



HEART'S HERITAGE

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WNU Service.

SYNOPSIS

The congregation of the Old White Church in Locust Hill turns out in full force to look over the new preacher, Dr. Jonathan Farwell, and there is much speculation among the communicants as to what sort of man he will be. Cassius Brady, treasurer of the church, had recommended Dr. Farwell for the post after hearing his baccalaureate sermon at the graduation of Dale Farwell, his son, who is a geologist. Brady's daughter Lenora interests Dale, who lives alone with his father. Dr. Farwell meets the members of his congregation personally, accepts their tributes, but refuses to be impressed by the banker's family, the Marblestones, whose daughter Evelyn obviously sets her cap for Dale. Meanwhile the women of the town are curious about the mystery of the Farwells' womanless housekeeping.

CHAPTER II—Continued

It remained for Abbie Brown to try to seek information on this score. With her characteristic energy, she marched briskly up to the front door of the parsonage bearing a pan covered with a white cloth. No sooner had she rung the bell than she chided herself with a want of foresight in not presenting herself at the kitchen entrance. Still, that might have looked rather "funny," was her consoling thought as she heard approaching steps in the hall.

Jonathan Farwell answered the summons.

"Oh, good morning, Doctor! I've brought you something."

"Please come in, Miss Brown."

"I guess you'll think I've got a nerve," was Abbie's bright comment when the doctor relieved her of the proffered pan and ushered her into the parlor. "It's something I know every man loves, and I'm sure you don't make them yourself! This is the coziest room!"

Miss Abbie's glance traveled swiftly and hopefully about the parlor as the minister deposited the pan on the center table.

"Fancy, Doctor! I'm such a rattletrap when I get going. I never once thought to tell you what I brought. Doughnuts!"

"How thoughtful."

"Yes. Mother was baking this morning. She's really quite famous here in town for her doughnuts. They're not greasy like so many. And I said, 'I'm going to take some over to Doctor Farwell and his son. I know they'll adore them.' She was shocked. But my brother Tom used to love doughnuts. When he was living at home with us, before he was married, that is, he was forever . . ."

"Please thank Mrs. Brown for the two of us. They look delicious."

It was about this same time that Albert Hickman, Locust Hill's popular milk dealer, was mystified at the sudden interest along his route in the daily deliveries of his product at the parsonage. It developed that Mr. Hickman was in the habit of leaving two quarts of "Grade A" at the Farwells', but always deposited the bottles on a table within the kitchen porch. He reminded persistent inquirers that his arrival was timed with the dawn, or thereabouts. Hence the table arrangement.

So there was little help from that quarter.

If the town's housewives ever permitted their imaginations to tour the second floor of the parsonage, most of them were too modest to give voice to such speculation. As a matter of fact, they would have found this portion of the dwelling more revealing than they hoped.

Doctor Farwell had selected the large "spare room" for his own use.

A broad table, with books and papers scattered untidily about the base of a green-shaded lamp, stood in front of the tower windows. One entire wall was given over to ranks of crowded bookshelves. A double bed and dresser had places in the background, but the general atmosphere was that of a workshop. Its appearance suggested that sleep was a matter of secondary importance to the occupant.

A bath, used jointly, separated the minister's quarters from his son's.

Dale's room was sparsely furnished, severe as the cell of a monk, with painted floor and curtainless windows. A narrow iron bed in one corner, maple chiffonier and wood-bottomed chair accounted for the major comforts. A table with neat piles of textbooks and writing materials. A possible explanation for so Spartan a simplicity was a punching bag affixed to a side wall. Under the apparatus a pair of Indian clubs stood at soldierly attention. Two pairs of boxing gloves were suspended on a hook.

There was but a single effort at adornment.

Within a niche formed by the chimney was a shelf. Over it a framed photograph, the full-length portrait of a young woman. There was wistful beauty in the girl's face. The wide appealing eyes were so like Dale's own that even a casual inspection would have identified the picture as an early one of Mrs. Farwell. The trailing gown with its high collar and long sleeves be-

longed to a past mode. A wedding dress, presumably.

On the under margin of the print was a single word. It was done in a child's painstaking lettering.

ELAINE

An old-fashioned brass candlestick stood at either end of the shelf. The arrangement suggested a shrine.

CHAPTER III

"You get all the mail today," Dale announced, coming into the kitchen where Doctor Farwell sat at the table pouring himself a cup of coffee. "It looks interesting."

As he spoke, he laid a heavy white envelope near his father's hand. It was addressed in a woman's handwriting, fashionably angular and bold.

The minister tore the letter open, glanced through the contents with

each time by Marblestone's dislike of losing an auditor. He did discover, however, that Lenora had taken her mother on a brief motor trip that included a stay with relatives. They would be coming home shortly.

At the conclusion of the meal, Marblestone suggested an adjournment to his library on the second floor. Dale was never to know whether the banker considered him mature enough to be included in the main session, for Evelyn had plans of her own.

"Come on, Dale. Out in the sun room," she suggested, slipping her hand within his arm.

"May I offer you one of these?" Cassius inquired of the minister as they followed their host into a room with a beamed ceiling and a huge fireplace at one end. The walls were lined with books. Brady had taken several cigars from his pocket

"Oh, no. I didn't mean that. Of course not. I was referring to general success in the community. There are social affairs, for instance. It takes a woman, after all . . ."

Brady flashed a quick glance at the banker. There was the suggestion of a warning in the gray eyes behind their shining lenses. Why the devil couldn't Henry see that he was broaching an untimely topic? But Marblestone was speaking again.

"Well, it's always seemed to me that a man in your position would find himself rather on a spot, as the saying goes. Under pretty close watch and—well, fair game for a lot of unattached females." He chuckled at his expression of the idea, as he leaned forward and deposited his cigar ash in a heavy bronze tray that rested on a corner of the library table.

"I am afraid I am not in a position to say, from experience," was the deliberate answer.

"Then I can tell you one thing, Doctor," Marblestone resumed good-humoredly. "You have the good women here guessing in one respect. It worries them to have you and your boy keeping bachelors' hall. That's a new one on them."

Brady had been studying the glowing end of his cigar abstractedly.

"Your advice strikes me as being sound, Henry," he observed quietly.

"My advice? What about?"

"My attending church." Brady straightened in his chair. It was high time for someone to take the conversation out of the banker's hands.

In the meantime, Dale was making the acquaintance of Miss Marblestone in the sun room.

"You know, Dale," she began languidly, leaning back among the cushions of the willow settee to which she promptly had guided her guest, "it's quite an event when a new young man comes to this town. You don't mind if I call you Dale, do you?"

"I wish you would. All my friends do," the boy answered politely.

"Well, it is stupid to be so formal. And we are going to be friends, too. You'll find some cigarettes in the box on the stand. I'll have one, if you don't object. Now tell me all about yourself," she demanded, after Dale had obliged with a lighted match. "Do you like being a minister's son?"

"I'm bearing up," he smiled. "I've never been anything else."

"I want to know about your past. All the dark secrets."

"Very simple, Miss Marblestone."

"Evelyn," she corrected, with a slight lift of her brows.

"Right. Well, I've been in school and in school—and in school. Most of my vacations have been spent in holding down jobs. Since I was big enough. That's my recent history."

"But we heard you were graduated last spring," Evelyn said in surprise.

"I was, by dint of great luck. Then I spent this summer on a survey. I have a chance to go back to the U for the second semester. Have a sort of a job there in the department. I may run out there sooner and get in some studying. After I get father safely settled." He smiled.

"Now I am disappointed. We thought you would be here."

"Unfortunately, I have to work. I have visions of becoming a geologist. There are a lot of rocks in the world that need somebody's care. I'm going to try to break one good rock every day."

(TO BE CONTINUED)

Child Welfare Expert Finds New-Born Babies' Aptitudes Cannot Be Measured

Dr. Nancy Bayley Reid, research assistant in the Institute of Child Welfare of the University of California, went from hospital to hospital in Berkeley, Calif., measuring the intelligence of new-born babies. Thirty girls and thirty-one boys not more than three days old were the special objects of her attention. It turned out that there is no telling within a few days after birth whether a baby will be an intellectual or just humdrum mortal.

Dr. Reid found that intelligence cannot be measured until nerve and muscular co-ordination are sufficiently developed to make possible the responses which mark intelligence. There is nothing but to wait until a baby has grown sufficiently, observes a writer in the New York Times.

Dr. Reid did find, however, that the most intelligent parents had the most intelligent three-year-olds. Yet these same bright youngsters at the age of seven months were intellectually more sluggish than the offspring of less intelligent parents. This does not necessarily prove that intelligence is inherited. In fact it

may indicate the importance of environment in developing intelligence.

Dr. Reid seems to favor the heredity theory. At any rate, she believes that bright three-year-olds need a longer period of development for their complex mentalities than do the children of duller parents and that it is easier to predict a baby's intelligence by estimating that of its father and mother than by making actual measurements on the baby.

Dr. Reid's study is one of the most important made in years by psychologists. It received an award from the American Educational Research association.

Canada Goose Mates for Life. The Canada goose mates for life. A widow or widower will go for years without remating. While the mother goose is on the nest, the male is never far distant, and he will unhesitatingly risk his life to protect her. The family, seldom larger than five or six, sticks together long after the young are full grown.

WHAT to EAT and WHY

C. Houston Goudiss Describes Some of the Functions of Vitamin B₁—Reports Recent Discoveries of Its Relation to the Gastro-Intestinal Tract

By C. HOUSTON GOUDISS

PERHAPS no more dramatic chapter has ever been written in the history of nutritional science than the discovery of the chemical structure of the vitamin now known as B₁ and its artificial synthesis.

Inasmuch as a deficiency of this vitamin may have extremely far-reaching effects upon human health and happiness, it is important that every homemaker should learn something of its functions, its characteristics and its sources.

The Anti-Neuritic Substance

Vitamin B₁ is known to prevent and to cure a nerve disease called beriberi.

The disease was known in ancient times in the Orient. It occurred in other countries during the Nineteenth century. And even in the Twentieth century, some of the British troops stationed in Mesopotamia and the Dardanelles during the World war came down with the disease.



Even before this vitamin was identified, a European investigator was seeking to determine why a small portion of milk added to a diet containing protein, fats, carbohydrates and minerals successfully nourished individuals who did not enjoy good health when the milk was omitted.

Chemical Identification

Many investigators sought for years to fathom the secret of this mysterious substance.

After long research by many distinguished investigators, two Americans reached a milestone in the history of nutritional science when they discovered the chemical structure of vitamin B₁ and learned how to synthesize it.

A Regulator of Body Processes

In the course of their work with vitamin B₁, nutritional scientists have discovered many other important functions of this vitamin.

It has been determined that this substance is essential to growth and that it is also necessary to promote normal appetite. Laboratory experiments with animals revealed that when fed upon a diet lacking vitamin B₁, the animals lost their desire for food and refused to eat until the vitamin was restored to their diet.

There is also some evidence that vitamin B₁ is necessary for the maintenance of normal muscular tone of the large intestine.

Aids Gastro-Intestinal Tract

Chemical studies on 75 patients led one investigator to conclude that a continual slight shortage of vitamin B₁ leads to definite changes in the motor and secretory mechanism of the gastro-intestinal tract.

There is also evidence that the vitamin B₁ requirement increases with the rate of growth and with increased energy expenditure.

For this reason, active working men and women should be amply supplied with this vitamin, and growing children should also have generous quantities.

Further investigations are now in progress and it is quite possible that many significant new facts will be unearthed in the near future.

In the meantime, there is enough evidence to warrant the belief that the absence of vitamin B₁ results in cellular alteration in the nervous system, intestine, pancreas, stomach, salivary glands, liver and other tissues.

The whole power of the body to resist infection appears to be decreased. This is especially true in the gastro-intestinal tract, probably owing to the action of the bacteria on its passage through the impaired alimentary tract.

Some Peculiarities of This Vitamin

Vitamin B₁ is soluble in water. For this reason, a large percentage of it may be lost if the water in which a food is soaked or cooked is discarded. Other ways in which this precious vitamin is lost are through refining cereals too highly, or when the natural acidity of a food is lowered by the addition of an alkali.

Preventing Vitamin B₁ Deficiency

It has been suggested that the health department of every village, town and city should not be content with protecting the local community against infectious diseases, but should be equally militant in endeavoring to safeguard its people against the dietary deficiency diseases which have been discovered through the recent advances in nutritional knowledge.

That is because many people who can easily afford the foods that furnish vitamin B₁ are consuming a diet deficient in this respect. This unfortunate situation may arise because they believe

ing weight—vitamin B₁ may be obtained from suitable quantities of bran and the germ of the grain.

Foods That Help Promote Regularity

In addition to providing vitamin B₁, which helps to serve as a sort of intestinal tonic, bran and many fruits and vegetables help to add cellulose or bulk to the diet. Their fibrous framework is a great aid in promoting regular health habits.

Some foods are richer than others in cellulose or bulk. Good sources of this substance being notably bran, whole grain cereals, most raw fruits; dried fruits, such as prunes, figs and raisins; raw vegetables; such cooked vegetables as onions and leafy greens; and legumes, that is, dried beans and peas.

These foods, therefore, have a definite place in the diet of normal individuals. The homemaker should see to it that they are included regularly in her daily menus.

If that task is performed faithfully, it should help to develop a healthier and more vigorous race.

Questions Answered

Mrs. S. T. L.—Yes, you are correct. All kinds of flesh food furnish protein, and usually they also contain fat. The amount of fat, however, varies with the cut and with the kind of animal from which it was obtained. Many flesh foods have more fat than full cream.

Mrs. T. A.—If a year-old infant receives a quart of milk daily, he should obtain sufficient protein, calcium, phosphorus and vitamin A to meet his requirements. He will likewise receive substantial amounts of vitamins B and G, but he needs a supplementary source of vitamin C.

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Fall and Winter Fashion Book.

The new 32-page Fall and Winter Pattern Book which shows photographs of the dresses being worn is now out. (One pattern and the Fall and Winter Pattern Book—25 cents.) You can order the book separately for 15 cents.

Send your order to The Sewing Circle Pattern Dept., 149 New Montgomery Ave., San Francisco, Calif. Patterns 15 cents (in coins) each.

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QUESTION ANSWER

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