

It Was Necessary to Remove a Moderately Heavy Black Object From My Chest.

I might have attempted to follow

"What is he?" I asked. "a bear?"

"How do I turn on the light?" I

Just at daylight I was awakened

move a moderately heavy black ob-

ject from my chest before I could

as he was evicted, and scurried away

ing sound, and I observed with con-

to Bill's bunk and aroused him.

siderable pleasure that it had leaped

But the dispute I had anticipated

did not take place. Instead Bill said

sleepily: "That's right, old fellow, crawl in and get warm." And I

heard some creature whine a sort of

assent as it burrowed its way under

By the dim light of the dawn I examined my own premises more

carefully, evicted a couple of squir-

rels and a garter snake, and shutting

out all possibility of approach, by

winding blankets about me, climbed

in and slept till the smell of coffee

and the footsteps of my host told me

During the meal I learned that he

had been sent up here by some asso-

ciation for the study of biology in

the wild state, and that he had been

that breakfast was on the fire.

the bedclothes,

"What's that?" I cried.

IN THE GREAT HEART OF NATURE

JAMES T. MONTAGUE

The first news I'd had of Bill since know them. Now go to sleep like a we had both left school came in an good fellow and I'll explain all about urgent invitation to come and live them in the morning." with him a few weeks in "the great | heart of nature." From the post- this advice, had not I put my hand mark on the letter "the great heart on the blanket in order to locate the of nature" appeared to be along a portion of the bed from which I had river in the northeast part of the emerged. The hand met with some-United States. The name of the thing cold and clammy and there river, and that of the village through was the sound of a low growl in its which it ran, were on the outside of neighborhood. the envelope. I had liked Bill a lot when we palled around together, and, as I was out of a job I packed up a get acquainted. Take him by the kit containing what I thought might scruff of the neck and put him under be needful, purchased a railroad the blankets with you and he'll sleep ticket and set forth. What Bill's job quietly till daybreak. He's just a or avocation was I did not know. youngster and wants to be petted." But he appeared to be able to feed an extra mouth for a while, and I was willing to take a chance.

I arrived at midnight, but h waiting for me. Around and over if you hurt him." the station was a midnight pall, back of nature was beating solemnly. We and do my sleeping there." talked of old times as he drove me through a road neither side of which of which was a little unsettling. Arrived at his abode, a two-room log can't tell what they'll do." shack, he offered me a drink, and observed:

doing at daylight."

I think I fell asleep instantly, but | night, not asleep for long. I was awakened by the impact of a body of by a sensation of smothering and some sort on my stomach and thrust- found that it was necessary to reing forth a protecting hand my fingers came into contact with something furry. Naturally I yelled. Also I sprang nimbly out of bed.

"What's up?" inquired Bill drowsily "Did Jake bother you?"

"If Jake weighs about four pounds and is covered with fur he did," I replied. Who is Jake?" "No harm in him. He's just a

tame badger. Go to bed, Jake, and behave yourself." The ray of a flashlight investigated

the darkness, and rested at last on two shining greenish eyes in the corner. "Take a look at him, and you wor't worry about him. I'll tell you more in the morning." The tones were reassuring, but I

remembered that as the flashlight made its circuit it had revealed several other pairs of optics, some green, some red, some yellow, and all apparently directed at me.

"What is this?" I asked. "A zoo?" "I'll tell you in the morning

"You'll tell me right now," I said. "If I'm in a den of wild animals I want to know it."

collecting and taming a few crea-"They aren't wild. They're just tures for observation. There being a few friends of mine I have made no way to get out of the place till in the great heart of nature. You'll that night I compiled with his rebe pals with 'em when you get to quest to take a walk through the

woods, where we could observe the brutes in their own habitat.

Hardly had we gone ten steps from the door before a large moose climbed out of a big copse beside the path, stood for a minute eyeing us beligerently, and then slowly ambled away.

"Supposing he had taken a dislike to us?" I inquired.

"They seldom do, unless they've been wounded. They just run away." "But suppose one of them had been

"Well, then we'd climb a tree. And we'd have to hurry."

Bill then revealed to me that he remembered that as a boy I was needed somebody to help him catch fond of adventure, and that he a bear that a farmer ten miles away had observed in his apple orchard. "I knew you would grab at a chance like that," he said. "I've got everything ready, and I think we can get "Probably Bob. He just wants to him this morning."

"But don't bears bite?" "Only if you get into close quarters, or they happen to have cubs

"Then what happens?" "No, just a baby wild cat. But be "There have been cases of accidents, but not many. Stop." He careful not to roll over on him in our sleep. He might scratch a little feet from here."

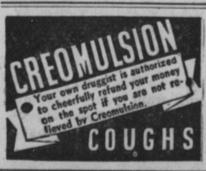
I went back to the cabin. I wasn't of which I supposed the great heart demanded. "I want to get out doors afraid, but I believe that men have done too much already to destroy "Don't be silly, the mosquitoes the great heart of nature and the would eat you alive. Besides there wild life that still exists therein. was visible, but the bumpy surface was a mountain lion around here last Bill put up an eloquent argument, night, and if they are hungry you but I stated my belief that wild life ought to be allowed to go its ways I made up my mind that it was unmolested, and that the same rule better to bear the fears that I had applied to man. I was sorry to dis-"I'll show you around the place in than fly to others that I knew not of. appoint him, however, so when I got the morning. Tell you about it, too. I gathered the blanket about me, back to town I persuaded a man who But you're tired and sleepy now. arousing a snarl from Bob as I did had done me a dirty trick and There's your shakedown in the cor- so, wrapped it around me up to my thought I had forgotten it to go up ner. Roll in, for we'll be up and chin, and sliding quietly to the floor and help Bill out. I hope he enjoys lay awake for the remainder of the himself as much as I did,

6. Bell Syndicate .- WNU Service Marvelous Dwarf Trees

Only the Japanese cultivate the unique art of growing dwarfed trees in pots for room decoration. Some rise. The black object gave a snort times these little trees, even after hundreds of years, are less than two across the floor. There was a thump- feet in height, yet their proportions of stem, branch, and leaf are preserved with fidelity. Pots containing groups of six or eight fine ones, suggesting a forest, have frequently been

sold for thousands of dollars .- Ex-

change.





Vitamins in Common Foods

Nature Has Arranged for a Plentiful Supply of Health-Giving Elements; Fruits and Vegetables Furnish All That Is Needful.

day I remarked that it was a good (375 degrees Fahrenheit), thing that there was no danger of getting too much Vitamin C, and that we were past our fear of many acid fruits in the day's diet.

Of course there are persons who find that these acid juices do not agree with the condition of their digestive tract. These are, however, usually persons with some distinctly abnormal condition, such as hyperacidity of the stomach or an irritated condition leading toward ulcers of the stomach. Again the note which I have made so often! Hyper-acidity and acidosis are two completely different conditions. Acid fruit juices are acid only until after digestion and are alkaline after absorption. It is these natural acids which neutralize acid products of the digestion of such foods as meats and cereals.

Do not think, however, that you must eat quantities of these foods to prevent acidosis, which is an uncommon occurrence when we have a good adequate diet. If we use enough fruits and vegetables to furnish us with minerals and vitamins. we will just naturally have a protection from acidosis, unless it is caused by some condition of disease which creates it. The blood has the power of neutralizing itself in ordinary con-

Vitamin C is an exceedingly important item in our diet. It protects us from scurvy and from less acute conditions which are like scurvy in some symptoms. You have all read of the plight of sailors of olden times and of people in the East of more modern times who, because fresh foods were lacking in their diet, developed the painful and crippling disease which was found to be cured by potatoes and by lemons. We now know other good sources of Vitamin C, and are careful to include foods rich in this' vitamin in our daily diet.

Recent work reports that Vitamin C has a function in the formation and maintenance of teeth. For ordinary purposes, one orange a day will furnish us with a fairly good supply, which we will be likely to supplement in other ways-with potatoes, lettuce, tomatoes and other foods which are good providers of this vitamin.

Baked Bananas With Marshmallows. Peel and split bananas, and place flat side up in a baking pan. Cut marshmallows in halves, using two' whole or four halves to each half of banana. Place on the split bananas and bake in a moderate oven (375 degrees Fahrenheit) about ten minutes, or until marshmallows are

Baked Tomatoes. 6 med:um-sized tomatoes

hard-cooked eggs tablespoons salad oil teaspoons minced onions teaspoons chopped parsley thin squares bacon Salt and pepper Wash the tomatoes. Cut a thin

slice from the top, scoop out the pulp from the center, and sprinkle the inside with salt. Make a mixture of the cooked eggs (chopped), the salad oil, salt and pepper, onlons and pars-

If you tire easilywhy not reason out the cause of

this unnatural condition? this unnatural condition?

Your first thought may be, "I must eat more." That's not all. You should enjoy what you do eat. Frequently, the blood cells are low... and this, perhaps, is what makes you feel weak. If this is your trouble the stomach may not be calling for sufficient food. Zest to eat may be lacking. But what a difference be lacking. But what a difference S.S.S. makes when taken just before meals. Just try it and notice how your appetite and digestion improve. S.S.S. stimulates the flow of gas-

tric juices and also supplies the precious mineral elements so neces-sary in blood-cell and hemo-glo-bin up-building. Do try it. It may be the rainbow you need to brush away present discouragement over your health condition.

health condition.

Do not be blinded by the efforts of a few unethical dealers who may suggest substitutes. You have a right to insist that S.S. be supplied you on request. Its long years of preference is your guarantee of satisfaction. the world's medicine

Isn't it fortunate, a dietetic au- ley, and with it fill the tomatoes. On thority remarks, that the sources of the top of each tomato lay a square Vitamin C are foods which almost of bacon. Bake in a shallow pan for every one likes so well? The other twenty minutes in a moderate oven

> Glaced Carrots. 5 cups sliced carrots cups water tablespoons sugar

6 tablespoons butter Wash and scrape the carrots and cut into thin slices. Cook in boiling water, covered, until almost done, about fifteen minutes. Add the sugar and butter, and cook, uncovered, until the liquid has evaporated to a thick sirup.

C. Bell Syndicate.-WNU Service.

United States Produces Little, Uses Much Tin

The world's annual production of tin has varied in the last ten years from about 143,000 to 186,000 long tons. About one-third of this is produced in the Federated Malay States, a British possession in southern Asia; next in importance are the tin mines of Bolivia and the Dutch. East Indies, and less important producers are Nigeria, China, Siam, Belgian Congo, Tasmania and some of the European countries.

The United States is the largest consumer of tin, but our domestic production of this metal is negligible. Owing to the great Importance of tin in both war and peace times, congress has recently investigated sources of production and conservation of this metal. Its greatest uses are to be found in the making of such alloys as tinplate, solders, bearing metals, bronzes; in the food canning industry and as tinfoil for wrapping various commodities.

In 1932 the United States import ed 39,998 tons of tin, valued at \$16, 473,998 or about 20 cents a pound; during 1933, however, the price went up rapidly to about 50 cents a pound.

On the Movie Lot Movie Ham-"What is the scenario man brooding over now?" Movie Gel-"Trying to hatch a plot."

Liquid Laxative

The temporary relief children get from unwise dosing with harsh cathartics may cause bowel strain, and even set-up irritation in the kidneys. A properly prepared liquid laxative brings a more natural movement. There is no discomfort at the time and no weakness after. You don't have to give the child "a double dose" a day or two later.

Can constipation be safely relieved in children? "Yes!" say medical men. "Yes!" say many mothers who have followed this sensible medical advice: 1. Select a good liquid laxative, 2, Give the dose you find suited to the system. 3. Gradually reduce the dose, if repeated, until the bowels are moving naturally without aid.

An approved liquid laxative (one that is widely used for children) is Dr. Caldwell's Syrup Pepsin. The mild laxative action of this excellent preparation is the best form of help for children - and grown-ups, too. The dose can be regulated for any age or need.

Your druggist sells Dr. Caldwell's Syrup Pepsin.

. . . It is the **DOLLARS**

... that circulate among ourselves, in our own community, that in the end build our schools and churches, pave our streets. lay our sidewalks, increase our farm values, attract more people to this section. Buying our merchandise in our local stores means keeping our dollars at home to work for all of us.

NEGLECT CARE OF EYES

A fact gatherer has pointed out that the average family spends as much annually for chewing gum as for the care of its eyes, and this in spite of the fact that four out of ten people have uncared for defective eyesight.

ASK THE MOTHER who has made this change



The average mother gives any laxative the family may be using, while family doctors give children a liquid laxative of suitable ingredients, suitable strength, and in suitable amount.

If you want to know just what a tremendous difference this means to any youngster, just inquire of any mother who has tried it!

She knows that a bilious boy or girl needs a gentle liquid laxative when constipated, and a little less if dose is repeated until bowels seem to be moving regularly and thoroughly without need of help.

Use a liquid laxative containing senna (a natural laxative). California Syrup of Figs has the right amount for children's use, and this rich, fruity syrup does not harm or upset a child's system.

Get a bottle of the real California Syrup of Figs at any druggist's. All children like its agreeable taste, and it agrees with them. No need to give a child anything stronger. This fruity syrup is laxative enough; indeed, many adults use it in preference to pills and tablets.

THE "LIQUID TEST." First: select a liquid laxative of the proper strength for children. Second: give the dose suited to the child's age. Third: reduce the dose, until the bowels are moving without any help. An ideal laxative for this purpose is the pure California Syrup of Figs, but be sure the word "California" is



oom Bungalow, Miami, Fla.; large lot,

FEEL TIRED, ACHY-

Get Rid of Poisons That Make You III

Is a constant backache keeping you miserable? Do you suffer burning, scanty or too frequent urination; attacks of dizziness, rheumatic pains, swollen feet and ankles? Do you feel tired, nervous -all unstrung?

Then give some thought to your kidneys. Be sure they function properly, for functional kidney disorder permits poisons to stay in the blood and upset the whole sys-

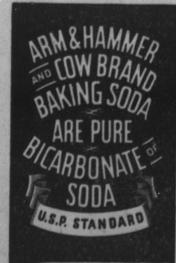
Use Doan's Pills. Doan's are for the kidneys only. They help the kidneys cleanse the blood of healthdestroying poisonous waste. Doan's Pills are used and recommended the world over. Get them from any

Skin Grritations

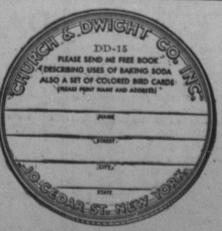
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