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# The THRUSTER

By PEARL BELLAIRS

Author of "Christabel," "Velvet and Steel," etc.

### PRINCIPAL CHARACTERS

**HARRY HEARN**, native of Cullwyn village, returns there to settle down after 15 years' sojourn in the United States. There was a scandal connected with his departure.

**SARAH GIFFORD**, orphan, owner of Cullwyn Hall, ancient pride of Cullwyn. She had inherited the beauty and the pride of a long line, but little else.

**STUART BENSON**, a young man of the county, well-connected, in love with Sarah.

**JENNY MARLOWE**, who schemes to marry Harry Hearn for his money.

**TOM GRAY**, in love with Jenny.

The characters in this story are entirely imaginary. No reference is intended to any living person or to any public or private company.

### SYNOPSIS OF PREVIOUS CHAPTERS

Harry Hearn, native of Cullwyn, returns there after 15 years' absence in America, and offers to buy Cullwyn Hall from Sarah Gifford, the proud but impoverished owner. She indignantly refuses to sell. He buys the controlling interest in Thos. Gray and Son, the local trawling firm retaining Tom Gray as manager. Sarah decides to turn Cullwyn Hall into a private hotel, and her admirer, Stuart Benson, offers to help. Jenny Marlowe, Tom Gray's sweetheart, is attracted by Harry Hearn's wealth and determines to marry him, though she is careful not to "break" with Tom.

(Now Read On)

### CHAPTER VI THE HALL COMES TO LIFE

At time passed Cullwyn Hall became a very different place from what it was when Harry Hearn, who had won the appropriate nickname of "The Thruster" made his bold bid for ownership. Externally it remained to all appearances a wood and meadow encircled grey and stately home of England. Within it had acquired modern conveniences. The good taste and practical ideas of Sarah Gifford, plus the expert architectural counsels of Ronald Graffham, had produced the desired results.

Lady Agatha, who had been the first paying guest, had been known to leave hotel proprietors and staffs in a state of nervous exhaustion. When she left Cullwyn Hall for Scotland, "just to worry some relations," as she frankly admitted, she bade Sarah a farewell which can fairly be called affectionate. Stuart Benson endorsed grimly her reason for going north.

"Thank goodness it's not us she's going to worry," he confided to Sarah.

"Come, come, Stuart—she's not so bad really, you know," said Sarah with an enchanting dimple. "She's a little—eccentric, perhaps. Anyway, I like her... and just think how good she's been to me. Her recommenda-



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The following half-hour was one which lingered long in Sarah Gifford's memory.

Not that much was said. The wildness of the storm made light conversation seem banal. And none of them felt inclined to discuss their innermost thoughts.

But she seemed invigorated, exalted. The very nearness of Harry Hearn electrified her, making her forget her wet clothes and weather-beaten appearance. She was even honest enough to admit to herself that the mere presence of Stuart Benson, or any other man, had never affected her in that way.

As suddenly as it had begun, the rain stopped. At once, something seemed to change the atmosphere inside that long-deserted room.

"At last!" cried Harry Hearn, with a cheerfulness that held a slightly forced note. "Now, Miss Gifford, will you honour my place by a visit no matter how brief?"

Always that half-mocking, half-seeing gallantry, entirely free from self-consciousness, but conveying that warning which all women recognize in the natural hunter.

Instinctively she recoiled. "Oh, I'm so sorry Mr. Hearn," she said, speaking rather quickly almost breathlessly. "But it's getting late you know and I'm so awfully wet. I think I'll go straight home if you'll excuse me."

### THE THRUSTER "HOPES"

Then seeing the keen disappointment which was clearly written on his expressive, bold features, she added hastily:

"But I'll be obliged if you'll let me go through your meadows. Stuart can go back with you—Benson made a gesture of dissent—'No, really, Stuart, I don't need an escort for that little way. You go along and have a cocktail with Mr. Hearn before you go home. I'll do you good. I have so much to do you know. I'm a very busy woman, Mr. Hearn, you see,' she smiled charmingly up at Harry, having regained her self-possession and being determined to impress on him that she was quite at her ease.

"I guess you are, Miss Gifford," he answered, a trifle stiffly, but with a certain deference. "Perhaps some other time I may venture to hope—"

The stilted phraseology which he had adopted at first in a half-unconscious mimicry of the very correct Mr. Benson seemed now to come naturally to him when addressing this lovely and gracious woman.

"Of course, Mr. Hearn, I shall be delighted," she returned formally, and then before either of the men was aware of her intention, she slipped through a gap in the hedge separating her own meadowland from that of Harry Hearn which they had just reached and with a wave of the hand she had gone.

A sudden calm succeeded the gale of the afternoon. As evening fell, thunder was heard, distant but threatening. It sounded ominous to the guests in Cullwyn Hall.

"Oh, dear, Miss Gifford, it sounds as if the storm's coming back. I do hope not."

"So do I, Mrs. Webster," Sarah answered, "though at least I shan't be out in it this time if it does!"

Mrs. Webster had come to be looked upon as almost a "resident" at Cullwyn Hall, to which she had come as paying guest through a friend of a friend of Lady Crossworth. So the good work went on, and Sarah was well content. But to-night, Mrs. Webster's nervousness managed to communicate itself to Sarah. She went to a french window giving on to the terrace from the library. As she did so, a sinister fork of lightning startled her so that she made a hasty backward movement, knocking over a precious Ming vase which had been in the family for many generations.

Even as she gazed on it in almost superstitious horror, the thunder crashed ominously no longer out at sea, but here, at her door.

Mrs. Webster became alarmed. Sarah remained standing perturbed, looking down at the broken vase as though it had contained all she held dear.

In a few seconds, pandemonium reigned.

The room, which a few minutes before had been quiet and shadowed, seemed to have some uncanny attraction for the lightning which darted in and out between terrific thunder-claps.

The two women, statuesque in the immobility of fear, were joined by others, guests and staff running instinctively to find the mistress of the house, who for once was unable to cope with the situation.

Then it happened. In the split second following a particularly vicious stab of lightning, a crashing, tearing noise caused all the occupants of the room to cower in terror. The scene might have been a prophetic vision of The Battle of Britain.

Now, however, it was the timeless enemy of mankind—Nature—which struck Sarah and her household to their knees.

Then, quiet. Absolute and uncanny.

And then: "FIRE!"

Impossible to say who first gave the cry. But the others took it up instantly. A smell of burning was stingingly in their nostrils. A rush for the door, which, flung open, revealed thick smoke blacking out the staircase and filling the great central well of the old Hall.

It was at this moment, when all else seemed lost, that Sarah Gifford found herself.

(To be Continued)

### CATCH IN IT

Applicant—"And if I take the job, am I to get a raise in salary every year?"

Employer—"Yes, if your work is satisfactory."

Applicant—"Ah, I thought there was a catch in it somewhere."—Sudbury Star.

# Vitamin A May be Used as a Form of Protection Against the Common Cold

### Greens a Big Factor in Providing Vitamin A. Various Foods Rich in Vitamin A., but Green Vegetables Head the List. Recipes for Liver and Milk and Carrot Ring.



(By Edith M. Barber)

It is just simple to check the day's diet for the vitamin A content. The recommended allowance is 5,000 units.

That pint of milk, which each of us should have every day, provides 528. The daily egg gives us 500 units. Five teaspoons butter—and most of us take more than that amount—contributes 1,680 units. One serving of a yellow vegetable, such as carrots offers 2,100 units. Average servings of meat and potatoes will provide about 160 units. A small orange contains 200 units, while one serving of prunes provides 900. All of these added together provides 6,068 units.

The simplest way to find large quantities is to use every day green leaves in some form. Cooked beet greens, and just one serving of them will give us 16,000 units. Kale is just as high and spinach almost as rich in this vitamin. The outer leaves of lettuce and all salad vegetables which are bright green, will give us 3,600 or 4,000 at one serving. Sweet potatoes, yellow squash, carrots, green peppers, peas and tomatoes, all highly colored vegetables, can be counted upon for units, the number of which run into the thousands.

If you will make it a rule to use highly colored vegetables, some of them in raw form, each day, and to put a cooked green on your menu once or twice a week, you are not likely to be short of vitamin A. It is good to use liver, which is exceptionally well endowed with this vitamin at least once a week. As a certain amount of vitamin A can be stored by the body, we can check our diet by the week rather than just by the day. It is particularly important as cold weather comes on and epidemics of colds are common to have enough of this vitamin in our diet so that we will be protected from the effects of cold germs to which we are all exposed. The other outstanding contribution of this vitamin is in regard to the conditions of the eyes.

### Liver and Milk

Have liver sliced one-half-inch thick. Wipe with cloth and remove skin and tubes if dealer has not done so. Dredge with seasoned flour. Cook in hot, well-greased frying pan about five minutes, turning occasionally until well browned. Add more fat as needed. After liver has browned, add milk to cover and cook over low heat until milk bubbles. Sprinkle with minced parsley.

### Carrot Ring

Cook two pounds carrots, drain, and put through meat grinder or mash well. Add one-fourth cup butter and salt and pepper to taste. Place in greased one-quart ring mold, set mold in pan of hot water until ready to serve. Turn out on hot platter and fill center with cooked peas.

(Released by The Bell Syndicate, Inc.)



## That Body of Ours

By James W. Barton, M.D.

Some weeks ago I spoke of the statement of the British Minister of Health in which he thought the women of Great Britain should be grateful to him and his food rationing as their "figures" were more youthful and attractive than they had been before the days of food rationing.

The statisticians of the Metropolitan Insurance Company now point out that England's health record last year was most remarkable and that this was due, in part, to careful management of the country's limited food supplies. Last year's death rate of 11.6 per thousand persons was the lowest of the war.

"A striking example of the benefits of rationing was a 10 percent decline in deaths from diabetes. Nowadays overeating is practically impossible in England and, consequently, overweight, a usual early symptom of diabetes, is much less common than before."

Another gratifying result of food rationing is the decrease in deaths from chronic diseases of the heart, blood-vessels, and kidneys. The majority of patients with these diseases suffer from high blood pressure, a condition which is often relieved by cutting down on

the food intake, as this slows down the progress of the disease.

"Thus, by enforcing cutting down on the food intake on a large scale, food rationing appears to be prolonging the lives of many middle-aged and elderly Englishmen and also to have improved their general health.

What about the health of infants and children? Surely it is not wise to ration their food. "The health record of English infants and children is as good, if not better than ever despite the hardships of war and the disruptions caused, at times, in heavily populated areas by enemy bombing raids." This shows the wise management of the British food supplies. For children and pregnant and nursing mothers have had first call on the limited supplies of milk, eggs and meat in the quantities they need.

The establishment of cafeterias in the many war industrial plants by permitting workers to obtain a nourishing meal at low cost during the working day, has preserved the health of the workers and helped maintain production as well. The whole population has benefited from the general use of enriched or whole grain bread.

Diabetics are permitted extra rations of meat, bacon, cheese, and fats but at the same time they are required to give up their sugar rations to the government. A sufficient supply of insulin is assured diabetics who formerly obtained their supply from Denmark. As mentioned before, diabetics are "superior intelligent citizens" who can contribute much during and after the war. It is thus not only a humane but a wise economic act to preserve the lives of diabetics by these extra food provisions.

"Several other measures have helped England to make the most of her store of food. The feeding of communities as a whole has been instituted in some sections or areas. The school feeding program has been widely extended. Persons doing heavy manual labor obtain extra rations."

When we consider the facts regarding the feeding of the millions of people of this little island, we see that, because so much of the food needed must cross treacherous waters, her food and health ministries have used much thought and wisdom in the selection and distribution of "less" food than before the war. Yet, the results of the use of less food has improved the health of all classes.

The thought then is that while our food is now rationed, we should try to follow the advice or suggestions given us by our government authorities who likewise have given thought and study to our daily food needs.

### Chronic Rheumatism

Send today for Dr. Barton's interesting booklet entitled "Chronic Rheumatism and Arthritis" (No. 109), with suggested exercise, diet, and other helpful notes. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N. Y., mentioning the name of this newspaper and enclosing Ten Cents to cover cost of handling and mailing.

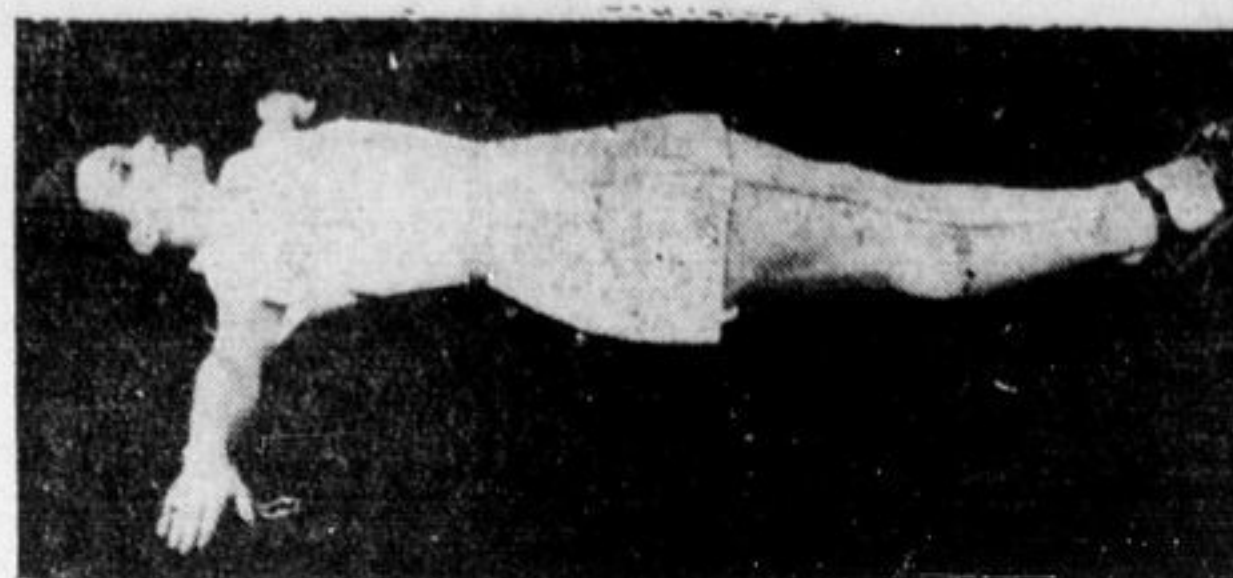
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### FROM A HISTORY BOOK

Two Scots, taken prisoner when France fell, escaped and made their way toward the Spanish border. They were about to row across a river when two Germans stopped them. They thought their number was up but stalled in broken French and finally found that the Germans only wanted to cross the river too. "So we paddled then, across," said one of the Scotsmen later, and charged them five francs each for the trip.—John T. Whitaker.

# Beauty and You

by PATRICIA LINDSAY



Exercise "Navigate." Lying on the floor with straight back and arms outstretched, FAYE EMERSON featured in AIR FORCE, raises her legs alternately with a kicking motion.

### Learn How to Relax to Encourage Autumn Beauty

Learning how to relax is an invaluable lesson. When one eases tension (sometimes through stretch movements) one invites beauty into the body.

Whenever you feel tired and "tied up in knots," take time out to relax.

You see, no good comes from exercising if you are not relaxed while you go through the routine. That sounds like a contradiction, doesn't it? Well, it isn't.

If you go to a first rate exercise instructor today, the chances are she will make you lie beneath a heat lamp to relax your muscles before you get down on the mat to kick and roll. Much time is spent on teaching students to relax and to retain good posture while exercising. Because the more advanced exercises of figure fashioning will do you no good unless you are in good posture when you do them, and unless your muscles are relaxed so they may quickly do your bidding without strain.

### Try These to Ease Tension

1—Lie on your back. Pull up your right knee and clasp your hands about it to hold it as close to the chest as possible. The left leg remains on the floor. Stretch it as much as possible pointing the toes. Relax. Reverse exercise. Five times with each leg.

2—Lie on your back, pull both knees up toward your chest, clasp your hands around them. In that position rock forward and backward ten or twelve times (this will be difficult to master at first).

3—Lie flat on your back and place arms over head. Keep hips as flat as you can. Roll your shoulders over to the right, then over to the left. You should feel a twist at your waistline—

that is where action takes place.

4—Lie on your back and keep shoulders flat on floor. Roll the right hip up and over to the left side, then back to starting position. Then roll left hip up and over to the right side, and back to position. Again the action takes place in the middle muscles. Do this slowly until you master it and then work up speed.

Lie flat on the floor. Bring both knees up to chest; arms at ease, shoulder level. Force small of back to touch floor. When it does then rock gradually from side to side as you hum. Then stretch out and go limp for ten minutes!

(Released by The Bell Syndicate, Inc.)

### SHOULD BE THERE

The deceased furnace-installer knocked on the gates of hell and demanded admittance.

"What do you want here?" asked Satan.

"I want to collect from several of my customers who died before I did," was his response.

"How do you know they're here?" asked Satan.

"Well, they told me to come here every time I tried to collect."—North Bay Nugget.

## Men, 30, 40, 50!

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