



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

IN THE GREAT HEART OF NATURE

By
JAMES T. MONTAGUE

The first news I'd had of Bill since we had both left school came in an urgent invitation to come and live with him a few weeks in "the great heart of nature." From the postmark on the letter "the great heart of nature" appeared to be along a river in the northeast part of the United States. The name of the river, and that of the village through which it ran, were on the outside of 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 kit containing what I thought might be needful, purchased a railroad ticket and set forth. What Bill's job or avocation was I did not know. 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 he was waiting for me. Around and over the station was a midnight pall, back of which I supposed the great heart of nature was beating solemnly. We talked of old times as he drove me through a road neither side of which was visible, but the bumpy surface of which was a little unsettling. Arrived at his abode, a two-room log shack, he offered me a drink, and observed:

"I'll show you around the place in the morning. Tell you about it, too. But you're tired and sleepy now. There's your shakedown in the corner. Roll in, for we'll be up and doing at daylight."

I think I fell asleep instantly, but not asleep for long. I was awakened by the impact of a body of some sort on my stomach and thrusting 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 won'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 when—"

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

"They aren't wild. They're just a few friends of mine I have made in the great heart of nature. You'll be pals with 'em when you get to

know them. Now go to sleep like a good fellow and I'll explain all about them in the morning."

I might have attempted to follow this advice, had not I put my hand on the blanket in order to locate the portion of the bed from which I had emerged. The hand met with something cold and clammy and there was the sound of a low growl in its neighborhood.

"What's that?" I cried.

"Probably Bob. He just wants to get acquainted. Take him by the scruff of the neck and put him under the blankets with you and he'll sleep quietly till daybreak. He's just a youngster and wants to be petted."

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

"No, just a baby wild cat. But be careful not to roll over on him in your sleep. He might scratch a little if you hurt him."

"How do I turn on the light?" I demanded. "I want to get out doors and do my sleeping there."

"Don't be silly, the mosquitoes would eat you alive. Besides there was a mountain lion around here last night, and if they are hungry you can't tell what they'll do."

I made up my mind that it was better to bear the fears that I had than fly to others that I knew not of. I gathered the blanket about me, arousing a snarl from Bob as I did so, wrapped it around me up to my chin, and sliding quietly to the floor lay awake for the remainder of the night.

Just at daylight I was awakened by a sensation of smothering and found that it was necessary to remove a moderately heavy black object from my chest before I could rise. The black object gave a snort as he was evicted, and scurried away across the floor. There was a thumping sound, and I observed with considerable pleasure that it had leaped to Bill's bunk and aroused him.

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 the bedclothes.

By the dim light of the dawn I examined my own premises more carefully, evicted a couple of squirrels 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 that breakfast was on the fire.

During the meal I learned that he had been sent up here by some association for the study of biology in the wild state, and that he had been collecting and taming a few creatures for observation. There being no way to get out of the place till that night I complied with his request 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 wounded?"

"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 had 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 him this morning."

"But don't bears bite?"

"Only if you get into close quarters, or they happen to have cubs with them."

"Then what happens?"

"There have been cases of accidents, but not many. Stop." He sniffed the air. "There's one not 50 feet from here."

I went back to the cabin. I wasn't afraid, but I believe that men have done too much already to destroy the great heart of nature and the wild life that still exists therein. Bill put up an eloquent argument, but I stated my belief that wild life ought to be allowed to go its way unmolested, and that the same rule applied to man. I was sorry to disappoint him, however, so when I got back to town I persuaded a man who had done me a dirty trick and thought I had forgotten it to go up and help Bill out. I hope he enjoys himself as much as I did.

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Marvelous Dwarf Trees

Only the Japanese cultivate the unique art of growing dwarfed trees in pots for room decoration. Sometimes these little trees, even after hundreds of years, are less than two 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.—Exchange.

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Isn't it fortunate, a dietetic authority remarks, that the sources of Vitamin C are foods which almost every one likes so well? The other day I remarked that it was a good 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! Hyperacidity 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 conditions.

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 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 brown.

Baked Tomatoes.

6 medium-sized tomatoes
3 hard-cooked eggs
2 tablespoons salad oil
2 teaspoons minced onions
2 teaspoons chopped parsley
6 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, onions and pars-

If you tire easily—

why not reason out the cause of 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 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 gastric juices and also supplies the precious mineral elements so necessary in blood-cell and hemo-globin up-building. Do try it. It may be the rainbow you need to brush away present discouragement over your health condition.

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

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ley, and with it fill the tomatoes. On the top of each tomato lay a square of bacon. Bake in a shallow pan for twenty minutes in a moderate oven (375 degrees Fahrenheit).

Glaced Carrots.

5 cups sliced carrots
2 cups water
3 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.

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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 imported 39,908 tons of tin, valued at \$16,473,908 or about 29 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."

Why Children Need a 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 uncorrected 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 your 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 on the bottle.

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you keep fit laterally. The increase in middle age usually work more slowly than in early years. If that is the case, you should use Garfield's Tea. It cleanses the system, builds up the body, and gives you a new lease of life.

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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 system.

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