





BANNER SERIAL FICTION

She Painted Her Face

A story of love and intrigue... by DORNFORD YATES

CHAPTER V—Continued

"On the contrary," said I, "we're practically home. I'm going to get pen and ink—for you to take down."

store to the rooms we had used the order we had found in them when we came, but this was not now worth doing, and so we let them be.

By this time those in the courtyard were fairly assaulting the oak, and since, when the latch was drawn, the door could be moved to and fro for an eighth of an inch, a not inconsiderable uproar invaded the room.

CHAPTER VI

I often think that we fully deserved our plight, for, once we possessed the secret we set out to find, we should not have lost a moment in leaving the tower.

Then a wave of scandalized consequence burst on the lower door. The oak was pounded and shaken, and choking cries of protest stood out of a motley clamor of orders and threats.



"On the Contrary," I Said, "We're Practically Home."

turned to look again at the body, sunk in its stall. "Seeing's believing," she said. "But no chemist could do today what Gollanx has done."

erved our turn. And that we had. We preferred to ignore a grave peril because for 43 hours it had never lifted its head, loe.g. sight of the staring fact that if it should lift its head, we were bound to be caught.

ing, heavy and thick. I cautiously lifted one, to see the broadest landing I ever knew. In its midst was an oval well, some 40 feet wide, with a bronze balustrade about it and the heads of twin flights of stairs upon either side.

ADVENTUROUS AMERICANS

By

Elmo Scott Watson

Machine Gun Maestro

MOST men have to decide early in life whether they want to become soldiers of fortune or stay home and make money in business.

In 1912, when Gen. Campa led an uprising against the Mexican government, Dreben joined the rebels. Near Parral, when Gen. Campa's son was killed in front of him, the rebels' morale broke and they began to retreat in confusion.

Lee Christmas

WHEN Lee Christmas was engineer for the Yazoo & Mississippi railroad, he got into a scrape and was sent to jail. His fellow trainmen dynamited the building and got him out.

Pursued, he stowed away on a ship for Honduras. There was a war going on when he got there and he joined the army. It was a wise choice of vocation—he was rapidly promoted through every rank including general.

He won 36 big battles in Central America and even went so far as to start a revolution of his own in Honduras—and won it. Later he succeeded in getting into the United States army intelligence service with an assignment to Central America. In 1923 he died peacefully in a hospital in New Orleans.

Varmint Killer No. 1

HE HAD keen eyes, steady nerves, infinite patience and knew no fear; it was natural that Ben Lilly should love big game hunting. But it was only because he became one of America's most dependable hunters that he was employed by the United States biological survey to kill mountain lions.

Patrick Henry's Last Words. "Here is a book (the Bible) worth more than all others ever printed; yet it is my misfortune never to have found time to read it. It is now too late. I trust in the mercy of God."

First Bath Tub Lead-Lined. The first American bathtub was built in 1833 of mahogany lined with sheet lead. It was seven feet long, four feet wide and weighed 200 pounds.

WHAT to EAT and WHY

Advice to Homemakers on How to Feed Families During Coldest Days of Winter; Essential Nutritive Values Described in Terms of Everyday Foods

By C. HOUSTON GOUDISS

TOWARD the end of winter we sometimes experience some of the coldest weather of the entire season. Temperatures remain below freezing for days at a time.

Moreover, this trying weather comes after months of short and often sunless days... days which many people have spent in overheated houses, and without sufficient exercise. So it is no wonder that the body is on trial... fighting to maintain health...

Food Your First Defense. In general, women seem to be more aware of the power of food than men. This is fortunate, because they are charged with the solemn responsibility of determining what foods their families shall eat.

Occasionally the homemaker's task is made more difficult by man-folk who pool-pool the idea that meals should be planned scientifically, and who point out that generation after generation survived without a specific knowledge of nutrition.

People who hold this view fail to take into consideration that many of our ancestors consumed a satisfactory diet without knowing it.

They should realize also that one can suffer from dietary deficiencies and live... though he may not live well! A man can exist upon much less than the amount of iron required for normal health...

Nothing is more foolish than to suppose that what a man eats is entirely his own business! It is a matter of grave concern to his wife and children. For it has been suggested that fully one-half of the illnesses of the American people may be traceable directly, or indirectly, to dietary deficiencies.

Time for Good Eating. But don't imagine for a moment that correct eating and good eating cannot be synonymous. It is true that there is no time of year when correct eating is more important. But it is also a fact that there is no time of year when good eating is more distinctly indicated.

These are the days when breakfasts must be especially hearty... to satisfy keen appetites, to provide generous amounts of fuel or energy values. That means cereals always, and some form of breadstuffs, pancakes or waffles.

Cereals are primarily energy foods, but they may also carry substantial amounts of iron, phosphorus, calcium, and vitamin B. Whole grain varieties are also a good source of bulk or cellulose... so necessary for regular health habits...

Save Your Rugs.—Frequent some cleaning of rugs actually makes them last longer. For Cleaning Bed Springs.—Use a dishpan on which a small amount of furniture polish has been placed.

After Washing Silver.—Stand it in a jug of very hot water to which a little ammonia has been added; it will remain bright much longer. To Wash Chamois Gloves.—Make a good lather of soap and warm water. Never use hot water as it makes the gloves shrink.

When Making Toast.—It improves it both in taste and digestibility if the slices of bread are laid in the open oven for a little while before toasting them. They will toast better and more evenly if given this advance treatment.

For Tender Fowl.—When roasting chicken or turkey place the fowl with breast down in the baking pan for the first half hour of roasting. This allows the juices to flow into the breast, making it moist and tender.

are inexpensive, and a fine source of bulk. Served raw, they provide a substantial amount of vitamin C, the vitamin for which we especially prize oranges, grapefruit and tomatoes.

Include a salad at dinner, lunch or supper; it is well for most normal individuals to eat some raw food daily. In cold weather, dress it generously with salad dressing for extra fuel value.

Whether the main meal of the day is served at noon or at night, it should be well-balanced, to help safeguard health, and appetizing, to make it so enjoyable that it will be digested efficiently.

It should be built first of all around a protein food: meat; fresh, canned, or quick-frozen fish; cheese, chicken, an egg dish, or a casserole of hearty baked potatoes, rice, macaroni, or noodles, though frequently this can be combined with the protein food, as in cheese macaroni or beef stew.

Vegetables—Raw and Cooked. There should be vegetables—one or two of them. Green leafy vegetables, either fresh or canned, should be served several times a week... for their iron and vitamins A, B, G, and sometimes C.

Let the balanced diet be your ideal—and cold weather will prove a tonic instead of a possible menace to health!

PATTERN DEPARTMENT



quires 3 3/4 yards of 35-inch material and 5 yards of braid. No. 1505 is designed for sizes 4, 6, 8, 10 and 12 years. Size 6 requires 2 1/2 yards of 35-inch material without nap; 1/4 yard of contrasting fabric for collar; 2 3/4 yards of braid to trim.

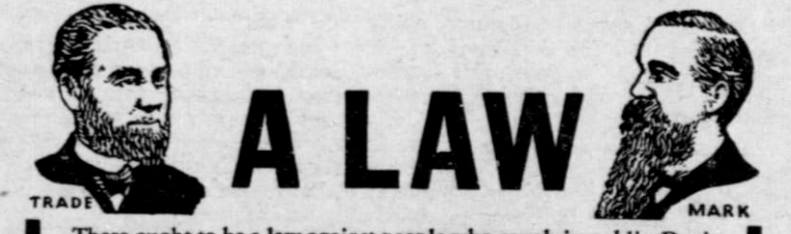
Common Sense About Constipation. A doctor would tell you that the best thing to do with constipation is get at its cause. That way and only that way can you avoid having it.

Material Requirements. No. 1672 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 3 1/2 yards of 35-inch material and 5 yards of braid.

Richer Soil FOR A FEW CENTS AN ACRE. Also bigger yields of better crops. High quality insured by pre-testing. Recommended by farm authorities. Inoculated easily by using clovers, alfalfa, beans, etc.

AROUND the HOUSE

Items of Interest to the Housewife. Have Several Measuring Cups.—Having more than one measuring cup handy is a great asset and time-saver in cooking. Substitute Garnish.—Celery leaves, or finely shredded outer leaves of cabbage or brussels sprouts, can be used for a garnish when parsley is not available.



A LAW. There ought to be a law against people who cough in public. Don't do it. Carry Smith Brothers Cough Drops with you. Just 5¢ a box. Smith Bros. Cough Drops are the only drops containing VITAMIN A. This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.

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