

Joseph McCord's

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...

CHAPTER V—Continued

"Well, why not? Lee, since I have become older I think I'm beginning to understand what she must have meant to him...

"Of course not, Dale." "It's a queer thing—" he frowned thoughtfully, staring away again into the distance...

"That's the way it was all the time I was growing up. I don't mind telling you I'm glad now. Unconsciously, I think, I tried to be what Elaine would have expected...

"Hi, kid." "Look here. What's all this about company for dinner tomorrow night?" "You mean that... Quarry outfit?"

"Marblestones." "I never can remember that moniker. They're comin'. That's all I know. Except the dominie told me to try and dish up somethin' special swell. Don't tell me you wasn't in on it."

"I wasn't," Dale snapped. "It's no joke. I've accepted an invitation to the Bradys' for dinner tomorrow night. It's Lee's birthday."

"Jonathan Farwell sat at his study table. Under his right hand lay a pile of loose sheets. His stub pen was traversing one after the other in relentless fashion, like a plough moving at high speed across white fields. As each page was finished, it was thrust aside and the pen continued its drive. So were the clergyman's sermons drafted. To the final word."

"There was a sudden pause as the worker lifted his head at the sound of a step on the stair. "Is that you, Dale? Please come here." The pen hung suspended above the paper. Farwell looked up into his son's face. "I meant to tell you before, Dale, and it slipped my mind. We are having guests for dinner Thursday."

"You don't mean... Not tomorrow!" "Yes. Tomorrow. I hope you have no other engagement." The minister's eyes wandered back to his unfinished page.

"But I have! I'm... Who are your guests, Father?" "Mr. Marblestone and his family

are dining here with us." A slight emphasis on the last word. "Oh!" "I wished to put one obligation while I was sure you would be in town."

"That does put me in a jam!" Dale exclaimed in frank dismay. "It's rather late to..." "Yes," his father agreed. "Quite too late to recall our invitation. Your place of course, is at our table. Please be good enough to arrange it that way."

Farwell was writing again. The incident appeared to be closed. Dale turned on his heel without a word and sought his own room. With the door closed behind him, he stood staring out the window in helpless wrath.

Thursday, Lee's twentieth birthday. She was having a dinner party. He had been counting the days almost. And now...

Lee had been as excited as a little kid when she told him about the party. "It's going to be ever so informal, Dale. Just some of the crowd I grew up with. And you."

"It's mighty nice of you to include me," had been his grateful reply. "Wild horses couldn't keep me away. You know, something tells me it's going to be the nicest party I ever went to."

"Nonsense! You're getting your expectations raised too high." "Aren't you going to have ice cream?" "Maybe."

"And you're going to be there. So it will be the nicest." "I wonder..." Lee had flashed

him a little smile and left that sentence unfinished. How could he tell her at almost the last minute he wasn't coming to the wonderful party? Hanged if he would! It wasn't fair.

Dale turned with a clenched fist and scowled at the punching bag hanging near by. That would help. Too childish. And noisy.

Instead, he stalked downstairs and into the kitchen where his spirits were not lightened at the sight of Pink polishing the best silver.

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engaged Doctor Farwell in a direct conversation that gave him scant opportunity to devote attention to her parents. Dale's entrance and quiet greeting to the guests furnished the first diversion.

"I was beginning to be afraid you weren't here," Evelyn suggested to him, under cover of the general talk. "I didn't like to ask."

"Of course I was here. It took me longer to dress than I expected. Wanted to look my best." He mustered a smile as he said it.

Pink aided the situation by appearing at the moment to announce in a sepulchral voice: "Dinner is served, Doctor Farwell."

Despite his own low spirits, Dale found himself suddenly sharing the butler's anxiety that everything be accomplished in due form and hastened to post himself behind Mrs. Marblestone's chair.

Doctor Farwell said grace to Marblestone's very evident relief. In the intense silence that followed, Pink commenced serving the bouillabaisse. All the guests seemed to fall under the spell of the butler, as if uncertain what to make of the novelty. Evelyn was the first to recover.

"Your table is lovely, Doctor," she said to her host. "Those flowers are gorgeous. Someone here has wonderful taste. Don't you think so, Mother?" Evelyn was regarding Dale with a smile as she asked the question. Mrs. Marblestone was preoccupied with a study of the silver that flanked her place impressively. She offered no comment.

The first course succeeded in loosening the banker's tongue. The Yorkshire pudding had its particular appeal.

"I don't remember ever eating anything just like that, Doctor," he insisted happily over a second portion. "Do you mean to tell me that your man cooked this dinner? Where did you pick him up?"

"Mulgrew was injured serving overseas. He has been with me almost from the time he recovered." "That reminds me," Marblestone looked curiously at his host. "Someone was telling me the other day that you were in the army yourself. Funny I hadn't heard it before. Is that correct?"

"I was, for a time. Mrs. Marblestone, may I help you to something?" The dinner proved a distinct ordeal to Dale. In spite of his resolves, he found his thoughts straying continually to that other table where he should have been a guest at the moment. Lee's eager little face and laughing dark eyes haunted him. She had said it was all right. But was it? Would it be? He must see her as soon as possible. Try to make her understand this wasn't his fault.

"Do you play?" asked Evelyn of Dale after dinner. "No indeed." "Then your father's the musician. Isn't he?"

Dale hesitated. This situation fitted exactly into the intolerable evening. He had done his best to conceal any display of resentment, but he was aware of the displeasure that would be roused if he answered in the affirmative.

"Doesn't he play?" Evelyn insisted. "Why—sometimes." It was out now. Evelyn turned in triumph to her host. "There now, Doctor! I was sure. Please play for me."

"I am a very indifferent performer, Miss Marblestone." Farwell's voice was low. "I should much prefer listening to you. Allow me..." "Oh, I wouldn't dream of it! Mamma will tell you I haven't touched our piano in ages. Please, Doctor."

(TO BE CONTINUED)



"Of course not, Dale."

WHAT to EAT and WHY

C. Houston Goudiss Asks How Do You Get Your Vitamin D? Relates Need for and Sources of This Necessary Vitamin

By C. HOUSTON GOUDISS

THERE is scarcely a mother of a young baby today who has not at one time or another been told to give her child cod-liver oil. Perhaps she does not know this substance must be given to the baby for the vitamin D that it contains. But she has heard that there is something in cod-liver oil which makes it valuable to the baby's health.

A generation ago, cod-liver oil was given to children in the winter time, "to build them up" after colds or various other respiratory illnesses. It was not until 1921, however, that a long series of painstaking investigations, terminating in the discovery of vitamin D, made it clear that cod-liver oil is valuable as a source of vitamin D, and also why this vitamin is essential in the diet of growing children, as well as adults.

Discovery of Vitamin D After years of patient work and many thrilling and dramatic experiments, seven forms of vitamin D have been revealed by science. And scientists have also solved the mystery of how such widely separated factors as cod-liver oil; sunlight; a diet that is rich in, and carefully balanced with calcium and phosphorus; and ultra-violet light, all can perform the same service for the body.



Photo by WNU Service.

Readers of this column may have observed that the discovery of a number of the vitamins came about chiefly through the efforts of investigators to discover a method of treating or curing obscure nutritional diseases. In most instances, however, carefully controlled laboratory experiments played their part in reaching the ultimate goal after some clue had been found as to what the mysterious substance might be that helped to control a baffling nutritional disease. The discovery of vitamin D was no exception!

Vitamin D and Rickets Vitamin D is associated intimately with the prevention and cure of rickets, the most devastating nutritional disease of children in temperate climates. Indeed, it is the moderate, and in some cases the small amount of sunshine in the temperate zone that accounts partially for the presence of rickets.

Historians have given us reason to believe that this disease may have existed in England even before the Roman conquest. Certainly it appeared in a serious form, both in England and in other North European countries, in the Seventeenth century. In fact, early literature refers to it as the English disease, and the early attempts to fathom its causes were written in Latin by English and Dutch doctors during the 1600's.

In rickets, the child's head grows large and out of proportion to the body, while the leg and arm bones, and in severe cases even the ribs, are bent and twisted out of their normal shape.

Need for Calcium and Phosphorus The two principal minerals required for constructing the bones and teeth are calcium, obtained chiefly from milk, cheese and green leafy vegetables, and phosphorus, found in generous amounts in eggs, whole grain cereals and dried legumes. But one of the things that made it so difficult for scientists to determine the cause of rickets was the fact that apparently well fed children, who had plenty of calcium and phosphorus, frequently developed the disease.

Mystery of Cod-Liver Oil Cod-liver oil had been used for many years because of its supposedly "tonic" or "building" properties, when it was observed that regular doses of cod-liver oil not only cured rickets in children, but also cured the corresponding disease in adults, called osteomalacia, in which the bones become soft as the calcium and phosphorus already deposited in them are withdrawn and excreted.

Fat and Vitamin D One of the strangest paradoxes to the scientists in their early investigations was the fact that while cod-liver oil appeared to cure rickets, another substance high in fat—butter fat, did not. More research work was necessary before it was discovered that while butter was rich in vitamin A, cod-liver oil contained two vitamins, one of which was later named vitamin D.

Effect of Sunlight More work was necessary and it took years of patient effort before science unraveled the mystery of how sunlight could have the same apparent effect in preventing rickets as cod-liver oil. Once nutritionists understood how sunlight acting on a fatty substance in the skin could produce vitamin D, however, it was not difficult to carry the process a step further and learn how to fortify foods with a satisfactory content of vitamin D.

Today we have at our disposal irradiated milk, or milk to which a vitamin D concentrate has been added. Margarine, too, has been enriched not only with vitamin D, but with vitamin A so that this moderate-priced spread for bread has been made an effective vitamin carrier.

Natural Food Sources of Vitamin D The richest natural sources of vitamin D are the fish-liver oils, including the liver-oil of the tuna, swordfish, rock fish, salmon, halibut, mackerel, cod and haddock. The body oils of many fish also furnish substantial amounts. That accounts for the fact that canned salmon has been regarded as such a splendid food in the diet of children and adults. It is not only a good source of protein and of energy values, but it contains substantial amounts of the minerals, calcium, phosphorus and iodine, and has been found to be an unusually good food source of vitamin D.

Egg yolk contains small amounts of vitamin D, and when eaten regularly, the quantity is enough to have a significant effect in the diet of children. Vitamin D Requirements So important is vitamin D considered, that the United States Children's Bureau advises that cod-liver oil or some other form of this vitamin be supplied to all babies, beginning at the age of two or three weeks. Mothers should be guided by the advice of their physician in determining when to start the use of a vitamin D preparation and what quantities to give. But if they want to give their babies the blessing bestowed on them by the scientists who discovered vitamin D, they must not overlook this important substance.

As guardians of the health of both children and adults, mothers should see to it that vitamin D is supplied regularly through the use of eggs and salmon; irradiated foods and those fortified with vitamin D; and if necessary, fish-liver oils or concentrates.

Questions Answered Miss G. M. L.—Yes, it is true that sweet potatoes contain a small amount of protein. In fact, their protein is composed of four amino acids known to be essential to nutrition. Some of the protein may be lost if the potato is boiled, but it is entirely preserved when the potato is cooked by dry heat.

Mrs. M. B.—Both cooked lentils and baked kidney beans contain over 20 per cent of carbohydrate. Low carbohydrate vegetables include cabbage, celery, cauliflower, kale, lettuce and spinach.

WNU—C. Houston Goudiss—1938—42.

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HOUSEHOLD QUESTIONS

Lintless Tea Towels.—Tea towels will not leave lint on china and glassware if they are passed through a weak starch solution when laundered.

Removing Indelible Ink Marks.—Equal parts of turpentine and ammonia will remove indelible ink marks from white fabrics when everything else fails.

Repairing Torn Clothing.—Triangular tears in garments may be neatly mended if the edges are first worked with a buttonhole stitch, then caught together through the stitches instead of the material.

Removing Smell.—A piece of lemon peel in the washing-up water will take away the smell of onions, fish, burnt meat. It will add a gloss to china, soften the water, and keep the hands smooth and white.

Advertisement for Rainbow Coal, featuring an illustration of a coal pile and text: "Outstanding among the better coals of the West. Specify RAINBOW in ordering. The Gunn-Quealy Coal Co. QUEALY, WYOMING"

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