

# LOVES OATMEAL

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ed...Nervous Wife Wins Back Papi (1941) Coctor 1045-1085 Colomber The-with the purposes of a 25th hear of hea or a Time (Day Anid Indignation.) JUNEDE





As Alas Garth, prospector, is pre-saring to leave for his mining claim in the Far North, a plane lands at the sirways emergency station. In it are Burton Ramill, millionaire mining magnate; his daughter, Lil-ith; 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 the platinum-bearing ore as nearly worthless." Lilith Ramill, product of the lass 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

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

The investor's portly body quivered to his chuckle. "I've heard of nosing out prospects! First time, though, it's been done to my knowl-edge." 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

"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 theusands 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 fallure. 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, iridi-

The last word knocked the benevolent encourager of prospectors speechless. Yet, after a moment of sticky or smelly mess they tell blank staring, he managed a half-

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 ninute quantity in North America." He rose as if to go. Garth gave

him a regretful look. "Yes-too bad, sir. Now I'll have

Garth went tato the bunkroom Before long Tobin came to open the your nets—or take to grease and door a handbreadth. He chuckled pitch."

"Uk—lad, you got your hook in their gills. Pilot's tinkering with by called down for more gasoline. the motor. Changed the oil, but no move to refuel. Ain't rushin' to fion off."

Garth kept on lathering his beard. When he came out, his cartridge whole case balanced on his shoulder, belt was buckled about his waist. It was far easier than toting a deer It held his sheath-like knife and over broken country. After hoisting belt-ax. In one hand he carried his aboard the other cases and Hux-rifie, in the other the rest of his by's second fin, he ducked under small outfit, strapped on his pack the front strat of the wing. His

Down on the wharf Mr. Ramill puffed cigar smoke through his head-net while he watched Huxby's what probably was the Edmonton river.

The radio had been tuned in on river.

Rife between knees, Garth settled down upon the cockpit seat at report. The announcer started to give the last quoted price on platition of the motor and properly. The announcer started to give the last quoted price on platitions are trover above the west bank of the great

ng it is. When that bus came down, you never heard a logs andsweeter motor—every cylinder hit. A whine and shrick like static cut ting true. Wish I felt as sure of across the voice. The loud-speaker that southbound Bellanca."
"Don't fash yourself, Mr. Garth.
She'll make Fort Smith on sched-

fetched his canoe from the bank He swung it down into the shallow water within close reach of the

Mr. Ramill came shoreward rather hurriedly for so dignified a sentleman. "One moment, Garth. consulted with my engineer partner, He still thinks it may be worth our while to investigate your prospect."

"What! In view of my terms?" "They're outrageous! Still, it is just possible the er-mine might ustify them. The least we can do

is to inspect the lode. I make no deals sight unseen." Garth spoke as if to himself: "An air ride, free, and only a few hours delay. Time enough to make the trip out before the freeze-up."

He lifted his pack up again on the wharf, and swung the canoe over his head to take it back to its previous position, bottom up, on the bank. When he returned he carried his pack and rifle out to the airplane. From the cabin came the rhythmic dissonance of a jazz-dance tune. The plane evidently was equipped with a long-distance radio receiver.

Through the wire gauze of the big rear window he saw Miss Ra-mill reclining on the heaped pillows of an unmade berth. The shelf at her elbow held tinned and package foods and a wine bottle. Garth laid down his rifle and pack on the wharf near the doorsteps.

ore, at the storeroom, found Huxby trying to boss Tobin into helping tote the gasoline. An-noyed by the old man's refusal, and still more by the indignity of mechanic's labor, the pilot engineer took up a case of twin five-gallon gasoline tins in his arms and started cautiously down the slope to the wharf.

Had Garth taken the same load, either he or Huxby would have had to return for the other two cases. He roped three cases together and tipped the thirty-gallon load upon his back. As if the pack had been a feather-weight, he went down the stony slope with the smooth gliding step of a moccasin wearer.

Out at the end of the wharf, a deft stoop and twist lowered his heavy pack upon the planks without a jar. As he straightened up ne saw Miss Ramill step down from the cabin. She had donned her leather pilot trousers and jacket but held the helmet in her hand.

"How gallant!" she jeered. "He has sacrificed his whiskers. Can it be he hopes to enravish the fair sex?"

"Was that why, I shaved?" Garth inquired. "Feminine intuition is wonderful. I thought I did it to make doping easier."

"Oh, you mean what they call fly dope. But I see none of the about. Your face looks clean. "Thanks for the compliment, But

"Daft!" he muttered. "That must I'll soon have to take to the usual be it. These prospectors, alone in grease and spruce pitch. Just used the last of my frogite."

The girl flushed with resentment "Frogite! Don't lie to me. I know how you westerners tell fantastic falsehoods to tenderfeet."

"You do? By the way, in the North we say chechahcos, not tenderfeet. As for the frogite, it's no fancy. Years ago, Seton remarked the fact that mosquitoes never sting frogs. I—er—I know a man who experimented and who finally obto go outside. I may even have to tained chemically the substance exuded by the skin of frogs. Too bad pefore I can dupe a gull into taking I've run out of the dope. There are plenty of pests where we are go-ing. You'll have to keep behind your nets—or take to grease and

He had managed to get one tin of his case up to the cockpit and had emptied it into a wing tank.

Garth swung up to him with a rifle and pack lay where he had

num: "Refined platinum, per troy above the west bank of the great ounce, twelve pounds, seven shill-river, he leaned close to shout a "Right-o, Tobin," said Garth. num: "Refined platinum, per troy

A whine and shrick like static cut

Splashes told that Huxby was

Itamili atood with her very artificially waved semi-bobbed hair hard to the breeze. Upon taking off her mosquito net to put on the leather figing helmet, a swarm of insects had at once attacked her. She was trying to filrt them off ip order

"Yours !" "How else? Or does the gentle-man imagine he can find my pros-pect 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, "Sult yourself-and tell Huxby he can

ead for the North pole." "Indeed !" "Quite so. He and your father an go there, or the other placeand 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 unmapped forest and muskeg coun-

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 un der 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 von 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 The smile left her rouge-smeared

lips. He had never before seen so disagreeable a look on any wom



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

"Don't be all day, Garth. Cast off the lines.-Sorry, Lilith, that I'm not to have your company,"

"Don't worry, old dear," she said. "This woodsy 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 in 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 colled 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

tled down upon the cockpit seat at the pilot's elbow. Huxby was first

repetition of his question: "Route?"
Even to a man who had spen years in the North, this view of the sub-arctic landscape was a puzzling maze. On the groupd Garth She'il make Fort Smith on schedule."

Then here goes for my next play."

He went down the slepe to lay his pack and rifle a little way out from the base of the wharf. After that wing and strut with his rifle. Missi strike a beeline. Though he knew

the general direction of his find, he was unable to guide the plane as

as trying to firt them off ip order upriver, from the refueling station, replace the protecting gauze, "D—n your North country!" she stream on which he had begun and ended his trip into the unknown

exploded.

"Wait till you reach one of our muskeg swamps, Miss Ramill. You'll call this heavon. 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 fiance, are to be my riding mate."

ended his trip into the unknown. This was a familiar point of departure. From it he again directed the pilot to the westward. Somewhat under an hour later, the swamps and low ridges ended at the upheave of an eastward thrust mountain range. A near view of the barren peaks caused Garth to twist the course about on a sharp angle to the southward. Those mountains had not appeared any too mountains had not appeared any too familiar. The difficulty of finding landmarks recognizable from the air had not lessened. For days on his trip in and out, he had traveled through dense forests of spruce that shut off almost all wide views, even of the mountains.

The westward rise of the country had by now forced the plane up another thousand feet. slopes ahead called for still more altitude. The jagged skyline reared a thousand feet or more higher than the plane. Huxby started to climb. Until within a mile of the savage cliffs he ignored Garth's advice to lessen the angle. Then, as the plane swept past an outjutting peak on the right, Garth signed towards the gap between it and the main mass.

The highest point of the pass was more than half a thousand feet lower than the plane. Huxby pushed the stick forward and shot down for the gap on a long slant. The monoplane soon drove in between the towering precipices and steeply pitched side slopes of the immense cleft. A little more, and the cleft crooked to the north. The plane banked around the turn. Below the bend the cleft widened in the neve of a glacier. Farther down the expense of snow-ice pinched into a parrow gulch. The gulch ran down into a deep mountain-rimmed valley. Down the rough bed tum-bled a stream of milky glacier

Garth noted moving dots on the tundra and white specks up on the rocky slopes above them. But Huxby saw neither the caribou nor the mountain sheep. He had at once spotted the lake in the valley botom. He angled on down as if to plunge into the silvery sparkling ripples of the lake. The monoplane wooped above the upper shore and drove on towards the foot of the lake at full speed. Garth pointed to the intake from the glacier stream, and signed for a descent. The plane nosed down so steeply

that the pontoons went under. Fortunately the craft was almost foolproof. She bobbed up without plunging to the bottom. Hugby taxled shoreward against the current from the stream and the thrust of the down-gulch breeze,

Garth stood up to pilot the pilot. A clump of spruces stood a few yards in from the water-smoothed edge on the right bank of the propeller ceased to spin the plane outrushing stream. Uncoiling the line as he went,

Garth ran out on the right wing. ance-is very important as overin the swift outswirt of the stream. fat tissues hold so much more wa-

The line tautened as Garth whipped it around the tree trunk. To make doubly safe, he used the last foot for a pair of half hitches. ply cutting down on the amount of He knew what would happen if the plane should drift free with no pilot aboard.

Snubbed fast, the monoplane swung to the near bank and lay out fluids by way of the kidneys. with the right-hand float snug against the polished waterline of the ledge. Huxby came out on the wing and jumped off to peer down the glassy slope of rock at the pon-

"Not so had." he admitted. Garth replied. ders during our few hours' stay."

goggles up on the front of his hel- ish bath. The removal of the wamet. "How's that? 'Picked out,' you ter and its replacement was good say. Been around airplanes, have for him, but it prevented the loss of you?" "I know how rough stone will

chafe a boat," Garth replied. "Your to reduce weight in accord with floats are a kind of canoe. Can you those in general use-less food, more get Mr. Ramill and his daughter exercise, less water or other fluid. ashore by way of the wing?" Miss Ramill called from the cabin: "Why didn't you pick a decent

landing place, Vivian? We never can get ashore up this smooth sloping rock. The steps are no use. You'll have to make a gangway for Dad and me." (TO BE CONTINUED)

Origin of Name "Scioto" One version of the origin of the name "Scioto" says that it comes from the Indian word Seeyo-toh, meaning "great legs," says the Cleveland Plain Dealer. This because of its numerous branches. Like many other rivers in early times, it had an embarrassing plureality of Indian names. The Wyandot name was Scionto, probably from oughscanoto, the word for deer, which favorite game of the Indians made their home along the stream. It was, bowever, chiefly mown as the Sciote, meaning deer

DR. JAMES W. BARTON

Reducing Weight. As YOU know, the two mains classes of over-S YOU know, there are weight. 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 ex-

The first type is spoken of as en dogenic obesity (overweight) because the cause is within themselves-glands that are not active enough-and the second is called exogenic 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

taken which calls lipstick. 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.

Doctor Arany suggess that the Indi vidual be examined, weighed, the metabolic rate measured (rate a 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 (ontmeal, 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 con centrated 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 stream mouth. Huxby obeyed the who are overweight to begin with signal to shut off the motor. As the light exercise and gradually increase it; the strength of the heart, glided in between the banks of the lungs and circulation or blood pres-

sure being carefully watched. The third point-the water bal From the overhang he leaped down weights carry an excess of water on the shelf ledge and bounded in proportion to the excess fat. As along it to the nearest spruce. The mentioned before, one pound of fat plane had already lost its headway carries three and one-half pounds and was starting to drift backwards of water with it, simply because

ter than muscle. Water is removed from the body (and water means weight) by simfluid taken-water, tea, coffee, soft or hard drinks-by inducing sweating by steam or Turkish baths, and sometimes by taking drugs to drive It is amusing to see an over

weight 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 "Not so bad," he admitted.
"I had the place picked out," hath. This is due, of course, to the hath replied. "The rock is very fact that after emerging from the slick. There'll be no need of fen- bath, he drank a number of glasses of water which replaced the water The engineer pilot shoved his removed from his body by the Turkweight.

Doctor Arany's suggestions are

Danger of Overweight

Dr. L. G. Graves in his book Foods in Health and Disease, mental to health and is a predisposing factor in degenerative diseases of the heart, blood vessels and kidneys. An accumulation of fat around the heart handleaps 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 dispetes 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 Midafternoon Bite

When the kiddles 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, cookles or cake. The fruit will not interfere with the appetite, but will have a beneficial THE HOUSEWIFE.

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Pretty Brave

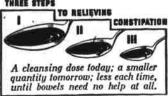
Sol. J. Lupoff, a passenger on the liner Dixle, which stranded on a reef off the coast of Florida, went back to New York with mingled feelings three points for those whose over- about women. What puzzled Lupoff weight is due to overeating. (1) was that the women were scared as Cutting down on the amount of they wore awkward life belts and food eaten; (2) braced themselves against slipping increasing the furniture, but they continued to dab amount of exercise their noses with powder and apply

## THE DOCTORS ARE RIGHT

Women should take only liquid laxatives

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ant elimination.
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