# by ROBERT TERRY SHANNON

Eddie Regan, once a member of a New York gang, has escaped to Vir-ginia, where he meets Marian Thora-dike. Bernice Veressi, "gang girl," who is in love with Eddie, is forgotten in Eddie's dreams of Marian, Penefield Paradine, last member of an aristo-centic synthesis and proper of the control of the co cratic southern family, whom Eddie befriends, dies and leaves Eddie all his possessions, Eddie declares his love to Marian, but she discourages love to Marian, but she discourages him. She is thrown from her horse, and Tom Freeman, searching for her. finds her in Eddie's house, where she has gone for help. He takes her home, and the next day Marian sends a note of thanks to Eddie for taking care of her. He goes to call on her, and the door is opened by her father. Marian and Eddie are having tea when the pervant announces Mr. Freeman.

NOW GO ON WITH THE STORY

CHAPTER XIX.

"It might be a little too rich for your blood," Freeman sug-

"Yes-that's the idea. You'll be a lot healthier If you stick to your own brand of weather and keep yourseif in the shade. Hap-

pier-and healthier." "You're a bum weather prophet," Eddie told him. Tom Freeman scowled. "It's

too had you are not a gentleman

or all this wouldn't be necessary." "Listen." Eddie faced him with a steady eye that was growing colder every second. "You don't have to worry about me or my health, Buddie. Not a-tall. And if you've got anything to settle

time," Tom Freeman informed date you."

were on his place."

wanted to-and I don't believe he talking for myself." sent you to tell me anything either."

You're right about one thingmitted. "As you remember he barn-or any place you say." called me out of the room a little while ago and we had a talk. Mr. Paradine?" "I know all about it."

to go hanging around Mr. Thorn- | vere. dike's place. He didn't have any

POINT OUT DANGER IN

FOOD, DRINK EXCESSES

Dr. Copeland, Commenting on the Report That

Diabetes Is on Increase, Agrees That General Dietary Knowledge Will Help Prevent This Disease.

By ROYAL S. COPELAND, M. D.

United States Senator from New York.

Former Commissioner of Health, New York City.

on the increase, in spite of the use of insulin."

this cause.

N a recent report of a great life insurance company appears this

significant statement: "It is our best judgment that diabetes is

"But why?" you will ask. "Because of the dietary excesses prac-

This report shows that for the first three months of 1929, the death rate from diabetes was in excess of 23 for each 100,000 of the population. It is feared that this year will show the highest percentage of deaths ever recorded from

Overindulgence in food and drink is regarded is the chief factor in producing the disease. But here is a comforting statement: "This is one of the diseases which, among older people,

Nature is more than generous. She is even prodigal in bestowing her gifts. She has equipped the body with organs and parts that are capable

2.-This may be due to auto-in-

A .- Yes. Correct your diet and

J. S. Q .- What do you advise for

A .- Send self-addressed, stamped

J. B. Q .- What will increase the

A .- Apply one per cent yellow

water to which a little alum has been added.

A. S. Q.-What do you advise for

of supplying all the digestive substances that are needed by reasonably sensible human beings. She even prepares for moderate excesses.

All of us are interested in the experiments

may be prevented by popular education.'

ticed by the American people."

made to refuel the airships. Without fuel there must come an end

to any flight. The refueling experiments have proven that the machine

itself is capable of sustained flying far beyond the time necessary to go half round the world, or even more. The present problem is to find a way for one airship to carry.

the necessary fuel for such a pro- auto-intoxication, indigestion or nasal

In a sense the body is like the air.

2.—This may be due to auto-intoxication, intestinal disturbances or catarrh.

for the supply of digestive materials, to some food poisoning. Certain dis-

it cannot go beyond the normal field of its flights. Insulin helps to refuel, but unfortunately, its use is not suitable for every case. Consequently, it is not safe to overdo of the system produce a red rash of the system produce

the things that may result in this over the entire body, causing exces-

by the digestive organs.

Many chemical wonders are perticulars send self-addressed stamped

making the sugar we eat acceptable envelope for full particulars and re-

formed within the body. One of them is the manufacture in the

form of physical disaster. The con-sumption of food must be limited to

an important substance. This is superfluous hair?

to the blood and body. Without an peat your question.

such quantities as can be handled

"pancreas" - the "sweet-bread" - of

added to the food content of the in-testinal tract, for the purpose of

abundance of this pancreatic substance, there arise a series of symp-

toms resulting in impaired health.

Diabetes is only one of the bad re-sults that follow overindulgence in

food and drink. Temperance is the

M. B. Q.—What causes one to wake up in the morning with a severe headache?

should weigh about 126

This is diabetes.

mind every time the wind blows. | dike's courtesy and charm would He told me straight out that he ever be curdled and turned to didn't like your looks and he did- gall. A gigantic perplexity stalled n't want you coming around here, his determination. Obviously, he or associating with Miss Marian. could not hope to keep up any Of course, if you come right up to open and pleasant relationship his front door he's got a temper with Marian; pride forbade him like a bolt of lightning and it will make it easier on everybody concerned if you just take your name out of the pot. That's about as plain as I can make it, I reckon."

ing strap, purposely delaying his departure.

"So that's the way he feels about it, is it?" "Yes, that's the way he feels." "Maybe you feel the same

"You're a good guesser." "You don't like me, do you, Freeman?"

"I don't like your style of beau-

"You mean you don't like mg face?"

"I don't like your face." Eddie very leisurely climbed into his buggy, but he did not start the horse at once.

"I hate to leave you in that unsatisfied condition about the looks of my face," he said quiet- ginning to worry so much about himself the heavy muscular ef- bits of twigs and leaves. ly. "I'll tell you what I'll do with the apparent hopelessness of his change the looks of my face any he was losing his perspective on rassed less by vain yearnings and time you feel like it. There won't other matters and making himwith me, you don't have to stall be a bit of trouble finding me any self completely miserable. And around with hints. If you've got time you feel like taking a sock that, he told himself, was a sign anything on your mind let's hear or two at my pan. You know of weakness. With difficulty he "If I had anything to say to open. Any time you come up Marion Thorndike was only one you on my own account I would- with your coat over your arm I'll element in his life-that other n't hhave wasted this much be tickled to death to accommo- things were quite as vital.

"The truth is, Regan, that I'm with contempt. "When I get around. So far, he had done litsay anything to you while you Marian. A fellow like you doesn't belong hanging around a girl "Couldn't he? Well, there was like her and I'm not speaking in POLLY AND HER PALS nothing to stop him if he had her father's behalf now, I'm

Eddie slapped the reins on his horse's back. "Come up and see me some time," he invited, "and he didn't send me." Freeman ad- we'll figure it all out back of the

As he drove home Eddie carried a hurt feeling in his breast. I suppose you know about the It grieved him to know that he hard feelings between him and had been an unwelcome guest in Marian Thorndike's home. That her father's prejudice "If you know all about it, you against him was senseless made ought to have better sense than the sting of no more or less se-

use for you, either. Maybe it gentleman had been one of amiain't your fault-you're a strang- able gentility and it was bitter That's the way things stand. to realize that so far as Eddie Re-Mr. Thorndike don't change his gan was concerned Mr. Thorn-

"The trouble is that some of brought down here with you. If you cared as much about her as you pretend to yourself you'd

he had lived through.

"You got away from the muck

you. You're a great guy for

He went to bed and awoke in

forts. In the burring up of ener-

GOOD-NIGHT

**STORIES** 

By Max Trell =

Much Confidence in

His Disquise.

work you're not so hot."

muttered.

caustic jealousy.

the looking glass.

Yet it was equally impossible to give up his dreams about the Eddie fumbled with the hitch- girl. If he wiped her out of his ness to get to the fields. If huconscience the whole of life would man labor could cleanse the soul be without zest, without meaning. and strengthen the fibre of man you," it said. "I just wanted to But there was no point of attack, he would work as no man had no way to rush in and contest for ever worked before. He would that it started to walk off. his heart's desire. He was bound, do the work of two men, three On his somber horizon, there was cut saw, he furnished threeof light.

ever again thrusting himself into

a house where he was not want-

savage exultation in the thought; stack of drying piles. a deep, satisfying task awaited his fists . . .

Eddie found that he was beyou-I'll give you a chance to love for Marian Thorndike that where I live and the gate's always tried to convince himself that

Tom Freeman's face was lazy him for mooning and moping not exactly speaking for myself. around to it I may take you up the or nothing to make himself I'm doing it on behalf of a friend, on that proposition," he said, worthy of his love for the golden You came this afternoon to Mr. "Meanwhile, you've had your spirited girl, gently bred and sen, the shadow-children with the twig. I won't be eaten like other The shadow-children clacked Thorndike's home and out of warning about keeping off this sitive and gloriously perfect, who turned-about names—were sit- insects by birds—"

him did she but know the sordid when they heard a voice say: Hanid in surprise. background of underworld life "Good afternoon!"

In his bedroom he walked to for the voice seemed to come guise is perfect. Why don't you the mirror and faced himself in from within the shrub. They saw children disguise yourselves as nothing.

"Good afternoon!" said the of the gang in New York, Eddie voice again, this time with a little Regan," he told himself serious- chuckle in it. They peered as en for what we are," said Mij. closely as they could. Yam, who the muck is still clinging to you. was the smallest, crept into the You're trying to climb up among shrub and poked around. There the stars before you've cleaned was no doubt that the voice was yourself of all the dirt you've there. But where was the body for a walk." that the voice came from? That was the question . All at once a tiny twig dropped

pitch in and do something that to the ground. The shadow-childwould make a real man out of ren paid no attention to it, of swallows! They won't recognize able to the white rice. If you course. A twig wouldn't be likedreaming but when it comes to ly to say "Good afternoon."

But this twig did say "Good afternoon." It said it so loudly the morning with a new eager- and so plainly that they were too startled to return its greeting.

let you know I was here." With

handcuffed. Dismally, he won- men. With his axe he attacked that it wasn't a twig at all. But dered if Marian-even if she so the trees in the woods furiously it bore the most striking resemdesired—would ever be strong and felled gigantic crashing blance to one. Its long straight enough to loosen the coils of lengths of timber. Later, with body was brown like bark with family pride that bound her, too. Tobe on the other end of a cross- just a hint of green. It had six legs of the same color. The two only one star of hope, one gleam fourths of the energy that sent front legs, however, were shorter the sharp blade eating through than the other four and instead Sooner or later he was going to the wood. With the heavy logs on of touching the ground, were meet Tom Freeman. There was his arms he built stack after curled up like a trunk. They were brown and green at the bottom. They Were Sitting Under a Shrub. "I've got to work like hell!" he like tiny leaves. Its head was

> "Oh, so you aren't a twig!" exgy he found that he was har- claimed Flor. It stopped short, "Sh-h," it an insect and not a twig cautioned, "Don't say that too

but I'm supposed to be one!" Noting that the children the swallows that were whirting seemed more puzzled than ever, and skimming over the ground it said: "I'm a Walking-Stick. At near by. least that's what I'm called, al- "Better watch out," Hanid though it would be more proper warned. Bitter self-approach gorged Mr. Walking-Stick Placed Too to call me a Walking-Twig. I'm shaped and colored like a twig disguise-" it started to say, don't grow on stones. Even a A pilau is not necessarily a in order to go about my business when all of a sudden, a swallow swallow knows that!" One afternoon Mij, Flor, Han- without being bothered. I mean, did swoop down upon it. In the id, Yam and Knarf-the five lit. that by being mistaken for a twinkling of an eye it was gone.

common politeness he couldn't place and keeping away from Miss would be violenly repelled from ting under a shrub in the garden "And you're an insect!" said "The swallow did recognize it shop. Call 500 for prices.

"Yes-just an insect. But no They quickly looked around, one takes me for one. My dissomething else, then you won't

be taken for what you are?" "Oh, we don't mind being tak-"Because we're not eaten by birds," added Knarf.

"Well, suit yourselves," said the Walking-Twig. "I'm going and it may be strictly vegetarian

"You oughtn't to go in that dilows are all about."



set high up and its tail, leaf. long legs, its head bobbing up The petty tasks of the farm he green, was also curled. It looked and down in time with its stride. delegated to Tobe, saving for like something made out of little The shadow-children followed along after it, for they were captivated by its odd shape. They still couldn't believe that it was

> Upon reaching the meadow, it loudly! I'm not really a twig, climbed upon a small flat stone and sunned itself, disregarding

"They'll never get me in this their tongues in pity.

The Home Kitchen By ALICE LYNN BARRY

Wholesome One-Piece Dish From the Orient comes a dish cooked for about an hour with which is growing in popularity the rice and tomato mixture it in American restaurants and homes. It's a one-piece dishflavor.

or may contain meat. The basis of pilau is either rection," Hanid said. "The swal. rice or cracked wheat-rice being preferable to the wheat in warm "Pooh-pooh! Who cares for weather. And brown rice preferme." Then it strode off on four happen to have some boiled rice left, it may be made into a pilau for the next meal. But otherwise the vegetables are cooked with the raw rice until it has absorbed all the juice and is tender.

Here are a few kinds of pilau in which no meat is used:

Tomato Pilau 1 cup rice, uncooked. 2 lbs. ripe tomatoes.

1 cup bouillon. 2 onions.

4 tablespoons butter. 1 teaspoon salt. 14 teaspoon ginger.

Heat the tomatoes a few moments, then press through a sieve. Fry the onions in 1 table. spoon of butter, then add to tomato juice and bouillon which the liquid. Then add seasoning and 3 tablespoons of butter and mix through the rice with a fork. cover the pan and let stand over utes, watching to be sure it does

Oriental Pilau When adding rice to the tomaadd 1/2 cup of skinned almonds. fore removing from fire and gar-

even in its disguise," said Yam. "Hm-m," said Knarf, "twigs dish for a cool day,

ness Cards, Posters, Signs, Book- with raisins or apricots, stoned lets, almost anything in our Job cherries, and sweetened with

Pilau-From the Orient-Is a either halved or whole, but not in broken bits. When this is develops a delicious, rather exotig

Chicken Pilau

1 chicken. 1 cup rice, uncooked.

1 onion.

1 teaspoon salt. 1.4 teaspoon pepper. 2 tablespoons butter.

1/2 teaspoon curry powder. Cut the chicken into serving pieces and brown quickly in the butter, on both sides. Add onions, rice and enough hot water to completely cover. Cook over a low flame for about an hour or until the chicken is tender. Add spices, heat for five minutes longer and serve.

Lamb Pilau

1 pound lamb.

1 medium size eggplant. 1 cap rice.

2 tablespoons butter. 1 teaspoon salt.

1.4 teaspoon pepper.

1 onion.

1 teaspoon chopped parsley. 4 cups hot water or bouillon.

The lamb should be minus must be heated together. When it bone and fat, but any section will comes to a boil add the rice, re- do. It should be cut into twoduce the sflame, and let cook inch cubes. Brown the sliced onslowly until the rice absorbs all ion in the butter, add lamb and sear quickly, then add hot water or bouillon and the rice. Cook over a low fire for 30 minutes. Peel the eggplant and cut into a very small flame for ten min- two-inch cubes. Add to lamb and rice and continue cooking for half an hour until eggplant is tender . Do not overcook, or it becomes shapeless and unattractto juice, as described above, also ive. Season a few moments be-

> nish with chopped parsley. This is a convenient one-piece

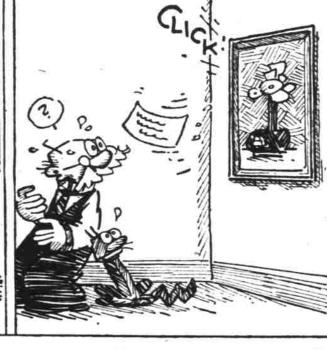
chief or meat dish. It may be served as a sweet if desired-We print Letter Heads, Busi- which means the rice is cooked honey instead of sugar.

"Word to the Wise."

### By CLIFF STERRETT









## TILLIE, THE TOILER









#### LITTLE ANNIE ROONEY

"The Eavesdropper."





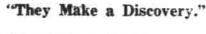




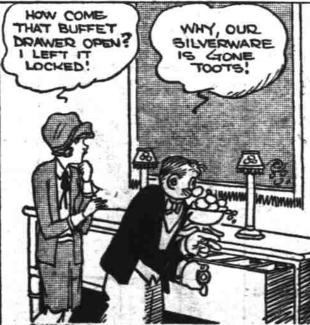
ZOOR LITTLE ANNIE HAS MADE THE COMMON MISTAKE OF TALKING TOO MUCH AND IT MAY BE TAKEN FOR GRANTED MRS. MEANY WILL EXACT FROM HER THE FULL PRICE OF ERROR-

MY MURPHY

#### TOOTS AND CASPER











#### This disease may result from one of two causes—a decrease in the quantity of the pancreatic chemical. oxide of mercury ointment at night. or the habitual eating of foods in M. M. Q.-What do you advise excess of the quantity that can be acted upon by this chemical. Posfor perspiring bands? sibly both causes may exist, with A .- Bathe the hands in warm increased probability of serious

growth of the eyebrows?

A.—For full particulars send self-iddressed, stamped envelope and re-Answers to Health Queries B. H. Q.—How much should a girl aged 17, 5 feet 6 inches tail peat your question. E. G. Q.—What should a girl weigh who is 16 years old and 5 feet

> A .- For her age and height she J. S. Q .- What should a boy

2.-What causes itching of the weigh who is 18 years old and 5 feet 6 inches tall? A.—The common causes of head-ache are: Eye strain, infected teeth, tonsile and sinuses, constipation, Copright, 1975, Remapor Feature Service, Inc.