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: The crisis of the sacrifice is met when Bob rises to the occasion and tells the strange people the Sun God wants only happiness on this earth.

CHAPTER XXI

The celebration continued until well past noon, and Bob was forced to do some tactful hinting in order to get more food for himself and 'Lissa.

"Evidently white gods aren't supposed to eat much," Bob grumbled, good-naturedly. "I'd give a lot to sit down to one of Honey Bee's meals right now."

"Me too!" 'Lissa agreed. "Say, I wonder what's happening back in camp, Bob? Don't you imagine Uncle Hades is likely to start after us?"

"Your guess is as good as mine. It all depends on what the cook tells. Unfortunately, we ordered her not to tell anything, you know. We've got to get out of here as soon as possible."

Bob need not have worried about their escape, for the brown people themselves had been planning. When the huge bonfire had died down and the merrymaking subided the chieftain approached Bob, with great deference. The two men talked, with signs and a few words which Bob had picked up, for more than an hour. A ring of villagers stood around to watch, at respectful distance.

"I think we understand each other, at last," Bob eventually said to 'Lissa. "The chief here is begging a boon for his people. He petitions us never to reveal the location of their village to their enemies."

'Lissa started questionably at Bob.

"Who are their enemies? Now, I mean?"

"Nobody. But they don't understand that. Their word-of-mouth history tells of raiding cut-throats, who drove their ancestors out of the cliff castle, you know. They fled here to hide. They've been hiding for a long time, and they don't know anything else."

"Oh—that's right. And I don't much blame them, Bob."

"Nor I. They begged us not to destroy them ourselves, too. I promised, provided we would have an escort back up the cave trail."

* * *

NO OTHER WAY OUT

'Lissa wasn't sure she wanted ever to see the inside of any cave again. But Bob told her there might be no other way out of the box canyon, even with dangerous climbing The brown chief said so, and his people surely ought to know. Rock walls can be defiant of man.

"However, I'll bet Hades Jones and Holliman and I could figure a way to get out," Bob was staring speculatively at the cliffs. "Take some lengths of rope, spiked shoes, a short miner's pisk, and—"

"Bob, aren't you assuming too much, though? These people have no rope. Or shoes. Or metal tools of any kind."

"That's right, sweetheart. But I was just supposing. Anyhow I want to go back through the cave. We'll have a guide back to my lost shoulder pack. And I marked our own way down to there, you remember."

'Lissa shuddered, in memory. But she nodded agreement.

"Will you come back here soon?" she asked, looking up at his eyes.

He hesitated a long while before answering. "What do you think? Would you?" He kissed her full on the lips. "I'm going to be busy for a while, getting married, and making love, and—"

She blushed at that, smiled at him. "Most gentlemen make love to girls first, then get married sir!"

"Not me! I'm going to make love right along, true enough, but believe me Miss Lane you're going to marry your business partner as quickly as we can get a license and a preacher."

"Fraid I'd run away?" she teased.

"THIS IS UTOPIA"

"Maybe. Wouldn't blame you a lot. I'm taking no chances."

"But honey." She snuggled to him then. "You will want to see this place again, and you know it. This would fascinate any archaeologist."

" 'Lissa girl, this experience has been bigger than any archaeology, or any other science. Why this is—this is a utopia! It's not real, yet it is. It's almost unbelievable. The living dead. The existing past. I know it's a heaven for an archaeologist, in one way. But you've done something to me here. Don't forget also that we're demigods in this village, supernatural. Just imagine it—the only white people they've ever seen or heard of. These folk still live back in the fourteenth century, in effect."

"I know, Bob. I have thought about it all day. It would be cruel, inhuman, to disturb them."

"I'll say! Imagine the newspapers. And the newsreel cameramen. And the tourists, and hot dog stands and filling stations popping up on the new road out here—gosh!"

"LET'S NEVER TELL"

The enormity of the affair impressed them both. So called white civilization can be very heartless, for all its greatness. The Lost Kingdom would be overrun with white men in a week's time. In a year its people would be disintegrated, scattered, confused, saddened, their contentment and perhaps their very existence doomed.

"Mary Melissa," Bob was very gentle and very serious, "let's never tell. Let's keep it our love secret—yours and mine. We found our own happiness here. Why destroy theirs? Let's—let's allow one aboriginal American race to stay unmolested by whites, and so work out its own destiny!"

Against his chest she sobbed a little, reached up and patted his now stubble-covered cheek. "Robert Barry," she murmured, "I would have loved you in any event, but right now I think you are the greatest man who ever lived!"

Bob managed to obtain a bit of dried meat for their food, but they had to spend another night in the canyon village. They slept again in the chieftain's house. Many presents were brought to them—mostly useless, valueless, but evidently highly-prized ceremonial sticks, fetishes, feather ornaments, and other things with religious significance to the brown folk. Bob showed gratitude as best he could, and returned them. It was toward midnight before they could get to lie down. They slept at once, soundly, happily.

NO SOUVENIRS

The chief himself selected a guide for them next day, a young brown lad who appeared signally honored. Probably he had a reward coming to him, Bob suggested to 'Lissa, and this was it.

He hadn't far to lead them, really. Bob wanted to explore the cave, but he resisted all temptation to take back any evidence of the cave or the hidden valley. When the guide found their pack, and Bob located his own chalk trail markers, he turned and addressed the brown boy.

The lad never understood, but he was obviously impressed with Bob's speech. Bob then opened the blades of his pocket knife, indicated its possible use, and gave it to the boy. Short of life itself, he couldn't have offered anybody a gift more wonderful. The boy's happiness was almost divine.

When the lad had disappeared back down the subterranean trail and his torchlight was no longer visible, Bbo held his own light and—taking 'Lissa's hand—led the way slowly upward, alone with her again.

(To Be Continued)

They Had Influenza In Elizabeth's Time

There's nothing new about influenza, according to F. Webster McBryde, Ohio State University geography instructor and authority on Central America.

Writing in the Bulletin of the History of Medicine, McBryde presents evidence that influenza was epidemic in Guatemala in the 16th century. It is believed that there were three epidemics in that century—in 1523, 1559-1562, and 1576.

Black And Brown For Autumn Wear

Wine, Green, Blue and Beige Will Also Be Popular

Every year about this time, the fashion industry goes into a huddle to decide what colors shall be good for fall.

High-powered executives meet, look at swatches, argue, make big speeches, call in artists and dye experts.

Finally, they make a solemn announcement. Black and Brown will be good for fall. Wine and green and blue and beige will be good, too.

The U. S. National Retail Dry Goods Association has just made such an announcement at New York, endorsing these very colors for next fall. It took a committee of 16 to select them.

To a woman who has nothing to do with fashions except as a shopper, it all looks pretty silly. Black, of course. Brown, of course. What else would they pick for fall?

The reason for the fuss is that there are so many shades of each color — even of black. From many browns the committee this year has selected two of the best — a nutria shade and a mink shade. So with other colors. Precise shades are selected, then the committee issues color cards to retailers, manufacturers and designers, for their guidance in assembling your fall wardrobe.

DIFFERENCES IN SHADE

To you as a shopper, this careful attention to color means that if you buy a teal blue coat, you'll be able to find a teal blue hat to match it. It means that if you want bright brown accessories to go well with your green wool frock, you'll be able to find gloves, shoes, hat and bag in approximately the same shade of brown.

After A Storm

The clouds were black cauldrons
Hung low o'er the flame
The sunset had kindled.
But soon the wind came,
Like a tidy housemaid
Who must set things aright,
And, seizing the cauldrons,
She whisked them from sight.

Oma Olna Martin.

GIRLS' STYLE HAS WAISTBAND

PATTERN 4495

By ANNE ADAMS

This pert frock is designed by Anne Adams to delight the belle-of-tomorrow. Make Pattern 4495 for your daughter in one of the spirited new cotton plaids. Both the front-pointed waist-girdle and the panel of the flaring skirt, would look striking cut on the bias. There are two neckline styles; one square and simple; the other trimmed with a collar which may merrily contrast. Pockets, bows and lace or ric-rac edging are extra gay notes. Take your choice of short puffed sleeves or long, full ones.

Pattern 4495 is available in girls' and junior sizes 8, 10, 12, 10 and 16. Size 12 takes 2⅞ yds. 35 inch fabric and 2¼ yards lace edging.

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.

TABLE TALKS

By SADIE B. CHAMBERS

"FOOD FOR HEALTH"

Last week I spoke of the merit of the publication, Food For Health, published by the Canadian Medical Association. Continuing with the advice written therein I believe it is timely to mention this week, the "Shopping Hints" and "Cooking Hints," two topics which are of present day value to every thrifty housewife who is interested in the health and economy of her family.

Those of you who are filing the writings of this column will have from last summer, my article "Hints on vegetable cooking." Some is a repetition, but I wish to give the information exactly as printed in the book "Food For Health".

SHOPPING HINTS

1. Use foods "in season" when the price is lowest.
2. When fresh vegetables are high in price, buy canned vegetables, particularly tomatoes as they retain their total food value in canning.
3. Cheese may replace some of the milk or meat in ones diet. An ounce of Canadian cheese may be used in place of a glass of milk.
4. In buying the cheaper cuts of meat, select those with little bone or waste.
5. Foods in bulk usually are cheaper than those in packages.
6. When possible buy foods in large quantities to get price reductions.
7. Familiarize yourself with the meaning of "government grades" for food.

COOKING HINTS

1. Use little water for cooking, except for strongly flavored vegetables.
2. Save cooking water from vegetables, or liquid from canned vegetables and use as stock in soups.
3. Cook vegetables with skins on, if possible. Otherwise scrape or pare thinly.
4. Don't overcook vegetables. Such vegetables as green cabbage and spinach need only 8 to 10 minutes cooking. Red cabbage, potatoes, and root vegetables need 20 to 40 minutes.

WEEKLY FOOD BUDGET
To Insure Good Health

For 2 Adults 1 Child. (Age 1 to 10 years).

Food	Amt. Per Week
Milk	8 qts.
Cheese	1 lb.
Butter	2 lbs.
Approximate cost	$1.75.
Potatoes	10 lbs.
Fresh vegetables	13 lbs.
Dried vegetables	1 lb.
Fresh fruit	5 lbs.
Dried fruit	2 lbs.
Approximate cost	$1.35.
Meat or fish	4 lbs.
Eggs	1 doz.
Approximate cost	90c.
Bread	7 loaves
Flour and cereals	3 lbs.
Approximate cost	80c.

Other foods and flavorings cost about 50c.

Daily cost per person 25 cts.

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.

Tests

This struggle, not the first, is not
the last.
Hitler and Attila are only tests.
If we are sound our constitution rests
Unshaken. Only those whose time
is past,
Like dead oaks waiting for the
autumn's blast,
Ever obey a conqueror's behests.
All down the seas the strong
waves' whitening crests
Seek the small crevice rotten in
the mast.
We are not destined for disaster
yet.
With all his engines Hitler waits
in vain
To bring the long, dark ages
back again,
Which only come to peoples who
forget
Just causes, such as those to
which we turn
And such as Germany may never
learn.

Lord Dunsany.
— In the Sunday Times, London.

Children of Poor Need A Holiday

Neighborhood Workers' Association of Toronto Strives to Provide Outings in Country For Thousands of Children

In addition to the children and mothers sent each summer to Camp Bolton, the Neighborhood Workers' Association of Toronto, strives to provide holidays for some 1,200 children who for various reasons cannot be sent to camp.

Through the country home department these children are sent to homes within a radius of 150 miles from Toronto. The Neighborhood Workers' Association pays all transportation costs but no board is paid. Persons living in the country who have room in their home for one or two children generously co-operate with the N.W.A. by taking city children for a two weeks' vacation period free of charge.

N.W.A. PAYS TRANSPORTATION

It is not expected that the hostess will lay out any elaborate plan of entertainment for the child. Any home that can offer a garden — or a nearby green field (practically unknown to many children who live in the factory areas); three plain, nourishing meals a day, and a comfortable bed, can be a happy holiday spot.

FOR TWO WEEKS' VACATION

Letters of invitation should be addressed to the Neighborhood Yorkers' Association, country home department, 22 Wellesley Street, Toronto. They should state clearly as to how many children are invited; the age and sex preferred, and give details of the best transportation route, and where the children will be met; also a letter of reference from the minister of their church.

All children are medically examined before leaving Toronto.

Housekeeping Is A Business

It Needn't Be Hard If You Go About It Properly

Here are some hints for the inexperienced housewife. First of all, don't have anything in your house that is neither useful nor pleasing to your artistic sense. Don't buy more furniture at the beginning than you really need. The more you have the more work to be done. You can always add later. Another thing, don't choose furniture that is only raised about half an inch from the ground — this will mean you'll have to shift it every time you clean, or grovel on your hands and knees.

ON TURNING OUT A ROOM

Now for the job of turning out a room. Sounds simple — but how many new housewives know just how to set about it. First brush thoroughly all small upholstered chairs and put them and other easily carried things out of the room. Then thoroughly brush all the larger upholstered furniture and cover with dust sheets. After that sweep the floor. If you have a large carpet which cannot be taken up easily, sweep the carpet first. Then leave the room for a while to allow the dust to settle. Return and dust every article in the room, clean the window ledges, top of the door and skirtings, also picture rails. Take down the pictures, dust and replace. Polish floor surrounds.

Use furniture polish twice a year after washing off the old polish with vinegar and water. Floors, of course, need polishing more often—a lot depends upon the kind of floor and the amount of traffic over it. Finally replace small furniture.

Salvage Old Wool To Make Blankets

Women's Institute Passes Along Thrifty Idea to Others

There's another bit of economy that can be added to the salvaging nearly every one is doing these days.

Rather than discard old socks, sweaters, bathing suits and underwear, in fact anything that has a particle of wool in it, save the garment for making blankets.

Scarborough Junction (Ont.) Women's Institute passes along the idea to other clubs who want to have warm blankets made at a reduced price.

FOR REFUGEE CHILDREN

By sending twelve pounds of the woollen scraps to the Northern Textiles Company at Chesley, Ontaria, a bed cover can be made for $3.00, a saving of $1.25, suggests the Scarborough Junction branch president, Mrs. A. C. Redpath. Special comforters in white, cream or pastel shades require the same amount of remnants, twelve pounds, and are woven for $4 instead of the usual $5.50.

As a beginning in having blankets made, the group has had three completed. One was sent overseas for British evacuee children and the remaining two are being kept for wherever they will do the most good — for refugee children or families in need.

Designed For Home Harmony

Curtains and Draperies Both Should Relate to Room's Colour Scheme

Windows should not only be decorative and attractive by themselves, but should also harmonize with the entire room.

Curtains and draperies serve a variety of purposes; they may also temper the light, soften the glass and woodwork, bring color and softness to the room and windows, and frame interesting views, give a feeling of privacy, and shut out unattractive views.

Colored curtains and draperies should relate to the color of the wall; patterned curtains and draperies should contain something of the wall color. A pattern that has from four to six colors may be repeated elsewhere in the room and it may establish a color scheme.

For a room without much pattern on the wall paper, or in books and hanging pictures, patterned curtains or draperies give friendliness and interest.

TWO ROOMS MATCHING

Plain-colored curtains or draperies may match the color of plain walls, may harmonize with them, or may repeat some important colour in a figured wall and at the same time harmonize with the rug and other furnishings.

Two rooms may be in harmony if the curtains are the same general color in both rooms, even though patterned in one room and plain in the other.

British Women Doing Without

Give Up Luxuries As Result of New War Budget — "Just Make Do" Slogan As Regards Clothes and Cosmetics

British women must "make do." Cosmetics, silk stockings, household goods, kettles, clothes — all the things women in pre-war days thought essential — have been all ruthlessly cut for the duration of the war in Britain. And no hoarding either. Each must do her fair share of going without.

PRODUCE FEW NON-ESSENTIALs

The object of the new order is to make more goods available for the building up of export trade, to release workers and new materials for more important war work.

Thousands of men and women are engaged on the production of non-essentials and they will be all switched over as rapidly as possible to war work.

In consequence the humble articles of household ware that have been treated roughly when plenty more were available will be respected now that they cannot be replaced. Women will have to economize on their cosmetics, and coats and dresses will have to be "made over" and do for another season.

"MIDDLE-AGE" WOMEN
HEED THIS ADVICE!!

Thousands of women go smiling thru "trying times" with Lydia E. Pinkham's Vegetable Compound—famous for over 60 years in relieving female functional troubles. Try it!

ISSUE 32—'40