It Makes a Nicer Cool Drink

"SALADA" ICED TEA

Lost Kingdom . .

by OREN ARNOLD

CAST OF CHARACTERS

ROBERT BARRY—hero, explorer.

MELISSA LANE — heroine, Barry's partner.

HONEY BEE GIRL — Indian; member of Barry's party.

HADES JONES — pioneer; member Barry's party.

* * *

Last week: Lost in the underground cavern, Bob and Melissa suffer of third and hunger. Then they see a light, hear a voice echo. Are they losing their minds, they wonder.

CHAPTER XVI

For all of man's genius, one great mystery of life has never been even partly solved.

It is the strange fusion of souls, of spiritual entities in man and woman, when consciousness of love is declared, mutual and sincere.

It grows with a sudden ecstatic surge, thence in a gentle and somehow staccato harmony, ever increasing, never reaching an end of its own accord. It is as old as Adam, but each man must discover it for himself. Robert Barry discovered it there when death was hovering, when he fully believed that both he and Melissa were losing their minds.

They had been lost in utter darkness for many hours, perhaps several days. They could not even guess how long. They had slept at times, fitfully. Embracing each other now, in the most sacred of moments, they remained silent and very still. Seconds passed—Bob knew not how many—and then suddenly Bob got a grip on himself. He saw himself as a whimpering baby afraid of the dark. Anger replaced fear. Then his trained mind took command.

* * *

The Rescue Party

"Why, I'm not hysterical!" He murmured it to himself, even as he held Mary Melissa there. "On the contrary, I feel remarkably calm."

He shook his head, as if to clear his eyes of the darkness. He looked behind him again, which would be down.

" 'LISSA!" He almost shrieked it. " 'Lissa!"

He was tense with excitement again. But he forced himself to be analytical, critical of his own ractions. No, this was not hysteria.

" 'LISSA! That IS a light! Look—HEY! HEY! HELP!"

Thirst had muted his voice terribly, but he made all the noise he could. He threw rocks. 'Lissa yelled too, and between them they made a din of it.

Voices answered, from far below. The two understood no word, but they were suffused with happiness. Salvation seemed at hand. They were almost hystercial with anticipation now.

"It's Hades Jones! It's Jones! And Holliman! They must have found an outlet hole below somewhere. They're coming! Oh, 'Lissa, they've found us! They—"

She too was talking, jabbering. They called and hallowed, and hugged each other as the lights grew stronger. Help was approaching. They dared not move much, lest they fall over the ledge, but they squirmed in righteous glee.

The rescue party was slow in approaching. It had been far below, and the lights disappeared frequently as the men moved around rock formations. They flickered, too, Bob saw. He began to wonder. Why in the name of goodness hadn't Hades used one of the lanterns, instead of torches.

"Hello, HADES? Holliman?" Bob yelled, when he knew they were within 30 yards or so.

The lights stopped instantly. No answer came. Progress of the rescuers seemed very strange, then. Bob and 'Lissa peered at them intently.

"Hey, what's the matter? Can't you see us?" Bob was impatient.

Other lights were ignited then, an the group separated. Bob and 'Lissa couldn't distinguish the approaching men clearly, but he began to think he saw a half dozen or more forms. Moreover, there was a new and absolutely strange murmur of voices.

"Bob!" whispered 'Lissa. "Are you—all right? Do you see what I do? I mean, are we out of our minds? Is this another nightmare after all?"

"NO! No, I'm sure! But I don't know what. It's not our party, that's certain. Stand still, and watch. HELLO THERE! WHO IS IT? WE NEED HELP!"

Somebody answered immediatly, but—in a strange tongue!

Bob was utterly amazed. He was a linguist. He spoke Spanish, the Mexican dialects of it, not to mention the ordinary Indian languages of southwestern tribes. But this garble was foreign to him. And the men themselves, slowly approaching, were foreign.

The whole thing was impossible. It was a scene from some weird, imaginative fairy tale, a bit of stage imagery, theatrical and impressive and almost devilish. Bob was breathing hard, and he could feel 'Lissa trembling.

'Good Lord!" He mumbled it. "I never knew it would be this way."

But in the same moment he knew it was real!

The light was visible. The men were tangible. They were brown men, he could see now, which would most likely make them Indians. But the setting, the utterly fantastic circumstance—it was something to read by a fireside and scoff at, or a bit of trickery from Hollywood, except for the salient fact that the brown people approaching were absolutely alive, and that his own mind was now as clear and alert as he had ever known it to be.

* * *

From A Lost World

The strangers spoke repeatedly to him. Some of them, he noted, held weapons; rather well made weapons of natural sticks and stones. They wore scant clothing, mostly loin cloths and a crude sort of sandals. They were muscular men, and they were graceful, but they were not menacing.

They tried time and again to communicate with Bob and Melissa, one man especially doing the talking. Bob talked back, in all the dialects he knew, but in vain.

Then he motioned for water—and got it.

Some man had brought a skin container, from which 'Lissa then Bob drank and asked no questions. Bob forced her to take it swallow at a time, with long waits between, lest she suffer spasms of sickness and pain. Somewhere he had fortunately heard this warning, probably from old Hades.

They got food, too, a dried meat. It was hard, and unsalted, but it was an ambrosia. Bob then thought to divide the last small piece of chocolate candy with 'Lissa, but suddenly thrust it at the man who appeared to be leader. The brown man sniffed it, tasted it, ate it then with childish glee. All the brown men had been staring with a consuming curiosity, at white skin, at clothing, at Mary Melissa especially. Finally they signaled to the two to come, heading back down the trail.

"I suppose we'll awaken after a while, honey," Bob grinned and held her as they walked. "But whatever this is, it's one to write down in the books!"

She gave no answer. She was too overwhelmed.

(To Be Continued)

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ISSUE 27—'40

Headache For The Milliners

Counter-attack on Hatless Trend Now Being Planned

Do you always wear a hat on the street? If you don't you're part of the hatless trend, and the cause of sleepless nights for milliners.

The trend has cut into millinery sales. In the New York area, where 70 per cent. of women's hats are manufactured, milliners say that three-quarters of a million fewer hats were sold in early months of 1940 than in the same period last year.

They're taking steps. The Millinery Stabilization Committee, to which most of them belong, has set up a bureau to find the cause of the hatless trend and to combat it.

Why don't you wear a hat when you should, they'd like to know? The milliners are doing something about it. They've enlisted the support of dealers, movie producers and college boys. They say the movie people promise to make film stars wear hats more often. College boys are writing pro-hat editorials in campus newspapers, saying men don't like hatless women. "We ..re starting a girlcott against girls who boycott hats."

Maternal Toll Shows Decrease

Fewer Canadian Mothers Are Dying at Childbirth Survey Shows

The maternal death rate in Canada last year was the lowest on record at 4.2 each 1,000 live births, the Maternal Welfare Committee reported at the annual convention of the Canadian Medical Association.

Three undesignated provinces had a death rate of less than three each per 1,000, and there was reduction in all provinces for deaths of newborn babies, the report stated.

The committee said that results of a pregnancy survey which has been conducted in Manitoba during the last two years likely will be reported to the Dominion Council of Health this fall. More than 20,000 cases were covered in the survey.

SLIM-WAISTED AFTERNOON DRESS

By ANNE ADAMS

All the charm, poise and finished beauty of womanhood is expressed by Anne Adams in Pattern 4467—a dress that will give you dreamed-of slenderness. And the gently flared skirt has slimming front and back panels. Decorative gathers at either side of the attractive sweetheart neckline may be held by clips or by perky bows drawn through eyelets. More gathers at the short or three-quarter sleeves give a dress-up effect. A whiff of crisp ruffling at neck and sleeves looks most refreshing. Let the Sewing Instructor steer your needle course to a quick finish!

Pattern 4467 is available in women's sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 takes 3⅜ yards 39 inch fabric and 2⅛ yards ruffling.

Send TWENTY CENTS 20c) in coins (stamps cannot be accepted) for this Anne Adams pattern. Write plainly SIZE, NAME, ADDRESS and STYLE NUMBER.

Send your order to Anne Adams, Room 425, 73 West Adelaide St., Toronto.

She First Flew In 89th Year

Mrs. James Mansfield, of Toronto, Celebrated Birthday by Flying to Ottawa by The Trans-Canada Airlines

TORONTO, June 21 — A new record for air travel in Canada was set last week when Mrs. James Mansfield, of Toronto, stepped on board a Trans-Canada Airliner for the first time. Born just one year before the turn of the half-way mark of the 18th century, Mrs. Mansfield made her initial air trip at the 89th year. She is the oldest passenger yet to be carried by the Trans-Canada Air Lines.

Mrs. Mansfield flew to Ottawa on the 6 o'clock evening plane, accompanied by her daughter, Miss Hilda Mansfield, who was also making her first filght. Mrs. Mansfield decided to take the trip following the enthusiastic descriptions of her son, A. L. Mansfield, of Ottawa, who "commutes" regularly between the Capital and Toronto. He convinced his mother that she was missing a great thrill by not taking the trip and he was at the Ottawa airport to help her to alight.

A MODERN WOMAN

According to another son, S. J. Mansfield, secretary-treasurer of the Miller Services, Ltd., Toronto, his mother is one of the most modern of women. Enjoying perfect health, Mrs. Mansfield is an ardent believer in the "daily dozen" morning exercises, in which she touches her toes with ease, but during the summer she never misses a daily plunge at the summer home, on Sturgeon Lake. Mrs. Mansfield travelled on the old Grand Trunk Railway when it was a novelty. She had her first ride in the automobile when people rushed to windows, or stood on the curb and goggled at a passing car. Now, she is rounding out her travel experience of novelties on the railway and the highway by taking to the airway — ust 89 years young.

Housewives Have Fewer Accidents

Percentage of Highway Crashes Caused by Them Is Comparatively Small, Survey Reveals

Percentage of highway accidents caused by housewives in driving cars is comparatively small when compared with chauffeurs, unskilled labor, clerks, business and professional men, according to the report of Commissioner Arthur W. Magee, of the New Jersey Motor Vehicle Bureau. The findings are based upon the analysis of a survey of 5,000 drivers.

UNSKILLED LABOR MOST

The two occupations which produced the highest percentages of accidents were unskilled labor and clerical workers. While the fair drivers were involved in more accidents than either of the two specified occupations, allowances must be made for greater exposure to traffic hazards by reason of greater mileage and longer hours of driving.

Professional men, whose numbers are fewer than the other occupational classifications, comprised only 5½ per cent of the accident drivers.

Handy Hints

Egg added to soup to make it more nourishing should be beaten first, and the hot soup poured very slowly over it. If only the yolk is being used, beat it with a very little milk — then pour the soup over it.

Sieves that have been used for sifting dry ingredients, such as flour, do not require washing every time after use, but can be effectively cleaned by brushing well with a clean, dry brush. When the sieve is washed, however, see that it is well dried in front of the fire and brushed before putting away or the mesh is lable to become clogged and the sieve to rust around the edges.

If you find that the inside of your kettle has got furry, fill it up with water and add two heaped teaspoons of borax. Bring it to boil and allow it to boil hard for ten minutes. By this time the fur will have been loosened and can easily be got away with a few sharp taps on the side of the kettle. To prevent a further occurrence, keep a plain stone marble in the kettle.

"MIDDLE-AGE" WOMEN

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TABLE TALKS

By SADIE B. CHAMBERS

Helpful Hints For Hot Weather

All homemakers face many difficult problems, as they try cheerfully to go about their tasks, in the hot trying days which are sure to be with us in the next few weeks Menu-planning can be made much simpler if you organize your work systematically.

Firstly, a word as to your supplies. Whether for company, especially the unexpected guests, or for just the ordinary family needs, a carefully stocked pantry, refrigerator or whatever means you have for food storage will help simplify the tasks as nothing else. This storing can be very economically done by careful planning and personal selection. A few extra supplies should be added each week, with your regular ordering, which keeps within the budget. This can commence some weeks before.

Consider these items when making out your list:—a variety of canned cream soups; one or two varieties of canned fish; potato chips; gelatine jelly powders; junket; a few canned vegetables. Of course the vegetables will not be required as frequently as the other items because you will be having on hand the luscious fresh vegetables, which are appearing, new ones each day. Of course you will try always to have on hand fresh lettuce, parsley, watercress with a sprinkle of onions and radishes. No doubt most of you will have most of these in your gardens and for those gardens let us be truly thankful. What a joy to pick one's own vegetables moist with dew! Please note, that most of the supplies named can be made ready with a minimum amount of labor and previous preparation. Of course you will have on hand too a supply of salad dressing (which can be made some day as you are preparing a meal) that your supply will not be exhausted. Do not neglect to add some of the cheese productions, which are so nutritious and add that incomparable touch to so many different dishes.

To simplify your work and also reduce your cooking budget always make an extra pie shell or two and some tart shells. These will be all ready for fresh fruit and whipped cream which make the most delicious of the quickly prepared desserts.

Another hint valuable to you: have ready in containers (probably jelly glasses, covered, and each carefully marked) the following:—chopped nuts or (rolled) grated cheese, rolled cracker crumbs, bread crumbs dried and rolled. These will keep perfectly if your containers have tightly fitted covers and will be worth their weight in gold, as you prepare many of your menus containing some one of the following. Then again remember, that pie-paste prepared and kept ready in refrigerator for rolling, whenever needed and cookie dough can be made the night or day before and kept in the same manner. Both these are invaluable helps in simplifying your daily tasks.

Now for a few recipes, which are different—

Potato Salad

3 cups cooked potato diced
1 cup finely chopped celery
2 tablespoons finely chopped onion
1 tablespoon chopped pimento
1 extra tablespoon pimento
½ cup chopped ripe olives
Boiled salad dressing
Salt and pepper
Crisp watercress
Slices of hard cooked egg

In preparing potatoes for dicing do not boil them until they are so tender that they break too esaily. Drain, cool and dice neatly. Add celery, onion, olive and pimento. Moisten with salad dressing, which should be the thick rich variety; season to individual taste with salt and pepper. Chill thoroughly. Moisten with additional dressing and pile in a bowl lined with crisp watercress (or lettuce). Spread on top the extra pimento and cover with slcied hard boiled eggs. Salads to be palatable must be served very cold, and always remember the better the dressing the better the salad.

Tuna Omelette

4 eggs
½ cup flaked tuna
One-eighth teaspoon salt
½ cup milk
2 tablespoons butter
One-eighth teaspoon pepper.

Beat the egg yolks until thick, add the tuna and the milk, add the seasoning. Fold in lightly the whites of the eggs, which have been previously beaten quite stiff. Turn into frying pan, which has had a little melted butter added running around to grease well. Have the pan very hot, then reduce as mxiture is placed in pan. Cook until the omelette is set and a knife inserted in the centre comes out clean. Fold and serve at once on hot platter. May be served if desired with any of the sauces.

Soft Gingerbread

2 and one-third cups pastry flour
½ teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground cloves
1 teaspoon baking soda
½ teaspoon nutmeg
8 tablespoons butter
¾ cup granulated sugar
2 eggs
½ cup molasses
1 cup buttermilk

Measure the flour and add the spices. Cream the butter and gradually blend in the sugar. Beat and add the eggs. Then add moiasses and combine well. Sift in the dry ingredients alternately with the sour milk (in which the soda has been dissolved) combining after each addition. Turn into 8½ inch square pan.

Bake in moderate oven for 40 minutes. Serve with whipped cream.

Maple Icing

1 cup granulated sugar, ¼ cup cocoa, 4 tablespoons butter, ¼ cup whole milk, ½ teaspoon maple flavoring, ½ teaspoon vanilla, pinch of baking powder.

Combine sugar, cocoa, butter and milk. Stir over heat until sugar has dissolved. Then bring to boil for 2 minutes. Cool slightly, then add the baking uowder. Chill. Beat until creamy and fluffy.

READERS WRITE IN!

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chamers, 73 West Adelaide Street, Toronto." Send stamped, self-addressed envelope if you wish a reply.

Clean Milking

A farmer should put on a clean pair of overalls before milking a cow, the Ontario Health Officers' Association was told by Frank Cote, a food inspector for the Ontario department of health.

"Squirting milk on each hand to moisten it before milking is no longer to be tolerated," he warned.

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