

Floyd Gibbons'

ADVENTURERS' CLUB

HEADLINES FROM THE LIVES
OF PEOPLE LIKE YOURSELF!



"The Fall Into the Bottomless Well"

HELLO EVERYBODY:

Can you imagine falling into a well and never reaching bottom? That's what happened to William J. Sternberg of Long Island City, N. Y., who tells today's yarn.

In the spring of 1885, Bill Sternberg, then a lad of 19, was putting in panes of glass along the side of a building in Long Island City, N. Y., since burned down. A steep slope fell away almost vertically from the building, and below this slope was an old well, whose rotting timbers had been removed preparatory to making a new cover. Now watch and see what happened.

Bill Sails Off Into Space.

Along the far end of the building, the ground fell away so steeply that Bill had to go look for the ladder he had left against the one-story extension. To make sure the ladder was still where he had left it, he took a step backward to look over the edge of the roof. Suddenly his left foot went completely into space!

Bill says, "I knew in a flash where I was about to go. It was too late to scramble forward, so I braced my foot, and with all my might I threw my body back . . ."

And right below lay—you guessed it—the open well!

Bill's quick thinking may have saved his life, but it didn't keep him from going through a bad experience. His shoulders struck the far edge of the well and his feet scraped the near edge so that he lay across the top opening like a stiff stick. Only he wasn't so stiff, worse luck. Bit by bit he started to slip down the sides of the well, the weight of his body held in space only by the fierce pressure of his braced feet and shoulders against the rough brick sides of the well.

And Then He Started to Slip!

Had that well been an inch wider in diameter, boys and girls, Bill wouldn't be telling this story. As it was, he had all he could do, pressing with all his strength, to keep his body out straight, to keep pressure on his toes and his shoulders and neck.

Picture for yourself what he was up against. If either his head or his feet started slipping faster than the other end, he might drop so much on one end that his body would no longer meet the wall on both sides. The minute his legs or his shoulders slipped enough to fall away from the wall—HE WOULD PLUNGE TO THE DEPTHS BELOW!

But worse was still to come. Working with Bill on the job was a man by the name of Franz. When the first terror at his predicament



And right below lay the open well.

lifted, Bill thought of Franz and yelled for help. Picture his horror when he got no answer.

All along he had been hoping that before he lost control, rescue would arrive. Now his voice rang mockingly in the dark depths below. Franz did not answer.

Bill Sees a Dim Ray of Hope.

Lower, lower slipped Bill. The rough bricks scraped his shoulders raw. Blood ran from his tortured flesh, soaked his shirt. The pressure was agony, yet he dare not ease up. To let up meant dropping.

Bill wormed around till his eyes could examine the depths of the well below. And for a moment hope returned to him. Directly below, about seven and a half feet down, he saw the ribs of the form for the brickwork projecting on the inside, about two or three inches beyond the brickwork. The masons had left the form with the ribs and built around them.

"Now," Bill told himself, "if those ribs will hold my weight, I'm safe!" But could he reach them?

Seven and a half feet! Seven and a half feet of creeping, of tortured shoulders, of risky probing with one foot when an instant's let-up in that pressure meant—Bill Sternberg tried not to think what it meant while he groped with one foot for a hold, wormed his raw shoulders lower on the bricks that were like sandpaper on his raw shoulders.

New Danger Worse Than the Old.

Just as he reached the ribs a new danger presented itself. His shoulders started to go lower than his feet!

Bad enough to plunge feet first. But head first! And backward, at that!

It took all the flagging nerve of Bill Sternberg to grind those raw shoulders into that wall and work his feet down to—yes, the rib. Bill made it. And what's more, the ribs held him. Feet and shoulders.

But how long was he to remain here like this? Frantically he lifted his voice in a hoarse shout. And now to his ears came a sound—the sound of Franz's hammer. Franz, hammering and whistling at his work, had perhaps not heard. Bill summoned all his strength, fairly belted: "Franz, FRANZ!"

This time Franz came, and with one unconcerned tug yanked up his companion. Bill landed hard on the safe ground. It felt good—better than his shoulders. But worst of all, he says, was trying to square himself with his mother for ripping his shirt, when he got home!

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Cranberry Thrives Best

in Acid Peat, Muck Soil

The cheery little cranberry, once called craneberry because its blossoms resemble a crane's head and neck, is not modest in its requirements.

It demands low-lying land saturated with water; prefers acid peat or muck soil. There must be reservoirs to constantly feed thirsty fields through miles of radiating canals—to flood marshes quickly against killing frosts and as a measure of insect control, states a writer in *Prairie Farmer*.

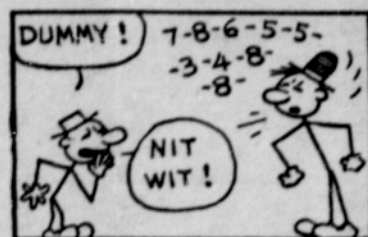
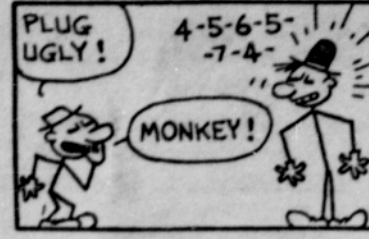
It must have winter protection. Just before heavy frost, reservoirs are opened and vines covered; they lie snug through winter beneath a blanket of ice. They must have a

blanket of sand, too, one inch thick atop the ice, to settle gently but firmly around vines in spring when the ice goes out to absorb heat and help keep frost away; to discourage weed growth; to give old runners a chance to reroot and thus renew the bog.

Marshes are drained in the spring and from short mother vines new shoots creep. Buds swell and send out a short shoot upon which pink waxen blossoms bloom. When petals fall, tiny berries emerge to grow and plump. Slowly their color fades from green to creamy white; to coral pink, while the rare and vigorous flavor develops within. Gathered, dried and boxed, cooler weather turns the berries full flavored and a rich, ruby red.

DIZZY DRAMAS—Now Playing—"Two Guys"

By Joe Bowers



What to Eat and Why

C. Houston Goudiss Describes Diet After Middle Age; Shows How Right Food Can Prolong the Vigorous Years

By C. HOUSTON GOUDISS

ONE of the best prescriptions ever offered for longevity was advanced by the wise man who said: In the twenties, prepare for the thirties; in the thirties, prepare for the forties; and after that—prepare for a long and vigorous old age!

That advice is well worth following, for it has been estimated that by taking into account all the newer knowledge of nutrition, it is possible not only to improve health, but to add a number of years to the normal life span.

A Man Is as Young as He Feels

It has been well said that "the age of man has small relation to his years," for it has been demonstrated, both clinically and in the scientist's laboratory, that old age is a physiological condition rather than an accumulation of years.

In grandmother's day, a woman of 50 was considered old. Today that age is regarded as young, and much of the important work of the world is being done by men and women who can see 50 only by looking over their shoulder.

Importance of Correct Diet

On the other hand, thousands of Americans are unknowingly impairing their efficiency and shortening their lives through the misuse of food. They are eating the wrong kind of food—and what is equally disastrous—they are overeating! They do not seem to realize that eating too much does not strengthen the body, but exhausts it with the labors of digestion. The surplus nourishment clogs the system and may be indirectly responsible for headache, dyspepsia, biliousness and mental dullness. Unless they change their habits of eating, they will inevitably become victims of their own indiscretions. For while it is folly to neglect the health at any age, to do so in middle life is to open the way to an early death or to an old age marred by sickness.

Keep Down the Weight

The first 25 years of man's life are devoted to growth. During this period of youth, the body usually has a large fund of reserve energy which can be called upon in times of stress. During the next 25 or 30 years, the weight should remain constant. If the diet is properly regulated, and sound habits of hygiene are followed, a man or woman will come into middle age full of vigor and with mental and physical capacities undiminished.

Unfortunately, however, the laws of hygiene and nutrition are often broken during the active middle years. As a result, bodily reserves are depleted and middle

age finds many men and women near the danger line, no longer able to resist infections and the degenerative diseases.

That is why it is so desirable—if you hope to be vigorous at 50 and after—that you begin to plan for it many years earlier.

Live sensibly. Avoid overwork. Regularly take a moderate amount of exercise. Get enough sleep so that you avoid that chronic "tired feeling." Above all, eat enough, but not too much, of the foods that build and maintain health: milk; eggs; fruits and vegetables; protein foods in amounts just sufficient to meet your requirements, so that there is no excess to be eliminated; enough fuel foods to give you plenty of pep and power, but not in amounts that will cause the weight increase which many people erroneously believe inevitable during the middle years.

Curb the Appetite for Rich Foods. It is most important to avoid overeating. For muscular activi-

ty decreases with the passing years. The middle aged individual often rides where a younger person might walk or observes active sports from the sidelines where he formerly played them with zeal. Unfortunately, however, the appetite seldom diminishes in proportion to the lessened fuel needs. That is why every individual who has entered upon the middle years should check his or her weight frequently, and promptly reduce the fuel foods if a significant gain is noted.

The protein requirement diminishes somewhat after the age of 60 for no new tissue is being built. It is, furthermore, advisable to take a large share of the protein in the form of milk and eggs.

Vegetables should be used freely and if there is difficulty in mastication, they may be finely chopped. Fresh fruits may be eaten as long as they do not cause fermentation; otherwise cooked fruits should be used instead. Contrary to popular opinion, sweets can frequently be eaten in considerable amounts without causing indigestion. Fats, however, should be used sparingly.

Hot Foods Beneficial

Hot foods are often more easily digested than cold, and it is helpful to begin a meal with hot broth, in order to stimulate the secretion of digestive fluids. A hot beverage may also be beneficial at bedtime.

It is sometimes observed that five or six small meals are more easily digested than three large ones. Each person should discover what meal schedule best suits individual requirements and then abide by it. For it is indeed true that middle age—and the years beyond—are largely what you make them!

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Still Der Kaiser

Although ex-Kaiser Wilhelm of Germany has been an exile and outcast for almost 20 years, he has abandoned none of his royal prerogatives. The gentleman still refuses to see visitors until they have been informed how to act in his presence, a set of rules that even includes "the proper way to walk" into his audience chamber. —Collier's Weekly.

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