It was worth waiting over until another season for his fortune, up in that hidden valley of the Rockies.
 But before he could stoop under the strut to recover his pack from the cabin, the girl called out to him. "Wait. I did not understand. If it's really necessary for you to act as Vivian's guide—But you had no call to be so rude."
 Though he turned back, it was with no intention of humbling himself. He was not duped by her seeming change to amiability. It had been too sudden for sincerity. "A woman has no more right to be rude than a man," he replied.

"When I hear you apologize I'll consider whether an apology is due from me."
 The smile left her rouge-smeard lips. He had never before seen so disagreeable a look on any woman's face.
 "He Lifted His Pack Up Again on the Wharf, and Swung the Canoe Over His Head."



He lifted his pack up again on the wharf, and swung the canoe over his head.
 an's face. But before she could find words to vent her feelings, Huxby peered down over the side of the cockpit, flushed from exertion and annoyance.
 "Don't be all day, Garth. Cast off the lines—Sorry, Lillith, that I'm not to have your company."
 "Don't worry, old dear," she said. "This woady pest will soon be a thing of the past. Only a few hours of the affliction, and we'll be rid of him."

CHAPTER II
 Treachery.
 GARTH followed Miss Ramill under the monoplane's wing. He did not offer to hand the girl up into the cabin or help ship the steps. Women's rights did include courtesies in return for insults.
 He cast off the tall mooring line and swung aboard, with the coiled rope and his rifle. As the plane drifted clear, the breeze swerved its head off from shore. Huxby paused a moment to jerk out a question: "Route?"
 For answer, Garth pointed westerly. Huxby set the propeller whirling with the self-starter. With rapidly increasing headway, the plane skimmed out on the smooth river.

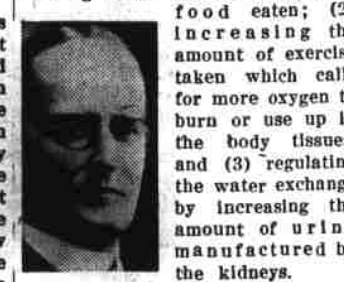
Rifle between knees, Garth settled down upon the cockpit seat at the pilot's elbow. Huxby was first to speak. When the plane soared above the west bank of the great river, he leaned close to shout a repetition of his question: "Route?"
 Even to a man who had spent years in the North, this view of the subarctic landscape was a puzzling maze. On the ground Garth would have had slight trouble retracing the course he had followed in and out of the wilderness. From the air, everything looked different. For all his flying experience, Garth could not, as he expected, strike a beeline. Though he knew

HOW ARE YOU TODAY?

DR. JAMES W. BARTON
 Talks About
Reducing Weight.
AS YOU know, there are two main classes of overweight. The first is made up of those who have always been heavy; were big babies or put on a great amount of weight at puberty—14 to 16 years of age. The second is made up of those who have eaten more than their bodies required and because they are overweight take little or no exercise.

The first type is spoken of as endogenous obesity (overweight) because the cause is within themselves—genetics that are not active enough—and the second is called exogenous obesity because it comes from outside the body—eating too much food.
 However, whether the obesity is due to the glands or to eating too much the reduction in weight to a very large extent should be accomplished by cutting down on the amount of food eaten.

Dr. G. Arany, Berlin, stresses three points for those whose overweight is due to overeating. (1) Cutting down on the amount of food eaten; (2) increasing the amount of exercise taken which calls for more oxygen to burn or use up in the body tissues, and (3) regulating the water exchange by increasing the amount of urine manufactured by the kidneys.



Dr. Barton

Doctor Arany suggests that the individual be examined, weighed, the metabolic rate measured (rate at which the body processes work) and then the food intake be reduced by as much as 20 to 30 per cent below the food intake that these measurements require. He suggests that bulky foods such as cabbage, lettuce, celery, spinach, fruits, vegetables (except potato), graham bread, breakfast foods from whole grains (oatmeal, shredded wheat) be eaten in large quantities because there is so much roughage (fiber) remaining after digestion. These foods have less food value or calories than more concentrated foods and also help to prevent constipation.

The foods that are rich or concentrated and do not have much roughage are sugar, white bread, highly milled breakfast foods, potato, fats, and milk. These foods should be reduced in amount.
 The second point, muscular exercise, is very important, as exercise increases heart and lung action and the increased oxygen coming into the lungs burns up the fat tissue in and on the body. He warns those who are overweight to begin with light exercise and gradually increase it; the strength of the heart, lungs and circulation or blood pressure being carefully watched.

The third point—the water balance—is very important as overweighters carry an excess of water in proportion to the excess fat. As mentioned before, one pound of fat carries three and one-half pounds of water with it, simply because fat tissues hold so much more water than muscle.
 Water is removed from the body (and water means weight) by simply cutting down on the amount of fluid taken—water, tea, coffee, soft or hard drinks—by inducing sweating by steam or Turkish baths, and sometimes by taking drugs to drive out fluids by way of the kidneys.

It is amusing to see an overweight individual weigh himself, take a fairly long Turkish bath and lose three to five pounds and when he is ready to leave, weigh himself again only to find that he is as heavy as before he took the Turkish bath. This is due, of course, to the fact that after emerging from the bath, he drank a number of glasses of water which replaced the water removed from his body by the Turkish bath. The removal of the water and its replacement was good for him, but it prevented the loss of weight.
 Doctor Arany's suggestions are to reduce weight in accord with those in general use—less food, more exercise, less water or other fluid.

Danger of Overweight
 Dr. L. G. Graves in his book "Foods in Health and Disease," says, "An excess of fat is detrimental to health and is a predisposing factor in degenerative diseases of the heart, blood vessels and kidneys. An accumulation of fat around the heart handicaps its action while the increased body weight adds to the work demanded of it and a large percentage of overweight persons have high blood pressure."
 Dr. E. P. Joslin, Boston, the outstanding authority on diabetes, warns those who have a family history of diabetes against the danger of becoming fat. He believes that those with a family history of diabetes may escape diabetes by avoiding overweight. He believes also that overweight is the most common cause of diabetes.

Housewife's Idea Box



A Midday Bite
 When the kiddies come home from school in the afternoon they may feel somewhat hungry. It is better to give them an apple or a piece of some other kind of fruit than to let them have candy, cookies or cake. The fruit will not interfere with the appetite, but will have a beneficial effect.
 THE HOUSEWIFE.
 © Public Ledger, Inc.—WNU Service.

Pretty Brave
 Sol J. Lupoff, a passenger on the liner Dixie, which stranded on a reef off the coast of Florida, went back to New York with mingled feelings about women. What puzzled Lupoff was that the women were scared as they wore awkward life belts and braced themselves against slipping furniture, but they continued to dab their noses with powder and apply lipstick.

THE DOCTORS ARE RIGHT

Women should take only liquid laxatives
 Many believe any laxative they might take only makes constipation worse. And that isn't true. Do what doctors do to relieve this condition. They use a liquid laxative.



A cleansing dose today; a smaller quantity tomorrow; less each time, until bowels need no help at all.
 laxative, and keep reducing the dose until the bowels need no help at all.

Reduced dosage is the secret of aiding Nature in restoring regularity. You must use a little less laxative each time, and that's why your laxative should be in liquid form. A liquid dose can be regulated to the drop.
 The liquid laxative generally used is Dr. Caldwell's Syrup Pepsin. It contains senna and cascara—both natural laxatives that form no habit even with children. Syrup Pepsin is the nicest tasting, nicest acting laxative you ever tried.
 And Wait
 A woman's promise to be on time carries a lot of wait.

Still Coughing?
 No matter how many medicines you have tried for your cough, chest cold or bronchial irritation, you can get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with anything less than Creomulsion, which goes right to the seat of the trouble to aid nature to soothe and heal the inflamed membranes as the germ-laden phlegm is loosened and expelled.
 Even if other remedies have failed, don't be discouraged, your druggist is authorized to guarantee Creomulsion and to refund your money if you are not satisfied with results from the very first bottle. Get Creomulsion right now. (Adv.)

Quick, Complete Pleasant ELIMINATION

Let's be frank. There's only one way for your body to rid itself of the waste matters that cause acidity, gas, headaches, bloated feelings and a dozen other discomforts—your intestines must function. To make them move quickly, pleasantly, completely, without griping, thousands of physicians recommend Milnesia Wafers. (Dentists recommend Milnesia wafers as an efficient remedy for mouth acidity.)
 These mint flavored candy-like wafers are pure milk of magnesia. Each wafer is approximately equal to a full adult dose of liquid milk of magnesia. Chewed thoroughly in accordance with the directions on the bottle or tin, then swallowed, they correct acidity, bad breath, flatulence, at their source and at the same time enable quick, complete, pleasant elimination.
 Milnesia Wafers come in bottles of 20 and 48 wafers, at 25c and 60c respectively, or in convenient tins containing 12 at 20c. Each wafer is approximately an adult dose of milk of magnesia. All good drug stores carry them. Start using these delicious, effective wafers today.
 Professional samples sent free to registered physicians or dentists if request is made on professional letter head.

