

# HEART'S HERITAGE

#### 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 Farwell's womanless housekeeping. In the privacy of his room Dale has enshrined a picture of a beautiful woman, inscribed in childish lettering "Elaine." The Marblestones invite the Farwells to dinner with Cassius Brady. At the dinner Evelyn monopolizes Dale. He tells her he has only one friend in Locust Hill, and she is Lee Brady. Constable Kerney is perturbed by the arrival on the train of a suspicious-looking little man and shadows him. He is further mystified when the stranger goes to the parsonage. There the newcomer is warmly greeted as "Pink" Mulgrew and takes up his duties as housekeeper, adding to the town's speculation. Dale calls on the Bradys. Evelyn Marblestone gives a party in honor of Dale and is obviously annoyed at his marked attentions to Lee, Later, Dale takes Lee for a drive around historical spots in which he has a student's interest, and he confides in her his ideal of Elaine, his mother, who died when he was barely more than a baby and who is still deeply mourned by his father. Lee is sympathetic.

#### 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. What it meant when he lost her. I can talk about it to you. I've never tried to tell anybody before. Never spoke of it to Pink even. And I know him better than anybody. But I never found anyone who I thought would understand. Until now. I think it's because of your mother," he decided. "Would you mind if I tried to tell

you something?" "Of course not, Dale."

"It's a queer thing—" he frowned thoughtfully, staring away again into the distance-"I doubt if a boy ever grew up with more beautiful ideals of a mother he couldn't remember. Father did it all. I'm not sure I can make this clear. But it must have been almost a passion with him. To be sure that I loved my mother. He wanted me to believe that she was beautiful and perfect. It wasn't difficult to make me understand that she was beautiful. I have two pictures of her. But the beauty of her character was built for me by father. It grew into something very near idolatry. Can you understand at all what I'm trying to express?"

"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. Please don't get the idea that I've been morally perfect. But I'd rather like to have you know I've never done anything I'm particularly ashamed of. I can thank father for that-and plenty of other things."

Almost no words were spoken on the homeward trip. Dale sat wrapped in thought. Lee devoted herself to driving, making as much speed as the road and traffic per-

Later, Dale called attention to the soaring arch of the Bayonne Bridge with its twinkling lamps spanning the purple murk.

"Looks like a rainbow going home late," he observed.

Lee smiled and made no reply. Nothing more was said until the car neared the parsonage. "I'm going to let you out here," Lee explained. Then, when Dale alighted and turned to speak, she checked

"I know what you're going to say. Please let me thank you instead. Good night."

#### CHAPTER VI

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 . . . your guests, Father?"

"Say, Lee . . . I'm up against tic commerce at this end exonerat- market." "Mr. Marblestone and his family

emphasis on the last word.

"I wished to pay that one obligation while I was sure you would be in town." The pen crossed out an

undesired word. "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

Thursday. Lee's twentieth birthday. She was having a dinner par- swell." ty. He had been counting the days

almost. And now . . . Lee had been as excited as a little kid when she told him about the

"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 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

"Maybe." "And you're going to be there. So wraps.

it will be the nicest." "I wonder . . ." Lee had flashed

he is entertaining company for din-"But you must, Dale. If your fa- nished the first diversion. ther needs you."

"That's sweet of you. I wanted to tell you . .

"I understand. It's quite all right." Lee said it very quietly. "It isn't!" Dale exclaimed mis-"I may be a little late, erably.

"I understand," Lee repeated. "Good-by." She hung up. Dale slowly replaced the receiver

as he heard the click at the other end of the line. He said one word under his breath. Pink Mulgrew outdid himself to

the parsonage "something special "I got an idea," he said affably to Dale, "these swells wouldn't mind

me up if I give 'em a showin' chance. You said you ate at their shack once. Who waited on table?" "A maid passed the things." "I hoped you'd say that. I learned

to deal 'em off the arm a long time ago. But when I was in Chi last time I went and bought me a book on how to buttle. Gives the whole away. You know, something tells works. I've been wantin' to try it

> Pink's white coat was starched to such a degree that it creaked Dale with a smile as she asked the pleasantly when its wearer received the Marblestones at the front | preoccupied with a study of the sildoor and relieved them of their

Pink's dignified mien left nothing to be desired, albeit he narrowly



"Of course not, Dale.

him a little smile and left that sen- | repressed a whistle of admiration tence unfinished.

How could he tell her at almost the last minute he wasn't coming to himself staring at a generous disthe 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.

"Hi, kid." "Look here. What's all this about company for dinner tomorrow

night?" 'You mean that . . . Quarry out-

"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.'

Pink emitted a low whistle. "Say! That does sort of put you on a spot. Well, it's what you get for two-timing. I'm sorry. No kidding. The dominie's lookin' for you to be here, I take it."

"He just told me so. But I can'tnow," Dale answered.

"Wait a minute, kid. You can't go and let him down like that. It's the first party he's throwed here. Don't walk out on him. That Brady gal seems like a nice little sport. Go tell her what you're up against.

She'll see it your way." Dale strolled into the lower hall and paused irresolutely near the telephone. Pink was right, he concluded moodily. After all, it would be best to tell her. Dale rather hoped she would refuse to accept feelings toward the United States the Treasury department to be consuch an eleventh-hour excuse. Then and toward American business men he could submit the matter to his that developed during the controver- ments between the two countries,

father again. Reluctantly he dialed the Brady number. A familiar voice answered

when he assisted the younger woman out of her long coat and found play of white spinal column.

Sarah Marblestone rustled in ebony silk and jet, as if a Sunday service were in prospect. Even Henry had entered into the spirit of formality and had donned a tail coat after his day in the bank.

His first move, when he led his family into the parlor, was to make for the fireplace where a wood blaze crackled cheerily. He spread his feet well apart, thrust his hands under the skirt of his coat and beamed upon his host. "This is what I call real com-

right, but I like to soak heat into touched our piano in ages. Please, my back. Always did." Evelyn dropped into a chair and

#### are dining here with us." A slight | it." He blurted it out with no pre- | engaged Doctor Farwell in a direct amble. "Father has just told me conversation that gave him scant opportunity to devote attention to ner tomorrow night. He expects me her parents. Dale's entrance and to be on hand, of course, and . . ." quiet greeting to the guests fur-

"I was beginning to be afraid you weren't here," Evelyn suggested to him, under cover of the general "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 Far-

Despite his own low spirits, Dale found himself suddenly sharing the make that first formal dinner at 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 bouillon. 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 question. Mrs. Marblestone was ver that flanked her place impressively. She offered no comment.

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

"I don't remember ever eating anything just like that, Doctor," he insisted happily over a second por-"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

Funny I hadn't heard it before. Is that correct?" "I was, for a time. Mrs. Marble-

that you were in the army yourself.

deal 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.

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 insist-

"Why-sometimes." It was out

Evelyn turned in triumph to her "There now, Doctor! I was host. 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! fort, Doctor! Radiators may be all Mamma will tell you I haven't

> Doctor." (TO BE CONTINUED)

#### Science Nabs Insect "Villains" and Halts Threatened Nations' Trade Rift

acrimonious dispute which threat- matic channels failed to find any ened to disrupt trade relations be- solution. tween certain Latin-American coun-States issued by the Columbia Uni- may have caused deterioration.

versity Press. American purchasers to be anything | covered. but first grade when received. The shippers, however, maintained that those same hides were prime qual- amicable international relations ity and in perfect condition when

for dishonest practices," says the particular case, the resultant breakreport of the study. "The hostile sy became a matter of great concern to the Department of State. In- States goods would have been curvestigations through representatives tailed by unwillingness to sell disof the bureau of foreign and domes- advantageously to the American

How a bacteriologist settled an |ed the American importers. Diplo-

"As it happened, a bacteriologist, tries and the United States by dis- hearing about the controversy, covering that insect pests were the guessed that some insect or bacteria real "villains" in the plot is told by may have multiplied rapidly while Dr. Edith E. Ware in a survey of the cargoes were passing through international studies in the United equatorial heat and that such pests

"Experiments proved this guess Hides, a staple export from the to be the explanation; moreover, a Latin-American countries to this proper protective treatment of the country, were declared by the hides prior to shipment was dis-

"Recriminations and developing antagonisms injurious to trade and were forgotten when the real vilthey left the South American port. lains-insect pests-were destroyed. "Each group blamed the other Had no solution been found in this down in trade would have caused cerned over the international paysince ability to pay for United

## 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 fat-butter fat, did not. More rewinter time, "to build them search work was necessary before up" after colds or various other respiratory illnesses. It liver oil contained two vitamins, was not until 1921, however, one of which was later named that a long series of painstak- vitamin D. ing 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 the same apparent effect in prewhy this vitamin is essential venting rickets as cod-liver oil. in the diet of growing children, as well as adults.

Discovery of Vitamin D After years of patient work and

> forms of vitamin D tent of vitamin D. have been revealed of how such widely cod-liver oil; sunrich in, and carefully balanced with calcium and phosphorus; and ultra-

violet light, all can perform the same service for the body.

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 stone, may I help you to some- in temperate climates. Indeed, it is the moderate, and in some cases The dinner proved a distinct or- 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 sup-"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 rickets, another substance high in like all two-piece styles. Choose

it was discovered that while butter was rich in vitamin A, cod-

Effect of Sunlight

More work was necessary and it took years of patient effort before science unraveled the mystery of how sunlight could have

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 many thrilling and dramatic ex- step further and learn how to fortiperiments, seven fy foods with a satisfactory con-

Today we have at our disposal by science. And irradiated milk, or milk to which a scientists have also vitamin D concentrate has been solved the mystery added. Margarine, too, has been enriched not only with vitamin D, separated factors as but with vitamin A so that this moderate-priced spread for bread light; a diet that is 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 chil- - WNU-C. Houston Goudiss-1908-42

dren 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 vita-

min D. contains Egg amounts of vitamin D, and when eaten regularly, the quantity is enough to have a significant ef-

fect 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 impor-

tant 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, fishliver 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 cookked 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.

### Dressy Midwinter Fashions



AVE something brand new and smart, to cheer you up during the after-holiday time when you feel a little let-down. Here are two of the very smartest things you can wear, both just as pretty and new as they can And they're so easy to make that you'll enjoy doing it, and of course you'll save, decid-

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This is a lovely design, very smart and new. It does very nice things to your figure. The wide girdle makes you look doll-waisted, the gathered bodice fills out your bustline, and the full skirt is extremely graceful. The high neckline is scalloped to make it softer and more becoming. In velvet, silk crepe, satin, or thin wool, this will be one of the prettiest afternoon dresses you ever

Suspender Skirt With Jacket. Here's a perfectly charming new princess skirt, in suspender fashion, topped by a short little tuxedo jacket. You can wear the skirt with your own blouses, or just with the jacket, so that you'll find it very useful. See how tiny it makes your waist look, and investigations was the fact that notice the cute, crescent-shaped while cod-liver oil appeared to cure | pockets. Very simple to make,

tweed, wool crepe, plaid or flannel.

12, 14, 16, 18 and 20. Size 14 re-

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quires 4% yards of 39-inch ma-No. 1646 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3% yards of 54-inch ma-

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