TRY IT THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chipped ice. The above makes 7 tall glasses.

"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: Bob learns that the strange little brown people are the remnants of a lost kingdom —a people who once lived in Defiance Castle. These peoples think Bob and Melissa messengers of the Sun.

CHAPTER XIX

The white visitors stayed in a strange home that night. The chieftain with his family and servants vacated his house, best in the kingdom and with considerable pomp offered it to Bob and 'Lissa. The hospitality was genuine.

"But where are the doors?" 'Lissa whispered.

There was no opening in sight on the ground level—no windows, doors or holes. Two ladders led to a second storey ledge, however. It was a rather imposing house, two stories high and perhaps double the size of any other. It was strongly made of stones and plastered mud.

"In the ceiling," Bob answered. "The pueblo Indians still build that way occasionally."

"You mean—?"

"Yes, you have to climb up a ladder to the first-storey roof, then down again inside, through an opening in the ceiling. And those other ladders lead to the second floor. That makes it automatically a fortress, see?"

"Enemies couldn't get inside so easily, you mean?"

"That's right, 'Lissa. The ladders are pulled up after the residents are all in at night. No doors, no ladders—not bad!"

"Seems mighty inconvenient," the girl suggested.

"Sure, and doubtless unnecessarry now. But very important in the old days. The simple folk evidently cling to old customs, regardless."

* * *

A New Powwow

They found the first floor rooms used for storage of grains, skins, tools and other valuables. Beds of grass and woven mats were on the second storey floors, inside small rooms.

"You can stay up there," Bob said, "and I'll curl up somewhere down here in the store rooms. I'll pull in the ladders for you."

They didn't get to retire immediately, though. They had hardly finished exploring when they were hailed from outside. They hastened to the ledge and peered down.

There stood the chieftain and two other men, evidently an official body, and before them were four brown maidens, young girls all. The chief was pointing and signing. Bob hastened down.

This new powwow, lighted by torches, lasted fully a half hour. In the end, the three dark men led their maidens away, and Bob came back up the house ladder.

"What is it?" 'Lissa demanded, anxiously.

"It's awful!" he whispered, in a strained voice. "Things have taken a much more serious turn. Those girls—they are sacrificial maidens, 'Lissa!"

"Sacrificial?" She looked intently at him.

"Yes! The old chief says they have chosen the most beautiful girls in the kingdom for the white gods to see. You and I have to pick the one we want sacrificed to the sun!"

"But—but — how? Sacrificed how, Bob? You mean—"

He nodded. "It means death for her even though it's honor for us!"

"We Daren't Refuse"

The thought appalled them, and for a moment the two were silent. Finally Bob spoke again.

"He wanted us to choose tonight, but I stalled for time. Told him the sun was down now, and it couldn't be done at night. But to-morrow—goodness!"

"Couldn't we refuse?"

"We don't dare. Our own lives might be jeopardized. It's a delicate situation. It's normal, too, but I never thought I'd experience it. Human sacrifices were common among most savage people. The early tribes in Mexico nearly all did it, the Mayan, Aztecs and such. They had special stone altars for it. Removed the heart, and had feasting the while. This custom links up with the Asiatic countries, too."

Mary Melissa barely listened to the rest of his explanation, with its scientific background. She was too horrified. She heard him, though, when he told her the chief himself had promised to officiate at the ceremonies tomorrow.

"You mean he will—he's the one to—?"

Bob read her thoughts. There was great anxiety in his tone as he answered.

"Yes. He will honor us in the highest form possible, by personally slaying the maiden we select. We will occupy seats of honor at the ceremony beforehand and afterward."

For Human Sacrifice

Mary Melissa couldn't quite grasp it. Charged with emotional strain, she shivered a little and almost groaned. This was fantastic, unreal, impossible.

She wanted to flee, to have Bob grasp her hand and run with her out of this nightmarish region forever. Again she shut her eyes and squeezed them tight, as if trying to blot out the whole ugly dream. But her mind was normal, she knew. It was real, it was true. Her brain was absolutely clear, alert.

She had studied the brown girls closely while Bob conferred with the chief. They were not pretty in the Caucasian sense, but they were handsome and strong. They must have been 16 or so, with muscles developed by toil in the fields. Their hair was done in peculiar tight whorls. Their garments, of roughly woven fiber, had been crudely but effectively dyed in colors and designs which 'Lissa sensed had a religious significance. Bob had told her snatches of such things, she recalled.

'Lissa peered now over the roof rim, but the maidens and their escorts had disappeared in the darkness, somewhere in one of the other houses. The village was singularly quiet. There was no calling, singing, visiting or other manifestation of communal routine. She had swift mental pictures of New York at night, by contrast.

Bob reached to pat her hand, encouragingly. "Don't let it get you," he half whispered. "We still have time. And as yet we are in no danger ourselves. That's something. A whole lot, in fact."

* * *

Preferably A Girl

She realized the truth of that. These strange lost people might indeed have decided to sacrifice the visitors! For a moment she almost wished they had. The apprehension of death couldn't be much worse than this nerve-wracking tension. She thought again of New York, and the impossible chain of adventures which had followed when she answered a harmless newspaper want-ad. She smiled to herself then, even through her despair.

"Do you think they know one of them is to be sacrificed?" she demanded of Bob, in an awed whisper.

"Yes. The chieftain said so. They consider it an honor to be chosen, and each one hopes you'll pick her. Their idea, you see, is that the sacrificed girl becomes a lesser goddess herself."

'Lissa shuddered anew.

"How often does this happen? This human—murder?"

"I don't know. Probably once a year. But it isn't exacty murder. It's all in the point of view. Now you take—"

"NO, NO, NO!" Mary Melissa wasn't going to "take" anything. She wasn't even going to listen to any more scientific talk about it. She was exhausted, emotionally and physically. She could not possibly have restrained the sobs that shook her then.

Bob said no more. He just held her tightly as she cried against him, looking out the while to see if her outcry had caused any sort of alarm. He was badly shaken, himself. He gave thought to one or two wild plans for flight. Maybe, in the dead of night—! But no, his reasoning corrected him.

He realized they couldn't get out in secret. News of their presence had of course excited the whole village, and their slightest move would become known instantly. Besides, this place was a gigantic trap by physiography; he would simply have to maneuver a way back up the cave.

Only their utter fatigue drove them to sleep, eventually, huddled together there on the second storey ledge.

(To Be Continued)

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ISSUE 30—'40

A BUTTON-FRONT SHIRTWAISTER

By ANNE ADAMS

Here it is—your wear-everywhere summer dress! For though this Anne Adams frock, Pattern 4489, is made in the wonderfully convenient button-front style, it's clever designing prevents any "stay-at-home" appearance. See how the gently bloused bodice is darted neatly at the shoulders and gathered above the waist. The attractive collar and the cuffs on the short sleeved style are becoming in either a matching fabric or in a colorful contrast, perhaps vividly edged with ric-rac. An every-day, day-long style you really need for summer!

Pattern 4489 is available in misses' and women's sizes 16, 18, 20, 34, 36, 38, 40, 42, 44 and 46. Size 36 takes 4⅝ yards 35 inch fabric and 2¼ yards ric-rac.

Senty 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.

TABLE TALKS

By SADIE B. CHAMBERS

I hope many of you have obtained a copy of 'Food for Health' in peace and war, a little booklet published by the Canadian medical association. This publication is worthy of special mention and from time to time we shall endeavor to arrange menus for you based on the fundamentals of this advice. The first purpose of the book is to present in a compact and practical form what doctors and scientists have learned about food through years of study and research. Past history informs us that in times of war, tuberculosis, influenza etc., spread rapidly, claiming the lives of many, who have been weakened from the lack of the proper food.

The homemakers of the present have a gigantic problem before them. By providing this necessary balanced food they must keep their families fit, that all may reach the highest level of health, that we may all be able to face the task that may be ours.

The protective foods of course have special mention and one of the highlights of the publication is a reminder that the Canadian farmer produces all the foods necessary for health. Canadian-grown vegetables such as tomatoes, turnips, cabbage and fruits in season (apples, berries, cherries, plums, peaches, pears) can replace the more expensive imported fruits. Hence we are advised to buy fruits and vegetables in season. Meals are budgeted according to adults and children and hence the families of different size and the remarkably low cost of 26 cents daily cost per person is reached. We are reminded more money cannot buy better nutrition,—it will simply buy a greater variety of more expensive foods. When there is not much money to spend for food, first on the shopping list should be milk and cheese; then potatoes and whole grain products; next raw fruits and vegetables; and lastly meat, fish and eggs.

The fourth in the group for purchasing is cereal products. First, bread. Then in the second (cereal) group is given the choice of rolled oats, rolled wheat, flour, rice, cornmeal, macaroni, tapioca. Under the third group come the sweets and flavorings, where tea and coffee are also allowed. Lastly cod liver oil is to be given growing children and those working indoors, from October to June,—the months lacking sunshine.

Their suggestions for meals,—

Breakfast

Fruit—Tomato juice, apple, applesauce or fruit in season.

Cereal—Rolled oats or rolled wheat with milk.

Eggs—scrambled, poached or boiled, one or more a week.

Buttered toast occasionally with marmalade or jam.

Tea or coffee for adults, milk for children.

Lunch or Supper

Soup (creamed vegetable) or

Cheese sandwiches toasted (if desired) or

Baked or scalloped potatoes with cheese or

Creamed left-over vegetables or vegetable salad

Bread, whole wheat with butter.

Dessert Fruit in season, fresh or cooked or occasionally honey or jam.

Tea for adults, milk for children.

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.

Try Train Trip To Hudson's Bay

A Novel Summer Travel Experience Is Made Available to Canadians by Special C.N.R. Excursion

Canada has rolled back the tourist map to bring within easy and comfortable travel that strange land of the Eskimo and Indian which lies "north of 'fifty-four' " and this land may be visited by taking the Canadian National Railways Eighth Annual All-Inclusive Excursion Tour to Hudson Bay, according to C. W. Johnston, General Passenger Traffic Manager of the Company.

CHURCHILL AND THE PAS

This tour, including rail fare, lower tourist berth and dining car meals, will leave Winnipeg, Manitoba, on August 9. On arrival at Dauphin, Manitoba, in the afternoon there will be a drive to Riding Mountain National Park. The tour will then proceed to the important centres of The Pas, where about three hours will be spent during the morning of August 10. Going northwestward, a side trip will commence the same morning for Flin Flon, with arrival at 1.30 p.m. Here a visit will be made to one of the most modern mining plants on the continent, the Hudson Bay Mining and Smelting Company. The evening will be occupied with social activities and a dance in the Community Hall, where visitors will get a genuine idea of "northern hospitality." Leaving Flin Flon early in the morning of August 11, two hours more will be spent at The Pas and then the tour will be resumed to Churchill, the terminus, where arrival is made at 9 a.m. on Aug. 12.

YOUNGEST SEAPORT ON CONTINENT

At Churchill, a stop of 28 hours will be made to permit the party to visit the youngest seaport on the continent; visit historic Fort Prince of Wales constructed 1733-44 and other interesting features. Social activities in the evening will include a dance picturesquely characteristic of this outpost of civilization.

Leaving Churchill at 1 p.m. on August 13, the turbulent and mighty Nelson River is crossed and here passengers get a view of the Kettle Rapids, while crossing of this river on the going trip affords a view of the Manitou Rapids. Arriving at The Pas again in the afternoon of August 14, a stop of five hours is made to visit this thriving northern town and environs, after which Winnipeg is reached on August 15, completing a memorable tour of six days.

Wherever you go...

—Wrigley's Spearmint Gum is the favorite! Millions enjoy its long-lasting, *genuine* spearmint flavor. Healthful, delicious, refreshing! Get the good habit of enjoying it *after every meal!*

GET SOME TODAY!

Museum Just For Children

Norwalk Institution, Only A Year Old, Now Needs Larger Quarters

Alhough it opened only last year, the Norwalk (Connecticut) Children's Museum has progressed so greatly that it already needs new quarters.

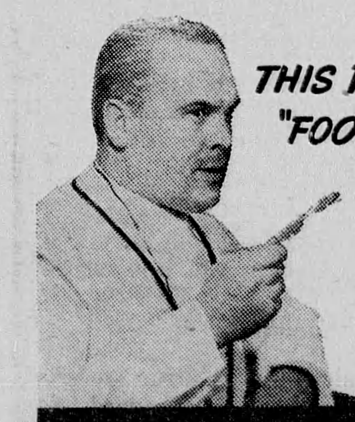
In its constantly-expanding activities, it is patterned after the original children's museum in the world, in Brooklyn.

LINKS UP WITH ACTIVITIES

Children's museums are distinct from children's departments of large museums in that all of their work is strictly for children. All their exhibits are arranged with the young folk in mind, and so are their activities. Of these there must be plenty, to keep the children occupied. A sample week at the Norwalk Children's Museum would find one group filling the school room which now houses it to work on a relief map of their own city on Monday, others studying astronomy on Tuesday, a stamp session on Wednesday, botany—only it's called a wild-flower club—on Thursday, a variety of activities on Friday and a movie show for the children on Saturday.

About 250 separate construction projects are at present under way in Canada, including coastal defences, fortifications, hangars and submarine defences for harbours and waterways.

THIS FAMOUS WHOLE WHEAT CEREAL IS "FOOD FOR HEALTH IN PEACE AND WAR"



The authoritative booklet prepared by the Canadian Medical Association, recommends "whole grain cereals" as one of the essential "protective" foods that you should eat every day. Shredded Wheat is a "whole grain cereal"—it is 100% pure whole wheat in its most palatable form. Two Shredded Wheat with milk and fruit contain no less than *eight* vital food values: Three Vitamins (A, B_1 and C), Iron, Calcium, Phosphorus, Proteins and Carbohydrates. . . . Give your family this "protective" *whole wheat* cereal daily. It's mighty good to taste — and costs only a few cents a serving.

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